



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2012 Number 16  
17 January 2012



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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to AIS based NSW walker Adam Rutter for his 41:29.01 win in the NSW 10,000m track walk championship. Adam has now joined us in Thredbo this week and has the head down and training hard ahead of Hobart next month.



Walker of the week Adam Rutter shares a cold plunge with Jared Tallent in Daegu at last year's World Champs

This week I have another two very worthy nominations for your review. They are

- 15 year old **Zac Partington** who won the Athletics WA 1500m walk at their Interclub competition in Perth last Friday evening in a 10 sec PB time of **6:01.72**. Zac and Nathan Brill are the two dominant walkers in their U16 age group and we are eagerly waiting to see what Zac can do for his first 10km roadwalk effort in Hobart next month. He was at Falls Creek with us in early January and is in great form.
- 22 year old **Nicole Fagan** who won the 5000m walk at the NSW Premiership Cup competition in Sydney last Saturday afternoon with an 8 sec PB time of **22:32.76**. Nicole has now joined us at Thredbo as she prepares for her 20km in Hobart where she will be one of the top contenders for the final honours.

You can vote at <http://www.vrwc.org.au>.

### AV SHIELD CATCHUP

AV Shield Geelong Region, Round 8, Saturday 17 December 2011

A catchup from before Christmas when our Geelong walkers were in action in AV Shield Round 8.

#### 2000m Walk

1.	Josh Dillon	U18	Cor	9:37
2.	James Seid-Christmass	M40+	Cor	9:51
3.	Jmara Hockley-Samon	U18	Chi	9:58
4.	Nicholas Mirarchi	OP	Cor	10.03
5.	Harold Boddy	M50+	Cor	12:05

## UQAC MEET, ST LUCIA, FRIDAY 6 JANUARY – REVISED RESULTS

An amendment from last week's newsletter when I only published partial results from the UQ meet at St Lucia on Friday 6<sup>th</sup> January. That meant I missed out on Jessica Pickles' excellent PB time of 13:40.18 in the 3000m walk.

### 1500m Walk

1.	Billington, Tayla	W15	COMP	7:28.56
2.	Pinchen, Ryan	M12	QRW	9:07.67

### 3000m Walk

1.	Bird-Smith, Dane	M20	QRW	11:23.05	PB 0:04
2.	Aiton, Brad	M18	GCV	12:04.02	
3.	Dewar, Brandon	M20	QRW	12:14.45	
4.	Dewar, Nick	M20	QRW	12:30.32	
5.	Pickles, Jessica	W18	FTA	13:40.18	PB 0:34
6.	Nipperess, Dean	M41	QRW	13:45.59	
7.	Martin, Katya	W15	GCV	15:58.45	
8.	Woodward, Mikaela	W13	UNQ	16:10.54	
9.	Brackin, Aimee	W13	QRW	17:47.29	

## SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WED 11 JANUARY 2012

Thanks to Colin Hainsworth for the weekly South Australian Masters walk results from Adelaide. Colin commented: *Cool evening with light head-breeze on finishing straight.*

### 3km Walk

W67	Jill Rogers	25.29	61.31%
	Amber Tuschqrski	16.34	
W60	Helen Suridge	20.31	70.06%

### 5km Walk

W63	Gill White	38.46	66.08%
M74	Colin Trengove	37.43	69.91%
M66	George White	27.06	88.18%
W57	Linda Whitelaw	39.22	60.72%
M82	Colin Hainsworth	37.42	78.78%
M65	James Hoare	35.04	67.39%
M76	Leigh Smith	36.56	73.4%
M68	Roger Lowe	39.18	62.22%
M78	David Robertson	39.04	71.43%
W51	Marie Maxted	33.28	67.29%
W67	Margaret Trengove	37.43	71.57%
W78	Cynthia Dally	44.32	72.3%
M60	Kevin Finn	33.20	67.3%
M75	Paul Boyce	42.03	63.58%

## ACTRWC TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 12 JANUARY 2011

Thanks to Robin Whyte for the latest results from the ACT Race Walking Club in Canberra.

### 3000m

1.	Zoe Hunt	15:58
2.	Thomas Hopkins	16:15
3.	Ashleigh Resch	17:18
4.	Karina Hopkins	17:46
5.	Emily Hopkins	18:17
6.	Callum Doherty	19:01
7.	Jordan Bardsley	19:23

### 1500m

1.	Callum Burns	07:32
2.	Gabby Hunt	07:37
3.	Kara Baker	08:29
4.	Wendy Kupkee	10:33

**ATHLETICS WA INTERCLUB, STATE ATHLETICS CENTRE, PERTH, FRIDAY 13 JANUARY 2012**

15 year old Zac Partington was the key performer in the Western Australian Interclub 1500m last Friday evening, his time of 6:01.72 a 10 sec PB. He is improving with every race at the moment.

**Mixed 1500m Walk**

1.	Partington, Zac	M	Athletics WA	6:01.72	PB 0:10
2.	Hennighan, Dale	M	Ridgewood At	7:11.41	
3.	Holt, Kate	W	Melville	7:36.51	
4.	Hughes, Holly	W	Athletics WA	8:03.51	
5.	Hill, Jeremy	M	Athletics WA	9:17.42	
6.	Cornish, Bruce	M	Bunbury	10:24.64	
7.	Schickert, Lynne	W	Masters WA	10:25.76	

**ATHLETICS SA PREMIERSHIP CUP ROUND 8, SANTOS STADIUM, ADELAIDE, FRIDAY 13 JAN 2012**

Kim Mottrom was the top walker at the Athletics South Australia competition last Friday evening with his time of 24:05.39.

**5000m Walk**

1.	Kim Mottrom	MOP	AH	24:05.39	PB 0:11
2.	Kristie Goznik	WOP	ELIZ	25:59.59	
3.	Peter Crump	MOP	SPC	28:48.38	

**1500m Walk**

1.	Alix Harlington	MU16	ELIZ	8:17.64	
2.	Rhiannon Lovegrove	WU16	ELIZ	8:43.47	
3.	Rhiana Hooker	WU16	ATHL	8:59.34	

**ATHLETICS NSW CLUB PREMIERSHIP ROUND 8, SOPAC, SYDNEY, SAT 14 JANUARY 2012**

Nicole Fagan announced her intentions ahead of the Australian 20km championships in Hobart next month, winning the 5000m walk in Sydney on Saturday afternoon in a PB time of 22:32.76.

**5000m Walk**

1.	Fagan, Nicole	W23	Sydney Pacif	22:32.76	PB 0:08
2.	Webb, Cheryl	W36	Blacktown Ci	24:07.71	
3.	Jennings, Shannon	W19	Asics Wests	25:47.94	
4.	Raycanovski, Sarah	W29	Mingara Athl	26:19.54	
5.	Dighton, Jasmine	W16	Illawong & D	26:48.74	
6.	Southern, Shay	W17	Asics Wests	27:55.68	
7.	Porley, Tabitha	W17	Blue Mountai	29:12.88	

**3000m Walk**

1.	Romer, Madyson	W15	Bankstown Sp	16:43.50	
2.	Kerr, Aidan	M14	Sydney Pacif	16:50.09	
3.	Kalemusic, Danielle	W13	Illawong & D	17:13.77	
4.	Porley, Fiona	W44	Blue Mountai	17:34.22	
5.	Glover, Jordan	M13	Hills Distri	17:39.05	
6.	Barrett, Doug	M60	U.T.S. North	19:01.93	
7.	Barendregt, Travis	M12	Nepean Distr	19:18.30	
8.	Camenzuli, Ebony	W15	Asics Wests	20:44.72	
9.	Hyde, Victor	M67	Sydney Unive	DQ	

Nicole's great time pushes her up to 25<sup>th</sup> on my All-Time Ranking List.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	20:03.0	Kerry Saxby-Junna	N	20-06-1961	1	Sydney	11-02-1996	34
2	21:03.33	Jess Rothwell	V	18-06-1989	1	Melbourne	20-02-2009	19
3	21:19.19	Cheryl Webb	N	03-10-1976	2	Sydney	14-02-2009	32
4	21:25.6	Anne Pembroke-Manning	N	13-11-1959	mix	Sydney	12-02-1994	34
5	21:32.26	Jane Saville	N	05-11-1974	1	Melbourne	01-03-1997	26
6	21:34.23	Natalie Saville	N	07-09-1978	2	Melbourne	01-03-1997	18
7	21:45.16	Lisa Sheridan-Paolini	N	10-12-1962	1	Sydney	20-02-2000	37
8	21:46.70	Kellie Wapshott	V	23-03-1981	mix	Melbourne	10-02-2008	26
9	21:47.6	Gabrielle Blythe	V	09-03-1969	mix	Canberra	12-03-1993	24
10	21:56.58	Claire Tallent	S	06-07-1981	2	Sydney	28-02-2009	27

11	21:59.0	Teresa Letherby	Q	05-04-1972	3	Sydney	11-02-1996	23
12	22:01.50	Linda Coffee	N	31-07-1977	2	Sydney	18-02-1996	18
13	22:04.42	Sue Orr-Cook	V	23-04-1958	1	Melbourne	01-04-1984	25
14	22:05.76	Michelle French	N	01-04-1982	2	Melbourne	19-02-2006	23
15	22:07.50	Tanya Holliday	S	21-09-1988	mix	Adelaide	26-11-2005	16
16	22:08:00	Megan Szirom	V	18-08-1977	1	Melbourne	23-06-2007	29
17	22:08.5	Jenny Jones-Billington	Q	20-04-1967	4	Brisbane	06-03-1993	25
18	22:13.0	Simone Wolowicz	V	12-02-1974	mix	Melbourne	20-11-1997	23
19	22:15.0	Sally Pierson	V	10-03-1963	1	Melbourne	27-01-1984	20
20	22:15.5	Jane Lewry-Barbour	S	27-07-1966	1	Adelaide	16-02-1994	27
21	22:17.32	Lorraine Young-Jachno	V	21-09-1959	4	Sydney	04-01-1990	30
22	22:19.99	Regan Lamble	V	14-10-1991	2	Sydney	19-03-2011	19
23	22:24.9	Wendy Muldoon	V	27-05-1971	mix	Melbourne	09-03-1995	23
24	22:31.18	Lisa Grant	N	26-04-1985	3	Sydney	09-12-2091	20
25	22:32.76	Nicole Fagan	N	24-07-1989	mix	Sydney	14-01-2012	22

### VICTORIAN COUNTRY CHAMPIONSHIPS, LA TROBE UNI TRACK, BENDIGO, 13-15 JANUARY 2012

The Victorian Country T&F championships were held last weekend in Bendigo with a large number of Victorian walkers in action.

#### Friday 13 January 2012

The 5000m walks were held on Friday evening and it was a pleasant surprise to see former Olympic walker Duane Cousins back in action and winning with 24:56.81. As expected, Kelly Ruddick was the fastest overall with an excellent 23:41.45. Heather Carr was also in fine form, winning the W40+ race with 27:58.47.

#### 5000m Walk Men Open

1.	Duane Cousins	73	EAG	24:56.81
2.	James Seid-Christmass	67	COR	25:37.72
3.	Andrew Blood	74	BYC	29:26.11
4.	Joshua Savage	95	EAG	30:26.67

#### 5000m Walk Women Open

1.	Kelly Ruddick	73	BHA	23:41.45
2.	Jmara Hockley-Samon	97	CHI	27:14.62
3.	Sarah Brennan	76	BYC	27:30.79
4.	Heather Carr	49	EAG	27:58.47
5.	Amanda Heard	95	EAG	28:26.72
6.	Ebony Whiley	95	EAG	30:25.31
7.	Annette Major	62	EAG	34:20.61

#### 5000m Walk Men 40+

1.	James Seid-Christmass	67	COR	25:37.72
2.	John Carter	50	SBE	33:56.65

#### 5000m Walk Women 40+

1.	Heather Carr	49	EAG	27:58.47
2.	Annette Major	62	EAG	34:20.61
3.	Lisa Minchin	64	SBE	43:17.26

#### 5000m Walk Men U20

1.	Joshua Kaiser	93	SCA	25:38.55
2.	Lewis Clark	94	CHI	26:02.71

#### 5000m Walk Women U20

1.	Cassandra Raselli	94	SCA	32:39.00
2.	Chloe McNicol-Davidson	96	SCA	33:01.68
3.	Ebony-Jade Jones	94	EAG	42:04.03

#### Saturday 14 January

The 3000m and 1500m walks were held on Saturday with Stephanie George 14:52.06 and Hayley George 8:16.73 the best of the competitors.

#### 3000m Walk Men U16

1.	Jeremiah Jones	97	EAG	17:09.49
2.	Dane Heiden	97	SBE	18:45.41

#### 3000m Walk Women U16

1.	Jasmine Irshad	97	SCA	16:40.60
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#### 3000m Walk Men U18

1.	Joshua Savage	95	EAG	17:29.48
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#### 3000m Walk Women U18

1.	Stephanie George	96	SCA	14:52.06
2.	Jmara Hockley-Samon	97	CHI	15:24.83
3.	Amanda Heard	95	EAG	15:41.64
4.	Ebony Whiley	95	EAG	17:27.42

#### 3000m Walk Men 50+

1.	Russell Dickenson	45	SCA	17:11.57
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#### 3000m Walk Women 50+

1.	Annette Curtis	56	SBE	21:30.54
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#### 1500m Walk Men U14

1.	Harry Hockley-Samon	00	CHI	9:49.58
2.	Thomas Mirarchi	00	COR	12:12.92

#### 1500m Walk Women U14

1.	Hayley George	00	SCA	8:16.73
2.	Jemma Peart	01	BYC	8:30.89
3.	Zahra Hayes	01	SBE	9:04.68
4.	Alanna Peart	99	BYC	9:05.71
5.	Emily Waugh	99	WEL	9:09.86
6.	Madison Hill	00	SBE	9:53.64
7.	Bree Heiden	01	SBE	11:14.29

<b>1500m Walk Men 60+</b>				
1.	John Carter	50	SBE	9:55.38
2.	Geoffrey Major	36	EAG	10:49.52
	Norman West	41	SBE	DQ

8.	Kirsten Craft	01	WEL	11:19.55
<b>1500m Walk Women 60+</b>				
1.	Heather Carr	49	EAG	7:52.1

Thanks to Athletics Victoria for the following photos.



**Stephanie George, Jemma Peart, Duane Cousins and Kelly Ruddick in action**



**Heather Carr, Amanda Heard, Jasmine Irshad and Jmara Hockley-Samon**



**James Seid-Christmass, Josh Kaiser, Aaron Tam, Josh Savage and Russ Dickenson**

## US WOMEN'S AND MASTER'S 50KM WALK CHAMPS, HOUSTON, SAT 7 JANUARY 2012

The USA Women's and Masters' 50 km Race Walk Championships were held in Sullins Way, Bear Creek Park, Houston on Saturday 7 January 2012. Dave Gwyn recaps the main results:

Tammy Stevenson, age 41, of Salt Lake City, Utah won a tight battle with Katie Grimes, 48, of Crescent City, Oregon, Saturday to win the USA Women's 50 km Race Walk Championships in 5:16:20. The race, in Houston, Texas was also the USA Championships for masters, and both women won their respective age divisions in national record times. Both women also claimed a national masters record en route. Stevenson clocked 3:41:08 at 35KM and Grimes passed 40KM at 4:12:13 as she progressed to a finish in 5:19:52. Third place woman Darlene Backlund of Palm Springs, California recorded the world's fastest 50KM ever by a 66-year old woman with her 6:45:09, but fell short of her own age 65-69 record from last year. Canadian masters records were also set in the race as guest Sherry Watts, age 58, collected national age 55-59 bests at 30KM as well as the full 50KM.

In the men's masters competition, Omar Nash, 38, of Cincinnati, Ohio, won the 35-39 category in 5:13:14 and Bruce Logan of New York, New York captured the 45-49 age division with 6:07:05. The Men's Open Championship in the 50 km race walk will be conducted with the Olympic Trials at the distance, on January 22 in Santee, California.

The competition in Houston also included race walks at 5KM and 20KM. The highlight was the fastest time ever by a 65-year-old American woman, a 2:14:26 by M.J.Baglin of Reno, Nevada.

### 50km Championship - Masters and Women

1.	Omar Nash	OH	M38	5:13:14	M 35-39 National Champion
2.	Tammy Stevenson	UT	W41	5:16:20	W 40-44 National Champion
3.	Katie Grimes	OR	W48	5:19:52	W 45-49 National Champion
4.	Bruce Logan	NY	M47	6:07:05	M 45-49 National Champion
5.	Sherry Watts	CAN	W58	6:44:05	
6.	Darlene Backlund	CA	W66	6:45:09	W 65-69 National Champion

### 20km Non Championship

1.	MJ Baglin	NV	W65	2:14:26	
2.	Michelle Cunningham	WA	W50	2:25:54	
3.	John Backlund	CA	M71	2:29:14	
4.	Bill Kilgore	TX	M51	2:30:08	
5.	Jorge Herrera Roman	MEX	M70	2:40:28	
	Benjamin Lopez Rendon	MEX	M63	DQ	

### 5km Non Championship

1.	Stevie Berry	TX	M12	34:47	
2.	Karen Karavanic	OR	W48	35:03	
3.	Dillon Berry	TX	M14	35:44	
	Janet Jones		W54	DQ	
	Juanita Rogillio	TX	W72	DQ	

## VIDEO AND AUDIO GALORE

I was very excited to see a number of new videos and one new podcast (audio) come online this week – all featuring Australian walkers.

- First to **Jared Tallent** who was interviewed last October in Canberra on various walking related matters. Lo and behold, part of the interview has now come out in the following great YouTube video - <http://www.youtube.com/watch?v=WpLyktBRJyY> - published this week on the net. It also features some great footage from our 2011 Australian 50km carnival at Fawkner Park.
- Next to **Nathan Deakes** who was interviewed by American Chris Rael as part of his Racewalk Planet Media. It is a wide ranging and in-depth audio interview that roams over Nathan's wonderful career and keeps you enthralled for a full 60 minutes. Check out the talkfest at <http://50km-olympic-trials.blogspot.com/>

Finally, former VRWC walker **Mark Wall**, now based in the UK, has uploaded two videos from the past to YouTube. They are

- Victorian 20km Men & 10 km women road champs, 1989, Melbourne – see [http://www.facebook.com/n/?video%2Fvideo.php&v=10150462420600914&mid=5740fb6G2987242bG7b67272G1d&bcode=hZjRfl5q&n\\_m=terick%40melbpc.org.au](http://www.facebook.com/n/?video%2Fvideo.php&v=10150462420600914&mid=5740fb6G2987242bG7b67272G1d&bcode=hZjRfl5q&n_m=terick%40melbpc.org.au). Andrew Jachno won the men's race in 1:22:42 and his wife Lorraine won the women's event in 46:02. Fields were large in those days and the depth was considerable. The venue was Fisherman's Bend.
- A brief snippet of Kerry Saxby competing in the 1990 Commonwealth Games 10km Trial, held in Melbourne in December 1989. See <http://www.facebook.com/photo.php?v=10150462478360914&mid=57412>



## WANGARATTA FUN RUN – SUNDAY 26 FEB 2012, BATCHELORS GREEN, WANGARATTA

I don't normally advertise fun runs but a special exception for the Wangaratta Fun Run which is being run by Sharon and Justin Scholz, two of our top ultra distance runners. Last year this was a great carnival and I am sure that this year it will be just as good. So for Victorians, if you are free on Sunday 26 February, why not consider a nice day out at Wangaratta and a run or walk. Here is the fine oil:

Hi Tim,

It's no ultra, but I wonder would it be possible for you to circulate the attached information about the Wangaratta Fun Run within your circle of influence for us? Shaz and I provided this event to the community in 2011 and raised \$2000 for the Little Aths. We are having the event again on 26 February 2012 and hope to do even better this year. We had a number of entries from Melbourne based people and so are looking for ways to get the word out in metropolitan areas – especially as our entry fees are quite low and Wangaratta is a beautiful place to visit!!

Regards,

Sharon and Justin Scholz

Sunday 26 February, 8AM, Batchelors Green, Wangaratta

10km Run

5km Run or Walk

2km Run or Walk Primary School Kids

[www.wangarattafunrun.com.au](http://www.wangarattafunrun.com.au)

## THREDBO CAMP UPDATE

The 3 week long Thredbo training camp is nearly at the half way mark and the first 10 days have seen some great training performances and some big mileages in the brisk mountain atmosphere. First a brief resume to show the quality of the 31 athletes in attendance. Check out the 5000m, 10000m/10km, 20km and 50km PBs for the walkers, both senior and junior, and imagine the training effect when you put them all together in one place for 3 weeks. Wow, I'm excited!

<b>PB List - 2012 Camp Participants</b>									
	<i>Surname</i>	<i>Name 2</i>	<i>DOB</i>	<i>5000m</i>	<i>10,000m</i>	<i>10km</i>	<i>10,000m / 10km PB</i>	<i>20km</i>	<i>50km</i>
	Tallent	Jared	17-10-86	18:41.83	40:41.50	38:28.0	38:28.0	1:19:15.0	3:38:56.0
SVK	Toth	Matej	10-02-83	18:54.39	39:24.80	39:07.0	39:07.0	1:20:16.0	3:39:46.0
	Rutter	Adam	24-12-86	18:54.65		39:20.0	39:20.0	1:21:49.0	3:52:49.0
CAN	Gomez	Inaki	16-01-88	19:19.44	40:32.00	40:01.0	40:01.0	1:22:06.0	
SVK	Kucmin	Anton	07-06-84	19:20.34	39:47.00	41:57.0	39:47.0	1:23:21.0	3:57:41.0
CAN	Dunfee	Evan	28-09-90	19:23.00	42:02.00	41:32.0	41:32.0	1:23:45.0	
SVK	Batovsky	Milos	26-05-79	20:36.40		42:20.0	42:20.0	1:23:48.0	
	Rayson	Ian	04-02-88	20:22.30	41:56.79	43:13.0	41:56.8	1:24:25.0	3:57:55.0
	Reading	Brendon	26-01-89	20:58.15	45:24.66	43:23.0	43:23.0	1:24:51.0	
ENG	Wright	Alex	19-12-90	20:11.09		43:31.0	43:31.0	1:25:46.0	
	Fitzsimons	Sean	15-01-92	21:13.09		42:14.0	42:14.0	1:26:50.0	
NZL	Rew	Quentin	16-07-84			43:17.0	43:17.0	1:27:27.0	4:06:57.0
	Aiton	Brad	22-06-94	20:37.00		44:00.0	44:00.0		
	Bates	Harry	08-03-95	23:22.00		47:35.0	47:35.0		
	Brill	Nathan	24-05-96	21:35.00		45:42.0	45:42.0		
	Osborne	Jesse	21-01-95	21:05.14	44:45.83	44:30.0	44:30.0		
	Steele	Blake	04-01-93	20:37.44	44:18.66	43:27.0	43:27.0		
NZL	Holcroft	Matt	18-01-94	22:36.29	49:34.27	48:12.00	49:34.27		
	<b>Average</b>			<b>20:16.42</b>			<b>42:17.02</b>	<b>1:23:32</b>	
	Lamble	Regan	14-10-91	22:55.50	47:55.67	47:13.0	45:25.0	1:31:38.0	
	Tallent	Claire	06-07-81	21:56.58	46:46.01	46:03.0	46:03.0	1:32:02.0	
CZH	Schindlerova	Zuzana	25-04-87	22:07.70		44:54.0	44:54.0	1:32:10.0	
	Lee	Beki	25-11-86	22:50.36		46:25.0	46:25.0	1:33:09.0	
	Fagan	Nicole	24-07-89	22:40.31		46:38.0	46:38.0	1:35:55.0	
SWE	Olsson	Mari	27-04-86	22:24.80	47:27.52	48:11.0	48:11.0	1:37:29.0	
NZL	Robinson	Rozie	14-11-90		51:20.00	50:30.0	50:30.0	1:51:24.0	
	Tallent	Rachel	20-02-93	23:30.00	49:39.27	48:40.0	48:40.0		
ENG	Whelan	Lauren	07-01-93			51:15.0	51:15.0		
	Burren	Amy	04-03-94	23:52.18		53:30.0	53:30.0		
	Klein	Kirsty	19-05-84	24:40.26		50:52.0	50:52.0		
	Bettiol	Amy	08-08-95	24:10.73		51:13.0	51:13.0		
	Alexander	Beth	28-11-92	23:44.54	50:30.77	49:03.0	49:03.0		
	<b>Average</b>			<b>24:03.29</b>			<b>50:45.50</b>	<b>1:36:15</b>	

Now I could go on and on about how well the camp is going but the photos tell it much better than I could – and they are not nearly as boring!



**Left: Pancakes for breakfast – Matt, Harry, Amy, Rozie, Kirsty and Brad**  
**Right: Satoshi prepares dinner Japanese style**



**Left: First timers contemplate the mountain climb from Jindabyne to Thredbo – 33km if you walk the whole way**  
**Right: Inaki, Jared and Matej underway – the sun might be out but the 7AM start means it's still cold**



**Left: Matt feels at home with a backdrop of sheep (NZ joke!)**  
**Right: Ian shows the pressure as he attacks a big hill**  
**Rachel shows perfect technique as she covers the kilometres**





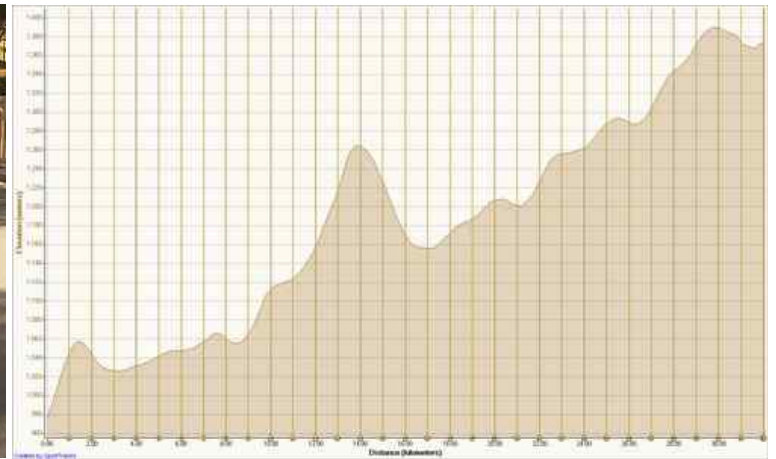
**Left: Blake, Matej, Evan and Alex push to the top of one of the big hills**  
**Right: 1800m Charlotte Pass – Claire, Jared, Nathan, Matt, Brad, Kirsty, Amy, Rozi, Amy, Jesse and Harry**



**Left: Bushwalking in the High Plains**  
**Right: At last an easier session – Nicole, Beki and Regan**



**Left: As part of the associated study, some walkers are sleeping high (3000m) via altitude tents and training low (1400m)**  
**Middle: Chris Erickson came up last Sat and showed a clean pair of heels in the Jindabine-Threadbo climb – 33km in 2:41**  
**Right: Rachel works out in the gym**



**Left: Jared and Claire have an easy morning session – you can't train flat out all the time  
Right: The profile of the walk from Jindabyne to Thredbo – a tough day in the office**

### DEAKES IDENTIFIED FOR EARLY NOMINATION TO AUSTRALIAN OLYMPIC COMMITTEE

The following press release today on the Athletics Australia website confirms, as expected, that Nathan Deakes has been awarded the final spot in the Australian Olympic 50km team. Well done to Nathan. The 20km spots will all be up for grabs in Hobart. For the full press release, see [http://www.athletics.com.au/home/news/news/2012/january/deakes\\_identified\\_for\\_early\\_no](http://www.athletics.com.au/home/news/news/2012/january/deakes_identified_for_early_no).



**Nathan walks 3:50:34 at Fawkner Park in December to confirm his Olympic spot**

Athletics Australia are thrilled to announce that Nathan Deakes (VIC) will today be identified for early nomination to the Australian Olympic Committee (AOC) for selection in the men's 50km walk at the 2012 Olympic Games.

Deakes' early nomination follows the etching of two qualifiers next to his name – 3:48:02 in Dudince (SLO) last March and 3:50:34 in Melbourne (VIC) in December – and a silver medal behind Jared Tallent (VIC) at the Australian 50km Race Walking Championship in December.

Dion Russell, Athletics Australia Chairman of Selectors, said: "Nathan is a proven performer at the highest level and his nomination is a great reward for his persistence in over coming recent injury setbacks. In Daegu, Nathan showed that he is still a force internationally and, subject to the AOC's final selection, we are confident that along with Jared Tallent and Luke Adams we have a strong contingent in the 50km walk event that will push for a podium result."

Deakes' international resume boasts an Olympic bronze medal (2004), a 50km walk world title (2007) and four Commonwealth Games gold medals. He is the former world record holder in his nominated event, and has won nine national titles including three across 50 kilometres.

Hailing from Victoria, Deakes now trains at the Australian Institute of Sport under the guidance of Craig Hilliard. He was selected to his first Australian Flame team since the 2007 IAAF world championships in the men's 50km walk last year. A clear leader in the event at the 30-kilometre mark, Deakes was unfortunately forced to withdraw with injury.

## ENTRIES NOW OPEN .....

A reminder that entries are now being taken for the **Sydney Track Classic** on **Saturday 18<sup>th</sup> February** – you can register for the **5000m walk** at [https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=794&OrgID=887](https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=794&OrgID=887). This promises to be a big event with most if not all of our top walkers attending. Further, it is part of the new Australian Race Walking Series and will count for points in the Open, U23, U20 and U18 divisions. Check out <http://www.rwa.org.au/aevents-1.shtml> for details of this new Series. Note that **entries close Sunday 22<sup>nd</sup> January – ie the end of this week** - so you need to register NOW.

**The Australian 20km Road Walking Championships and Olympic/World Cup Selection Trials** will be held at Constitution Dock, Hobart Waterfront, Tasmania on the 25<sup>th</sup> February, 2012 and **entries close on Friday 12<sup>th</sup> February** so you have a bit more time for that one. You can enter at [https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=789&OrgID=887](https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=789&OrgID=887). A reminder that the following events are to be conducted:

- 20km Race Walk - Open & U23 Men & Open & U23 Women - Championship Event
- 20km Race Walk - U23 Men & U23 Women
- 10km Race Walk - U20 Men & U20 Women
- 5km Race Walk - U18 Men & U18 Women

## FOCUS ON OUR JUNIOR GIRLS

Since this year is a World Junior and World Race Walking Cup year, it is timely to zoom in on our junior girls (born 1993 or later) to see how they rank in terms of 10km times done in the last 12 months. As we shall take up to 2 walkers for the 10,000m walk in the World Junior Champs and up to 3 walkers in the U20 10km in the World Walking Cup, Australian team spots are on offer subject to the qualifying standards of 49:25 (World Juniors) and 50:00 (World Cup). Rachel Tallent and Kristie Goznik are leading the pack with a bevy of talented girls nipping at their heels and keen to show their stuff. The next big face off will be in Hobart on Feb 25<sup>th</sup> when the World Walking Cup trial will be contested and then onto mid March in Sydney for the World Junior Championship trial at the Australian Junior T&F Championships. They promise to be fantastic races, judging by the performance list below.

1.	Rachel Tallent	1993	48:40	VIC/AIS	19/02/2011
2.	Kristie Goznik	1993	49:55	SA	11/12/2011
3.	Kirsty Klein	1994	50:52	NSW	13/11/2011
4.	Amy Bettiol	1995	51:13	NSW	16/07/2011
5.	Shannon Jennings	1993	52:20	NSW	11/12/2011
6.	Jessica Pickles	1994	52:56	QLD	11/12/2011
7.	Amelia Finnegan	1995	52:56	VIC	17/07/2011
8.	Jemima Montag	1998	53:18	VIC	11/09/2011
9.	Stephanie George	1996	54:13	VIC	11/09/2011
10.	Cassie Raselli	1994	55:09	VIC	14/05/2011
11.	Jmara Hockley-Samon	1995	56:09	VIC	12/03/2011
12.	Hannah Watson	1994	56:53	WA	12/03/2011
13.	Caitlin Campbell	1994	57:02	VIC	11/12/2011
14.	Amanda Heard	1995	58:02	VIC	11/12/2011
15.	Dimitra Psarianos	1993	59:11	NSW	16/07/2011
16.	Hilary Brazel	1993	59:24	VIC	07/08/2011

The list looks even more impressive when you add in Amy Burren. Although she did not do a 10km last year, she has a PB of 53:30, done in 2010, and she was one of our World Youth representatives last year.

Rachel Tallent, Kirsty Klein, Amy Bettiol and Amy Burren are all at our camp in Thredbo, Kristie Goznik was at our camp at Falls Creek and Jess Pickles is at Dave Smith's camp in Queensland at the moment so the top contenders are all giving it their best shots as they prepare for one of the most important races of their lives.

## WHAT'S COMING UP

Next Saturday AV Shield competition resumes with all 6 regions in action with 2000m walks to be contested.

Sat 21 Jan	AV Shield - East Region - Round 10	Hagenauer's Reserve, Box Hill
Sat 21 Jan	AV Shield - South East Region - Round 10	Knox Athletic Track, Scoresby
Sat 21 Jan	AV Shield - Bendigo Region - Round 10	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 21 Jan	AV Shield - Geelong Region - Round 10	Landy Field, Geelong
Sat 21 Jan	AV Shield - Ballarat Region - Round 10	Llanberris Reserve, Ballarat
Sat 21 Jan	AV Shield - North West Region - Round 10	Moonee Valley Athletics Centre, Aberfeldie



Sunday sees us back at our Middle Park Headquarters for our next roadwalks – timetable is as follows:

<b>Sunday 22 January 2012, VRWC Events, Middle Park</b>		
8.30am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

### **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 22 Jan 2012	VRWC Road Races, Middle Park
Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	<b>Australian 20km roadwalk Championships</b> , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
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>Australian Junior Championships</b> , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , Melbourne
13-15 Apr 2012	<b>Australian Open T&amp;F Championships</b> , Melbourne (5000m walks)

#### **2012 International Fixture**

Feb 5-12, 2012	<b>Oceania Masters 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
Sun 17 June, 2012	Sesto San Giovanni, ITA (note changed date – also Italian 20km championships)
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 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</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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