



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### 2010 AUSTRALIAN 50 KM CHAMPIONSHIP, FAWKNER PARK, SUNDAY 12 DECEMBER

Let's start the newsletter with the lead story – last weekend's Australian 50km championship. Ideal weather made for some great racing at Fawcner Park in Melbourne on Sunday. A good crowd had gathered to witness some potentially great racing with nearly all of our top walkers in attendance, and they were not disappointed.

The races kicked off at 7AM with the 2010 Australian 50km championship. While the field might have been small, it was still intriguing with AIS walkers **Jared Tallent** and **Luke Adams** going head to head once again and **Ian Rayson** hoping to go sub 4 hours in his first ever attempt at the distance. As expected, Jared went out confidently at a pace of 8:20 per 2km lap while Luke took a more conservative approach, pacing himself with a slightly slower cadence. By the 20km mark, passed in around 87:30, Jared had built up a lead of over a minute and looked in control. Further back, Ian Rayson was walking just over 4 hour pace while South Australian Peter Crump, also attempting his first ever 50km event, was on schedule for around 4:45 if he could hold it together.

At around the 34km mark, Jared started to slow and then surprisingly, at the 38km mark, he stepped from the track, indicating to his coach that he had had enough for the day. That propelled Luke into the lead and he continued on in fine style, showing no real distress as he coasted to a great winning time of 3:47:34, less than 4 minutes outside his 6<sup>th</sup> place time of 3:43:39, done in Berlin last year. It was a tough ask for both Jared and Luke, coming so soon after their Delhi Commonwealth Games 20km and at the end of a long racing year, and Luke certainly deserved his first ever Australian 50km title.

Attention then turned to Ian Rayson, just over one lap back, as he powered home to take silver in 3:59:43 after negative splitting with a faster second half (first half 2:00+, second half around 1:59). It was a strong performance and comes after his second place in the Australian 20km championship in Brisbane in August. Alas, it was just outside the IAAF A Qualifying standard of 3:58:00 but Ian did enough to show where his potential lies – we have now found another top line 50km walker.

**Peter Crump** was now the only man left on the track – all the 20km and 10km walkers had finished by now and he had only just passed the 40km mark – would he be able to hold on and break 5 hours. Yes he could! With a supreme effort, he kept the laps ticking over regularly and came home to take his first ever National medal in 4:59:14. What a great effort!

#### Australian Men 50km Race Walk Championship

1.	Luke Adams	AIS	3:47:34	
2.	Ian Rayson	NSWIS	3:59:43	Inaugural
3.	Peter Crump	SA	4:59:14	Inaugural
	Jared Tallent	AIS	DNF	



**In action in the 50km – Luke Adams, Ian Rayson, Jared Tallent and Peter Crump**

The 20km invitational events kicked off at 8AM with over 20 walkers in action. 2008 Olympians **Claire Tallent** and **Adam Rutter** lead from the front in their respective events, both recording comfortable victories with 1:35:38 and 1:24:56 respectively. Fellow Olympian **Chris Erickson** was content to take on domestic duties for the day, walking with **Brendon Reading** and **Sean Fitzsimons** to help them through to their own 20km goals and both looked initially to be successful with Brendon recording a 35 sec PB of 1:27:33 and Sean finishing in just over 89 minutes in his first ever 20km race. Unfortunately Sean picked up a couple of red cards very late in the race and was told of his disqualification a few minutes after finishing. Irish star **Robbie Heffernan** was a surprise starter in the men's event, having just arrived in Australia for some training and deciding at the last minute to have a stroll alongside the other walkers. He paced himself through to a finishing time of 1:32:23. Others to excel in the men's event included **Stuart Kollmorgen** who recorded a 7+ min PB of 1:38:32 (after a 3km PB on the track the day before) and French walker **Mathieu Beurion** who did a 3+ min PB with 1:40:08. Unfortunately his French team mate **Emmanuel Tardi** was disqualified but such is the nature of our event. Back to the women's event where some other performances are especially deserving of comment. **Regan Lamble**, in her first ever 20km, stormed through to an IAAF B qualifier of 1:36:40 – wow, that is fantastic. She looked strong the whole way and will obviously take loads more off that time in her next few outings. **Kelly Ruddick** continued her good form with a 2 min PB of 1:40:11 (nearly broke the 1:40 barrier!) to take third place while **Beki Lee** also PB'd with 1:42:38. The great thing from this strong set of results is the young age of so many of the competitors. It augurs well for the future.

#### Women 20km Race Walk Open

1.	Claire Tallent	AIS	1:35:38	
2.	Regan Lamble	AIS	1:36:40	Inaugural
3.	Kelly Ruddick	VIC	1:40:11	PB – 2:21
4.	Cheryl Webb	AIS	1:40:15	
5.	Beki Lee	NSW	1:42:38	PB – 0:59
6.	Nicole Fagan	NSW	1:46:22	
7.	Heather Carr	VIC	1:57:38	
	Pam Tindal	VIC	DNF	(10km in 52:20)

#### Men 20km Race Walk Open

1.	Adam Rutter	AIS	1:24:56	
2.	Chris Erickson	AIS	1:27:30	
3.	Brendon Reading	ACT	1:27:33	PB – 0:35
4.	Robbie Heffernan	INV	1:32:23	
5.	Darren Bown	SA	1:35:31	
6.	Daniel Coleman	TAS	1:36:40	
7.	Stuart Kollmorgen	VIC	1:38:32	PB – 7:37
8.	Mathieu Beurion	FRA	1:40:08	PB – 3:41
	Rhydian Cowley	VIC	DNF	
	Andrew Jamieson	VIC	DNF	
	Simon Evans	VIC	DNF	
	Emmanuel Tardi	FRA	DQ	
	Sean Fitzsimons	AIS	DQ	



20km action – Adam Rutter, Sean Fitzsimons, Brendon Reading, Chris Erickson, Regan Lamble and Claire Tallent

The final events to be contested were Junior 10km roadwalks which got underway at 8:30AM. Lots of our junior men were in attendance but only a couple of the girls targetted the opportunity - World Cup rep **Beth Alexander** walking strongly as usual to finish first in 50:46 while **Hilary Brazel** did a huge PB to finish in 53:56. Of the boys, **Dane Bird-Smith** won comfortably in a fine time of 42:45 ahead of Queensland team mates **Brad Aiton** 45:09 and **Jesse Osborne** 45:46. Brad, who has already qualified for the 2011 World Youth champs with 44:00, was just outside the 45:00 qualifying standard this time and Jesse, who is only 15 years of age, was not far outside the 45:00 standard himself – he looks our most likely bet for the second WY spot in 2011. There were PBs galore with **Kyle Malone** 45:47, **Josh Dillon** 47:17, **Brandon Dewar** 47:34 and **Brad Simpson** 51:09 all making the most of the occasion.

### Women 10km Race Walk Junior

- |    |                |     |       |           |
|----|----------------|-----|-------|-----------|
| 1. | Beth Alexander | VIC | 50:46 |           |
| 2. | Hilary Brazel  | VIC | 53:56 | PB – 4:44 |

### Men 10km Race Walk Junior

- |    |                 |     |       |           |
|----|-----------------|-----|-------|-----------|
| 1. | Dane Bird-Smith | QLD | 42:45 |           |
| 2. | Brad Aiton      | QLD | 45:09 |           |
| 3. | Jesse Osborne   | QLD | 45:46 | PB – 1:32 |
| 4. | Kyle Malone     | NSW | 45:47 | PB – 1:05 |
| 5. | Josh Dillon     | VIC | 47:17 | PB – 3:28 |
| 6. | Brandon Dewar   | QLD | 47:34 | PB – 0:13 |
| 7. | Nathan Brill    | VIC | 47:56 |           |
| 8. | Brad Simpson    | VIC | 51:09 | PB – 0:09 |
| 9. | Lewis Clark     | VIC | 51:43 |           |
|    | Nick Dewar      | QLD | DQ    |           |



10km walkers Beth Alexander, Kyle Malone, Brad Aiton, Dane Bird-Smith and Jesse Osborne



More action from the 20km – Mathieu Beurion, Stuart Kollmorgen, Robbie Heffernan, Beki Lee and Kelly Ruddick

Thanks to Terry Swan for the many photos he has uploaded to our VRWC gallery (<http://www.vrwc.org.au/coppermine/>). I have reproduced some of them with this report. You can also read a very comprehensive race report on the AA website: [http://www.athletics.com.au/news/news/2010/december/adams\\_claims\\_maiden\\_50km\\_title](http://www.athletics.com.au/news/news/2010/december/adams_claims_maiden_50km_title). Overall, a great morning's work by our dedicated and talented walkers.

And now onto some updated 50km and 20km ranking lists. In the men's 50km All-Time, Ian slots into 16<sup>th</sup> place with his 3:59:43 while in the women's 20km All-Time, Regan comes in at equal 18<sup>th</sup>, Kelly rises to 28<sup>th</sup> and Beki improves to 40<sup>th</sup>.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:38:56	Jared Tallent	VIC	17/01/1984	1	Melbourne	22/11/2009	25
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
8	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
9	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988	31
10	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
11	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
12	3:55:30	Chris Erickson	VIC	01/12/1981	1	Melbourne	14/12/2008	27
13	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
14	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000	27
15	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
<b>16</b>	<b>3:59:43</b>	<b>Ian Rayson</b>	NSW	04/02/1988	2	Melbourne	12/12/2010	22
17	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
18	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979	28
19	4:11:08	Bill Dyer	VIC	26/03/1961	1	Adelaide	15/07/1984	23
20	4:11:10	Mark Donahoo	VIC	27/05/1958	2	Melbourne	08/05/1988	29

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg,Germany	02/05/2004	25
6	1:32.02.0	Claire Tallent	S	06/07/1981	10	La Coruna, Spain	19/06/2010	28
7	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
8	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
9	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
10	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
11	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
12	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
13	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
14	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
15	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
16	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
17	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28
<b>E18</b>	<b>1:36.40.0</b>	<b>Regan Lamble</b>	V	14/10/1991	2	Melbourne	12/12/2010	19
E18	1:36.40.0	Lisa Grant	N	26/04/1985	4	Sydney	04/02/2006	20
20	1:37.32.0	Michelle French	N	01/04/1982	3	Melbourne	02/12/2006	24
21	1:37.34.0	Teresa Letherby	Q	05/04/1972	2	Adelaide	03/09/1995	23
22	1:37.48.0	Jill Barrett-Maybir	NT	13/07/1964	1	Sydney	07/09/1997	33
23	1:37.59.0	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	15/07/1989	28
24	1:39.02.0	Jane Lewry-Barbour	S	27/07/1966	3	Hawkesbury	10/07/1993	26
25	1:39.03.0	Jo Strangman	A	17/11/1975	1	Sydney	05/08/1995	19
26	1:39.49.0	Sue Narbey	W	25/11/1964	1	Perth	13/07/1985	20
27	1:40.02.0	Gabrielle Blythe	V	09/03/1969	1	Melbourne	24/05/1992	23
<b>28</b>	<b>1:40.11.0</b>	<b>Kelly Ruddick</b>	V	19/04/1973	3	Melbourne	12/12/2010	37
29	1:40.36.0	Sharon Schnyder	V	01/07/1964	1	Adelaide	14/07/1991	27
30	1:40.38.0	Jenny Crooks	S	09/04/1976	2	Melbourne	01/09/1996	20
31	1:40.39.0	Jess Heazlewood	N	30/05/1987	7	Melbourne	07/03/2009	21
32	1:40.49.0	Carolyn Vanstan-Ferguson	V	14/08/1968	1	Melbourne	08/09/1991	23
33	1:40.49.0	Tracy Rosengrave	V	25/08/1977	3	Melbourne	06/07/1997	19
34	1:41.17.0	Anne Ryan	N	02/07/1962	3	Canberra	13/07/1985	23
35	1:41.29.0	Lorraine Young-Jachno	V	21/09/1959	2	Richmond	14/07/1990	30
36	1:41.35.0	Nicole Fagan	N	24/07/1989	1	Hobart, Aust U23 20km	13/02/2010	20
37	1:41.55.0	Jess Heazlewood	N	30/05/1987	7	Melbourne	23/02/2008	20
38	1:42.17.0	Lara Kara-Ali	S	06/02/1978	4	Melbourne	12/12/1999	21
39	1:42.22.0	Heather McDonald	V	13/08/1949	1	Melbourne	12/09/1993	44
<b>40</b>	<b>1:42.38.0</b>	<b>Beki Lee</b>	N	25/11/1986	5	Melbourne	12/12/2010	24

You can check out all my Australian All-Time rankings lists for all major distances at <http://www.rwa.org.au/arankings.shtml>

## BENDIGO WALKERS CLUB RESULTS

Thanks to Paul Rance for his Bendigo Walkers Club reports from the last few weeks.

### Bendigo Walkers Club walks, Wednesday 24<sup>th</sup> November

On 24<sup>th</sup> November the Bendigo Walkers Club held sealed handicap races over 1500m and 3000m. The 1500m sealed handicap was won by Jarrod Coad with Norm West 2<sup>nd</sup> and Jamie-Lee Jones in 3<sup>rd</sup> place with Jarrod Coad and Peter Curtis taking equal fastest time. The 3000m sealed handicap was won by Josh Savage with a personal best effort with Colin Cleary in 2<sup>nd</sup> place and Zoe Boldiston taking 3<sup>rd</sup> place and fastest time honours in a Club personal best time of 14.56 which also broke her own Club under 14 record as she became only the fifth and youngest Club member to break the 15 minute barrier behind Annette Major, Brigid McGinniskin, Jess Rothwell and Natalie Gleeson.

**1500m:** Jarrod Coad 1st 9.29, Norm West 2nd 12.37, Jamie-Lee Jones 3rd 13.39, Carol Coad 4th 12.37, Peter Curtis 5th 9.29

**3000m:** Josh Savage 1st 16.26, Colin Cleary 2nd 22.29, Zoe Boldiston 3rd 14.56, Jeremiah Jones 4th 16.57, John Carter 5th 19.31, Annette Curtis 6th 21.35, Barb Bryant 7th 18.00, Paul Rance 8th 15.33, Geoff Major 9th 22.25, Catherine Heard 10th 22.12, Ebony Whiley eq. 11th 16.22, Amanda Heard eq. 11th 16.52, Annette Major 13th 18.38, Dane Heiden 14th 18.38, Ebony-Jade Jones 15th 24.21

### Bendigo Walkers Club walks, Wednesday 1<sup>st</sup> December

Racing on the 1<sup>st</sup> December saw 1200m and 4000m handicap events being held, with the 1200m race taken out by second backmarker Peter Curtis with Ebony-Jade and Jeremiah Jones taking 2<sup>nd</sup> and 3<sup>rd</sup> placings respectively, while Peter Curtis and Dane Heiden recorded equal fastest time, with both athletes also recording Club personal bests over the 1200m distance. The 4000m was won by the consistent Colin Cleary with Geoff Major 2<sup>nd</sup> and Ebony Whiley 3<sup>rd</sup> while Paul Rance claimed fastest time honours with Josh Savage also producing a strong effort to record a personal best by almost 1 minute.

**1200m:** Peter Curtis 1st 5.50, Ebony-Jade Jones 2nd 8.30, Jeremiah Jones 3rd 6.28, Dane Heiden 4th 5.50, Jarrod Coad 5th 8.30, Jamie-Lee Jones 6th 11.08

**4000m:** Colin Cleary 1st 30.06, Geoff Major 2nd 29.42, Ebony Whiley 3rd 21.42, Barb Bryant 4th 24.35, Annette Curtis 5th 28.52, Paul Rance 6th 20.57, Josh Savage 7th 22.49, John Carter 8th 27.17

### Bendigo Walkers Club walks, Rosalind Park, Wednesday 8<sup>th</sup> December

The Bendigo Walkers Club's Summer Season of racewalking continued in Rosalind Park last Wednesday evening with distances shortened because of the inclement weather. The short distance competitors raced over 800m under nominated time conditions with Peter Curtis taking 1<sup>st</sup> place and fastest time with the consistent Jarrod Coad 2<sup>nd</sup> and Jarrod's mum Carol in 3<sup>rd</sup> place.

The 2400m metres nominated time event was won by John Carter as he nominated the exact time that he walked, with Club President Paul Rance in 2<sup>nd</sup> place and fastest overall while Jeremiah Jones snared 3<sup>rd</sup> placing, with Josh Savage also walking strongly to record a personal best over the distance.

**800m:** Peter Curtis 3.55, Jarrod Coad 4.57, Carol Coad 6.15, Jamie-Lee Jones 7.17

**2400m:** Paul Rance 11.56, Ebony Whiley 12.55, Josh Savage 13.05, Jeremiah Jones 13.27, Annette Major 13.57, Barb Bryant 14.11, John Carter 15.40, Annette Curtis 17.10, Geoff Major 17.46, Ebony-Jade Jones 19.19

This coming Wednesday evening is the Club's last competition night for 2010 with teams of 4 racing over 1600m from 6pm in Rosalind Park, with the Club's annual Christmas tea following the teams race. Enquirers phone 5442 6435.

Finally while still talking Bendigo, I must congratulate club president **Paul Rance** whose coaching expertise extends beyond the confines of walking. Well done to Paul on a great coaching effort. Over to him to explain

*It has been a busy few weeks and I have had extra work at my place of employment (Catholic College Bendigo) where I also look after the school's athletic program. I am team manager of our Intermediate Girls who won the Knockout Cup State Final back in August and made it through to the Australian All Schools National Final where our country school defeated the best sport scholarship schools in Australia to win our first ever National Knockout Cup final. In winning this final, we have qualified for the World Schools Championship to be held in Poland in June 2011 and I now have the challenging task of turning a 7 member team into a team of 6 as the rules are slightly different for the World event.*

*Footnote: One of our Catholic College Knockout Cup members is racewalker Ebony Whiley who is also our javelin thrower.*

## ACT RACE & FITNESS WALKING CLUB WALKS, BRUCE STADIUM, CANBERRA, THURSDAY 9 DEC

Thanks to Val Chesterton for the weekly track walk results from the Thursday evening interclub in Canberra.

**1000m** C Burns 5.11 T Hopkins 5.18 K Hopkins(f) 5.23 G Hunt(f) 5.29 C Doherty 5.47 S Burns 7.59

**3000m** M Reading 14.17 B Lee(f) 14.51 H Bates 15.03 P Baker 16.59 R Whyte 18.05 J Bates(f) 19.07 E Blair(f) 19.47

R Gilchrist 19.52 G Barker 20.19 A Williams 20.41 D Fitzgerald 21.29 J Gilchrist(f) 22.38

## ATHLETICS VICTORIA SHIELD ROUND 8, SATURDAY 11 DEC 2010

Just jumping back one week to the Australian All Schools championships at the Doncaster track in suburban Melbourne, I mentioned in last week's newsletter that just before the meet started, the track and environs were underwater. The amazing thing is that 2 days later ( Sat. Sun. Mon) the Australian Schools T & F Championships were held on a nearly perfect ground thanks to the hard work of a number of Doncaster Athletics Club volunteers and Doncaster & Templestowe Council staff – clearing drains, sweeping the track and runups and replacing the sand in the jumps pits. The distance throwing sector was a swimming pool but it too was drained and, though a bit soggy, all competition was undertaken. Check out these photos. How impressive!



Luckily the weather was kinder last Saturday and we completed a full round of Athletics Victoria Shield competition. Here goes!

### AV Shield - Bendigo Region Round 8, La Trobe University Bendigo Athletics Complex

Amanda Heard and Jeremiah Jones led the way in Bendigo in their regional competition.

#### 3000 Meter Race Walk

1.	Heard, Amanda	W15	EAGLEHAWK YM	16:21.53
2.	Heiden, Dane	M13	SOUTH BENDIG	16:37.97
3.	Savage, Joshua	M15	EAGLEHAWK YM	17:25.55
4.	Jones, Ebony-Jade	W16	EAGLEHAWK YM	23:25.13
	Whiley, Ebony	W15	EAGLEHAWK YM	DNF

#### 1500 Meter Race Walk

1.	Jones, Jeremiah	M13	EAGLEHAWK YM	7:52.01
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### AV Shield - East Region Round 8, Reischiek's Reserve, Doncaster

Stuart Kollmorgen powered to a 1 sec PB at Doncaster to easily win the 3000m walk in 13:19.3 ahead of Stephanie George with 15:44.9. It was good to see Michael Beaton-Wells back for another race, his time of 16:10.1 not bad for a bloke who has been retired for some years now. Adam Garganis was the fastest over the 1500m distance with 8:12.4.

#### 3000 Meter Race Walk

1.	Kollmorgen, Stuart	M41	COLLINGWOOD	13:19.3
2.	George, Stephanie	W14	CROYDON AC	15:44.9
3.	Reid, Ross	M56	COLLINGWOOD	15:57.9
4.	Beaton-Wells, Michael	M42	OLD SCOTCH C	16:10.1
5.	Dyer, Bill	M49	BOX HILL AC	16:19.0
6.	Armstrong, David	M55	DIAMOND VALLEY	17:11.8
7.	Jack, Clarrie	M65	RICHMOND HAR	17:19.9
8.	Duval, Samantha	W17	RINGWOOD AC	18:29.4
9.	Vernal, Stephen	M52	ATHLETICS NU	18:38.8
10.	Facey, Stuart	M60	OLD SCOTCH C	18:44.4
11.	Worsnop, Christoph	M53	OLD XAVERIANS	19:56.7
12.	Ellis, Robert	M63	RICHMOND HAR	20:36.7
13.	Fitts, John	M74	RICHMOND HAR	20:55.9

#### 1500 Meter Race Walk

14.	Garganis, Adam	M13	COLLINGWOOD	8:12.4
15.	George, Hayley	W10	SOUTH COAST	9:06.4
16.	Cooke, Brianna	W13	DIAMOND VALLEY	9:11.7
17.	Benifer, Amy	W13	RINGWOOD AC	9:41.0
18.	Boylen, Adele	W11	COLLINGWOOD	11:05.5
19.	Neale, Anthony	M12	COLLINGWOOD	11:10.0
20.	Clamp, Joel	M13	DIAMOND VALLEY	14:37.5

**AV Shield - North West Region Round 8, Meadowglen International Athletics Track Epping**

The North West zone continues to be the largest walks venue and this weekend 35 walkers were in action. Paul Kennedy bounced back from his shock defeat last week to win the 3000m in 14:07.4, some 10 secs ahead of Trenton Hawkins who is having his best season in some years. Kirstin Shaw was the fastest of the ladies with 16:29.6. Carly Bertrand was fastest over 1500m with 8:10.65.

**3000 Meter Race Walk**

1.	Kennedy, Paul	M53	MELBOURNE UN	14:07.4
2.	Hawkins, Trenton	M31	PRESTON AC	14:17.7
3.	McDonough, Aaron	M38	PRESTON AC	15:27.2
4.	Knox, Duncan	M51	ATHLETICS ES	16:10.3
5.	Shaw, Kirstin	W19	WESTERN ATHL	16:29.6
6.	McShanag, Connor	M14	ATHLETICS ES	16:37.7
7.	Erickson, Timothy	M60	OBURG HARRI	16:49.8
8.	Campbell, Caitlin	W16	ATHLETICS ES	17:51.4
9.	Smithson, Kimberle	W25	PRESTON AC	17:55.7
10.	Elms, Donna	W49	ATHLETICS ES	18:14.6
11.	Shaw, Robyn	W49	WESTERN ATHL	18:51.3
12.	Aplin, Elise	W22	KEILOR ST BE	18:57.6
13.	Kondogonis, John	M49	KEILOR ST BE	19:00.2
14.	Wallace, Anna	W28	ATHLETICS ES	20:20.3
15.	Stobaus, Anne	W69	KEILOR ST BE	21:22.9
16.	Baric, Amanda	W42	KEILOR ST BE	22:58.3
17.	Ireland, Roslyn	W27	BRUNSWICK AC	23:15.7
18.	Rickard, Ian	M54	BRUNSWICK AC	26:36.3
19.	Rickard, Tess	W17	BRUNSWICK AC	26:44.9
20.	Ireland, Olive	W50	BRUNSWICK AC	26:47.3

**1500 Meter Race Walk**

1.	Bertrand, Carly	W14	KEILOR ST BE	8:10.45
2.	Elms, Donna	W49	ATHLETICS ES	9:04.79
3.	McLaren, Stacey	W14	ATHLETICS ES	9:07.34
4.	Henderson, Keely	W13	PRESTON AC	9:33.67
5.	Irons, Julia	W12	KEILOR ST BE	10:06.84
6.	Roux, Leigh	W13	COBURG HARRI	10:28.30
7.	Marsh, Megan	W15	COBURG HARRI	10:29.02
8.	Meizis, Caitlyn	W14	INVITE	10:41.11
9.	Hodgart, Claire	W14	WESTERN ATHL	10:53.15
10.	Musgrave, Caitlyn	W10	PRESTON AC	10:54.80
11.	Long, Izaak	M10	PRESTON AC	10:55.95
12.	Matthews, Rhiannon	W9	KEILOR ST BE	10:56.35
13.	Irons, Elaine	W10	KEILOR ST BE	11:43.39
14.	Abfalter, Kate	W11	KEILOR ST BE	11:43.80
	Curkovic, Martin	M13	INVITE	DQ



**Action in the 3000m walk at Meadowglen – Aaron McDonough, Robyn Shaw, Donna Elms, Anna Wallace, Kirstin Shaw, Paul Kennedy and Trenton Hawkins**

**AV Shield - South East Region Round 8, Ballam Park Athletic Track Frankston**

Tamara Attard 15:16.7 and Aaron Tam 15:32.2 led the way in Frankston while Alan Lucas must have been taking youth pills if we are to believe that he is M28! Lucas Taylor was in top form in the 1500m, winning in a very fast time of 7:13.9 ahead of Jesse Eastwood with 7:48.52.

### 3000 Meter Race Walk

1.	Attard, Tamara	W20	KNOX AC	15:16.7
2.	Tam, Aaron	M16	KNOX AC	15:32.2
3.	Irshad, Kylie	W39	VICTORIAN MA	16:18.3
4.	Riddoch, Clyde	M57	ATHLETICS WA	16:21.9
5.	Lucas, Alan	M28	VICTORIAN MA	17:01.8
6.	Guy, Rebecca	W14	CASEY CARDIN	17:12.4
7.	McInnes, Simone	W19	GLENHUNTLY A	17:20.5
8.	Steed, Gwen	W68	VICTORIAN MA	19:04.8
9.	Barrow, Geoffrey	M61	MENTONE AC	19:15.5
10.	Van Dongen, Rupert	M36	CASEY CARDIN	19:39.16
11.	Morrey, Jan	M71	OAKLEIGH AC	19:41.99
12.	Johnson, Celia	W63	VICTORIAN MA	20:15.17
13.	Doran, Anthony	M58	GLENHUNTLY A	20:15.9
14.	Morrison, John	M71	SANDRINGHAM	20:48.1
	De Pasquale, Joel	M26	KNOX AC	DNF
	Zeleznikow, John	M60	GLENHUNTLY A	DQ

### 1500 Meter Race Walk

1.	Taylor, Lucas	M14	SOUTH COAST	7:13.90
2.	Eastwood, Jessie	W13	KNOX AC	7:48.52
3.	Sanders, Jade	W13	CASEY CARDIN	7:51.50
4.	Guy, Rachael	W11	CASEY CARDIN	8:27.36
5.	Vella, Lewis	M13	CASEY CARDIN	9:10.66
6.	Davidson, Cody	M12	INVITATION	9:37.22

### AV Shield - Ballarat Region Round 8, Llanberris Reserve Ballarat

It looks like only a 1500m was contested at Ballarat with Collin Bootsman the best in 7:48.23.

### Mixed 1500 Meter Race Walk

1.	Bootsman, Collin	M29	ENDOUREE AC	7:48.23
1.	Jones, Peter	M65	BALLARAT HAR	10:28.34
2.	Brooks, Barry	M70	BALLARAT HAR	10:28.39

### AV Shield - Geelong Region Round 8, Landy Field Geelong

Alas, the Geelong results are not showing up on the AV website yet.

Finally to a couple of Round 7 results which were not available for last week's newsletter.

### AV Shield - North West Region Round 7, Moonee Valley Athletics Centre, Aberfeldie, Tuesday 7 December

The North West Region round 7 was washed out at Aberfeldie two weeks ago so a catch up round was scheduled last Tuesday evening. Trenton Hawkins 9:02.9 inflicted a defeat on reigning venue champion Paul Kennedy 9:13.7 while Aaron McDonough did a 4 sec PB to record 9:52.7 in third place. A season best 36 walkers contested the 2000m.

### 2000 Meter Race Walk

1.	Hawkins, Trenton	M	PRESTON AC	9:02.9
2.	Kennedy, Paul	M	MELBOURNE UN	9:13.7
3.	McDonough, Aaron	M	PRESTON AC	9:52.7
4.	Donahoo, Mark	M	ATHLETICS ES	10:17.0
5.	Knox, Duncan	M	ATHLETICS ES	10:18.1
6.	McShanag, Connor	M	ATHLETICS ES	10:51.5
7.	Smithson, Kimberley	W	PRESTON AC	11:11.6
8.	Elms, Jason	M	ATHLETICS ES	11:13.2
9.	Bertrand, Carly	W	KEILOR ST BE	11:17.8
10.	Campbell, Caitlin	W	ATHLETICS ES	11:32.4
11.	Wallace, Anna	W	ATHLETICS ES	11:40.4
12.	Elms, Donna	W	ATHLETICS ES	11:41.6
13.	Shaw, Robyn	W	WESTERN ATHL	12:37.7
14.	Kondogonis, John	M	KEILOR ST BE	12:53.7
15.	McLaren, Stacey	W	ATHLETICS ES	13:14.3
16.	Aplin, Elise	W	INVITE	13:24.3
17.	Abfalter, Emma	W	KEILOR ST BE	13:30.0
18.	Abfalter, David	M	KEILOR ST BE	14:05.1
19.	Colley, Jamee-Leig	W	PRESTON AC	14:09.1
20.	Irons, Julia	W	KEILOR ST BE	14:11.8
21.	Ireland, Mark	M	BRUNSWICK AC	14:29.1
22.	Abfalter, Maria	W	KEILOR ST BE	14:44.4
23.	Baric, Amanda	W	KEILOR ST BE	14:45.6
24.	Stobaus, Anne	W	KEILOR ST BE	14:47.1
25.	Musgrave, Caitlyn	W	PRESTON AC	14:59.1
26.	Matthews, Rhiannon	W	KEILOR ST BE	15:40.5
27.	Edwards, Joanna	W	BRUNSWICK AC	16:55.3



28.	Rickard, Gemma	W	BRUNSWICK AC	17:00.2
29.	Rickard, Ian	M	BRUNSWICK AC	17:01.8
30.	Rickard, Tess	W	BRUNSWICK AC	17:12.8
31.	Arnold, Madison	W	PRESTON AC	17:26.2
32.	Ireland, Olive	W	BRUNSWICK AC	18:11.9
33.	Marangon, Georgia	W	PRESTON AC	19:32.5
	Crea, Gabriella	W	ATHLETICS ES	DQ
	Browne, Nicholas	M	MELBOURNE UN	DQ
	Harrap, Christophe	M	COBURG HARRI	DQ

#### AV Shield - Bendigo Region Round 7, La Trobe University Bendigo Athletics Complex, Saturday 27 November

And one final round 7 result from Bendigo – It was held two weeks ago but has only just been published on the AV website.

##### 2000 Meter Race Walk

1.	Ebony Wiley	W	EAGLEHAWK YM	10:28.96
2.	Amanda Heard	W	EAGLEHAWK YM	10:32.56
3.	Joshua Savage	M	EAGLEHAWK YM	10:38.29
4.	Dane Heiden	M	SOUTH BENDIG	10:43.61
5.	Jeremiah Jones	M	EAGLEHAWK YM	11:12.20
6.	Annette Major	W	EAGLEHAWK YM	11:40.81
7.	John Carter	W	SOUTH BENDIG	13:16.48
8.	Ebony-Jade Jones	W	EAGLEHAWK YM	15:39.08

#### ATHLETICS SA PREMIERSHIP CUP ROUND 6, ST ALBANS RESERVE, CLEARVIEW, SAT 11 DEC

With Darren Bown and Peter Crump in Melbourne for the Fawkner Park races, it was left to the younger walkers to wave the walks flag in Adelaide last Saturday.

##### Women 1500 Metre Race Walk U/16

1.	Piper Douglas	97	TTG	8:05.4
2.	Jessica Stephens	96	ELIZ	8:08.5
3.	Allegra Steele	90	TTG	8:52.4

##### Men 1500 Metre Race Walk U/14

1.	Alix Harlington	99	ELIZ	8:09.5
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#### WESTERN AUSTRALIAN INTERCLUB RESULTS

Interclub competition has also been ticking along in Perth in Western Australia each Friday evening over the last couple of months. Here are the results from the last four rounds of competition.

##### Strive Interclub, WA Athletics Stadium, Friday 19 November

##### Mixed 5000 Meter Race Walk

1.	Watson, Hannah	W94	MLV	26:52.3
2.	Holt, Kate	W96	MLV	27:34.9
3.	Hill, Jeremy	M98	CUR	29:02.7
4.	Hughes, Holly	W97	MLV	29:09.8
5.	Smith, Jacqueline	W93	CUR	30:38.6
6.	Butler, Michelle	W91	AWA	31:52.7
	Nolan, Ethan-Lee	M96	AWA	DQ

##### Strive Interclub, WA Athletics Stadium, Friday 26 November

##### Mixed 1500 Meter Race Walk

1.	Ethan-Lee Nolan	M96	AWA	6:55.8
2.	Hannah Watson	W94	MLV	6:56.4
3.	Dale Hennighan	M93	AWA	7:25.6
4.	Holly Hughes	W97	MLV	7:29.9
5.	Jeremy Hill	M98	CUR	7:36.7
6.	Brooke Barritt	W96	Man/Roc	7:39.9
7.	Andrea Hahn	W93	AWA	7:57.9
8.	Carla Unicomb	W98	CUR	8:13.7
9.	Riley Burke	M98	AWA	9:17.1
10.	Alexander Nolan	M98	AWA	9:21.9

##### Strive Interclub, WA Athletics Stadium, Friday 3 December

##### Mixed 3000 Meter Race Walk

1.	Hill, Jeremy	M98	CUR	16:49.7
2.	Unicomb, Carla	W98	CUR	17:29.1

**Strive Interclub, WA Athletics Stadium, Friday 10 December**

**Mixed 1500 Meter Race Walk**

1.	Hill, Jeremy	M98	CUR	7:40.2
2.	Smith, Kimberley	W90	CUR	7:55.4
3.	Smith, Jacqueline	W93	CUR	8:05.0

**HONG KONG ROADWALK CHAMPIONSHIPS, HONG KONG, SUNDAY 5 DECEMBER 2010**

The Hong Kong National Roadwalk championships were held last Sunday morning in downtown Hong Kong – check out the web gallery at <http://picasaweb.google.com/kingloipun/2010125?authkey=Gv1sRgCJT1naSuz8TFvgE&feat=email#>. Main results are

**Men Junior 10km**

1.	FAN MING YAN	0:58:07
2.	YUEN HO MING	0:59:59
3.	WONG KIN TAO	1:03:10

**Men Open 20km**

1.	TSE CHUN HUNG	1:43:06
2.	YAN MAN HIN	2:21:16
3.	LO PUN SHING	2:23:08

**Men Master 20km**

1.	CHAN CHI KIN	1:58:38
2.	NG HANG TAT	1:58:59
3.	CHAN KA YIU	2:02:54
4.	YU WAI KEE	2:06:37
5.	TSUI KA FAI CLARENCE	2:09:10
6.	CHEUNG WING HIN, DANIEL	2:10:04
7.	LEUNG TING KIN	2:11:17
8.	CHAN WAI ON	2:14:08
9.	CHAU KWOK KEUNG	2:17:23
10.	TANG CHING WAN	2:17:32
11.	TARDI, MANU	2:21:50

**Women Open 20km**

1.	NG SAU MAN	2:03:04
2.	LEE SHAN	2:48:10
3.	LAI TSZ YAN	2:49:31

**Women Master 20km**

1.	KWOK CHIK HA	2:07:13
2.	CHU KWAN MAY, JUDY	2:09:47
3.	CHOI KAM HAR	2:10:13
4.	CHENG IP MING	2:12:28
5.	SUEN WAI HA	2:17:30
6.	LAI YUET MEI	2:20:16
7.	CHAN CHUN FUNG	2:20:44
8.	WONG YAT WAN	2:21:30
9.	CHOI KIN YUNG	2:24:43
10.	TAI SAU KING	2:24:45

**OTHER OVERSEAS NEWS**

ROME (ITA): Olympic 50 km walk champion and European 20 km silver medallist Alex Schwazer is ready to start his training for the 2011 World Championships in Daegu after a break period following the European Championships in Barcelona where he won the silver. "I probably peaked too early and I was not in my best form in Barcelona", said Schwazer in Rome where he received the Bruno Zauli Award. "The hard training for the Olympic season took its toll in the following seasons and I felt that I needed a break. For this reason I will start walking only after Christmas. My preparation will begin seriously in February with my new coach Michele Didoni (20 km World Champion in Goteborg 1995) to be in top form for Daegu. I have still a good relationship to my former coach Sandro Damilano but after six years I needed new motivation."

## FOCUS ON GEELONG WALKERS CLUB



Since I regularly publish results from Bendigo and Ballarat Walkers Clubs, I thought I should balance the scales by doing a little piece on the Geelong Walkers Club, our third active country walking club. First to a bit of history.

In 1979 the late Noel Edgerton created the GEELONG JUNIOR WALKERS. Noel was a very keen supporter of Little Athletics, and because racewalking was not regarded a "glamour" sport at the time, walk events did not happen on a regular basis in Geelong, so Noel decided to organise the Geelong Junior Walkers which started competing at the Landy Field Track in Geelong on Friday nights. In the second year the name was changed to GEELONG WALKERS with the aim to attract more open age walkers.

Noel ran the club for 8 years before handing over to Bill Davison who eventually handed the reigns over to the current President Harold Boddy at the end of the 1997/98 season. In its heyday, the Geelong Walkers Club was a feared and respected team because of the great depth of talent throughout its ranks.

Over the years, various changes have naturally occurred. Track races are now held at the Goldsworthy Athletic Track in Corio, the club's days and times of events have been changed to make them more convenient for members, a Junior Committee has been established as a forum for younger member's views and ideas and finally parents and grandparents have been encouraged to join in the activities as recreational walkers for both the social and fitness benefits.

The club's event program now looks a lot different to the early days, with a combination of serious races (one hour handicap race, etc) and fun events like "team relays" and "guess your time", all over different distances and all handicapped so that everyone has an equal chance. Another change that has received widespread support is the inclusion of more 'off-track' events, making the most of the walking paths around Geelong's foreshore and parks. The Club now enjoys a membership of racewalkers and recreational/fitness walkers. A number of the club's juniors are again making an impact in serious competition and are enjoying successes at Little Athletics, State and National levels that hopefully will continue on into Senior ranks. The Geelong Walkers Club history is a long and proud one.

Summer events are now held on Thursday evenings at 6:15PM, either at Goldsworthy Track in Corio or at a non-track venue if scheduled. The club has a comprehensive website at <http://www.sportingpulse.com> and you can check out the full summer fixture there. This Thursday sees their final races at the Corio Track prior to the Christmas break and then the club will return on **Thursday 3<sup>rd</sup> February 2011** for another round of track walks at Corio. If you are down in Geelong, make sure you check out the club and have a race with them. Our country clubs will only continue to thrive if we all support them.

## WHAT'S COMING UP

Our next VRWC summer races are scheduled tomorrow evening at the Collingwood Harriers track in Clifton Hill. Timetable reads:

### **Wednesday 15 December, George Knott Athletics Track, Clifton Hill**

6:30PM	VRWC 5000m Walk, Men and Women
	VRWC 3000m Walk, Men and Women
7:15PM	VRWC 1500m Walk, Men and Women

Then next Saturday, we have our final round of AV Shield competition before the Christmas break. Venues in action are

Sat 18 Dec	AV Shield - South East Region - Round 9	Duncan MacKinnon Reserve, Murrumbidgee
Sat 18 Dec	AV Shield - East Region - Round 9	Hagenauer's Reserve, Box Hill
Sat 18 Dec	AV Shield - Bendigo Region - Round 9	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 18 Dec	AV Shield - Geelong Region - Round 9	Landy Field, Geelong
Sat 18 Dec	AV Shield - Ballarat Region - Round 9	Llanberris Reserve, Ballarat
Sat 18 Dec	AV Shield - North West Region - Round 9	Moonee Valley Athletics Centre, Moonee Ponds

Finally, advance notification for the 2011 Victorian division of the AMA 4x800m Walk Relay - **Thursday 24<sup>th</sup> Feb at 7.25pm at the East Burwood Athletic Track**. Masters walkers – put this date in your diaries and organise a team.

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### **2010/2011 Australian/Victorian Summer Season Key Dates**

Wed 15 Dec, 2010	VRWC Track races, George Knott Reserve, Clifton Hill, 6:30PM start time
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011	<b>Australian 20km Walk Championships</b> (incl 10km U20 invit), Hobart

Thur 24 Feb, 2010 VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track  
 26-27 Feb, 2011 Victorian Youth (U14-U20) T&F Championships, Olympic Park  
 4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park  
 10-14 Mar, 2011 **Australian Junior (U14-U20) Championships**, Sydney Olympic Park, Sydney NSW  
 19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park  
 2-3 April, 2011 Victorian Masters T&F Championships, Knox  
 April 21-24, 2011 **Australian Masters Athletics Championships**, Brisbane

#### 2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC  
 Sun 12 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT  
 Sun 10 July 2011 Victorian Schools Roadwalking Championships, Middle Park, VIC  
 20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT

#### 2011 International Fixture

July 6-10, 2011 **7<sup>th</sup> World Youth T&F Championships, Lille, France**  
 July 7-17, 2011 **19<sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>  
 Aug 12-22, 2011 **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>  
 Aug 27-Sept 4, 2011 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>  
 Sept 7-13, 2011 **4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

#### 2011 IAAF RaceWalking Challenge Series (Category 1 events)

Sat 5 March 2011 Chihuahua, MEX  
 Sat 9 April 2011 Rio Major, POR  
 Sun 24 April 2011 Taicang, CHN  
 Sun 1 May 2011 Sesto San Giovanni, ITA  
 Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

#### 2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
 May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
 July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
 July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

#### 2013 International Fixture

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**  
 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

#### 2014 International Fixture

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
 July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

#### Looking even further forward

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
 July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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