



## HEEL AND TOE ONLINE

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

My Walker of the Week this week is Victorian **Kelly Ruddick** who has just been announced as part of our Australian team to compete in the 2014 World Racewalking Cup. At 40 years of age, Kelly is one of our oldest World Walking Cup team members ever (but not as old as Harry Summers was in 1985 when he was selected for the Isle of Man World Cup at 50 years of age!).

Her selection is all the more noteworthy given that in early December, she broke 4 ribs in a fall and was forced to bypass the Fawkner Park races as part of a frustrating month on the sidelines. Her winning time in Hobart (**1:34:44**) and her winning time in Launceston last September (**1:33:15**) make her our top ranking Open woman over the 20km distance. Alongside that, she has shattered all the Australian W40 Masters records and set a whole swag of World Masters records since turning 40 last year.

I profile Kelly later in this newsletter.



**Kelly Ruddick strides to victory in Hobart - 1:33:15**

### WHAT'S COMING UP

The **Victorian Underage T&F Championships** will be held this coming weekend at Lakeside Stadium in Albert Park. This is a required meet for Victorians wanting to compete in the Australian Underage T&F Champs in March in Sydney so I expect to see plenty of good competition in the walks.

And a reminder that entries close in a week's time (Wednesday 19 February) for the **2014 Victorian Open Track & Field Championships**. Enter at <http://athsvic.org.au/events/detail/victorian-open-u20-u18-multi-championships>. The championships themselves will be held from **Friday 28 February to Sunday 2 March** and the draft timetable has the 5000m Open Walks scheduled for 11:30AM on Sunday 2<sup>nd</sup> March. If everyone turns out, this will be a superb race.

And now to Masters news.

The **2014 VMA T&F Championships** will be held on **15-16 March 2014** at the **Bill Sewart Athletic Track in Nunawading**. Entries are via the AV online entry form: see <http://www.athsvic.org.au/events/detail/victorian-masters-track-field-championships1>.

The **2014 VMA 5000m Racewalk Championships** will be held on **Sunday 23 March** at the **Mentone Athletics Track in Mentone** and will be run on behalf of VMA by the Victorian Race Walking Club. Entries are taken on the day.

Finally, some of our Australian Masters walkers will be heading off next month to the **World Masters Athletics Indoor Championships in Budapest** (see <https://www.facebook.com/WMABudapest2014>). The meet runs from **25-30 March** and includes 3000m track walks and 10km road walks.

And for those Australians going to Budapest, you might like to consider racing in the IAAF Challenge Series meet in Dudince (Slovakia) on Saturday 22 March. it's only a couple of hour's drive from Budapest and includes Masters 5km road walks. Contact me and I can post you the informational blurb.

### AUSTRALIA'S WORLD CUP TEAM TAKES SHAPE

Five walkers were added to the Australian team for the IAAF World Race Walking Cup last Friday, by the Athletics Australia selectors (see <http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/5928/Five-added-to-Australian-Flame->). **Dane Bird-Smith (QLD)**, **Rhydian Cowley (VIC)**, **Adam Rutter (NSW)**, **Kelly Ruddick (VIC)** and **Tanya Holliday (SA)** have all been selected to compete in the 20km events following the Oceania and Australian 20km Race Walking Championships in Hobart a week ago.

"On behalf of the Selectors, I congratulate the five athletes we have added to the Australian team today," Dion Russell, the Athletics Australia Chairman of Selectors, said. "Dane, Rhydian and Kelly were automatic selections following their performances in the Selection Trial in Hobart. All three stopped the clock below the required qualification standard and were placed within the top-two eligible athletes for consideration. Adam and Tanya have been added to the team as discretionary selections."

Today's confirmation of a further five athletes brings the Australian team to eight, with IAAF World Championships bronze medallist **Jared Tallent (SA)**, dual Olympian **Chris Erickson (VIC)** and national champion **Kim Mottrom (SA)** selected to compete in the men's 50km walk in December.

Athletics Australia Selectors will meet once again in the week following the Australian Junior Athletics Championships to determine which junior athletes will be selected to compete in the Junior Men's and Women's 10km walk races. The pickings are indeed rich on the junior front with 5 male and 5 female qualified walkers to choose from (see further details in last week's newsletter).

### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 FEBRUARY

Thanks for Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin advises it was a hot evening. Good to see Richard Everson walking again.

#### 1500m Walk

Kim Mottrom	06:00		
Justin Hill	06:42		
Richard Everson	07:23	M50	80.03%
Jack Russell	08:04	M61	81.01%
Rhiannon Lovegrove	08:09		
Gloria Holliday	08:10	W53	79.51%
Marie Maxted	09:30	W53	68.35%
Mary Anne Siebert	09:40		
John Hore	10:11	M65	66.92%
Margaret Trengove	10:13	W70	76.08%
Colin Trengove	10:41	M76	73.01%
Rodger Barber	10:47	M75	71.36%
Roger Lowe	10:53	M70	66.33%
Leigh Smith	11:00	M78	72.93%
Gill White	11:54	W65	61.44%
Matthew Anderson	12:01	M42	46.03%
Jill Rogers	12:22	W69	62.05%

#### 3000m Walk

1. Kim Mottrom	13:08		
2. Justin Hill	14:31		
3. Peter Crump	16:30	M53	74.92%
4. Gloria Holliday	17:23	W53	77.10%
5. Jack Russell	18:05	M61	73.66%
6. Marie Maxted	19:46	W53	67.80%

7.	Rodger Barber	22:00	M75	71.35%
8.	Leigh Smith	22:39	M78	72.30%
9.	Colin Hainsworth	23:07	M84	77.82%
10.	Roger Lowe	23:32	M70	62.54%
11.	Linda Whitelaw	23:57	W59	59.37%
12.	Matthew Anderson	25:11	M42	44.80%
13.	Jill Rogers	25:27	W69	63.06%
14.	Paul Boyce	?		

### ACTRWC TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 6 FEBRUARY

Thanks to Robin Whyte for the latest walk results from Canberra.

#### 2000m Walk

1.	Ann Staunton-Jugovic	10:08
2.	Kate Black	11:50
3.	Helena Bialecki	11:59
4.	Ewen Thompson	12:33
5.	Mick Saunders	13:17
6.	Rod Gilchrist	13:18
7.	Geoff Barker	13:37
8.	Doug Fitzgerald	13:52
9.	Jennifer Gilchrist	13:53
10.	Peter Thompson	14:29
11.	Venesser Rogic	14:48
12.	Ruth Baussmann	14:49
13.	Val Chesterton	16:18
14.	Margaret McSpadden	16:18
15.	She Hawke	18:37

#### 1200m Walk

1.	Laura Burns	06:57
2.	Sophie Rogic	08:16

### ACT T&F ATHLETICS CHAMPIONSHIPS, AIS ATHLETICS TRACK, BRUCE, 7-9 FEBRUARY

As part of the ACT T&F Championships last weekend in Canberra, 3000m and 5000m racewalks were held on the Friday evening.

#### Girls U14 3000m Walk

1.	Henderson, Elizabeth	Woden Harriers	19:46.53
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#### Boys U14 3000m Walk

1.	Burns, Spencer	North Canberra	16:25.86
2.	Baker, Mitchell	North Canberra	17:48.11

#### Women U16 3000m Walk

1.	Hunt, Gabby	North Canberra	16:14.61
2.	Hopkins, Emily	Queanbeyan	17:32.76
3.	Bardsley, Jordan	South Canberra	19:24.37
4.	Rogic, Chelsea	Woden Harriers	21:08.08

#### Men U16 3000m Walk

1.	Burns, Callum	North Canberra	15:54.58
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#### Women U18 5000m Walk

1.	Hunt, Zoe North	Canberra	26:56.69
2.	Hopkins, Karina	Queanbeyan	31:47.47

#### Men U18 5000m Walk

1.	Hopkins, Thomas	Queanbeyan	27:52.41
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#### Women U20 5000m Walk

1.	Hosking, Elizabeth	South Canberra	26:26.11
2.	Durr, Ally	Queanbeyan	29:07.26

**Women Open 5000m Walk**

1.	Staunton-Jugovic, Ann	South Canberra	26:52.80
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**Men Open 5000m Walk**

1.	Rayson, Ian	NSW	20:43.79
2.	Whyte, Robin	North Canberra	32:07.98

**ATHLETICS SA SPECIAL MEET, SOPAC, MILE END, ADELAIDE, SUNDAY 9 FEBRUARY**

With the Saturday temperature in Adelaide predicted to reach 42C, Athletics SA sensibly cancelled the scheduled Interclub competition and scheduled a Sunday non-points competition when the weather was expected more favourable.

**2000m Race Walk**

1.	Rhiannon Lovegrove	W13	PORT ADELAID	10:28.42
2.	Bethany Cross	W13	PEMBROKE ATH	10:34.83
3.	Gloria Holliday	W53	FLINDERS ATH	11:14.57
4.	Samantha Findlay	W16	SOUTHERN ATH	11:29.73
5.	James Hoare	M67	PORT ADELAID	14:31.93
6.	Barbara Cain	W65	PORT ADELAID	14:36.55
7.	Jake Vidler	M13	SOUTHERN ATH	?

**2014 NSW JUNIOR & YOUTH CHAMPIONSHIPS, SOPAC, SYDNEY, 27 FEB - 2 MARCH**

The NSW Junior T&F Championships were held over 4 days last weekend in Sydney against a background of ongoing hot weather. Conditions were warm on Saturday for the 3000m walks but very warm on Sunday for the 5000m walks but, with only a few DQs, it made for some good walking. Special mention to Lydia McKay (3<sup>rd</sup> in the Women Under 18) - it is great to see her back in the walks again after about 2 years of injury. Great walking by Jay Felton (PB of 22:15.27), Tyler Jones (22:02.37) and Jasmine Dighton (PB of 24:17.76).

**Men 3000m Walk U16**

1.	James Clay	15	Ath Wollongong	15:25.40
2.	Elijah Harris	14	Girraween	16:08.39
3.	Eyan Thomson	14	Nepean	16:13.54
4.	Kyle Bedford	14	Nepean	16:38.61
5.	Hayden Millican	14	Sydney Pacific	16:38.70
6.	Jordan Glover	15	Hills Aim	17:22.72
7.	Travis Barendregt	14	Nepean	17:40.31
8.	Cory McGinniskin	15	Edgeworth	18:00.01

**Women 3000m Walk U16**

1.	Raquel Roukos	14	Nepean	15:03.25
2.	Jasmyn McDonald	15	Parramatta	15:09.52
3.	Chelsea Goodhew	15	Westlakes	15:15.70
4.	Lucy Francis	15	Sydney Pacific	15:24.21
5.	Eliza DeLaine	14	Sydney Pacific	15:49.15
6.	Ebony Burnard	15	Asics Wests	16:16.44
7.	Shanae Norton	15	Bankstown	16:56.97
8.	Ally Grujoski	15	South Sydney	17:22.76
9.	Molly O'Neill	14	Adamstown Ne	17:52.13
10.	Sophie Crichton	14	Sydney Pacific	18:27.11

**Women 3000m Walk U14**

1.	Samantha Brown	13	Parramatta	16:05.85
2.	Abbey McMillen	13	Sydney Pacific	16:17.60
3.	Alexandra Sutherland	12	South Sydney	17:42.46
4.	Jasmine Fletcher	13	South Sydney	17:54.29
5.	Madeline Owen	13	Forster	18:01.12
6.	Elise Brennan	12	Uts Norths	18:19.41

**Men 3000m Walk U14**

1.	Harrison Mavin	13	Sydney Pacific	16:12.21
2.	Lachie Sky	12	Sydney Pacific	17:22.77
3.	Oliver Chippendale	12	Mingara	17:56.22
	Lachlan Becroft	12	Nepean	DQ

**Men 5000m Walk U20**

1.	Jay Felton	19	Mingara	22:15.27	PB 0:20
2.	Carl Gibbons	18	Westfields	23:34.78	

**Men 5000m Walk U18**

1.	Tyler Jones	16	Wyong	22:02.37	
2.	Aidan Kerr	16	Sydney Pacific	25:01.04	
3.	Nathan Brown	16	Parramatta	26:06.02	
4.	Adam Mylonas	17	Hills Aim	27:00.96	
5.	Tom Doyle	16	South Sydney	27:03.06	
6.	Luke Jobson	17	Girraween	27:20.98	
7.	Damien Owen	16	Forster	27:22.75	
	Dylan Richardson	14	Mingara	DQ	

**Women 5000m Walk U20**

1.	Jasmine Dighton	18	Asics Wests	24:17.76	PB 0:41
2.	Amy Bettiol	19	Sydney Pacific	27:14.55	
3.	Tabitha Porley	19	Asics Wests	27:39.63	
4.	Amanda Barendregt	18	Nepean	28:13.13	
5.	Shay Southern	19	Asics Wests	29:20.88	

**Women 5000m Walk U18**

1.	Jayde Hill	17	Nambucca	27:07.33	
2.	Stephanie Grujoski	17	South Sydney	29:02.11	
3.	Lydia McKay	17	Mingara	29:47.65	
4.	Rhiannon Minett	16	Bankstown	29:54.76	
5.	Bryony Beasley	17	Nepean	30:48.95	
	Natalia Robson	16	Coffs Harbour	DQ	

<b>CABOOLTURE DUSK TO DAWN 12 HOUR ENDURANCE EVENT</b>
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A number of VRWC members travelled to the annual Caboolture Dusk to Dawn 12 Hour Endurance event which was held once again on the 500m gravel road loop within the Caboolture Historical Village on the Sunshine Coast in Queensland (see <http://geoffsruns.com>). The surface is not the best so it is not the sort of event which optimises the chance of a good time but that didn't stop around 250 entrants in events ranging from the classic half marathon right through to the 12 Hour run/walk.

The walkers were all entered in the 12 Hour event which started at 6PM on Saturday evening (hence the name 'Dusk to Dawn'). An extract from the full results (see <http://results.timingplus.com.au/Meet.aspx?MeetID=b2ebe1e1-88d3-4fc9-9cac-653672ae7665>) shows the following finish placings for us. QRWC President Peter Bennett led the walkers home with a fine 107.171km while Michelle Thompson 96.074km and Steve Jordan 81.159km filled the next two walk placings. Alas, Terry and Karyn O'Neill and I were all forced to withdraw along the way. These events are indeed tough ones.



**Peter Bennett, Michelle Thompson and Steve Jordan in action in Caboolture last Saturday night**

### 12 Hour Endurance Event

17.	PETER BENNETT	QLD	214 laps	107.171 km
27.	MICHELLE THOMPSON	VIC	192 laps	96.074 km
36.	STEVE JORDAN	VIC	162 laps	81.159 km
43.	TIM ERICKSON	VIC	132 laps	66.000 km
49.	TERRY O'NEILL	VIC	91 laps	45.500 km
51.	KARYN O'NEILL	VIC	76 laps	38.000 km

## ATHLETICS VICTORIA SHIELD COMPETITION ROUND 9, SATURDAY 8 FEBRUARY

With the temperatures throughout Victoria also predicted to reach the forties, AV Shield was also cancelled. And it didn't get any better on Sunday with another scorcher and many serious grass and bush fires across the State. But you can't keep our top walkers down - Chris Erickson tweeted: *Nice try Melbourne but 30deg & rising @7am not enough to stop me walking 40km, almost felt a little warm when I finished!*

## LITHUANIAN INDOOR CLUB CHAMPS, VILNIUS, LITHUANIA, SATURDAY 1 FEBRUARY

In last week's newsletter I reported the Lithuanian women's 3000m indoor championships walk result.

### Women's 3000m Walk indoor

1.	Brigita VIRBALYTĖ-DIMSIENĖ	1985	12:20.32
2.	Neringa AIDIETYTĖ	1983	13:04.50
3.	Živilė VAICIUKEVIČIŪTĖ	1996	13:55.89
4.	Inga MASTIANICA	1989	14:04.20
5.	Monika VAICIUKEVIČIŪTĖ	1996	14:18.67
6.	Agne KLEBAUSKAITE	1992	14:20.61
7.	Rita ANDREJEVA	1991	16:42.52
8.	Aušrinė KUZMICKAITĖ	1998	16:58.32
9.	Greta KVIKLBYTĖ	1996	DQ

This week, thanks to oMarchdor (see <http://omarchador.blogspot.pt/2014/02/taca-da-federacao-da-lituania-em-pista.html>), I am able to report the results from the men's 5000m indoor walk.

### 5000m Men

1.	Marius Žiūkas	1985	19:08.27
2.	Tadas Šuškevičius	1985	19:37.90
3.	Ričardas Rekst	1987	19:52:72
4.	Genadij Kozlovskij	1991	20:14.61
5.	Marius Šavelskis	1994	20:44.89
6.	Artur Mastianica	1992	20:57.24
7.	Normantas Petriša	1994	21:42.36
8.	Martynas Jarusevičius	1996	22:22.95
9.	Tomas Pagirys	1996	22:44.36
10.	Eimantas Šilalė	1996	26:47.81

## GALICIAN ROADWALK CHAMPIONSHIPS, CANGAS, SPAIN, SATURDAY 1 FEBRUARY

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/02/campeonato-galego-de-marcha-em-cangas.html>) for the results of the Galician championships in Cangas a week ago. Junior walker Mar Chillón won the women's 10km with 49:44 in the while Spanish international Jose Francisco Duran won the men's 10km with 42:57.

### 10km Men

1.	Francisco Jose Duran Acuña	1993	Simply-Scorpio 71	42.57
2.	Daniel Chamosa Dacasa	1997	Comesaña Sporting Club	46.34
3.	Christian Curopos Costa	1994	R.C. Celta	48.22
4.	Manuel Julio Angueira Hernandez	1972	R.C. Celta	48.40
5.	Fabio Pereira Alvarez	1993	R.C. Celta	48.46
6.	Marcos Cintron Bellver	1996	A.D.A.S.	49.37
7.	Carlos Morales Velasco	1986	CA Afflelou Naron	51.04
8.	Adan Garcia Fabregas	1995	CimansCoruña Comarca	53.27
9.	Pedro Abeledo Cortizas	1967	CA Afflelou Naron	53.36
10.	Emilio Novás Barral	1998	Comesaña Sporting Club	72.16

### 10km Women

1.	Mar Chillón Camaño	1996	At Vila de Cangas	49.44
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2.	Samantha Mulloni Martinez	1990	Ria Ferrol-C. Arenal	50.49
3.	Carmen Escariz Mella	1998	Comesaña Sporting Club	51.17
4.	Maria Abeledo Manteiga	1997	CA Afflelou Naron	52.26
5.	Carmen Fuentes Castro	1997	Comesaña Sporting Club	52.30
6.	Rocio Carbia Lojo	1993	Individual	54.00
7.	Marisol Diz Perez	1995	Bidezabal Atletismo	54.58
8.	Miriam Costas Gomez	1993	At. Femenino Celta	55.30
9.	Eugenia Gandoy Lopez	1987	A.D.A.S.	56.23
10.	Esmeralda Corredoira Herbello	1997	At Vila de Cangas	57.09

Winners in other races

2 km U10 Boys:	Denis Fernandez Blanco	2005	At Vila de Cangas	12.19
2 km U10 Girls:	Natalia Rivas Iglesias	2006	Atletismo Cuntis	14.10
3 km U12 Boys:	Teo Iglesias Vidal	2004	At Vila de Cangas	19.11
3 km U12 Girls:	Ana Piñeiro Piñeiro	2003	At Vila de Cangas	18.25
3 km U14 Boys:	Roberto Vieiro Perez	2001	Atletismo Cuntis	14.50
3 km U14 Girls:	Iria Rivas Iglesias	2001	Atletismo Cuntis	16.30
5 km U16 Boys:	Hector Rodríguez López	1999	Atletismo Friol	30.50
5 km U16 Girls:	Antia Chamosa Dacasa	1999	Comesaña Sporting Club	25.06

### ASVÖ INDOOR GALA MEET, VIENNA, AUSTRIA, SATURDAY 8 FEBRUARY

Ato Ibanez writes in his blog that, although the men's walk field in the Asvo Indoor Gala Meet in Vienna last weekend was small, the class of the starters was very high. Of the five, starters have all participated at the World and European Championships and two have also medalled from international competitions.. The pace was very fast early with Slovak champion Matej Toth leading and Ato hanging on in second. He passed the 3000m in a PB of 11:19 but lost contact in the final 2000m to finish in a big PB of 19:03.05, some 17 secs behind Matej. He comments that he actually recorded a new maximum heart rate of 197 beats / min and finished the race exhausted! I'm not surprised. See that and more at [http://nordicboys.weebly.com/1/post/2014/02/5-000-m-i-wien.html?fb\\_action\\_ids=10151863797311722](http://nordicboys.weebly.com/1/post/2014/02/5-000-m-i-wien.html?fb_action_ids=10151863797311722).

And thanks to Rudolf Skrucany for pointing me to a fascinating interview with winner Matej Toth on a Slovakian sports website- see <http://sportky.topky.sk/c/119611/chodec-toth-je-s-vysledkom-z-viedne-spokojny-chybala-len-rychlost>. The article comments that Matej has just come off a training camp in Johannesburg where he has been concentrating on volume and endurance but has not been doing any speed work, unlike when he was spending his summer training with the AIS walkers in Canberra/Thredbo. So while he was able to keep to 3:45 km splits, he was not able to speed up at the end like he did in this meet in 2012, when he recorded his PB of 18:34.56. In fact, his last week in South Africa saw him clock up 180km. His next race will be the Slovakian Indoor Champs in Banska on 22nd February. He comments that he is healthy and feeling great and has no injuries or niggles. That omens well for 2014.

And the men's event was not the only walking highlight with Lithuanian walker Brigita Virbalyte-Dimsiene winning the women's 3000m walk in a very impressive 12:07.19.



Matej Toth leads the 5000m indoor track race in Vienna last Saturday ( <http://nordicboys.weebly.com>)

**Men 5000m Race Walk indoor**

1.	Matej TÓTH	SVK	83	18:46.02
2.	Ato IBANEZ	SWE	85	19:03.05
3.	Perseus IBANEZ	SWE	90	19:16.06
4.	Marius ZIUKAS	LTU	85	19:29.24
5.	Jakub JELONEK	POL	85	19:54.31

**Women 3000m Race Walk indoor**

1.	Brigita VIRBALYTĖ-DIMSIENĖ	LTU	85	12:07.19
2.	Mária CZÁKOVÁ	SVK	88	12:44.95
3.	Neringa AIDIETYTĖ	LTU	83	12:53.55
4.	Monika NAWROCKA	POL	90	14:28.32
5.	Andrea KOVÁCS	HUN	80	15:11.46

**LITHUANIAN UNIVERSITY INDOOR CHAMPS, KLAIPEDA, LITHUANIA, SATURDAY 8 FEBRUARY****Men 5000m Race Walk indoor**

1.	Artur MASTIANICA	LTU	92	20:59.85
2.	Normantas PETRISA	LTU	94	21:25.98
3.	Marius SVELSKIS	LTU	94	23:11.42

**Women 3000m Race Walk indoor**

1.	Agne KLEBAUSKAITE	LTU	92	14:24.13
2.	Rita ANDREJEVA	LTU	91	17:08.92

**ITALIAN JUNIOR AND U23 INDOOR CHAMPIONSHIPS, ANCONA, ITALY, SATURDAY 8 FEBRUARY****Junior Men 5000m Race Walk indoor**

1.	Gregorio ANGELINI	96	21:45.54
2.	Stefano MANSUTTI	95	21:58.37
3.	Andrea AUGUSTI	95	22:25.74
4.	Gianluca PICCHIOTTINO	96	22:34.23
5.	Leonardo BALDACCHINI	95	23:30.49
6.	Massimiliano CORTINOVIS	95	23:30.87
7.	Matteo CALIFANO	96	23:51.75
8.	Francesco ADRIANI	95	24:18.66
9.	Simone PLEBANI	96	24:47.39
10.	Samuele FORESTI	96	25:24.33
	Daniele TODISCO	95	DQ
	Marco GIORDANO	95	DNF

**Junior Women 3000m Race Walk indoor**

1.	Margherita CROSTA	95	13:56.00
2.	Eleonora DOMINICI	96	14:10.60
3.	Sara SCIPIONI	95	14:21.19
4.	Erika SCOLOZZI	95	14:32.91
5.	Erica FUSELLA	96	14:47.90
6.	Sara VITIELLO	88	15:06.63
7.	Giulia IMBESI	96	15:07.00
8.	Nicole COLOMBI	95	15:17.60
9.	Maria Teresa CORTESI	96	15:21.05
10.	Marta STACH	95	15:32.72
11.	Alessia NARDONI	96	15:47.33
12.	Francesca NICCOLAI	95	15:51.47
13.	Giulia SPEZIANI	96	16:14.46
14.	Lisa CANI	96	16:20.98
15.	Giorgia PALMISANO	95	16:39.49
16.	Gina Ionela PASCAL	96	16:46.90
	Maria Giulia GOZZI	96	DNF

**U23 Men 5000m Race Walk indoor**

1.	Vito MINEI	94	20:53.27
2.	Leonardo DEI TOS	92	20:58.37
3.	Marco AMATI	94	21:23.81
4.	Michele ANTONELLI	94	21:34.99
5.	Alessandro MALTONI	93	21:55.04



6.	Alessandro CUSMAI	94	22:04.95
7.	Michele AMOROSO	93	24:27.39
8.	Emanuele MACCI	94	25:16.38

#### U23 Women 3000m Race Walk indoor

1.	Anna CLEMENTE	94	13:32.75
2.	Mariavittoria BECCHETTI	94	13:45.85
3.	Alessia COSTANTINO	94	14:07.22
4.	Elena POLI	93	14:22.98
5.	Andrea MORELLI	93	14:45.44
6.	Carolina DE ROSA	92	14:50.40
7.	Elena CECCHELE	94	15:07.27
8.	Laura CIVILETTI	92	15:16.49
9.	Federica CASTELLANA	93	15:28.32
10.	Annalisa CALELLA	94	15:31.21
	Federica CURIAZZI	92	DQ

### UGO FRIGERIO TROPHY, GENOA, ITALY, SUNDAY 9 FEBRUARY

Over 300 walkers participated in the first leg of the "Ugo Frigerio Trophy" in Genoa, Italy, last Sunday morning. Thanks to marciaitaliana (see [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1685](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1685)) for the results and race report.

#### 10 km road walk men

The men's 10km saw about 60 walkers participating in U18, Junior, U23, Senior and Masters categories. The most notable absentee was Chinese Olympic champion Wang Zhen who, after his wedding, will arrive in Italy in Saluzzo on February 12, 2014. After a slow start, it was the Chinese from Sandro Damilano's squad who cleared away, Cai Zelin and Yu Wei crossing the line together in 42:25 and Wang Zhendong third in 43:13. The best placed of the italians was fourth placed Leonardo Dei Tos with 44:07.

CAI Zelin	1991	CHINA	42:25
YU Wei	1987	CHINA	42:25
WANG Zhendong	1991	CHINA	43:13
DEI TOS Leonardo	1992	BRACCO ATLETICA	43:49
HE Yongqiang	1993	CHINA	44:07
YIN Jiaying	1994	CHINA	44:28
DEFENDENTI Roberto	1968	U.S. SCANZOROSCIATE	44:38
BERSANI Matteo	1996	C.U.S. TORINO	47:49
CORTINOVIS Massimiliano	1995	U.S. SCANZOROSCIATE	47:50
CHIESA Stefano	1996	C.U.S. TORINO	47:51
GANUCCI Mattia	1990	TOSCANA ATLETICA	48:15
PATIERNO Anthony	1995	ASD SPECTEC DUFERCO CARISPEZIA	52:56
DE ROSA Roberto	1986	ATL.GROSSETO BANCA D .MAREMMA	53:39
GUZZETTI Fabio	1996	O.S.A. SARONNO LIB.	55:36
MANASSERO Daniele	1984	A.S.D. ATL. FOSSANO '75	59:20
GHILARDI Simone	1995	U.S. SCANZOROSCIATE	59:59

#### 10 km road walk women

With Chinese Liu Hong a non starter, the gate was left open for Italian walker Valentina Trapletti to win with 47:04. Second place went to Federica Curiazzi (47:59) who had been disqualified the previous day in Ancona during the Italian U23 Indoor 3000m Championship while third place went to Gladys Moretti in a huge PB time of 48:28

1.	TRAPLETTI Valentina	1985	C.S. ESERCITO	47:04
2.	CURIAZZI Federica	1992	ATL. BERGAMO 1959 CREBERG	47:59
3.	MORETTI Gladys	1991	ATL. BERGAMO 1959 CREBERG	48:28
4.	ANSALDI Martina	1996	A.S.D. ATL. FOSSANO '75	55:53
5.	PAGANI Carlotta	1991	N. ATL. VARESE	56:58
6.	LAMBERTI Ilaria	1996	GAV GRUPPO ATLETICA VERBANIA A	58:31
7.	MENGARDO Marta	1996	ATL. LECCO-COLOMBO COSTRUZ.	60:49

See the full results set at <http://www.fidal.it/risultati/2014/COD4504/Index.htm>. Other results are shown below

#### 3km U16

1.	GRITTI Francesca	1999	ATL. BRUSAPORTO	15:47
2.	TAVOLA Valentina	1999	SCUOLA SPORTIVA ATL. PUNTO IT	15:56
3.	MOSCONI Asja	2000	P.B.M. BOVISIO MASCIAGO	16:03
4.	INVERNIZZI Gloria	2000	POL. ATL. BREMBATE SOPRA	16:14
5.	FIORILLO Martina	1999	BRACCO ATLETICA	17:00
6.	LUSSANA Sara	2000	POL. VILLESE	17:16

7.	ACCOMO Ginevra	1999	A.S.D. ATLETICA ALBA	17:20
8.	ROTA Silvia	2000	POL. VILLESE	17:26
9.	VERTERAMO Chiara	1999	SAFATLETICA SSD A RL	17:31
10.	BRENNA Ilaria	2000	POLISPORTIVA INTERCOMUNALE	17:48

### 3km U16 Girls

1.	BARCELLA Lidia	1997	BRACCO ATLETICA	26:02
2.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 CREBERG	27:03
3.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVONA	28:27
4.	RUGGERI Giulia	1997	O.S.A. SARONNO LIB.	29:27
5.	GUELI Martina	1998	ATLETICA CANAVESANA	30:15
6.	DONADINI Virginia	1998	ATL. LECCO-COLOMBO COSTRUZ.	30:41
7.	BARBERIS Ilaria	1998	A.S.D. PODISTICA CARAGLIESE	31:27
8.	OBERTI Giulia	1998	U.S. SCANZOROSCIATE	31:34
9.	BOTTA Federica	1998	N. ATL. VARESE	31:43
10.	GERMANI Viola	1998	U.S. SCANZOROSCIATE	37:20

### 5km U18 Girls

1.	BARCELLA Lidia	1997	BRACCO ATLETICA	26:02
2.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 CREBERG	27:03
3.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVONA	28:27
4.	RUGGERI Giulia	1997	O.S.A. SARONNO LIB.	29:27
5.	GUELI Martina	1998	ATLETICA CANAVESANA	30:15
6.	DONADINI Virginia	1998	ATL. LECCO-COLOMBO COSTRUZ.	30:41
7.	BARBERIS Ilaria	1998	A.S.D. PODISTICA CARAGLIESE	31:27
8.	OBERTI Giulia	1998	U.S. SCANZOROSCIATE	31:34
9.	BOTTA Federica	1998	N. ATL. VARESE	31:43
10.	GERMANI Viola	1998	U.S. SCANZOROSCIATE	37:20

See YouTube: <http://www.youtube.com/watch?v=GtNCuKTxjk8> for some footage of the meet.

## PORTUGUESE INDOOR JUNIOR WALK CHAMPS, POMBAL, PORTUGAL, SUNDAY 9 FEBRUARY

Thanks to the oMarchador blog for the results of the Portuguese Indoor Junior walk championships last Sunday in Pombal (see <http://omarchador.blogspot.pt/2014/02/miguel-rodrigues-e-mariana-mota.html>). Miguel Rodrigues 22:58.50 and Mariana Mota 13:58.62 were victors.

### 5000m Indoor Junior Men

Miguel Rodrigues	1996	CN Rio Maior	22:58.50
Vasco Santos	1998	CA Marinha Grande	23:48.10
João Martins	1995	CA Ferreira do Zêzere	24:00.56
Marco Graça	1996	GA Casais do Vento	24:12.44
Xavier Sousa	1996	ACD Jardim da Serra	25:13.85

### 3000m Indoor Junior Women

Mariana Mota	1995	SL Benfica	13:58.62
Edna Barros	1996	CO Pechão	14:04.99
Laura Leal	1996	CO Pechão	14:55.99
Rita Ribeiro	1996	CN Rio Maior	15:28.24
Salomé Santos	1997	CN Rio Maior	15:33.52

## INDIAN ROADWALK CHAMPIONSHIPS, KOCHI, INDIA, 8-9 FEBRUARY

Thanks to the oMarchador blog (see <http://omarchador.blogspot.pt/2014/02/gurmeet-e-khushbir-revalidaram-titulos.html>) for the results of Day 1 of the Indian national racewalk championships which were played out last weekend in Kochi in the state of Kerala.

Saturday saw the men's and women's 20km races. In the men's 20km, 2010 Commonwealth Games bronze medallist Gurmeet Singh won in the excellent time of 1:22:58, ahead of Irfan Kolothum Thodi 1:23:23 (Thodi is the national record holder with 1:20:21) and K Ganapathi 1:23:34. As this meet is the official trials meet for next month's Asian Games, Singh will now prepare for his next big race in Nomi in Japan. The depth was impressive with the first 10 breaking 1:30.

In the women's race, Khushbir Kaur, the 21 year old national record holder (1:34:28 - done in the IAAF Champs in Moscow last year) had the easiest of wins in a time of 1:36:25. However, it came at a price with a groin strain issue meaning that at the end of the race, she was carried off on a stretcher.

oMarchador reported the day's racing was not without controversy. 10 of the 12 participants in the women's race and 28 of the 37

athletes in the men's competition voiced their displeasure to the Secretary-General of the Indian Athletics Federation concerning the lack of safety and injury risk factors. The circuit, in poor condition and with some puddles, saw walkers on one side of the road and traffic on the other, a bare few metres away from them. And we all now what Indian traffic is like!

#### **20km Men, Saturday 8 February**

1.	Gurmeet Singh	1985	1.22.58
2.	Irfan Kolothum Thodi	1990	1.23.23
3.	K Ganapathi	1989	1.23.34
4.	Devender	1983	1.23.44
5.	Basant Bahadur Rana	1984	1.23.52
6.	Kuldeep	1994	1.23.59
7.	Babu Bhai Panocha	1978	1.25.45
8.	Baljinder Singh	1986	1.27.56
9.	Chandan Singh	1987	1.28.18
10.	Neeraj	1994	1.28.57
11.	Ankit Kumar	1992	1.30.01
12.	Satish Kumar Patel	1994	1.30.03
13.	Bhupendra Kumar	1994	1.30.20
14.	Ashish Rohilla	1992	1.30.47
15.	Deepak Kumar	1992	1.31.19
16.	Romit	1992	1.33.30
17.	Karan Rathi	1994	1.34.58
18.	Sagar Joshi	1987	1.35.34
19.	Anter Singh	1986	1.36.18
20.	R Saravana Kumar	1993	1.36.50
21.	Binu Varghese	1975	1.37.16
22.	Anjani Kumar	1993	1.37.29
23.	Pankaj Kumar	1991	1.38.21
24.	Krishna Bind	1993	1.38.42
25.	Jesbin Jose	1993	1.39.00
26.	Rebas Mosahi K K	1987	1.41.57
27.	Ravi Kumar	1994	1.43.09
28.	Banoth Praveen Naik	1991	1.44.16

#### **20km Women, Saturday 8 February**

1.	Kushbir Kaur	1993	1.36.25
2.	Rani Yadav	1990	1.41.24
3.	Deep Mala Devi	1985	1.42.34
4.	Sapna	1988	1.43.02
5.	Sandeep Kaur	1993	1.46.06
6.	Shanti Kumari	1994	1.50.07
7.	Rajni	1900	1.51.58
8.	Karamjit Kaur	1991	1.58.04
9.	Anita	1991	1.59.33
10.	Jijimol R	1991	2.02.42

There is also an excellent article in the Hindu Times on the two 20km walkers and the Day One action: see <http://www.thehindu.com/todays-paper/tp-sports/gurmeet-khushbir-retain-titles/article5669269.ece>

The action continued on Sunday with the 50km and the Junior 10km events. I picked up this report once again from the Hindu Newspaper (see <http://www.thehindu.com/todays-paper/tp-sports/50km-a-cakewalk-for-sandeep/article5671937.ece>).

A few years ago, Sandeep Kumar never thought that he would be good in any sport. Coming from a farming family from Mahendergarh in Haryana, he never got close to any event too. But his life changed suddenly when he joined the Jat Regiment Centre in 2006. Two years later, he began to race walk. The Armyman is now the country's top star in one of the most gruelling events in athletics. Defending champion Sandeep won the men's 50km event with a dominating performance in the Muthootu Mini second National Open race walking championship at the Willingdon Island here on Sunday. "I came to race walking when I was around 20, that was my first introduction to sport," said the 27-year-old who was in action at the World championships in Moscow last year. "Now, I just walk and walk, I don't have much time for anything else."

Sandeep's time, 4:08.54, is the third fastest in the world this year but of course, this is still early season in athletics. The Armyman, who clocked a personal best 4:02:19 in race walking's first National Open in Patiala last year, took the lead after about 4km on the 2km loop course on Bristow Road this morning and stayed steady for a comfortable victory. Two walkers tried to keep pace with Sandeep around the halfway mark but they could only stay with him for a brief while.

None of the seniors was close to the meet marks but both the Junior boys and girls 10km events threw up records with the boys' winner, Punjab's Mahendra Pratap Singh bettering the mark by more than a minute with his 45:00.1 and Kerala's K.T. Neena, just 16, taking the girls' title with a new record of 51:26.3 in her first attempt at the event. There was some confusion and a bit of drama after

the boys' event. Haryana's Vijay, who was competing under the AFI banner, came in first in a fast 44:55.7s but his joy turned to disappointment later when it was informed that he had been disqualified for committing fouls.



**Sandeep Kumar wins the 50km in Kochi on Sunday: Photo: H. Vibhu**

And thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/02/titulos-indianos-para-sandeep-nos-50-km.html>) for the full results set from Sunday. The number of starters in the 50km event was indeed impressive. Talk about a powerhouse of walking!

#### **Men's 50km**

1.	Sandeep Kumar	1986	4.08.54
2.	Manish Singh Rawat	1991	4.09.38
3.	Surinder Singh	1988	4.14.14
4.	Maniram Patel	-	4.14.57
5.	Jitendra Singh	1984	4.16.58
6.	Daya Shanker Patel	-	4.24.45
7.	Ramesh Midhun	1987	4.25.02
8.	Sanjay Yadav	1989	4.26.09
9.	Satya Narayan	1983	4.26.26
10.	Manjeet Singh	1988	4.30.06
11.	Abdul Jaleel M	1987	4.33.29
12.	Sachin Kumar	1988	4.39.30
	Harminder Singh	1984	DNF
	Rudra Pratap	1980	DNF
	LB Meetei	1988	DNF
	Dilbagh Singh	1990	DNF
	Chandan Singh	-	DNF
	Ashok Kumar Patel	-	DNF
	Baljinder Singh	-	DNF
	Sachin	1993	DQ
	Gurpeet Singh	1984	DQ
	Anil Rath	1992	DQ
	Deepak Kumar	1992	DQ
	Abbal Singh Rana	1990	DQ

#### **Junior men, 10km**

1.	Mahendra Pratap Singh	1997	45:01
2.	Shailesh Kumar	1996	46:34
3.	Manjit Singh	1996	47:46
4.	Sunil	1997	47:57
5.	Naveen Dalal	1995	48:26
6.	Arun Dev I K	1997	48:26
7.	Kishore P	1995	50:47
8.	Manu K M	1998	50:48
9.	Aneesh A	1998	50:49

10.	Ravi	1994	56:32
11.	James Joseph	1994	57:19
12.	Biswajit Ghose	1999	57:53
13.	Vishnu Paikkadan	1994	59:03
14.	Jaideep	1995	59:18
15.	Manjeet	1996	59:36

#### Junior women, 10km

1.	Neena K T	1997	51:26
2.	Priyanka	1996	52:03
3.	Binsy A M	1996	54:56
4.	Mary Margaret K	1996	59:11
5.	Nimi Varghese	1994	59:49
6.	Priyanka Patel	1998	59:53
7.	Aswathi V P	1997	60:56
8.	Arya B R	1996	61:32
9.	Anumol Vijayan	1996	61:47
10.	Alphonsa P S	1995	68:52

Finally, see <http://www.thehindu.com/todays-paper/tp-sports/a-memorable-walk-for-neena/article5672211.ece> for an article on K. T. Neena, the winner of the Junior Women's 10km walk.

### OUT AND ABOUT

- PIREÁS (GRE, Feb 8): The first day of 28<sup>th</sup> Greek Indoor Championships saw an easy victory for Aléxandros Papamihail with 19:26.68 in the 5000m walk and a National Record to Déspina Zapounídou in the 3000m walk, smashing her own Greek mark with 12:35.16.
- BADALONA (ESP, Feb 2): Raquel Gonzalez won the women's 20km walk in Badalona with a time of 1:32:17, ahead of Beatriz Pascual 1:33:37 and Maria Gallardo 1:41:21.
- England Athletics have selected Dan and Dom King for the Dudince 50km walk International to be held on 22 March 2014. Dan walked 4:05.36 in December 2013 in a performance that would have seen him qualify for the World Cup except for the lack of requisite officials. Both athletes walked sub 90mins for 20km in 2013 and of course Dom was GB's sole male representative in the Men's 50Km walk in the London Olympics. Dudince is the official British trial for the European Championships in Zurich and both athletes will be looking to achieve that qualifying mark. The press release also announces the selection of Team Coach George Nibre and Team Physio Raph Rinaldi for the event.
- Walk Central reports that Robert Heffernan, the 2013 IAAF 50km World Champion, will headline the Susan Rudin 1 Mile USA Race Walk Championship for men at the 107<sup>th</sup> Annual Millrose Games, Saturday, February 15<sup>th</sup>, in New York City. See <https://www.facebook.com/walk.central.3/posts/1420601151513551>
- And still on the subject of Robbie Heffernan, he is the focus of the latest walks related article on the IAAF website (by Paul Warburton). See <http://www.iaaf.org/news/feature/robert-heffernan-iaaf-world-race-walking-cup>
- Great interview with Jared Tallent by Marcialtaliana - see [http://www.marcialtaliana.com/ita/dettagli\\_news.aspx?id=1686](http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1686)

### KELLY RUDDICK - VICTORIA'S NEWEST INTERNATIONAL RACEWALKER

I put Kelly under the microscope in June 2012, just before she was to compete in the Oceania Championships, so I will start with that Q&A and then review the last couple of years since then as her amazing improvement has continued unabated.

#### **I assume you have been involved in athletics for a while. Did you start in LA's or did you take it on as an adult?**

I was doing ballet from age 6 -13 when I started having feet trouble that led to surgery and the end of my dancing career. I said to my parents "What am I going to do all day Saturday?". Dad suggested I come along to a club run and see if I liked it. I won easily and loved the feeling and the great welcome I received from the members of Ballarat Harriers. I was 15 when I joined. I ran cross country and loved it, then I did track and lots of training with the junior men and ran some good times; eg 800m 2.20, 1500m 4.43, 3000m 9.50. However, the years of running led to shin splints and stress fractures so I stopped.

**So you disappeared off the scene?**

I got married, bought a house and had twins(!) age 21. I tried to come back to running but still had shin trouble so Ed Smith, my coach at the time, told me that race walking helped with this so I tried it and found it to be fun. The style came easily to me. I never bothered with style work. I have only ever had one caution.



**Kelly displays her usual perfect technique as she wins the 2009 Victorian 5000m walk championship**

**Do you still run?**

I still run races for my club if I can. I ran in a Ballarat relay last month and got the fastest female time for the day so I was chuffed to be fastest walker and the fastest runner in Ballarat. I think I'll retire from running on that!

**Obviously raising a family of 4 means you must have found it very tough to balance the many time constraints and pressures. How old are your 4 children now? Are any of them following in your footsteps re athletics?**

My children are twin boys 18, daughter 9 and son 5. They keep me very very busy. We are also renovating a 150 year old primary school that we live in just outside Ballarat. I work 40 hours per week at the Ballarat hospital as a theatre instrument technician. My boys represent our club in high jump, polevault and triple jump. They are very talented but don't train. My daughter is also a great runner, last week winning the 2k regional cross country.

**You came up to Brent's AIS camp in January 2010 - was that a bit of a culture shock to see how much and how fast the other girls trained? Was that perhaps the springboard which provided the momentum to kick on?**

Yes, I went to the AIS a couple of years ago and found it to be amazing. It was such an eye opener as to how dedicated the athletes are and how hard they train. I learnt a lot - mostly that I was training too slow and too little. That trip up there changed my attitude for the better. However time is still a huge factor in my not being able to do much training. A big week for me is 40km. I hope in the next year to be able to train more with the house closer to completion, the kids at school and cutting back at work to put in a big final push to try to be the best athlete I can be before I retire. I don't want to have any regrets and say if only....



**Kelly training with Beth Alexander and Rachel Tallent in Canberra in January 2010**



**Best race? I was super impressed by your 5000m walk in the Aust T&F champs in Melb in March - finishing in 22:18, just behind Claire Tallent.**

My most pleasing race as you correctly guessed was the 5000m at Nationals. To hang onto Claire as long as I could made me realise I can go faster. Each race is a huge lesson I take something from. Good or bad, it's all a lesson.

**Major influences (your dad obviously) and coaches?**

My key influences over the years have been my father and brother, both dedicated runners. I have also been inspired by Steve Monneghetti, Willi Sawall, Lee Troop, the Tallents, Jane Saville and Lisa Martin the marathon runner. I have had some great support from members of the Vic Walkers Club, including coaches Simon Baker and Jim Leppik. They are both very wise and helpful in advise for racing and training. I thank all involved with my walking for their support and I hope to have a few more years of racing .

**What's next?**

I look forward to getting some kms in after my next races in Cairns, the Oceania Championships 5000m and 10km walks - I am really dreading the heat as it is usually 5 deg in Ballarat! (Editor - come on, it's not that warm in Ballarat!)

And now to my own analysis.

Kelly first came to the attention of the wider Victorian racewalking audience in June 2005 when she came down to a VRWC race at Middle Park and broke 40 minutes for the 8km roadwalk (**39:44**). Her youngest child was then aged 2 and she was able to start doing a bit of serious walking. A few weeks later, she won first Victorian Championship walk medal, finishing 2<sup>nd</sup> in the Victorian 15km roadwalk (**1:18:28**) behind Simone Wolowiec.



**Kelly's first walking race in Melbourne in June 2005 - pictured with Mark Donahoo**

We didn't see any more of her until 2006 when she reappeared for another couple of races, coming second to Jess Rothwell in the Victorian Country Roadwalk championships (52:02) and then coming fourth in the Women's Open 5km roadwalk (**23:59**) at the LBG Carnival in June. At this stage, Kelly's world was turned upside down once again with the birth of her fourth child. So she once again disappeared off the scene.

It was not until 2009 that we saw her again in racing mode when she won the Victorian 5000m walk at the annual T&F Championships in an excellent **23:27**. Wins in the Victorian 15km roadwalk (**1:16:31**) and the Victorian 20km roadwalk (**1:43:47**) were followed by a third place in the A.A. Invitational 20km roadwalk (1:46:49) at Fawkner Park in December.

On the basis of these walks, she was invited to the AIS walks camp in Canberra in January 2010, an experience which taught her a lot and which provided the springboard for further improvement. 2010 saw her win the Victorian 10km roadwalk (49:46) and the Victorian 15km roadwalk (**1:12:02**) and she placed third in the Australian 20km Roadwalk Championship (**1:42:32**) in August in Brisbane. In December 2010 at Fawkner Park, she took third again in the A.A. Invitational 30km roadwalk with an improved **1:40:11**.



### **Kelly battles out second place in the 2010 Australian 20km Championship in Brisbane with Zuzie Schindlerova**

2011 was her best year to date. She started in January with a win in the Victorian Country Championship 5000m walk in a PB **22:58**. In fact, she won every Victorian walk championship last year - Vic Country 5000m (22:58), Vic 5000m (**23:17**), Vic 10km road (**47:34**), Vic 15km (1:13:05) and Vic 20km (**1:40:54**). She finished off her winter season with second place in the Australian 20km championship on a tough course in Canberra in August - her time of **1:39:56** breaking the 100 minute barrier.



### **Not a bad front line in the 2011 Victorian 20km championships at Middle Park - Tanya Holliday, Chris Erickson, Kelly and former international Paul Van Kopplen**

She now started to look towards gaining a spot in the 2012 World Walking Cup Team - things was coming into place at the right time.

Of course, we all know that the best laid plans always contain a few hiccups. So it was for Kelly as she was forced to miss the A.A. Invitational 20km roadwalk in December when she had to take time out with irregular heart beat issues. She missed vital weeks of training and went into the 20km WWC trial in Hobart very much underdone. Then to compound things, walkers in that event faced a horrendous 38°C - she struggled through, finishing 6<sup>th</sup> in 1:51:47 after taking nearly 10 minutes of breaks along the way. Her WWC dream was over.

While this would have caused many a walker to drop the bundle, Kelly is made of sterner stuff - she continued on with her training and racing, winning the Victorian 5000m track championship in March in 23:03, then further improving with a big PB time of **22:18** as she chased Claire Tallent all the way in the A.A. Invitational 5000m walk at the National T&F Champs in April. She has now been rewarded with her first international vest as part of the Australian Oceania Championships team. Two weeks after this announcement, she won the Victorian Country 10km championship in a PB time of **46:52**.

Her PBs (as of June 2012) read impressively for someone who has done it the hard way, mixing family and work commitments with limited training opportunities.

2000m	8:38	AV Shield, Ballarat	15/01/2011
3000m	13:26	AV Shield, Ballarat	08/01/2011
5000m	22:18	AA Invitational, Lakeside Oval, Melbourne	14/04/2012
10km	46:52	Vic Country Camps, Ballarat	27/05/2012
15km	1:12:02	Vic 15km Champ, Middle Park	18/07/2010
20km	1:39:56	Aust 20km Champ, Ballarat	21/08/2011

Well, that was June 2012 and a lot has happened since then.

Her subsequent performances in the Oceania Champs in Cairns were good - 2<sup>nd</sup> in the 5000m walk in 23:09 and third in the 10km walk in 48:39, both in very hot and humid conditions. She then took a well earned break from competition and did not take to the track again until the summer season kicked in.

She was in immediate good form, walking 13:27 and 13:28 in AV Shield competitions in Ballarat in October 2012. She came third in the annual Fawcner Park 20km in December in yet another PB - **1:38:22** and then came some big track times - **13:02** for 3000m, **8:26** for 2000m and **22:11** for 5000m, all in January. The improvement continued with more PBs in February, culminating in yet another big 20km walk in Hobart - **1:36:58** for fourth place - and a great time of **21:50** in winning the Victorian Open 5000m.

In April 2013, she turned 40 and amazingly, the rate of PBs seemed to even increase and it seemed like every time she stepped into a race, it was yet another W40 record. She improved her 10km road time to **46:27** (May), then to **46:15** (August) and finally to **45:26** (August). Similarly, she improved her 20km time to **1:36:46** (June) and then to **1:33:15** in winning the Australian 20km championship in Launceston in September.



**Russ Dickenson's take on Kelly Ruddick - it says it all**

With the 2013/2014 summer season, she set her sights on the W40 track records and they quickly fell to her - **21:57** for 5000m track in October and **13:07** for 3000m in November. With her focus now shifting to the 20km distance, she walked a quick 1:35:35 in November in the VRWC summer championships in Melbourne. We were expecting a big time at Fawcner Park in mid December but disaster struck as, a few days before the meet, she fell and broke 4 ribs. Sidelined for a month, she could not even resume training until early January 2014. Amazingly, with only 3 weeks back in her legs, she won the Australian 20km road championships in Hobart on 2<sup>nd</sup> February with yet another PB - **1:34:44**. And the icing on the cake - this guaranteed her a World Cup spot.

So at 40 years of age, Kelly has overcome the many hurdles that have challenged her along the way and will now represent Australia on the international stage in Taicang in May. Now training under Brent Vallance's watchful eye and doing weekend sessions with Chris Erickson, Jesse Osborne and Regan Lamble, her improvement looks likely to continue.

If her PBs read well in June 2012, they read a lot better now:

2000m	8:22	AV Shield Final, Albert Park	16/02/2013
3000m	13:02	AV Shield, Ballarat	12/01/2013
5000m	21:50	AV T&F Championships, Albert Park	01/03/2013
10km	45:26	VMA 10km Championship, Melbourne	17/08/2013
15km	1:11:53	VRWC Roadwalk, Middle Park	03/02/2013
20km	1:33:15	Australian Road Championships, Launceston	01/09/2013

## IAAF RACE WALKING "PIT LANE RULE"

Following a proposal from the IAAF Race Walking Committee in April 2013 the IAAF Council decided that, starting in 2014, all National Level Race Walk competitions for athletes under 16 be conducted, as much as possible, with some form of "Pit Lane Rule" principally aimed at reducing (if not eliminating altogether) disqualifications. A Working Group was established to develop an adequate framework for the practical implementation of the Pit Lane Rule and The IAAF has now produce a set of operational guidelines.

See [http://www.marciaitaliana.com/admin/pdf/tecnica/pubblicazioni/0402201456Document\\_12267\\_\(RW\\_Pit\\_Lane\\_Rules\).pdf](http://www.marciaitaliana.com/admin/pdf/tecnica/pubblicazioni/0402201456Document_12267_(RW_Pit_Lane_Rules).pdf) or the explanatory letter and details on how the Rule will work.

## VRWC CLUB RECORD UPDATE

I was bringing our VRWC club records up to date during the week and thought it might be interesting to review those new records done since 01/09/13. It's a pretty impressive list with Kelly Ruddick, Jemima Montag and Nathan Brill leading the way with multiple times. Jemima has set an amazing 14 new club records in age groups ranging from U16 to U23!

Kelly Ruddick	F	W40 20km Road Walk	1:33:15	Aust 20km Champs, Launceston	01/09/2013
Gwen Steed	F	W70 5km Road Walk	30:45	VRWC Races, Middle Park	07/09/2013
Corey Dickson	M	U12 5km Road Walk	27:06	VRWC Races, Middle Park	07/09/2013
Jemima Montag	F	U16 3000m Track Walk	13:13.32	AV Shield, Lakeside Stadium, AP	27/10/2013
Nathan Brill	M	U18/U20 2000m Track Walk	7:51.9	AV Shield, Nunawading	27/10/2013
Kelly Ruddick	F	W40 3000m Track Walk	13:07.25	AV Shield, Ballarat	02/11/2013
Jemima Montag	F	U16-U18 5km Road Walk	22:55	VRWC Club Champ, Middle Park	10/11/2013
Jesse Osborne	M	U20 2000m Track Walk	7:45.5	AV Shield, Williamstown	16/11/2013
Jemima Montag	F	U16-U23 2000m Track Walks	8:37.8	AV Shield, Knox	16/11/2013
Jemima Montag	F	U16-U17 10km Road Walk	49:22	AA Meet, Fawkner Park	15/12/2013
Jesse Osborne	M	U20, U23, Open 2000m Track Walk	7:38.3	AV Shield, Aberfeldie	18/01/2014
Nikola Mandic	M	U11 5km Road Walk	28:35	VRWC Races, Middle Park	19/01/2014
Nathan Brill	M	U18 10km Road Walk	42:46	AA Races, Hobart	02/02/2014
Jemima Montag	F	U16-U18 10km Road Walk	47:00	AA Races, Hobart	02/02/2014

You can check out the updated list at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2014-02-06.pdf>. As always, I can't guarantee to pick them all up so let me know if I am missing any.

## 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.

### 2013/2014 Australian/Victorian Summer Season Key Dates

Feb 14-16, 2014	Victorian Junior T&F Champs, Lakeside Stadium, Albert Park
Feb 28 - Mar 2, 2014	Victorian Open T&F Championships, Melbourne
Mar 8-10, 2014	Australian Masters T&F Championships, Hobart. See <a href="http://www.amahobart2014.com.au">http://www.amahobart2014.com.au</a>
Mar 12-16, 2014	5 <sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)
Mar 15-16, 2014	Vic Masters Champs, Burwood, Entries via AV website. Entries close Mon 24 Feb.
Sun Mar 23, 2014	VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
Mar 29-30, 2014	LAVic State T&F Championships
April 3-6, 2014	92 <sup>nd</sup> Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

### 2014 International Fixture

Mar 25-30 2014	<b>WMA Indoor Championships, Budapest, Hungary</b> - <a href="https://www.facebook.com/WMABudapest2014">https://www.facebook.com/WMABudapest2014</a>
May 3-4, 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>
Aug 16-28, 2014	<b>Youth Olympic Games, Nanjing, China.</b> See <a href="http://www.nanjing2014.org/en/">http://www.nanjing2014.org/en/</a>

### 2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014	Dudinska 50, Dudince, Slovakia
Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

### 2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

### Looking even further forward

July 3-14, 2015	<b>28<sup>th</sup> Summer Universiade, Gwanju, South Korea</b>
July 2015	<b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>
Aug 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
May 2016	<b>27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia</b>
July 2016	<b>16<sup>th</sup> World Junior T&amp;F Championships, ?</b>
Oct 26 -Nov 6, 2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	<b>10<sup>th</sup> World Youth T&amp;F Championships, ?</b>
July 2017	<b>29<sup>th</sup> Summer Universiade, Taipei, Taiwan</b>
August 5-13, 2017	<b>16<sup>th</sup> IAAF World Championships in Athletics, London, UK</b>
May 2018	<b>28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia</b>
July 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships, ?</b>
Apr 4-15, 2018	<b>Commonwealth Games, Gold Coast, Queensland (racewalks on the program).</b> See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	<b>17<sup>th</sup> IAAF World Championships in Athletics, ?</b>
July 2019	<b>11<sup>th</sup> World Youth T&amp;F Championships, ?</b>
July 2019	<b>30<sup>th</sup> Summer Universiade, Brasilia, Brazil</b>
July 2020	<b>32<sup>nd</sup> Olympic Games, Tokyo</b>

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