



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to 15 year old Victorian walker **Adam Garganis** who was in fine form at the Victorian Schools Championships at Lakeside Pavilion in Melbourne, winning the U16 Pole Vault with a big PB of **3:85** and then rushing to the U16 3000m walk start line - and he won that title also, in a 25 sec PB time of **13:44.88**.

This week, I have come across more great performances, including

- 16 year old **Nathan Brill** who recorded an amazing 43:42 for the 10km roadwalk at Middle Park on Sunday
- 13 year old **Kyle Swan** who did a 19 sec PB time of 14:10 for the 3km road walk at Middle Park on Sunday, breaking his own VRWC U14 Club Record
- SA walker **Kim Mottrom** who won their State 10,000m walk with a huge PB of 42:39.64 and, less than a week later, was back in action with SA interclub with a 5000m walk time of 21:28.42
- 14 year old ACT walker **Thomas Hopkin** who recorded a huge PB time of 9:29 for the 2000m last week in Canberra
- **Michelle Laufer** who broke her VRWC W40 2000m record yet again, taking a further 4 secs off with her time of 9:37.3 in Shield Competition last Saturday.

But it is Nathan Brill whose performance stands head and shoulders above the rest, good though they are. Walking in VRWC competition at Middle Park on Sunday, he stormed through to a 43 sec PB time of 43:42, officially bettering the 2013 IAAF World Youth qualifying standard of 44:13 and breaking Jared Tallent's VRWC U17 record of 43:53 as an added bonus.



Nathan Brill crosses the finish line at Middle Park on Sunday in his record breaking 10km walk

VRWC SUMMER CLUB CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 18 NOVEMBER 2012

With Nathan's superb performance, it makes sense to lead with the VRWC races on Sunday. So here we go...

The VRWC Summer Road Championships at Middle Park on Sunday was held in ideal conditions - overcast and still early with the sun forcing its way through as the morning progressed. We had 47 walkers in total and we saw plenty of great walks but none better than **Nathan Brill** who powered through to a 10km time of **43:42**, breaking Jared Tallent's U17 Club Record, doing a 42 second PB and bettering the 2013 World Youth qualifying standard of 44:13. His 2km splits read impressively: 8:51, 8:48, 8:43, 8:42 and 8:38. Walking with Chris Erickson who was contesting the concurrently held 20km event, he started conservatively and just got faster each lap, walking side by side with his older clubmate.

The women's Open 10km race was also a high quality event with **Kelly Ruddick** 47:45 and **Rachel Tallent** 49:06 both recording top times. And a special mention to Jasmine Irshad for her 3+ minute PB time of 55:36 and **Steve Jordan** for his PB time of 1:09:43. The Masters women contested the Heather Carr Trophy over 10km and the win went once again to **Pam Tindal** with 54:32.

The Men's 20km Club Championship was easily won by **Chris Erickson** who turned off the tap once Nathan finished, strolling through to his final time of 1:29:59. The amazing **Andrew Jamieson** (M66) was second with 1:46:11, just ahead of **Simon Evans** with 1:47:15. We also saw three of our women contesting an Open 20km event and it was **Michelle Laufer** who won with a good 1:52:01.

20km Men Club Championship - Gus Theobald Memorial Trophy

1.	Chris Erickson	1:29:59	
2.	Andrew Jamieson	1:46:11	
3.	Simon Evans	1:47:15	
4.	Mark Donahoo	1:52:01	
5.	Bernie Keirl	2:07:10	First ever

20km Open

1.	Michelle Laufer	1:52:01	
2.	Tracy Feiner	1:56:05	
	Kirstin Shaw	DNF	

10km Open

1.	Kelly Ruddick	47:45	
2.	Rachel Tallent	49:06	
3.	Jasmine Irshad	55:36	PB 3:20
4.	Mathilde Lacaze	58:46	

1.	Nathan Brill	43:42	PB 0:42, new U17 Club Record
2.	Stuart Kollmorgen	51:50	
3.	Adam Garganis	53:29	
4.	James Christmass	58:57	
5.	Ralph Bennett	59:01	
6.	Bob Gardiner	1:03:30	
7.	Russ Dickenson	1:03:54	
8.	Steve Jordan	1:09:43	PB 1:46
9.	David Best	1:09:52	
10.	Gary Turner	1:20:57	
	David Smyth	DNF	
	Murray Dickinson	DQ	

10km Heather Carr Trophy - Masters Women

1.	Pam Tindal	54:32	
2.	Kylie Irshad	1:02:08	
3.	Donna Elms	1:05:19	
4.	Liz Feldman	1:05:43	
5.	Robyn Shaw	1:06:25	
	Celia Johnson	DQ	

The 5km and 3km events started later in the morning with more good performances - **Kyle Swan** a new U14 club record time of 14:10, **Reese Walmsley** a PB of 14:43, **Beth Alexander** back into racing mode with 14:02 (only a few secs outside her PB) and **Jemima Montag** with 25:27. And a special mention to Masters legend **Heather Carr** who fronted for the 3km Open walk (16:34) after completing the Eureka Climb which ascends the first 88 levels of Melbourne's tallest skyscraper. That's a good day's work!

5km Under 20 VRWC Championship

1.	Jemima Montag	25:27	
2.	Stephanie George	27:43	
3.	Jade Sanders	29:18	
1.	Connor McShanag	29:08	

5km Open

1. Sandra Geisler 27:18

3km Open

1. Beth Alexander 14:02
2. Heather Carr 16:34
3. Donna Elms 19:29
4. Margaret Beaumont 25:47

1. Alan Huse 18:31
2. Paul Tremigliozi 20:42
3. Ian Beaumont 24:50

3km Under 15 VRWC Championship

1. Philippa Huse 17:10

1. Kyle Swan 14:10 PB 0:19, VRWC U14 Club Record
2. Reese Walmsley 14:43 PB 0:18

Finally we had an U12 club championship over 1.5km. Unfortunately as the day clashed with the Little Athletics Region Relays, entries were few and far between but luckily sisters Jemma and Alanna Peart made the trip down from Ballarat and ensured that the race went ahead. And they did indeed walk well to take the gold and silver in this annual event. Well done girls!

1.5km Under 12 VRWC Championship

1. Jemma Peart 08:06
2. Alanna Peart 08:38 PB 0:15

It took a fair bit to get everything in place for Nathan's World Youth qualifying opportunity so thanks to all our senior racewalking judges and AV officials who made themselves available, ensuring that all went according to plan. Sorry if I missed anyone - it was indeed a team effort.

- Officials:** Tim Erickson, Ian Laurie, Ralph Bennett, Marlaine Stanway, Damien Elms, Harry Summers
Race Entries: Damien Elms, Mark Donahoo
Judges: Diane Lowden (chief), Judy Mason, Gordon Loughnan, Lloyd Nichols, Peter Vysma, Terry Swan, Matt Owen, Stuart Cooper, Michael Bodey (Board)
Bicycles: Jim Leppik, Craig Brill
Setup: Bob Gardiner, Harry Summers, Peter Vysma, Stuart Cooper, Rudolf Skrucany
Canteen: Wendy Cooper, Kate Suich, Marlaine Stanway



Andrew Jamieson, Nathan Brill, Chris Erickson, Michelle Laufer and Mark Donahoo



Kelly Ruddick, Simon Evans, Rachel Tallent and Pam Tindal



Reese Walmsley, Jemima Montag, Kyle Swan, Alannah Peart and Jemma Peart

You can see all these photos and more at www.vrwc.org.au/coppermine

SA TRACK WALK CHAMPIONSHIPS, SANTOS STADIUM, ADELAIDE, WEDNESDAY 7 NOVEMBER

I missed this set of results in last week's newsletter so catching up. The South Australian Track Walk Championships saw Kim Mottrom in dominant form, winning the men's event in a huge PB time of 42:39.64. Kim just keeps getting better every time he steps on the start line. Good times also to Justin Hill 48:57.02 and Kristie Goznik 52:08.96.

Open Men 10,000m walk

- | | | | |
|----|-------------|----------|---------|
| 1. | Kim Mottrom | 42:39.64 | PB 1:32 |
| 2. | Justin Hill | 48:57.02 | |
| 3. | Peter Crump | 56:25.85 | |

Open Women 10,000m walk

- | | | |
|----|----------------|----------|
| 1. | Kristie Goznik | 52:08.86 |
|----|----------------|----------|

Women 50+ 10,000m walk

- | | | |
|----|-----------------|------------|
| 1. | Gloria Holliday | 1:00:00.32 |
|----|-----------------|------------|

U20 Women 10,000m walk

1. Amber Tuscharski 59:35.23

SAMA TRACKWALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 14 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Pretty good handicapping apart from Hailey Siebert who was in front by the proverbial mile! George White 16:13 and Gloria Holliday 16:27 were fastest as usual.

3km Yacht Handicap		Actual	Clock		
1.	Hailey Siebert	21:23	21:23		
2.	Gill White	23:31	23:41	W64	63.99%
3.	George White	16:13	24:02	M67	87.61%
4.	Marie Maxted	19:01	24:04	W52	69.84%
5.	Gloria Holliday	16:27	24:06	W52	80.73%
6.	Helen Suridge	20:38	24:07	W61	70.44%
7.	Graham Harrison	19:18	24:08	M69	75.35%
8.	Colin Hainsworth	22:39	24:10	M82	76.86%
9.	Geoff Byham	18:39	24:12	M66	75.32%
10.	Linda Whitelaw	22:54	24:26	W58	61.45%
11.	Elaine MacFarlane	24:36	24:36	W70	66.15%
12.	Roger Lowe	22:18	24:40	M69	65.22%
13.	Paul Boyce	24:51	24:51	M76	64.05%

ACT WALKERS CLUB RACES, AIS TRACK, BRUCE, CANBERRA, THURSDAY 15 NOVEMBER

Thanks to Robin Whyte for these results from Canberra where their walking club has started its summer season. Lorna England won the Handicap overall but the one who caught my eye was 14 year old Thomas Hopkins who stormed home with a huge PB time of 9:29 for second place. 15 year old Zoe Hunt was just outside her best with 9:44 and 15 year old Ashleigh Resch was also in fine form, recording a 13 sec PB with her time of 9:31. It is good to see the younger walkers joining their older compatriots as the ACT Walkers Club events.

2000m Handicap Starts		Time	(Start)	
1.	Lorna England	19:08	(00:45)	
2.	Thomas Hopkins	9:29	(10:55)	PB 0:50
3.	Zoe Hunt	9:44	(10:40)	
4.	Robert Kennelly	15:50	(04:35)	
5.	Emily Hopkins	10:58	(09:35)	
6.	Karina Hopkins	11:16	(09:20)	
7.	Ashleigh Resch	9:31	(11:05)	PB 0:13
8.	Gabby Hunt	10:06	(10:40)	
9.	Val Chesterton	15:52	(05:00)	
10.	Colin Heywood	10:25	(10:50)	
11.	Ruth Baussmann	14:36	(06:40)	
12.	Bryan Thomas	13:18	(08:05)	
13.	Geoff Barker	13:31	(07:55)	
14.	John Donovan	14:44	(06:45)	
15.	Margaret McSpadden	16:05	(05:30)	
16.	Sheryl Greathead	15:45	(06:00)	
17.	Robin Whyte	12:10	(09:40)	
18.	Doug Fitzgerald	14:49	(07:25)	

800m

1. Gina Etienne 5:48

ASA PREMIERSHIP CUP WEEK 4, SANTOS STADIUM, ADELAIDE, FRIDAY 16 NOVEMBER

Thanks to Kim Mottrom for the latest Premiership Cup results from Adelaide. He commented: *We had a 5km and 2km tonight, the twilight meets have the walks kick off the program at 6:20pm so it was a bit warm tonight and also a bit windy. Not quite as good conditions as last week so not as many PB's.* As usual, Kim led from the front with 21:28.42 (just outside his PB). It is interesting to note that the four men finished in the 5000m but the four women all DNF'd. Never seen that before!

5,000m

1.	Kim Mottrom	M	21:28.42
2.	Justin Hill	M	24:19.36
3.	Peter Crump	M	28:06.38
4.	Troy Hooker	M	29:12.54
	Megan Szirom	W	DNF
	Anna Cross	W	DNF

Julia Potezny	W	DNF
Beth Cross	W	DNF

2,000m

1.	Rhiannon Lovegrove	W	11:10.51
2.	Jayden Goode	M	11:27.16
3.	Sarah Damin	W	11:38.98
4.	Felicity Henderson	W	11:42.88

AV SHIELD COMPETITION, SATURDAY 17 NOVEMBER

Athletics Victoria Shield returned on Saturday after a week off for the Victorian All Schools Championships. Walkers had to contest 2000m walks in the T&F Competitions across the 6 regions and a whopping 118 walkers were in action in perfect weather.

AV Shield Round 5 - East Zone, Rieschick's Reserve, Doncaster

The biggest walks venue was Doncaster where 47 walkers toed the line in what was a very big race. The pace was on from the gun as Jason Kozica 8:47.7, Emmet Brasier 8:50.3 and Adam Garganis 8:54.3 battled it out at the front, all 3 walking PBs. Lucas Taylor 9:19.5 was just outside his best while Jasmine Irshad walked a big PB with her time of 9:22.6. Michelle Laufer was also in fine form, lowering her W40 VRWC Club record by another 4 secs with her time of 9:37.3. Very impressive overall.

Mixed 2000m Walk

1.	Kozica, Jason	M25	ST KEVINS AC	8:47.7	PB 0:05
2.	Brasier, Emmet	M14	DIAMOND VALLEY AC	8:50.3	PB 0:15
3.	Garganis, Adam	M15	COLLINGWOOD	8:54.3	PB 0:15
4.	Taylor, Lucas	M16	YARRA RANGES	9:19.5	
5.	Irshad, Jasmine	W15	SOUTH COAST	9:22.6	PB 0:18
6.	Evans, Simon	M52	BOX HILL AC	9:27.7	
7.	Laufer, Michelle	W43	COLLINGWOOD	9:37.3	PB 0:04, VRWC W40+ rec
8.	Geisler, Sandra	W35	RINGWOOD AC	10:00.9	
9.	Owen, Cooper	M14	DIAMOND VALLEY AC	10:15.3	
10.	Reid, Ross	M58	COLLINGWOOD	10:25.3	
11.	Collis, Lauren	W14	DIAMOND VALLEY AC	10:30.2	PB 0:17
12.	Keirl, Bernie	M49	DIAMOND VALLEY AC	10:31.0	
13.	Smyth, David	M43	COLLINGWOOD	10:49.7	
14.	Laurie, Natalie	W21	ATHLETICS NU	11:00.2	
15.	Gardiner, Bob	M76	COLLINGWOOD	11:34.8	
16.	Collis, Hugh	M12	DIAMOND VALLEY AC	11:45.8	
17.	Jack, Clarrie	M67	RICHMOND HAR	11:48.3	
18.	Patti, Adrian	M32	DONCASTER AC	12:05.9	
19.	Clarke, Patrick	M44	DIAMOND VALLEY AC	12:09.6	
20.	Garside, Emilie	W17	CROYDON AC	12:20.2	
21.	Worsnop, Chris	M55	OLD XAVERIANS AC	12:21.2	
22.	Olden, Graeme	M48	BOX HILL AC	12:25.2	
23.	Benke, Geza	M56	OLD MELBURNIANS AC	12:29.7	
24.	Best, David	M49	COLLINGWOOD	12:31.8	
25.	Taylor, Lee	W11	YARRA RANGES	12:50.7	
26.	Noonan, Emily	W12	COLLINGWOOD	12:53.8	
27.	Blake, Dobay	M13	ATHLETICS NU	13:26.0	
28.	Turner, Braydon	M15	DIAMOND VALLEY AC	13:54.4	
29.	Walburg, Kirsten	W14	DONCASTER AC	14:05.1	
30.	Iacono, Thomas	M26	COLLINGWOOD	14:14.1	
31.	Lane, Tamara	W23	DONCASTER AC	14:15.2	
32.	Bassett, Charlotte	W14	DONCASTER AC	14:36.6	
33.	Lane, Mikaela	W19	DONCASTER AC	15:05.2	
34.	Garganis, Clare	W42	COLLINGWOOD	15:13.7	
35.	Mckay, Campbell	M19	OLD XAVERIANS AC	15:26.2	
36.	Martini, David	M36	OLD XAVERIANS AC	15:31.5	
37.	Jackson, Aidan	M17	OLD XAVERIANS AC	15:53.8	
38.	Clarke, Matthew	M17	OLD XAVERIANS AC	15:54.0	
39.	Seymour, Nicholas	M18	OLD XAVERIANS AC	15:55.0	
40.	Lane, Kiandra	W18	DONCASTER AC	16:01.7	
41.	Lane, Natasha	W21	DONCASTER AC	16:02.0	
42.	O'Callaghan, Brian	M72	RICHMOND HAR	17:07.5	
	Wilton, Richard	M17	OLD XAVERIANS AC	DNF	
	Chan, Lachlan	M15	OLD SCOTCH C	DQ	
	Lui, Yuan Chow	M13	DONCASTER AC	DQ	
	Niyiragira, Eric	M24	DONCASTER AC	DQ	
	O'Brien, Ned	M13	ST KEVINS AC	DQ	

AV Shield Round 5 - South East Zone, Duncan McKinnon Reserve, Glenhuntly

The South East Zone walkers were at Glenhuntly with fastest time going to Kyle Bird with 9:00.7, just a couple of secs outside his PB. Lots of the other walkers were walking at Middle Park the next day so I think from times that they may have taken it easy. Special mention to Emily Swan with an 11:17.5 PB.

Mixed 2000m Walk

1.	Bird, Kyle	M	MORNINGTON P	9:00.7	
2.	Walmsley, Reese	M	KNOX AC	9:34.6	
3.	Feiner, Tracy	W	KNOX AC	9:34.9	
4.	George, Stephanie	W	KNOX AC	10:00.3	
5.	Swan, Kyle	M	KNOX AC	10:01.3	
6.	Guy, Rachael	W	CASEY CARDIN	10:23.9	
7.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	10:50.5	
8.	McInnes, Simone	W	GLENHUNTLY AC	10:53.2	
9.	Swan, Emily	W	KNOX AC	11:17.5	PB 0:06
10.	Dickson, Corey	M	KNOX AC	11:21.0	
11.	Bennett, Ralph	M	VICTORIAN MA	11:23.9	
12.	O'Neill, Terry	M	CASEY CARDIN	11:27.0	
13.	Osmand, Kym	M	OAKLEIGH AC	11:29.5	
14.	Gourlay, Marlene	W	VICTORIAN MA	11:35.4	
15.	Attard, Bianca	W	KNOX AC	11:41.5	
16.	Vasiljevic, Taylor	W	CASEY CARDIN	11:46.3	
17.	Eastwood, Jemma	W	OAKLEIGH AC	12:03.6	
18.	Lillie, Jessica	W	KNOX AC	12:08.9	
19.	Steed, Gwen	W	VICTORIAN MA	12:33.1	
20.	Attard, Michaela	W	KNOX AC	12:36.7	
21.	Hutton, Philip	M	GLENHUNTLY AC	12:40.8	
22.	Calvel, Zac	M	MENTONE AC	13:01.9	
23.	Johnson, Celia	W	VICTORIAN MA	13:08.9	
24.	O'Neill, Karyn	W	CASEY CARDIN	13:17.5	
25.	O'Neill, Simone	W	UNATTACHED	13:40.6	
26.	Morrison, John	M	SANDRINGHAM AC	13:40.9	
27.	Caulfield, Sharyn	W	ATHLETICS WAVERLEY	13:47.3	
	Zeleznikow, John	M	GLENHUNTLY AC	DQ	
	Sommers, David	M	KNOX AC	DQ	
	Jenkins, Llew	M	GLENHUNTLY AC	DQ	

AV Shield Round 5 - North West Zone, Newport Park Athletics Facility, Williamstown

Aaron McDonough 9:25.4 and Kirstin Shaw 9:57.4 were both in PB form on Saturday at Williamstown while Connor McShanag is getting back into shape and was only a couple of secs outside his best with 9:59.2. Duncan and I had a real scare and had to pull out all stops to beat KSB walker John Kondogonis who walked a blinder - a 30 sec PB of 10:42.8. I think he will soon have us on toast! Donna Elms and Robyn Shaw normally have good battles and both were rewarded with PBs, Donna 11:26.8 and Robyn 11:31.7.

Mixed 2000 metres Race Walk

1.	McDonough, Aaron	M40	PRESTON AC	9:25.4	Eq. PB
2.	Shaw, Kirstin	W21	WESTERN ATHL	9:57.4	PB 0:17
3.	McShanag, Connor	M16	ATHLETICS ESSENDON	9:59.2	
4.	Hawkins, Trenton	M33	PRESTON AC	10:33.9	
5.	Knox, Duncan	M53	ATHLETICS ESSENDON	10:37.2	
6.	Erickson, Tim	M62	COBURG HARRIERS AC	10:41.0	
7.	Kondogonis, John	M51	KEILOR ST BE	10:42.8	PB 0:30
8.	Elms, Donna	W51	ATHLETICS ESSENDON	11:26.8	PB 0:01
9.	Shaw, Robyn	W51	WESTERN ATHL	11:31.7	PB 0:18
10.	Irons, Julia	W14	KEILOR ST BE	11:48.8	PB 0:30
11.	Bertrand, Carly	W16	KEILOR ST BE	11:50.4	
12.	Crea, Gabriella	W13	ATHLETICS ESSENDON	12:24.8	
13.	Campbell, Rebecca	W15	ATHLETICS ESSENDON	12:55.1	
14.	Matthews, Rhiannon	W11	KEILOR ST BE	13:43.1	
15.	Ryan, Maeve	W23	WILLIAMSTOWN AC	13:43.3	
16.	Abfalter, Maria	W44	KEILOR ST BE	13:51.8	
17.	Baric, Amanda	W44	KEILOR ST BE	13:52.0	
18.	Murphy, Stephen	M51	ATHLETICS ESSENDON	14:10.1	
19.	Dunstone, Phillip	M44	WESTERN ATHL	14:10.8	
20.	Casilli, Anthony	M13	PRESTON AC	14:11.2	
21.	Law, Rosa	W44	SOUTH MELBOURNE AC	14:28.0	
22.	Irons, Elaine	W12	KEILOR ST BE	14:39.1	
23.	McPherson, Ann-Mar	W13	KEILOR ST BE	14:50.9	
24.	Sykes, Dominic	M11	KEILOR ST BE	15:46.0	
25.	Hodgart, Janice	W49	WESTERN ATHL	17:16.9	
26.	Rickard, Ian	M56	BRUNSWICK AC	17:41.0	
27.	Tonelli, Ashley	W8	KEILOR ST BE	18:25.5	

28.	Gunn, Nicole	W33	KEILOR ST BE	18:59.6
	Magnisalis, Nick	M48	WHITTLESEA CITY AC	DQ
	Motta, Anthony Giu	M14	WHITTLESEA CITY AC	DQ

AV Shield Round 5 - Bendigo Zone, La Trobe University Track, Bendigo

Amanda Heard continues to show good form in Bendigo, winning with 9:46.05.

Mixed 2000m Walk

1.	HEARD, AMANDA	W	EAGLEHAWK YMCA	9:46.05
2.	SAVAGE, JOSHUA	M	EAGLEHAWK YMCA	12:19.84
3.	HILL, MADISON	W	SOUTH BENDIGO	12:31.13
4.	CARTER, JOHN	M	SOUTH BENDIGO	14:01.48

AV Shield Round 5 - Geelong Zone , John Landy Athletic Field, Geelong

James Christmass had it all to himself in Geelong and he walked fast to record 9:25.30.

Mixed 2000m Walk

1.	Christmass, James	M45	CORIO AC	9:25.30
2.	Mirarchi, Nicholas	M21	CORIO AC	10:25.35
3.	Walker, Megan	W15	CORIO AC	10:38.78
4.	Mirarchi, Thomas	M12	CORIO AC	14:59.90

AV Shield Round 5 - Ballarat Zone, Llanberris Reserve, Ballarat

Andrew Blood won easily in Ballarat with 9:30.0.

Mixed 2000m Walk

1.	Blood, Andrew	M	BALLARAT YCW	9:30.00
2.	Brennan, Sarah	W	BALLARAT YCW	10:02.00
3.	Darlow, Ross	M	EUREKA AC	10:20.00

NSW RELAYS CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 17 NOVEMBER 2012

The annual NSW Relay Championships are always held around this time of the year and include 4x1500m track walks. What a great concept. A total of 17 walk relay teams competed in the various divisions with the honours spread fairly evenly between a number of clubs. Fastest time overall went to the Open Men's team from Nepean District Athletics Club - their time of 26:31.12 averages out at around 6:38 per walker. That is excellent depth for one club to be able to muster.

Men 4x1500m Relay Race Walk Open

1.	Nepean District Athletic Club 'A'	26:31.12
2.	Sydney Pacific Athletics Club 'A'	28:03.34
3.	South Sydney Athletics 'A'	29:07.61
4.	Sydney University Athletics Cl 'A'	30:37.37
5.	U.T.S. Northern Suburbs Athlet 'A'	39:05.58

Men 4x1500m Relay Race Walk U18

1.	Central Coast 'A'	27:09.02
2.	Hills District Athletics Club 'A'	32:38.82

Men 4x1500m Relay Race Walk U14

1.	Sydney Pacific Athletics Club 'A'	32:33.13
2.	Nepean District Athletic Club 'A'	35:11.14
3.	Sydney Pacific Athletics Club 'B'	36:28.71
4.	Parramatta City Track & Field 'A'	36:46.71
5.	Girraween Athletics Club Inc. 'A'	42:23.06

Women 4x1500m Relay Race Walk Open

1.	Asics Wests Track & Field Club 'A'	29:38.07
2.	Blacktown City Athletics Club 'A'	30:01.97
3.	Central Coast 'A'	32:30.80

Women 4x1500m Relay Race Walk U18

1.	Nepean District Athletic Club 'A'	34:33.31
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Women 4x1500m Relay Race Walk U14

1.	Parramatta City Track & Field 'A'	30:43.05
2.	Asics Wests Track & Field Club 'A'	35:52.04
3.	Sydney Pacific Athletics Club 'A'	38:33.94



The Sydney Pacific Athletics Club team with coach Bill Nappin (photo Nicole Fagan facebook)

QUEENSLAND MASTERS ROUNDUP

Qld Masters Inter-Regional T&F Meet, SAF, Nathan, Saturday 17 November

The Queensland Masters were also in action last Saturday with 3000m walks at the State Athletics Facility in Nathan. Great times by Iggy Jimenez and Peter Bennett.

3000m Walk

M45	1	Ignacio Jimenez	M47	Brisbane	13:54.59
M55	1	Peter Bennett	M57	Brisbane	14:31.57
M60	1	John Harris	M63	Brisbane	19:15.32
W70	1	Noela McKinven	W70	Brisbane	22:53.44
W80	1	Christiane Dauphinet	W81	Gold Coast & Sth	23:17.75
M85	1	Russell Grigg	M85	Brisbane	28:16.32

Qld Masters T&F Meet, SAF, Nathan, Saturday 10 November

And a catchup from the previous week when Iggy and Peter were in action again along with John Harris and Noela McKinven.

5000m Walk

M45	1	Ignacio Jimenez	M47	Brisbane	23:49.96
M55	1	Peter Bennett	M56	Brisbane	24:46.51
M60	1	John Harris	M63	Brisbane	33:46.19
W70	1	Noela McKinven	W70	Brisbane	39:36.29

QA ALL COMERS MEET, STATE ATHLETICS FACILITY, NATHAN, SATURDAY 17 NOVEMBER

Again a very small number of walkers competing in Queensland Open T&F Competition, with Jesse Osborne easily the best with his time of 13:06.92.

Mixed 3000m Walk

1.	Osborne, Jesse	M17	Atn	13:06.92
2.	Woodward, Mikaela	W13	Unq	16:00.12
3.	Brackin, Aimee	W13	Unq	16:51.96
4.	McCutcheon, Jamie	M13	Qe2	17:33.16
5.	McCutcheon, Luke	M14	Qe2	18:12.96

Mixed 5000m Walk

1.	Martin, Katya	W15	Gcv	26:38.81
	Boardman, Lucy-Rose	W16	Atn	DNF

TASMANIAN STATEWIDE INTERCLUB ROUND 5, HOBART, SATURDAY 17 NOVEMBER
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Stephanie Stigwood 14:01.12 and Tahlia Hunt 15:08.77 were both in fine form in Hobart on Saturday.

3000m Walk

1.	Stephanie Stigwood	OVA	W20	14:01.12	PB 0:02
2.	Tahlia Hunt	OVA	W20	15:08.77	PB 0:03
3.	Louis Rose	OVA	M19	15:30.75	
4.	Alice Randall	OVA	W18	18:16.29	
5.	Elizabeth Leitch	ES	W17	18:46.42	
6.	David Moore	TMA	M12	21:34.18	

UKRAINIAN RACE WALKING CUP, MUKACHEVO, UKRAINE, FRIDAY 2 NOVEMBER
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Track walks were on offer in the Ukrainian Race Walking Cup, held a couple of weeks ago in the town of Mukachevo. Ukraine is one of the European powerhouses of racewalking and the depth and quality of performances reflected that. The major placings are shown below.

10,000m Men

1.	Andriy Kovenko	1973	39:14.6
2.	Igor Hlavan	1990	40:49.7
3.	Alexander Venhlovskiy	1985	40:53.8
4.	Sergey Budza	1984	41:25.3
5.	Konstantin Puzanov	1991	41:29.8
6.	Alex Shelest	1973	42:29.5
7.	Alexander Romanenko	1981	42:48.9
8.	Yuriy Tatarchuk Moldavia	1983	43:50.6

10,000m Women

1.	Natalia Zhornyak	1989	47:02.7
2.	Vasilina Vytovschiy	1990	48:03.0
3.	Ludmila Shelest	1974	48:23.1
4.	Galina Yakovchuk	1992	48:52.1
5.	Natalia Kontsevich	1984	49:16.0
6.	Olesya Kalenska	1989	52:42.7
7.	Nadia Boyko	1992	53:14.6
8.	Georgina Kondur	1991	54:54.7

10,000m U20 Men

1.	Andriy Grechkovskiy	1993	43:49.3
2.	Igor Puzanov	1993	44:25.4
3.	Yuriy Shvaryk	1994	44:57.8
4.	Sergey Svetlichnyi	1994	46:02.4
5.	Anton Plonskiy	1994	46:22.3
6.	Marian Zakalnytsky	1994	46:23.3
7.	Valeriy Litanyuk	1994	49:10.6
8.	Vitaliy Rogatynchuk	1994	49:56.5

10,000m U20 Women

1.	Ludmila Olyanovska	1993	45:26.3
2.	Alina Galchenko	1994	50:03.1
3.	Valentina Myronchuk	1994	51:29.8
4.	Olexandra Olyanovska	1994	53:09.8
5.	Victoria Ferenc	1993	54:16.9
6.	Andriana Rozhko	1993	57:11.8
7.	Olga Stadnyk	1994	58:38.6
8.	Tetiana Kaminyk	1993	58:57.6

10,000m U18 Men

1.	Vadim Tarasenko	1995	46:19.6
2.	Sergey Klymenchuk	1995	49:15.1
3.	Volodimir Nanychko	1996	49:30.9

5,000m U18 Women

1.	Hanna Suslik	1996	25:53.3
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2.	Tamara Stasiuk	1995	26:24.4
3.	Ivanna Danyluk	1996	27:03.5

XIX COLOMBIAN NATIONAL GAMES, SANTANDER DE QUILICHAO, 13-17 NOVEMBER

I picked this one up from <http://omarchador.blogspot.pt/2012/11/jogos-nacionais-da-colombia.html>. Luis and Jose Dias and Carlos Gomes are certainly wide ranging and prompt in their event reporting.

Racewalk championships were scheduled on Thursday 15 November as part of the XIX Colombian National Games in Santander de Quilichao. In rainy conditions, the women's 20km was won by Sandra Arenas, the winner of the Junior race at this year's World Cup in Russia. She was followed by Arabelly Orjuela 1:37:39 with Yeseida Carrillo closing out the the podium with 1:40:21. The men's 20 km saw interesting duel between the two most prominent Colombian walkers, Eider Arévalo, winner of the 2012 World Junior and World Cup Junior championships, and Luis Lopez, bronze medallist at the Daegu World Championships. It was the younger Arévalo who won out with 1:25:00 ahead of Lopez with 1:25:49 while José Montaña took third with 1:26:21. The men's 50 km title went to Feny Rojas (4:06:24) ahead of Omar Sierra (4:10:04) and Jorge Ruiz (4:14:04).

20km Women , Thursday 15 November

1.	Sandra Arenas	Antioquia	1.36.33
2.	Arabelly Orjuela	Bogotá	1.37.39
3.	Yeseida Carrillo	Cundinamarca	1.40.21
4.	Sandra Galvis	Cundinamarca	1.41.42
5.	Ingrid Hernández	Bogotá	1.45.00
6.	Luz Rodríguez	Meta	2.01.34
7.	Melissa Montoya	Valle	2.06.44

20km Men , Thursday 15 November

1.	Eider Arévalo	Bogotá	1.25.00
2.	Luis López	Fuerzas Armadas	1.25.49
3.	José Montaña	Bogotá	1.26.21
4.	James Rendón	Bogotá	1.27.53
5.	Andrés Cardona	Antioquia	1.31.40
6.	Julián Vargas	Antioquia	1.32.15
7.	Esneyder Parra	Cundinamarca	1.32.16
8.	Marlon Flórez	Antioquia	1.35.18
9.	Alexander Mendoza	Meta	1.46.22

50 km Men , Thursday 15 November

1.	Ferney Rojas	Boyacá	4.06.24
2.	Ómar Sierra	Bogotá	4.10.04
3.	Jorge Ruiz Fuerzas	Armadas	4.14.04
4.	Freddy Hernández	Fuerzas Armadas	4.20.23
5.	Jorge Díaz Fuerzas	Armadas	4.33.19

GRANDE PRÉMIO DAS GALINHEIRAS, GALINHEIRAS, PORTUGAL, SUNDAY 18 NOVEMBER

Lithuanian walker Kristina Saltanovic and Portugese walker Peter Isidro won the 5,000m track walks in the annual Grande Prémio das Galinheiras in the Portugese town of Galinheiras on Sunday, repeating their double triumphs in the 2008, 2009 and 2010 editions of this event. The Grand Prix event brought 150 walkers (including 13 Spanish, two Italians and one Lithuanian walker) of all ages together to contest a variety of events. The first 10 from the 5000m events are shown below.

5.000m Men

1.	Pedro Isidro	1985	OP	SL Benfica	21:14.4
2.	Miguel Carvalho	1994	U20	CN Rio Maior	21:27.3
3.	Bruno Pedro	1993	U20	GA Casais Vento	21:44.0
4.	Pedro Martins	1968	OP	CA Seia	21:52.6
5.	Leonardo Toro	1967	OP	Spain	21:55.3
6.	Rui Coelho	1994	U20	CA Seia	22:26.1
7.	Samuel Pereira	1993	U20	CA Seia	22:41.3
8.	Hélder Santos	1996	U18	GDP Chão Duro - EALF	22:46.1
9.	Nuno Santos	1988	OP	Sporting CP	23:53.2
10.	Tiago Miguel	1988	OP	CA Ferreira Zêzere	24:52.3

5.000m Women

1.	Kristina Saltanovic	1975	OP	Lithuania	23:33.1
2.	Mara Ribeiro	1995	U18	CN Rio Maior	25:26.2
3.	Ariana Azevedo	1995	U18	GDP Chão Duro - EALF	25:30.2
4.	Sofia Avoila	1976	MAST	GDP Chão Duro - EALF	26:54.5
5.	Cristiana Vaz	1987	OP	CP Corroios	27:18.1
6.	Mariana Mota	1995	U18	CA Ferreira Zêzere	27:19.0

7.	Lígia Gonçalves Costa	1969	MAST	GDP Chão Duro - EALF	28:09.2
8.	Ana Raquel Marques	1983	OP	ACR Senhora do Desterro	28:23.3
9.	Orlete Mendes	1951	MAST	CA Galinheiras	30:21.3

Full results at <http://www.omarchador.blogspot.pt/2012/11/kristina-saltanovic-e-pedro-isidro.html>

NEWS ITEMS AND LINKS

Congratulations to walkers **Dane Bird-Smith** (QLD) and **Rhydian Cowley** (VIC) who are amongst the 43 high performing young athletes named in the Athletics Australia Target Talent Program for 2012/2013.

See http://www.athletics.com.au/home/news/news/2012/november/target_talent_program_continue for the announcement.

U18 racewalker **Anezka Drahotova** has been named Czech Junior Athlete of the Year for 2012.

Irish race walker **Robert Heffernan** was named as the Irish Athlete of the Year at the National Athletics Awards at a ceremony last weekend. Robbie, who finished fourth at this year's Olympic 50k Walk and broke his own national record with a time of 3:37.54, was also awarded the 2012 Race Walker of the Year Award.

And I caught this snippet from David Sim of NZ Walkers which he posted on their walking email list - I look forward to reporting on this in next week's newsletter.

Hi everyone ... later this week, Kim Allan is attempting and will succeed in completing 500km's without sleeping over 3 - 4 or so days ... She can do with all the support she can get .. for example, our club mate Mark Gray is coming up with Kim from Tauranga and will be there with her ... You all know the course - it's the 1,500m loop around The Domain which we walk all the time ... so come along and support Kim.. Cheers everyone.

The YouTube video below shows the finish of the 1960 Olympic 20km racewalk in Rome. It follows Russian walker Vladimir Golubnichy as he enters the stadium and completes his final 1+ lap, maintaining perfect walking form. Unfortunately second placed Australian Noel Freeman only gets a brief lookin but it shows lots of third placed British walker Stan Vickers (what a strange style!) and subsequent finishers. For the record, the first three were: Vladimir Golubnichy 1:34:07, Noel Freeman 1:34:16 and Stan Vickers 1:34:56.

- http://www.youtube.com/watch?v=rOBco_jJuNw

And to an article on endurance based injuries and recovery strategies by Melbourne based Donna Urquhart - well worth a read.

- <http://www.outeredgemag.com.au/feature/article/learn-to-endure-not-injure>

A REMINDER TO ENTER THE AUSTRALIAN 50KM CARNIVAL

A reminder that **entries close at midnight on the 28th November 2012 for the Australian 50km Road Walking Championship Meet** at Fawkner Park, Melbourne, on Sunday 9 December. The timetable reads as follows

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: 2 hours Men , 2 hours 15 mins Women
9.00am	10km Walk: U20 Men and Women	Cut-off: 56 mins Men , 60 mins Women
10:00am	5km Walk: U18 Men and Women	Cut-off: 28 mins Men, 30 mins Women

So complete your registration at http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=906&OrgID=887. So far, entries are as follows:

Coleman, Daniel	Tasmania
Erickson, Chris	Victoria
Evans, Simon	Victoria
Hill, Justin	South Australia
Lamble, Regan	A.C.T
Laufer, Michelle	Victoria
Lee, Beki	A.C.T
Montag, Jemima	Victoria
Mottrom, Kim	South Australia
Osborne, Jesse	Queensland
Reading, Brendon	A.C.T
Simpson, Bradley	Victoria
Steele, Blake	A.C.T
Stigwood, Stephanie	Tasmania
Tallent, Claire	A.C.T
Tallent, Rachel	A.C.T

VRWC CLUB RECORD UPDATE

Yes, more VRWC club records this week - well done Michelle, Nathan and Kyle.

Michelle Laufer	2000m Track Walk W40+	9:37.3	AV Shield Competition	Doncaster	17/11/2012
Nathan Brill	10km Road Walk U17	43:42	VRWC Summer Champs	Middle Park	18/11/2012
Kyle Swan	3km Road Walk U14	14:10	VRWC Summer Champs	Middle Park	18/11/2012

FUNDING OPPORTUNITIES FOR YOUNG VICTORIAN WALKERS

Young Victorian Athletes should be aware of a couple of funding opportunities advertised on the Athletics Victoria website (see <http://www.athsvic.org.au/development/athletes>).

The Maisie McQuiston Foundation

This fund is to assist registered female athletes of Athletics Victoria affiliated clubs. The aim of the Foundation is:

- To encourage the physical and educational development of women to improve their athletics.
- To give assistance and advice to women for the furtherance of their athletic careers.

Apply to:

Mrs M Mahony, The Secretary,
Maisie McQuiston Foundation
PO Box 852
Moonee Ponds VIC 3038

The Torch Club

The objectives of the Torch Club are to assist junior girls and boys (15 – 20 years) who are registered members of Athletics Victoria with travel to National Championships within Australia, and to provide recreation facilities (if necessary), social companionship, and entertainment for club members.

For information about Club membership and financial assistance contact:

Mrs Amy Burow
Unit 5, 24 Allambee Avenue
Camberwell VIC 3124

Victorians intending to travel interstate for National championships or intending to travel to our Falls Creek Camp over the New Year should investigate these two opportunities and perhaps put in an application for financial assistance.

NEW VRWC COMMITTEE AND AGM

We held our VRWC Annual General Meeting on Sunday and nearly all of us have all decided to come back for another year of work. The new committee is

OFFICERS	President Senior Vice President Junior Vice President Treasurer Secretary	Harry Summers Mark Donahoo Bob Gardiner Ralph Bennett Tim Erickson
GENERAL COMMITTEE	Club Captain - Women Club Captain – Men Junior Club Captain Publicity Officer Raceday Registrar Race Secretary Handicapper Delegate to Athletics Victoria Judging Coordinator Social Secretary Club Coach Racewalking Australia Liason Officer Maintenance Sub Committee Uniforms Officer Records Officer	Marlaine Stanway Russ Dickenson Stephanie George Stuart Cooper Damien Elms Tim Erickson Mark Donahoo Peter Vysma Peter Vysma TBA Don McLaren Mark Donahoo Bob Gardiner, Peter Vysma, Tim Erickson Heather Carr Terry Swan

Ordinary Members on Committee
Auditor

Tony Doran, Kylie Irshad, Michael Bodey
Timothy Matthews

We thank Paul Kozaris, who is stepping down, for his work on the Committee and we welcome Don McLaren and Kylie Irshad on board and welcome back Michael Bodey after a few years rest! It looks a great committee so I look forward to another exciting year.

STUART COOPER - VWRC'S NEWEST LIFE MEMBER

The Victorian Race Walking Club was pleased to welcome Stuart Cooper as a Life Member on Sunday. Here is a brief synopsis of why Stuart has been honoured with the ultimate in club awards.

Stuart started racewalking in 1966 while a student at Caulfield High School. He joined St Stephen's Harriers in Melbourne and started what was to become a life long association with the sport of racewalking. He joined the Victorian Amateur Walkers Club soon after this.

Stu competed regularly throughout the 1970's as an A grade walker in the summer season and as a road walker with VAWC in the winter season. Stu has been a member of our club off and on since then and has always been involved at much more than just a competitive level.

He was a good walker in his heyday, representing us at many interstate carnivals and becoming a centurion along the way. He was well known for his great crowd pleasing performances with the guitar during the long bus trips to Canberra for the annual Lake Burley Griffin 20 mile championship. His playing and singing were always in demand and fondly remembered by us older members.

In February 1974, he took over 'Heel and Toe' as a monthly newsletter costing 10 cents and a number of issues were produced over the next couple of years. At the start of the 1977 season, he was joined by Tim Erickson and the issues became more regular with Stuart doing the front cover and editorial and Tim doing the reporting and news and typing and printing. The combination lasted some 2 years with the last issue being in 1979.

His last serious season was 1981 when he competed very well in the Canberra 20 mile championship and completed two 50km events. It was in 1984 that he suffered the groin injury that effectively ended his career and since that time he has only walked intermittently. But to give him due credit, he has never officially announced his retirement and is still to be seen on the odd occasion striding out at walking events.

From the mid nineties onwards, Stu has taken on many other activities within the club. The list includes

- **VRWC Publicity Officer** - gathering the results and forwarding them to the newspapers each week.
- **VRWC Cameraman** - producing the weekly photos for Heel and Toe for at least 6 years before others eventually took over.
- **VRWC Committee Member** - he has been an enthusiastic and energetic contributor since coming on board.
- **VRWC Judge and Official** - he pitches in with officiating or judging every week and can always be relied on to take a leading role (eg race entries, etc) if needed.
- **VRWC Facebook coordinator** - Stu setup and spearheads our facebook page.

The Life Members of the club are pleased to welcome Stuart as our newest Life Member. His services to the club extend over 40+ years and he has well and truly earned this recognition.



Left: Stuart in action in the 2009 Victorian 30km Championship (where he came third)
Right: Stuart in action on the microphone at Middle Park

WHAT'S COMING UP

Athletics Victoria Shield competition resumes next Saturday with our walkers contesting 3000m/1500m track walks in all 6 regions:

AV Shield Round 6 - East Zone	Proclamation Park, Ringwood
AV Shield Round 6 - South East Zone	Lakeside Stadium, Albert Park
AV Shield Round 6 - North West Zone	Meadowglen Athletics Track, Epping
AV Shield Round 6 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 6 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 6 - Ballarat Zone	Llanberris Reserve, Ballarat

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

The following week sees the **Australian Schools T&F Championships** in **Hobart**, extending from Friday 30 Nov to Sunday 2 Dec. The timetable on the AA website reads as follows for the walks

Saturday 1 Dec	3:50PM	3000m U14 Walks Men and Women
	5:05PM	5000m U18 Walks Men and Women
Sunday 2 Dec	11:05AM	3000m U16 Walks Men and Women

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sat Dec 8, 2012	Australian Racewalk Judge Seminar and Updates, Melbourne
Sun Dec 9 2012	Australian 50km Championship, Fawkner Park, Melbourne
Jan 16-20, 2013	Australian Youth Olympic Festival, Sydney
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

5-6 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
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
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16^h IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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