



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2011 Number 11
13 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 went to Queenslander **Jessica Pickles** after a hard fought voting battle with NSW Tyler Jones. This week voting will be just as tough with a record 6 nominations. And they are all great performances. Here they are in order of distance (well, it's as good a sort criteria as any).

Peter Bennett	Open 240km	38:06:38	Coast to Kosci	9-10 December 2011
Jared Tallent	Open 50km	3:49:33	Fawkner Park	11 December 2011
Nathan Deakes	Open 50km	3:50:34	Fawkner Park	11 December 2011
Chris Erickson	Open 50km	3:51:57	Fawkner Park	11 December 2011
Beki Lee	Open 20km	1:33:09	Fawkner Park	11 December 2011
Blake Steele	U20 10km	43:27	Fawkner Park	11 December 2011

And now to the finer details - you can vote as usual at <http://www.vrwc.org.au>

- On December 9, Queensland Walking Club president **Peter Bennett** tackled the eighth annual Coast to Kosciuszko, a 240km ultramarathon from Boydtown Beach to Charlotte Pass in NSW, which includes reaching the summit of Mt Kosciuszko. One of 50 elite competitors, he stepped into the history books as the first racewalker to take part in the event. Peter set himself a personal goal of completing the race in 40 hours with no breaks and that he did, coming a very creditable 19th (against a field of runners) in a time of **38:06:38**. **That's 38 hours for 240km over very tough hilly terrain**. And to really add to the torture factor, the last 12 hours are the steepest of the lot as you battle extreme fatigue, big hills and the altitude effect.
- Jared Tallent**, **Nathan Deakes** and **Chris Erickson** are all nominated for their outstanding 50km efforts. Jared had not even intended to walk 50km, had not prepared for the race and did not even have the necessary feeding on hand. But at the 30km mark, he decided to keep going and finished as fresh as a daisy. Talk about an impressive performance. Then to Nathan who dug deep to take second and shore up an Olympic berth, a huge effort after the last 4 years of injuries. And to Chris Erickson whose 3 min PB saw him only fade in the final few kms. That time puts him well and truly in the elite ranks. He will have another go in February for a 20km berth and he looks likely to pick one up in Hobart. You really had to be there on Sunday to really appreciate the merit of these 3 performances.
- Beki Lee** is the big mover in the women's ranks. In this same race last year, she PB'd with 1:42:38. 12 months later, she has taken a further 9½ minutes of her 20km PB and has an Olympic A qualifier to her credit. Add to that her 10th place in the 2011 World University Games walk and she can lay claim to be our most improved walker of 2011.
- 18 year old **Blake Steele** has had a bad year with various injuries including one that required shoulder surgery but he bounced back in the best possible way to claim the top Junior ranking with his 43:27 PB on Sunday. This now makes him the front runner for the 2012 World Junior Championships. His near perfect technical display on Sunday bodes well for the big races coming up later this summer.

AUST. 50KM ROAD WALKING CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE , SUN 11 DEC

The Australian 50km and related events are now over and what high quality events they turned out to be. After torrential rain all Saturday evening and night and continued drizzle early on Sunday morning, it finally cleared just before 7AM as the 50km walkers were doing their final preparations. The 50km event was the feature event, being an Australian Championship and the official Olympic Nomination event and it attracted all our top contenders except for Luke Adams who has already been pre-selected.

The event developed as expected with Jared Tallent, Nathan Deakes and Chris Erickson clearing out and walking together while Ian Rayson and Irish walkers Jamie Costin and Robbie Heffernan worked together as a second group some distance in arrears. The amazing thing is that Jared, Nathan and Chris were still together at 20km, then at 30km, then at 40km and it was not until the 44km mark that Chris finally started to slow and Nathan was able to take what looked like a winning break. Jared, who had only intended to walk 30km (as he has also been pre-selected) had decided to continue on in the race to help his training partner Chris, so he stayed with Chris for a further 2km as Nathan extended his lead. Eventually Jared decided the time had come and he effortlessly increased his pace, bridging the gap to Nathan in less than a lap and going away to win by just over a minute with 3:49:33. Nathan and Chris both gave it their all, knowing that the third Olympic 50km spot was being decided with this race and it was Nathan who won out, finishing second with 3:50:34. Chris was next to finish and what a valiant effort, his time of 3:51:57 being a 3 minute PB and a time

that propels him right up the all time rankings. Fancy doing a time like that and missing out on an Olympic berth! With all the attention being focused on the leading group, people perhaps forgot about Ian Rayson but this was soon remedied when it became obvious that he was also in line for a PB and his own Olympic A qualifier. His final time of 3:57:55 further cemented his place as the next in line after our top echelon. That now makes 5 Olympic A qualified walkers for the 50km (Tallent, Adams, Deakes, Erickson and Rayson). What a standard!

Men 50km Australian Championship Open, 7AM

1.	Jared Tallent	AIS/VIC	3:49.33	Olympic A qualifier
2.	Nathan Deakes	AIS/VIC	3:50.34	Olympic A qualifier
3.	Chris Erickson	AIS/VIC	3:51.57	Olympic A qualifier, PB 2:55
4.	Ian Rayson	NSWIS	3:57.55	Olympic A qualifier, PB 2:32
	Simon Evans	VIC	DNF	
	Jamie Costin	IRL	DNF	
	Robbie Heffernan	IRL	DNF	



Together until 44km – Chris Erickson, Nathan Deakes and Jared Tallent



Olympic A qualifiers to Jared Tallent, Nathan Deakes, Chris Erickson and Ian Rayson

The next events to kick off were the 20km Invitational events and we were treated to two further Olympic A qualifiers – a total of 6 in all on the day! First to the men's race. The pace was on early as Junior 10km record holder Dane Bird-Smith zoomed through the first lap with a sub 8 minute 2km, chased by 2008 Olympian Adam Rutter. While Adam caught Dane and went on to win with 1:25:47, the focus was on the young walkers behind him with 19 year old Dane holding on to take second with an inaugural 1:26:38, 19 year old Sean Fitzsimons nearly bridging the gap to take third with an inaugural 1:26:50, 20 year old Rhydian Cowley shaving nearly 2 minutes of his PB to take fourth with 1:27:12 and 21 year old Brendon Reading taking fifth with 1:28:07. Scott Nelson also excelled with 1:39:10 (achieving his aim for the day and breaking 100 minutes) and Jason Kozica did well in his first 20km, coming in next with 1:45:25.

The women were even more impressive with A qualifiers to Regan Lamble and Beki Lee. Regan dominated the event, looking well in control as she walked to a time of 1:32:06. But we were amazed to see Beki finishing only just over 1 minute behind with 1:33:09. It was a very evenly paced walk for her and put her up into Olympic contention. Claire Tallent had an enforced comfort stop mid

race, hence her time of 1:37:08. She was certainly walking a lot better than that and should be back to top form by Hobart. Zuzi Schindlerova from the Czech Republic was next in with 1:38:09 – she is out here for 6 months and based in Canberra. Like Claire, we can expect to see her in top form by Hobart. Hong Kong champion Jessica Ching was next in with a time of 1:45.58, just a few secs outside her PB. To round off the finishers, SA walker Allegra Steele completed her first ever 20km with a promising 1:51:13.

Men 20km Race Walk Invitation Open, 8AM

1.	Adam Rutter	AIS/NSW	1:25.47	
2.	Dane Bird-Smith	QRWC	1:26.38	First time
3.	Sean Fitzsimons	WA	1:26.50	First time
4.	Rhydian Cowley	VIC	1:27.12	PB 1:55
5.	Brendon Reading	ACT	1:28.07	
6.	Scott Nelson	VIC	1:39.10	
7.	Jason Kozica	VIC	1:45.25	First time
	Brandon Dewar	QLD	DNF	
	David Smyth	VIC	DNF	
	Andrew Jamieson	VIC	DNF	
	Aaron McDonough	VIC	DNF	
	Nicholas Dewar	QLD	DQ	
	Kyle Malone	VIC	DQ	

Women 20km Race Walk Invitation Open, 8AM

1.	Regan Lamble	AIS/VIC	1:32.06	Olympic A qualifier
2.	Beki Lee	NSW	1:33.09	Olympic A qualifier, PB 2:26
3.	Claire Tallent	AIS/SA	1:37.08	
4.	Zuzana Schindlerova	CZE	1:38.29	
5.	Siu Nga Ching	HKG	1:45.58	
6.	Allegra Steele	SA	1:51.13	First time
	Nicole Fagan	NSWIS	DNF	



**Left: 20 km action – Sean Fitzsimons, Dane Bird-Smith, Brendon Reading, Adam Runner and Regan Lamble
Right: Rhydian Cowley and Brendon Reading**



Olympic A qualifiers to Regan Lamble and Beki Lee

The Junior 10km events were very interesting as they included most of our main contenders for the 2012 World Junior Championships. In the men's event, South Australian walker Blake Steele took the honours in an excellent 43:27 ahead of Jesse Osborne who also PB'd with his time of 44:30. Brad Aiton was below top form and his time of 46:24 is not a true reflection of where he is at currently.

In the women's event, Rachel Tallent won as expected, her time of 48:42 just 2 secs outside her PB. The big mover behind her was SA walker Kristie Goznik who broke 50 mins with her time of 49:55. She now pushes herself into serious World Junior contention. Behind her, Kirsty Klein 51:55, Shannon Jennings 52:20 and Jessica Pickles 52:56 were also in fine form. Lots of PBs overall and a lot of improvement still to come before the World Cup trial in February.

Men 10km Race Walk Invitation U20, 8:30AM

1.	Blake Steele	AIS/SA	43.27	PB 0:30
2.	Jesse Osborne	QLD	44.30	PB 0:15
3.	Brad Aiton	QLD	46.24	
4.	Harry Bates	ACT	51.01	

Women 10km Race Walk Invitation U20, 8:30AM

1.	Rachel Tallent	AIS/VIC	48.42	
2.	Kristie Goznik	SA	49.55	PB 1:04
3.	Kirsty Klein	NSW	51.55	
4.	Shannon Jennings	NSW	52.20	PB 1:19
5.	Jessica Pickles	QLD	52.56	First time
6.	Jmara Hockley-Samon	VIC	56.11	
7.	Caitlin Campbell	VIC	57.02	PB 1:04
8.	Amanda Heard	VIC	58.02	PB 0:29
9.	Ebony Whiley	VIC	64.06	
	Amelia Finnegan	VIC	DNF	

The U18 5km events were the last to kick off and the fields were all Victorian. U16 Aust champion Nathan Brill 22:00 and U14 Aust champion Jemima Montag 24:51 were the two dominant walkers with fine displays. In particular, Jemima's time of 24:51 was a PB and a new VRWC club record.

Men 5km Race Walk Invitation U18, 9:45AM

1.	Nathan Brill	VIC	22.00
2.	Kyle Swan	VIC	26.19
3.	Aaron Tam	VIC	26.35
4.	Lucas Taylor	VIC	27.37

Women 5km Race Walk Invitation U18, 9:45AM

1.	Jemima Montag	VIC	24.51	PB 0:21
2.	Jessie Eastwood	VIC	30.28	



Jesse Osborne, Blake Steele, Brad Aiton, Regan Lamble, Kirsty Klein, Shannon Jennings, Rachel Tallent, Harry Bates, Jemima Montag and Nathan Brill on Sunday (all photos by Simon Baker)

And now for a review of the All Time Ranking Lists. First to the 50km where Chris surges up to 7th best ever with his 3:51:27. The only ones now ahead of him are the true elite of Australian walking. Ian now moves to 15th and should have a few more in his sights, given he is only 23 years of age.

50km	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:38:56	Jared Tallent	VIC	17/01/1984	1	Melbourne	22/11/2009	25
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin	21/08/2009	32

5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:51:57	Chris Erickson	VIC	01/12/1981	3	Melbourne	11/12/2011	30
8	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
9	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
10	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988	31
11	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
12	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
13	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
14	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000	27
15	3:57:55	Ian Rayson	NSW	04/02/1988	4	Melbourne	11/12/2011	23
16	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
17	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
18	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979	28
19	4:11:08	Bill Dyer	VIC	26/03/1961	1	Adelaide	15/07/1984	23
20	4:11:10	Mark Donahoo	VIC	27/05/1958	2	Melbourne	08/05/1988	29

In the Men's 20km All Time Ranking list, Dane slots in at 23rd, Sean at 25th and Rhydian moves up to equal 26th with me – you still haven't beaten me Rhydian (somehow I think it is only a matter of time)!!!

20km	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
2	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
6	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
7	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
8	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
9	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
10	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
11	1:22.53.0	Chris Erickson	V	01/12/1981	12	Wuxi City, China	18/04/2009	27
12	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
13	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
14	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
15	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
16	1:24.51.0	Brendon Reading	A	26/01/1989	21	Taicang, China	22/04/2011	23
17	1:24.54.0	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
18	1:24.56.0	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30
19	1:25.02.0	Troy Sundstrom	N	30/05/1981	7	Melbourne	19/03/1999	17
20	1:25.31.0	Steve Beecroft	V	14/03/1971	2	Canberra	28/01/1994	22
21	1:25.34.0	Mike Harvey	V	05/12/1962	3	Melbourne	25/08/1990	27
22	1:26.33.0	Mark Donahoo	V	27/05/1958	1	Melbourne	22/05/1994	35
23	1:26.38.0	Dane Bird-Smith	Q	15/07/1992	2	Melbourne	11/12/2011	19
24	1:26.40.0	Tom Barnes	V	22/09/1982	1	Melbourne	24/08/2008	25
25	1:26.50.0	Sean Fitzsimons	W	15/01/1992	3	Melbourne	11/12/2011	19
E26	1:27.12.0	Rhydian Cowley	V	04/01/1991	4	Melbourne	11/12/2011	20
E26	1:27.12.0	Tim Erickson	V	23/11/1950	1	Melbourne	14/12/1980	30
28	1:27.19.0	Dominic McGrath	V	04/06/1972	10	Melbourne	19/03/1999	26
29	1:27.20.0	Daniel (Thorpe) Walters	V	19/12/1979	1	Melbourne	16/12/2001	21
30	1:27.29.0	Bill Dyer	V	26/03/1961	-	Melbourne	22/06/1985	24

And finally to the women's 20km All Time Ranking List where Beki Lee has stormed up into 10th place with her huge PB on Sunday.

20km	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg, Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg, Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg, Germany	02/05/2004	25
6	1:31.39.0	Regan Lamble	V	14/10/1991	12	Taicang, China	22/04/2011	19
7	1:32.02.0	Claire Tallent	S	06/07/1981	10	La Coruna, Spain	19/06/2010	28
8	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
9	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
10	1:33.09.0	Beki Lee	N	25/11/1986	2	Melbourne	11/12/2011	25
11	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
12	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
13	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
14	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
15	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
16	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45

17	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
18	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
19	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
20	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28

AV SHIELD COMPETITION, THURSDAY 8 DECEMBER

Firstly a catchup of missing results from the earlier rounds of Interclub.

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

3000m Walk

1.	Amanda Heard	WU18	EAG	15:57.86
2.	Ebony Whiley	WU18	EAG	16:11.82
3.	Jeremiah Jones	MU16	EAG	16:50.46
4.	Joshua Savage	MU18	EAG	17:54.86
5.	John Watson	MOP	BYM	23:44.76

1500m Walk

1.	Zahra Hayes	WU14	SBE	9:33.22
2.	Madison Hill	WU14	SBE	11:28.53

AV Shield Geelong Region, Round 5, Landy Field, Geelong Saturday 19 November

3000m Walk

1.	James Seid- Christmass	COR	14:54.34
2.	Jmara Hockley-Samon	CHI	14:56.56
3.	Nicholas Mirarchi	COR	16:17.58
4.	Jill Lockwood	COR	28:10.06

1500m Walk

1.	Megan Walker	COR	8:05.4
2.	Harry Hockley-Samon	CHI	9:13.2
3.	Thomas Mirarchi	COR	11:45.4

And now onto last Thursday evening when Round 8 of AV Shield was held for all regions except for Geelong. Conditions were excellent and times were good across the board. We were missing a few of our stars with Fawkner Park scheduled 3 days later but we still saw 107 walkers testing themselves out over the 2000m walk distance

AV Shield South East Region Round 8, Dolomore Reserve, Mentone

South East region continues to be strong. Aaron Tam was the standout male with a 5 sec PB of 9:34.2. It is also good to see Brad Simpson back post Year 12 and getting his fitness back. His time of 9:41.7 saw him just edge out Kyle Swan with 9:44.2. Lauren Stadius was the standout in the women's event with a big PB time of 10:05.3 while Heather Carr's time of 10:24.6 was not all that far outside her W60 record. Wish I could walk that fast!

2000m Walk Men

1.	Aaron Tam	U18	KNA	9:34.2	PB 0:05
2.	Bradley Simpson	U20	KNA	9:41.7	
3.	Kyle Swan	U14	KNA	9:44.2	
4.	Reese Walmsley	U14	KNA	10:04.0	PB 0:07
5.	Kyle Bird	U16	MPA	10:55.4	PB 1:22
6.	Ralph Bennett	40+	VMA	10:56.7	
7.	James Burren	U14	KNA	12:02.3	
8.	Anthony Doran	OP	GHY	12:03.6	
9.	Kym Osmand	OP	OAK	12:29.7	
10.	Nathan Percy	U16	KNA	13:32.2	
11.	John Morrison	OP	SAN	13:55.3	
12.	Chris Hibbert	U16	GHY	14:31.2	
13.	Noel Fairburn	40+	KNA	14:57.5	
14.	John Zeleznikow	OP	GHY	20:31.6	
	Daniel Sheridan	U16	KNA	DQ	
	Nick Parkinson	U16	GHY	DQ	
	Tristan Lilley-Hale	U18	KNA	DQ	

2000m Walk Women

1.	Lauren Stadius	U16	KNA	10:05.3	PB 0:29
2.	Heather Carr	40+	EAG	10:24.6	
3.	Jasmine Irshad	U16	KNA	10:32.0	
4.	Simone McInnes	OP	GHY	10:34.2	
5.	Bianca Attard	U18	KNA	11:08.9	

6.	Marlene Gourlay	40+	VMA	11:41.9
7.	Kahlia Chapman	OP	AWA	12:08.6
8.	Gwen Steed	40+	VMA	12:36.7
9.	Janice Marston	40+	AWA	15:29.0
10.	Sharyn Caulfield	40+	AWA	15:29.3
11.	Jo Molnar	40+	AWA	16:00.9
12.	Eva Zeleznikow	U18	GHY	19:38.3
	Celia Johnson	40+	VMA	DQ

AV Shield North West Region Round 8, Moonee Valley Athletics Centre, Aberfeldie

Mark Donahoo continues to lead in the North West region, his time on this occasion being 9:19.3. Others to break the 10 min barrier included Paul Kennedy 9:37.2 and Aaron McDonough 9:38.3. Alas, Duncan beat me again but I know my day will come! Caitlin Campbell was the best of the women with an excellent 10:22.8. We had 41 walkers at this venue.

And a special get well to walker Jim Bannan who snapped his achilles tendon when running in at the high jump. It was a tough day for First Aid at Aberfeldie with a broken arm and a broken leg at hurdles, Jim's injury at the high jump as well as the usual sprains and strains. Hope to see you back soon Jim.

Men 2000m Walk

1.	Donahoo, Mark	53	ATE	9:19.3
2.	Kennedy, Paul	54	MUA	9:37.2
3.	McDonough, Aaron	39	PTN	9:38.3
4.	McShanag, Connor	15	ATE	10:05.2
5.	Hawkins, Trenton	32	PTN	10:22.7
6.	Knox, Duncan	52	ATE	10:25.6
7.	Erickson, Tim	61	COB	10:32.2
8.	Kondogonis, John	50	KSB	12:00.3
9.	Elms, Jason	21	ATE	13:00.3
10.	Murphy, Stephen	50	ATE	14:19.7
11.	Bannan, James	53	WCA	14:25.4
12.	Sykes, Dominic	10	KSB	14:59.8
13.	Neale, John	60	PTN	15:08.9
14.	Harrison, Leo	11	INV	15:41.0
15.	Thorpe, Hunter	11	KSB	16:09.4
16.	Wooldridge, Jack	16	BWK	17:02.7
17.	Rickard, Ian	55	BWK	17:03.9
	Hough, Caleb	10	KSB	DQ

Women 2000m Walk

1.	Campbell, Caitlin	17	ATE	10:22.8
2.	Elms, Donna Marie	50	ATE	11:40.1
3.	Shaw, Robyn	50	WES	12:02.9
4.	Campbell, Rebecca	14	ATE	12:23.4
5.	Bertrand, Carly	15	KSB	12:34.5
6.	Mclaren, Stacey	15	ATE	12:49.8
7.	Cullen, Larissa	13	WCA	13:02.1
8.	Irons, Julia	13	KSB	13:03.1
9.	Cooke, Brianna	14	WCA	13:11.8
10.	Atkins, Jade	17	WCA	13:22.0
11.	Bertrand, Georgia	11	KSB	13:25.4
12.	Matthews, Rhiannon	10	KSB	13:57.5
13.	Aplin, Elise	23	KSB	14:05.1
14.	Abfalter, Maria	43	KSB	14:06.9
15.	Ryan, Maeve	22	WTN	14:09.2
16.	Jamieson, Susan	62	WTN	15:06.8
17.	Irons, Elaine	11	KSB	16:06.1
18.	Roberts, Jacqueline	11	KSB	16:46.5
19.	Rickard, Tess	18	BWK	17:00.9
20.	Lamb, Heather	47	BWK	17:30.5
21.	Cockram, Tegan	19	WTN	19:32.9
	Stobaus, Anne	70	KSB	DQ
	Moloney, Janet	57	KSB	DQ

AV Shield East Region Round 8, Lakeside Stadium, Albert Park

Jason Kozica is getting back into top shape, as evidenced by his 9:16.5 at Albert Park. 13 year old Emmet Brasier continues to improve, recording 9:31.5 on this occasion. Yet another PB for Simon Evans 9:32.9 and another great time for Adam Garganis 9:44.8. Michelle Laufer was the top woman with yet another PB and a new VRWC W40 club record of 9:52.2. Lauren Collis was next in and she also recorded a PB with 10:47.6

Mixed 2000m Walk

1.	Kozica, Jason	M24	STK	9:16.5	
2.	Brasier, Emmet	M13	DIV	9:31.5	PB 0:10

3.	Evans, Simon	M51	BXH	9:32.9	PB 0:04
4.	Garganis, Adam	M14	COL	9:44.8	
5.	Laufer, Michelle	W42	COL	9:52.2	PB 0:03
6.	Reid, Ross	M57	COL	10:28.3	
7.	Collis, Lauren	W13	DIV	10:47.6	PB 0:07
8.	Dyer, Bill	M50	BXH	11:04.5	
9.	Dickenson, Russ	M66	UNA	11:07.3	
10.	Walsh, Robert	M18	ANW	11:47.0	
11.	Gardiner, Robert	M75	COL	11:52.0	
12.	Burgess, Liam	M12	DIV	11:52.9	
13.	Noonan, Patrick	M33	STK	12:09.0	
14.	Owen, Cooper	M13	DIV	12:14.2	
15.	Walburg, Kirsten	W13	DAC	12:42.1	
16.	Handasyde, Ian	M58	OSC	13:04.1	
17.	Sofianos, Gerald	M62	STK	13:18.7	
18.	Worsnop, Christ	M54	OLX	13:35.7	
19.	Olden, Graeme	M47	BXH	13:36.4	
20.	Collis, Hugh	M11	UNA	14:25.0	
21.	Antonelli, Jason	M31	OLX	17:05.6	
22.	Sullivan, William	M22	DAC	19:07.7	
	Iacono, Thomas	M25	COL	DQ	
	Down, Nathan	M20	DAC	DQ	

AV Shield Bendigo Region Round 8, La Trobe University, Bendigo

A very small field in Bendigo with Josh Savage the fastest with 12:02.36.

Mixed 2000m Walk

1.	Joshua Savage	U18	EAG	12:02.36	
2.	John Carter	40+	SBE	13:19.27	
3.	Ebony-Jade Jones	U18	EAG	15:36.59	

AV Shield Ballarat Region Round 8, Llanberris Reserve, Ballarat

Kelly Ruddick was the standout in Ballarat with the fastest time of the round, 8:52.22. Andrew Blook 10:09.85 and Sarah Brennan 10:10.86 also walked fast.

Mixed 2000m Walk

1.	Ruddick, Kelly	M38	BHA	8:52.22	
2.	Blood, Andrew	M37	BYC	10:09.85	
3.	Brennan, Sarah	W35	BYC	10:10.86	PB 0:52
4.	Prendergast, Maurice	M48	BYC	11:13.17	
5.	Somerfield, Kobie	W15	UNA	11:42.56	
6.	Ruddick, Kevin	M61	BHA	11:46.89	
7.	Peart, Jemma	W10	BYC	12:09.46	
8.	Canavan, Amy	W9	EKA	12:32.25	
9.	Davis, Rodney	M12	UNA	13:37.04	

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 DECEMBER

Thanks to Colin Heywood for the latest South Australian Masters results from Adelaide. Colin commented: *Hot day, 31c at 4pm. Numbers were down a bit which is probably why I managed to keep the youngsters at bay with a SB time for me!*

5000m Yacht Handicap

M80	Colin Hainsworth	37.26	78.06%
M66	George White	27.44	86.16%
W57	Linda Whitelaw	39.55	59.89%
	Kim Mottrom	24.30	
M76	Leigh Smith	36.58	73.33%
	Justin Hill	26.44	
W69	Sandy Brunner	32.30	85.43%
M69	Bill Starr	36.14	68.29%
W51	Marie Maxted	33.53	66.46%
M65	James Hoare	36.05	65.49%
M59	Jack Russell	32.49	67.69%
W51	Gloria Holliday	36.08	62.32%

3k Yacht Handicap

M55	Richard Moyle	23.48	52.87%
M75	Paul Boyce	28.02	45.00%

ACTRWC RESULTS, AIS TRACK, BRUCE, THURSDAY 8 DECEMBER

Thanks to Robin Whyte for his weekly results from the ACT Race Walking club in Canberra.

1500m Handicap (Place, Name, Time, Start)

1.	Ashleigh Resch	07:30	(07:15)
2.	Peter Baker	07:37	(07:15)
3.	Callum Doherty	08:14	(06:40)
4.	Rod Gilchrist	10:10	(04:45)
5.	Robin Whyte	09:01	(05:55)
6.	Wendy Kupkee	10:32	(04:30)
7.	Jennifer Gilchrist	09:57	(05:05)
8.	Doug Fitzgerald	09:56	(05:15)
9.	Kara Baker	08:42	(06:30)
10.	Bryan Thomas	09:58	(05:20)
11.	Phil Essam	12:08	(03:10)
12.	Zoe Hunt	07:11	(08:10)
13.	John Suiter	11:02	(04:20)
14.	John Donovan	10:38	(05:00)

700m Walk

1.	Jenna Baker	5:27
2.	Leah Baker	5:41

ASA PREMIERSHIP CUP WEEK 6, SANTOS STADIUM, MILE END, FRIDAY 9 DECEMBER

And to Adelaide for week 6 of their Athletics South Australia interclub which saw Darron Bown 23:29.21 and Alix Harlington 7:43.86 the best.

5000m Walk

1.	Darren Bown	74	ELIZ	23:29.21
2.	Peter Crump	60	SPC	28:24.70
3.	James Hoare	46	PA	34:59.90

1500m Walk

1.	Alix Harlington	99	ELIZ	7:43.86
2.	Rhiannon Lovegrove	00	ELIZ	9:10.32
3.	Cherie Rothery	70	HILL	11:13.77
4.	Jack White	96	EH	12:30.29

ANSW PREMIERSHIP ROUND 6, BANKSTOWN, SATURDAY 10 DECEMBER

Athletics NSW also featured walks in Round 6 of their Premiership competition.

Men 5000m Walk Open

1.	Mulhearn, Derek	21	Sydney Unive	25:30.8
2.	Turrin, Joseph	21	Sydney Unive	36:02.8

Girls 5000m Walk U17

1.	Barendregt, Amanda	15	Nepean Distr	32:01.7
----	--------------------	----	--------------	---------

Girls 3000m Walk U17

Beasley, Bryony	14	Nepean Distr	DNF
-----------------	----	--------------	-----

Girls 3000m Walk U14

1.	Minett, Rhiannon	13	Bankstown Sp	18:52.4
----	------------------	----	--------------	---------

Boys 1500m Walk U14

1.	Bedford, Kyle	11	Nepean Distr	7:35.4
2.	Trikaliotis, Deyana	12	Blacktown Ci	8:48.8
3.	Thomson, Ryan	11	Nepean Distr	8:55.6
4.	Barendregt, Travis	11	Nepean Distr	9:34.6

Girls 1500m Walk U14

1.	Trikaliotis, Deyana	12	Blacktown Ci	8:48.8
----	---------------------	----	--------------	--------

PETER BENNETT WALKS THE COAST TO KOSCI

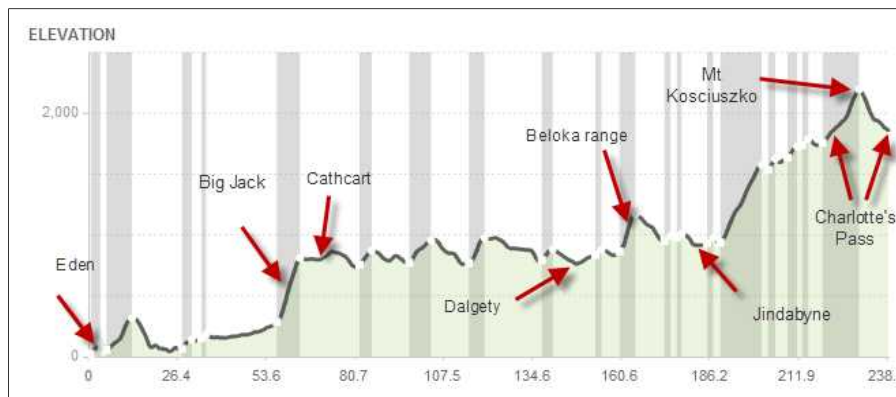
On December 9, Queensland Walking Club president Peter Bennett tackled the eighth annual Coast to Kosciuszko, a 240km ultramarathon from Boydtown Beach to Charlotte Pass in NSW, which includes reaching the summit of Mt Kosciuszko. One of only 50 competitors, he stepped into the history books as the first racewalker to take part in the event (see <http://www.coast2kosci.com>).

Peter set himself a personal goal of completing the race in 40 hours with no breaks and that he did, coming a very creditable **19th in a time of 38:06:38. That's 38 hours and 240km over very tough hilly terrain.** And to really add to the torture factor, the last 12 hours is the steepest of the lot as you battle extreme fatigue, big hills and the effect of the altitude.

Peter has completed the Centurion distance (100 miles in 24 hours) 11 times but I am sure that he will rate this his toughest walk ever. This map shows the course route.



And here is the altitude – it just gets tougher and tougher the longer the event goes.



And here is Peter at the top of Mt Kosciuszko, the highest point in Australia.



CLUB RECORD UPDATE

We have 3 new club records recognized this week. Well done to Michelle, Jemima and Rebecca (retrospectively). You can view the full club record list at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2011-11-22.pdf>

Michelle Laufer	W40 2000m Track Walk	AV Shield, Albert Park	9:52.2	10/12/2011
Jemima Montag	WU14 5km Road Walk	Fawkner Park, Melbourne	24:51	11/12/2011
Rebecca Campbell	U13 10km roadwalk	VRWC, Middle Park	1:08:08	11/07/2009

AUSTRALIAN RACE WALKING SERIES UPDATE

We announced some weeks ago that AA, in conjunction with RWA, was instituting an inaugural Australian Race Walking Series, to be contested over the summer in the Open, U23, U20 and U18 age groups (see <http://www.rwa.org.au/aevents-1.shtml> for the full details).

With the first round at Fawkner Park now completed, I have calculated the progressive points for each age group. Note that those athletes marked with an * have each been awarded 2 bonus points for performances bettering the AA High Performance Grid.

Open Men	U23 Men	U20 Men	U18 Men
Jared Tallent 12 *	Dane Bird Smith 10	Blake Steele 10	Nathan Brill 12 *
Nathan Deakes 11 *	Sean Fitzsimons 9	Jesse Osborne 9	Kyle Swan 9
Chris Erickson 10 *	Rhydian Cowley 8	Brad Aiton 8	Aaron Tam 8
Adam Rutter 10		Harry Bates 7	Lucas Taylor 7
Brendon Reading 9			
Scott Nelson 8			
Ian Rayson 7			
Jason Kozica 7			
Open Women	U23 Women	U20 Women	U18 Women
Beki Lee 10	Regan Lamble 12 *	Rachel Tallent 10	Jemima Montag 10
Claire Tallent 9	Allegra Steele 9	Kristie Goznic 9	Jessie Eastwood 9
		Kirsty Klein 8	
		Shannon Jennings 7	
		Jessica Pickles 6	
		Jmara Hockley-Samon 5	
		Caitlin Campbell 4	
		Amanda Heard 3	
		Ebony Whiley 2	

The next round will be held over 5000m for all age groups in the Sydney Track Classic on Saturday February 18th 2011. Entries must be made via the AA Online Panel (entries are not yet being taken).

OLYMPIC AND WORLD CUP QUALIFIERS

It is early days yet but a quick and unofficial listing of those walkers whom I think already have Olympic, World Cup and/or World Junior qualifiers under their belts. The next big qualifying opportunity will be in Hobart in February.

Olympic Qualifying Performances (from 1 Jan 2011)

20km Men (1:22:30)	Jared Tallent	1:19:57, Taicang, China, 22/04/2011
		1:20:19, Hobart, 19/02/2011
	Luke Adams	1:21:00, Hobart, 19/02/2011
	Adam Rutter	1:22:25, Hobart, 19/02/2011
20km Women (1:33:30)	Regan Lamble	1:32:06, Melbourne, 11/12/2011
	Claire Tallent	1:32:39, Taicang, China, 22/04/2011
	Beki Lee	1:33:09, Melbourne, 11/12/2011
50km Men (3:59:00)	Jared Tallent	3:43:36, Daegu, 03/09/2011
		3:49:33, Melbourne, 11/12/2011
	Luke Adams	3:45:31, Daegu, 03/09/2011
	Nathan Deakes	3:48:02, Slovakia, 26/03/2011
		3:50:34, Melbourne, 11/12/2011
	Chris Erickson	3:54:53, Slovakia, 26/03/2011
		3:51:57, Melbourne, 11/12/2011
	Ian Rayson	3:57:55, Melbourne, 11/12/2011

World Cup Qualifying Performances (from 1 Aug 2011)

50km Men (no standard published, all selections are discretionary)		
20km Men (1:28:00)	Adam Rutter	1:25:47, Melbourne, 11/12/2011
	Dane Bird-Smith	1:26:38, Melbourne, 11/12/2011

	Sean Fitzsimons	1:26:50, Melbourne, 11/12/2011
	Rhydian Cowley	1:27:12, Melbourne, 11/12/2011
20km Women (1:36:00)	Regan Lamble	1:32:06, Melbourne, 11/12/2011
	Beki Lee	1:33:09, Melbourne, 11/12/2011
10km Junior Men (46:30)	Blake Steele	43:27, Melbourne, 11/12/2011
	Jesse Osborne	44:30, Melbourne, 11/12/2011
	Brad Aiton	46:07, Canberra, 21/08/2011
		45:48, Canberra, 21/08/2011
10km Junior Women (50:00)	Rachel Tallent	46:24, Melbourne, 11/12/2011
		48:42, Melbourne, 11/12/2011
		49:31, Canberra, 21/08/2011
	Kristie Goznic	49:55, Melbourne, 11/12/2011

World Junior Qualifying Performances (from 1 Oct 2011)

10km Junior Men (44:05)	Blake Steele	43:27, Melbourne, 11/12/2011
10km Junior Women (49:25)	Rachel Tallent	48:42, Melbourne, 11/12/2011

WHAT'S COMING UP

Firstly, an announcement on behalf of Frances Attard. The track walks scheduled at Knox next Sunday have now been called off due to a few injuries to the key participants. Those who were thinking of going, please note.

Christmas is fast approaching but we still have two more walk opportunities in Victoria with VRWC and AV Shield competitions scheduled. First to tomorrow (Wednesday) evening when our VRWC Track Walks are being held at the Collingwood Harriers track in Clifton Hill. The timetable reads as follows

Wednesday 14th December 2011, VRWC Track Walks, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open

Then on Saturday, we have our final pre-Christmas AV Shield competitions as follows:

Sat 17 Dec	AV Shield South East Region Round 9, Casey Fields, Cranbourne East
Sat 17 Dec	AV Shield Geelong Region Round 8, Landy Field, Geelong
Sat 17 Dec	AV Shield Ballarat Region Round 9, Llanberris Reserve, Ballarat
Sat 17 Dec	AV Shield North West Region Round 9, Newport Park Athletics Facility, Williamstown
Sat 17 Dec	AV Shield East Region Round 9, Proclamation Park, Ringwood

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

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, Jyväskylä, 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, Taicang, 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>)