



HEEL AND TOE ONLINE

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

This week sees two wonderful performances so it is voting time once again. Both walkers were amongst my nominations in Round One of voting and they are back again 3 weeks later with more great walking.

- Jesse Osborne 3000m Track Walk 12:10.11 UQ Track, St Lucia, Brisbane Sunday 12 November
- Ian Rayson 20km Road Walk 1:24:25 ANSW Permit meet, Narellan Sunday 12 November

Three weeks ago, 16 year old **Jesse Osborne** of Queensland set a 24 secs PB with a super 5000m time of 21:05.14 The second round of QA Interclub was held at the new University of Queensland track at St Lucia last Saturday and Jesse was back in action again with a 17 sec PB time of 12:10.11. Jesse is building on his World Youth representation last year and is definitely looking one of our most likely World Junior reps this year.

Three weeks ago, 23 year old Canberra based walker **Ian Rayson** set a 31 sec PB at Middle Park with his time of 1:25:59. Last Sunday morning he travelled to the Regal Racewalkers ANSW Permit Meet at Narellan in NSW and improved his PB to 1:24:25, a further massive improvement of 1 min 34 secs. While Ian, the current Australian 50km champion, would probably tell us that he is aiming for the 50km again this year, his 20km times indicate that he is improving across the board.

Who will it be – Jesse or Ian? Go to <http://www.vrwc.org.au> and cast your vote. You have 7 days before voting closes.

VICTORIAN ALL SCHOOLS T&F CHAMPIONSHIPS, ALBERT PARK, SATURDAY 5 NOVEMBER

Thanks to Matt Owen (aka racewalkoz) for his great video footage from the Victorian All Schools Championship walks on 5th November – see <http://www.youtube.com/watch?v=EgH2nQM-ckU&mid=52391>.

VRWC Video coordinator Frances Attard has also produced her own video from the championships and I have extracted 15 mins to cover all 3 of Schools walks and uploaded it to YouTube – see http://www.youtube.com/watch?v=Y_EN49Kc6jU.

Thanks to Matt and Frances for their ongoing work.

ATHLETICS VICTORIA SHIELD ROUND 4 – SATURDAY 12 NOVEMBER

AV Shield – Ballarat Region – Round 3, Llanberris Reserve, Ballarat, Saturday 29 October

First let's catch up with the Ballarat Region results from Round 3 where Kelly Ruddick dominated with 13:46.03 ahead of Daryl Biggin who walked an impressive 15:55.97. I have now reported on all the results from Rounds 1-3 except for the Geelong venue. No idea what is going on there.

Mixed 3000 Meter Race Walk

1.	Ruddick, Kelly	M38	BHA	13:46.03
2.	Biggin, Daryl	M48	UNA	15:55.97
3.	Brennan, Sarah	W35	BYC	16:08.77
4.	Blood, Andrew	M37	BYC	16:42.41
5.	Nunn, Paul	M46	WEN	17:18.77
6.	Ruddick, Kevin	M61	BHA	18:02.78
7.	Prendergast, Maurice	M48	BYC	18:35.40

And now onto this week's AV Shield competition when 2000m walks were on offer and 104 walkers competed in 4 different venues. Saturday was a hot and sunny day so certainly not conducive to good times but the standard was high.

AV Shield - South East Region - Round 4, Dolomore Reserve, Mentone, Saturday 12 November

Chris Lockwood 9:31.9, Lucas Taylor 9:41.5 and Aaron Tam 9:51.6 all showed excellent speed to lead the men home at Mentone. Simone McInnes was the best of the women with a 20 sec PB time of 10:16.5. Lots of young walkers at this venue and they are certainly walking well.

Men 2000m Walk

1.	Chris Lockwood	M40+	VMA	9:31.9	
2.	Lucas Taylor	MU16	KNA	9:41.5	PB 0:05
3.	Aaron Tam	MU18	KNA	9:51.6	
4.	Clyde Riddoch	M40+	AWA	10:27.5	
5.	Michael O'Mahony	MU20	KNA	10:34.6	
6.	Scott Fairburn	MOP	KNA	11:05.7	
7.	Ralph Bennett	M40+	VMA	11:18.4	
8.	David Sommers	M40+	KNA	12:03.0	
9.	Kym Osmand	MOP	OAK	12:09.9	
10.	Kyle Bird	MPA	MU16	12:17.4	
11.	Alan Lucas	M40+	VMA	12:39.7	
12.	Philip Hutton	MOP	GHY	12:45.8	
13.	John Zeleznikow	MOP	GHY	18:48.0	
14.	Cody McNicol-Davidson	MU14	UNA	13:13.4	
15.	Anthony Doran	MOP	GHY	13:18.7	
16.	John Morrison	MOP	SAN	13:41.2	

Women 2000m Walk

1.	Simone McInnes	WOP	GHY	10:16.5	PB 0:20
2.	Emily Hamilton	WU14	KNA	10:34.2	
3.	Shelby Kay	WU14	KNA	10:58.2	
4.	Rachael Guy	WU14	CCA	11:09.8	PB 0:17
5.	Bianca Attard	WU18	KNA	11:11.2	
6.	Marlene Gourlay	W40+	VMA	11:16.5	
7.	Liz Feldman	W40+	VMA	11:32.6	
8.	Kahlia Chapman	WOP	AWA	12:06.9	
9.	Gwen Steed	W40+	VMA	12:18.5	
10.	Celia Johnson	W40+	VMA	13:11.5	
11.	Eva Zeleznikow	WU18	GHY	21:55.3	

AV Shield - North West Region - Round 4, Moonee Valley Athletics Centre, Moonee Ponds, Saturday 12 November

Paul Kennedy won out with 9:04.39 against a resurgent Mark Donahoo 9:10.04 with Trenton Hawkins not far back with 9:16.86 (not bad for someone who doesn't train much, does about 20 events per Shield competition and who has a bad back!). Aaron McDonough did yet another PB with his time of 9:32.40. Caitlin Campbell was the best of the girls with a good 10:29.75. This was once again our biggest walks venue with 38 competitors.

Men 2000m Walk

1.	Kennedy, Paul	54	MUA	9:04.39	
2.	Donahoo, Mark	53	ATE	9:10.04	
3.	Hawkins, Trenton	32	PTN	9:16.86	
4.	McDonough, Aaron	39	PTN	9:32.40	PB 0:01
5.	Meshanag, Connor	15	ATE	10:13.66	
6.	Knox, Duncan	52	ATE	10:54.42	
7.	Elms, Jason	21	ATE	12:17.22	
8.	Kondogonis, John	50	KSB	12:25.63	
9.	Bannan, James	53	WCA	13:07.65	
10.	Keighery, Peter	45	KSB	14:45.37	
11.	Cobb, David	47	SME	15:00.68	
12.	Long, Izaak	11	PTN	15:05.78	
13.	Nicol, Stuart	61	SME	15:07.41	
14.	Hough, Caleb	10	KSB	16:55.79	
15.	Sykes, Dominic	10	KSB	17:00.16	
16.	Rickard, Ian	55	BWK	17:10.14	
	Thorpe, Hunter	11	KSB	DQ	

Women 2000m Walk

1.	Campbell, Caitlin	17	ATE	10:29.75	
2.	Elms, Donna	50	ATE	11:40.74	
3.	Barbour, Beth	15	COB	11:53.21	
4.	Shaw, Robyn	50	WES	12:16.98	
5.	McLaren, Stacey	15	ATE	13:07.13	
6.	Atkins, Jade	17	WCA	13:16.96	
7.	Irons, Julia	13	KSB	13:22.16	
8.	Matthews, Rhiannon	10	KSB	14:00.63	
9.	Hodgart, Claire	15	WES	14:06.69	
10.	Ryan, Maeve	22	WTN	14:41.66	

11.	Stobaus, Anne	70	KSB	14:42.25
12.	Moloney, Janet	57	KSB	14:46.34
13.	Colley, Jamee-Leigh	21	PTN	14:59.82
14.	Jamieson, Susan	62	WTN	15:45.46
15.	Francken, Jo	39	WES	15:53.18
16.	Arnold, Madison	17	PTN	15:54.08
17.	Abfalter, Emma	14	KSB	16:19.89
18.	Rickard, Tess	18	BWK	16:37.81
19.	Magree, Olivia	12	KSB	16:53.33
20.	Lamb, Heather	47	BWK	17:09.08
	Magree, Tess	9	KSB	DQ

AV Shield - East Region - Round 4, Reischiek's Reserve, Doncaster, Saturday 12 November

First a quick notice from David Armstrong. The East Region has been incorrectly awarding 1500m walk points only to U14 walkers. This is now being rectified and next week U16 walkers who contest the 1500m will have their points correctly recorded. Now onto other matters! Nathan Brill was the standout performer across the board with a super fast 8:20.1. Not to be outdone, M65 maestro Andrew Jamieson was next in with 9:33.5, a time that I think betters Bob Gardiner's M65 Australian record time but some 37 secs. Wow! Simon Evans and Adam Garganis had a great battle with Adam recording a big PB time of 9:49.9 I must also mention Michael Beaton-Wells who showed some of his old form with 10:10.3. Also good to see Bernie Keirl back on the track and walking a solid 10:34.1. Now to the ladies where Michelle Laufer did yet another PB – this time 9:55.6 Double wow!

Men 2000m Walk

1.	Brill, Nathan	M15	BXH	8:20.1	
2.	Jamieson, Andrew	M65	OSC	9:33.5	
3.	Evans, Simon	M51	BXH	9:49.5	
4.	Garganis, Adam	M14	COL	9:49.9	PB 0:08
5.	Beaton-Wells, Michael	M43	OSC	10:10.3	
6.	Keirl, Bernie	M48	DIV	10:34.1	
7.	Reid, Ross	M57	COL	10:40.2	
8.	Vernal, Stephen	M53	ANW	11:47.7	
9.	Walsh, Robert	M18	ANW	11:59.0	
10.	Benke, Geza	M55	OLM	12:20.0	
11.	Facey, Stuart	M61	OSC	12:36.6	
12.	Wright, Jacob	M17	ANW	12:45.2	
13.	Summers, Harry	M76	BXH	13:35.5	
14.	Olden, Graeme	M47	BXH	13:36.3	
15.	Patti, Adrian	M31	DAC	15:52.7	
16.	McKay, Campbell	M18	OLX	16:09.5	
17.	Evans, Callum	M21	UNA	17:04.4	
	Chong, Kait	M39	BXH	DQ	
	Worsnop, Chris	M54	OLX	DQ	

Women 2000m Walk

1.	Laufer, Michelle	W42	COL	9:55.6	PB 0:07
2.	Irshad, Jasmine	W14	UNA	11:04.7	
3.	Laurie, Natalie	W20	ANW	12:45.4	
4.	Walburg, Kirsten	W13	DAC	13:13.8	
5.	Cowell, Jacqueline	W18	DIV	14:37.9	
	Iacono, Thomas	W25	COL	DQ	
	Walpole, Claire	W21	DAC	DQ	

AV Shield - Ballarat Geelong and Bendigo Regions - Round 4, Lakeside Stadium, Albert Park, Saturday 12 November

The 3 country venues came together to compete at the new State Athletics Centre at Albert Park last Saturday. For some, it was a long trip but hopefully they found the added competition worthwhile. Kelly Ruddick was just a couple of secs outside her PB with a very quick 8:42.18 to win overall with Stephanie George 9:40.03 and Jmara Hockley-Samon 9:59.45 also in good form. James Seid-Christmass was the fastest of the men with a very good 9:31.03.

Event 5 Mixed 2000 Meter Race Walk

1.	Ruddick, Kelly	W38	BHA	8:42.18
2.	Seid-Christmass, James	M44	COR	9:31.17
3.	George, Stephanie	W15	KNA	9:40.03
4.	Hockley Samon, Jmara	M14	CHI	9:59.45
5.	Blood, Andrew	M37	BYC	10:07.38
6.	Heard, Amanda	W16	EAG	10:17.88
7.	Carr, Heather	W62	EAG	10:26.70
8.	Whiley, Ebony	W16	EAG	10:32.14
9.	Jones, Jeremiah	M14	EAG	10:33.10
10.	Mirarchi, Nicholas	M20	COR	11:09.54
11.	Savage, Joshua	M16	EAG	12:13.87
12.	Ruddick, Kevin	M61	BHA	12:44.83
13.	Mirarchi, Thomas	M11	COR	14:14.48

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 9 NOVEMBER

Thanks to Colin Hainsworth for the weekly South Australian Masters results from Santos Stadium in Adelaide last Wednesday. Colin reports it was a cool breezy evening. SARWC walkers Kim Mottrom 25:27 and Justin Hill 25:33 were the fastest overall while George White was the leading Masters walker with 27:08. Overall, Linda Whitelaw won the Yacht Handicap with her time of 39:24.

5000m Yacht Handicap

W57	Linda Whitelaw	39.24	60.67%
M66	George White	27.08	88.07%
M68	Graham Harrison	32.25	75.43%
M78	David Robertson	37.59	73.47%
M65	Geoff Byham	31.21	75.38%
M68	Roger Lowe	37.43	64.83%
W51	Kristine Freeman	38.35	58.37%
M69	Bill Starr	35.42	69.31%
	Justin Hill	25.33	
M75	Paul Boyce	39.13	68.17%
M55	Richard Moyle	37.23	57.26%
M81	Colin Hainsworth	38.24	76.1%
	Kim Mottrom	25.27	
M73	Murray Marker	34.33	75.31%
M76	Leigh Smith	37.02	73.2%
W69	Sandy Brunner	31.42	87.59%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 10 NOVEMBER

Thanks to Robin Whyte for the weekly results from the ACT Race Walking Club in Canberra. The young walkers were to the fore with Zoe Hunt 9:38, Callum Burns 10:18, Gabby Hunt 10:24 and Ally Durr 10:32 all walking excellently.

2000m

1.	Zoe Hunt	09:38	PB 0:01
2.	Callum Burns	10:18	
3.	Gabby Hunt	10:24	PB 0:28
4.	Ally Durr	10:32	eq PB
5.	Ewen Thompson	11:27	
6.	Callum Doherty	11:27	
7.	Kate Black	11:40	
8.	Thomas Hopkins	11:47	
9.	Robin Whyte	12:21	
10.	Bryan Thomas	13:06	
11.	Doug Fitzgerald	13:20	
12.	Emily Hopkins	13:28	
13.	Peter Thompson	13:56	
14.	Jennifer Gilchrist	14:00	
15.	Rod Gilchrist	14:04	
16.	Ruth Baussmann	14:32	
17.	Wendy Kupkee	14:48	
18.	Phil Toomey	15:20	
19.	Margaret McSpadden	16:38	
20.	Carmen Carlon	18:59	

1200m

1.	Spencer Burns	6:36
	Thomas Hunt	DNF
	Laura Burns	DNF

QA INTERCLUB ROUND 2, UQ, ST LUCIA, SATURDAY 12 NOVEMBER

The second round of QA Interclub was held at the new University of Queensland track at St Lucia last Saturday and 16 year old Jesse Osborne was the star walker with a 17 sec PB time of 12:10.11. Jesse is building on his World Youth representation last year and is definitely looking one of our most likely World Junior reps this year.

Mixed 3000 Meter Race Walk

1.	Osborne, Jesse	M16	QRW	12:10.11	PB 0:17
2.	Miles, Trent	M13	RED	16:48.11	
3.	Martin, Katya	W14	GCV	17:00.74	
4.	Woodward, Mikaela	W12	UNQ	17:03.70	
5.	Brackin, Aimee	W12	QRW	19:28.63	
6.	Sims, Jesse	W14	ATN	19:52.19	

Mixed 5000 Meter Race Walk

1.	Pickles, Jessica	W17	FTA	26:10.04	
2.	Wright, Jessica	W17	JIM	34:54.19	

ATHS SA PREMIERSHIP CUP ROUND 3, SANTOS STADIUM, MILE END, SATURDAY 12 NOVEMBER

Round 3 of the Athletics South Australia Premiership Cup was held last Saturday in Adelaide with Darren Bown 12:52.58 and Megan Szirom 15:00.05 the top walkers.

3000 Metre Walk

1.	Darren Bown	OPEN	ELIZ	12:52.58
2.	Megan Szirom	OPEN	ELIZ	15:00.05
3.	Jemma Potezny	U16	HILL	16:04.40
4.	Peter Crump	OPEN	SPC	16:42.20
5.	Anna Cross	U16	PEM	17:14.78
6.	Alix Harlington Piper Douglas	OPEN U16	ELIZ HILL	17:14.76 DNF

1500 Metre Walk U/16

1.	Rhiannon Lovegrove	U16	ELIZ	8:50.68
2.	Rhiana Hooker	U16	ATHL	9:03.55

WA ALL-SCHOOLS T&F CHAMPIONSHIPS, AWA STADIUM, PERTH, 11-13 NOVEMBER 2011

Thanks to Rick Cattermole for passing on the Western Australian All Schools Track Walk results from last weekend. Star performer had to be 15 year old Zach Partington who won the U16 3000m in 13:35.38 and the U18 5000m in 23:43.80.

Girls U13 3000m

1.	Sharnia West	17.31.87
2.	Sara Gee	21.22.66

Girls U15 3000m

1.	Holly Hughes	16.54.81
2.	Jennifer DelPup	19.28.44

Girls U16 3000m

1.	Kate Holt	15.59.16
2.	Caitlin Gerken	17.50.81

Girls U18 5000m

1.	Breanna Brown	27.21.80
2.	Kate Holt Tiffany D'Agnone	28.12.69 DQ

Boys U13 3000m

1.	Mitchell Lees	18.49.64
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Boys U14 3000m

1.	Riley Burke Jeremy Hill	18.43.45 DQ
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Boys U15 3000m

1.	Lachlan Ferhman	17.80.20
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Boys U16 3000m

1.	Zach Partington Lachlan McDonald	13.35.38 DQ
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Boys U18 5000m

1.	Zach Partington	23.43.80
2.	Robbie Gilchrist	30.07.51

BALLARAT RW CLUB WALKS, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 13 NOVEMBER

The Ballarat Race Walking Club held its inaugural Willi Sawall 3km Handicap walk on Sunday morning at the North Gardens, Lake Wendouree, in Ballarat. Daryl Biggin summed it up as follows:

Conditions perfect for racing, track fast and a great win to Jake Quinton who walked a 3 second PB. Congratulations is in order for Daryl Biggin in easily beating long time rival Tim Erickson on home turf. Good panel of Judges. Thanks to Willi Sawall who supported the event and made the presentations. In general numbers were down but still a great day of racing.

1 km Walk

1.	Alanna Peart	6.55	
2.	Mia Darlow	12.19	
3.	Bailey Ohlsen	12.18	
4.	Katelyn Lotherington	10.28	Fun/Fitness
5.	Rhianna Biggin	10.28	Fun/Fitness

2 km Walk

1.	Shae Ohlsen	17.02	
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3 km Willi Sawall Handicap

1.	Jake Quinton	15.59	PB 0:03
2.	Rodney Davis	21.21	PB 1:02
3.	Daryl Biggin	16.20	
4.	Olivia Davis	26.04	
5.	Tim Erickson	16.51	
6.	Jemma Peart	19.54	

Thanks to Willi Sawall for a lot of great pics that have now been uploaded to the Ballarat Walking Club website gallery – check out <http://www.ballaratracewalkers.com/coppermine/>. I reproduce a few of them here to round out the report.



The start of the 1km walk at Ballarat



Rodney Davis, Jake Quinton and Jemma Peart in the 3km event



Left: BRWC President Daryl Biggin
Right: Willi Sawall and John Peart with Willi Sawall Cup winner Jake Quinton

VICTORIAN 6 HOUR CHAMPIONSHIP, MOE, SATURDAY 12 NOVEMBER

The annual Victorian 6 Hour and 50km Track championships were held last Saturday at the Newborough Athletics Track in Moe, eastern Victoria. Put on by the Traralgon Harriers, this is a regular event that has been held since 1996 and, like past years, it also saw a small number of walkers in action. I was not able to go this year as I was working and the results have not yet been posted on the Harriers website but VRWC club member Terry O'Neill rang to tell me how the walkers fared.

It was a warm and sunny day and the 2PM start time meant that most of the race was walked in full sunshine, a tough ask for all concerned. Michelle Thompson took off at a cracking pace, covering over 10km in the first hour and nearly 20km by the end of the second hour. But she was forced to slow from then on with a hamstring twinge and she eventually retired at the 4 Hour mark rather than risk further damage. That left former VRWC Treasurer Brian Glover along with Karyn O'Neill and Steve Jordan in the walk section and they all soldiered on until the finish at 8PM. Unofficial walk results read

Brian Glover	46.590 km
Karyn O'Neill	44.880 km
Steve Jordan	42.600 km
Michelle Thompson	DNF (35.600 in in 4 Hours)

REGAL RACEWALKERS ANSW PERMIT MEET, NARELLAN, NSW, SUNDAY 13 NOVEMBER

Three weeks ago, 23 year old Canberra based walker **Ian Rayson** set a 31 sec PB at Middle Park with his time of 1:25:59. Last Sunday morning he travelled to the Regal Racewalkers ANSW Permit Meet at Narellan in NSW and improved his PB to 1:24:25, a further massive improvement of 1 min 34 secs. Kirsty Klein 50:52 and Shannon Jennings 53:39 also did big 10km PBs.

Open Men 20km

1. Ian Rayson	1:24:25	PB 1:34
2. Robert Osborne	2:13:28	
Kyle Malone	DNF	

Open Women 20km

Cheryl Webb	DNF
Nicole Fagan	DNF

U20 Women 10km

1. Kirsty Klein	50:52	PB 0:49
2. Shannon Jennings	53:39	PB 3:02

Masters Men 10km

E1 Jim Seymon	1:11:44
E1 Dennis Williams	1:11:44

U18 Men 5km

1. Kurtis Birch-Ward	25:56
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U16 Men 2km

1. Jordan Glover	11:39
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U14 Women 1km

1. Dakota Bennett-Ward	7:53
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BENDIGO WALKERS CLUB WALK RESULTS

Thanks to Paul Rance for the results of the last two Bendigo Walkers Club Wednesday evening nights.

On Wednesday 2nd November, a 3000m nominated time event was held with evergreen Masters athlete Geoff Major walking to his exact estimate to take out the event with Colin Cleary 2nd and Norm West in 3rd place (all 3 placegetters over 70 years of age) while Ebony Whiley took fastest time honours.

3000m Nominated Time event, Wednesday 2 November

1. Geoff Major	22.00
2. Colin Cleary	21.48
3. Norm West	24.33
E4. Josh Savage	18.13
E4. Annette Curtis	21.32
6. Barb Bryant	18.32
7. Ebony Whiley	17.20
8. John Carter	19.45

On Wednesday 9th November the threatening storms threatened a hasty exit but the weather held off long enough to allow the 2km and 4km sealed handicap events to be conducted, with Jeremiah Jones taking first and fastest in the 2km and Paul Rance recording first and fastest in the 4km event.

2km Sealed Handicap, Wednesday 9 November

1.	Jeremiah Jones	11.27
2.	Geoff Major	15.01
3.	Ebony-Jade Jones	15.55

4km Sealed Handicap, Wednesday 9 November

1.	Paul Rance	22.07
2.	John Carter	26.41
3.	Barb Bryant	24.14
4.	Annette Curtis	29.56
5.	Josh Savage	25.17

USATF 30K WALK, ROCKLAND LAKE STATE PARK, VALLEY COTTAGE, NY, SUNDAY 30 OCT

Now that the full results have been published for the USA 30km championships, I want to reproduce them for a couple of reasons

- The large number of international walkers who made it a high quality carnival
- The atrocious weather conditions following a monster snow storm that ranged across north east USA - see <http://www.facebook.com/v/10150434749120783>. They were busy shovelling snow off the road in the leadup to the races and it must have been cold indeed.



Competitors brave the conditions in Valley Cottage 2 weeks ago

Andreas Gustafsson of Sweden won the 50km with 3:54:08, Mayra Carolina Herrera of Guatemala beat her Ecuadorian rivals to win the women's 20km event with 1:34:39 and Mauricio Sanchez of Ecuador won the men's 20km with 1:23:54 while Dan Serianni won the USA 30km championship with 2:27:54. See lots more photos at http://www.racewalking.org/2011_30k_Results.htm.

USA 30km Championship - Men

1.	Dan Serianni	World Class Racewalking	2:27:54	
2.	Tim Seaman	NYAC	2:29:02	
3.	Patrick Stroupe	Unattached	2:29:02	
4.	Jonathan Matthews	World Class Racewalking	2:32:43	M55 1 st
5.	Mike Mannozi	Miami Valley TC (USA)	2:33:43	
6.	Ray Sharp	Pegasus	2:38:21	M50 1 st
7.	Erich Cordero	Shore AC	2:42:35	
8.	Yandy Alvarez	Shore AC	2:42:35	
9.	Chris Schmid	World Class Racewalking	2:51:56	1 st M60
10.	Steve Harper	World Class Racewalking	2:59:07	2 nd M60
11.	Leon Jasionowski	Pegasus	2:59:55	1 st M65
12.	Max Walker	Pegasus	3:01:39	2 nd M65
13.	Andrew Smith	Pegasus	3:10:45	3 rd M60
14.	Omar Nash	Miami Valley TC	3:12:08	
15.	Rod Craig	Pegasus	3:17:54	2 nd M50
16.	Bruce Logan	Park Walkers USA	3:25:39	1 st M40
17.	Klaus Thiedman	Chicago Walkers	3:32:27	2 nd M55
18.	John Backlund	So. Cal. Track Club	3:45:13	1 st M70
19.	William Lipford	Tidewater Striders	3:49:58	3 rd M55
20.	Patrick Bivona	Shore AC	3:50:09	2 nd M70
21.	Steve Durant	Tidewater Striders	4:08:26	3 rd M70

USATF 30k Championship Women

1.	Darlene Backlund	So. Cal. Track Club	3:50:15
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Women's Olympic/US Olympic Trials Qualifier 20k

1.	Mayra Carolina Herrera	Guest: Guatemala	1:34:39
2.	Paula Perez	Guest: Ecuador	1:36:27
3.	Johanna Ordonez	Guest: Ecuador	1:35:10
4.	Katie Burnett	Champions International	1:40:42
5.	Maritza Guaman Maza	Guest: Ecuador	1:42:09
6.	Yadira Guaman Maza	Guest: Ecuador	1:45:43

Olympic/US Olympic Trials Qualifier 50k

1.	Andreas Gustafsson	Guest: Sweden	3:54:08
2.	Erich Cordero	Shore AC (USA)	4:28:57
3.	Yandy Alvarez	Shore AC (USA)	4:33:26
4.	Robinson Vivar	Guest: Ecuador	4:37:03
5.	Omar Nash	Miami Valley TC (USA)	5:02:02

Men's Olympic/US Olympic Trials Qualifier 20k

1.	Mauricio Sanchez	Guest: Ecuador	1:23:54
2.	Leonardo Montana	Guest: Colombia	1:27:48
3.	Bruno Carriere	Guest: Canada	1:35:37
4.	Nick Christie	San Diego Pole Vault Club	1:39:05

WALK JUDGE SEMINAR SCHEDULED FOR SATURDAY 10 DECEMBER IN MELBOURNE

Details have now been announced about the **2011 Athletics Australia Walk Judging Seminar** to be held on Saturday 10th December in Melbourne. The following day sees the Australian 50km championship at Fawkner Park in Melbourne so it will be a big weekend. The Seminar is open to those interested in becoming Walks judges and for existing judges who wish to upgrade their present level. Exams will be confirmed during the seminar. Thanks to Shane Bertrand for allowing the use of the LAVIC boardroom in Port Melbourne.

Date: Saturday 10th December 2011

Venue: Little Athletics Victoria
Unit 2, 95 Salmon St
Port Melbourne (Melway: 56 J1)

Agenda: 10.00 am Registration
10.30 am– 3.00pm Seminar

Download the form from <http://www.vrwc.org.au/2011%20VIC%20Walk%20Judges%20Seminar%2010%20December.doc>, fill it in and return to Diane Lowden (dilowden@virginbroadband.com.au) no later than 30th November 2011.

AUSTRALIAN RACE WALKING SERIES ANNOUNCED

And now onto some really big news – a number of us have been talking to Athletics Australia for some months now about the possibility of setting up a competition to target our up and coming walkers and provide them with further incentive and encouragement. It has finally come to fruition with the creation of an **Australian Race Walking Series**.

The Australian Race Walking Series is a joint initiative of Athletics Australia and Racewalking Australia and aims to engage and recognise the achievements of athletes in the critical age demographic of 16-22 years.

Focusing on a number of high profile, quality events around the country, the series will award an overall Winner in the Open, Under 23, Under 20 and Under 18 age groups. Five rounds will be contested for the 2011/2012 season (see below) before being expanded in 2012/2013.

The following competitions are included in the 2011/12 Australia Race Walking Series;

Date	Event	Men	Women	City
11 December 2011	Aust. 50km Champs	U18 5km U20 10km Open & U23 20km, 50km	U18 5km U20 10km Open & U23 20km	Melbourne
18 February 2012	Sydney Track Classic	U18 5000m U20 5000m Open & U23 5000m	U18 5000m U20 5000m Open & U23 5000m	Sydney
25 February 2012	Australian 20km Champs	U18 5km	U18 5km	Hobart

		U20 10km Open & U23 20km	U20 10km Open & U23 20km	
14-18 March 2012	Aust. Junior T&F Champs	U18 5000m U20 10000m	U18 5000m U20 10000m	Sydney
13-15 April 2012	Aust. Open T&F Champs	Open 5000m (Open & U23)	Open 5000m (Open & U23)	Melbourne

Each age group has 4 race days on offer. For instance, the U18 have 5km races available on 11 Dec, 18 Feb, 25 Feb and 14-18 Mar. The best 3 performances are counted for purposes of determining the male and female winners in each of the 4 categories. While there are no monetary prizes this year for winners, there will be a trophy presented to each winner and it will hopefully be a prestigious title to win.

The rules are simple:

1. Athletes must be registered with Athletics Australia through their Member Association at the time of competition.
2. Athletes do not have to enter the Series; rather they will be automatically included upon finishing an event.
3. Athletes may only score points in one age group throughout the Series.
4. Athletes must still enter each individual competition by the closing date (as published on the AA website)
5. All events will be conducted under IAAF and Athletics Australia (where applicable) rules unless otherwise indicated in this document.

Points will be awarded from 10 to 1 in order of finishing within each age group with bonus points awarded to those walkers who better the times documented in the aged related AA Performance Grid.

Obviously you only have to target 3 out of the 4 possible events and a couple of the events are probably on your radar anyway at this stage. The first event on offer is the Fawkner Park carnival in December in Melbourne so get planning! In particular, our U18 walkers (or younger) should consider entering the U18 5km walk at Fawkner Park to kick off their campaigns.

A couple of notes of special interest

- The Australian Open 5000m Track Championships have been reinstated for men and women. These used to be big calendar events for us until they were taken off the championship grid in 1998. In that final year, Nick A'Hern won his 6th men's title in a row (19:12.9) while Kerry Saxby-Junna won the women's race for a record 12th time (21:57.7). To have it back on the championship grid is huge news.
- A 5000m walk is once again included on the Sydney Track Classic in mid February.

I am just waiting on AA to formally announce the concept. Then we will also kick it off from a Racewalking Australia perspective.

2018 COMMONWEALTH GAMES AWARDED TO GOLD COAST

The big news during the week was the awarding of the 2018 Commonwealth Games to the Gold Coast in Queensland. It will be the fifth time that Australia has hosted the Games (Sydney 1938, Perth 1962, Brisbane 1982, Melbourne 2006) and it is yet another opportunity for Australians to see world class athletics in their back yard. Well done to all those who worked so hard to win the bid.

ENTRIES COMING IN FOR FAWKNER PARK

The Australian 50km carnival on Sunday 11th December looks set to be a big meet. Entries have only been open a couple of weeks but we already have 31 entries as shown below. **Entries close on 27th November** – ie in 2 weeks time. You can enter at the AA website via link http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=711&OrgID=887.

Open Men 50km Australian Championship (cutoff 5 Hours)

Deakes, Nathan	VIC/AIS
Erickson, Chris	VIC/AIS
Rayson, Ian	NSW
Reading, Brendon	ACT
Tallent, Jared	VIC/AIS

Open 20km Men Invitational (cutoff 2:00:00)

Bird-Smith, Dane	QLD
Cowley, Rhydian	VIC
Dewar, Nick	QLD
Dewar, Brandon	QLD
McDonough, Aaron	VIC
Reading, Brendon	ACT
Rutter, Adam	NSW/AIS

Open 20km Women Invitational (cutoff 2:15:00)

Holliday, Tanya SA
Lamble, Regan VIC/AIS
Lee, Beki NSW
Ruddick, Kelly VIC
Steele, Allegra SA
Tallent, Claire SA/AIS

U20 Men 10km Invitational (cutoff 56:00)

Aiton, Brad QLD
Bates, Harry ACT
Osborne, Jesse QLD
Steele, Blake SA/AIS

U20 Women 10km Invitational (cutoff 1:00:0)

Finnegan, Amelia VIC
Goznik, Kristie SA
Hockley-Samon, Jmara VIC
Jennings, Shannon NSW
Klein, Kirsty NSW
Pickles, Jessica QLD
Tallent, Rachel VIC/AIS
Whiley, Ebony VIC

U18 Men 5km Invitational (cutoff 28:00)

Brill, Nathan VIC

U18 Women 5km Invitational (cutoff 30:00)

-

As discussed above, this is now part of the Australian Race Walking Series for Open, U23, U20 and U18 walkers so hopefully we will see entries surge even more with our U18 walkers joining in.

CHANGES TO THE RACEWALK AUSTRALIA WEBSITE

Some people may know that my Racewalk Australia website (www.racewalkaustralia.com) has been ported from John Constandinou's English racewalking website www.racewalkuk.com and that it is one of a number of clones world wide. Although I maintain it with all the Australian results, I depend on John for backend support and trouble shooting in the event of issues and I am also able to optionally request any design updates which he makes to his website. This week he added an extra page to the ATHLETES section to record PBs and he has ported this enhancement to us. Below is an example of what this new page looks like for Jared Tallent – now this is not a bad set of PBs.



Race Walk Australia .com

Search Go Email Password

Athlete PB's VIEW: Profile Results Head 2 Head PB's

Jared Tallent (M) Born: 1984

Personal Bests shown here are based on performances since **December 2008** onwards. PB's recorded before this are not yet listed on this website, but may be added in future.

Distance	PB	Date	Points	Age grade
5km	00:18:41	28/2/2009	VIEW RACE	1130 96.12%
10km	00:38:29	18/9/2010	VIEW RACE	1177 96.62%
20km	01:19:15	13/2/2010	VIEW RACE	1212 97.6%
30km	02:08:27	8/8/2010	VIEW RACE	1151 94.25%
20 mile	02:14:57	7/6/2009	VIEW RACE	- -
50km	03:38:56	22/11/2009	VIEW RACE	1233 98.42%
Furthest	50,000 metres	8/21/2009	VIEW RACE	
Age Grade	98.42%	11/22/2009	VIEW RACE	1233

I have been inputting race results since Dec 2008 so the newly calculated PB for each walker on the site is the best time done from that month onwards. That suits all our younger walkers but there are obviously plenty of older walkers out there who might have done better times prior to that date and who might want those performances recognized. This is possible provided you supply me full race details of the event in question. Then I can retrospectively check to see if I have it in my files. If so, I can add it to the database and it will filter through to the PB section. If it was done in a club race of which I have no knowledge, then it is up to you to supply corroborating evidence. By way of example, I have added the Dec 2006 Australian 50km championship results to pick up Nathan Deakes' PB (and former world record) of 3:35:47.

WANT AN ENGRAVER?

Need some medals engraved? I got this email during the week from VMA Secretary / VWRC walker Alan Lucas.

Recently I purchased an engraving machine because I found it very hard to get anyone to do the engraving at next year's Nationals at Easter. I am now sufficiently skilled to offer my services on a paid basis and was wondering if you could mention this in H&T at some stage? I have recently done the Sacramento medals for Russ and Liz and they were very happy with the result. For VMA & VRWC medals I charge \$3 per medal and for other medals with normal print \$4, for large font engraving such as on the Sydney medal in the photo it is \$6. People can post their medals to me to do and include \$3 postage for up to 4 medals and \$6 for 5 to 8 medals. Interestingly the sides of the VRWC medals are not completely parallel so engraving will always look a little uneven.

Alan sent me some photos of his engraving and it looks very professional. If interested, you can email him on lucasar2004@yahoo.com.au or see him any VRWC race day.

WHAT'S COMING UP

Next Saturday sees round 5 of Athletics Victoria Shield with 3000m and 1500m walks on offer.

Sat 19 Nov	AV Shield - South East Region - Round 5	Ballam Park Athletic Track, Frankston
Sat 19 Nov	AV Shield - Bendigo Region - Round 5	La Trobe University Athletics Complex, Bendigo
Sat 19 Nov	AV Shield - Geelong Region - Round 5	Landy Field, Geelong
Sat 19 Nov	AV Shield - Ballarat Region - Round 5	Llanberris Reserve, Ballarat
Sat 19 Nov	AV Shield - North West Region - Round 5	Meadowglen Athletics Track, Epping
Sat 19 Nov	AV Shield - East Region - Round 5	Proclamation Park (Ringwood), Ringwood

Then on Sunday we have our VRWC Summer Championships and AGM. The fixture reads as follows

Sunday 20th November 2011, VRWC Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km	Open
	3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

Due to extensive turf restoration work being done north of our clubrooms, our usual 2km course is not fully available so I have sourced what should be a very fast replacement course for us to use. So come along and try it out – it is a 2km circuit with start and finish in the middle and only 2 wide turns, one at either end – no other turns of any significance. The start/finish will be near the tennis courts, only 200m south of the clubrooms.

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

Sun 20 Nov 2011	VRWC Summer Roadwalk Champs and AGM, Middle Park, VIC
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sat 10 Dec 2011	AV Walk Judging Seminar, Melbourne. See http://www.vrwc.org.au for registration details.
Sun 11 Dec 2011	2011 Australian 50km Championship , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=711&OrgID=887
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , 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	Australian Junior Championships , Sydney Olympic Park
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

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

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 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

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

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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