



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2011 Number 4  
25 October 2011



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### WALKER OF THE WEEK

Since we have so many walks spread across Australia each week during the summer, I am going to try my hand at a 'Walker Of The Week' award. It will not have any special prize except for the recognition involved. To kick it off, I have reviewed all the results reported in this week's newsletter and have determined my short list which reads as follows:

Ian Rayson	NSW	Open 20km	VRWC Races, Middle Park	23/10/2011	1:25:59
Jesse Osborne	QLD	U18 5000m	QSSA T&F Champs, Brisbane	22/10/2011	21:05.14
Stephanie George	VIC	U16 2000m	AV Shield Comp, Casey Fields	22/10/2011	9:13.3
Beki Lee	NSW	3000m Open	AACT Interclub, ACT	21/10/2011	13:20.6

- 23 year old **Ian Rayson** travelled down from Canberra to Middle Park on Sunday to chase a 20km time and he was rewarded with a 31 sec PB of 1:25:59. This confirms Ian's place amongst our top male walkers and puts him well in contention for a World Cup spot next year. Of course, Ian is an even stronger 50km walker (PB of 3:59:43) and will be an even stronger contender for that team.
- 16 year old **Jesse Osborne** of Queensland represented Australia in the 2011 World Youth Championships in Lille, France, where he came a creditable 18<sup>th</sup> with 45:11. On Saturday, he took a massive 24 secs off his 5000m PB with a super time of 21:05.14 in winning the Queensland All Schools T&F U18 championship. With this sort of endurance and speed, I expect to see his 10km PB (currently 44:45) tumble this summer and he must be rated amongst the top contenders for our 2012 World Junior Championships team.
- 15 year old **Stephanie George** broke her own VRWC U16 Club Record and bettered Amy Burren's VRWC U17 Club Record with her time of 9:13.3 in the AV 2000m on Saturday afternoon. This is a huge improvement of 30 secs on her PB and comes on the top of a great winter season where she won a number of Victorian State Championships.
- 24 year old **Beki Lee** of NSW, now resident in Canberra (like Ian Rayson), was our best performer at the 2011 World University Games, coming 10<sup>th</sup> in the 20km walk in Schenzen. With a 20km PB of 1:35:35, she is one of our up and coming young walkers and she took a further step on Friday evening when she walked a PB 13:20.6 in an ACT Interclub meet.

All you have to do is log onto the VRWC website (<http://www.vrwc.org.au>) and choose the *Walker of the Week* link on the front page and then cast your vote. Only 1 vote is allowed per IP address. So go for it!

### AV SHIELD COMPETITION, SATURDAY 22 OCTOBER

Round 2 of the Athletics Victoria Shield competition was held last Saturday with 2000m walks on offer for all age groups. Let's get right to the action.

#### AV Shield - South East Region - Round 2, Casey Fields, Cranbourne East, Saturday 22 October

There were some great performances at Casey Fields but none better than 15 year old Stephanie George who stormed through in a huge PB time of 9:13.3. Others to shine include Aaron Tam 9:39.0, Kyle Swan 9:58.0, Reese Walmsley 10:11.2 and Masters walker Clyde Riddoch 10:11.2 (wow, what a time). Overall, a very strong result.

#### 2000m Walk Men

1.	Tam, Aaron	U18	KNA	9:39.0	PB 0:06
2.	Swan, Kyle	U14	KNA	9:58.0	
3.	Walmsley, Reese	U14	KNA	10:11.2	PB 0:06
4.	Riddoch, Clyde	M40	AWA	10:16.3	
5.	Lucas, Alan	M40	VMA	11:03.6	
6.	Bennett, Ralph	M40	VMA	11:32.4	
7.	Doran, Tony	OP	GHY	11:47.6	
8.	Barrow, Geoff	OP	MEN	12:17.0	
9.	Osmand, Kym	OP	OAK	12:25.2	
10.	Hutton, Philip	OP	GHY	12:52.6	
11.	McNicol-Davidson, Cody	U14	UNA	13:11.4	

12.	Morrison, John	OP	SAN	13:57.8
13.	Zeleznikow, John	OP	GHY	17:51.0

#### 2000m Walk Women

1.	George, Stephanie	U16	KNA	9:13.3	PB 0:30
2.	Carr, Heather	W40	EAG	10:25.8	
3.	Stadus, Lauren	U16	KNA	10:47.3	
4.	McInnes, Simone	OP	GHY	11:14.3	
5.	Gourlay, Marlene	W40	VMA	11:30.2	
6.	Steed, Gwen	W40	VMA	12:08.8	
7.	Eastwood, Jessie	U16	KNA	12:14.4	
8.	Chapman, Kahlia Jayde	OP	AWA	12:39.8	

#### AV Shield - East Region - Round 2, Hagenauer's Reserve, Box Hill, Saturday 22 October

13 year old Cooper Owen was the star walker at Box Hill with his 9:46.0 ahead of Simon Evans 9:50.8 and Adam Garganis 9:57.3 (another huge PB) while Michelle Laufer 10:02.8 walked superbly to take the women's race.

#### 2000m Walk Men

1.	Owen, Cooper	M13	DIV	9:46.0	PB 0:31
2.	Evans, Simon	M51	BOH	9:50.8	
3.	Garganis, Adam	M14	COL	9:57.3	PB 0:49
4.	Gardiner, Bob	M75	COL	11:20.1	
5.	Hammett, Gary	M54	DIV	11:32.7	
6.	Summers, Harry	M76	BOH	12:52.9	
7.	Cooper, Stuart	M61	SSH	12:57.0	
8.	Worsnop, Chris	M54	OLX	13:24.3	
9.	Neale, Anthony	M13	COL	16:00.9	

#### 2000m Walk Women

1.	Laufer, Michelle	W42	COL	10:02.8	
2.	Geisler, Sandra	W34	RWD	10:18.1	
3.	Irshad, Jasmine	W14	STK	10:55.3	
4.	Walburg, Kirsten	W13	DAC	12:37.2	
5.	Smith, Charmaine	W36	DAC	16:53.4	

#### AV Shield - North West Region - Round 2, Moonee Valley Athletics Centre, Moonee Ponds, Saturday 22 October

Mark Donahoo turned the tables on the other main players at Aberfeldie with a fine 9:22.6 while team mates Trenton Hawkins 9:31.9 and Aaron McDonough 9:35.4 had their usual battle. Paul Kennedy had a quiet one for a change. Donna Elms was the fastest of the ladies with a PB 11:27.7. This was once again the largest walks venue with 30 competitors.

#### 2000m Walk Men

1.	Donahoo, Mark	53	ATE	9:22.6	
2.	Hawkins, Trenton	32	PTN	9:31.9	
3.	McDonough, Aaron	39	PTN	9:35.4	
4.	Kennedy, Paul	54	MUA	10:10.5	
5.	Knox, Duncan	52	ATE	10:33.4	
6.	Erickson, Tim	61	COB	10:39.3	
7.	Kondogonis, John	50	KSB	11:59.7	
8.	Elms, Jason	21	ATE	12:28.6	
9.	Keighery, Peter	45	KSB	13:21.6	
10.	Casilli, Anthony	12	PTN	14:47.4	
11.	Dunstone, Phillip	43	WES	15:44.0	
12.	Rickard, Ian	55	BWK	17:07.0	
13.	Sykes, Alexander	13	KSB	20:32.7	

#### 2000m Walk Women

1.	Elms, Donna	50	ATE	11:27.7	PB 0:03
2.	Barbour, Beth	15	COB	11:53.1	
3.	Bertrand, Georgia	11	KSB	12:29.0	
4.	Irons, Julia	13	KSB	12:29.3	
5.	Cooke, Brianna	14	WCA	13:07.3	
6.	McLaren, Stacey	15	ATE	13:22.1	
7.	Cullen, Larissa	13	WCA	13:24.8	
8.	Matthews, Rhiannon	10	KSB	13:48.7	
9.	Hodgart, Claire	15	WES	13:52.4	
10.	Abfalter, Maria	43	KSB	14:01.5	
11.	Baric, Amanda	43	KSB	14:01.8	
12.	Stobaus, Anne	70	KSB	14:20.5	
13.	Ireland, Roslyn	28	BWK	14:25.2	
14.	Jamieson, Susan	62	WTN	16:00.4	
15.	Rickard, Tess	18	BWK	16:18.9	

16.	Baker, Gail	54	BWK	18:15.5
	Magree, Tess	9	KSB	DQ

#### AV Shield - Bendigo Region - Round 2, La Trobe University, Bendigo, Saturday 22 October

Amanda Heard 10:36.4 and Josh Savage 11:57.3 were the best in Bendigo. It is great to see Geoff Major still competing so well.

#### Mixed 2000m Walk

1.	Amanda Heard	W16	EAG	10:36.4
2.	Josh Savage	M16	EAG	11:57.3
3.	Annette Major	W49	EAG	12:43.5
4.	Geoff Major	M75	EAG	14:10.5
5.	John Watson	M61	BYM	14:43.1
6.	Ebony-Jade Jones	W17	INV	15:15.4

#### AV Shield - Ballarat Region - Round 2, Llanberris Reserve, Ballarat, Saturday 22 October

Daryl Biggin tells me that on Saturday at Llanberris Reserve, the walk was all set to get underway at 3.00pm with himself, Paul Nunn, Maurice Prendergast, Sarah Brennan, Kelly Ruddick and Kevin Ruddick on the line when a massive storm arrived. Alas, the walk was cancelled, along with the rest of the program.

#### AV Shield - Geelong Region - Round 2, Landy Field, Geelong, Saturday 22 October

Still no results from Geelong Round 1 or Round 2 posted on the AV website.

### VRWC ROAD RACES, MIDDLE PARK, SUNDAY 23 OCTOBER 2011

Last Sunday saw our summer season opening races at Middle Park but unfortunately we had plenty of opposition on various walking fronts so our numbers were down, only 36 in total. However we still saw some excellent performances in the just about perfect racing conditions. Thanks to **Terry Swan** for his usual selection of fine photos (more at [www.vrwc.org.au/coppermine](http://www.vrwc.org.au/coppermine)). We also welcomed **Robin Wood** back after his recent heart attack. Glad to see you back on deck Robin.

The day opened at 8:30AM with our longer events and it was the 20km walkers who showed the way. Visiting NSW walker **Ian Rayson** showed his class, recording a 31 sec PB with his time of 1:25:59. **Scott Nelson**, former NZ Olympic walker, was next in with 1:46:08 and he looks a sure bet at this stage for selection in the NZ team for next February's Aust vs NZ match race. **Simon Evans** carried on from his recent Victorian 50km championship win with a good 1:56:12 while **Michelle Thompson** was just a few secs outside her PB with her time of 1:58:51. **Mark Donahoo** 1:25:47 took the honours in the 15km event while **Pam Tindal** 54:50 and **Jmara Hockley-Samon** 56:13 (just a couple of secs outside her PB) were the best in the 10km events.



**Ian Rayson, Michelle Thompson, Scott Nelson, Simon Evans and Pam Tindal**

#### 20km Open Walk

1.	Rayson, Ian	M	43:13	1:25:59	PB 0:31
2.	Nelson, Scott	M	51:36	1:46:08	
3.	Evans, Simon	M	54:42	1:56:12	
4.	Thompson, Michelle	F	57:54	1:58:51	

#### 15km Open Walk

1.	Donahoo, Mark	M	56:19	1:25:47
2.	Skrucany, Rudolf	M	73:27	1:54:31

### 10km Open Walk

1.	Tindal, Pam	F	54:50
2.	Hockley-Samon, Jmara	F	56:13
3.	Carr, Heather	F	59:55
4.	Jack, Clarrie	M	60:24
5.	Dickenson, Russ	M	63:59
6.	Elms, Donna	F	68:00
7.	O'Neill, Karyn	F	69:38
	O'Neill, Terry	M	DNF

The 5km and 3km walkers started at 9:30AM with **Nathan Brill** the standout, his time of 21:43 only just outside his PB. **Lucas Taylor** 15:47 and **Kyle Swan** 16:07 were the best of the 3km walkers. We welcomed first time walker **Jake Oliva** and he will soon improve on his inaugural 3km time of 23:39.

### 5km Open Walk

1.	Brill, Nathan	M	21:43
2.	Erickson, Tim	M	28:03
3.	Lucas, Alan	M	29:10
4.	Gardiner, Bob	M	32:34
5.	Summers, Harry	M	34:47
6.	Johnson, Celia	F	35:10
	Irshad, Jasmine	F	DNF

### 3km Open Walk

1.	Taylor, Lucas	M	15:47
2.	Doran, Anthony	M	19:22
	McShanag, Connor	M	DNF

### 3km Under 15 Walk

1.	Swan, Kyle	M	16:07
2.	Sanders, Jade	F	16:43
3.	Swan, Emily	F	18:53
4.	Tremigliozi, Paul	M	19:36
5.	McLaren, Stacey	F	21:29
6.	Oliva, Jake	M	23:39



**Jake Oliva, Nathan Brill, Lucas Taylor, Kyle Swan and Jmara Hockley-Samon**

Our final races were for the Under 12 and Under 9 walkers and we witnessed a great battle between Hayley George and Jonty Brennan. Unfortunately, Jonty probably just tried too hard and the red cards caught him out, leaving Hayley to win with a very quick 11:07. Caine Brill was the best U9 with his time of 5:49.

### 2km Under 12 Walk

1.	George, Hayley	F	11:07
2.	Brill, Justin	M	12:17
3.	Taylor, Lee	F	13:33
	Brennan, Jonty	M	DQ

### 1km Under 9 Walk

1.	Brill, Caine	M	05:49
2.	Brennan, Mercedes	F	06:27





**The start of the U9/U12 races, Hayley George in action and Justin McLaren leading out on the bike**

Neil Ryan of Runners World in Kew was down to present the Runners World Winter Season awards to our winners and we had 3 of the 4 present. We thank Neil for his wonderful ongoing support of the club and recommend that everyone buy their shoes and sporting apparel at the Runners World shop in Kew.



**Neil Ryan with Runners World Award winners Amelia Finnegan, Heather Carr and Nathan Brill**

As usual, thanks to the many people who keep the show on the road. It takes a lot of help to run a regular sporting carnival like this.

- Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Ian Laurie, Susan Taylor, Don McLaren, Justin McLaren, Damien Elms  
**Course Setup:** Tim Erickson, Harry Summers, Bob Gardiner  
**Judges:** Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Stuart Cooper, Ralph Bennett  
**Photos:** Terry Swan  
**Conditions:** Warm and sunny

**BRWC 1500M HANDICAP WALK, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 23 OCTOBER**

Ballarat Racewalking Club President Daryl Biggin reports that conditions were just about perfect for racing last Sunday morning apart from the litter scattered over their racing circuit after Saturday's storm and flash floods. The winner of their 1500m Handicap walk was 6 year old Mia Darlow who said she said that she dreamed that she was going to win and yes it did happen. As Daryl says: *Tim we are all dreamers!*

1.	Mia Darlow	13.14
2.	Amy Canavan	8.42
3.	Paul Nunn	8.20
4.	Ross Darlow	7.56
5.	Wilma Oomen	11.10

6.	Sarah Brennan	7.55
7.	Olivia Davis	12.01
8.	Shae Ohlsen	9.51
9.	Kobie Somerfield	8.24
10.	Rodney Davis	10.24
11.	Daryl Biggin	7.34
12.	Leah Canavan	14.19
13.	Bailey Ohlsen	13.40



**Winner Mia Darlow with club coach John Ohlsen**

**BENDIGO WALKERS CLUB HANDICAPS, ROSALIND PARK, BENDIGO, WEDNESDAY 19 OCTOBER**

Thanks to Paul Rance for his report from the Bendigo Walkers Club in country Victoria.

The Bendigo Walkers Club's Summer Season of walking continued in Rosalind Park on Wednesday evening with 2km and 5km handicap events being held. In the 2km handicap, backmarker Jeremiah Jones produced a strong performance to win his 2<sup>nd</sup> race of the Summer with Norm West 2<sup>nd</sup> and Ebony-Jade Jones in 3<sup>rd</sup> place. The 5km handicap saw Colin Cleary hold off the fast finishing Josh Savage to score a well deserved victory as Josh took 2<sup>nd</sup> place with a personal best effort and John Carter finished 3<sup>rd</sup> just in front of backmarker Barb Bryant with Barb securing fastest time honours.

<b>2000m Handicap</b>	1 Jeremiah Jones	11.23	2 Norm West	16.16	3 Ebony-Jade Jones	15.56
<b>5000m Handicap</b>	1 Colin Cleary	36.56	2 Josh Savage	30.05	3 John Carter	33.58
	4 Barb Bryant	30.32	5 Annette Curtis	37.34	6 Geoff Major	44.14

This Wednesday evening the Bendigo Walkers Club's Annual Bendigo Walking Cup will be held at the Latrobe University Bendigo Athletic Complex with walkers contesting the 2400m handicap race at 6pm. New walkers are welcome to attend.

Meanwhile four Bendigo Walkers Club athletes contested the 1500m walk at the recent Loddon Mallee Secondary Schools regional Championships.

<b>16-20 Years Girls 1500m</b>	1 Ebony Whiley	7.52.46	2 Ebony-Jade Jones	10.45.76
<b>16- 20 Years Boys 1500m</b>	1 Josh Savage	8.05.85		
<b>12-15 Years Boys 1500m</b>	1 Jeremiah Jones	7.54.00		

These athletes will now contest the School Sport Victoria State Finals at the new State Athletic Complex at Albert Park on Tuesday 25<sup>th</sup> October.

## QUEENSLAND SECONDARY SCHOOLS TRACK & FIELD CHAMPS, QSAC, 20-23 OCTOBER 2011

Jesse Osborne was the standout performer in the Queensland Schools T&F Championships in Brisbane last weekend, winning the U18 5000m walk in a big PB of 21:05.14 and beating his World Youth team mate Brad Aiton who also recorded a very creditable 21:47.22. Jessica Pickles won the U18 Girls' 5000m with 25:50.50 while Kenza Benzenati 15:45.39 (U16 3000m) and Luke McCutcheon 7:25.39 (U14 1500m) also produced good times.

### Men 16-17 Years 5000 Metre Walk

1.	Osborne, Jesse	MN	21:05.14	PB 0:24
2.	Aiton, Brad	ME	21:47.22	

### Women 16-17 Years 5000 Metre Walk

1.	Pickles, Jessica	SC	25:50.50	
2.	Sims, Casey	MN	31:38.44	
3.	Wright, Jessica	MW	36:00.70	

### Men 14-15 Years 3000 Metre Walk

1.	Titheradge, Aiden	SU	22:36.65	
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### Women 14-15 Years 3000 Metre Walk

1.	Benzenati, Kenza	SC	15:45.12	
2.	Martin, Katya	SC	17:19.33	
3.	Boardman, Lucy-rose	SU	17:52.03	
4.	Haig, Jessica	SU	18:32.10	
5.	Sims, Jesse	MN	20:29.93	

### Men 13 Years 1500 Metre Walk

1.	McCutcheon, Luke	ME	7:25.39	
2.	Miles, Trent	ME	7:36.65	
3.	Dando, Sam	CA	9:00.24	
4.	Fitzgerald, Marcus	DD	11:02.99	

### Women 13 Years 1500 Metre Walk

1.	Smith, Clara	MW	7:39.26	
2.	Henderson, Emma	N	7:57.19	
3.	Leen, Maria	ME	8:29.01	
4.	Sammut, Molly	MW	9:39.69	

## ATHLETICS NSW CLUB PREMIERSHIP ROUND 1, NARRABEEN, SATURDAY 22 OCTOBER

U14 1500m walks have been added to the NSW Club Premiership competition and Round 1, held last Saturday at Narrabeen, saw a good number of walkers in action. Nicole Fagan 23:55.23, Steven Washburn 23:43.00 and Jasmyn McDonald 7:27.04 were the standouts.

### Women 5000m Walk

1.	Fagan, Nicole	22	Sydney Pacif	23:55.23
2.	Brown, Suzanne		U.T.S. North	31:10.49

### Men 5000m Walk

1.	Washburn, Steven	17	Nepean Distr	23:43.00
2.	Mulhearn, Derek	21	Sydney Unive	24:37.20
3.	Mulhearn, Jordan	19	Sydney Unive	25:54.35
4.	Birch-Ward, Kurtis	16	Sutherland D	28:41.01
5.	Williams, Dennis	63	Hills Distri	32:20.22
	Colreavy, Jack	22	Sydney Unive	DQ
	Heil, Andrew	34	Sydney Unive	DQ

### Women 3000m Walk

1.	Minett, Rhiannon	13	Bankstown Sp	17:18.60
2.	Francis, Lucinda	12	Sydney Pacif	17:23.70
3.	Camenzuli, Ebony	14	Asics Wests	18:59.19

### Men 3000 Walk

1.	Kerr, Aidan	13	Sydney Pacif	17:56.70
2.	Barrett, Doug	59	U.T.S. North	19:25.36
	Greenland, Peter	58	Nsw Masters	DQ

### Girls 1500 M Race Walk Under 14

1.	McDonald, Jasmyn	12	Parramatta C	7:27.04
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2.	McDonald, Leah	11	Parramatta C	7:45.09
3.	Crichton, Sophie	11	Sydney Pacif	8:30.36
4.	Tejcek, Katherine	11	Sydney Pacif	9:55.13

#### Boys 1500 M Race Walk Under 14

1.	Mavin, Harrison	10	Sydney Pacif	8:30.17
2.	Thomson, Ryan	11	Nepean Distr	8:41.42

### ASA ALL SCHOOLS INVITATIONAL MEET, SANTOS STADIUM, ADELAIDE, 22-23 OCTOBER

The South Australian walkers were also in action last weekend with their Schools Championships at Santos Stadium.

#### Girls 3000 Metre Race Walk U/14

1.	Anna Cross	St Peter's Girls	16:46.10
2.	Rhiana Hooker	Trinity	19:32.30

#### Boys 3000 Metre Race Walk U/14

1.	Alix Harlington	Elizabeth Park P	17:11.14
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#### Girls 3000 Metre Race Walk U/16

1.	Piper Douglas	Pedare Christian	16:46.10
2.	Danielle Walsh	Xavier College	18:21.90
3.	Samantha Findlay	Woodcroft Colleg	20:47.62

#### Boys 3000 Metre Race Walk U/16

1.	Aidan Lampe	Nuriootpa High S	23:15.26
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#### Boys 5000 Metre Race Walk U/18

1.	Jordan McKenna	Trinity	31:46.30
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### ACT SUMMER SERIES T&F MEETS

Athletics ACT is running its summer interclub on Friday evenings at the AIS Athletics Track in Canberra and the first two weeks have seen walkers in action. While the first week was relatively low key with only 2 walkers in action, the pace quickened in the second week with some of our top walkers in action.

#### AACT Summer Series Meet No 1, AIS Athletics Track, Bruce, Friday 14 October 2011

##### 1500 Metre Race Walk

1.	Bardsley, Jordan	U14	Actlaa	9:12.85
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##### 3000 Metre Race Walk

1.	Hunt, Zoe	U16	NCG	15:56.7
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#### AACT Summer Series Meet No 2, AIS Athletics Track, Bruce, Friday 21 October 2011

The second round of AACT interclub saw Chris Erickson storm through the 3000m in 11:37.5, not all that far outside his PB of 11:32. Behind him, Brendon Reading walked a solid 12:19.3, followed by Beki Lee 13:20.6 and Rachel Tallent 13:34.1 both recording PBs as did Zoe Hunt with 15:04.1. Overall, a very impressive race considering nearly all the walkers had trained earlier in the day – I heard that Chris Erickson had done a tough 5x3km interval session in the morning while Beki and Rachel had trained over 12km.

##### 3000 Metre Race Walk

1.	Erickson, Chris	Open	VIC	11:37.5	
2.	Reading, Brendon	Open	NCG	12:19.3	
3.	Lee, Beki	Open	NSW	13:20.6	PB
4.	Tallent, Rachel	U20	VIC	13:34.1	PB
5.	Bates, Harry	U18	SCT	13:37.7	
6.	Hunt, Zoe	U16	NCG	15:04.1	PB (6 secs)
7.	Staunton-Jugovic, Ann	Open	SCT	15:32.3	

Beki's 3000m time propels her to 28<sup>th</sup> in my unofficial all-time list. For completeness, here are my top 30 men and women. Interestingly, the top ranking female and male performances (Kerry Saxby-Junna 11:51.26 and Andrew Jachno 10:56.22) were both set in 1991, 20 years ago. That is excellent longevity given the walkers Australia has produced since then.

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 PembrokeManning	N	13/11/1959	3	Melbourne	24/02/1994	34
4	12.27.74	Jane Saville	N	05/11/1974	2	Melbourne	25/02/1993	28



5	12.36.21	Natalie Saville	N	07/09/1978	1	Sydney	09/12/1995	17
6	12.40.84	Teresa Letherby	Q	05/04/1972	2	Melbourne	29/02/1996	25
7	12.42.1	Sue Orr-Cook	V	23/04/1958	1	Canberra	10/03/1984	25
8	12.43.0	Michelle French	N	10/04/1982	mix	Sydney	08/11/1997	15
9	12.46.76	Jenny Jones	Q	20/04/1967	mix	Brisbane	14/11/1992	25
10	12.48.4	Cheryl Webb	N	03/10/1976	mix	Sydney	22/11/1997	21
11	12.48.4	Tanya Holliday	S	21/09/1988	mix	Adelaide	19/11/2005	17
12	12.48.76	Lorraine Jachno	V	21/09/1959	2	Melbourne	25/02/1992	32
13	12.48.87	Claire Tallent	S	06/07/1981	mix	Brisbane	07/02/2009	27
14	12.49.2	Linda Coffee	N	31/07/1977	mix	Sydney	13/01/1996	18
15	12.51.56	Wendy Muldoon	V	27/05/1971	3	Melbourne	29/02/1996	24
16	12.51.6	Louise Nicholson	V	26/12/1966	mix	Melbourne	20/02/1992	25
17	12.56.6	Jane Lewry Barbour	S	27/07/1966	mix	Adelaide	05/03/1994	27
18	12.59.4	Bev Wilkins Hayman	N	09/05/1961	mix	Sydney	21/01/1989	27
19	13.02.71	Sally Pierson	V	10/03/1963	1	Melbourne	21/02/1982	18
20	13.03.99	Jantien Saltet	N	24/01/1972	4	Brisbane	31/01/1993	21
21	13.06.03	Simone Wolowiec	V	12/02/1974	4	Melbourne	24/02/1994	20
22	13.10.80	Laura Johnson	N	31/08/1984	1	Nassau, Bahamas	12/07/2002	17
23	13.12.00	Regan Lamble	V	14/10/1991	mix	Queensland	27/06/2010	18
24	13.12.9	Megan Szirom	V	18/08/1977	mix	Melbourne	07/01/2006	28
25	13.13.7	Sharon Schnyder	V	01/07/1964	mix	Melbourne	14/11/1991	25
26	13.14.0	Tracy Rosengrave	V	28/08/1977	mix	Melbourne	04/03/2000	22
27	13.18.48	Renee McAskill	N	11/03/1982	2	Sydney	22/02/1998	15
28	<b>13.20.6</b>	<b>Beki Lee</b>	N	25/11/1986	mix	Canberra	22/04/2011	24
29	13.21.45	Natalie Camplin	Q	26/03/1969	5	Brisbane	01/02/1992	22
30	13.21.5	Kellie Wapshott	V	23/08/1981	mix	Melbourne	02/12/1999	18
1	10.56.22	Andrew Jachno	V	13/04/1962	1	Melbourne	07/02/1991	33
2	10.59.04	Luke Adams	N	22/10/1976	2	Cork, Ireland	03/07/2010	33
3	11.00.56	Dave Smith	V	24/07/1955	1	Perth	24/01/1987	31
4	11.11.45	Nick A'Hern	N	06/01/1969	2	Melbourne	07/02/1991	22
5	11.13.77	Jared Tallent	V	17/01/1984	1	Sydney	28/02/2009	25
6	11.16.2	Troy Sundstrom	N	30/05/1981	1	Sydney	27/11/1999	18
7	11.17.0	Nathan Deakes	V	17/08/1977	1	Melbourne	10/12/1998	21
8	11.21.86	Adam Rutter	N	24/12/1986	3	Sydney	28/02/2009	22
9	11.23.2	Steve Beecroft	V	14/03/1971	1	Melbourne	13/01/1994	22
10	11.26.0	Simon Baker	V	06/02/1958	1	Sollefuna	07/07/1989	31
11	11.27.0	Michael McCagh	W	16/04/1986	2	Sydney	17/02/2007	20
12	11.28.2	Willi Sawall	V	07/11/1941	1	Melbourne	15/03/1980	38
13	11.29.7	Brent Vallance	N	30/04/1972	1	Sydney	06/12/1997	25
14	11.31.59	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	06/11/2010	18
15	11.32.9	Doug Connolly	N	30/10/1982	2	Sydney	27/11/1999	17
16	11.32.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
17	11.38.8	Liam Murphy	S	05/06/1979	1	Adelaide	13/11/1999	20
18	11.42.7	Damien O'Mara	N	03/10/1975	2	Sydney	04/01/1997	21
19	11.45.5	Paul Copeland	V	25/04/1967	1	Melbourne	16/01/1992	24
20	11.46.09	Anthony Miles	Q	30/11/1971	2	Brisbane	16/11/1991	19
21	11.46.64	Brad Aiton	Q	20/06/1994	1	Brisbane	01/10/2010	16
22	11.47.2	Jon Gawley	N	08/05/1980	2	Sydney	16/01/1999	18
23	11.47.6	Dion Russell	V	08/05/1975	2	Melbourne	02/12/1993	18
24	11.49.7	Travis Harbour	V	12/12/1975	1	Melbourne	01/02/1997	21
25	11.50.2	Darren Bown	S	30/06/1974	2	Adelaide	30/10/1999	25
26	11.50.6	Mike Harvey	V	05/12/1962	2	Melbourne	01/03/1986	23
27	11.51.0	Greg Robertson	T	23/12/1969	1	Hobart	19/01/1991	21
28	11.52.3	Craig Brill	V	10/11/1967	3	Melbourne	15/11/1990	23
29	11.53.3	Tim Erickson	V	23/11/1950	2	Melbourne	15/11/1980	29
30	11.54.75	Noel Wooler	Q	19/05/1975	1	Brisbane	25/01/1996	20

### SAMA TRACK WALKS, SANTOS STADIUM, ADELAIDE, WEDNESDAY 19 OCTOBER

Thanks to Colin Hainsworth for the following results from the South Australian Masters opening race of the summer season – a 3000m scratch race at Santos Stadium at Mile End in Adelaide. He advises it was a hot (34.5°C max) humid evening. First two home were members of SA Walkers Club. They reminded us of how we used to be able to walk in days long gone. Lapped me so many times that I became quite dizzy!

1.	Kim Mottrom		14.08		
2.	Justin Hill		15.24		
3.	George White	M66	16.14	86.53%	
4.	Gloria Holliday	W50	17.30	74.58%	
5.	Jack Russell	M59	17.52	73.10%	

6.	Geoff Byham	M65	18.57	73.31%
7.	Marie Maxted	W51	19.34	67.28%
8.	Graham Harrison	M68	19.45	72.77%
9.	Helen Suridge	W60	20.17	70.86%
10.	John Hore	M62	21.12	63.48%
11.	Leigh Smith	M76	21.58	72.46%
12.	Colin Hainsworth	M81	22.29	76.21%
13.	Paul Boyce	M75	23.00	68.25%
14.	Gill White	W63	23.00	64.65%
15.	Roger Lowe	M68	23.06	62.22%
16.	David Robertson	M78	23.09	70.74%
17.	Kristine Freeman	W51	23.43	55.51%
18.	Jill Rogers	W66	24.07	63.96%
19.	Ros Elix	W76	24.38	72.40%
20.	Linda Whitelaw	W57	25.00	55.71%
21.	Edna Bates	W58	25.12	55.84%
22.	Cynthia Dally	W77	25.19	71.65%

### OVERSEAS SHORTS

ROMA (ITA, Oct 16): **Ivano Brugnetti**, 2004 Olympic 20km champion and 1999 IAAF World 50km champion, has retired from the sport at age of 35. He celebrated his farewell in Rome last Saturday during the second leg of Italian Walking Race Grand Prix at the historic Stadio dei Marmi. Brugnetti's farewell party saw a gathering of past and present stars like Robert Korzeniowski, Maurizio Damilano, Vittorio Visini, Gianni Perricelli, Alex Schwazer, Giorgio Rubino and Elisa Rigaudo.

The Grand Prix 10 km roadwalk winners were Giorgio Rubino 39:48.3 and Rossella Giordano 45:50.4. The minor places in the men's event went to 2008 Olympic 50km champion Alex Schwazer 39:49.4 ahead of Jean-Jacques Nkouloukidi 39:58.7 while in the women event, the minor places went to Eleonora Giorgi 46:06.4 and Elisa Rigaudo 46:25.1.

#### 10km Men

1.	RUBINO Giorgio	39:48.3
2.	SCHWAZER Alex	39:49.4
3.	NKOULOUKIDI Jean Jacques	39:58.7

#### 10km Women

1.	GIORDANO Rossella	45:50.4
2.	GIORGI Eleonora Anna	46:06.4
3.	RIGAUDO Elisa	46:25.1

You can read a fantastic article on Brugnetti's stellar career on the IAAF website at <http://www.iaaf.org/news/newsid=62745.html>



**Ivano Brugnetti leads Eric Tysse in the 2010 World Cup 20km in Chihuahua, Mexico. What a stride!**

### ITALIAN ROADWALK CHAMPIONSHIPS, MILAN, SUNDAY 23 OCTOBER 2011

The Italian 50km championships, along with the Italian Masters 20km Championships, were held last Sunday at Villa di Serio, Milan, and the meet attracted a huge number of walkers, including many from other European countries. Our intrepid European correspondent Emmanuel Tardi was there so put me onto the race reports and sent through a nice selection of photos (see

<https://picasaweb.google.com/Emmanueltardi/VillaDiSerio23102011?authuser=0&feat=directlink> for more). Thanks Emmanuel!

Federico Tontodonati won the 50km championship with a time of 3:55:04, ahead of Lorenzo Dessi 3:57:02 and Teodorico Caporaso 4:01:00. The first 4 placed Italians are all young so it omens well for the future of this discipline in that country. Tontodonati, who has previously represented Italy in the 2008 World Juniors and the 2006, 2008 and 2010 World Cups, has made a wonderful transition to the 50km and has improved dramatically on his 4:11:29 done in Chihuahua last year.

The women's 50km event was expected to be in interesting race with two strong competitors (Retout has a 20km PB of 1:36 and Pruner has a 20km PB of 1K37) but unfortunately they were both forced to retire in the final 10km. It is good to see the increasing number of 50km opportunities for women. Next weekend sees the French 100km walk Championship and it also features an Open 50km walk for women.

#### Open 50km Championship - Men

1.	TONTODONATI Federico	1989	PM	ITA	3:55:04
2.	DESSI Lorenzo	1989	PM	ITA	3:57:32
3.	CAPORASO Teodorico	1987	SM	ITA	4:01:00
4.	LAUDATO Mario	1988	SM	ITA	4:11:28
5.	DEFENDENTI Roberto	1968	SM	ITA	4:14:53
	LUKAS Gdula	1991	PM	CZE	DQ
	HOUZE Laurent	1974	SM	FRA	DQ
	ANGEL GARCIA Rafael	1969	SM	ESP	DNF
	VIGANO Giacomo	1991	SM	ITA	DNF

#### Open 50km Championship - Women

	RETOUT Anne Gaelle	1980	SF	FRA	DNF
	PRUNER Serena	1986	SF	ITA	DNF



**Federico Tontodonati on his way to victory in the 50km**

Greek men filled 3 of the first 5 places in the Men's 20km with Alexandros Papamichail winning with 1:23:21. The Italian Masters Championship title was bestowed on Franco Geronimo with 1:46:31. I will restrict my report to the first 20 places in each event. For the full race reports, check out <http://www.marciaitaliana.com/risultati/villa.pdf>.

#### 20km Men

1.	PAPAMICHAIL Alexandros	1988	SM	GRE	1:23:21
2.	DI BARI Vito	1990	PM	ITA	1:26:04
3.	DEI TOS Leonardo	1992	JM	ITA	1:31:54
4.	MOUZAKIS Panayiotis	1991	PM	GRE	1:34:29
5.	KARNACHORITIS Aristeidi	1987	SM	GRE	1:35:11
6.	CAMPANA Francesco	1992	JM	ITA	1:37:31
7.	MESSERI Luca	1993	JM	ITA	1:37:42
8.	SEMBOLONI Federico	1991	PM	ITA	1:38:50
9.	AMOROSO Michele	1993	JM	ITA	1:39:30
10.	MUSSO Alessio Giuseppe	1993	JM	ITA	1:39:33
11.	MOROTTI Bruno	1964	SM	ITA	1:40:28
12.	MOROTTI Graziano	1951	SM	ITA	1:40:32
13.	GERONIMO Franco	1968	M40	ITA	1:46:31
14.	NASO Andrea	1960	M50	ITA	1:46:32
15.	AINA Fabio	1966	M45	ITA	1:49:58
16.	SANSEVRINO Antonio	1959	M50	ITA	1:51:13

17.	DACLON Daniele	1964	M45	ITA	1:52:15
18.	18 138 GIANI Stefano	1954	SM	ITA	1:53:50
19.	DIDIO Vincenzo	1993	JM	ITA	1:53:52
20.	PIO Alberto	1952	M55	ITA	1:54:01

Greek walker Despoina Zapounidou won the women's 20km championship with a time of 1:32:47. Antonella Palmisano, the 2010 World Cup U20 10km winner in Chihuahua, celebrated her 20<sup>th</sup> birthday only a couple of months ago and she was a strong second place getter with 1:34:31. From then, it was a 10 minute gap to the next finisher in Sara Loparco. Mariagrazia Cogoli won the Masters Championship with 1:57:57.

#### 20km Women

1.	ZAPUONIDOU Despoina	1985	SF	GRE	1:32:47
2.	PALMISANO Antonella	1991	PF	ITA	1:34:31
3.	LOPARCO Sara	1992	JF	ITA	1:44:39
4.	COLOMBI Nicole	1995	AF	ITA	1:46:40
5.	STETSKIV Cecilia	1991	PF	ITA	1:47:28
6.	DE ROSA Carolina	1992	JF	ITA	1:47:35
7.	AMBROSINI Letizia	1991	PF	ITA	1:47:48
8.	CARACCIA Roberta	1990	PF	ITA	1:54:47
9.	COGOLI Mariagrazia	1962	F45	ITA	1:57:57
10.	VALSECCHI Viviana	1992	JF	ITA	1:57:58
11.	MOMBELLI Roberta	1968	F40	ITA	1:58:53
12.	MUVESTI Luisa	1981	SF	ITA	1:59:11
13.	OCCHIPINTI Lucia	1989	PF	ITA	1:59:43
14.	ASTONE Angelica	1987	SF	ITA	2:01:19
15.	MARCHIORI Maura	1959	SF	ITA	2:02:09
16.	RICCIUTELLI Daniela	1956	F55	ITA	2:05:47
17.	CIANTAR LEQUIO Dominiqu	1961	F50	ITA	2:07:38
18.	AURIZZI Melania	1970	F40	ITA	2:11:37
19.	MARINO MERLO Laura	1993	JF	ITA	2:13:09
20.	MINNELLA Angela	1956	F55	ITA	2:18:28



**Antonella Palmisano (177), Despoina Zapounidou (150) and Alexandros Papamichail (102)**

Foreign walkers dominated the 10km events with Greek men taking the first 3 places in their event and women from the Czech Republic taking the first two places in their event.

#### 10km Men

1.	NTENTOPOULOS Kontantino	1994	AM	GRE	44:06.6
2.	KRAVARIOTIS Savvas	1996	CM	GRE	47:03.0
3.	NTELIAS Marios	1994	AM	GRE	47:29.7
4.	FERRARI Luca	1992	JM	ITA	47:36.7
5.	VAITSIS Joannis	1995	AM	GRE	47:55.5
6.	CORNAGGIA Daniele	1987	SM	ITA	48:19.2
7.	VAN BEEK Harold	1962	SM	NED	48:25.6
8.	REICHEL Sten	1975	SM	GER	49:26.7
9.	PREVITALI Andrea	1991	PM	ITA	49:34.6
10.	VERSTEEG Colin	1995	AM	NED	51:21.0

### 10km Women

1.	DRAHOTOVA Anezka	1995	AF	CZE	46:45.2
2.	DRAHOTOVA Eliska	1995	AF	CZE	50:41.7
3.	BEST Nicole	1969	SF	ITA	52:25.5
4.	FRYDRYCHOVA Adela	1995	AF	ITA	53:40.0
5.	HAVRANOVA Barbora	1993	JF	CZE	53:45.1
6.	POLI Elena	1993	JF	ITA	54:37.7
7.	VITTOVA Linda	1992	JF	CZE	54:47.1
8.	BETTO Linda	1977	SF	ITA	55:49.7
9.	BARAKOU Ioulia	1995	AF	GRE	56:06.2
10.	MAFFEIS Giada	1993	JF	ITA	58:12.2

## 16<sup>TH</sup> PAN AMERICAN GAMES, GUADALAJARA, MEXICO, 23-30 OCTOBER

Jamy Franco and Erick Barrondo ended Guatemala's 56 year gold medal drought as they took the 20km Walk titles as the athletics tournament of the 16th Pan American Games began last Sunday in Guadalajara (elevation 1566m), Mexico.

The continent's best ranked woman at the World Championships, Franco led from start to finish and was rewarded with a personal best by 10 seconds and Games record of 1:32:38, over a minute-and-a-half faster than Mexican Graciela Mendoza's 1:34:19, set in Winnipeg 1999. Mirna Sucely Ortiz also walked a personal best of 1:33:37 to secure an unprecedented 1-2 for the Central American nation at this level, while Colombian Ingrid Johana Hernandez secured the bronze in 1:34:06, also inside the previous Games standard.

"I was very confident and conditions were excellent today. All the sacrifice has been worthwhile. We want to take Guatemala forward. One of my dreams has come true and I also broke the record. I now look forward to the London Olympics," said an elated Franco. "I would like to especially thank my mom for today's win. She initiated me in the sport. She is my guide and everything else," the 20-year old added.

Her mother Evelyn Rosmari Nuñez was fighting for a medal at the 2007 Games but was disqualified and retired after the 2008 Olympics. In her first season after leaving the junior category, Franco - whose first international victory came at 2005 Pan Am Junior Championships when she was 14 - has improved her mother's national record by nearly three minutes.

Her compatriot Erick Barrondo repeated her feat a few hours later, leading a group of seven men until the 12<sup>th</sup> kilometre. By the 14 km mark, the group had shrunk to three - Colombians James Aurelio Rendon and 2011 World Championships bronze medallist Luis Fernando Lopez. Shortly after, the 20-year old broke away and increased his lead from 13 seconds two kilometres later to almost a minute at the finish line (1:21:51), an advantage that allowed him to take a Guatemalan flag and raised it in celebration of the most important title in his short but promising career. Colombians Rendon (1:22:46) and Lopez (1:22:51) rounded out the podium, ahead of Ecuador's 2007 silver medallist Jaime Saquipay (1:22:57), Guatemala's Anibal Eduardo Paau (1:24:06-PB) and local favourite and 2009 World Championships bronze medallist Eder Sanchez (1:25:00).

Barrondo - who finished 10th at his World Championships debut in Daegu - has a family story similar to Franco's. His parents Leticia and Bernardo were long distance runners and introduced him to the sport. "I started running with them and initially took up the middle distances. I got injured once and my first coach Jorge Coy introduced me to race walking to recover," he recalled. "At the beginning, it was very tough, but I began to make progress and got to like it. I realised it was my event," he added. "I am wearing the blue and white colors (of the Guatemalan flag). I showed today that anyone from my country can compete on par with the world's best."

Both Franco and Barroso are trained by Cuban Rigoberto Medina, who took El Salvador's Cristina Lopez to the 2003 Pan Am gold in Santo Domingo.

### 20 km walk Men, Sunday 23 October

1.	Erick Barrondo	GUA	14.6.91	1:21:51	
2.	James Rendón	COL	7.4.85	1:22:46	
3.	Luis Fernando López	COL	3.6.79	1:22:51	
4.	Rolando Saquipay	ECU	21.7.79	1:22:57	
5.	Anibal Paau	GUA	12.1.87	1:24:06	PB
6.	Eder Sánchez	MEX	21.5.86	1:25:00	
7.	Diego Flores	MEX	23.3.87	1:26:08	
8.	John Nunn	USA	3.2.78	1:26:30	
9.	Juan Manuel Cano	ARG	12.12.87	1:27:33	
10.	Ronald Quispe	BOL	5.3.89	1:27:54	PB
11.	Fabio González	ARG	30.6.83	1:30:40	PB
12.	Mike Mannozi	USA	15.4.86	1:41:33	PB
13.	Yerko Araya	CHI	14.2.86	DQ	
14.	Caio Bonfim	BRA	19.3.91	DQ	
15.	Moacir Zimmermann	BRA	30.12.83	DQ	
16.	Allan Segura	CRC	23.12.80	DQ	

### 20 km walk Women, Sunday 23 October

1.	Jamy Franco	GUA	1.7.91	1:32:38	PB
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2.	Mirna Ortiz	GUA	28.2.87	1:33:37	
3.	Ingrid Hernández	COL	29.11.88	1:34:06	PB
4.	Monica Equihua	MEX	23.9.82	1:34:50	PB
5.	Rosalía Ortiz	MEX	.87	1:36:10	PB
6.	Annabel Orjuela	COL	24.7.88	1:36:50	PB
7.	Claudia Balderrama	BOL	13.11.83	1:37:32	PB
8.	Yadira Guamán	ECU	8.6.86	1:38:42	
9.	Maria Michta	USA	23.6.86	1:38:47	PB
10.	Geovanna Irusta	BOL	26.9.75	1:41:43	SB
11.	Milángela Rosales	VEN	21.2.87	1:43:17	
12.	Fariluz Morales	PER	17.12.88	1:45:38	
13.	Lauren Forgues	USA	16.4.88	DNF	
14.	Cisiane Lopes	BRA	17.2.83	DNF	
15.	Paola Pérez	ECU	21.12.89	DQ	
16.	Leisis Rodríguez	CUB	6.5.86	DQ	
17.	Erica de Sena	BRA	3.5.85	DQ	



**Jamy Franco and Erick Barrondo win the Pan Am Games 20km walks for Guatemala**

Full splits are available at [http://info.guadalajara2011.org.mx/ENG/AT/ATR173A\\_ATM0920925000001ENG.htm](http://info.guadalajara2011.org.mx/ENG/AT/ATR173A_ATM0920925000001ENG.htm) (men) and at [http://info.guadalajara2011.org.mx/ENG/AT/ATR173A\\_ATW0920925000001ENG.htm](http://info.guadalajara2011.org.mx/ENG/AT/ATR173A_ATW0920925000001ENG.htm) (women).

The 50km event will be held next Saturday.

### VRWC CLUB RECORD UPDATE

This round of AV Shield has seen 2000 Track Walk club records broken by 4 of our club members:

<b>Stephanie George</b>	U16 and U17 2000m Walks	9:13.3	Casey Fields
<b>Kyle Swan</b>	U13 2000m Walk	9:58.0	Casey Fields
<b>Cooper Owen</b>	U14 2000m Walk	9:46.0	Box Hill
<b>Michelle Laufer</b>	W40 2000m Walk	10:02.8	Box Hill

Since our club records are now pretty well bedded down, Club Records Officer Terry Swan and I are going to start awarding record certificates for new records from now on so these will be the first club members to get one. To review our club records, check out <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2011-10-25.pdf>.

### ENTRIES NOW OPEN FOR THE AUSTRALIAN 50KM CHAMPIONSHIP

Athletics Australia has now opened entries for all events to be contested on **Sunday 11 December** at Fawkner Park in Melbourne. This year, the carnival has been extended to include Under 18 5km events. The program now reads

7.00am	<b>Australian 50km Road Walking Championships</b>	Cut-off: 5 hours)
8.00am	<b>20km Invitational Walk: Men and Women</b>	Cut-off: 2 hours Men, 2 hours 15 minutes Women
8.30am	<b>10km Invitational Walk: U20 Men and Women</b>	Cut-off: 56 minutes Men, 60 minutes Women
9.40am	<b>5km Invitational Walk: U18 Men and Women</b>	cut-off: 28 minutes Men, 30 minutes Women

Enter via the AA website at [http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=711&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=711&OrgID=887)

## WHAT'S COMING UP

The AV Shield competition continues on **Saturday 29<sup>th</sup> October** with all 6 venues in action and 3000m/1500m walks on offer. See the Athletics Victoria website ([www.athsvic.org.au](http://www.athsvic.org.au)) for timetables.

Sat 29 Oct	AV Shield - Bendigo Region - Round 3	La Trobe University, Bendigo
Sat 29 Oct	AV Shield - South East Region - Round 3	Lakeside Stadium, Albert Park
Sat 29 Oct	AV Shield - Geelong Region - Round 3	Landy Field, Geelong
Sat 29 Oct	AV Shield - Ballarat Region - Round 3	Llanberris Reserve, Ballarat
Sat 29 Oct	AV Shield - North West Region - Round 3	Newport Park Athletics Facility, Williamstown
Sat 29 Oct	AV Shield - East Region - Round 3	Reischiek's Reserve, Doncaster

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### 2011/2012 Australian/Victorian Summer Season Key Dates

4-6 Nov 2011	AV Schools T&F Championships, Melbourne
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	<b>2011 Australian 50km Championship</b> , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See <a href="http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887">http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887</a>
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	<b>Australian 20km roadwalk Championships</b> , Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	<b>2012 Australian Junior Championships</b> , Sydney Olympic Park
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , Melbourne

### 2012 International Fixture

Feb 5-12, 2012	<b>Oceania Masters Athletics Championships, Tauranga, New Zealand</b>
Apr 3-8, 2012	<b>World Masters Athletics Indoor Championships, Jyväskylä, Finland</b>
May 12-13, 2012	<b>25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia</b>
July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

### 2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicang, CHN
Sat 14 Apr, 2012	Rio Major, POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR
Sat 15 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN

### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
July 24 - Aug 4, 2013	<b>World Masters Athletic Championships, Port Alegre, Brazil</b>

### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, HUN</b>
July 23 – Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow.</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

### Looking even further forward

August 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>
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 2020	<b>32<sup>nd</sup> Olympic Games</b> City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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