



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 12
23 December 2014



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WALKER OF THE WEEK

My Walker of the Week this time around goes to 11 year old Casey Cardinia walker **Nikola Mandic** who set a new VRWC U12 1500m club record last Saturday in AV Shield competition at his home track at Casey Fields in Melbourne's outer east – his time **6:57.4**. Nikola has now taken most of our U11 and U12 records over the last couple of years and is a young walker we should definitely watch over the next few years.



Nikola in action in VRWC competition at Middle Park in August of this year

WHAT'S COMING UP

The **Athletics Victoria Shield competition** continues after Christmas with the next two further rounds in mid January. Key dates read as follows

Sat Jan 10, 2015	AV Shield – Round 9 - Zone v Zone
Sat Jan 17, 2015	AV Shield - Round 10 - Zone v Zone

Although our **Falls Creek Camp** numbers are now locked in for week one, **we have room for 2 more girls in Week 2 (Sun 4 Jan – Sat 10 Jan)** so if interested, **contact me asap and start chatting**. See our camp page at <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for more information. I'll be posting our final camp newsletter later today. Then it's only just over a week before our large group of walkers (including lots of interstaters and 6 overseas walkers) head off the rarified atmosphere of the Victorian high country. The overseas walkers include New Zealanders **Alana Barber, Courtney Ruske, Samantha Parkinson, Jared Free** and **Jonathan Lord** and UK walker **Heather Lewis**.

Our next **VRWC Road Races** are on Sunday 18 January 2015 at Middle Park. This meet also includes the **AV 5km Teams Walks**. Registrations for the AV Teams Championship are now open – go to <http://athsvic.org.au/events/calendar/> and click on the registration button for this event. Get busy and get your team organized. This event is often quite open and you never know your chances of scoring a place and being in the medals! The timetable for the day reads as follows:

Sun 18 January 2015, VRWC Road Races (and AV 5km Teams Walks), Middle Park

8.30am	20km, 15km, 10km	Open
9:30am	AV 5km Teams Championship	Open Men / Women
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The rules for the AV Teams Championships read as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed via the proper entry method as advised by Athletics Victoria.

The AV 5km Teams Championships are one of a number of key dates for which you must pre-enter. Others coming up soon include

Jan 23-25, 2015 **Victorian Country T&F Championships, Bendigo.** Entries close Sunday 11 January.
Enter at <http://athsvic.org.au/event/2015-victorian-country-championships/>

Sat Feb 7, 2015 **Canberra Track Classic (5000m Walks).** Entries close Friday 9 January.
Enter at <http://www.athletics.com.au/Compete/Online-Entries>

Sun Feb 22, 2015 **Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA.**
Entries close on Friday 30 January. Enter at <http://www.athletics.com.au/Compete/Online-Entries>

AV SHIELD ROUND 8, VARIOUS VENUES

AV Shield Round 8 - Red Zone, Doncaster, Tuesday 16 December

Young Diamond Valley stars Emmet Brasier (3000m in 12:40.3) and Eliza Clarke (6:43.1) continued on their winning ways on Tuesday evening at the Doncaster track in suburban Melbourne, Emmet with a 10 sec PB and Eliza only a couple of secs outside her recent PB of 6:41. But Emmet did not have it all his own way, having to battle a resurgent Adam Garganis whose time of 12:42.1 was less than 2 secs behind Emmet and was also a PB.

Mixed 3000m Walk

1.	Brasier, Emmet	M16	DIAMOND VALLEY AC	12:40.3	PB 10 secs
2.	Garganis, Adam	M17	COLLINGWOOD	12:42.1	PB 07 secs
3.	Mcdonough, Aaron	M42	PRESTON AC	14:48.9	
4.	Taylor, Michael	M14	DIAMOND VALLEY AC	14:58.4	
5.	Laufer, Michelle	W45	COLLINGWOOD	15:25.5	
6.	Noonan, Emily	W14	COLLINGWOOD	16:33.0	
7.	Collis, Lauren	W16	DIAMOND VALLEY AC	16:56.5	
8.	Smyth, David	M45	COLLINGWOOD	17:08.8	
9.	Keirl, Bernie	M51	DIAMOND VALLEY AC	17:13.2	
10.	Clarke, Patrick	M46	DIAMOND VALLEY AC	18:29.4	
11.	Gardiner, Robert	M78	COLLINGWOOD	18:54.7	
12.	Elms, Donna-Marie	W53	PRESTON AC	19:12.4	
13.	Walburg, Kirsten	W16	DONCASTER AC	20:17.5	
14.	Lazar, Dennis	M58	DIAMOND VALLEY AC	20:18.5	
15.	Quinn, Karen	W50	DIAMOND VALLEY AC	20:38.2	
16.	Garganis, Clare	W44	COLLINGWOOD	20:51.6	
17.	Brown, Tammarah	W15	RICHMOND HAR	24:07.6	
18.	Tunnecliffe, Maree	W20	DONCASTER AC	24:32.9	
19.	Campbell, Donna	W44	PRESTON AC	26:25.3	

Mixed 1500m Walk

1.	Clarke, Eliza	W14	DIAMOND VALLEY AC	6:43.1
2.	Collis, Hugh	M14	DIAMOND VALLEY AC	7:53.7
3.	Langford, Taylor	W13	DIAMOND VALLEY AC	8:01.4
4.	Clarke, Georgia	W12	DIAMOND VALLEY AC	8:11.0
5.	Collis, Bede	M11	DIAMOND VALLEY AC	8:42.8
6.	Noonan, Claire	W10	COLLINGWOOD	8:43.4
7.	Botta, Natalie	W13	COLLINGWOOD	10:28.1
8.	Sheedy, Evan	M11	DIAMOND VALLEY AC	13:22.3



Photos from Doncaster last Tuesday: Bernie Keirl, Bob Gardiner and Adam Garganis

AV Shield Round 8 - Yellow Zone, Aberfeldie, Thursday 18 December

Shea Wellington was in fine form at Aberfeldie on Thursday evening, winning the 3000m walk with a big PB time of 14:35.1 after a great battle with Mark Donahoo (14:38.1). Caitlin Campbell was the best of the women with 17:26.0 and she continues to improve as the season progresses.

Mixed 3000m Walk

1.	Shea Wellington	MU18	KSB	14:35.3
2.	Mark Donahoo	M40+	ATE	14:38.1
3.	Connor McShanag	MU20	ATE	15:41.7
4.	John Kondogonis	M40+	KSB	15:59.4
5.	Caitlin Campbell	FOP	ATE	17:26.0
6.	Duncan Knox	M40+	ATE	17:30.1
7.	Phillip Dunstone	M40+	WES	18:09.8
8.	Robyn Shaw	F40+	WES	18:46.6
9.	Janice Hodgart	F40+	WES	21:45.9
10.	Maria Abfalter	F40+	KSB	20:59.3
11.	Roslyn Ireland	FOP	BWK	22:02.4
12.	Kelly Spiteri	FOP	COB	22:15.3
13.	Nicole Gunn	FOP	KSB	22:40.6
14.	Louise Davey	FOP	COB	22:42.3
15.	Laura Brennan	FU18	KSB	24:08.2
16.	Malin Eidmann	FU18	KSB	24:08.9
17.	Olive Ireland	FOP	BWK	24:40.9
18.	Brenda Cashin	F40+	WES	25:16.4
19.	Ian Rickard	MOP	BWK	27:31.8

Mixed 1500m Walk

1.	Brooklyn Utber	FU14	WES	8:36.4
2.	Dominic Sykes	MU14	KSB	11:21.2

AV Shield Round 8 - White Zone, Nunawading, Thursday 18 December

Stephanie George is quickly regaining fitness post-year-12, as shown by her winning 15:12.9 in the 3000m at Nunawading.

Mixed 3000m Walk

1.	George, Stephanie	W18	SOUTH COAST	15:12.9
2.	Tindal, Pam	W55	ATHLETICS NU	15:40.9
3.	Evans, Simon	M54	BOX HILL AC	15:56.2
4.	Taylor, Lucas	M18	YARRA RANGES	16:14.7
5.	Dyer, Chelsea	W21	BOX HILL AC	17:53.3
6.	Hunter, Pia	W48	BOX HILL AC	18:20.6
7.	Rosenbrock, Carolyn	W52	ATHLETICS NU	18:51.5
8.	McCann, Adam	M38	ATHLETICS NU	19:25.8
9.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	19:38.3

10.	Benke, Geza	M58	OLD MELBURNI	21:02.9
11.	Harvey, Christopher	M53	MALVERN HARRIERS AC	21:10.5
12.	Sofianos, Gerald	M65	ST KEVINS AC	21:54.0
13.	Laurie, Natalie	W23	ATHLETICS NU	22:34.8
14.	Worsnop, Christopher	M57	OLD XAVERIANS AC	24:53.0
15.	Handasyde, Ian	M61	UNATTACHED	20:36.3
	Beavis, Mark	M58	YARRA RANGES	DQ
	Johnson, Rachel	W37	BOX HILL AC	DQ

Mixed 1500m Walk

1.	Taylor, Lee	W13	YARRA RANGES	9:05.5
2.	Hewitson, Camden	M12	YARRA RANGES	11:09.1

AV Shield Round 8 - Blue Zone, Casey Fields, Saturday 20 December

Reese Walmsley was a long way in front in Casey Fields on Saturday with his 3000m time of 13:59.0. Interestingly, the 3000m was the larger of the two races with the Masters division walkers contesting that event alongside the U14 and U16 walkers. Looks like it might have been a great battle between 11 year old Nikola Mandic and 12 year old Corey Dickson, two of our very talented young walkers. On this occasion, Nikola won out with 6:57.4 to Corey's 7:02.9 and it was a new U12 VRWC club record to him.

Mixed 3000m Walk

1.	Walmsley, Reese	M16	KNOX AC	13:59.0
2.	McInnes, Simone	W23	GLENHUNTLY AC	15:47.0
3.	De Lisen, Paige	W16	KNOX AC	17:09.5
4.	Van Dongen, Rupert	M40	CASEY CARDIN	17:26.5
5.	Bennett, Ralph	M73	VICTORIAN MA	17:48.8
6.	Steed, Gwen	W72	VICTORIAN MA	20:11.3
7.	Hutton, Philip	M68	GLENHUNTLY AC	20:27.6
8.	Bowden, Kuniko	W48	MENTONE AC	21:48.2
9.	Clark, Madison	W11	UNNATACHED	18:02.1

Mixed 1500m Walk

1.	Nikola Mandic	MU14	CASEY CARDIN	6:57.4	VRWC U12 Record
2.	Corey Dickson	MU14	KNOX AC	7:02.9	
3.	Hayden Walmsley	MU14	KNOX AC	7:36.1	
4.	Will Thompson	MU14	CASEY CARDIN	8:03.6	
5.	Ruby Paten	WU14	CASEY CARDIN	8:06.6	
6.	Brodie Richardson	WU16	KNOX AC	8:15.0	
7.	Heather Carr	W40+	EAGLEHAWK	8:16.8	
8.	Jessica Lillie	WU16	KNOX AC	8:38.3	
9.	Mikhala Hodges	WU14	KNOX AC	8:45.4	
10.	John Zeleznikow	M40+	GLENHUNTLY AC	14:41.3	
11.	Joseph Zeleznikow	MU14	GLENHUNTLY AC	19:11.1	

And finally, back a week to the previous Saturday when the three country zones contested round 8. Ross Darlow (13:33.00 for 3000m and James Christmass (9:20.93 for 2000m) provided the two best performances.

AV Shield Round 8 - Geelong Zone, Landy Field, Geelong, Saturday 13 December

Mixed 2000m Walk

1.	Christmass, James	M47	CORIO ATHLETIC CLUB	9:20.93
2.	Schlicht, Kate	W55	ATHLETICS CHILWELL	13:09.88
3.	Mirarchi, Thomas	M14	CORIO ATHLETIC CLUB	14:49.96

AV Shield Round 8 - Bendigo Zone, LaTrobe Uni Track, Bendigo, Saturday 13 December

3000m Walk

1.	Annette Curtis	W40+	SOUTH BENDIGO	22:30.31
2.	John Watson	M40+	BENDIGO	23:47.67

1500m Walk

1.	Madison Hill	WU16	SOUTH BENDIGO	8:26.34
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AV Shield Round 8 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 13 December

3000m Walk

1.	Darlow, Ross	16	EUREKA ATHLE	13:33.00
2.	Trower, Brian	55	BALLARAT HAR	18:07.00
3.	Kilmartin, John	63	BALLARAT HAR	18:38.00
4.	Ruddick, Kevin	64	BALLARAT HAR	20:28.00

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 18 DECEMBER

Thanks to Robin Whyte for the latest results from Canberra.

2000m Turkey Handicap

1.	Callum Burns	10:10		
2.	Jennifer Gilchrist	14:04	(- 4.71)	
3.	Rod Gilchrist	13:41	(+ 5.03)	
4.	Geoff Barker	15:05	(- 5.72)	
5.	Doug Fitzgerald	15:13	(- 7.82)	
6.	Robin Whyte	12:29	(-10.94)	
7.	Mitchell Baker	10:33	(+22.13)	
8.	Ray Bramwell	15:41	(+40.36)	
9.	Diann Bramwell	17:46	(+46.04)	
10.	Laura Burns	10:52	(-3:4.32)	

ATHLETICS WA STRIVE INTERCLUB, WA STADIUM, PERTH, THURSDAY 18 DECEMBER

15 year old Declan Tingay was in great form in Perth last Thursday evening, walking a big PB time of 21:56.5.

5000m Walk

1.	Tingay, Declan	M99	AWA	21:56.5
2.	Ruane, Tiahna	W01	WTC	28:04.0
3.	Reid, Benjamin	M01	AWA	30:58.7
4.	Hughes, Holly	W97	MLV	DQ

ATHLETICS TASMANIA - REUNION DAY MEET, DOMAIN, HOBART, SATURDAY 20 DECEMBER

And Steph Stigwood walked a 9 sec PB time of 13:06.57 in Hobart on Saturday. Another excellent walk.

3000m Walk

1.	Stigwood, Stephanie	Old Virgilians	13:06.57
2.	Marsh, Lawrie	Tasmanian Masters	18:47.68
3.	Leitch, Elizabeth	Eastern Suburbs	18:50.97
4.	Foster, Ron	Northern Suburbs	19:21.78
5.	Moore, David	Tasmanian Masters	22:32.94
6.	Hunt, Tahlia	Old Virgilians	DNF

RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 21 DECEMBER

Thanks to Rick Cattermole for the final results for this year from the Racewalking Club of Western Australia. He commented that it was a near perfect day for racewalking. Chris Gerken walked a fantastic 5k PB in 24.12. His mum, Jay, won the open Christmas walk 1500m in a first ever time of 17.18! It must be mentioned that Adrian Brown pulled his Hammy at the start of the race and Stephen Jackson was missing and missed the start of the Parents walk!

5km Open

1.	Christopher Gerken	24.12
	Caitlin Gerken	DNF

3km Open

1.	Summer Brown	17.09
2.	Breanna Brown	18.28

2km Open

1.	Tim Kezic	12.30
2.	Lily Reynolds	12.58
3.	Ryan Kezic	13.17
4.	Tina Kezic	13.18

Parents 1500m Christmas Walk

1.	Jay Gerken	17.18
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NEW ZEALAND ROUNDUP

I start my overseas report comes from New Zealand where the walkers were in action in various cities.

John Walker Night of Miles, Mt Smart Stadium, Auckland, Saturday 20 December

First to Auckland where Alana Barber (6:35.23) and Jared Free (6:41.77) were in devastating form in the 1 Mile walk.

Female - Mile Walk

1.	Alana Barber	Race Walk Auckland	6:35.23
2.	Mesha White	Waitakere	11:17.32
3.	Sylvia McDougall	Hillsborough	13:44.07

Male - Mile Walk

1.	Jared Free	Waitakere	6:41.77
2.	Nathan McDougall	Wesley	8:59.55
3.	Liam White	Waitakere	11:49.68
	Euan McDougall	Hillsborough	DQ

For Jared, it was a big PB, beating his previous best time from the previous year by a whole minute! It was also a big PB for Alana who commented as follows when interviewed post-event.

“That’s my best by far. I don’t do a lot of mile races and I haven’t done one for about three years and the last one I was struggling to break eight minutes, so it’s really nice to come back here after being away for two years in England and come back and do a time like that is a great feeling. Something has kind of clicked in the last six months so that’s meant that everything has improved. My training times have improved and it is so easy to do PBs by huge amounts”

Alana puts a lot of her success down to the support from her partner Olympian Quentin Rew.

“He has been a big reason why I have improved so much because he has been there to help me and give me support and advice, he’s so knowledgeable and he’s a physio so he’s got that kind of understanding and background.”

Long term Barber is looking to the world championships in Beijing in August.

“It’s going to be difficult, I’ve got some overseas races, the next one being in Adelaide at the end of February, so that’s the next big race I’m targeting.

“I’m going over to Australia straight after Christmas to train there and get used to the hot temperatures and to train with some girls who are better than me, so that will really help.”

21st Scottish Night of Miles, Newtown Park, Wellington, Saturday 20 December

Quentin Rew, freshly back from his record breaking visit to Melbourne, showed style and speed to win the mile walk Wellington in an impressive **5:58.85**.

Athletics Canterbury Meeting, Rawhiti Domain, Christchurch, Saturday 20 December

Finally, Rosie Robinson won the 2000m walk in Christchurch on Saturday evening in an excellent 9:09.83.

All in all, a great weekend for New Zealand walking.

KOPER TEK MEET, KOPER, SLOVENIA, SATURDAY 13 DECEMBER

Thanks to Fabio Ruzzier for the results of the annual Koper Tek meet which was held at the main athletics stadium in Koper, Slovenia, on Saturday 13 December.

U12 Boys 500m (first 3)

1.	Brulc Matija	2005	AK Koper	2:22.2
2.	Icardi Cristian	2003	Trieste Trasporti	2:26.8
3.	Brulc Andrej	2006	AK Koper	2:31.0

U12 Girls 500m (first 3)

1.	Reicht Tamara	2005	AD Štajerska	2:55.1
2.	Milenovič Saša	2007	AK Koper	3:13.6
3.	Čačič Blažek Nina	2006	AK Koper	3:16.3

U14 Boys 1000m

1.	Križnik Filip	2001	AD Štajerska	5:15.3
2.	Lubiana Riccardo	2001	Trieste Trasporti	5:30.6

U14 Girls 1000m

1.	Cah Klara	2002	AK Koper	5:14.4
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U16 Boys 2000m

1.	Lubiana Federico	1999	Trieste Trasporti	10:06.1
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U16 Girls 2000m

1.	Colacicco Valentina	2000	Trieste Trasporti	10:16.1
2.	Gubertini Martina	2000	Trieste Trasporti	10:32.1
3.	Čanadi Eva	2000	AK Koper	10:35.2

Open Men 3000m

1.	Ruzzier Fabio	1953	AK Koper	15:14.6
2.	Saponaro Giuseppe	1969	Poolsport Trieste	15:28.4
3.	Dorigo Silvio	1962	Atl. Triveneto	15:37.0
4.	Bahčič Igor	1962	AK Koper	16:25.6
5.	Brulc Matjaž	1968	AK Koper	17:23.0
6.	Miloch Adriano	1947	G.S.S.Giacomo	19:42.1

Open Women 3000m

1.	Raia Elisa	1978	CUS Trieste	15:17.0
2.	Cinca Elena	1970	Atl. Brugnera	15:34.3



The Open 5000m walkers in action



The Open Men post-event



The U14 Boys podium

BITS AND PIECES

- The English Centurions have now confirmed that their **104th Centurions 100 Miles qualifying walk** will be held at Castleton, Isle of Man, on August 15-16 August next year. Steve Taylor advises that the event website is now up and running at <http://www.isleofman100milewalk.co.uk/index.html>.
- British T&F Selection policies for the World Youth Championships, European Junior Championships and European Under 23 Championships have now been published: See <http://www.britishathletics.org.uk/world-class/2015-selection-policies>.
- NZ has also announced its selection policy for next year's IAAF World Championships in Beijing. See <http://performance.athletics.org.nz/index.php/7-news/509-2015-iaaf-world-championships-policy-announcement>
- Talking of selection policies, Last Wednesday, Athletics Australia released its own 2015 IAAF World Championships Selection Policy. This is what you need to know to put yourself in contention for selection. It includes dates of trials, selection dates and qualification criteria under the new IAAF qualification system. There is also a FAQ available at the link below. See <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Championships>.
- Athletics Australia has also released its selection policy for the 2015 World University Games, to be held in South Korea, in July. See <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-University-Games>.

Qualifying standards	20km Race Walk Men	1:25:54
	20km Race Walk Women	1:38:53
- The World Anti-Doping Agency (WADA) last Tuesday set up an independent investigation for the first time in its history to look into the "serious" allegations of widespread doping in Russian athletics. The investigation will be led by Dick Pound. See <http://www.supersport.com/athletics/article.aspx?Id=2779564>
- Continuing the drugs thread, former Olympic race walking gold medalist Alex Schwazer was handed an eight-month suspended prison sentence yesterday under a plea bargain deal with prosecutors investigating him for doping, and he hopes to compete again. Schwazer will also pay a 6,000-euro fine as part of the deal. And how's this for a quote: "Schwazer wants to become an anti-doping spokesman to prevent other kids from making his mistake," the athlete's lawyer, Gerhard Brandstatter, said. Please, don't take us for complete fools. How many times have I heard that from convicted drugs cheats. I put it in the same league as those many corporate criminals who "find God" when behind bars and then come out seeking forgiveness. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11378242&ref=rss.
- Paul Warburton for the IAAF reviews the racewalking year. See <http://www.iaaf.org/news/news/2014-review-athletics-race-walking>.

- I reported in last week's newsletter on the Cardiff Met Indoor Grand Prix which was held in Wales on Sunday 14 December. Mark Wall has found youtube video of the 3000m race which was won by Heather Lewis in 13:11.87. The video is in two parts:

https://www.youtube.com/watch?v=iiINcC_S7wQ
<https://www.youtube.com/watch?v=fsfwjZ1WoMU>

British Athletics has also confirmed that this performance is also eligible to be submitted as a new UK record as the race was a womens only race. The three faster times on Record - Niobe and Bethan's 13:08 and Heather's 13:11.8 - were set in mixed races, so can't count for record purposes. Just quoting what was sent to me. I can't independantly verify the correctness or otherwise of the report.

- Since 2006 the Australian Institute of Sport in Canberra has boasted a purpose-built five bedroom "altitude house", complete with kitchen, bathroom and sunny garden aspect. The house has been used as a training aid by a number of Australia's leading athletes including three-time Olympic race walking medallist Jared Tallent. Australian Institute of Sport and University of Canberra exercise physiologist Dr Laura Garvican-Lewis tells Spikes magazine what it's all about. See http://spikes.iaaf.org/post/spikes-finds-out-about-the-altitude-house-in?utm_content=buffer3be91&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
- 1980 Olympic silver medallist Jordi Llopart is doing it tough. http://www.telecinco.es/informativos/sociedad/Jordi_Llopart-paro-subsidio-atletismo-JJOO_2_1909980118.html
- Jon Drummond, a USA coach and a former sprinting star, received an eight-year doping ban after arbitrators found he had possessed, trafficked and administered banned substances and had assisted in their use and cover-up. Drummond was a personal coach for the American 100-meter record-holder, Tyson Gay, and also served as relay coach for the United States track team at the London Olympics. Gay was given a one-year suspension last year after testing positive for banned substances. Makes you wonder what sort of penalties will be handed out to the Russian coaching staff who have overseen their tainted racewalking program over the last few years. <http://www.athleticsweekly.com/featured/jon-drummond-banned-eight-years-14872/>
- Matej Toth has won the Slovakian athlete of the year for a third time (2006 2013 2014) after his great racewalking year. When interviewed, he said he wants to spend as much time as possible at home with his family as the final leadup to the Olympics is expected to be full on. So no high altitude camps this winter. Instead he will be training at his home base in Bankska Bystrica but sleeping twice per week at 3000m in the simulation chamber at the local army sport club facility. He plans a short stay in the Canary Islands later this winter and will spend 4 weeks in Johannesburg. After the Worlds in Beijing, he will travel to Brazil for research and familiarition. Sounds pretty focused to me!
- Matej Spisiak is the Slovakian coach of the year for the Open category. In 2013 he took over the racewalk group and has had good success with 2014 PBs to Toth (20km and 50km), Czakova (20km), Kucmin (20km) and Majdan (50km).
- I heard earlier this week that VRWC and Mentone walker Geoff Barrow recently underwent triple bypass surgery. All the best to Geoff – I am sure we can expect to see him back racing soon – he is not one to sit by idly any longer than he has to.
- Matt Owen has posted some great video from the 2014 Australian 50km Race Walking Championships at Fawkner Park last weekend. As well as showing some of the action from the 50km championship, the video also shows snippets from the 20km, 10km & 5km races that were also contested. See <https://www.youtube.com/watch?v=anLsUTCiAqM>.

ANOTHER BUMPER WEEK FOR MARCIADALMONDO

Nicola Maggio does it again with another selection of great articles this week on the MarciaDalMondo website (and there is always an English translation as well)

- A potted history of the marciadalmondo website, followed by Maurizio Damilano, Chairman of IAAF Race Walking Committee, who gives his thoughts on the current state of race walking in the world. Excellent reading. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1963
- 2014 World list Women 10,000m track walk: See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1962
- 2014 World list Men 10,000m track walk: See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1961
- USA 50 km Championships in Santee (California): See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1960
- Italy announces its selection policies for the major 2015 meets and preselects a number of their top walkers: Giorgio Rubino (20km men), Marco De Luca (50km men), Matteo Giupponi (50km men), Anna Eleonora Giorgi (20km women) and Antonella Palmisano (20km women). See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1959

- European Athletics decided that the 2015 European Cup of Race Walking, which was originally to be held in the Ukraine, is now to be held Murcia, Spain. Murcia is a city that has always been very closely linked to race walking. It hosted the final of the 2008 IAAF Race walking Challenge that saw the victory of Francisco Fernandez in 1:23:14 in front of Jared Tallent (1:24:02) and Jefferson Perez (1:24:25). See http://www.marciadalmondo.com/ita/dettaqli_news.aspx?id=1958

OMARCHADOR FOLLOWS SUITE

The omarchador blogspot was just as prolific this week with its press releases. And a note here – although they do not have an English translation, all you have to do is open the link in the Google Chrome web browser and right click anywhere on the text and choose 'Translate to English' from the dropdown list.

- Eiki Takahashi set a new Japanese men's 10,000m track walk record earlier this month with a time of 38:18.51. See <http://omarchador.blogspot.pt/2014/12/takahashi-estabeleceu-novo-recorde.html>
- Lots of great walking in the Indoor Grand Prix Race Walking meet last Saturday in the Expocentre pavilion in Pombal, Portugal. Apart from a couple of national records in younger age groups, Miguel Carvalho won the Open Men's 5000m with 20:20:04 and Daniela Cardoso won the Open Women's 3000m with 13.18.42. See <http://omarchador.blogspot.it/2014/12/recordes-nacionais-jovens-na-pista.html>
- A preview of the Pombal meet above. <http://omarchador.blogspot.it/2014/12/pombal-vai-acolher-um-grande-premio-de.html>
- Erin Taylor-Talcott and John Nunn win the USA 50km championships: <http://omarchador.blogspot.it/2014/12/taylor-talcott-e-nunn-campeoes-de-50-km.html>
- Murcia in Spain is now awarded the 2015 European Race Walking Cup <http://omarchador.blogspot.it/2014/12/murcia-vai-receber-taca-da-europa-de.html>
- Chris Erickson wins the Australian 50km championship <http://omarchador.blogspot.it/2014/12/chris-erickson-venceu-50-km-australianos.html>

VALE STAN MISKIN: 1925 – 2014

It is my sad duty to inform fellow Victorian walkers of the death of Stan Miskin who passed away in hospital around 4AM last Sunday morning, aged 89. Stan was well known in Masters circles where he competed as a walker for many years. He was also well known in the ultra running and ultra walking communities for his many feats. In that context, he was one of our Australian Centurions (C 23) and set many masters Records in the M75 and M80 divisions.

Stan suffered a serious stroke last Wednesday and it was so severe that there was little hope of recovery. He hung on long enough for various of his family to fly home to see him, but in the early hours of Sunday his body gave out. His wife Ellwyn tells me that he has donated his body for medical purposes so there will be no funeral. The family, however, have organized a memorial service for tomorrow (24 December) at 10AM at Tobin Brothers, 21 Lyall Rd, Berwick (outer eastern Melbourne suburb).

Condolences may be sent to

Mrs Ellwyn Miskin
1 Brookfield Crt
Berwick, Victoria, 3806

You can read all about Stan's many wonderful races at <http://www.centurions.org.au/centprofiles/23%20stan%20miskin.pdf>.

VRWC CLUB RECORD UPDATE

As mentioned earlier in the newsletter, 11 year old Nikola Mandic set a new VRWC U12 1500m record at Casey Fields last Saturday.

Nikola Mandic U14 Boys 1500m Track Walk 6:57.4 AV Shield, Casey Fields 20/12/2014

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.

2014/2015 Australian/Victorian Summer Season Key Dates

Dec 28 2014 - Jan 10 Annual VRWC Falls Creek Camp. See <https://www.facebook.com/groups/726992100645163/>
Sun 18 Jan, 2015 AV 5km Teams Roadwalk Champs and VRWC races, Middle Park, VIC

Jan 23-25, 2015	Victorian Country T&F Championships, Bendigo. Entries close Sunday 11 January. Enter at http://athsvic.org.au/event/2015-victorian-country-championships/
Sun Feb 1, 2015	VRWC Roadwalks, Middle Park, VIC
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks). Entries close Friday 9 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Sun Feb 8, 2015	VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA. Entries close on Fri 30 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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