



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WARMUP MEET, ABERFELDIE ATHLETICS TRACK, MOONEE PONDS, SATURDAY 8 OCT

The Athletics Victoria North West Zone held a PB meet at the Aberfeldie Athletics Track last Saturday with a 2000m walk amongst the events on offer. Numbers were small in all the track and field events with most people seemingly content to wait for the real action to kick off next weekend. Mark Donahoo was fastest of the male walkers with 9:44 while Caitlin Campbell was the fastest of the women with 10:41.

#### 2000m Walk

1.	Mark Donahoo	9:44	40+
2.	Connor McShanag	9:56	U16
3.	Caitlin Campbell	10:41	U18
4.	Tim Erickson	10:56	40+
5.	Rebecca Campbell	12:22	U16
6.	Brooklyn Utber	13:26	U14
7.	Stacey McLaren	13:44	U16
8.	Stephen Murphy	14:44	40+

### SEEN IN ACTION IN THE MELBOURNE MARATHON

Last Sunday saw the Melbourne Marathon with some 30,000 runners competing over a range of distances from the full marathon down. It also hosted the Victorian and Australian marathon titles and is certainly the premier marathon carnival in Australia nowadays. A number of our VRWC walkers were in action, testing themselves out with a racewalk over the 42+km distance. The first to finish was Chris Erickson with a great 3:14:49. Clarrie Jack walked an excellent 4:34:45 to outlast training partner Terry O'Neill who finished with 4:42:29. Karyn O'Neill finished with a PB 5:10:54. Steve Jordan was the final walker and he finished with a good 5:47:31.

Chris Erickson	3:14:49
Clarrie Jack	4:34:45
Terry O'Neill	4:42:29
Karyn O'Neill	5:10:54
Steve Jordan	5:47:31

### AUSTRALIAN MASTERS GAMES, ADELAIDE, 7-15 OCTOBER 2011

The Australian Masters Games are in full swing in Adelaide (see <http://australianmastersgames.com>) with 3 of the 4 walks already completed and with the 10km roadwalk to be held tomorrow (Wednesday). Lyn Ventris (W55) has been very much the star of the show with 3 fine performances – 5000m walk in 24:16.77, 3000m walk in 14:26.99 and 1500m in 7:00.30. Well done to VRWC members Donna Elms (W50), James Seid-Christmass (M40) and Simon Evans (M 50) who have also been amongst the medallists.

#### 5000m Walks, Friday 7 October

W40	1	Rosemarie Stigwood	W43	South Australia	37:29.45
W45	1	Ann Staunton-Jugovic	W47	ACT	27:05.15
	2	Sandra Ambrose	W46	Victoria	34:17.99
	3	Lisa Minchin	W47	Victoria	42:06.95
W50	1	Deborah Page	W52	Northern Territory	28:34.74
	2	Gloria Holliday	W50	South Australia	29:54.79
	3	Donna-Marie Elms	W50	Victoria	31:23.14
	4	Marie Maxted	W51	South Australia	33:04.69
W55	1	Lynette Ventris	W55	Western Australia	24:16.77
	2	Jill Brew	W58	Northern Territory	36:57.84
	3	Linda Whitelaw	W57	South Australia	39:34.64
W60	1	Wendy Cochrane	W62	Northern Territory	37:06.86
	2	Cherie Dempsey	W61	South Australia	47:07.16
W65	1	Sandy Brunner	W69	South Australia	33:27.28

	2	Jill Rogers	W66	South Australia	39:27.28
	3	Elaine Macfarlane	W69	South Australia	40:30.45
	4	Jenny Richter	W66	Northern Territory	41:19.91
	---	Joan Foster	W68	South Australia	DNF
W70	1	Ann Ireland	W70	Northern Territory	35:45.77
W75	1	Rosalie Elix	W77	South Australia	39:33.28
	2	Cynthia Dally	W77	South Australia	42:52.23
	3	Dot Partridge	W79	South Australia	45:17.55
W80	1	Heather Lee	W84	New South Wales	39:24.67
W85	1	Alison Worrall	W88	Queensland	46:07.82
M40	1	James Seid-Christmass	M43	Victoria	25:39.70
	2	Franz Kropik	M43	Austria	26:13.83
M45	1	Peter Baker	M47	ACT	28:51.78
	2	Christopher McKinnon	M46	Victoria	34:38.61
M50	1	Simon Evans	M51	Victoria	25:49.11
	2	Paul Rance	M53	Victoria	27:52.25
	3	Errol Neish	M54	ACT	48:19.98
M55	1	David McLay	M55	Victoria	30:57.80
	---	Frank McHugh	M59	South Australia	DQ
	---	Colin Rettos	M55	South Australia	DQ
M60	1	Kevin Finn	M60	South Australia	31:00.21
	2	Brian Horton	M64	Tasmania	31:41.84
M65	1	George White	M66	South Australia	27:35.24
	2	Geoffrey Byham	M65	South Australia	31:58.78
	3	Graham Harrison	M68	South Australia	33:56.67
M70	1	Rodger Barber	M73	South Australia	37:04.88
M75	1	Leigh Smith	M76	South Australia	36:59.71
	2	David Robertson	M78	South Australia	39:23.14
	3	Geoffrey Gordon	M75	South Australia	40:29.16
	---	Bertram Janes	M78	New South Wales	DQ
M80	1	Colin Hainsworth	M81	South Australia	38:45.89

### 3000m Walks, Saturday 8 October

W40	1	Rosemarie Stigwood	W43	South Australia	22:20.28
W45	1	Ann Staunton-Jugovic	W47	ACT	16:24.55
	2	Lisa Minchin	W47	Victoria	24:35.99
W50	1	Deborah Page	W52	Northern Territory	16:25.03
	2	Gloria Holliday	W50	South Australia	17:33.67
	3	Donna-Marie Elms	W50	Victoria	17:38.67
	4	Marie Maxted	W51	South Australia	19:34.04
W55	1	Lynette Ventris	W55	Western Australia	14:26.99
	2	Jill Brew	W58	Northern Territory	21:30.04
	3	Linda Whitelaw	W57	South Australia	23:38.38
	4	Edna Bates	W58	South Australia	25:21.54
W60	1	Wendy Cochrane	W62	Northern Territory	21:39.82
	2	Cherie Dempsey	W61	South Australia	30:07.5h
W65	1	Sandy Brunner	W69	South Australia	19:51.56
	2	Jill Rogers	W66	South Australia	23:17.47
	3	Joan Foster	W68	South Australia	23:58.17
	4	Elaine Macfarlane	W69	South Australia	24:21.30
	5	Jenny Richter	W66	Northern Territory	25:16.33
W70	1	Ann Ireland	W70	Northern Territory	20:44.23
	2	Marion Bahr	W70	South Australia	32:33.21
W75	1	Rosalie Elix	W77	South Australia	23:29.10
	2	Cynthia Dally	W77	South Australia	25:33.29
	3	Dot Partridge	W79	South Australia	26:42.48
W80	1	Heather Lee	W84	New South Wales	23:56.13
W85+	1	Alison Worrall	W88	Queensland	26:49.16
M40	1	James Seid-Christmass	M43	Victoria	14:48.47
	2	Franz Kropik	M43	Austria	16:47.63
M45	1	Peter Baker	M47	ACT	16:22.95
M50	1	Simon Evans	M51	Victoria	14:53.95
	2	Christopher Worsnop	M53	Victoria	19:41.93
	3	Errol Neish	M54	ACT	28:01.70
M55	1	John Russell	M59	South Australia	17:45.05
	2	David McLay	M55	Victoria	20:49.97
M60	1	Kevin Finn	M60	South Australia	18:12.83
	2	Brian Horton	M64	Tasmania	18:24.55
M65	1	George White	M66	South Australia	16:08.87

	2	Geoffrey Byham	M65	South Australia	18:31.82
	3	Graham Harrison	M68	South Australia	20:30.89
M70	1	Rodger Barber	M73	South Australia	22:16.43
	2	Brian Hart	M74	South Australia	22:34.11
M75	1	Leigh Smith	M76	South Australia	22:02.34
	2	Bertram Janes	M78	New South Wales	22:30.06
	3	David Robertson	M78	South Australia	22:42.54
M80	1	Colin Hainsworth	M81	South Australia	22:25.28
	---	Norman O'Neil	M84	South Australia	DQ

#### 1500m Walks, Sunday 9 October

W40	1	Rosemarie Stigwood	W43	South Australia	10:42.73
W45	1	Ann Staunton-Jugovic	W47	ACT	7:35.29
	2	Lisa Minchin	W47	Victoria	11:59.09
W50	1	Gloria Holliday	W50	South Australia	7:56.08
	2	Deborah Page	W52	Northern Territory	8:13.60
	3	Donna-Marie Elms	W50	Victoria	8:31.16
	4	Marie Maxted	W51	South Australia	9:10.64
	5	Lynette Pimm	W50	Victoria	9:53.82
W55	1	Lynette Ventris	W55	Western Australia	7:00.30
	2	Linda Whitelaw	W57	South Australia	12:00.71
	3	Edna Bates	W58	South Australia	12:36.10
	---	Jill Brew	W58	Northern Territory	DNF
W60	1	Wendy Cochrane	W62	Northern Territory	10:54.71
	2	Cherie Dempsey	W61	South Australia	14:54.11
W65	1	Sandy Brunner	W69	South Australia	9:18.82
	2	Jill Rogers	W66	South Australia	11:21.36
	3	Elaine Macfarlane	W69	South Australia	11:25.55
	4	Joan Foster	W68	South Australia	11:28.37
	5	Jenny Richter	W66	Northern Territory	12:17.88
W70	1	Marion Bahr	W70	South Australia	16:24.48
W75	1	Rosalie Elix	W77	South Australia	11:37.22
	2	Cynthia Dally	W77	South Australia	12:50.93
	3	Dot Partridge	W79	South Australia	13:17.59
W80	1	Heather Lee	W84	New South Wales	11:24.65
W85	1	Alison Worrall	W88	Queensland	13:21.01
M40	1	James Seid-Christmass	M43	Victoria	6:48.21
	2	Franz Kropik	M43	Austria	7:49.23
M45	1	Peter Baker	M47	ACT	7:44.10
	2	Christopher McKinnon	M46	Victoria	9:56.72
M50	1	Christopher Worsnop	M53	Victoria	9:51.18
	2	Errol Neish	M54	ACT	13:48.90
M55	1	John Russell	M59	South Australia	8:11.28
	2	David McLay	M55	Victoria	9:47.60
	3	Anura Puliyadda	M59	Victoria	12:03.92
M60	1	Brian Horton	M64	Tasmania	8:45.50
	---	Kevin Finn	M60	South Australia	DQ
M65	1	George White	M66	South Australia	7:55.03
	2	Geoffrey Byham	M65	South Australia	9:11.27
	3	Graham Harrison	M68	South Australia	10:00.17
	4	Dolph Young	M66	South Australia	11:45.82
M70	1	Brian Hart	M74	South Australia	10:40.17
	2	Rodger Barber	M73	South Australia	10:49.24
	3	Kana Nathan	M72	South Australia	12:59.70
M75	1	Leigh Smith	M76	South Australia	10:39.57
	2	Bertram Janes	M78	New South Wales	10:49.90
	3	Geoffrey Gordon	M75	South Australia	11:46.55
	4	Tony Cooper	M75	South Australia	14:08.86
	--	David Robertson	M78	South Australia	DQ
M80	1	Colin Hainsworth	M81	South Australia	10:52.51
	2	Arthur Ince	M81	Victoria	13:44.72

### OVERSEAS RESULTS

#### Alex Wright sets new UK 1 Mile Track Walk record, Thursday October 6, 2011

Alex Wright, who recorded a UK-leading 1:26:45 at Naumburg (Germany) a couple of weeks ago, turned his sights to the 1 Mile distance last Thursday, winning a Leeds Varsity meet walk with a new UK record of 5:58.4. The top 3 all-time now reads

1. Alex Wright 5:58.4 (2011)

2. Andy Penn 5:58.9 (1997)
3. Darrell Stone 5:59.1 (1989)

### Stuart Kollmorgen wins in France

Club member Stuart Kollmorgen left our shores late last month for an 8 month sabbatical to study at King's College London for a Master of Science (Human Resource Management & Organisational Analysis). While there, he is living in South Kensington and hopes to participate in cross country, race walking and track for Belgrave Harriers AC. He was interviewed in the Vic Masters Newsletter just before his departure:

*In wearing in the Belgrave Harriers singlet in Melbourne, I have been amazed how many people know it or have been members of that club. I clearly just can't get enough of winter seasons - from Australia to the UK and back again. I will also join the volunteer force for the London Olympics, and join an athletics club in Paris. I am not leaving work or the country - my purpose is to acquire new advisory skills for my HR legal work, and spend time with new partner Dougie who is also a member of Collingwood Harriers. Australian Masters team race walkers would know Dougie from his "elbows out" approach to handing drinks during the Sacramento heat and his passionate support of our victorious team walkers.*

True to his promise, Stuart was in action in a 5000m track walk in Thiais, Paris, last Saturday. Thanks to Emmanuel Tardi for some fine photos. First to the final result which saw Stuart winning with 23:01.1 after a stop to fix shoe laces (shame Stuart!)

- |    |                              |         |
|----|------------------------------|---------|
| 1. | Kollmoregen, Stuart          | 23:01.1 |
| 2. | Da Silva Carvalho Le, Thomas | 24:18.1 |
| 3. | Briere, Regis                | 26:16.3 |

And to Stuart for a few words. What a wonderful opportunity. Enjoy!

*Tim, I enjoyed immensely my first foray on the French walking scene. I was fortunate to be invited by Emmanuel Tardi, who knows all there is to know and cleared the way. A medical clearance for invitational competition is required, so also lucky Dougie's piano students are doctors. The end of the track season in Thiais (pronounced tee-ayy) saw Emmanuel as chief judge give a strict speech. Alors, we were off, with a windswept back straight. The time was ok given a cordon chaussure (shoelace) readjustment and the strong wind.*

*The reception during and medal presentation after were tres jolie. I was happy to win trois bouteilles de vin and a chessboard. Not sure what I would have done with the cooktop or vacuum cleaner won by the other contestants! The prize area at VRWC would overflow.*

*The Master of Science (Management and HR) course in London is interesting (31 nationalities of 75 students). My London Club Belgrave Harriers' track is close to home across the Thames from Chelsea, at Battersea Park. With the lectures in the front half of the week, I plan to be in Paris via the Eurostar on weekends taking my reading to wift parks and distracting sites, then libraries and cafes as the snow sets in.*

*I hope to take part in the race walking scene now the road season is to commence, with the host city Olympic countdown ever present. The reality of life without a car in huge cities is more physical - using the free bikes and running to College - a tourism dream every day, in addition to some running around Hyde Park - so finding myself mentally and physically tired.*

*Dougie says hi to all.*

*Au revoir*



**Stuart warming up, in action in France and with chief judge Emmanuel Tardi**

### French 50km National Championship, Fameck, Sunday 9 October

Fameck, some 400km from Paris was the venue a day later for the French 50km Championship. Although the best of the French walkers (Diniz, Moulinet, Campion, Biche) were absent, the winning time of Herve Davaux was still a very respectable 4:02:08. The event also saw an M65 50km world record to Jean-Paul Masselin with 4:58:44 (the previous best was by Robert Schouckens in 1997 with 5:11:15). No doubt Andrew Jamieson will now be eyeing off that new record! Gomez of Colombia won the women's 20km

championship ahead of Finnish walkers Kassalainen and Lofbacka while Virginie Barthelemy was the first French woman with 1:55:42.

#### 50 Km Walk Men

1	DAVAUX Herve	FRA	78	4:02:08
2	ROZE Eddy	FRA	70	4:09:58
3	LE COZ Xavier	FRA	79	4:14:16
HC	REKST Ricardas	LTU		4:19:10
4	ROBIDOU Steven	FRA	84	4:20:11
HC	VILJANEN Timo	FIN		4:24:09
5	SECHE Nicolas	FRA	80	4:25:40
6	CHARTIER Thierry	FRA	59	4:42:39
7	NICOLLE Vincent	FRA	81	4:47:45
8	DUJOUR Guillaume	FRA	78	4:52:18
9	BONNOTTE Remi	FRA	65	4:56:55
10	MASSELIN Jean-paul	FRA	46	4:58:44

#### 20 Km Walk Women

HC	GALVIS GOMEZ Sandra Viviano	COL		1:36:36
HC	KAASALAINEN Karoliina	FIN		1:40:09
HC	LOFBACKA Mikaela	FIN		1:49:02
1	BARTHELEMY Virginie	FRA	72	1:55:42
2	HARISPURU Solenn	FRA	85	1:57:31
3	TRESCARTE Caroline	FRA	88	2:02:53
4	CHOCHOY Christine	FRA	68	2:03:23



Davaux, Masselin and Gomez in action in Fameck last Sunday (Photos Emmanuel Tardi)

See <https://picasaweb.google.com/EmmanuelTardi/Fameck9Octobre2011?authuser=0&feat=directlink> for more of Emmanuel's photos from the French 50km.

#### Patrik Spevak sets new Slovak U17 5000m walk record

DUBNICA (SVK, Oct 8): Last Saturday saw the talented Patrik Spevak set a new Slovakian U17 5000m track record of 20:39.97. The previous best of 20:42.7 had been set in 2000 by Matej Toth. Spevak had already done times of 20:47.9 indoors in January and 20:53.77 in Banska Bystrica in June and last week in Bacuch in a 5 km road race he recorded 20:27 so the record was always going to be his for the taking.

#### 92<sup>nd</sup> National Sports Festival, Goyang, Korea, 8-11 October

Kim Hyan-Sub (1:21:35) and Jeon Yong-Eun (1:35:57) won the Open 20km walks at the National Sports Festival at Goyang in Korea last weekend. The large number of PBs indicates that it must have been judged a success from a local perspective. In particular, the depth in the Open Men is very strong.

#### Open Men 20km Walk

1.	Kim Hyun-Sub	KOR	31.05.85	1:21:35	
2.	Park Chil-Sung	KOR	08.07.82	1:25:23	
3.	Byun Young-Jun	KOR	20.03.84	1:25:35	
4.	Kim Dae-Ro	KOR	30.04.88	1:25:54	PB
5.	Kim Dong-Young	KOR	06.03.80	1:26:17	SB
6.	Choi Byung-Kwang	KOR	07.04.91	1:26:54	PB
7.	Oh Se-Han	KOR	17.11.88	1:27:05	PB

8.	Kang Kil-Dong	KOR	12.07.92	1:28:17	PB
<b>Open Women 20km Walk</b>					
1.	Jeon Yong-Eun	KOR	24.05.88	1:35:57	
2.	Weon Aseas-Byeol	KOR	08.04.90	1:37:45	PB
3.	Kim Bo-Ram	KOR	18.04.92	1:47:40	PB
<b>U20 Men 10000 m walk</b>					
1.	Lee Jun-Hyeok	KOR	09.09.95	44:40.09	PB
<b>U20 Women 10000 m walk</b>					
1.	Kim Yeo-Jin	KOR		50:12.39	PB
2.	Lee Jung-Kyung	KOR		51:43.04	PB

#### 66<sup>th</sup> Kokutai National Games, Kokutai, Yamaguchi, Japan, 7-11 October

Isamu Fujisawa (41:13.62) and Kumi Otoshi (45:39.00) won their respective 10,000m walks at the Kokutai National Games in Japan last weekend while 18 year old Takumi Saito set a new National Junior record of 40:44.70. Again, another couple of high quality walks in a country that produces more than its fair share of good walkers.

#### Open Men 10000m walk, Saturday 9 October

1.	Isamu Fujisawa	JPN	12.10.87	40:13.62	
2.	Koichiro Morioka	JPN	02.04.85	40:20.78	
3.	Yusuke Suzuki	JPN	01.02.88	40:41.84	
4.	Takumi Saito	JPN	23.03.93	40:44.70	PB (NJR)
5.	Daichi Aono	JPN	12.05.89	41:09.59	
6.	Takayuki Tani	JPN	14.02.83	41:12.63	
7.	Katsuya Ueda	JPN	13.11.87	41:41.41	
8.	Ken Akashi	JPN	06.11.76	42:07.43	
9.	Naruhito Tarusawa	JPN	15.04.89	42:32.42	
10.	Takafumi Higuma	JPN	03.09.82	42:56.77	
11.	Hayato Katsuki	JPN	28.11.90	44:08.59	

#### Open Women 10000m walk, Sunday 10 October

1.	Kumi Otoshi	JPN	29.07.85	45:39.00	
2.	Kumiko Okada	JPN	17.10.91	46:34.62	
3.	Hiroi Maeda	JPN	01.06.91	46:43.59	
4.	Rei Inoue	JPN	23.07.91	46:56.44	
5.	Ai Michiguchi	JPN	03.06.88	47:29.35	
6.	Kazuna Kuwabara	JPN	05.11.88	48:28.94	PB
7.	Mami Urabe	JPN	18.01.88	48:49.55	
8.	Fumika Kiryu	JPN	12.07.87	50:00.02	
9.	Arisa Osato	JPN	25.03.90	50:27.32	
10.	Yuka Tamaki	JPN	21.10.90	50:33.53	
11.	Shiori Toba	JPN	01.02.92	50:33.64	
12.	Yorimi Inaba	JPN	31.01.91	50:58.47	PB
13.	Tomomi Abe	JPN	12.03.91	51:12.39	

### 2011 RANKING LIST UPDATES

It's a fair while since I published any rankings lists so I got busy and extracted the top 20 in the Open 20km, U20 10km and U18 5km divisions from <http://www.racewalkaustralia.com>. Let me know if I am missing any performances. If so, it probably means that particular race result was never passed onto me.

#### 20Km Men

1.	Jared Tallent	SM	1:19:57	VIC	22/04/2011
2.	Luke Adams	SM	1:21:00	NSW	19/02/2011
3.	Adam Rutter	SM	1:22:25	NSW	19/02/2011
4.	Brendon Reading	U23M	1:24:51	ACT	22/04/2011
5.	Chris Erickson	SM	1:25:06	VIC	10/07/2011
6.	Nathan Deakes	SM	1:25:38	VIC	19/02/2011
7.	Ian Rayson	SM	1:26:56	NSW	19/02/2011
8.	Rhydian Cowley	U23M	1:29:07	VIC	19/02/2011
9.	Darren Bown	M35	1:30:29	SA	21/08/2011
10.	Stuart Kollmorgen	M40	1:34:42	VIC	19/02/2011
11.	Derek Mulhearn	U23M	1:41:22	NSW	21/08/2011
12.	Andrew Jamieson	M65	1:41:27	VIC	21/08/2011
13.	Ignatio Jimenez	M45	1:43:07	QLD	18/09/2011
14.	Colin Heywood	M55	1:44:42	ACT	29/05/2011
15.	Ian Jessurun	M40	1:46:29	NSW	21/08/2011
16.	Dean Nipperess	M40	1:47:41	QLD	21/08/2011

17.	Aaron McDonough	M35	1:49:34	VIC	29/05/2011
18.	James Seid-Christmass	M40	1:53:51	VIC	16/07/2011
19.	Peter Crump	M50	1:54:03	SA	22/05/2011
20.	Russ Dickenson	M65	1:55:33	VIC	29/05/2011

#### 20km Women

1.	Regan Lamble	U20W	1:31:39	VIC	22/04/2011
2.	Claire Tallent	SW	1:32:39	SA	22/04/2011
3.	Beki Lee	SW	1:35:35	NSW	22/04/2011
4.	Nicole Fagan	U23W	1:35:55	NSW	19/02/2011
5.	Cheryl Webb	SW	1:36:55	NSW	19/02/2011
6.	Tanya Holliday	U23W	1:37:54	SA	21/08/2011
7.	Lyn Ventris	W50	1:39:51	WA	29/05/2011
8.	Kelly Ruddick	W35	1:39:56	VIC	21/08/2011
9.	Heather Carr	W60	1:56:18	VIC	29/05/2011
10.	Michelle Thompson	W40	1:58:41	VIC	29/05/2011
11.	Barbara Bryant	W55	2:00:33	VIC	29/05/2011
12.	Pam Tindal	W50	2:01:04	VIC	16/07/2011
13.	Caitlin Brunton	U23W	2:02:48	VIC	19/02/2011
14.	Kirstin Shaw	U20W	2:03:42	VIC	10/07/2011
15.	Ann Staunton-Jugovic	W45	2:04:08	ACT	09/07/2011
16.	Stephanie Stigwood	U23W	2:04:28	SA	19/02/2011
17.	Liz Feldman	W60	2:09:28	VIC	29/05/2011
18.	Alison Thompson	W55	2:14:33	VIC	29/05/2011
19.	Donna Elms	W50	2:18:10	VIC	29/05/2011
20.	Anna Wallace	SW	2:18:59	VIC	29/05/2011

#### 10km U20 Men

1.	Dane Bird-Smith	U20M	40:56	QLD	19/02/2011
2.	Brad Aiton	U17M	44:09	QLD	19/02/2011
3.	Blake Steele	U20M	44:18	SA	12/03/2011
4.	Jesse Osborne	U17M	44:45	QLD	12/03/2011
5.	Nick Dewar	U20M	45:09	QLD	19/02/2011
6.	Nathan Brill	U16M	45:42	VIC	29/05/2011
7.	Brandon Dewar	U20M	45:50	QLD	19/02/2011
8.	Kyle Malone	U20M	46:29	NSW	22/05/2011
9.	Harry Bates	U17M	47:35	ACT	22/05/2011
10.	Steven Washburn	U18M	47:50	NSW	22/05/2011
11.	Dale Hennigan	U18M	51:06	WA	21/08/2011
12.	Jay Felton	U16M	51:18	NSW	09/07/2011
13.	Jordan Mulhearn	U20M	51:36	NSW	26/06/2011
14.	Kurtis Birch-Ward	U17M	52:32	NSW	12/03/2011
15.	Lewis Clark	U17M	52:33	VIC	19/02/2011
16.	Bradley Simpson	U20M	53:00	VIC	07/08/2011
17.	Jared Walker	U16M	54:43	VIC	30/07/2011
18.	Aaron Tam	U17M	55:03	VIC	07/08/2011
19.	Lucas Taylor	U16M	55:31	VIC	07/08/2011
20.	Matthew Killen	U17M	55:32	NSW	09/07/2011

#### 10km U20 Women

1.	Regan Lamble	U20W	45:42	VIC	22/04/2011
2.	Rachel Tallent	U18W	48:40	VIC	19/02/2011
3.	Beth Alexander	U20W	49:48	VIC	19/02/2011
4.	Kristie Goznic	U20W	50:59	SA	21/08/2011
5.	Amy Bettiol	U16W	51:13	NSW	16/07/2011
6.	Paige Hooper	U20W	51:18	SA	12/03/2011
7.	Kirsty Klein	U18W	51:41	NSW	09/07/2011
8.	Amelia Finnegan	U17W	52:56	VIC	17/07/2011
9.	Jemima Montag	U14W	53:18	VIC	11/09/2011
10.	Stephanie George	U16W	54:13	VIC	11/09/2011
11.	Cassie Raselli	U17W	55:09	VIC	14/05/2011
12.	Jmara Hockley-Samon	U16W	56:09	VIC	12/03/2011
13.	Shannon Jennings	U20W	56:41	NSW	26/06/2011
14.	Hannah Watson	U17W	56:53	WA	12/03/2011
15.	Kirstin Shaw	U20W	58:48	VIC	14/05/2011
16.	Dimitra Psarianos	U18W	59:11	NSW	16/07/2011
17.	Yue Guo	U20W	59:13	QLD	12/03/2011
18.	Hilary Brazel	U18W	59:24	VIC	07/08/2011
19.	Michelle Butler	U20W	59:38	WA	17/07/2011
20.	Shay Southern	U17W	60:11	NSW	26/06/2011

### U18 5km Men

1.	Brad Aiton	U17M	20:37	QLD	05/02/2011
2.	Jesse Osborne	U17M	21:29	QLD	10/03/2011
3.	Nathan Brill	U16M	21:35	VIC	30/07/2011
4.	Steven Washburn	U17M	23:09	NSW	10/03/2011
5.	Harry Bates	U16M	23:22	ACT	10/03/2011
6.	Lewis Clark	U17M	23:23	VIC	25/02/2011
7.	Josh Dillon	U17M	23:28	VIC	12/06/2011
8.	Elliot Hodgson	U16M	23:50	QLD	10/03/2011
9.	Matthew Felton	U17M	24:01	VIC	25/02/2011
10.	Jay Felton	U16M	24:07	NSW	13/02/2011
11.	Tyler Jones	U14M	24:33	NSW	22/05/2011
12.	Matthew Cunningham	U18M	25:03	QLD	10/03/2011
13.	Kurtis Birch-Ward	U16M	25:04	NSW	13/02/2011
14.	Jared Walker	U16M	25:06	VIC	25/06/2011
15.	Bradley Simpson	U18M	25:10	VIC	09/01/2011
16.	Connor McShanag	U16M	25:22	VIC	30/07/2011
17.	Zac Partington	U16M	25:25	WA	21/08/2011
18.	Aaron Tam	U17M	25:28	VIC	12/06/2011
19.	Robert Murphy	U15M	25:32	NSW	18/06/2011
20.	Billy Allamby	U14M	25:46	VIC	30/07/2011

### U18 5km Women

1.	Jessica Pickles	U18W	23:42	QLD	19/03/2011
2.	Amy Burren	U17W	23:52	VIC	02/03/2011
3.	Amy Bettiol	U16W	24:10	NSW	10/03/2011
4.	Kristie Goznik	U18W	24:48	SA	23/03/2011
5.	Kirsty Klein	U18W	24:49	NSW	21/08/2011
6.	Amelia Finnegan	U17W	25:06	VIC	10/03/2011
7.	Jemima Montag	U14W	25:12	VIC	30/07/2011
8.	Jmara Hockley-Samon	U16W	25:18	VIC	10/03/2011
9.	Elizabeth Hosking	U16W	25:38	ACT	10/03/2011
10.	Zoe Boldiston	U15W	25:43	VIC	24/07/2011
11.	Kenza Benzenati	U14W	25:48	QLD	05/06/2011
12.	Stephanie George	U16W	25:49	VIC	07/08/2011
13.	Katya Martin	U15W	25:54	QLD	21/08/2011
14.	Hannah Watson	U17W	25:56	WA	10/03/2011
15.	Cassie Raselli	U17W	26:05	VIC	29/05/2011
16.	Jasmine Dighton	U15W	26:11	NSW	24/07/2011
17.	Jade Sanders	U14W	26:13	VIC	21/08/2011
18.	Tiffany Dagnone	U17W	26:19	WA	06/08/2011
19.	Jemma Potezny	U16W	26:20	SA	21/08/2011
20.	Ebony Whiley	U16W	26:27	VIC	25/02/2011

## A POSSIBLE AUSTRALIAN ATHLETICS TOUR - RACEWALK

This is just a hands up to advise our U18, U20 and U23 walkers that we are in discussions with Athletics Australia regarding the possible creation of an Australian Athletics Tour for Racewalking. If successful, this would follow the lines of the general Athletics Australia Tour with key walking events targeted for the above age groups and with hopefully some monetary prizes at the end.

As a first step, Athletics Australia has agreed to look at adding U18 5km invitational roadwalks to the Australian 50km Championship day on Sunday 11 December (Fawcner Park in Melbourne) and to the Australian 20km Roadwalk Championships on Saturday 25 February (Hobart).

As such a competition would extend into the 2012 year, the age groups would be calculated as follows

- U18 born 1995 or later
- U20 born 1993 or 1994
- U23 born 1990, 1991 or 1992

I hope to be able to announce more in the next few weeks.

## WHAT'S COMING UP

Geelong Walkers Club kicks off its 33<sup>rd</sup> season on **Thursday 13<sup>th</sup> 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](http://www.sportingpulse.com/assoc_page.cgi?c=1-7221-0-0-0&SID=139582).

The AV Shield competition starts on **Saturday 15<sup>th</sup> October** with all 6 venues in action and 3000m walks on offer. See the Athletics

Victoria website ([www.athsvic.org.au](http://www.athsvic.org.au)) for timetables.

Sat 15 Oct	AV Shield - South East Region - Round 1	Ballam Park Athletic Track, Frankston
Sat 15 Oct	AV Shield - Bendigo Region - Round 1	La Trobe University Athletics Complex, Bendigo
Sat 15 Oct	AV Shield - Geelong Region - Round 1	Landy Field, Geelong
Sat 15 Oct	AV Shield - Ballarat Region - Round 1	Llanberris Reserve, Ballarat
Sat 15 Oct	AV Shield - North West Region - Round 1	Meadowglen Athletics Track, Epping
Sat 15 Oct	AV Shield - East Region - Round 1	Reischiek's Reserve, Doncaster

**Sunday 16<sup>th</sup> September** sees the popular **LAVic Coaching Clinic and Judging Seminar** which is being held at the George Knott Athletics Track at Clifton Hill. To register for the Judging Seminar:

[https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display\\_event\\_detail&EventID=10245&OrgID=1370](https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=10245&OrgID=1370)

To register for the LAVic Coaching Clinic:

[https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display\\_event\\_detail&EventID=10246&OrgID=1370](https://www.clubsonline.com.au/eventsregform/index.cfm?fuseaction=display_event_detail&EventID=10246&OrgID=1370)

The VRWC summer season starts on **Sunday 23<sup>rd</sup> 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

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

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

### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, HUN</b>
July 23 – Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow.</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

### Looking even further forward

August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2020	<b>32<sup>nd</sup> Olympic Games</b> 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>)