



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 24
13 March 2011



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AUSTRALIAN U14-U20 T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 10-12 MARCH

It was a big weekend in Sydney with the Australian Junior Track and Field Championships contested at the Sydney Olympic Park venue at Homebush. The first walks on the program were the 5000m U17-U18 on the Thursday evening. I hear that, with the late evening timeframe, conditions were just about perfect. As you can see below, PBs were the order of the night with about half the walkers walking best ever times. Thanks to AV for most of the photos which are reproduced below.

The U17-U18 boys event got underway first with Brad Aiton, Jesse Osborne and Nathan Brill clearing out from the field. It was the older two Queenslanders who kicked it down decisively in the last laps, Brad crossing the line first in 21:27.09, Jesse second in 21:29.41 and Nathan third in 21:55.23. For all three, it was the first of two walks with Brad and Jesse scheduled to compete in the U20 10000m and Nathan in the U16 3000m later in the program. New Zealander Matthew Holcroft walked excellently to take silver in the U18 walk.

Men 5000m Walk U17, Thursday 10 March, 8PM

1.	Osborne, Jesse	95	QLD	21:29.41	PB 12 sec
2.	Brill, Nathan	96	VIC	21:56.23	
3.	Bates, Harry	95	ACT	23:22.61	PB 38 sec
4.	Hodgson, Elliot	95	QLD	23:50.36	PB 6 sec
5.	Felton, Jay	95	NSW	24:30.11	
6.	Birch-Ward, Kurtis	95	NSW	25:19.08	
7.	Killen, Matthew	95	NSW	27:40.59	
8.	Dhu, Jack	95	NSW	27:47.24	

Men 5000m Walk U18, Thursday 10 March, 8PM

1.	Aiton, Brad	94	QLD	21:27.09	
2.	Holcroft, Matthew	94	NZ	22:36.29	
3.	Washburn, Steven	94	NSW	23:09.22	second Aust.
4.	Clark, Lewis	94	VIC	24:10.54	third Aust.
5.	Cunningham, Matt	94	QLD	25:03.77	PB 55 sec
6.	Santa-Maria, Adrian	94	NSW	27:29.89	PB 30 sec



Jesse Osborne and Nathan Brill (left). Brad Aiton and Jesse clear out in the last laps (right)

The U17-U18 girls were underway next with the U18 race of particular interest, being the final trial for the 2011 World Youth championships. With the qualifying time set at 24:00, the question was – how would the places work out? It turned out to be a bit of an upset when Amy Burren (PB of 23:52) and Jessica Pickles (PB of 23:43) were relegated to the minor medals by NSW walker

Amy Bettiol. Amy also won the 2010 Australian All Schools walk in December and the 2010 LBG event in June and is proving to be a big time performer. Unfortunately her time of 24:10 was just outside the WY qualifying standard. The girls will now have to wait on the selectors' final decision. The U17 race was a Victorian quinella with Amelia Finnegan 25:06.68 and Jmara Hockley-Samon 25:18.49 finishing ahead of Elizabeth Hosking who was third with 25:38.24. In a high quality race, the first 7 girls all did PBs.

Women 5000m Walk U17, Thursday 10 March, 9:07PM

1.	Finnegan, Amelia	95	VIC	25:06.68	PB 30 sec
2.	Hockley-Samon, Jmara	95	VIC	25:18.49	PB 34 sec
3.	Hosking, Elizabeth	95	ACT	25:38.24	PB 33 sec
4.	Benzenati, Kenza	97	QLD	26:12.85	PB 13 sec
5.	Montag, Jemima	98	VIC	26:19.81	PB 22 sec
6.	Morssinkhof, Amy	96	QLD	26:31.77	PB 80 sec
7.	Holt, Kate	96	WA	26:50.61	PB 11 sec
8.	Eberhardt, Sophie	96	TAS	27:28.00	
9.	Porley, Tabitha	95	NSW	27:39.28	PB 45 sec
10.	Heard, Amanda	95	VIC	27:41.19	
11.	Denney, Hannah	95	NSW	27:49.82	
12.	Southern, Shay	95	NSW	28:56.81	
13.	Shina, Isabella	95	NSW	29:16.58	
14.	Warden, Emily	95	NSW	29:59.53	
	Whiley, Ebony	95	VIC	DNF	

Women 5000m Walk U18, Thursday 10 March, 9:07PM

1.	Bettiol, Amy	95	NSW	24:10.73	PB 41 sec
2.	Burren, Amy	94	VIC	24:25.44	
3.	Pickles, Jessica	94	QLD	24:53.27	
4.	Klein, Kirsty	94	NSW	25:24.99	
5.	Watson, Hannah	94	WA	25:56.54	
6.	Raselli, Cassandra	94	VIC	27:20.60	
	Stadus, Lauren	96	VIC	DNF	



Left: Jmara Hockley-Samon, Right: Amelia Finnegan
Middle: Kenza Benzenati, Amy Bettiol and Amy Burren lead the group out in the first lap

The next walks were scheduled for the Friday afternoon with the Boys U15-U16 first up. Backing up from his silver medal in the Boys U17 5000m walk last night, Nathan Brill showed no signs of fatigue, lapping the entire field with 12:39.98 and slashing a staggering 40 seconds from the meet record to claim gold in the U16 3000m walk. Ben Tesch 15:24.80 and Connor McShanag 15:44.12 took the minor medals. The U15 walk saw Victorian Billy Allamby bounce back from a horror last 12 months of ongoing injuries to take gold with 14:39.82 ahead of NSW walker Ethan Dhu 14:43.72 with Tasmanian Louis Rose third with 15:13.59. Nearly the whole field PB'd in this event.

Men 3000m Walk U15, Friday 11 March, 5:15PM

1.	Allamby, Billy	97	VIC	14:39.82	PB 20 sec
2.	Dhu, Ethan	97	NSW	14:43.72	PB 62 sec
3.	Rose, Louis	97	TAS	15:13.26	PB 59 sec
4.	Doyle, Tom	97	NSW	15:55.47	PB 3 sec
5.	Mylonas, Adam	97	NSW	16:55.52	PB 4 sec
6.	Pritchard, Brandon	97	QLD	17:13.49	PB 22 sec
7.	Jones, Jeremiah	97	VIC	17:27.62	
	Anestoudis, Johnathan	97	NSW	DQ	

Men 3000m Walk U16, Friday 11 March, 5:15PM

1.	Brill, Nathan	96	VIC	12:39.98	New Meet Record
2.	Tesch, Benjamin	96	QLD	15:24.80	
3.	McShanag, Connor	96	VIC	15:44.12	
4.	Dredge, Jason	96	NSW	16:13.41	
5.	Shina, Nicholas	96	NSW	16:52.23	PB 2 sec



Alas no photos available from the walks on Day 2 so some file photos – Nathan Brill winning the Vic title last month and Billy Allamby and Zoe Boldiston taking silver in the 2010 Australian All Schools walks

The U15-U16 Girls were up next with more high quality walking on show. Thirteen year old Zoe Boldiston 14:46.13 was first overall, even though younger age group walk. Behind her, Kenza Benzenati 14:59.04 and Stephanie Grujoski 15:10.30 took the minor medals. In the U16 event, Jasmine Dighton 14:58.49 finished first ahead of Sophie Eberhardt and Amy Morssinkhoff. Overall, it was very pleasing to see the medals spread between 4 States - VIC, QLD, NSW and TAS.

Women 3000m Walk U15, Friday 11 March, 5:58PM

1.	Boldiston, Zoe	97	VIC	14:46.13	
2.	Benzenati, Kenza	97	QLD	14:59.04	PB 12 sec
3.	Grujoski, Stephanie	97	NSW	15:10.30	PB 45 sec
4.	Sanders, Jade	97	VIC	15:12.20	PB 8 sec
5.	Hunt, Zoe	97	ACT	15:14.74	
6.	Hosking, Caitlin	97	ACT	15:18.24	
7.	Martin, Katya	97	QLD	15:59.49	
8.	Douglas, Piper	97	SA	16:16.15	PB 7 sec
9.	Eastwood, Jessie	96	VIC	16:53.92	
10.	Beasley, Bryony	97	NSW	16:59.22	
11.	Plummer, Caitlin	97	NSW	17:41.97	

Women 3000m Walk U16, Friday 11 March, 5:58PM

1.	Dighton, Jasmine	96	NSW	14:58.49	PB 17 sec
2.	Eberhardt, Sophie	96	TAS	15:02.29	PB 3 sec
3.	Morssinkhof, Amy	96	QLD	15:06.40	PB 9 sec
4.	Taylor, Rachelle	96	TAS	15:18.21	PB 47 sec
5.	Holt, Kate	96	SA	15:24.30	
6.	George, Stephanie	96	VIC	15:38.74	
7.	Barendregt, Amanda	96	NSW	15:53.74	
8.	Walker, Emma	96	TAS	16:01.03	PB 45 sec
9.	Bertrand, Carly	96	VIC	17:03.30	
10.	Guy, Rebecca	96	VIC	17:26.38	

Onto Saturday with the U14 3000m walks up first. With a PB of 14:14, Tyler Jones of NSW started the clear favourite in the Boy's event and he was untroubled, winning in 14:44.47. Behind him, very younger walkers (born 1999) in Kyle Swan 15:35.34 and Jordan Glover 16:51.76 took second and third. The very small number of walkers in this event is interesting – this is the first time that the U14 walkers have contested the 3000m distance in these championships and it seems that few boys were ready for such a test. In the Girls' event, Jemima Montag was in a class of her own, winning as she liked in 14:45.16, over a minute ahead of second placed Tahlia Hunt 16:08.39. Emily Hamilton continued her recent excellent form to take third with 16:08.39. Apart from Tyler, Kyle and Jemima, the other walkers obviously struggled with the longer distance and times were generally slow.

Men 3000m Walk U14, Saturday 12 March, 4:05PM

1.	Jones, Tyler	98	NSW	14:44.47	
2.	Swan, Kyle	99	VIC	15:35.34	
3.	Glover, Jordan	99	NSW	16:51.76	PB 3 sec

4.	Hopkins, Thomas	98	ACT	17:20.06	
5.	Burke, Riley	98	WA	18:44.44	
6.	Petersen, Timothy	98	VIC	19:32.19	
	O'Connell, Declan	99	NSW	DQ	
	Miles, Trent	98	QLD	DQ	

Women 3000m Walk U14, Saturday 12 March, 4:55PM

1.	Montag, Jemima	98	VIC	14:45.16	
2.	Hunt, Tahlia	98	TAS	16:08.39	PB 16 sec
3.	Hamilton, Emily	98	VIC	16:53.12	
4.	Woodward, Mikaela	99	QLD	17:11.01	PB 36 sec
5.	Minett, Rhiannon	98	NSW	17:11.04	PB 23 sec
6.	Guy, Rachael	99	VIC	17:58.39	PB 48 sec
7.	Walburg, Kirsten	98	VIC	18:26.59	
8.	Kelland, Sarah	98	NSW	18:51.14	
9.	Porley, Candice	98	NSW	19:45.16	
	Hopkins, Katrina	98	ACT	DQ	

The final walk was the U20 10000m and it saw Dane Bird-Smith, with 41:02.08, take nine seconds off Nathan Deake's Australian Under 20 record, set at the same venue during the 1996 World Junior Championships (where he took out the bronze medal). "Getting the Australian record tonight was my goal, to be honest at 7 kilometres I thought I would miss it but I picked up my pace towards the end and came away with a ripper result." Behind him, Blake Steele 44:18.66 and Jesse Osborne 44:45.83 took the minor medals. For Jesse who won the U17 walk 2 days earlier, this was the big one and his time bettered the 45:00 standard set for World Youth Selection. This should cement his place in the team. He has come so close over the last few months and he produced it when it counted – in the official trial. Fellow Queenslander Brad Aiton was not so lucky, being disqualified. Brad, who already has 3 WY qualifiers and a PB of 44:00, will now have to wait on the selectors.

The Women's walk saw Rachel Tallent win with 49:39.27 ahead of Paige Hooper 51:18.30 and Beth Alexander 53:24.52. Beth would normally have been fighting out the gold but recent painful foot issues have made it very tough going for her. Special mentions to Amelia Finnegan 54:19.01 and Jmara Hockley-Samon 56:09.31 who doubled up after their U17 walk and took 4th and 5th overall against their older compatriots.



U14 walkers Emily Hamilton and Jemima Montag, U20 walkers Rachel Tallent, Paige Hooper, Beth Alexander and Harry Bates

Men 10000m Walk U20, Saturday 12 March, 6:15PM

1.	Bird-Smith, Dane	92	QLD	41:02.18	
2.	Blake, Steele	93	SA	44:18.66	
3.	Osborne, Jesse	95	QLD	44:45.83	PB 50 sec
4.	Dewar, Brandon	92	QLD	49:27.99	
5.	Holcroft, Matthew	94	NZL	49:34.27	
6.	Washburn, Steven	94	NSW	50:28.72	
7.	Bates, Harry	95	ACT	50:48.02	
8.	Birch-Ward, Kurtis	95	NSW	52:32.75	PB 4:15
9.	Hennighan, Dale	93	WA	53:36.08	
	Dewar, Nick	92	QLD	DNF	
	Fitzsimons, Sean	92	WA	DNF	
	Aiton, Brad	94	QLD	DQ	

Women 10000m Walk U20, Saturday 12 March, 6:15PM

1.	Tallent, Rachel	93	VIC	49:39.27	
2.	Hooper, Paige	92	SA	51:18.30	
3.	Alexander, Beth	92	VIC	53:24.52	
4.	Finnegan, Amelia	95	VIC	54:19.01	PB 14 sec
5.	Hockley Samon, Jmara	95	VIC	56:09.31	PB 61 sec
6.	Watson, Hannah	94	WA	56:53.34	
7.	Guo, Yue	92	QLD	59:13.34	
8.	Heard, Amanda	95	VIC	60:23.70	

ACT WALKING CLUB RACES, AIS ATHLETICS TRACK, BRUCE, THURSDAY 10 MARCH 2011

Thanks to Robin Whyte for his weekly report from Canberra

3000m Handicap (Place,Name,Time,Start) 1 Jennifer Gilchrist 22:15 (07:45) 2 Doug Fitzgerald 19:31 (11:20)

3 Peter Baker 15:41 (15:50) 4 Ann Staunton-Jugovic 15:22 (16:15) 5 Robin Whyte 17:54 (13:55)

6 Colin Heywood 15:10 (16:40) 7 Alan Williams 20:03 (11:55) 8 Terry Munro 22:20 (09:45)

9 Rod Gilchrist 19:57 (12:10) 10 John Donovan 21:18 (11:10) 11 Terri Jones 26:41 (05:55)

12 Callum Doherty 19:32 (13:55) 13 Bryan Thomas 22:33 (12:20)

1000m 1 Callum Burns 05:02 2 Kara Baker 05:10 3 Gabby Hunt 05:11 4 Spencer Burns 05:51 5 Callum Doherty 06:09

6 Gina Etienne 06:14 7 Jenna Baker 07:33 8 Fran Harris 08:26

STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 11 MARCH 2011**3000m Walk**

1.	Partington, Zac	M96	AWA	13:53.5
2.	Smyth, David	M69	MAWA	17:05.0

ATHLETICS SA PREMIERSHIP, SANTOS STADIUM MILE END, SATURDAY 12 MARCH**3000m Walk**

1.	Peter Crump	60	SPC	16:45.65
2.	Jemma Potezny	96	HILL	16:53.96
	Darren Bown	74	ELIZ	DNF

1500m Walk

1.	William McCann	97	ATHL	8:17.57
2.	Julia Potezny	98	HILL	8:17.87
3.	Alix Harlington	99	ELIZ	9:14.44

AV EAST REGION ROUND 2 POST SEASON COMP, COLLINGWOOD , SATURDAY 12 MARCH**Mixed 2000 Meter Race Walk**

1.	Garganis, Adam	M	COLL	10:46.3
2.	Benke, Geza	M	OMB	11:08.3
3.	Jack, Clarence	M	RICH	11:30.3
4.	Gardiner, Robert	M	COLL	11:43.6

BRITISH NATIONAL 10 MILE CHAMPIONSHIPS, COVENTRY, SUNDAY 6 MARCH

The British 10 Mile roadwalk championships were held a little over a week ago in Coventry and they saw Alex Wright 1:10:46 and Aidietyte Neringa 1:16:19 take the honours. For our Australian readers, 10 miles is just over 16km.

10 Mile Roadwalk Men

1.	Alex Wright	1:10.46	Belgrave Harriers
2.	Daniel King	1:12.34	Colchester Harriers
3.	Mark O'Kane	1:12.59	Coventry Godiva
4.	Paul Evenett	1:18.07	Redcar RWC
5.	Antonio Cirillo	1:23.58	Swansea Harriers
6.	Jonathon Hobbs	1:25.09	Ashford AC
7.	Trevor Jones	1:25.30	Steyning AC
8.	Andrew Miller	1:26.32	Wolverhampton & Bilston
9.	Stephen Uttley	1:27.31	Ilford AC
10.	Steve Arnold	1:28.40	Nuneaton Harriers

10 Mile Roadwalk Women

1.	Neringa Aidietyte	1:16.19	Ilford AC
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2.	Lisa Kehler	1:24.38	Wolverhampton & Bilston
3.	Diane Bradley	1:29.38	Tonbridge AC
4.	Fiona McGorum	1:34.20	Leicester WC
5.	Karen Wears	1:34.54	Redcar RWC
6.	Ann Wheeler	1:39.52	Leicester RWC
7.	Cath Duhig	1:41.32	Ryson Runners
8.	Angela Paddick	1:45.41	Redcar RWC
9.	Helen Starling	1:47.58	Redcar RWC
10.	Sue Rey	2:02.12	Leicester RWC

ROLLING STONES AND CHAMPAGNE ACCOMPANY WORLD 50,000M TRACK RECORD FOR DINIZ

The big news last weekend on the international front was the feat of Frenchman Yohann Diniz in setting a new World 50,000m Race Walk track record in Reims, France. Paul Warburton reported as follows for the IAAF

The double European champion's preparation for a tilt at countryman Thierry Toutain's 11-year-old mark was so complete it even included a DJ on his home-town track who blasted out Diniz's chosen playlist over speakers from 40,000m to help him over the line. Apart from Mick, Keith and co, Iggy Pop and French rock band Noir Désir also inspired the 4000-plus spectators who cheered their hero from first to last and a new 3:35:27.20 record.

It got slightly better for Diniz when a screen at one end of the Georges Hébert stadium turned facing spectators only displayed a hospital-style graph that tracked the walker's progress against Toutain's effort. Fans could see how Diniz was ahead of schedule at 35,000m by 40 seconds and upped the decibels – although the man himself had to be content with stopwatch and three top pacemakers.

Johan Augeron of France, IAAF World Championship bronze medallist Hatem Ghoula from Tunisia, and Grzegorz Sudol from Poland – second to Diniz at the European Championships last year in Barcelona – kept the Frenchman on cruise control until 35,000m. Ghoula was meant to have gone the whole distance, but couldn't maintain the relentless pace that saw the leader a relatively modest 1:40mins ahead of schedule at 40,000m only to light the afterburners and finish more than five minutes up on Toutain's 3:40:57.9. By then the early morning 8.30am start in a chilly four degrees had risen to a perfect 15 celsius – and brought the best weather of the week to the northern town.

The necessary IAAF judges were in place, so subject to the normal ratification protocols, the record stays in France – and Diniz was so fresh after his effort, he was serving champagne to helpers and officials 30 minutes after he crossed the line.

"The time between Barcelona and the World Championships is more than a year," said Diniz. "So I needed a 50k in between – and this was the perfect opportunity. The biggest inspiration for me was not just the music – but the spectators who gave so much support. Barriers were moved in so they could be even closer – and the atmosphere was just mad. It's true that after all the work done on preparation, I felt a little pressure to give my best to make it all worthwhile."

Diniz, who turned 33 on New Year's Day, reckoned it was easy enough to persuade Sudol and Ghoula to help him out ('they're good friends') – but will now take two weeks complete rest to analyse his performance that includes time spent in Albuquerque, New Mexico at a training camp. "We also learned things about dietary needs while there, and I think that will help for preparation for Daegu (2011 IAAF World Championships)," he added.

The 125 laps of the Reims track also bettered Diniz's French road record 3:38:45 from Dudince 2009, and ended up being the second fastest ever for the distance. Only the 3:34:14 by Russia's Denis Nizhegorodov on the road in Cheboksary at 2008 IAAF Race Walking World Cup is faster.

Needless to say, it smashed out of sight his only previous track mark from 2004 of 3:52:11.0, and made the hard graft of setting up the attempt well worth the effort. Diniz added: "We didn't have a huge budget, but I got help from Adidas, my own athletic club here and the town of Reims. I'm so happy to have achieved the record here of all places."

You can see some video snips from the race as follows:

start: <http://www.europetelevision.info/node/248>

finish: <http://www.youtube.com/watch?v=6Z8pliqPdCc>

30000m Walk

1.	SUDOL Grzegorz	POL	2:11:11.95	Polish Record
2.	GHOULA Hatem	TUN	2:19:21.31	
3.	AUGERON Johan	FRA	2:24:07.37	

50000m Walk

1.	DINIZ Yohann	FRA	3:35:27.20	World Record
2.	ROZE Eddy	FRA	4:12:05.45	
3.	SVENSON Christer	SWE	4:23:25.90	
	AUGERON Johan	FRA	AB	
	GHOULA Hatem	TUN	AB	
	SUDOL Grzegorz	POL	AB	

Diniz's unofficial splits: 22:00, 44:00, 1:06:00, 1:27:47, 1:49:32, 2:11:12. 2:32:34, 2:54:16, marathon 3:02:36, last 10km 41:11



**Left: Diniz sits behind pacemakers Augeron and Ghoula early in the race (photos by Emmanuel Tardi)
Right: Diniz storms home with a 41:11 last 10km to break the world record by 5 minutes**

MORE RESULTS FROM OVERSEAS

XINTAI (CHN, Mar 11)

East Asian Champion 2009 Yu Wei won the 20 km walk at the Chinese National Walk GP meet in Zintai in 1:20:43. The event is also a qualifying event for the 7th City Games. In the Junior category, Chen Ding won in an excellent 1:21:40 and Yin Jaixing won the U18 section with 1:25:59.

Slovakian Track Races, Nitra, Saturday 12 March 2011

Slovak walkers in action last Saturday with track races in city of Nitra. The highlight had to be the new Slovakian U17 Record of 42:39.3 by Patrik Spevák. This is an impressive walk and certainly puts him in medal contention for this year's World Youth Championships. Peter Tichý Jnr. also walked well with 44:47.1 to qualify for the Slovakian Junior team for this year's EU Walking Cup.

10000m Men

- | | | |
|----|------------------|---------|
| 1. | Milan Rízek | 42:27.7 |
| 2. | Patrik Spevák | 42:39.3 |
| 3. | Peter Tichý Jnr. | 44:47.1 |

10000m Women

- | | | |
|----|------------------|---------|
| 1. | Nikola Piliarová | 52:37.0 |
|----|------------------|---------|

5000m Women

- | | | |
|----|-------------------------|---------|
| 1. | Karin Maťašovská | 27:09.6 |
| 2. | Nikoleta Abbatantuonová | 27:18.6 |

FOCUS ON NICOLE FAGAN

I have been watching the progress of NSW walker Nicole Fagan for some years now, ever since she represented Australia in the 2008 World Racewalking Cup. With her recent fine form, I thought it time to zoom in and have a chat with her. But first some stats:

Nicole, born 24 July 1989, is currently 21 years of age and has had her best year ever in our sport, recording PBs over all distances and hopefully cementing a place in the 2011 World University Games with her 3rd place in the Australian 20km championships last month. Some of the highlights of her career thus far include

30 Sep 2006	NSW All Schools U18 3000m Walk	14:32.74	1
07 Dec 2006	Australian All Schools U18 5000m Walk	25:35.01	2
26 Jan 2008	Canberra Classic U20 10000m Walk	52:34.00	1
14 Mar 2008	Australian All Schools U20 10000m Walk	50:44.01	3
10 May 2008	IAAF World Cup U20 10000m Walk	49:37	25
30 Aug 2009	Australian Open 20km Championship (Winter)	1:50:40	2
26 Sept 2009	Aust University Games 5000m Walk	24:05	1
30 Jan 2010	Australia Cup Open 5000m Walk	23:49.70	6
13 Feb 2010	Australian U23 20km Championship	1:41:35	1
18 April 2010	Hong Kong MTR Elite 10km Walk	51:21	2
25 Sept 2010	Oceania Championships 10,000m Walk	52:40	1
8 Jan 2011	NSW Open 10,000m Championship	50:39	1
3 Feb 2011	NSW All Comers Meet Open 5000m Walk	22:40	1
19 Feb 2011	Australian Open 20km Championship	1:35:55	3 rd , 1st U23



*Left: Nicole on the dias in this year's Australian 20km championship with Claire Tallent and Regan Lamble
Right: NSW Number One wreath to Nicole, an honour rare to walkers*

And now onto some questions that I put to Nicole over the weekend.

When did you start racewalking?

I started walking at Little A's in the U11's and made my first State team in the U13's with Little Athletics (this was also the first-and only-time I've beaten Jess Rothwell). I competed at a few All-Schools over the years (where Jess beat me at all of them) and usually ended up with silver medal. My first State Title was at Little A's in the U12 and first National Title was of course in the U13's. I played many other sports whilst at school and guess I only really started taking walking seriously when I finished school at the end of 2007 when I had set my sights on the 2008 World Cup team.



Competing at my first State Championship in U11 (I think we should bring back the leotard to walking to enhance the "coolness" of the sport)

Coaches and Influences

My biggest influence without a doubt has been my coach Bill Nappin (or Mr Nappin as referred to by all his athletes). I began training with him when I was 10, just by coincidence when we came across a walks squad at the park around the corner from our house. My parents try to tell me that the 300m walk from home to training would be a good warm up, but I'm lazy and always ask for a lift.

I have also been extremely fortunate to have had some coaching from Brent Vallance (at the AIS camps), Simon Baker, Tim Erickson (at Falls Creek last year) and Dave Smith (at the end of last year in Brisbane). Having seen and experienced how other athletes train had a huge influence on how Mr Nappin and I have developed my programs over the past two years.

My parents, sister and brother have also had a huge influence on me in terms of the support they give (both financial and emotional). I think the training squad (both past and present) have also helped me by making training so enjoyable and fun as well providing encouragement and praise.

In terms of sporting role models, I think the greatest role model to me has been Jess Rothwell. To have raced her throughout school and then to see how much she has achieved in her walking is something I aspire to. Having her as such a good friend has

allowed me to see her qualities of dedication, tenacity and commitment as well as her amazing training ethic which has set a precedence for me to follow.

Tell me about your training squad.

The training squad is made up of both walkers and middle distance runners from the age of 8 through to 26. Our training sessions are always very entertaining and enjoyable. We usually have one cake every two weeks to celebrate one of the many birthdays of the year. Everyone works really hard, and the variety of ability means that everyone has someone to chase, including the walkers chasing some of the runners. (I also like to hang out with people my own height).

I have also coaching for about 3 years now at Kuringgai Little Athletics. I am very fortunate to have Mr Nappin as my coach as he is very flexible in allowing the athletes I coach to train with the main squad as well as the sessions that I run. I don't understand how anyone could coach an Olympic athlete as I find I get far more nervous watching the athletes I coach than I ever do when competing myself.



Back row: Bethany (runner U17), Em (walker/runner U18), Tash (runner U16), Amy (walker U17), Matt (runner U17), Mr Nappin (coach)
Middle row: Sam (walker/runner U13), Eliza (runner U16), Sophie (walker U11-I co-coach), Sophia (walker/runner U9), myself, Lucy (walker U12-I co-coach), Adam (runner U13)
Front row: Morgan (walker U9), Hayden (walker U11), Harry (walker/runner U10), Josh (runner U10)

What are your career highlights?

Races and events:

U13 LA State Team: This was my first Nationals and I loved being part of the team environment.

World Cup 2008: My first Australian team as part of the Junior 10km with good friends Jess and Regan.



Left to right: Duane Cousins, Regan Lamble, Jess Rothwell, Daniel (Freddy) Coleman, Claire Tallent, me

Hong Kong 2010: This event was so great! The only way I can explain it is the race walking equivalent of the City to Surf or Bridge to Bridge. I have never seen so many people race walking (from children, to business people to grandparents) and cheering on a race walking event.



Brendon Reading and me in Hong Kong

NSW Race Walkers club event July 2010: After a somewhat disappointing nationals last year, Mr Nappin and I decided to chase a qualifier for the Oceania Championships team (48.00 10km). Despite not being a popular choice for walkers, this gave me something to aim and train for throughout the Winter season. I managed a 46.38 on my 21st birthday!

Oceania Athletics Championships 2010: This event was so much fun and definitely something I would recommend other walkers to aim for.



At the Oceania Champs with Chelsea Dartnell (800m runner)

Hobart 2011: Finally a good 20km! Nationals this year has been a long time coming. I feel I've finally managed to put together a good 20km. Now I just have to wait until May for the announcement of the World Uni team as well as the NSWIS scholarships. To get a NSWIS scholarship would be a dream come true for me.

Camps:

AIS: I particularly enjoyed the first camp in 2009. It was great to be able to train with Australia's elite athletes and loved the friendships I made.

Falls Creek, Easter 2010: Highlight of this camp was beating all the 6 year olds in the Cadbury Easter Egg hunt. Everyone's true competitive side showed when we ended up with about 95% of the eggs on offer.



Hilary, me, Steph, Paige, Sarah, Beth and Amy with our egg collection

Brisbane, December 2010: I spent about 2 weeks training with the squad up in Brisbane. This was so much fun and really benefitted me in terms of gaining self confidence and enjoyment in the sport which I had lost at the end of last year. The time I spent in Brissy had a huge influence on my results over the 5km in Sydney and 20km in Hobart this year.

NSW State Relay Championships: As a walker in NSW, I can't go past the NSW State Relay Championships each year. The 4x1500m walk relay is the reason I walk. It is the best event of the year.



From Left to right: James, Harry, Sam, Katherine, Lucy, me, Mr Nappin, Amy, Grace, Caitlin, Ella, Sophie, Aidan at the 2010 State Relay Championships (Sydney Pacific: 1st Open women, 3rd U14 Men, 4th U14 women).

What else are you up to this year?

I'm nearing the end of my uni degree (for now at least) as I'm into my final year of a double degree in psychology and health. This year I get to undertake a health placement which I'm looking forward to. Hopefully I will then be able to make a decision as to whether I pursue a career in health or whether I continue at uni in an psychology honours course and become a qualified psychologist. I've been extremely fortunate to have chosen to go to Macquarie University as they are so helpful in supporting "student athletes" and allowing me to achieve high levels academically whilst still participating in sport. I'm also working at Rebel Sport (mainly to get the great discounts).

What are your current PBs?

5km	22.40	3/02/11	Homebush
10km	46.38	24/07/10	Tempe
20km	1.35.55	19/02/11	Hobart

Describe a typical training week

My training week varies throughout the year. This would be a typical week leading up to a competition:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30-7:30 Swim Squad 6km	Medium Walk ~8km	5:30-7:30 Swim Squad 6km	Medium Walk ~8km	Rest Day! (and fatty Friday where I eat whatever I want)	Long walk ~20km	Hills session with squad ~10km
		Core	Gym			Gym	Core
PM	Long Walk ~15km	Track Session with squad	Medium Walk ~12km	Track Session with squad	(Coaching)	Recovery Swim	Cycle ~30km

WHAT'S COMING UP

A reminder to any Melbourne walkers who want a hitout – Burwood Masters have 3000m and 5000m walks on Thursday evening.

Thur 17 Mar, 2011 East Burwood Masters 3000m and 5000m walks, East Burwood Aths Track, 7:50PM

Then next weekend sees another smorgasboard of walking both nationally and internationally. In Sydney, we have the Athletics Australia Tour meet which includes 5000m walks for men and women – and a lot of our top walkers will be in action, including sensation Dane Bird-Smith who, weather permitting, will no doubt be chasing the Australian U20 record of 19:38.22. In Melbourne, we have the Victorian Little Athletics Championships at Olympic Park and we can expect more fantastic walking there. And finally, in Lugano in Switzerland, we have the next IAAF Race Walking Challenge event with Australia's **Cheryl Webb** competing in the women's 20km event. As I will be overseas, I would welcome any photos from these meets so that I can add some colour to next week's reports. Just email them to tim.erickson02@gmail.com and I can pick them up from there.

Sat 19 Mar, 2011 Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.

Entries close with A.A. on Friday 4th March.

19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park

20 Mar 2011 Lugano (SUI) Category C Meet

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

Thur 17 Mar, 2011 East Burwood Masters 3000m and 5000m walks, East Burwood Aths Track, 7:50PM
 Sat 19 Mar, 2011 Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.
 Entries close with A.A. on Friday 4th 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
 Apr 28-30, 2011 Australian Little Athletics T&F Championships, Sydney

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
 Sat 23 July, 2011 Racewalking Australia Postal Challenge (each club in their home state)
 20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
 7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

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 – Remaining Races

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
Sat 21 May, 2011	9 th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011	Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill 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>)