



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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BALLARAT RACE WALKING CLUB ROUNDUP

Thanks to Ballarat Race Walking Club President Daryl Biggin for the results from their last two races this winter.

Graeme Nicholls 6 km Lap of Lake Handicap, Lake Wendouree, Ballarat, Sunday 18 September 2011

Conditions on the day were perfect for racing; around 20 deg and yes even got sunburnt on face and arms. 10 year old Jemma Peart walked superbly to just hold off fast finishing Daryl Biggin by one second with Sarah Brennan third. Rachel Tallent walked with Jemma and encouraged her in her first race over such a long distance. Compared to last year, we doubled the number of competitors so a good day of racing. Rachel was back in Ballarat having a rostered rest and it was a honour to have her present the Graeme Nicholls 6 km Lap of The Lake trophy which was the Lake Burley Griffin 20 Mile Cup which he won in 1970.

6 km Lap of the Lake

1.	Jemma Peart	36.49
2.	Rachel Tallent	36.49
3.	Daryl Biggin	29.49
4.	Sarah Brennan	33.38
5.	Shae Ohlsen	42.29
6.	Rodney Davis	45.43
7.	Ross Darlow	39.16

1.6km Junior

1.	Alanna Peart	11.47
2.	Olivia Davis	13.14

0.8km

1.	Bailey Ohlsen	8.30
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Left: Rachel with winner Jemma Peart
Right: All the walkers from the Graeme Nicholls race day

Pick a Distance Walks, North Gardens, Lake Wendouree, Sunday 28 August 2011

Conditions were good for the annual Pick a Distance Walks.

2 km Walk

- | | | |
|----|--------------|-------|
| 1. | Olivia Davis | 20.28 |
| 2. | Mia Darlow | 20.33 |

3 km Walk

- | | | |
|----|--------------|-------|
| 1. | Ross Darlow | 17.50 |
| 2. | Shae Ohlsen | 20.57 |
| 3. | Rodney Davis | 21.01 |

5 km Walk

- | | | |
|----|---------------|-------|
| 1. | Sarah Brennan | 28.10 |
|----|---------------|-------|

You can check out the BRWC Summer Fixture at <http://ballaratracewalkers.com>. Their Summer Season starts on Sunday 23 October.

OVERSEAS SHORTS

NITRA (SVK, Sep 30): Best slovak walker Matej Tóth ended his season with a win in his home city, clocking 19:36 for 5 km on the road. Second was national team member Anton Kučmín with 19:40. Fifth place went to 17 year old Patrik Spevák with a time of 20:27. Hungarian Viktória Madarászová won the women's 5 km in 22:26.

5km Men

- | | | |
|----|---------------|-------|
| 1. | Matej Tóth | 19:36 |
| 2. | Anton Kučmín | 19:40 |
| 3. | Sándor Rác | 19:55 |
| 4. | Dušan Majdán | 20:22 |
| 5. | Patrik Spevák | 20:27 |

5km Women

- | | | |
|----|----------------------|-------|
| 1. | Viktória Madarászová | 22:26 |
| 2. | Katarína Strmeňová | 23:24 |
| 3. | Mária Czaková | 24:01 |

SANYA (CHN, Sept 25-28): The Chinese University Games in Sanya saw Ni Gao win the women's 5000m and Gent Shiyao win the men's 10000m track walks.

5000m Walk Women

- | | | |
|----|-----------------|----------|
| 1. | Gao Ni | 22:19.16 |
| 2. | Qieyang Shenjie | 22:34.17 |
| 3. | Shi Tianshu | 22:57.46 |
| 4. | Yang Lixia | 23:12.44 |
| 5. | Zhang Xin | 23:27.22 |
| 6. | Duan Dandan | 23:33.57 |
| 7. | Zheng Rongna | 23:51.12 |

10000m Walk Men

- | | | |
|----|-------------|----------|
| 1. | Geng Zhiyao | 43:30.59 |
| 2. | Liu Huan | 43:46.59 |

PRAHA (CZE, Sept 17): One final one from the Czech Republic with a 5000m walk for women.

5000m Women

- | | | |
|----|---------------------|----------|
| 1. | Lucie Pelantová | 22:44.22 |
| 2. | Zuzana Schindlerová | 23:09.16 |
| 3. | Mária Czaková SVK | 23:46.21 |

CHAISSO (SWI, Oct 2): Last Sunday saw athletes from various European countries competing in an international walks meet at Chiasso, Switzerland. Italian Sibilla Di Vincenzo won the women's 20km with 1:32:49 while Ukrainian Nazar Kovalenko won the men's 20km with 1:28:00. In the U16 5km, young Greek walker Zaxarias Tsamoudakis set a new national record with his winning time of 21:20. Full results at http://www.swisswalking.org/data/pdf/resultats/2011/20111002_Chiasco_in_marcia.pdf.

20km Women

- | | | | | |
|----|---------------------|------|-----|---------|
| 1. | Sibilla Di Vincenzo | 1983 | ITA | 1.32.49 |
| 2. | Despoina Zapounidou | 1985 | GRE | 1.33.34 |
| 3. | Serena Pruner | 1986 | ITA | 1.33.56 |

20km Men

- | | | | | |
|----|-----------------|------|-----|---------|
| 1. | Nazar Kovalenko | 1987 | UKR | 1.28.00 |
|----|-----------------|------|-----|---------|

- | | | | | |
|----|--------------------|------|-----|---------|
| 2. | Teodorico Caporaso | 1987 | ITA | 1.28.24 |
| 3. | Ruggero D'Ascanio | 1984 | ITA | 1.31.05 |

M80 WORLD BEST TO ROBERT SCHOUCKENS

The Dutch 50km championship was held on Sunday 2nd October in Tilburg. While the standard was not particularly high, the fourth place finisher does rate a huge mention in that 83 year old Robert Schoukens set a new M80 World Best for the 50km distance with his time of 6:56:37. This is a pretty extraordinary effort. Full results at <http://www.athleduweb.be/medias/files/50ktilburg.pdf>

- | | | | | |
|----|-------------------|----|-----|---------|
| 1. | Jerome Caprice | 83 | MRI | 4:42:10 |
| 2. | Ton van Andel | 58 | NED | 5:54:58 |
| 3. | Dennis van Reeden | 89 | NED | 5:59:40 |
| 4. | Robert Schoukens | 28 | BEL | 6:56:37 |
| 5. | Philippe Mageren | 56 | BEL | 6:56:37 |



Robert Schoukens (centre) on the way to his M80 World Best (photo Emmanuel Tardi)

AN UPDATE ON GORDON AND ROBIN

We were shocked last week to hear that two of our VRWC stalwarts, Robin Wood and Gordon Onley, had suffered serious heart attacks and were in hospital. I am able to report that both are slowly progressing. Alan Lucas gave me an update on both club members late last week

Gordon is now sitting up and responding and has been transferred to Epworth Hospital in Richmond. He has no recollection of his heart attack or the subsequent days but is able to communicate, move his hands and legs, do basic coordination activities, etc.

Robin is now back home but has to go back to the hospital on the 11th September to have an angiogram and they will assess the situation from there. He can walk around but is not great and having a few vision problems.

We wish Gordon and Robin both all the best on their road back to full strength.

LYN VENTRIS NAMED FEMALE MASTERS ATHLETE OF THE YEAR

The World Masters website (<http://www.world-masters-athletics.org>) has just announced the **2011 WMA Masters Athletes of the Year**. From the 5 male and 5 female nominations, the winners are

Women:	Lyn Ventris (W50)	Australia
Men:	Ron Robertson (M70)	New Zealand

Like Andrew Jamieson who won this award 2 years ago, Lyn and Ron will now be invited to attend the IAAF Gala in Monaco on the 12th November 2011. Lyn, who is coached by Mark Donahoo, won three gold medals and was the best female walker of any age group at the WMA Championships in Sacramento in July. Her world record 20k of 1.39.51, set at Middle park in May (at the age of 54), is rated at 101.33%. She has now just turned 55 so has a whole new set of records at her mercy!



Lyn wins the roadwalk in Sacramento earlier this year

2012 WORLD JUNIOR SELECTION CRITERIA NOW ONLINE

Last Thursday, Athletics Australia published its Selection Policy for the 2012 World Junior Championships, to be held in Barcelona on 10-15 July 2012. It is very similar to past years and contains no surprises at all from what I have read. See http://www.athletics.com.au/high_performance/high_performance_news/team_information/2012_wjc/2012_wjc_selection_policy. Here is a quick summary

- Only athletes born in 1993, 1994 and 1995 can be entered.
- A maximum of two athletes can be selected in each event.
- The qualifying standards for the 10,000m walks are 44:05 (men) and 49:25 (women). This is the same as for 2008 and 2010.
- The selection trials will be held at the Australian U20 Championships on 14-18 March 2012.
- The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at least once during the AA Qualifying period. Any second selection is at the selectors' discretion.
- The AA qualifying period extends from 1 October 2011 to 18 March 2012.
- Any athlete selected in the Athletics Australia team for the IAAF 2012 World Race Walking Cup is ineligible for selection in Athletics Australia's team for the 2012 World Junior Track and Field Championships unless that athlete has been granted exemption in writing by the AA High Performance Manager, as outlined in the AA Selection Policy for the 2012 IAAF Race Walking Cup.
- There are only a small number of nominated opportunities for walkers to attain the qualifying standard. Any other walk competitions organised as qualifying opportunities must meet the specific judging requirements of the IAAF and must be sanctioned by Athletics Australia. All requests in relation to walk qualifying opportunities must be directed to David Gynther at Athletics Australia.
- It is not documented but both road and track performances are acceptable for qualifying purposes.

That completes Selection Policy publication for next year's major events. Here are the required standards and qualifying periods for the big three from a walks perspective.

- **IAAF World Race Walking Cup, Chihuahua, Saransk, Russia, May 12-13, 2012**

50km Men	No standard published	1 Aug 2011 to 11 Dec 2011
20km men	1:28:00	1 Aug 2011 to 25 Feb 2012
20km women	1:36:00	1 Aug 2011 to 25 Feb 2012
10km Junior men	46:30	1 Aug 2011 to 25 Feb 2012
10km Junior women	50:00	1 Aug 2011 to 25 Feb 2012

- **World Junior Championships, Barcelona, Spain, July 10-15, 2012**

Junior Men 10,000m walk	44.05	1 Oct 2011 to 18 Mar 2012
Junior Women 10,000m walk	49:25	1 Oct 2011 to 18 Mar 2012

- **Olympic Games, London, UK, July 27 - Aug 12, 2012**

Men 20k walk	1:22:30	1 May 2011 to 8 July 2012
Women 20k walk	1:33:30	1 May 2011 to 8 July 2012
Men 50k walk	3:59:00	1 Jan 2011 to 14 May 2012

Walkers need to review the summer season competition dates and decide which events they are going to target. Here are some possible dates - remember that not all events are automatically suitable for qualifying purposes and some (like our VRWC club roadwalks) need prior advice so that we can ratify them with AA.

Sun 23 Oct 2011	VRWC Roadwalks, Middle Park , VIC
Sun 20 Nov 2011	VRWC Summer Road Championships, Middle Park , VIC
Sun 11 Dec 2011	Australian 50km Championship, Fawkner Park , VIC
Sat 7 - Sun 8 2012	10,000m Track Walk Championship, Blacktown , NSW (in conjunction with NSW Multis)
Sun 8 Jan 2012	VRWC Roadwalks, Middle Park , VIC
Sun 22 Jan 2012	VRWC Roadwalks, Middle Park , VIC
Sat 25 Feb 2012	Australian 20km roadwalk championships, Hobart , TAS
15-19 Mar 2012	Australian Junior T&F Championships, Sydney, NSW

WHAT'S COMING UP

The Australian Masters Games are on in Adelaide from 7-15 October (see <http://australianmastersgames.com.au>). There are 4 racewalks on offer and I will be reporting on proceedings in next week's newsletter. The walk dates are

Fri 7 October	5000m Track Walks
Sat 8 October	3000m Track Walks
Sun 9 October	1500m Track Walks
Wed 12 October	10km Road Walks

The Athletics Victoria North West Zone will be holding a PB meet at the Aberfeldie Athletics Track on **Saturday 8th October 2011** with events costing \$2. The program will include a 2000m walk starting at 1:30PM. It could be a good way to kickstart the summer season so come along and join us there and test yourself out against me over 5 laps of the track!

Geelong Walkers Club kicks off its 33rd season on **Thursday 13th October** at the Goldsworthy Reserve Track, Goldsworthy Road Corio. Events start at 6:15PM. See http://www.sportingpulse.com/assoc_page.cgi?c=1-7221-0-0-0&SID=139582.

The AV Shield competition starts on **Saturday 15th October**.

The VRWC summer season starts on **Sunday 23rd October** with road races at Albert Park.

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.

2011/2012 Australian/Victorian Summer Season Key Dates

7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)
Sat 15 Oct 2011	AV Shield Competition starts
Sun 16 Oct 2011	LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011	VRWC Summer Season commences, Middle Park, Melbourne
4-6 Nov 2011	AV Schools T&F Championships, Melbourne
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	2012 Australian Junior Championships, Sydney Olympic Park
5-9 Apr 2012	Australian Masters T&F Championships, Melbourne

2012 International Fixture

Feb 5-12, 2012	Oceania Masters Athletics Championships, Tauranga, New Zealand
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/

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicang, CHN
Sat 14 Apr, 2012	Rio Major ,POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR

Sat 15 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**

Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**

July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**

July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**

2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>

July 2020 **32nd Olympic Games** City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)