



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 winner was 16 year old **Kyle Bird** who has only been racewalking for 18 months but who, in that short timeframe, has shown himself a very capable athlete. Competing in the AV Shield Competition at Ballam Park on the previous Saturday, his winning time of **13:27.4** was a 29 sec PB.

And now it's time to vote again and we have 4 superb performances to review this week.

- 24 year old South Australian **Tanya Holliday** recorded a 19 sec PB time of **12:27.73** in winning the South Australian Interclub competition in Adelaide last Saturday evening. Her time was also a new South Australian Open Record and moves her up to fourth on my Australian Women's All Time Ranking list (see later in the newsletter).
- 16 year old Victorian **Nathan Brill** won the Australian Youth Olympic 5000m in Sydney last Saturday afternoon in the amazing time of **20:08.6** - a 36 second PB and a time only two seconds outside Troy Sundstrom's Australian U18 record of 20:06. His time broke Dion Russell's Victorian U17 and U18 records and I feel it is now only a matter of time until he will and truly rewrites all the underage record books. I am sure it is the fastest time ever done by a 16 year old in Australia.
- 39 year old Victorian **Kelly Ruddick** was one of my two nominations last week and she is recognized again this week, compliments of her outstanding walk in the AV Shield 2000m in Geelong - her time of **8:26.40** was a 16 sec PB and confirms her place amongst our elite women (as if there was ever any doubt!)
- 19 year old Victorian **Brad Simpson** has surged back after a quiet year but what a summer season he is having. His run of form continued this week with a 25 sec PB time of **8:08.57** in winning the AV Shield competition at East Burwood on Saturday, followed by a 59 sec PB time of **22:39** in winning the AV 5km Roadwalk Teams Championship at Middle Park on Sunday morning.

As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>. This is one of the toughest votes we have seen for a while!

ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, FRIDAY 11 JANUARY

I missed out these results in last week's newsletter as they were a bit slow in going up on the ASA website. So it's a catchup first from Adelaide. Kim Mottrom reported on the race as follows:

We had our first walk of the year last night after last Friday night's races were cancelled due to a 45°C day here! Ended up being quite humid here anyway but it didn't stop Troy Hooker nearly walking another PB and Peter Crump doing his best time in quite a while. We also saw Jemma Potezny again in her first race since finishing year 12.

Open Women 5000m

Amber Tuscharski DNF

Open Men 5000m

1.	Kim Mottrom	21:46.01
2.	Justin Hill	24:48.13
3.	Peter Crump	27:18.80
4.	Troy Hooker	28:39.12

Open 2000m

1.	Jemma Potezny	10:43.81
2.	Rhiannon Lovegrove	11:26.14
3.	Felicity Henderson-Wilson	11:32.30
4.	Jayden Goode	11:47.14

SAMA TRACK WALKS, SANTOS STADIUM, WEDNESDAY 16 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: *hot evening, 37°C*. It did not seem to stop George White whose M67 time of 16:31 was outstanding.

3km Yacht Handicap

1.	W64	Gill White	23:17	64.63%
2.	M62	Phil Coles	22:13	60.57%
3.	M70	Bill Starr	21:16	69.21%
4.	M60	Jack Russell	17:45	74.30%
5.	M69	Roger Lowe	21:45	66.87%
6.	W68	Margaret Trengove	21:48	72.63%
7.	M74	Rodger Barber	22:09	69.92%
8.	M69	Graham Harrison	19:59	72.78%
9.	M83	Colin Hainsworth	22:55	77.20%
10.	W64	Jan Layng	23:15	64.73%
11.	M66	Geoff Byham	19:03	73.74%
12.	M67	George White	16:31	86.02%
13.	W58	Linda Whitelaw	23:22	60.22%
14.	W52	Marie Maxted	19:37	67.70%
15.	W61	Helen Suridge	21:55	64.83%
16.	M76	Paul Boyce	25:22	62.74%

ACT WALKERS CLUB TRACK WALKS, AIS STADIUM, THURSDAY 17 JANUARY

Thanks to Robin Whyte for the latest results from Canberra

3000m Handicap

	Actual	Start
1.	Peter Baker	16:25 (15:30)
2.	Ruth Baussmann	21:54 (10:05)
3.	Rod Gilchrist	20:01 (12:00)
4.	Emily Hopkins	18:37 (13:25)
5.	Sheryl Greathead	22:59 (09:05)
6.	Doug Fitzgerald	22:29 (09:45)
7.	Karina Hopkins	19:04 (13:25)
8.	Robin Whyte	18:33 (14:00)
9.	Bryan Thomas	20:36 (12:10)
10.	Geoff Barker	20:10 (12:45)
11.	Thomas Hopkins	15:57 (17:00)
12.	Val Chesterton	25:46 (07:20)
13.	Jennifer Gilchrist	22:46 (10:20)
14.	Gabby Hunt	16:36 (16:30)
15.	Kate Black	19:18 (14:10)

5000m

1.	Ashleigh Resch	28:19
2.	Zoe Hunt	28:50

1000m

1.	Spencer Burns	5:05
2.	Jordan Bardsley	5:50
3.	Laura Burns	6:09
4.	Dylan Eddowes	6:15
5.	Tom Alley	6:17
6.	Tom Hunt	6:27
7.	Barb Eddowes	7:00
8.	Colby Eddowes	7:18
9.	Lorna England	9:10

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 18 JANUARY

Kate Holt was the fastest in Perth in their latest round of Interclub last Friday evening.

Mixed 3000m Walk

1.	Holt, Kate	W	Melville	15:56.6
2.	Ruane, Tiahna	W	Athletics WA	17:49.8
3.	Reid, Benjamin	M	Athletics WA	18:56.2
	Gerken, Christopher	M	Athletics WA	DQ
	Ellis, Darrel	M	West Track	DQ

AUSTRALIAN YOUTH OLYMPIC GAMES, SYDNEY, SATURDAY 19 JANUARY 2012

The Australian Youth Olympics took place last weekend in Sydney but now without some drama and uncertainty.. The two day athletics program had to be reduced to one day after all competition was cancelled on Friday as Sydney's temperature rose to an all time record high of 45.8°C. The 5000m racewalks were eventually held on the Saturday afternoon at 5:30PM and it was worth the wait as **Nathan Brill** thrilled the small spectator crowd with his time of **20:08.6** - a 36 second PB and a time only two seconds outside Troy Sundstrom's Australian U18 record of 20:06. His time broke Dion Russell's Victorian U17 and U18 records and I feel it is now only a matter of time until he well and truly rewrites the underage record books. The disappointingly small fields across the board generally included Australians, New Zealanders and a smattering of other Asian-Pacific nations.

Kiwi Jonathon Lord walked excellently for his time of 22:50.64, as did Adam Garganis with 23:41.32. Zoe Boldiston was only some 10 secs outside her 5km PB with 24:53.32 and Tayla-Paige Billington was also not far outside her PB with 25:26.47.

5000m Walk Men

1.	Nathan Brill	Australia	20:08.02	PB 0:36
2.	Xiao Leng	China	21:06.50	
3.	Jonathon Lord	New Zealand	22:50.64	PB 0:30 ?
4.	Adam Garganis	Australia	23.41.70	PB 0:10

5000m Walk Women

1.	Jiayu Yang	China	23:07.85	
2.	Zoe Boldiston	Australia	24:52.32	
3.	Tayla-Paige Billington	Australia	25:26.47	

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 19 JANUARY

The second last round of Shield competition took place on Saturday and the numbers were huge in all events as athletes tried to qualify for the finals. It was our biggest walks week ever with 141 walkers in total spread across the six Victorian regions.

AV Shield Round 11 - East Zone, Bill Sewart Athletics Track, East Burwood

Brad Simpson walked an inspired race to win with 8:08.7 - a 25 sec PB and a time that was 3 secs faster than Olympian Chris Erickson recorded at Aberfeldie that same afternoon. Times were quick across the board in Burwood with Emmet Brasier 9:03.4, Lucas Taylor 9:07.9, Simon Evans 9:23.1 and Jasmine Irshad 9:33.7 leading by example. 45 walkers in total - wow!

Mixed 2000m Walk

1.	Simpson, Bradley	M19	ATHLETICS NU	8:08.7	PB 0:25
2.	Brasier, Emmet	M14	DIAMOND VALLEY AC	9:03.4	
3.	Taylor, Lucas	M16	YARRA RANGES	9:07.9	PB 0:05
4.	Evans, Simon	M52	BOX HILL AC	9:23.1	
5.	Irshad, Jasmine	W15	SOUTH COAST	9:33.7	
6.	Feiner, Tracy	W35	KNOX AC	9:39.0	
7.	Laufer, Michelle	W43	COLLINGWOOD	9:47.3	
8.	Irshad, Kylie	W41	SOUTH COAST	10:03.3	
9.	Geisler, Sandra	W35	RINGWOOD AC	10:08.2	
10.	Keirl, Bernie	M49	DIAMOND VALLEY AC	10:15.3	
11.	Cochrane, Andrew	M57	OLD SCOTCH C	10:44.8	
12.	Noonan, Patrick	M34	ST KEVINS AC	10:55.9	
13.	Patti, Adrian	M32	DONCASTER AC	11:14.2	
14.	Clarke, Eliza	W12	DIAMOND VALLEY AC	11:21.4	
15.	Clarke, Patrick	M44	DIAMOND VALLEY AC	11:23.0	
16.	Hammett, Gary	M55	DIAMOND VALLEY AC	11:24.4	
17.	Iacono, Thomas	M26	COLLINGWOOD	11:28.7	
18.	Schwerkolt, Zoe	W14	BOX HILL AC	11:38.2	
19.	Wright, Jacob	M18	ATHLETICS NU	11:50.4	
20.	Jack, Clarrie	M67	RICHMOND HAR	11:56.5	
21.	Olden, Graeme	M48	BOX HILL AC	12:02.5	
22.	Benke, Geza	M56	OLD MELBURNIANS AC	12:08.2	
23.	Worsnop, Christopher	M55	OLD XAVERIANS AC	12:19.7	
24.	Rosenbrock, Carolyn	W50	ATHLETICS NU	12:19.9	
25.	Garside, Emilie	W17	CROYDON AC	12:22.7	
26.	Best, David	M49	COLLINGWOOD	12:26.8	
27.	Brazel, Hilary	W19	ATHLETICS NU	12:38.7	
28.	Lui, Yuan Chow	M13	DONCASTER AC	12:58.7	
29.	Neale, Anthony	M14	COLLINGWOOD	13:10.9	
30.	Harvey, Christopher	M51	MALVERN HARRIERS AC	13:12.7	
31.	McCann, Adam	M36	ATHLETICS NU	13:29.9	
32.	Derby, Lachlan	M15	COLLINGWOOD	13:31.5	
33.	Chan, Lachlan	M15	OLD SCOTCH C	13:32.9	
34.	Quinn, Karen	W48	DIAMOND VALLEY AC	13:40.3	
35.	Sofianos, Gerald	M63	ST KEVINS AC	13:50.3	
36.	Cowell, Jacqueline	W19	DIAMOND VALLEY AC	14:27.9	
37.	Martini, David	M36	OLD XAVERIANS AC	15:37.7	
38.	Brock, Daniel	M21	ATHLETICS NU	15:45.7	
39.	Laurie, Natalie	W21	ATHLETICS NU	16:28.5	
40.	Van Der Westhuizen, Laura	W15	ATHLETICS NU	18:37.7	
41.	Hall, Gemma	W16	ATHLETICS NU	18:38.2	
42.	Wright, Isabelle	W16	ATHLETICS NU	19:16.2	
43.	Finnerty, Laura	W18	ATHLETICS NU	19:16.3	
	Hill, Jack	M20	BOX HILL AC	DQ	
	O'Callaghan, Brian	M72	RICHMOND HAR	DQ	

AV Shield Round 11 - South East Zone, Duncan McKinnon Reserve, Murrumbeena

The South East zone had a twilight meet at Murrumbeena and Kyle Bird and Jemima Montag were in great form, both racing to PBs,

Kyle with 8:47.5 and Jemima with 9:04.6.

Mixed 2000 Meter Race Walk

1.	Bird, Kyle	M16	MORNINGTON P	8:47.5	PB 0:11
2.	Montag, Jemima	W14	MACCABI AC	9:04.6	PB 0:06
3.	Hamilton, Emily	W14	KNOX AC	10:38.5	
4.	George, Hayley	W12	KNOX AC	10:54.9	
5.	Vasiljevic, Taylor	W13	CASEY CARDIN	10:58.9	PB 0:05
6.	Riddoch, Clyde	M59	ATHLETICS WAVERLEY	11:00.4	
7.	Sanders, Jade	W15	CASEY CARDIN	11:08.8	
8.	Bennett, Ralph	M71	VICTORIAN MA	11:09.5	
9.	Thillaisundaram, Anand	M36	MENTONE AC	11:14.7	
10.	Osmand, Kym	M30	OAKLEIGH AC	11:38.5	
11.	Gourlay, Marlene	W61	VICTORIAN MA	11:40.6	
12.	Attard, Bianca	W17	KNOX AC	12:10.1	
13.	Sommers, David	M55	KNOX AC	12:16.5	
14.	Macdonald, Chris	M43	HAILEYBURY AC	12:36.2	
15.	Eastwood, Jessie	W15	OAKLEIGH AC	12:36.6	
16.	Lillie, Jessica	W13	KNOX AC	12:37.0	
17.	Steed, Gwen	W70	VICTORIAN MA	12:40.9	
18.	Hutton, Philip	M66	GLENHUNTLY AC	12:50.4	
19.	Hamilton, Daniel	M14	GLENHUNTLY AC	12:53.7	
20.	Barrow, Geoff	M63	MENTONE AC	12:54.8	
21.	Hibbert, Chris	M15	GLENHUNTLY AC	13:09.1	
22.	Johnson, Celia	W65	VICTORIAN MA	13:11.0	
23.	Morrison, John	M73	SANDRINGHAM AC	13:34.4	
24.	Buller, Peter	M68	GLENHUNTLY AC	13:34.9	
25.	Wright, Jeffrey	M54	KNOX AC	13:35.8	
26.	Fielding, Shane	M46	ATHLETICS WAVERLEY	13:36.4	
27.	Eastwood, Jemma	W12	OAKLEIGH AC	14:56.6	
28.	Higham, Cassie	W28	GLENHUNTLY AC	16:32.6	
29.	Zeleznikow, Eva	W17	GLENHUNTLY AC	18:47.9	
30.	Sanford, Craig	M44	ATHLETICS WAVERLEY	19:46.5	
	Ockenden, William	M13	GLENHUNTLY AC	DQ	
	Zeleznikow, John	M62	GLENHUNTLY AC	DQ	
	Petersen, Aaron	M32	HAILEYBURY AC	DQ	
	Reyes, Jeanette	W33	SANDRINGHAM AC	DQ	
	Jones, Nicole	W27	SANDRINGHAM AC	DQ	
	Murphy, Declan	M15	GLENHUNTLY AC	DQ	
	Murphy, Christophe	M54	GLENHUNTLY AC	DQ	
	Zammit, Sebastian	M15	GLENHUNTLY AC	DQ	

AV Shield Round 11 - North West Zone, Moonee Valley Athletics Track, Aberfeldie

After an easy first lap, Olympian Chris Erickson showed a clean pair of heels to the rest of the field and cleared out to win with 8:11.6 at Aberfeldie. Team mates Danny Hawksworth 9:12.1 and Mark Donahoo 9:24.2 showed the Athletics Essendon depth with their own very good times. Aaron McDonough walked a PB time of 9:19.2 to split the Essendon triumvirate while Kirstin Shaw was the fastest lady with 10:20.9. We saw 49 walkers - even more than in Burwood!

Mixed 2000m Walk

1.	Erickson, Chris	M31	ATHLETICS ESSENDON	8:11.6	
2.	Hawksworth, Danny	M33	ATHLETICS ESSENDON	9:12.1	
3.	McDonough, Aaron	M40	PRESTON AC	9:19.2	PB 0:06
4.	Donahoo, Mark	M54	ATHLETICS ESSENDON	9:24.2	
5.	Hawkins, Trenton	M33	PRESTON AC	9:24.4	
6.	Shaw, Kirstin	W21	WESTERN ATHL	10:20.9	
7.	McShanag, Connor	M16	ATHLETICS ESSENDON	10:44.6	
8.	Erickson, Tim	M62	COBURG HARRIERS AC	10:50.2	
9.	Knox, Duncan	M53	ATHLETICS ESSENDON	11:10.3	
10.	Elms, Donna-Marie	W51	ATHLETICS ESSENDON	11:50.1	
11.	Shaw, Robyn	W51	WESTERN ATHL	11:53.7	
12.	Bertrand, Carly	W16	KEILOR ST BE	12:09.6	
13.	Crea, Gabriella	W13	ATHLETICS ESSENDON	12:22.1	
14.	Wellington, Shea	M15	KEILOR ST BE	13:14.9	
15.	Campbell, Rebecca	W15	ATHLETICS ESSENDON	13:25.9	
16.	Ryan, Maeve	W23	WILLIAMSTOWN AC	13:29.0	
17.	Dunstone, Phillip	M44	WESTERN ATHL	13:31.3	
18.	Utber, Courtney	W14	WESTERN ATHL	13:31.8	
19.	Hodgart, Claire	W16	WESTERN ATHL	13:36.5	
20.	Murphy, Stephen	M51	ATHLETICS ESSENDON	13:39.5	
21.	Matthews, Rhiannon	W11	KEILOR ST BE	13:50.4	
22.	Law, Rosa	W44	SOUTH MELBOURNE AC	14:09.4	

23.	Ireland, Roslyn	W29	BRUNSWICK AC	14:22.4
24.	Campbell, Caitlin	W18	ATHLETICS ESSENDON	14:26.6
25.	Casilli, Anthony	M13	PRESTON AC	14:47.5
26.	Francken, Jo	W40	WESTERN ATHL	14:52.6
27.	Newman, Teagan	W14	WESTERN ATHL	14:57.6
28.	Abfalter, Maria	W44	KEILOR ST BE	14:57.9
29.	Hodgart, Janice	W49	WESTERN ATHL	14:58.7
30.	Nicol, Stuart	M62	SOUTH MELBOURNE AC	15:13.4
31.	Cashin, Brenda	W48	WESTERN ATHL	15:18.5
32.	Gunn, Nicole	W33	KEILOR ST BE	15:43.4
33.	McIntyre, Michelle	W50	WESTERN ATHL	15:43.6
34.	Willingham, Sharon	W43	WHITTLESEA CITY AC	16:06.1
35.	Sykes, Dominic	M11	KEILOR ST BE	16:08.8
36.	Grenade, Christoph	M10	PRESTON AC	16:20.0
37.	Weitsz, Robert	M11	WESTERN ATHL	16:35.4
38.	McDonough, Emily	W12	PRESTON AC	17:08.7
39.	Rudston-Brown, Cai	W11	WHITTLESEA CITY AC	17:17.7
40.	Rickard, Ian	M56	BRUNSWICK AC	17:31.0
41.	Pensa, Marcus	M16	KEILOR ST BE	17:33.4
42.	Chiriff, Sarah	W28	KEILOR ST BE	17:58.9
43.	Campbell, Jessica	W13	PRESTON AC	19:14.1
	Morrison, Zachary	M17	KEILOR ST BE	DQ
	Kahin, Yassin	M16	ATHLETICS ESSENDON	DQ
	Porter, Kwame	M15	ATHLETICS ESSENDON	DQ
	Patinyotis, John	M17	ATHLETICS ESSENDON	DQ
	Holstein, Jake	M14	KEILOR ST BE	DQ
	Tonelli, Ashley	W8	KEILOR ST BE	DQ

AV Shield Round 11 - Bendigo Zone, La Trobe University Track, Bendigo

Madison Hill was the top walker in Bendigo with 13:05.17.

Mixed 2000m Walk

1.	MADISON HILL	WU14	SBE	13:05.17
2.	JOHN CARTER	MOP	SBE	13:36.39
3.	ANNETTE CURTIS	W40+	SBE	14:02.09
4.	NORM WEST	MOP	SBE	16:06.01

AV Shield Round 11 - Geelong and Ballarat Zones, John Landy Athletic Field, Geelong

And finally to Geelong where the Geelong and Ballarat zones held a combined meet. Kelly Ruddick was in dominant form with a 16 sec PB time of 8:26.40 - wow! It certainly dragged Andrew Blood out to a good time - 9:27.30,

Mixed 2000m Walk

1.	Kelly Ruddick	WOP	BHA	8:26.40	PB 0:16
2.	Andrew Blood	MOP	BYC	9:27.30	
3.	Nicholas Mirarchi	MOP	COR	10:50.30	
4.	Megan Walker	WU16	COR	12:10.70	
5.	Kate Schlicht	W40+	CHI	13:40.50	
6.	Harry Hockley-Samon	U14	CHI	14:24.70	
7.	Thomas Mirarchi	U14	COR	15:22.10	
8.	Joanne Rowan	W40+	CHI	15:38.60	

ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, SATURDAY 19 JANUARY

Thanks to Kim Mottrom for the results of Saturday evening's twilight meet in Adelaide (6:30PM start to beat the heat). Kim explains:

We had a good turnout for our 3000m last night. Tanya Holliday walked her first race of the summer, obviously aiming to beat her State Record of 12:48.4 that she set as a 17 year old. The two of us were together at 1000m but she pulled away in the next km to easily take 20+ seconds off her record with a new PB time of 12:27.73. Peter Crump and Troy Hooker raced together until a lap to go where Troy showed his improved speed. In the last 9 months he's lost over 20kg and become one of our most improved walkers in terms of time and technique. A special mention also to Felicity Henderson, one of our young walkers who tackled her first 3000m race.

Open Women 3000m

1.	Tanya Holliday	12:27.73	PB 0:19
2.	Rhiannon Lovegrove	18:31.46	
3.	Felicity Henderson	18:59.57	PB

Under 16 Girls 1500m

1.	Anna Cross	7:28.18
2.	Neve Goodrem	8:42.60

Open Men 3000m

1.	Kim Mottrom	12:33.30	
2.	Justin Hill	13:46.12	
3.	Troy Hooker	15:57.51	PB
4.	Peter Crump	16:07.03	

Under 16 Boys 1500m

1.	Alix Harlington	7:51.58	
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In fact Tanya's time rockets her into fourth place in my Australian All-Time ranking list, just ahead of Jane Saville. Now that's impressive!

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	11:51.26	Kerry Saxby-Junna	N	20/06/1961	1	Melbourne	07/02/1991	29
2	12:22.09	Gabrielle Blythe	V	09/03/1969	2	Melbourne	24/02/1994	24
3	12:26.87	Anne Pembroke-Manning	N	13/11/1959	3	Melbourne	24/02/1994	34
4	12:27.73	Tanya Holliday	S	21/09/1988	mix	Adelaide	19/01/2013	24
5	12:27.74	Jane Saville	N	05/11/1974	2	Melbourne	25/02/1993	28
6	12:36.21	Natalie Saville	N	07/09/1978	1	Sydney	09/12/1995	17
7	12:40.84	Teresa Letherby	Q	05/04/1972	2	Melbourne	29/02/1996	25
8	12:42.10	Sue Orr-Cook	V	23/04/1958	1	Canberra	10/03/1984	25
9	12:43.00	Michelle French	N	10/04/1982	mix	Sydney	08/11/1997	15
10	12:45.95	Beki Lee	N	25/11/1986	mix	Sydney	18/02/2012	25
11	12:46.76	Jenny Jones	Q	20/04/1967	mix	Brisbane	14/11/1992	25
12	12:48.40	Cheryl Webb	N	03/10/1976	mix	Sydney	22/11/1997	21
13	12:48.76	Lorraine Jachno	V	21/09/1959	2	Melbourne	25/02/1992	32
14	12:48.87	Claire Tallent	S	06/07/1981	mix	Brisbane	07/02/2009	27
15	12:49.20	Linda Coffee	N	31/07/1977	mix	Sydney	13/01/1996	18
16	12:51.56	Wendy Muldoon	V	27/05/1971	3	Melbourne	29/02/1996	24
17	12:51.60	Louise Nicholson	V	26/12/1966	mix	Melbourne	20/02/1992	25
18	12:56.60	Jane Lewry Barbour	S	27/07/1966	mix	Adelaide	05/03/1994	27
19	12:59.40	Bev Wilkins Hayman	N	09/05/1961	mix	Sydney	21/01/1989	27
20	13:02.10	Kelly Ruddick	V	19/04/1973	mix	Geelong	12/01/2013	39

SOUTH QUEENSLAND REGIONAL CUP, SOPAC, BRISBANE, SATURDAY 19 JANUARY

Our Queensland walkers were also back in action last weekend with the South Queensland and Regional Cup in Brisbane. It was good to see such a good turnout - Clara Smith 14:46.71 and Brad Aiton 12:34.36 were the fastest overall.

3000m Women

1.	Smith, Clara	15	Brisbane Central	14:46.71
2.	Woodward, Mikaela	14	Brisbane Central	16:15.21
3.	Benzenati, Kenza	16	Gold Coast& Dist	17:33.76
4.	Sunderland, Nyle	46	Gold Coast& Dist	17:39.19
5.	Boardman, Lucy-Rose	17	Brisbane North	18:53.08
6.	Sims, Jesse	16	Brisbane North	18:57.86
7.	Haig, Jessica	17	Sunny Cst Cntry	19:25.91
8.	Sims, Riley	13	Brisbane North	19:51.31
9.	Sims, Casey	19	Brisbane North	20:27.85
10.	Oldham, Tash	22	Gold Coast& Dist	20:45.42
11.	Briscoe, Judy		Brisbane North	21:18.65
12.	Briscoe, Susie		Brisbane North	22:02.31
13.	Wright, Jessica	19	Brisbane South	22:54.97
	Martin, Katya	16	Gold Coast& Dist	DNF

3000m Men

1.	Aiton, Brad	19	Gold Coast& Dist	12:34.36
2.	McCutcheon, Luke	15	Brisbane South	15:20.88
3.	McCutcheon, Jamie	14	Brisbane South	18:06.51
4.	Bock, Peter	31	Sunny Cst Cntry	20:34.93
5.	Haig, Callum	13	Sunny Cst Cntry	24:11.97
	Arkininstall, Andrew	30	Gold Coast& Dist	DQ
	Benzenati, Yanis	13	Gold Coast& Dist	DQ

And thanks to Robyn Wales for these photos from the meet.



**Left: Casey Sims, Jessica Haig and Nyle Sunderland contest the 3000m
Right: Tash Oldham, Brad Aiton and Nyle Sunderland**



Gold Coast Victory walkers Andrew Arkinstall, Nyle Sunderland, Katya Martin, Kenza Benzenati, Tash Oldham and Yanis Benzenati

AV 5KM TEAMS CHAMPIONSHIPS AND VRWC RACES, MIDDLE PARK, SUNDAY 20 JANUARY

Last Sunday saw 63 walkers descend on Middle Park in inner Melbourne for the annual Athletics Victoria 5km Roadwalk Teams Championships, held in conjunction with regular VRWC Summer Season races. Conditions were just about perfect early on but competitors in the longer races did have to contend with warming conditions in the latter stages of their races.

First to the AV Men's Teams event which saw an emphatic win to Athletics Nunawading, led by Brad Simpson with an impressive 22:39 and ably backed up by Frank Bertei and Ryan Antidormi. Neither Frank nor Ryan are regular walkers these days and both performed well on the tricky 1km circuit. Athletics Essendon (Mark Donahoo, Duncan Knox and Connor McShanag) and Collingwood (Stuart Kollmorgen, David Smythe and David Best) took the minor placings.

The Women's Teams event was a tighter battle with Knox prevailing over Eaglehawk through the efforts of Tracey Feiner, Paige De Lisen and Emily Hamilton. The Bendigo girls fell just short, though Amanda Heard (25:52) was the fastest overall, while team-mates Heather Carr, Ebony While and Annette Major walked well. Western Athletics (Kirsten Shaw, Robyn Shaw and Janice Hodgart) took bronze.

Finding a place in a crowded program for the 5km teams race has not been easy, with many prospective entrants being otherwise committed, and holding it during the summer this year was a case of 'suck it and see.' The turnout, though not huge, was strong enough to suggest that we'll be back for it at a similar time in 2014.

AV 5km Road Walk Teams Championship - Men

1.	Brad Simpson	ANW	22:39	PB 0:59
2.	Stuart Kollmorgen	COL	23:35	
3.	Aaron McDonough	PTN	25:13	
4.	Mark Donahoo	ATE	26:19	
5.	Frank Bertei	ANW	27:27	
6.	Ryan Antidormi	ANW	28:05	
7.	David Smyth	COL	28:30	
8.	Duncan Knox	ATE	29:24	
9.	Connor McShanag	ATE	29:56	
10.	Robert Walsh	ANW	30:33	
11.	Cody McNicol-Davidson	SCA	31:46	
12.	David Best	COL	32:32	
	Bill Dyer	BOH	DNS	
	Joshua Kaiser	SCA	DQ	
Teams	1 ANW	1,5,6=12	B Simpson, F Bertei, R Antidormi	
	2 ATE	4,8,9=21	M Donahoo, D Knox, C McShanag	
	3 COL	2,7,12=21	S Kollmorgen, D Smyth, D Best	

AV 5km Road Walk Teams Championship - Women

1.	Amanda Heard	EAG	25:52	PB 0:49
2.	Kirstin Shaw	WES	26:18	PB 0:02
3.	Tracy Feiner	KNA	26:23	
4.	Paige De Lisen	KNA	28:22	First ever
5.	Emily Hamilton	KNA	28:50	
6.	Heather Carr	EAG	28:53	
7.	Ebony Whiley	EAG	29:21	
8.	Tamara Attard	KNA	29:38	
9.	Annette Major	EAG	31:11	
10.	Robyn Shaw	WES	32:26	
11.	Janice Hodgart	WES	42:03	First ever
Teams	1 KNA	3,4,5=12	T Feiner, P De Lisen, E Hamilton	
	2 EAG	1,6,7=14	A Heard, H Carr, E Whiley	
	3 WES	2,10,11=23	K Shaw, R Shaw, J Hodgart	

The usual mix of VRWC club races were on offer, starting with 20km, 15km and 10km events at 8:30AM and a surprising number of walkers chose to compete in these longer walks. PBs to Karyn O'Neill (20km in 2:19:17), Bernie Keirl (20km in 1:59:39) and Lucas Taylor (10km in 53:17) provided some early highlights to the program. It was also good to see masters walker Ruth Mary Falconbridge back and walking with us again after a break of quite a few years.

VRWC 20km Walk Open

1.	Karyn O'Neill	2:19:17	PB 0:57
1.	Simon Evans	1:49:57	
2.	Bernie Keirl	1:59:39	PB 7:49
3.	Terry O'Neill	2:04:00	

VRWC 15km Walk Open

1.	Pam Tindal	1:26:47
2.	Mathilde Lacaze	1:31:24

VRWC 10km Walk Open

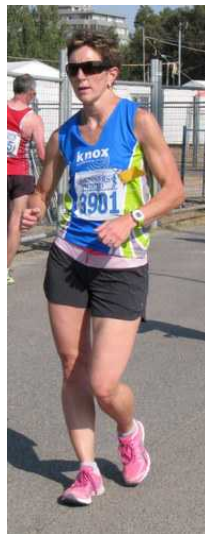
1.	Michelle Laufer	0:52:33	
2.	Donna Elms	1:07:15	
3.	Ruth Mary Falconbridge	1:25:28	
4.	Margaret Beaumont	1:25:30	
1.	Lucas Taylor	0:53:17	PB 2:14
2.	Ralph Bennett	0:59:50	
3.	David Armstrong	1:04:15	
4.	Ian Beaumont	1:23:51	
	Mark Donahoo	DNF	
	Murray Dickinson	DQ	



AV Men's 5km Teams Race - Brad Simpson, Stuart Kollmorgen and Aaron McDonough



Winning men's team - Ryan Antidormi, Frank Bertei and Brad Simpson (ANW)



AV 5km Teams Women - Amanda Heard, Tracy Rosengrave and Kirstin Shaw and the winning Knox team

Our club 5km and 3km walks also saw some good walking and a superb effort by Jasmine Irshad, her time of 25:25 only 10 secs behind Jemima Montag. We also welcomed Karla Bulte for her first walk with us in the U15 3km - her time a promising 18:02.

VRWC 5km Walk Open

1.	Jemima Montag	25:15	
2.	Jasmine Irshad	25:25	PB 0:20
3.	Sandra Geisler	26:29	
4.	Jade Sanders	30:22	
5.	Rachael Guy	31:42	
6.	Liz Feldman	37:07	
7.	Kelly Davidson	45:08	

1.	Andrew Jamieson	24:45	
2.	Russ Dickenson	29:34	
3.	Anand Thillaisundaram	30:42	
	Barrie Wicks	DQ	

VRWC 3km Walk Open

1.	Gerard Feain	20:45	
2.	Gerald Sofianos	21:05	
3.	Gordon Onley	22:45	

VRWC 3km Walk U15

1.	Rebecca Henderson	17:32	
2.	Karla Bulte	18:02	First walk with us
3.	Madeleine Feain	20:45	
1.	Lachlan Feain	20:55	

**Lucas Taylor, Karyn O'Neill, Jasmine Irshad, Ruth Mary Falconbridge, Ian Beaumont and Bernie Keirl**

Finally to our U12 and U9 events. Due to the many LA options open to our young walkers, the numbers are never big for these summer races but we were pleased to see Natalie Morrow (13:41 for 2km), Hayley Woolfe (5:59 for 1km) and Brianna Briet (6:02 for 1km) having their first walks with us.

VRWC 2km Walk U12

1.	Kathleen O'Mahony	12:03	
2.	Natalie Morrow	13:41	First walk with us

VRWC 1km Walk U9

1.	Hayley Woolfe	05:49	First walk with us
2.	Brianna Briet	06:02	First walk with us
3.	Freya Evans	07:05	

Thanks to the many people who generously provide their expertise week by week to ensure that our events run on time and with the required level of professionalism. Sorry if I missed anyone from the list!

Officials: Tim Erickson, Damien Elms, Harry Summers, Stuart Cooper, Don McLaren, Stacey McLaren, Marlaine Stanway, Alan Lucas, Justin McLaren (Bike)

Judges: Peter Vysma (Chief), Brenda Felton, Frances Attard, Gordon Loughnan, Lloyd Nichols, Matt Owen, Jason Elms (DQ Board)

Canteen: Kate Suich, Wendy Cooper

Refreshments: Simone O'Neill



Natalie Morrow (U12), Karla Bulte (U15), Brianna Briet (U9) and Hayley Woolfe (U9) - first time VRWC walkers

And finally, some shots of the other placegetters in the AV Teams Event



Amanda Heard, Ebony Whiley and Heather Carr (EAG)



Kirstin Shaw, Robyn Shaw and Janice Hodgart (WES)



Mark Donahoo, Duncan Knox and Connor McShanag (ATE)



David Best and David Smyth (COL)

VOLGA DISTRICT INDOOR TRACK CHAMPS, NOVOCHEBOKSARSK, RUSSIA, SAT 12 JANUARY

Irina Yumanova 21.12,00 and Pyotr Trofimov 19.15,50 were the winners of the Volga District indoor track championships, held in the city of Novocheboksarsk earlier this month. Note also 14 year old Aleksey Archipov who came fourth with 20.30,31.

5.000m Women

1.	Irina Yumanova	1990	21:12.00
2.	Olga Suranova	1986	21:37.09
3.	Marina Pandakova	1989	21:40.41
4.	Kladia Afanasjeva	1996	23:32.58
5.	Kristina Michailova	1993	23:58.60

5.000m Men

1.	Piotr Trofimov	1983	19:15.50
2.	Aleksandr Yargunkin	1981	19:26.51
3.	Edikt Chaibullin	1989	20:24.18
4.	Aleksey Archipov	1998	20:30.31
5.	Aleksandr Ivanov	1994	20:48.38

PORTUGESE JUNIOR INDOOR TRACK CHAMPIONSHIPS, POMBAL, SATURDAY 19 JANUARY

Miguel Carvalho 21:27.58 and Filipa Ferreira 14:11.07 won the Portugese Junior Indoor Track Championship walks last Saturday.

5000m Men

1.	Miguel Carvalho	CN Rio Maior	21:27.58
2.	Rui Coelho	CA Seia	21:33.77
3.	Hélder Santos	GDP Chão Duro	23:16.11
4.	Miguel Rodrigues	CN Rio Maior	23:43.81
5.	João Martins	CA Ferreira do Zêzere	25:51.88

3000m Women

1.	Filipa Ferreira	CO Pechão	14:11.07
2.	Edna Barros	CO Pechão	14:13.29
3.	Mara Ribeiro	CN Rio Maior	14:14.27
4.	Mariana Mota	CA Ferreira do Zêzere	14:38.64
5.	Ariana Azevedo	GDP Chão Duro	14:49.90

OVERSEAS SHORTS

Noé Hernández, the Mexican race walker who won a silver medal at the Sydney 2000 Olympics, has died a couple of weeks after being shot in the head at a Mexico nightclub. The 34-year-old lost his left eye in the incident and was recovering at home when he suffered an apparent heart attack. He died on the way to hospital. Doctors had discharged Hernández, who was the sports secretary for the ruling Institutional Revolutionary Party (PRI) in Mexico state, after undergoing a series of three operations on the nine millimetre bullet wound on the front left area of his head, and he had been due to return to hospital for another operation.

As well as the athlete, two others victims were killed and a further two injured after gunmen burst into the Queen of Kings nightclub in Los Reyes La Paz on December 30. Mexican police are looking for three men in connection with the shooting.

See http://www.marciaitaliana.com/dett_news.asp?id=1274 for an article on former Irish racewalker and now international racewalking judge Pierce O'Callaghan.

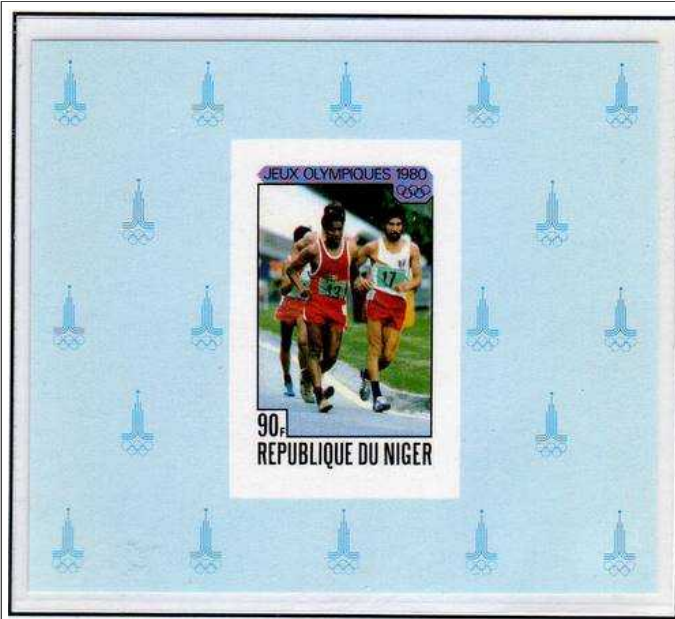
VRWC CLUB RECORD UPDATE

Yes, more VRWC records this week, compliments of Nathan, Kelly and Jemima.

Nathan Brill	U17-U18 5000m Track Walk	20:08.02	SOPAC, Sydney	19/01/2013
Kelly Ruddick	W35 2000m Track Walk	8:26.40	Landy Field, Geelong	19/01/2013
Jemima Montag	U15-U17 2000m Track Walk	9:04.6	Murrumbena	19/01/2013

EVEN MORE RACEWALKING STAMPS

Our stamp related theme continues this week with further items of interest, again from Alex Wijsman of Holland. In fact, I now have so much racewalking philatelic information that I have split it across two pages - <http://www.vrwc.org.au/vrwcstamps.shtml> and <http://www.vrwc.org.au/vrwcpostmarks.shtml>.



1980 - Republic of Niger - Stamp Sheetlet

We have seen this 1980 Niger stamp before - it features the Mexican walkers Daniel Bautista and Raul Gonzales.

This stamp was also released in sheetlet form with the stamp imprint surrounded by a blue background wallpaper showing the 1980 Olympic symbol.

Alex advises that the stamp was issued in at least one more sheetlet with a different background colour but that one is very rare and very expensive so he has not acquired it as yet.



1954 - San Marino First Day Covers

The 1954 San Marino 1L and 80L stamps were the first ever racewalking stamps.

Here are the official First Day Covers, dated 28 August 1954. The envelope confirms that the stamps were released for the International Stamp Fair being held that year in Riccione. The writing on the envelope states:

*6th International Stamp Fair
Riccione - S Marino
28 August 1954*

This stamp fair is still held annually in Riccione - wow!

Of course, our Masters walkers know Riccione well as the World Masters Championships were held there in 2007.

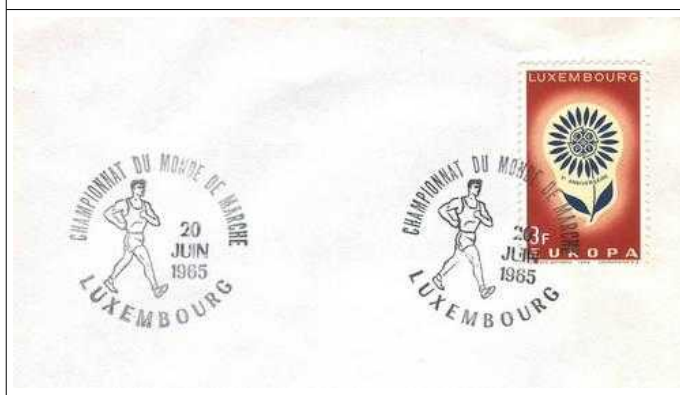




1960 - San Marino First Day Cover

In 1960, San Marino released another racewalking stamp as part of a collection of 14 stamps celebrating the Rome Olympics of that year.

We have already reviewed this stamp but here is the First Day Cover featuring the walking stamp along with 3 of the other stamps from that release. The date is 24 August 1960. This is a real collector's item!



1965 - Luxemburg Commemorate Postal Mark

For many years, before the IAAF started its own Athletics World Championships, the sport of racewalking had its own in the form of the Lugano Trophy. First held in 1961, this competition (now called the IAAF Race Walking World Cup) is held every two years and is the premier racewalking competition on the international calendar.

In 1961, it was held in Lugano in Switzerland. In 1963, it was held in Varese in Italy. In 1965, it was held in Pescara in Italy and this special commemorate postmark was produced by Luxemburg.

2014 COMMONWEALTH GAMES - ONE FINAL PUSH

Peter Marlow has reported in as follows with regard to the last gasp campaign to get racewalking reinstated in the 2014 Commonwealth Games.

Dear Friends,

The Commonwealth Games 2014 received 194 emails... and thank you. Please copy your letter to Gemma Park, Minister for Commonwealth Games and Sport for Scotland ministerforcommonwealthgamesandsport@scotland.gsi.gov.uk and Paul Bush, Chief Operating Officer of Events Scotland Paul.Bush@EventScotland.org. One more push and I hope we will be successful in reinstating the walks in the Commonwealth Games.

Best wishes,

Peter

ENTRIES NOW OPEN

Quite a few online entries are now open.

- Entries are open for the **Victorian Youth T&F Championships** which will be held at Lakeside Stadium from **8-10 February**. Entries close this Thursday 24 January so don't be late. The draft timetable is also available so check out <http://www.athsvic.org.au/events/detail/victorian-junior-track-field-championships>
- Entries have been open for quite some time for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24 February**. Numbers are building quietly and we look set for good fields once again. See http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887

Events to be conducted in Hobart include:

20km Race Walk - Open/U23 Men & Open/U23 Women

10km Race Walk - U20 Men & U20 Women

Entries for this carnival close: Monday 11th February, 2013

WHAT'S COMING UP

Entries have now closed for the **Victorian Country T&F Championships**, to be held in Geelong this coming weekend. See <http://athsvic.org.au/events/detail/victorian-country-athletics-championships> for the draft timetable.

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

Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Sat Feb 2, 2013	AV Shield Round 12
Sun Feb 3, 2013	VRWC Road Walks, Middle Park
Thurs Feb 7, 2013	AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone
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 16-17, 2013	VMA State T&F Championships, East Burwood Athletics Track, East Burwood
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 IAAF Race Walking Challenge

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

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

3-4 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
2015	9th World Youth T&F Championships, Cali, Colombia
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	16th 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>)