



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 5 FEBRUARY 2011

Last Saturday saw the final round of region competition at the six Victorian Shield venues but it all looked in doubt on Friday night as rains and floods deluged Victoria. Luckily the weather cleared the next day and 5 of the 6 venues managed to get through their allotted schedules. 2000m walks were on offer and there were some good performance in the cooler conditions.

AV Shield Ballarat Region Round 13, Llanberris Reserve, Ballarat

Rachel Tallent was home for a short stay after a good training block in Canberra and it showed as she strected the field with a 35 sec PB time of 8:57.35. Andrew Blood also walked excellently with 9:57.23 (his best for a while).

Mixed 2000 metre Race Walk

1.	Tallent, Rachel	W	BALLARAT YCW	8:57.35
2.	Blood, Andrew	M	BALLARAT YCW	9:57.23
3.	Bootsman, Collin	M	WENDOUREE AC	10:20.67
4.	Ruddick, Kevin	M	BALLARAT HAR	11:12.58
5.	Prendergast, Maurice	M	BALLARAT YCW	11:27.65
6.	Govan, Lee	M	WENDOUREE AC	12:36.26
7.	Peart, Jemma	W	BALLARAT YCW	12:39.64
8.	Brooks, Barry	M	BALLARAT HAR	14:28.17
9.	Jones, Peter	M	BALLARAT HAR	14:28.18
10.	Walker, Taylah	W	EUREKA AC	15:13.54

AV Shield Bendigo Region Round 13, La Trobe University Bendigo Athletics Complex, Bendigo

Paul Rance 9:52.74 and Ebony Whiley 10:06.24 were the best at Bendigo but Peter Curtis 10:06.24 and Amanda Heard 10:12.32 were close behind. Good walking overall.

Mixed 2000 metre Race Walk

1.	Rance, Paul	M	SOUTH BENDIG	9:52.74
2.	Whiley, Ebony	W	EAGLEHAWK YM	10:06.24
3.	Curtis, Peter	M	SOUTH BENDIG	10:06.34
4.	Heard, Amanda	W	EAGLEHAWK YM	10:12.32
5.	Jones, Jeremiah	M	EAGLEHAWK YM	11:45.55
6.	Carter, John	M	SOUTH BENDIG	13:34.11
7.	Watson, John	M	BENDIGO YMCA	14:21.88
8.	Jones, Ebony-Jade	W	EAGLEHAWK YM	15:27.48
	Savage, Joshua	M	EAGLEHAWK YM	DQ

AV Shield Geelong Region Round 13, Landy Field, Geelong

Josh Dillon won in Geelong with a fast 8:49.24. Behind him, Jared Walker 8:58.24 and James Seid-Christmass 9:05.59 both PB'd with fine walks. Jmara Hockley-Samon was the top lady with 10:01.30.

Mixed 2000 metre Race Walk

1.	Dillon, Joshua	M	CORIO AC	8:49.70
2.	Walker, Jared	M	CORIO AC	8:58.24
3.	Seid-Christmass, James	M	CORIO AC	9:05.59
4.	Hockley Samon, Jmara	W	ATHLETICS CH	10:01.30
5.	Mirarchi, Nicholas	M	CORIO AC	10:19.52
6.	Larkins, Jared	M	CORIO AC	10:35.01
7.	Walker, Megan	W	CORIO AC	11:40.84
8.	Lockwood, Jade	W	CORIO AC	13:22.21
9.	Jenkins, Alan	M	ATHLETICS CH	13:41.06
10.	Hockley-Samon, Harry	M	ATHLETICS CH	15:48.07
11.	Mirarchi, Thomas	M	CORIO AC	16:38.07
12.	Lockwood, Jill	W	CORIO AC	16:44.12

AV Shield East Region Round 13, Hagenauer's Reserve, Box Hill

Jason Kozica was the best at Box Hill with 9:20.8. Others to excel were Kylie Irshad with a 5 sec PB of 9:29.4 and **Pam Tindal** with a PB of 9:35.7, beating her own **Victorian W50 Masters record** by 2 secs. Andrew Jamieson might be nearly 65 but it does not show, as evidenced by his amazing 9:40.3. And finally Natalie Laurie finally decided to step up a gear and her 9:55.0 was a most welcome return to form after an injury plagued last couple of years.

Mixed 2000 Meter Race Walk

1.	Kozica, Jason	M	ST KEVINS AC	9:20.8
2.	Irshad, Kylie	W	VICTORIAN MA	9:29.4
3.	Tindal, Pam	M	CROYDON AC	9:35.7
4.	Jamieson, Andrew	M	OLD SCOTCH C	9:40.3
5.	Laurie, Natalie	M	ATHLETICS NU	9:55.0
6.	George, Stephanie	W	CROYDON AC	10:08.8
7.	Evans, Simon	M	BOX HILL AC	10:16.9
8.	Hammett, Gary	M	DIAMOND VALLEY AC	10:22.9
9.	Irshad, Jasmine	W	KNOX AC	10:32.0
10.	Dyer, Bill	M	BOX HILL AC	10:47.4
11.	Dickenson, Russ	M	SOUTH COAST	10:51.4
12.	Noonan, Patrick	M	ST KEVINS AC	11:05.9
13.	Garganis, Adam	M	COLLINGWOOD	11:08.7
14.	Gardiner, Bob	M	COLLINGWOOD	11:11.1
15.	Benke, Geza	M	OLD MELBURNIANS	11:17.7
16.	Jack, Clarrie	M	RICHMOND HAR	11:21.3
17.	Vernal, Stephen	M	ATHLETICS NU	12:05.3
18.	Walburg, Kirsten	W	DONCASTER AC	12:12.9
19.	Worsnop, Chris	M	OLD XAVERIANS AC	13:03.6
20.	Ellis, Robert	M	RICHMOND HAR	13:06.2
21.	Summers, Harry	M	BOX HILL AC	13:30.4
22.	Boylen, Adele	W	COLLINGWOOD	14:57.9
23.	Neale, Anthony	M	COLLINGWOOD	14:58.7
24.	Killip, John	M	OLD MELBURNIANS	16:56.3
25.	Neale, Jack	M	COLLINGWOOD	18:10.9
26.	Mah, Lincoln	M	ST KEVINS AC	19:08.4
	Clamp, Joel	M	DIAMOND VALLEY AC	DQ
	Walpole, Claire	W	DONCASTER AC	DQ
	Onley, Gordon	M	ST STEPHENS	DQ
	Owen, Cooper	M	DIAMOND VALLEY AC	DQ

AV Shield North West Region Round 13, Moonee Valley Athletics Centre, Moonee Ponds

I found out why Paul Kennedy did not compete last week – he went to the wrong venue! No such errors this week as he walked to a strong win with 9:01.3. Mark Donahoo continues his march towards full fitness for the upcoming Masters titles, as shown by his 9:13.1, turning the tables on Trenton Hawkins 9:20.5. Kirstin Shaw recorded a 10 sec PB with 9:49.3 to win the women's division.

Mixed 2000 metre Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:01.3
2.	Donahoo, Mark	M	ATHLETICS ES	9:13.1
3.	Hawkins, Trenton	M	PRESTON AC	9:20.5
4.	McDonough, Aaron	M	PRESTON AC	9:44.3
5.	McShanag, Connor	M	ATHLETICS ES	9:48.5
6.	Shaw, Kirstin	W	WESTERN ATHL	9:49.3
7.	Knox, Duncan	M	ATHLETICS ES	10:20.0
8.	Erickson, Tim	M	COBURG HARRI	10:47.9
9.	Dunstone, Daniel	M	WESTERN ATHL	10:49.4
10.	Bertrand, Carly	W	KEILOR ST BE	11:06.9
11.	Shaw, Robyn	W	WESTERN ATHL	11:47.7
12.	Campbell, Caitlin	W	ATHLETICS ES	12:18.1
13.	Henderson, Keely	W	PRESTON AC	12:28.9
14.	Hodgart, Claire	W	WESTERN ATHL	12:40.4
15.	Elms, Donna	W	ATHLETICS ES	12:45.7
16.	Irons, Julia	W	KEILOR ST BE	12:55.5
17.	Utber, Brooklyn	W	INVITE	13:42.1
18.	Matthews, Rhiannon	W	KEILOR ST BE	13:43.5
19.	Abfalter, Emma	W	KEILOR ST BE	13:58.4
20.	Abfalter, Maria	W	KEILOR ST BE	14:02.8
21.	Baric, Amanda	W	KEILOR ST BE	14:49.0
22.	Stobaus, Anne	W	KEILOR ST BE	14:57.6
23.	Ireland, Roslyn	W	BRUNSWICK AC	15:11.6
24.	Dunstone, Phillip	M	WESTERN ATHL	15:12.5
25.	McIntyre, Brittany	W	WESTERN ATHL	15:35.7
26.	Sykes, Alexander	M	KEILOR ST BE	16:01.5
27.	Matthews, Patrick	M	KEILOR ST BE	16:10.1
28.	Ireland, Monica	W	KEILOR ST BE	16:10.7

29.	Ireland, Olive	W	BRUNSWICK AC	16:33.6
30.	Arnold, Madison	W	PRESTON AC	19:20.7
31.	Marangon, Georgia	W	PRESTON AC	20:39.6
	Baker, Gail	W	BRUNSWICK AC	DQ
	Crawford, James	M	SOUTH MELBOU	DQ
	Sykes, Dominic	M	KEILOR ST BE	DQ
	Edwards, David	M	BRUNSWICK AC	DQ
	Roberts, Isobell	W	KEILOR ST BE	DQ
	Elms, Jason	M	ATHLETICS ES	DQ

AV Shield South East Region Round 13, Knox Athletic Track, Scoresby

This competition was abandoned due to rain. I think the 2000m walk may have been held before the abandonment but there are no results on the AV website. If anyone can source any walk results, forward them to me and I will add to next week's newsletter.

I hear that **Rhydian Cowley** arrived late and missed the walk but he then lined up in one of the 1500m run heats and scorched his way to a time of **5:34**. While it is obviously not official, it shows that he is in great form post his 3 weeks training at Theadbo last month.

ANSW PERMIT MEET, BLACKTOWN OLYMPIC PARK, WEDNESDAY, 5 JANUARY 2011

One from NSW that I missed from early last month. Just publishing to complete the reports for our NSW readers.

1500m Walk

1.	K Bedford	10	Nepean	07:35.6
2.	K McDonald	35	Parramatta	07:37.2
3.	L Smith	40	Girraween	08:00.4
4.	J Glover	11	Hills	08:13.0
5.	K Shaw	13	Blue Mountains	08:16.5
6.	R Roukos	11	Doonside Little A's	08:16.7
7.	A Dhu	10	Blue Mountains	08:22.6
8.	J Plummer	9	Sydney Pacific	08:55.0

3000m Walk

1.	K Birch-Ward	15	Sutherland	15:25.3
2.	A Bettiol	15	Sydney Pacific	15:50.2
3.	A Santra Maria	16	Blue Mountains	16:15.0
4.	J McDonald	11	Parramatta	16:29.8
5.	J Dhu	15	Blue Mountains	16:33.1
6.	D Williams	62	Hills	16:45.8
7.	E Dhu	13	Blue Mountains	17:00.0
8.	C Plummer	13	Sydney Pacific	17:04.4
9.	B Beasley	13	Nepean	18:19.1

NSW COUNTRY T&F CHAMPIONSHIPS WALKS, GLENDALE, 22-23 JANUARY 2011

And another one from NSW that I missed from last month. I recorded the 3000m walks at the Country Championships but the 1500m results were not available at the time of that newsletter. Fast walking by 13 year old Tyler Jones!

Girls 1500 Meter Race Walk 15 yrs

1.	Shaw, Katrina	14	Bma(Blue Mou	7:54.57
2.	Robson, Emma	15	Coh(Coffs Ha	8:10.01
3.	Dhu, Abbey	11	Bma(Blue Mou	8:42.70
4.	Porley, Candice	13	Bma(Blue Mou	9:11.25
5.	Robson, Natalia	13	Coh(Coffs Ha	9:21.91
6.	Bagley, Fiona	13	Stp(Stuarts	9:41.14
7.	Lavalle, Chloe	11	Ibs(Illawarr	9:54.31
8.	Keating, Sian	12	Edg(Edgewort	10:26.79
9.	Dhu, Rachel	12	Bma(Blue Mou	10:28.51
10.	Rodda, April	12	Now(Nowra)	11:39.80
11.	Rodda, Sonja	12	Now(Nowra)	12:42.53

Boys 1500 Meter Race Walk 15 yrs

1.	Jones, Tyler	13	Wyo(Wyong)	6:48.40
2.	Dhu, Ethan	14	Bma(Blue Mou	7:17.81
3.	Gibbons, Carl	15	Wtl(Westlake	7:40.43
4.	Dredge, Jason	15	Min(Mingara)	8:06.02
5.	Richardson, Dylan	11	Gos(Gosford)	8:43.18
6.	forbes, hayden	13	Min(Mingara)	8:46.24
7.	Acev, Mitchell	14	Ibs(Illawarr	9:50.89
8.	Rodda, Hayden	15	Now(Nowra)	11:08.55
	Keating, Liam	14	Edg(Edgewort	DNF

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, WEDNESDAY 2 FEBRUARY 2011

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club's Summer Season of race walking continued in hot conditions in Rosalind Park on Wednesday evening with a small number of walkers contesting the 1500m and 3000m sealed handicap events.

Just 3 walkers lined up in the 1500m with Peter Curtis claiming his 4th straight handicap victory as he raced to a comfortable win while first season athletes, 9 year old Zahra Hayes and her 8 year old sister Yazmin Hayes battled it out for 2nd and 3rd placings in the sealed handicap section with the younger Yazmin taking 2nd place by 1 second from Zahra.

The 3km event saw Annette Major win her first race for the Season as she smashed her handicap to comfortably defeat Norm West and Annette Curtis while Ebony Whiley snared fastest time honours.

Results in handicap finishing order:

1500m Peter Curtis 7.34, Yazmin Hayes 13.36, Zahra Hayes 11.22

3000m Annette Major 17.24, Norm West 25.08, Annette Curtis 21.35, Amanda Heard 16.42, Josh Savage 17.08
Ebony Whiley 16.29, Ebony-Jade Jones 24.40, Catherine Heard 24.06, Jeremiah Jones 19.17

This Wednesday evening - 2000m and 4000m handicap races commencing in Rosalind Park at 6pm - enquiries phone 5442 6435.

WESTERN AUSTRALIAN WALK RESULTS

We have a couple of results from Perth this week, firstly the State 10,000m championship, then the regular Interclub.

WA State 10,000m Track Championship, Ern Clarke Athletics Centre, Perth, Wednesday 2 February 2011

Lyn Ventris was the standout performer in the State 10,000m track walks last Wednesday, taking fastest time overall with 53:39.2 and winning this event for the 8th time in a row. Gary Hastie won the men's title with 59:32.3. I hear it was very hot and humid.

Open Men 10,000m

1.	Gary Hastie	BUN	59.32.3
2.	David Smythe	AWA	1:04.49.4

Open Women 10,000m

1.	Lyn Ventris	MAWA	53.39.2
2.	Kate Holt	AWA	1:01.28.6
3.	Hannah Watson	CUT	1:06.12.5
4.	Jacqueline Smith	CUT	1:08.43.7
	Gabrielle D'Agnone	Man/Roc	DNF

Strive Interclub, WA Athletics Stadium, Perth, Friday 4 February 2011

The hot weather continued all week in Perth so I assume conditions were still tough on Friday evening for the 11500m walk.

1500m Walk

1.	D'Agone, Tiffany	W94	AWA	7:07.72
2.	D,Agrone, Gabrielle	W	GOS	7:42.92
3.	Hill, Jeremy	M98	CUR	7:48.20
4.	Burke, Riley	M98	AWA	8:14.61

NSW ALLCOMERS MEET, SPOAC, SYDNEY, THURSDAY 3 FEBRUARY 2010

Nicole Fagan was the standout performer at last Thursday's NSW All Comers Meet in Sydney, winning the 5000m walk with a 31 sec PB time of **22:40.31**. Again, another walker coming off the Canberra training camp. What more can I say! From my reckoning, that pushes her up to 29th on my All Time list (see <http://www.rwa.org.au/arankings.shtml>).

Women 5000 Meter Race Walk

1.	Fagan, Nicole	89	Syp (Sydney)	22:40.31
2.	Porley, Tabitha	95	Bma (Blue Mo)	29:36.44
3.	Shina, Isabella	95	Hil (Hills A)	30:51.77
	Bettiol, Amy	95	Syp (Sydney)	DNF

1. Men 5000 Meter Race Walk

2.	Washburn, Steven	94	Nepean Distr	25:41.95
3.	Birch-Ward, Kurtis	95	Please Selec	27:40.89
4.	Santa Maria, Adrian	94	ma (Blue Mo)	27:59.60

Women 3000 Meter Race Walk

1.	Dighton, Jasmine	96	Nepean Distr	15:33.03
2.	Smith, Lynette	70	Gir (Girrawe)	16:50.63

3.	Plummer, Caitlin	97	Please Selec	16:57.15
4.	Porley, Fiona	68	Bma (Blue Mo	18:58.95
5.	Shina, Adriana	97	Hil (Hills A	19:23.58
6.	Porley, Candice	98	Bma (Blue Mo	20:11.16

Men 3000 Meter Race Walk

1.	Dredge, Jason	96	Min (Mingara	16:49.94
2.	Mylonas, Adam	97	Hil (Hills A	16:59.39
3.	Shina, Nicholas	96	Please Selec	17:17.14
4.	Glover, Jordan	99	Hil (Hills A	17:38.06
5.	Hyde, Brendon	45	Please Selec	22:12.33

QA INTERCLUB MEET 7, QSAC, NATHAN, SATURDAY 5 FEBRUARY 2011

QA added a 5000m walk to its scheduled Interclub meet program last Saturday and there were some fantastic performances. The race start time of 7:45PM meant better conditions than the usual daytime timeslot but I hear it was still very hot and humid. The three big performers were **Dane Bird-Smith 19:44.4**, **Brad Aiton 20:37.0** and **Jess Pickles 23:46.2**. For Dane, it was a 26 sec PB (more of that below), for Brad it was a 55 sec PB and for Jess it was a 2 sec PB and a second performance under the World Youth 5000m qualifying time of 24:00. Like Rachel Tallent, Rhydian Cowley and Nicole Fagan (see earlier in the newsletter), Dane and Brad have just come off the 3 week AIS training camp and it showed in their excellent walks.

And they weren't the only ones to do PBs as you can see from the list below. The Queensland walkers are certainly walking fantastically.

Mixed 5000m Race Walk

1.	Bird-Smith, Dane	M19	QRW	19:44.4	PB 26 secs
2.	Aiton, Brad	M17	GCV	20:37.0	PB 55 secs
3.	Osborne, Jesse	M16	QRW	22:04.4	
4.	Dewar, Brandon	M19	QRW	22:34.8	
5.	Pickles, Jessica	W17	JIM	23:46.2	PB 2 secs
6.	Morssinkhof, Amy	W15	QRW	28:10.4	PB 1 sec
7.	Jackson, Eloise	W16	QRW	28:12.6	PB 3:19
8.	Guo, Yue	W19	QRW	28:56.1	PB 16 secs
9.	Lindenberg, Paul	M49	QRW	28:58.9	PB 2:01
10.	Martin, Katya	W14	GCV	29:46.7	First one
11.	Dewar, Nick	M19	RQW	DNF	

Mixed 3000m Race Walk

1.	Benzenati, Kenza	W14	GCV	16:10.2
2.	Pritchard, Brandon	M14	QE2	18:15.1

Mixed 1500m Race Walk

1.	Woodward, Mikaela	W12	QRW	8:08.2
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And more on Dane's wonderful walk which propels him to 13th overall on my Australian All Time ranking list and makes him one of only 19 Australian walkers who have broken 20 minutes for the 5000m track walk (see below).

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
8	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
9	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
11	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
12	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
13	19:44.40	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	05/02/2011	18
14	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
15	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
16	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
17	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
18	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
19	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17

ATHLETICS SA PREMIERSHIP CUP WEEK 12, ENFIELD, SATURDAY 5 FEBRUARY 2011

Thanks to Peter Crump for his weekly report from Adelaide

A lot cooler this week, and a dry grass track (3 weeks and counting to the new one). Slowish times for the 5,000 metres, as we all have just about had enough of the grass surface. Good for training. Darren Bown walked one of his slower times for a few years and Paige Hooper continued with her come back. Piper Douglas, Lachlan Tyler-Dowd and Alix Harlington walked some good times in the 1,500 metres, together with our masters visitor from Alice Springs, Debbie Page.

5000 Metre Race Walk

1.	Darren Bown	74	ELIZ	22:13.94
2.	Paige Hooper	92	EH	24:48.40
3.	Kristie Goznik	93	ELIZ	26:45.20
4.	Peter Crump	60	SPC	28:50.43
5.	James Hoare	46	FLIN	36:43.33

1500 Metre Race Walk

1.	Piper Douglas	97	TTG	8:23.83
2.	Lachlan Tyler-Dowd	96	ATHLX	8:33.40
3.	Alix Harlington	99	ELIZ	8:43.19
4.	Debbie Page	59	ATHLX	9:53.72

LYN VENTRIS – MASTERS SUPREMO

I have spoken on a number of occasions in the newsletter about the ongoing walking feats of Lyn Ventris of Western Australia. Lyn is by far and away the top W50 walker in the world and has cut a swathe through the World and Australian Masters walking records on her way up through the age groups. She is due to turn 55 in October so I thought it was about time I zoomed in with an indepth profile. Thanks to her husband John who provided lots of the information below.



Lyn in action on the track and on the road in 2010

Lyn has always kept fit and healthy 'doing something'. She was an 'A' Grade squash player and also played a bit of tennis but 'fitness' walking was always prominent in her fitness regimen. Eventually gym sessions were introduced, working on the theory that the legs were getting a work out but the upper body could do with more. That was 15 years ago and she still religiously goes to the gym for Personal Training sessions a couple of times a week.

It was not until a friend introduced Lyn to 'official' athletics race walking in 1996 that she became keen on the sport and, with the Masters National Athletics Championships in Perth that year (1996), it was an ideal goal for which to aim.

Lyn won her age group in both races but it wasn't until she competed in the World Masters Athletics Championships at Gateshead in England (1999), coming third in the 5000m track walk and fifth in the 10km road walk and being beaten by the Americans, that she decided to get a coach and get serious.

She initially tried a coach in Perth before moving to Mark Donahoo and then received good advice from Andrew Jamieson and Simon Baker and is now again with Mark. Lyn speaks with Mark regularly and has her programs planned by Mark.

At the next Masters Athletics World Championships in Brisbane in 2001, she not only beat the Americans but won both events (5000m and 10km), beating all other age groups outright. Lyn has since competed at further World Masters Athletics Championships in San Sebastian-Spain 2005 (winning all events outright), Riccione-Italy 2007 and Lahti-Finland (winning all events outright and bringing home four gold medals). Lyn is to compete in Sacramento at the next World Masters Athletics Championships in July this

year and we hope for more of the same in her new W55 age group..

The times Lyn did in Brisbane in 2001 opened the door even further to enable her to compete against athletes more than half her age in open race walking events.

Lyn decided to start competing in the WA State Open Athletics Championships and has won the 5000m and 10000m Open track walks for many years now. Lyn has also won the State Open Championship 20km road walk a number of occasions including last year. Last Wednesday evening, in very hot and humid conditions, she won her latest State title, the 2011 WA Open 10000m track championship.

Lyn says that Racewalking is a great way to prove that life doesn't stop at 30, 40 or 50 as far as being competitive

Even though I have taken my racewalking to another level through Masters Athletics, it is important to me to get the message across to others that participation is the key and I am willing to help anyone that would like to focus on improving their health through a sensible diet and exercise program.

It is particularly difficult at times as Lyn trains on her own in Bunbury two hours south of Perth. She mainly trains on courses mapped out around her home suburb of Australind. Bunbury also now has an IAAF standard athletics track.

A typical training week could include

Monday	Speed session and Gym
Tuesday	Bike or Pool and Afternoon hills
Wednesday	Speed session and Gym
Thursday	Hill Run/Walk and Afternoon 5km/pool
Friday	Distance and Gym
Saturday	Distance
Sunday	Rest

With a lack of any competitions locally and not being able to get to Perth for many regular events, it is the major championships that she targets. Lyn says winning any events at the World Masters Athletics championships are highlights but a 10km road walk in 47.25 at Chipping Norton in Sydney at Easter in 2001 was memorable because she felt so good that it didn't even feel as if she had competed. Her 10000m on the track when third to Jane and Natalie Saville to record her best time of 46.35 in 2002 was also memorable and being first across the line in the English 20km road walk championship in 2005 at Earls Colne in Essex was also one to remember.

Lyn's PBs are very impressive, especially considering that they have all been done in the 40+ age groups. It begs the question – what could she have done if she had come into our sport earlier.

1500m track walk	6.45
2000m track walk	9.05
3000m track walk	13.54
5000m track walk	23.24
10km	46.35
20km	1.34.44

It's a shame we don't see much of Lyn in the Eastern States but we did see her in action twice this year

June 2010	3 rd in the LBG 10 mile championship in Canberra	1:25:59
August 2010	4 th in the Australian Open 20km championship, Brisbane	1:46:27

One of my most memorable recollections in recent years was in December 2008 when she competed in the AA 50km meet, coming 3rd in the Invitational Open 20km with 1:45:13. It was a case of two for the price of one with Lyn breaking the W50 20km record by some 3 minutes and Andrew Jamieson breaking the M60 50km record, one of the toughest on the books.



Lyn and Andrew Jamieson in December 2008 – both set World Masters records on the day

Ok..now onto the vital stats

World Masters Records

W45 3000m Track Walk	13.57	2002
W45 5000m Track Walk	23.42	2005
W45 10km Track Walk	46.35	2002
W45 20km Road Walk	1.34.44	2002
W50 3000m Track Walk	13.54	2007
W50 5000m Track Walk	23.37	2007
W50 10km Road Walk	48.27	2007
W50 20km Road Walk	1.45.09	2010

Australian Masters Records

W40 2000m Track Walk	9.05	2001
W40 3000m Track Walk	14.05	2001
W40 5000m Track Walk	23.24	2001
W40 10Km Road Walk	47.25	2001
W40 20Km Road Walk	1.39.26	2001
W45 2000m Track Walk	9.08	2006
W50 1500m Track Walk	6.45	2007

WA Open Championship Wins

2004-2011	10000m Track Walk
2004-2005, 2008-2011	5000m Track Walk
2007, 2010	20k Road Walk

And now onto the long list of achievements that Lyn has accumulated in her 15 years of racewalking

- Western Australian Open Record Holder – 10,000m Track Walk – 46:35
- Australian Masters Athletics Racewalker of the Year - 2001,2002, 2004, 2005, 2007, 2009.
- Bunbury Sports Star of the Year - 2001,2002,2005 (Lyn has been a finalist each year since 1999)
- WA Masters Athletics Athlete of the Meet - 2001, 2005, 2006, 2007
- WA Masters Award for the Best Athletic Performance - 2001 ,2005 ,2006, 2007
- WA Womens Sports West Masters Athlete of the Year - 2005
- Finalist Australian Sports Award – Masters Category - 2005, 2006
- Winner, English 20km Roadwalking Championship, Earls Colne, Essex, 2005.
- Australian Sports Medal Recipient

Lyn, who is a member of the Western Australian Race Walking Club, Bunbury Athletics Club and Masters Athletics WA, has done so much already but the story has much to be written. Good luck Lyn as you contemplate the W55 division.

IAAF GUIDE TO JUDGING & ORGANIZING RACE WALK EVENTS

Michael J Roth (Head Coach of the Raleigh Walkers in USA) has alerted the racewalking community to an online edition of the latest IAAF Guide to Judging & Organizing Race Walk Events. I have this in book copy but it is nice to know that it is also in electronic form. Point browsers to http://www.iaaf.org/mm/Document/Competitions/TechnicalArea/05/87/05/20101112085645_httppostedfile_RW_booklet_2010_EN_FR_ES_for_web_22804.pdf

2011 IAAF RACEWALKING CHALLENGE SERIES

The IAAF website now contains full details of the 2011 IAAF Racewalking Challenge Series which kicks off in Hobart in less than 2 weeks time. Check out <http://www.iaaf.org/wrc11/index.html>.

Hobart is one of 9 opportunities for the top international walkers to win money and points towards the Challenge Final which will be held in Spain on 17th September. Quite of few of our top walkers will be in action in these meets which always see top class fields. The full list of Challenge races for this year reads as follows:

19 Feb 2011	Hobart (AUS)	Category C Meet	20km
5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km

9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)	10km	

WHAT'S COMING UP

Next Saturday sees the Victorian Shield Grand Final at Scoresby and we can expect some great competition in the 2000m walk.

Sat 12 Feb AV Shield - All Regions - Shield Final Knox Athletic Track, Scoresby

Then it's onto the summer championships. A reminder that **entries close** for the Victorian Youth (U14-U20) T&F Championships (26-27 Feb, 2011) on **Thursday 10th February**. That's 2 days time so go online on the AV website (www.athsvic.org.au) and complete your entry.

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

Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status. Entries closed at midnight on Tuesday 1 st February 2011
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track. Enter on night.
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park Entries close Thursday 10 th February.
Sun 26 Feb, 2011	QLD Walk Championships (5000m U18, 10000m U20 and Open), Gold Coast City Athletics Track, QLD
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks) Entries close Thursday 17 th February.
Sat 5 Mar, 2011	Australian Centurions 6 Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women. Entries close with A.A. on Friday 4 th March.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC. Field nearly full so enter quickly.
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
28 August, 2011	Australian Roadwalking Championships, Canberra, ACT (date still to be confirmed by AA)

2011 International Fixture

Sun Apr 10, 2011	Hong Kong International 10km (good one for Australians!).
July 6-10, 2011	7th World Youth T&F Championships, Lille, France
July 7-17, 2011	19th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series

19 Feb 2011	Hobart (AUS)	Category C Meet	20km
5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)	10km	

2011 key EAA European Meets

Sun 20 Mar, 2011	Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
Sat 26 Mar, 2011	Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km

Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
Sun 22 May, 2011 9th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihil Shield, Dublin, Ireland

2012 International Fixture

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

2013 International Fixture

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

2014 International Fixture

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

Looking even further forward

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)