



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2011 Number 10
6 December 2011



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was a one man show in that it automatically went to **Rhydian Cowley** due to his outstanding run/walk/run efforts the previous Saturday at Athletics Victoria Shield competition at Box Hill. This week I am able to present a number of fine performances for review and voting (and I could have had even more in the list). They are

Tyler Jones	U14 3000m Walk	13:46.48	Aust All Schools, Brisbane	Saturday 3 December
Brad Aiton	U18 5000m Walk	21:14.65	Aust All Schools, Brisbane	Saturday 3 December
Jessica Pickles	U18 5000m Walk	23:53.84	Aust All Schools, Brisbane	Saturday 3 December
Andrew Jamieson	M65 3000m Walk	14:38.4	AV Shield, Doncaster	Saturday 3 December

And now to the finer details

- 13 year old **Tyler Jones** dominates his age group Australia wide and added yet another string to his bow with a convincing win in the Australian All Schools U14 3000m walk in Brisbane on Saturday. By way of bonus, his time of 13:46.48 was an 11 sec PB. He also won this event last year so has successfully defended his title. He has also won the last two U14 Aust roadwalk champs, won at Canberra in this year's LBG carnival and won the 2011 Little Athletics Australian Championship walk. Talk about dominating!
- 17 year old **Brad Aiton** had to lower his colours recently to Jesse Osborne in local Qld competition (his first defeat in his age group for many years) but he bounced back in fine style to win the Australian All Schools U18 5000m in Brisbane on Saturday in the top time of 21:14.65. Brad represented us in the 2011 World Youth Championships earlier this year and has just finished the demanding Year 12 study year. He showed that he is fast returning to top shape and is one of our big hopes for the World Juniors next year.
- 17 year old **Jessica Pickles**, like Brad, was a World Youth representative this year and also had to juggle her walking with her Year 12 study commitments. Like Brad, she has bounced back in the best possible way with a dominant display in the women's U18 5000m at the Australian All Schools championships in Brisbane. Her time of 23:53.84 was yet another sub-24 for her this year (her 6th overall) and was only 10 secs outside her best ever.
- **Andrew Jamieson** turned 65 in June and we can now expect to see the M65 World marks go down one after the other, in the same way that he successfully attacked the M55 and M60 records. His 3000m walk time of 14:38.4 last Saturday (imaging walking that fast at age 65!) bettered Tom Daintry's 1978 time of 14:57.0 by a whopping 19 secs. And that was a time that had withstood all challenges for 33 years. Let's hope that they had all the pieces in place for him to claim the M65 World Record.

All 4 walkers will be in action at Fawkner Park this coming Sunday. You can vote as usual at <http://www.vrwc.org.au>

AV SHIELD COMPETITION, SATURDAY 3 DECEMBER

AV Shield South East Region Round 7, Ballam Park Athletic Track, Frankston, Saturday 3 December

Conditions were good for walking on Saturday with cooler than normal summer conditions and the times were generally good across the board in the Athletics Victoria Shield competition. 29 walkers were in action at Frankston and it was Rhydian Cowley who led from the front, recording a big PB of 11:47 for the 3000m. Chris Lockwood also walked excellently for 14:42.8 as did Aaron Tam who recorded a PB of 15:03.0. It was good to see Brad Simpson back in action post-Year 12. That final school year is a big one for all our young walkers and I am sure that they breathe a collective sigh of relief when it is over. Beth Alexander was in the same boat as Brad and she burst back on the scene with a quick 14:54.7 to finish first in the women's division ahead of Tamara Attard 15:22.7 and Heather Carr 16:16.5. Kyle Swan 7:21.3 and Lauren Stadud 7:27.5 led the U14/U16 walkers home in their 1500m race.

3000m Walk Men

1.	Rhydian Cowley	OP	GHY	11:47.0	PB 0:17
2.	Chris Lockwood	40+	VMA	14:42.8	
3.	Aaron Tam	U18	KNA	15:03.0	PB 0:13
4.	Bradley Simpson	U20	KNA	15:05.6	
5.	Clyde Riddoch	40+	AWA	16:01.9	

6.	Michael O'Mahony	U20	KNA	17:10.6
7.	Anthony Doran	OP	GHY	18:27.2
8.	Philip Hutton	OP	GHY	19:09.2
9.	Alan Lucas	40+	VMA	19:22.9
	John Zeleznikow	OP	GHY	DQ
	Geoff Barrow	OP	MEN	DQ

3000m Walk Women

1.	Beth Alexander	U20	KNA	14:54.7
2.	Tamara Attard	OP	KNA	15:22.8
3.	Heather Carr	40+	EAG	16:16.5
4.	Simone Mcinnes	OP	GHY	16:47.0
5.	Bianca Attard	U18	KNA	17:24.4
6.	Marlene Gourlay	40+	VMA	17:26.0
7.	Elizabeth Feldman	40+	VMA	18:37.4
8.	Gwen Steed	40+	VMA	20:18.3
9.	Celia Johnson	40+	VMA	20:32.1
10.	Jo Molnar	40+	AWA	27:01.3
11.	Sharyn Caulfield	40+	AWA	27:01.6
12.	Eva Zeleznikow	U18	GHY	31:05.1

1500m Walk

1.	Kyle Swan	MU14	KNA	7:21.3
2.	Lauren Stodus	FU16	KNA	7:27.5
3.	Reese Walmsley	MU14	KNA	7:35.1
4.	Jasmine Irshad	FU16	KNA	7:39.4
5.	Kyle Bird	MU16	MPA	8:57.0
6.	Chris Hibbert	MU16	GHY	10:19.9

AV Shield North West Region Round 7, Lakeside Stadium, Albert Park, Saturday 3 December

An amazing 49 walkers fronted at the new Lakeside Stadium for the North West region walks. In fact, fields were huge in all events as everyone was keen to try out the new track (and it's a beauty) and the comp did not finish until around 6:30PM. It was a long afternoon! Mark Donahoo was the standout walker with 14:22.8 ahead of Aaron McDonough with yet another PB, this time 14:41.3, while Paul Kennedy enjoyed an easy stroll for 15:11.3. It was great to see Kirstin Shaw back in action after an injury layoff and she felt her way through with 17:24.9. In the 1500m, Connor McShanag 8:17.6 and Beth Barbour 8:31.4 (PB) were the best.

Men 3000m Walk

1.	Donahoo, Mark	53	ATE	14:22.8	
2.	McDonough, Aaron	39	PTN	14:41.3	PB 0:04
3.	Kennedy, Paul	54	MUA	15:11.3	
4.	Knox, Duncan	52	ATE	16:08.1	
5.	Erickson, Tim	61	COB	16:15.2	
6.	McShanag, Connor	15	ATE	17:21.4	
7.	Kondogonis, John	50	KSB	17:57.0	
8.	Hawkins, Trenton	32	PTN	18:38.0	
9.	Elms, Jason	21	ATE	20:42.4	
10.	Murphy, Stephen	50	ATE	22:07.7	
11.	Nicol, Stuart	61	SME	24:16.0	
12.	Dunstone, Phillip	43	WES	24:55.3	
13.	Crawford, James	76	SME	25:25.3	
14.	Rickard, Ian	55	BWK	26:16.0	

Women 3000m Walk

1.	Shaw, Kirstin	20	WES	17:24.9
2.	Elms, Donna	50	ATE	17:59.7
3.	Shaw, Robyn	50	WES	18:12.7
4.	Tonelli, Carolyn	39	KSB	20:11.3
5.	Abfalter, Maria	43	KSB	20:52.0
6.	Atkins, Jade	17	WCA	21:00.6
7.	Baric, Amanda	43	KSB	21:10.5
8.	Stobaus, Anne	70	KSB	21:30.6
9.	James, Sarah	22	MUA	21:51.8
10.	Ryan, Maeve	22	BWK	22:50.7
11.	Ireland, Roslyn	28	BWK	23:16.8
12.	Jamieson, Susan	62	BWK	23:50.0
13.	Ely, Fiona	42	COB	25:00.5
14.	Arnold, Madison	17	PTN	26:07.6
15.	Ireland, Olive	51	BWK	26:14.6

Boys 1500m Walk

1.	McShanag, Connor	15	ATE	8:17.6
----	------------------	----	-----	--------

2.	Cullen, Luke	11	IVA	9:35.5
3.	Long, Izaak	11	PTN	10:34.5
4.	Vicendese, Anthony	9	INV	10:49.9
5.	Sykes, Dominic	10	KSB	11:30.2

Girls 1500m Walk

1.	Barbour, Beth	15	COB	8:31.4	PB 0:02
2.	Bertrand, Georgia	11	KSB	8:40.3	
3.	Bertrand, Carly	15	KSB	8:51.5	
4.	McLaren, Stacey	15	ATE	9:01.0	
5.	Cooke, Brianna	14	WCA	9:08.9	
6.	Irons, Julia	13	KSB	9:11.7	
7.	Cullen, Larissa	13	WCA	9:11.9	
8.	Utber, Brooklyn	9	WES	9:45.7	
9.	Hodgart, Claire	15	WES	10:51.1	
10.	Rebesco, Louise	15	WES	11:01.7	
11.	Roberts, Jacqueline	11	KSB	11:22.7	
12.	Irons, Elaine	11	KSB	11:25.3	
13.	Magree, Olivia	12	KSB	11:29.3	
14.	Magree, Tess	9	KSB	12:26.4	
15.	Tonelli, Jamie	9	KSB	12:27.1	

AV Shield East Region Round 7, Reischick's Reserve, Doncaster, Saturday 3 December

Andrew Jamieson, who turned 65 in June, contested a first 3000m in his new age group and his time of 14:38.4 saw him an amazing 17 secs ahead of the best officially recorded M65 time of 14:57.0, set by the great Tom Daintry way back in 1978. It is of course a new VRWC club record. Simon Evans was also in great form with 14:45.2 as was Adam Garganis with a PB 15:06.9 while Michelle Laufer was the best of the ladies with a very good 15:11.9. Her daughter Josephine was the best in the 1500m with 10:25.3.

3000m Walk Men

1.	Andrew Jamieson	OP	OSC	14:38.4	Beats World Best for M65
2.	Simon Evans	OP	BOH	14:45.2	equal PB
3.	Adam Garganis	U16	COL	15:06.9	PB 0:08
4.	Ross Reid	40+	COL	16:04.3	
5.	David Armstrong	OP	DIV	17:06.3	
6.	Russ Dickenson	40+	UNA	17:09.2	
7.	Gary Hammett	40+	DIV	17:50.1	
8.	Stephen Vernal	OP	ANW	18:17.6	
9.	Geza Benke	OP	OLM	18:19.1	
10.	Stuart Facey	OP	OSC	18:49.8	
11.	Bob Gardiner	40+	COL	19:18.9	
12.	Chris Worsnop	OP	OLX	19:59.0	
13.	Ian Hardasyde	40+	UNA	20:33.0	
14.	Adrian Patti	OP	DAC	22:06.9	
15.	Adam Mccann	OP	ANW	22:40.4	
16.	Neville Gardner	40+	BOH	24:56.6	
17.	William Sullivan	OP	DAC	25:44.2	
	Thomas Iacono	OP	COL	DQ	
	Kait Chong	OP	BOH	DQ	

3000m Walk Women

1.	Michelle Laufer	40+	COL	15:11.9
2.	Sandra Geisler	OP	RWD	16:18.3
3.	Charmaine Smith	OP	DAC	23:54.2

1500m Mixed

1.	Josephine Laufer	FU14	COL	10:25.3
2.	Adele Boylen	FU14	COL	10:29.3
3.	Anthony Neale	MU14	COL	10:52.0
4.	Jessica O'Keefe	FU14	DAC	11:10.2
5.	Charlotte Bassett	FU14	DAC	11:11.4

AV Shield Geelong Region Round 7, Landy Field, Geelong, Saturday 3 December

AV Shield Ballarat Region Round 7, Llanberris Reserve, Ballarat, Saturday 3 December

AV Shield Bendigo Region Round 7, La Trobe University, Bendigo, Saturday 3 December

Alas, no results up yet from our 3 country venues but considering we had 105 walkers in our 3 metropolitan venues, it must have been some sort of record overall.

AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, BRISBANE, 3-4 DECEMBER

Last weekend, the **Australian All Schools Track & Field Championships** were held at the University of Queensland track in St Lucia in innercity Brisbane.

The first walks to kick off were the U14 3000m events on Saturday afternoon and Tyler Jones (NSW) and Jemima Montag (VIC) were both big winners, confirming their pre-eminent places in the U14 Australian ranks. Both won in the LBG Carnival in Canberra and both won at the National Roadwalk champs in August and both were winners again in this latest championship. The U14 races saw PBs galore as the young walkers rose to the occasion. We were particularly pleased on the local front to see Diamond Valley team mates Emmet Brasier and Cooper Owen take the minor medals in the boys' event, their first time under 15 minutes.

Men 3000m Walk Under 14, 4:50PM, Saturday 4 December

1.	Tyler Jones	98	NSW	13:46.48	PB 0:11
2.	Emmet Brasier	98	VIC	14:52.72	PB 0:13
3.	Cooper Owen	98	VIC	14:54.19	PB 1:00
4.	Trent Miles	98	QLD	15:06.23	PB 1:01
5.	Thomas Hopkins	98	NSW	15:22.09	
6.	Luke McCutcheon	98	QLD	15:23.16	PB 0:19
7.	Alix Harlington	99	SA	15:23.18	PB 0:40

Women 3000m Walk Under 14, 4:50PM, Saturday 4 December

1.	Jemima Montag	98	VIC	14:25.13	
2.	Clara Smith	98	QLD	14:48.93	?
3.	Anna Cross	99	SA	15:25.80	PB 0:54
4.	Emily Hamilton	98	VIC	15:54.44	PB 0:02
5.	Tahlia Hunt	98	TAS	16:00.54	PB 0:01
6.	Summar Richardson	99	NSW	16:46.90	PB 0:13
7.	Rhiannon Minett	98	NSW	16:58.07	PB 0:13
8.	Emma Henderson	98	QLD	17:25.94	
9.	Kara Baker	98	ACT	18:13.93	

The U18 5000m walks followed soon after and our 2011 World Youth walkers Jessica Pickles 23:53.84, Brad Aiton 21:14.65 and Jesse Osborne 21:38.48 were all outstanding. Zac Partington recorded a big PB with his time of 22:58.77 to take third in the Men's event while Kirsty Klein 24:47.92 and Jmara Hockley-Samon 25:43.16 were also in the medals with good times.

Women 5000m Walk Under 18, 6:05PM, Saturday 4 December

1.	Jessica Pickles	94	QLD	23:53.84	
2.	Kirsty Klein	94	NSW	24:47.92	
3.	Jmara Hockley Samon	95	VIC	25:43.16	
4.	Tiffany D'Agnone	94	WA	26:20.10	
5.	Shay Southern	95	NSW	27:05.92	
6.	Rachelle Taylor	96	TAS	27:42.08	
7.	Kate Holt	96	WA	27:51.43	
8.	Caitlin Campbell	94	VIC	27:54.05	
9.	Emma Walker	96	TAS	28:46.87	
10.	Meghann Griffin	95	ACT	29:35.77	
11.	Megan Guy	95	TAS	30:18.08	
12.	Casey Sims	94	QLD	31:20.24	

Men 5000m Walk Under 18, 6:05PM, Saturday 4 December

1.	Brad Aiton	94	QLD	21:14.65	
2.	Jesse Osborne	95	QLD	21:38.48	
3.	Zac Partington	96	WA	22:58.77	PB 0:45
4.	Jay Felton	95	NSW	23:12.66	PB 0:55
5.	Steven Washburn	94	NSW	23:44.55	
6.	Kurtis Birch-Ward	95	NSW	24:41.83	PB 0:04
7.	Harry Bates	95	ACT	25:20.57	
	Louis Rose	97	TAS	DQ	

The U16 walks were held on Sunday morning with Nathan Brill 12:58.04 and Jasmine Dighton 14:57.51 both clear winners. Zac Partington backed up from his fine walk in the U18 5000m the previous evening and recorded yet another PB to take second with 13:30.37. Billy Allamby also PB'd for third place with a fine 14:37.17 while Stephanie George 15:17.04 and Kenza Benzenati 15:34.68 took the minor medals in the Girls' event.

Men 3000m Walk Under 16, 11:05AM, Sunday 5 December

1.	Nathan Brill	96	VIC	12:58.04	
2.	Zac Partington	96	WA	13:30.37	PB 0:05
3.	Billy Allamby	97	VIC	14:37.17	PB 0:02
4.	Lucas Taylor	96	VIC	15:01.52	
5.	Carl Gibbons	96	NSW	15:02.69	
6.	Louis Rose	97	TAS	15:07.42	

7.	Robert Murphy	96	NSW	15:44.15
8.	Andrew Boerma	96	TAS	16:27.56
	Thomas Doyle	97	NSW	DQ

Women 3000m Walk Under 16, 11:05AM, Sunday 5 December

1.	Jasmine Dighton	96	NSW	14:57.51
2.	Stephanie George	96	VIC	15:17.04
3.	Kenza Benzenati	97	QLD	15:34.68
4.	Jade Sanders	97	VIC	15:53.54
5.	Rachelle Taylor	96	AS	16:20.36
6.	Stephanie Grujoski	97	NSW	16:28.33
7.	Kate Holt	96	WA	16:33.93
8.	Piper Douglas	97	SA	16:54.88
9.	Alexandra Durr	96	NSW	16:56.15
10.	Katya Martin	97	QLD	17:03.15
11.	Emma Walker	96	TAS	17:12.38
	Lucy-Rose Boardman	96	QLD	DNF
	Tahlia Hunt	98	TAS	DQ

And now onto a whole swag of photos, compliments of Sabrina George, Matt Owen, Simon Baker and Brent Vallance. Thanks guys!



U14 medallists Emmet Brasier, Tyler Jones, Cooper Owen, Clara Smith, Jemima Montag and Anna Cross



U14 walkers Cooper Owen, Emmet Brasier, Jemima Montag and Tyler Jones in action in Brisbane



The start of the U16 walks



U16 walkers Billy Allamby, Zac Partington, Nathan Brill, Jasmine Dighton and Stephanie George



U16 medallists Stephanie George, Jasmine Dighton and Kenza Benzenati



U18 walkers Jessica Pickles, Kirsty Klein, Jay Felton, Kurtis Birch-Ward, Zac Partington, Brad Aiton, Stephen Washburn and Jesse Osborne

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WED 30 NOVEMBER

Thanks to Colin Hainsworth for the latest South Australian Masters walk results from Adelaide. Colin's assessment: *Cool evening, a little breezy at times.*

3000m Scratch Race

	Kim Mottrom	13.44	
	Justin Hill	15.22	
M66	George White	16.20	86.00%
M59	Jack Russell	17.32	74.49%
M65	Geoff Byham	18.43	74.23%
W51	Marie Maxted	19.22	67.92%
M73	Murray Marker	19.28	78.52%
W60	Helen Suridge	19.41	73.02%
M65	James Hoare	21.26	64.82%
M76	Leigh Smith	21.47	73.07%
M81	Colin Hainsworth	22.09	77.35%
M55	Richard Moyle	22.11	56.72%
W63	Gill White	22.47	65.26%
W63	Jan Layng	22.54	64.93%
M75	Paul Boyce	23.00	68.25%
M49	Mark Worthing	23.25	51.02%
	Caelim Worthing	23.25	
W57	Linda Whitelaw	23.35	59.06%
M68	Roger Lowe	24.33	58.54%
W77	Cynthia Dally	25.18	71.69%
W59	Edna Bates	25.42	55.33%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 30 NOVEMBER

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club's annual 60 minute and 30 minute walk events were held in Rosalind Park on Wednesday evening with Barb Bryant walking the furthest distance in the 60 minute event with 9.621km which was a Club 55+ Womens record while Jeremiah Jones produced the best effort in the 30 minute event with 4.943km. The sealed handicap sections saw John Carter take victory in the 1 hour event with Colin Cleary 2nd and Barb Bryant 3rd, with Jeremiah Jones victorious in the 30 minute event.

30 minute walk

1.	Jeremiah Jones	4.943km
2.	Ebony-Jade Jones	3.710km
3.	Annette Curtis	4.059km

60 minute walk

1.	John Carter	8.690km
2.	Colin Cleary	7.700km
3.	Barb Bryant	9.621km
4.	Josh Savage	8.954km
5.	Geoff Major	7.352km

ACT RACE WALKING CLUB TRACK WALKS, AIS STADIUM, BRUCE, THURSDAY 1 DECEMBER

Thanks to Robin Whyte for the weekly results from the ACT Walkers Club in Canberra. Ann Staunton-Jugovic is certainly walking well. For those who don't know, Ann used to hold the Australian best time for the 50 mile track walk (yes, that is a heck of along way!) but nowadays she restricts her activities to the shorter distances. Callum Burns was in pretty hot form in the 800m, winning with 3:51.

2000m

1.	Ann Staunton-Jugovic	09:49
2.	Ashleigh Resch	10:17
3.	Zoe Hunt	10:25
4.	Gabby Hunt	10:28
5.	Peter Baker	10:37
6.	Spencer Burns	11:24
7.	Callum Doherty	11:25
8.	Peter Thompson	13:20
9.	Doug Fitzgerald	13:23
10.	John Donovan	13:51
11.	Jennifer Gilchrist	13:52
12.	Wendy Kupkee	14:08
13.	Sheryl Greathead	15:15
14.	Nola de Chazal	18:56

800m

1.	Callum Burns	03:51
2.	Thomas Hunt	05:12
3.	Jenna Baker	05:20
4.	Laura Burns	05:35
5.	Leah Baker	05:37

WARWC ROADWALKS, WILSON, SUNDAY 4 DECEMBER 2011

Thanks to Rick Cattermole for the latest walk results from Perth. Rick commented: *A hot and very windy day greeted our walkers today at Wilson 4/12/11, with the temp expected to peak at 36c! Good times and SB's were the order of the day for our 10k'ers with them all doing SB's and PB's!!*

10km Open

1.	Vanessa Brown	58.26	(PB)
2.	Daniel Lowe	60.50	(SB)
3.	David Smyth	61.16	(SB)
4.	Sara Cattermole	63.09	(SB)
5.	Janine Butler	75.14	(PB)

5km Open

1.	Breanna Brown	29.21	
2.	Caitlin Gerken	31.24	
3.	Christopher Gerken	37.52	(First 5k ever)

3km Open

1.	Ashley Granado	18.02	
----	----------------	-------	--

LYN VENTRIS - WORLD MASTERS FEMALE ATHLETE OF THE YEAR 2011

Last month Lyn and John Ventris travelled to Monaco for the Annual IAAF Gala Dinner at which the Athletes of the Year are presented with their awards. Lyn (who was nominated by Oceania Masters Athletics) was presented with the **World Masters Athletics Female Athlete of the Year 2011** while Ron Robertson (NZ) was awarded the World Masters Male Athlete of the Year. It also saw Sally Pierson and Usain Bolt winning the Open Athletes of the Year. For Lyn, it was a truly memorable evening and fitting reward for her amazing year.

Here is the presentation sheet submitted by the Oceania Masters - it reads just so impressively. No wonder she won!

Lyn Ventris has won every race walking event of her 2011 schedule and has bettered the time of any female Masters athlete in any age group in doing so - in distances of 1500 metre, 3000 metre and 5000 metre track walks and 10km and 20km road walks. Lyn is a solid supporter and participant in Masters Athletics at World, Regional and the local level.

In 2011, Lyn won three individual Gold and two team Gold medals at the World Masters Athletics Championships in Sacramento, U.S.A. in July; won

three Gold medals at the Australian Masters Athletics Championships in April; three Gold at the West Australian Masters Athletics Championships and won Gold at two Open race walking championship events in her home state of West Australia. In addition Lyn set a new Masters world record of 1.39.51 in the W50 20Km Road Walk in May.

Lyn currently holds 10 World Masters Athletics race walking records in events from 20Km Road Walks through to 3000 metres on the track and has been the Australian Masters Race Walking Athlete of the Year on 7 occasions including 2011.

Lyn hails from Bunbury, a regional city near Perth in Western Australia, has a coach (Mark Donahoo) 3000km's away in Melbourne and trains up to 80km's alone, six days week.

Lyn Ventris has competed at World Masters Athletics Championships over 12 years and has been married to husband John for

33 years, has two children and two grandchildren.

She is a fully committed athlete and, at age 55, believes age is no barrier. She revels in promoting Masters Athletics as a showcase for race walking and for generally keeping healthy and fit.

Being the recipient of the WMA Best Female Athlete 2011 has capped off a very successful, exciting and gratifying year.

Congratulations - Lyn Ventris - WMA 2011 Best Female Masters Athlete



Lyn at the IAAF Gala with fellow winner Sally Pearson



Lyn training along the promenade in Nice

HK ROAD ROADWALK CHAMPS 2011, CHUN YAT STREET, HONG KONG, SUNDAY 4 DECEMBER

Seasoned international correspondent Emmanuel Tardi was in Hong Kong last weekend for the annual Hong Kong Race Walking Championships and he forwarded me a few photos of the action - thanks mate. Here are the first 3 placings from the two senior events. Full results can be found at http://www.hkaaa.com/downloads.php?fid=945&type=eng_file

20km Women

- | | | |
|----|---------------|---------|
| 1. | Ching Siu Nga | 1:49:18 |
| 2. | Kwok Chik Ha | 2:07:02 |
| 3. | Keung Oi Yan | 2:16:18 |

20km Men

- | | | |
|----|----------------|---------|
| 1. | Tse Chun Hung | 1:43:47 |
| 2. | Cheung Wai Tak | 1:48:57 |
| 3. | Chin Man Kit | 1:57:31 |

And for the record, Emmanuel came 18th with a time of 2:30:27. More training Emmanuel!



**Left: Jessica Ching, the winner of the women's event. She will be walking at Fawkner Park next Sunday in the Open Women's 20km event. She holds the Hong Kong record with 1:45:31, set earlier this year.
Centre: start of the 20km events. Emmanuel is in the front in the blue vest (number 19)
Right: Tse Chun Hung, the winner of the men's event.**

WHAT'S COMING UP

Five of the six Athletics Victoria Shield regions are in action again on Thursday evening (the Geelong region will not contest Round 8 until Saturday 17 December). The regions in action on Thursday are

Thu 8 Dec	AV Shield - South East Region - Round 8	Dolomore Reserve, Mentone
Thu 8 Dec	AV Shield - Bendigo Region - Round 8	La Trobe University, Bendigo
Thu 8 Dec	AV Shield - East Region - Round 8	Lakeside Stadium, Albert Park
Thu 8 Dec	AV Shield - Ballarat Region - Round 8	Llanberris Reserve, Ballarat)
Thu 8 Dec	AV Shield - North West Region - Round 8	Moonee Valley Athletics Centre, Aberfeldie

Then on Saturday, we have our AA Walk Judging Seminar in Melbourne. Full details are on the application form which is posted on the VRWC website (see <http://www.vrwc.org.au>). There is probably still time to enter.

Finally on Sunday morning, the **2011 Australian 50km Championship** will be held at Fawkner Park in inner Melbourne. Since I published the start list in last week's newsletter, the overall carnival entry list has grown by three after late entries from Zuzana Schindlerova (Czech Republic), Jessica Ching (Hong Kong) and Scott Nelson (NZ/VIC). We now have 51 entries in total:

Open Men 50km Australian Championship (cutoff 5 Hours) - 8

Costin, Jamie	IRE	3:50:51 (2009)
Deakes, Nathan	VIC/AIS	3:35:47 (2006)
Erickson, Chris	VIC/AIS	3:54:52 (2011)
Evans, Simon	VIC	5:38:06 (2011)
Heffernan, Robbie	IRE	3:45:30 (2010)
Rayson, Ian	NSW	3:59:23 (2010)
Reading, Brendon	ACT	-
Tallent, Jared	VIC/AIS	3:38:56 (2009)

Open 20km Men Invitational (cutoff 2:00:00) - 13

Bird-Smith, Dane	QLD	-
Cowley, Rhydian	VIC	1:29:07 (2011)
Dewar, Nick	QLD	-
Dewar, Brandon	QLD	-
Fitzsimons, Sean	WA	-
Jamieson, Andrew	VIC	1:34:28 (1999)
Kozica, Jason	VIC	-
Malone, Kyle	NSW	1:38:58 (2009)
McDonough, Aaron	VIC	1:49:24
Nelson, Scott	NZ	1:23:05 (1995)
Reading, Brendon	ACT	1:24:51 (2011)
Rutter, Adam	NSW/AIS	1:21:49 (2008)
Smyth, David	WA	2:04:33 (2011)

Open 20km Women Invitational (cutoff 2:15:00) - 10

Fagan, Nicole	NSW	1:35:55 (2011)
Holliday, Tanya	SA	1:37:54 (2011)
Holliday, Gloria	SA	-

Lamble, Regan	VIC/AIS	1:31:39 (2011)
Lee, Beki	NSW	1:35:35 (2011)
Ruddick, Kelly	VIC	1:39:56 (2011)
Jessica Ching Siu Nga	HK	1:45:31 (2011)
Schindlerova, Zuzana	CZE	1:32:10 (2011)
Steele, Allegra	SA	-
Tallent, Claire	SA/AIS	1:32:02 (2010)

U20 Men 10km Invitational (cutoff 56:00) - 4

Aiton, Brad	QLD	44:00 (2010)
Bates, Harry	ACT	47:35 (2011)
Osborne, Jesse	QLD	44:45 (2011)
Steele, Blake	SA/AIS	43:57 (2010)

U20 Women 10km Invitational (cutoff 1:00:0) - 10

Campbell, Caitlin	VIC	58:06 (2010)
Finnegan, Amelia	VIC	52:56 (2011)
Goznik, Kristie	SA	50:59 (2011)
Heard, Amanda	VIC	58:31 (2011)
Hockley-Samon, Jmara	VIC	56:09 (2011)
Jennings, Shannon	NSW	53:39 (2011)
Klein, Kirsty	NSW	50:52 (2011)
Pickles, Jessica	QLD	-
Tallent, Rachel	VIC/AIS	48:40 (2011)
Whiley, Ebony	VIC	62:35 (2011)

U18 Men 5km Invitational (cutoff 28:00) - 4

Brill, Nathan	VIC	21:35 (2011)
Swan, Kyle	VIC	25:57 (2010)
Tam, Aaron	VIC	25:28 (2011)
Taylor, Lucas	VIC	25:33 (2010)

U18 Women 5km Invitational (cutoff 30:00) - 2

Eastwood, Jessie	VIC	29:47 (2011)
Montag, Jemima	VIC	25:12 (2011)

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 10 Dec 2011	AV Walk Judging Seminar, Melbourne. See http://www.vrwc.org.au for registration details.
Sun 11 Dec 2011	2011 Australian 50km Championship , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=711&OrgID=887
Wed 14 Dec 2011	VRWC Track Races, Collingwood Harriers Track, Clifton Hill
Sun 8 Jan 2012	VRWC Road Races, Middle Park
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sun 22 Jan 2012	VRWC Road Races, Middle Park
Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, Collingwood Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
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	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Feb 5-12, 2012	Oceania Masters 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 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
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

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>)