



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2011 Number 8
22 November 2011



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TIM'S WALKER OF THE WEEK

Last week's walker of the week went to Jesse Osborne of Queensland for his excellent U17 3000m track walk time of 12:10.11, set at the UQ Track in Brisbane on Sunday 12 November. Well done Jesse!



Jesse in action in the Australian U18 10km championship in Canberra in August 2011

This week we have had a number of PBs and some excellent performances overall so it is a bit hard to choose the overall contenders but here goes, in date order of performance.

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|------------------|-------------------|-------------------------------------|-----------------|----------|
| • Chris Erickson | 5000m Track Walk | AACT Interclub, AIS Track, Canberra | Fri 18 November | 19:24.85 |
| • Kristie Goznik | U20 5000m Walk | ASA Premiership Cup, Adelaide | Sat 19 November | 24:16.55 |
| • Jemima Montag | U14 2km Road Walk | VRWC, Middle Park | Sun 20 November | 14:16 |

Here are the fine details:

Chris Erickson might be in hard training for the Australian 50km Olympic Qualification event at Fawcner Park in 3 weeks time but he took time out from his preparation to contest the 5000m walk at the Athletics ACT Interclub competition in Canberra last Friday evening, leading from the front in fine style. With the temperature still very warm after a 30°C day, he powered through to a 1 sec PB time of 19:24.85 and is obviously in the form of his life.

18 year old **Kristie Goznik** is having a wonderful season in Adelaide. On Saturday she took 32 secs off her 5000m best with a fine 24:16.55 and the week before she PB'd over 3000m with 13:59.56. With a 10km PB of 50:59, she will be a serious contender for the 2012 World Race Walking Cup U20 team.

13 year old **Jemima Montag** continues to improve, setting new VRWC 3km Road Walk club records for the U14-U17 divisions with her time of 14:16 on Saturday. This was 6 secs improvement on her 14:22 track time which got her Walker of the Week a few weeks ago and she looks set to challenge the 14 minute barrier very soon.

Go to <http://www.vrwc.org.au> and cast your vote – voting is open to EVERYONE. You have 7 days before voting closes.

VRWC SUMMER CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 20 NOVEMBER 2011

After such a wet Saturday, Sunday turned on superb racing weather at Middle Park as the 42 walkers in attendance competed in our Summer championships. With the top end of our usual course under water, we were reduced to the 1km loop at the bottom section but that is a fast course and overall times were good. Thanks to Terry Swan and Jim Leppik for photos – you can check them out at <http://http://vrwc.org.au/coppermine>.

The 20km events kicked off at 8:30AM and former NZ Olympian Scott Nelson showed the way with a superb performance, racing at 5mins per km pace throughout the middle sections of the race and only slowing in his final 3km. His final time of 1:40:05 saw him just under 5 minutes clear of M65 legend Andrew Jamieson whose time of 1:44:50 was second to none. Simon Evans was the other gun performer, beating his PB by nearly 5 minutes with an excellent 1:51:31 while Michelle Thompson, our lone female entrant, walked a consistent 2:02:29. It was good to see 6 competitors attacking such a long distance.

20km Men Club Championship – Gus Theobald Trophy

1.	Scott Nelson	49:24	1:40:05
2.	Andrew Jamieson	50:33	1:44:50
3.	Simon Evans	56:07	1:51:31 PB 4:41
4.	Rudolf Skrucany	1:10:13	2:29:58
5.	Steve Jordan	1:14:20	2:31:59

Open 20km

1.	Michelle Thompson	59:05	2:02:29
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Our 10km races started at 9:30AM with Mark Donahoo and Pam Tindal walking side by side to finish in 53:19 and 53:20 respectively Pam won our annual Heather Carr Trophy for her efforts and Heather Carr was on duty to present the perpetual trophy at our awards ceremony later in the morning. Michelle Laufer continued her wonderful summer with yet another PB, this time recording 53:38. Amanda Heard was another to shine in this event, her time of 58:31 a PB by nearly 2 minutes, while fellow country walker Ebony Whiley completed her first ever 10km with 1:02:35. And welcome to Gary Turner who has joined the club and who also had a walk on Sunday.

10km Masters Women Club Championship – Heather Carr Trophy

1.	Pam Tindal	53:20	
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Open 10km

1.	Mark Donahoo	53:19	
2.	Michelle Laufer	53:38	PB 0:44
3.	Amanda Heard	58:31	PB 1:52
4.	Caitlin Campbell	1:01:26	
5.	Ebony Whiley	1:02:35	First ever
6.	Gary Turner	1:20:51	



Simon Evans, Andrew Jamieson, Michelle Thompson and Scott Nelson in action on Sunday

The 5km and 3km walks started at 10:30AM and it was Jemima Montag who stormed to the lead, winning the U15 3km Club Championship in 14:16 and setting new U14-U17 3km Road Walk **club records**. Behind her Jade Sanders 16:28 and Shelby Kay 17:30 took the minor club championship medals while Lucas Taylor took gold in the U20 5km club championship with 26:31. Special mentions also to Sarah Brennan of Ballarat who walked excellently for a 20 sec PB with her 5km time of 27:50 and to Philippa Huse whose 3km time of 18:14 was a 39 sec PB. Philippa's mum and dad also had their first walks with us, recording 20:06 and 20:53 in impressive style. Finally, it was great to see Gordon Onley back at the club after such a major health scare – he had a sedate stroll in the Open 3km, finishing with 26:32.

5km U20 Club Championship

1. Lucas Taylor 26:31

5km Open

1. Sarah Brennan 27:50 PB 0:20
2. Russ Dickenson 29:22
3. Terry O'Neill 29:52
4. Donna Elms 31:15
5. Robyn Shaw 31:50
6. Celia Johnson 34:27
7. Karyn O'Neill 35:26
8. Simone O'Neill 35:26
9. Tony Doran 35:57

3km U15 Club Championship

1. Jemima Montag 14:16 PB 0:06
2. Jade Sanders 16:28
3. Shelby Kay 17:30
4. Philippa Huse 18:14 PB 0:39
5. Stacey McLaren 20:32
- Kyle Swan DQ

3km Open

1. Alan Huse 20:06 First Ever
2. Cathy Huse 20:53 First Ever
3. Jake Oliva 22:28 PB 1:11
4. Ian Beaumont 24:34
5. Margaret Beaumont 24:44
6. Gordon Onley 26:32
7. Pam Mews 31:45

The U12 and U9 1.5km club championships were the last events to kick off but, due to a major Little Athletics Clash, numbers were down overall. However, that does not detract from the efforts of our medallists who all walked well. We also welcomed Joseph and Thomas Rickard to the club for the first time and they took the minor medals in the U12 championship.

1.5km U12 Club Championship

1. Jonty Brennan 08:33 PB 0:19
2. Joseph Rickard 08:37 First time with us
3. Thomas Rickard 09:53 First time with us

1. Hayley George 08:07
2. Rebecca Henderson 08:38

1.5km U9 Club Championship

1. Mercedes Brennan 10:38



Amanda Heard, Pam Tindal, Gary Turner, Mark Donahoo and Michelle Laufer in the 10km races



Jade Sanders, Sarah Brennan, Philippa Huse, Lucas Taylor and Jemima Montag



Thomas and Joseph Rickard, Jonty Brennan, Hayley George and Cathy and Alan Huse



**Left: Pam Tindal, Russ Dickenson and Liz Feldman with their medals swags from the 2011 World Masters Championships
Right: Starter Damien Elms**

Thanks as usual to the many people who keep the show in the road. We could not do it without you.

Officials: Tim Erickson, Bob Gardiner, Ian Laurie, Don McLaren, Damien Elms, Justin McLaren (Bike)
Judges: Stuart Cooper (Chief), Lloyd Nichols, Ralph Bennett

Canteen: Kate Suich, Wendy Cooper, Marlaine Stanway
Photos: Terry Swan, Jim Leppik

ATHLETICS VICTORIA SHIELD ROUND 5 – SATURDAY 19 NOVEMBER

It was a wet and threatening Saturday in Victoria but the weather cleared to give us a window of opportunity to run our Athletics Victoria Shield competition in all but one of our six regions. Only the Metro East competition at Ringwood was cancelled.

AV Shield - South East Region - Round 5, Ballam Park Athletic Track, Frankston

First to Frankston where Aaron Tam 15:16.1 easily won the 3000m walk with a 16 sec PB. There is some confusion about the correctness of the times further down the list. Alan Lucas emailed me to say

I was just looking at the times on the AV website for the South East region and there are a number of errors but I don't know how many so you might like to mention this in H&T. Somebody (possibly more than one) must have failed to collect a disc at the finish, meaning everyone after that person has moved up one place on the timekeepers list. When I crossed the line I was given disc 16 but when I look at the results sheet there are only 13 names showing as having finished before me.

I think it means I can take the 1500m times as correct and Aaron Tam's winning time in the 3000m but I can't necessarily guarantee all the 3000m times further down the list.

In the 1500m walk, the pace was on as Nathan Brill, walking by invitation, recorded a very fast 6:03.0. Behind him, Billy Allamby 6:42.7 and Stephanie George 6:59.2 both walked excellent PBs. Great walking!

Open 3000m Men

1.	Aaron Tam	MU18	KNA	15:16.1	PB 0:16
2.	Bradley Simpson	MU20	KNA	15:48.1	
3.	Ralph Bennett	M40+	VMA	15:56.1	
4.	Anthony Doran	MOP	GHY	17:56.6	
5.	Alan Lucas	M40+	VMA	18:45.7	
6.	Geoffrey Barrow	MOP	MEN	19:18.9	
7.	Philip Hutton	MOP	GHY	19:27.0	
8.	John Morrison	MOp	SAN	21:25.8	

Open 3000m Women

1.	Bianca Attard	WU18	KNA	17:12.7	
2.	Marlene Gourlay	W40+	VMA	17:48.2	
3.	Michaela Attard	WU20	KNA	18:58.0	
4.	Gwen Steed	W40+	VMA	19:33.1	
	Geraldinis Holcombis	W40+	VMA	DQ	

U16/U14 1500m Men

1.	Nathan Brill	MU16	BOH	6:03.0	
2.	Billy Allamby	MU16	KNA	6:42.7	PB 0:15
3.	Lucas Taylor	MU16	KNA	7:16.0	

U16/U14 1500m Women

1.	Stephanie George	WU16	KNA	6:59.2	PB 0:03
2.	Jasmine Irshad	WU16	KNA	7:45.5	
3.	Reese Walmsley	MU14	KNA	8:07.5	
	Kyle Swan	MU14	KNA	DQ	

AV Shield - North West Region - Round 5, Meadowglen Athletics Track, Epping

Conditions were perfect at Epping with cool overcast conditions. Mark Donahoo continued his good form with a winning time of 14:24.2 but did look in danger from Danny Hawksworth until Danny faded in the final laps. Aaron McDonough walked yet another PB with 14:45.1. This is an almost weekly occurrence. Caitlin Campbell had an easy stroll to win the women's walk with 16:46.5. Connor McShanag 7:21.8 and Beth Barbour 8:36.4 were our 1500m winners.

3000m Walk Men

1.	Donahoo, Mark	53	ATE	14:24.2	
2.	Kennedy, Paul	54	MUA	14:32.8	
3.	Hawksworth, Danny	32	ATE	14:42.7	
4.	McDonough, Aaron	39	PTN	14:45.1	PB 0:02
5.	Knox, Duncan	52	ATE	16:02.4	
6.	Erickson, Tim	61	COB	16:10.4	
7.	Kondogonis, John	50	KSB	18:46.1	
8.	Bannan, James	53	WCA	20:33.6	
9.	Upton, Ian	71	KSB	21:06.4	
10.	Irons, Matthew	30	MUA	22:10.2	
11.	Rickard, Ian	55	BWK	26:28.2	
12.	Neale, John	60	PTN	26:30.1	

3000m Walk Women

1.	Campbell, Caitlin	17	ATE	16:46.5
2.	Elms, Donna	50	ATE	18:10.4
3.	Atkins, Jade	17	WCA	21:27.2
4.	Abfalter, Maria	43	KSB	21:50.0

1500m walk U14/U16 Men

1.	McShanag, Connor	15	ATE	7:21.8
2.	Clarke, Thomas	14	COB	9:16.8
3.	Long, Dave	INV	PTN	10:08.9
4.	Sutton, Liam	12	PTN	10:48.1
5.	Long, Izaak	11	PTN	10:48.3
6.	Casilli, Anthony	12	PTN	11:02.8
7.	Sykes, Dominic	10	KSB	11:55.5
8.	Hough, Caleb	10	KSB	12:18.5
9.	Thorpe, Hunter	11	KSB	13:31.6

1500m Walk U14/U16 Women

1.	Barbour, Beth	15	COB	8:36.4
2.	McLaren, Stacey	15	ATE	8:58.9
3.	Campbell, Rebecca	14	ATE	9:01.4
4.	Bertrand, Carly	15	KSB	9:03.3
5.	Irons, Julia	13	KSB	9:09.3
6.	Cullen, Larissa	13	WCA	9:12.7
7.	Abfalter, Emma	14	KSB	10:07.1
8.	Utber, Courtney	13	WES	10:20.5
9.	Rebesco, Louise	15	WES	11:42.3
10.	Irons, Elaine	11	KSB	11:49.3
11.	Magree, Tess	9	KSB	12:57.0

AV Shield - Bendigo Region - Round 5, La Trobe University, Bendigo

Amanda Heard was the best of the walkers at Bendigo with her time of 15:57.88. Ebony Whiley also walked well for her time of 16:10.99. The two girls then travelled to Melbourne the next morning and contested the 10km roadwalk. Big effort!

3000m Walk Combined

1.	Amanda Heard	WU18	EAG	15:57.88
2.	Ebony Whiley	WU18	EAG	16:10.99
3.	Jeremiah Jones	MU16	EAG	16:24.67
4.	Joshua Savage	MU18	EAG	17:41.24
5.	John Watson	M40+	BYM	22:46.33
6.	Ebony-Jade Jones	WU18	EAG	23:41.43
7.	Lisa Minchin	W40+	SBE	23:50.38

AV Shield - East Region - Round 5, Proclamation Park, Ringwood

The competition at Ringwood was cancelled due to the inclement weather.

AV Shield - Geelong Region - Round 5, Landy Field, Geelong

Still waiting!

AV Shield - Ballarat Region - Round 5, Llanberris Reserve, Ballarat

Still waiting!

CATCHING UP ON SOME PREVIOUS SHIELD RESULTS

And finally some results from the Geelong venue, compliments of the Geelong Athletics website. There is still nothing on the AV website after 5 rounds. Scott Nelson was the standout performer in the early rounds with 8:55.46 for the 2000m walk. Jmara Hockley-Samon also walked well for her 2000m time of 9:49.43 in Round 2.

AV Shield - Geelong Region - Round 1, Landy Field, Geelong, Saturday 15 October**1500m Walk**

1.	Thomas Mirarchi	COR	12.26.82
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3000m Walk

1.	Lewis Clarke	CHI	15.05.35
2.	Harold Boddy	COR	19.25.50

AV Shield - Geelong Region - Round 2, Landy Field, Geelong, Saturday 22 October**2000m Walk Women**

1.	Jmara Hockley-Samon	CHI	9.49.43
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2.	Megan Walker	COR	11.10.60
3.	Jade lockwood	COR	17.07.19
4.	Jill Lockwood	COR	19.13.22

2000m Walk Men

1.	Scott Nelson	GG	8.55.46
2.	James Seid-Christmas	COR	10.26.66
3.	Nicholas Mirarchi	COR	10.27.56
4.	Harold Boddy	COR	12.38.72
5.	Alan Jenkins	CHI	14.47.49
6.	Thomas Mirarchi	COR	17.07.30

SAMA TRACK RACES, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 16 NOVEMBER

Thanks to Colin Hainsworth for the weekly South Australian Masters track walk results from Adelaide. - very warm but with some breeze. Kim Mottrom was fastest overall and George White was the fastest Masters walker (with an impressive 87.52% score).

3000m Yacht Handicap

Jan Layng		24.14	new walker
Gill White	W63	22.48	65.22%
George White	M66	16.03	87.52%
Colin Hainsworth	M81	22.18	76.83%
Edna Bates	W58	25.22	55.47%
Marie Maxted	W51	19.06	68.92%
Geoff Byham	M65	18.55	73.44%
Leigh Smith	M76	21.47	73.07%
Bill Starr	M69	21.18	68.28%
Paul Boyce	M75	23.26	66.99%
Graham Harrison	M68	19.47	72.65%
Richard Moyle	M55	22.27	56.05%
Linda Whitelaw	W57	23.48	58.52%
Roger Lowe	M68	22.41	63.36%
Kristine Freeman	W51	23.17	56.54%
James Hoare	M65	21.02	66.05%
David Robertson	M78	23.40	69.2%
Sandy Brunner	W69	20.05	79.91%
Kim Mottrom		17.07	

AACT SUMMER SERIES MEET 5, AIS ATHLETICS TRACK, BRUCE, FRIDAY 18 NOVEMBER 2011

A group of our elite walkers joined the Athletics ACT Summer Interclub competition last Friday evening with 5000m and 3000m walks on offer. It had been a hot day (30°C) in Canberra but the 6PM start time meant that the track was partially in shade and the men in particular were in fine form. Sean Fitzsimons, Brendon Reading and Adam Rutter led out with a 1:30 first lap (scorching pace) with Chris Erickson starting more conservatively a few secs back. Brendon and Sean were rewarded with 3000m PBs of 11:56.73 and 12:10.55 respectively. Chris had caught them by mid race and then extended his lead over Adam Rutter, powering through to a PB of 19:24.85. Adam also broke the 20 min barrier with 19:52.34.

In the women's events, Beki Lee walked excellently for her 5000m time of 23:14.05 ahead of Rachel Tallent with 23:48.17 while Zuzi Schindlerova of the Slovak Republic (out here for a 6 months training block) walked an excellent 3000m time of 13:19.29.

5000m Walk

1.	Erickson, Chris	MOP	VIC/AIS	19:24.85	PB 0:01
2.	Rutter, Adam	MOP	NSW/AIS	19:52.34	
3.	Lee, Beki	FOP	NSW	23:14.05	
4.	Tallent, Rachel	FU20	VIC/AIS	23:48.17	
5.	Tallent, Claire	FOP	SA/AIS	DNF	
6.	Bates, Harry	MU18	ACT	DNF	

3000m Walk

1.	Reading, Brendon	MOP	ACT	11:56.73	PB 0:23
2.	Fitzsimons, Sean	MU20	WA	12:10.55	PB 0:21
3.	Steel, Blake	MU18	SA/AIS	12:59.00	
4.	Schindlerova, Zuzana	FOP	CZE	13:19.29	
5.	Hunt, Zoe	FU16	ACT	15:18.92	
6.	Hopkins, Karina	FU14	ACT	17:59.34	
7.	Durr, Ally	FU16	ACT	17:59.92	
8.	Hopkins, Thomas	MU14	ACT	18:00.59	
9.	Lamble, Regan	FOP	VIC/AIS	DNF	

ACTRWC SUMMER SEASON WALK RESULTS

Thanks to Robin Whyte for last Thursday's results from ACTRWC as well as one that we missed back in September

ACTRWC Road Walks, Lake Tuggeranong, Sat 24 Sept 2011 ACTRWC Track Walks, AIS Track, Thurs 17 November

6.6km Turkey Handicap

1.	Carmen Carlon	65:47	(-0.13)
2.	Monika Short	45:10	(-0.20)
3.	Cilla Chapman	54:58	(-1.02))
4.	Helena Bialecki	41:05	(-1.02)
5.	Jane Bates	41:14	(-1.16)
6.	Meghann Griffin	40:55	(1.16)
7.	Geoff Barker	45:04	(-1.26)
8.	Doug Fitzgerald	47:16	(-1.44)
9.	John Donovan	51:12	(1.57)
10.	Bob Chapman	51:06	(2.06)
11.	Phil Essam	56:53	(-3.06)
12.	Helen Munro	63:59	(-6.01)
13.	Zoe Hunt	DNF	
14.	Harry Bates	DNF	

2km Turkey Handicap

1.	Callum Burns	10:16	(-0.01)
2.	Callum Doherty	12:03	(0.03)
3.	Gabby Hunt	10:47	(-0.08)
4.	Spencer Burns	12:14	(1.14)
5.	Terry Munro	23:51	(5.31)

1km Turkey Handicap

1.	Thomas Hunt	7.19	(0.19)
2.	Laura Burns	8.08	(-3.52)

5000m Walk

1.	Ann Staunton-Jugovic	26:02
2.	Harry Bates	26:43
3.	Ally Durr	30:14
4.	Callum Doherty	32:58
5.	Bryan Thomas	33:22
6.	Geoff Barker	33:31
7.	Doug Fitzgerald	34:31
8.	Rod Gilchrist	36:03
9.	Jennifer Gilchrist	36:47
10.	Val Chesterton	42:32
	Wendy Kupkee	DNF

1000m Walk

1.	Zoe Hunt	4:22
2.	Thomas Hopkins	4:41
3.	Callum Burns	4:56
4.	Karina Hopkins	5:17
5.	Spencer Burns	5:23
6.	Kara Baker	5:27
7.	Emily Hopkins	6:10
8.	Tony Booth	6:59
9.	Thomas Hunt	7:22
10.	Laura Burns	8:09

ATHLETICS SA PREMIERSHIP CUP WEEK 4, SANTOS STADIUM, MILE END, SAT 19 NOVEMBER

Athletics South Australia Premiership Cup competition continued last weekend in Adelaide with Darren Bown his usual consistent self with a 5000m walk time of 23:06.52 ahead of 18 year old Kristie Goznik whose big PB time of 24:16.55 continued her fine form this summer. In the 1500m, Alix Harlington was the winner with an equal PB time of 7:33.44.

5000m Walk

1.	Darren Bown	74	ELIZ	23:06.52	
2.	Kristie Goznik	93	ELIZ	24:16.55	PB 0:32
	Megan Szirom	77	ELIZ	DNF	
	Piper Douglas	97	HILL	DNF	

1500 Metre Walk U/16

1.	Alix Harlington	99	ELIZ	7:33.44	eq PB
2.	Danielle Walsh	96	ATHL	8:51.06	
3.	Rhiannon Lovegrove	00	ELIZ	9:20.94	

RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 20 NOVEMBER 2011

Thanks to Rick Cattermole for his report of the latest RWCWA roadwalks at Wilson last Sunday. Rick commented: *the weather is warming up...it was 28c today!*

10k Open Mixed

1.	Breanna Brown	1:02.33
2.	Daniel Lowe	1:05.05
3.	Sara Cattermole	1:07.12

Open 5k Women

1.	Ashley Granado	30.14 (First ever 5k!)
2.	Michelle Butler	30.20
3.	Caitlin Gerken	31.17
4.	Janine Butler	36.33

3k Open Mixed

1.	Melissa Butler	20.44
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2. Chris Gerken 21.42

1.5km Open

1. Summer Brown 9.12

NSW RELAY CHAMPIONSHIPS, SPOAC, SYDNEY, 19-20 NOVEMBER 2011

Last weekend, the NSW Relay Championships were contested in Sydney. What makes this annual event of interest to us is the fact that 4x1500m Walk relays are contested in U14, U18 and Open divisions. What a fantastic idea! As well as recording the results below, I also include the meet records which are pretty impressive. Note the record for the Open Men stands at 22:44.41. That averages out at 5:41 per walker. Imagine having 4 walkers of that calibre in the one club. Now I know who they were but do you? Find out next week.

Women 4x1500 Meter Relay Race Walk U14

Meet Record: 29:40.80 1994 Nepean

1. Parramatta City Track & Field 33:40.40
2. Girraween Athletics Club 42:30.60

Men 4x1500 Meter Relay Race Walk U14

Meet Record: 29:59.76 1999 Illawong

1. Nepean District Athletic Club 34:00.10
2. Sydney Pacific Athletics Club 41:03.40
Sydney Pacific Athletics Club DQ

Women 4x1500 Meter Relay Race Walk U18

Meet Record: 28:54.37 2003 Sydney Pacific

1. Nepean District Athletic Club 32:32.50
2. Sydney Pacific Athletics Club 34:10.70

Men 4x1500 Meter Relay Race Walk U18

Meet Record: 26:39.68 1997 Randwick Botany

1. Central Coast Region 29:53.10
2. South Sydney Athletics 31:28.20

Women 4x1500 Meter Relay Race Walk Open

Meet Record: 27:18.45 2004 Asics West

1. Asics Wests Track & Field Club 30:46.40
2. Mingara Athletics Club Inc. 33:14.00

Men 4x1500 Meter Relay Race Walk Open

Meet Record: 22:44.41 1997 Bankstown Sports

1. Nepean District Athletic Club 26:30.30
2. Sydney University Athletics Club 27:50.70
3. Hills District Athletics Club 32:42.70
4. Mingara Athletics Club Inc. 35:12.50

NEW VRWC CLUB RECORDS

We have seen more VRWC Club Records broken in the last couple of weeks. The latest are:

2000m Track Walk	W40-44	Michelle Laufer	AV Shield, Doncaster	12/11/2011	9:55.6
	M65-69	Andrew Jamieson	AV Shield, Doncaster	12/11/2011	9:33.5
2km Road Walk	U14-U17	Jemima Montag	VRWC, Middle Park	20/11/2011	14:16

Congratulations to Michelle and Andrew and Jemima. The updated club record list is at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2011-11-22.pdf>

NOW ON YOUTUBE – 1986 COMMONWEALTH GAMES 30KM WALK

Check out this fantastic video of the 1986 Commonwealth Games 30km walk - http://www.youtube.com/watch?v=tDi2_ZHgyJ4. What makes it of such interest to us Australians is the fact that it was **Simon Baker**'s first big international win. Simon then went on to win gold and silver in successive World Race Walking Cup 50km events (1989 and 1991). You can read about Simon's stellar career at <http://www.vrwc.org.au/tim-archive/wv-simon-baker.pdf>. And yes, it does show that he used to have hair once!

AUSTRALIAN VS NEW ZEALAND MATCH NOW ANNOUNCED ON AA WEBSITE

Athletics Australia has now formally put out its documentation for the 2012 Australia VS New Zealand roadwalking match, to be held in conjunction with the 20km National Championships and Olympic trials in Hobart on Saturday 25th February. See their event link at http://www.athletics.com.au/home/competition/events/2012_australian_20km_walks_cha.

I am clarifying when entries are going to open and when entries close. That way, walkers know how long they have to get their performances on the board. AA and RWA will be looking at performances done in ratified events since 1 January 2011 in selecting our U23 20km and U20 10km teams. Feel free to contact me if you have any questions. The qualifying standards are

Event	Qualifying time
U23 Men 20km	1:45.00
U23 Women 20km	2:05.00
U20 Men 10km	47:00
U 20 Women 10km	53:00

WHAT'S COMING UP

AV Shield competition continues next Saturday with 2000m walks on offer at all 6 venues.

Sat 26 Nov	AV Shield - South East Region - Round 6	Casey Fields, Cranbourne East
Sat 26 Nov	AV Shield - East Region - Round 6	Hagenauer's Reserve, Box Hill
Sat 26 Nov	AV Shield - Bendigo Region - Round 6	La Trobe University, Bendigo
Sat 26 Nov	AV Shield - Geelong Region - Round 6	Landy Field, Geelong
Sat 26 Nov	AV Shield - Ballarat Region - Round 6	Llanberris Reserve, Ballarat
Sat 26 Nov	AV Shield - North West Region - Round 6	Newport Park Athletics Facility, Williamstown

A reminder that **entries close for the Australian 50km Championship Carnival at midnight on Sunday 27 November** (ie the end of next weekend). Even though the events will not be held until Sunday 11 December, you need to get your entry in by this weekend. The current start lists have now grown to 37 but we need more U18 walkers in the competition! I have added the PBs for each walker as a matter of interest.

Open Men 50km Australian Championship (cutoff 5 Hours)

Deakes, Nathan	VIC/AIS	3:35:47 (2006)
Erickson, Chris	VIC/AIS	3:54:52 (2011)
Rayson, Ian	NSW	3:59:23 (2010)
Reading, Brendon	ACT	-
Tallent, Jared	VIC/AIS	3:38:56 (2009)

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

Bird-Smith, Dane	QLD	-
Cowley, Rhydian	VIC	1:29:07 (2011)
Dewar, Nick	QLD	-
Dewar, Brandon	QLD	-
Fitzsimons, Sean	WA	-
Jamieson, Andrew	VIC	1:34:28 (1999)
Kozica, Jason	VIC	-
McDonough, Aaron	VIC	1:49:24
Reading, Brendon	ACT	1:24:51 (2011)
Rutter, Adam	NSW/AIS	1:21:49 (2008)
Smyth, David	WA	2:04:33 (2011)

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

Holliday, Tanya	SA	1:37:54 (2011)
Holliday, Gloria	SA	-
Lamble, Regan	VIC/AIS	1:31:39 (2011)
Lee, Beki	NSW	1:35:35 (2011)
Ruddick, Kelly	VIC	1:39:56 (2011)
Steele, Allegra	SA	-
Tallent, Claire	SA/AIS	1:32:02 (2010)

U20 Men 10km Invitational (cutoff 56:00)

Aiton, Brad	QLD	44:00 (2010)
Bates, Harry	ACT	47:35 (2011)
Osborne, Jesse	QLD	44:45 (2011)
Steele, Blake	SA/AIS	43:57 (2010)

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

Finnegan, Amelia	VIC	52:56 (2011)
Goznik, Kristie	SA	50:59 (2011)
Heard, Amanda	VIC	58:31 (2011)
Hockley-Samon, Jmara	VIC	56:09 (2011)
Jennings, Shannon	NSW	53:39 (2011)
Klein, Kirsty	NSW	50:52 (2011)
Pickles, Jessica	QLD	-
Tallent, Rachel	VIC/AIS	48:40 (2011)
Whiley, Ebony	VIC	62:35 (2011)

U18 Men 5km Invitational (cutoff 28:00)

Brill, Nathan	VIC	21:35 (2011)
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U18 Women 5km Invitational (cutoff 30:00)

Montag, Jemima	VIC	25:12 (2011)
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And a reminder of the AA Walk Judging Seminar coming up for Saturday 10 December in Melbourne. Full details are on the application form which is posted on the VRWC website (see <http://www.vrwc.org.au>).

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

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)