



HEEL AND TOE ONLINE

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

It's been a big week in Australian walking with superb performances across the country. Not in order, some of the best include

- 17 year old **Brad Aiton's** 10,000m track walk time of 42:51.83.
- 18 year old **Jessica Pickles'** 10,000m track walk time of 48:07.13.
- 19 year old **Dane Bird-Smith's** 10,000m track walk time of 40:40.61.
- 23 year old **Tanya Holliday's** new South Australian 10,000m record of 45:44.3.
- 13 year old **Jemima Montag's** great Shield competition walks in Melbourne: 14:04.5 for 3000m and 9:10.6 for 2000m.

Since Jessica, Dane and Jemima have all won my 'Walker of the Week' award recently, I am going to restrict our voting this week to Brad and Tanya.

- 17 year old **Brad Aiton** won the Queensland U20 10,000m Track Walk Championship last Saturday in Brisbane in a PB time of 42:51.83. This may well be the best time ever done by a 17 year old Australian and it gives him top ranking ahead of our U20 10km World Cup trial in Hobart in 2+ weeks time. As Brad's previous best was 44:00, this was a 1:09 PB.
- 23 year old **Tanya Holliday** won the South Australian Open 10,000m Track Walk Championship last Saturday in Adelaide in a new South Australian record time of 45:44.3. Tanya will be one of the walkers to watch in the Australian 20km championship in Hobart later this month. She won the Australian Winter Roadwalk championship in Canberra last August and has a whole string of impressive walk performances under her belt over the past 12 months. A former AIS walker, she has come back from long term injuries and is now walking faster than ever.

You can cast your vote to <http://www.vrwc.org.au>.

AV SHIELD ROUNDUP

First a few catchups of past AV Shield competitions for which results are now available. I think this brings me up to date.

AV Shield – Geelong Region Round 10, Landy Field, Geelong Saturday 21 January

James Seid-Christmass was a clear winner at Geelong a couple of weeks ago in the 2000m walk with 9:37.14.

2000m Walk

1.	James Seid-Christmass	M40+	COR	9:37.14
2.	Nicholas Mirarchi	MOP	COR	10:18.22
3.	Megan Walker	WU16	COR	11:13.73
4.	Emily Fawcett	WOP	INV	11:24.01
5.	Harry Hockley-Samon	MU14	CHI	13:38.65
6.	Alan Jenkins	M50+	CHI	14:35.92
7.	Thomas Mirarchi	MU14	COR	16:28.47

AV Shield – Geelong Region Round 11, Landy Field, Geelong Saturday 28 January

Josh Dillon returned to the track at Geelong in Round 10 with an excellent 14:20.19 effort over 3000m.

3000m Walk

1.	Josh Dillon	MU18	COR	14:20.19
2.	James Seid-Christmass	M40+	COR	15:23.76
3.	Nicholas Mirarchi	MOP	COR	15:26.30
4.	Jmara Hockley Samon	WU18	CHI	16:27.90
5.	Alan Jenkins	M40+	CHI	23:17.80

1500m Walk

1.	Harry Hockley-Samon	MU14	CHI	10:28.00
2.	Thomas Mirarchi	MU14	COR	11:03.24

AV Shield - South East Region Round 11, Lakeside Stadium, Albert Park, Tuesday 31 January 2012

Now a catchup from Round 11 of the Athletics Victoria Shield with the South East Zone competition that was held last Tuesday evening at Albert Park. The weather was just about perfect for walking and times were excellent. **Rhydian Cowley** was only 1 sec outside his best with a storming 11:48.6 for fastest time overall while 13 year old **Jemima Montag** was the fastest of the women, storming home for a 10 sec PB time of 14:04.5 and new VRWC U14, U15 and U16 records. In fact her time, **bettered the current Victorian U14 3000m walk record by a massive 13 secs and bettered the Victorian U15 3000m record by 9 sec**. Alas, it was an unexpected performance given that Jemima has just returned to training after a summer break so the required 3 watches were not present so she can't claim the Vic records but I am sure that they will soon be officially bettered by her. Other performances of note in the 3000m came from **Brad Simpson** who getting back into good shape now that school has finished – he was the second man to finish with 14:30.1, **Clyde Riddoch** with 15:47.4, **Stephanie George** with a track PB of 14:43.9, **Jasmine Irshad** who recorded a big PB time of 15:27.5 and **Hayley George** who set a new VRWC U12 club record with 17:05.3. In the 1500m, **Billy Allamby** 6:53.0 and **Lucas Taylor** 6:56.2 had a great battle out in front for a couple of excellent times and **Emily Hamilton** was the fastest of the girls with 7:39.2. Overall, very impressive.

3000m Walk Men

1.	Rhydian Cowley	MOP	GHY	11:48.6
2.	Bradley Simpson	MU20	KNA	14:30.1
3.	Aaron Tam	MU18	KNA	15:21.5
4.	Clyde Riddoch	M40+	AWA	15:47.4
5.	Ralph Bennett	M40+	VMA	17:04.7
6.	Tony Doran	MOP	GHY	18:16.8
7.	Chris Macdonald	MOP	HLB	19:03.6
8.	Alan Lucas	VMA	M40+	19:11.8
9.	Kym Osmand	MOP	OAK	19:16.6
10.	Geoffrey Barrow	MOP	MEN	19:22.6
11.	Philip Hutton	MOP	GHY	19:25.9
12.	John Morrison	MOP	SAN	19:52.7
	David Sommers	M40+	KNA	DQ
	Glenn Goodman	M40+	AWA	DQ
	John Zeleznikow	MOP	GHY	DQ

3000m Walk Women

1.	Jemima Montag	WU14	MAC	14:04.5	PB 0:10, VRWC U14-U16 club records
2.	Stephanie George	WU16	KNA	14:43.9	PB 0:03
3.	Jasmine Irshad	WU16	KNA	15:27.5	PB 0:19
4.	Jade Sanders	WU16	CCA	15:29.9	
5.	Sarah Burren	WU16	KNA	15:42.1	
6.	Hayley George	WU14	UNA	17:05.3	New VRWC U12 club record
7.	Marlene Gourlay	W40+	VMA	17:30.2	
8.	Bianca Attard	WU18	KNA	17:53.5	
9.	Liz Feldman	W40+	VMA	18:15.0	
10.	Michaela Attard	WU20	KNA	18:39.8	
11.	Gwen Steed	W40+	VMA	19:20.5	
12.	Celia Johnson	W40+	VMA	20:29.3	
13.	Eva Zeleznikow	WU18	GHY	28:27.3	

1500m Walk

1.	Billy Allamby	MU16	KNA	6:53.0
2.	Lucas Taylor	MU16	KNA	6:56.2
3.	Kyle Swan	KNA	MU14	7:16.5
4.	Reese Walmsley	MU14	KNA	7:35.0
5.	Emily Hamilton	WU14	KNA	7:39.2
6.	Taylor Vasiljevic	WU14	CCA	7:47.1
7.	Shelby Lea Kay	WU14	KNA	8:09.5
8.	Lee Taylor	WU14	INV	9:56.5

And now onto Round 12 which was contested on Saturday afternoon at the various venues. Conditions were hot (temperature over 30°C) but times were still excellent overall. And for once, I have results from all the venues!

AV Shield - East Region Round 12, Hagenauer's Reserve, Box Hill, Saturday 4 February

Jason Kozica is returning to top form, as evidenced by his great 9:06.4. In the women's event, Michelle Laufer dominated with a 6 sec PB time of 9:46.3, breaking her own VRWC W40+ club record. A huge field of 40 walkers contested the 2000m walk.

2000m Men

1.	Kozica, Jason	M24	STK	9:06.4
2.	Brasier, Emmet	M13	DIV	10:54.3
3.	Cochrane, Andrew	M56	OSC	10:56.1
4.	Bernie, Keirl	M48	DIV	10:58.0
5.	Hammett, Gary	M54	DIV	10:59.8
6.	Dyer, Bill	M50	BXH	11:15.2
7.	Jack, Clarrie	M66	RIC	11:48.6

8.	Benke, Geza	M55	OLM	11:49.6
9.	Vernal, Stephen	M53	ANW	12:04.4
10.	Gardiner, Bob	M75	COL	12:11.4
11.	Wright, Jacob	M17	ANW	12:38.5
12.	Handasyde, Ian	M58	OSC	12:39.5
13.	Worsnop, Chris	M54	OLX	12:41.1
14.	Owen, Cooper	M13	DIV	12:44.0
15.	Evans, Simon	M51	BXH	12:51.8
16.	Sofianos, Gerald	M62	STK	13:01.1
17.	Mcnicol-Davidson, Cody	M13	UNA	13:06.6
18.	Burgess, Liam	M12	DIV	13:10.8
19.	Summers, Harry	M76	BXH	13:20.0
20.	Martini, David	M35	OLX	14:36.2
21.	Brown, Douglas	M19	DIV	16:08.7
22.	Kelham, Rory	M17	DIV	16:08.9
23.	Parker, Andrew Stuart	M46	CDN	16:33.1
	Moore, Peter	M63	RIC	DQ
	Norton, Tim	M28	RWD	DQ
	Iacono, Thomas	M25	COL	DQ

2000m Women

1.	Laufer, Michelle	W42	COL	9:46.3	PB 0:06, VRWC W40 club record
2.	Geisler, Sandra	W34	RWD	10:29.6	
3.	Dyer, Chelsea	W18	BXH	11:55.7	
4.	Mcnicol-Davidson, Chloe	W45	UNA	11:59.1	
5.	Scholes, Belinda	W36	DIV	12:24.0	
6.	Owen-Smith, Chelsea	W11	DIV	12:43.9	
7.	Walburg, Kirsten	W13	DAC	12:58.8	
8.	Walshe, Kerry	W49	DIV	13:22.3	
9.	O'Keefe, Jessica	W13	DAC	13:36.2	
10.	Laufer, Josephine	W12	COL	13:51.5	
11.	Allan, Pauline	W50	RIC	14:39.0	
12.	Smith, Charmaine	W36	DAC	15:31.4	
13.	Boylen, Adele	W12	COL	16:33.9	
14.	Walpole, Claire	W21	DAC	16:58.9	

AV Shield - North West Region Round 12, Moonee Valley Athletics Centre, Aberfeldie, Saturday 4 February

Mark Donahoo was the fastest of the men at Aberfeldie with 9:11.7 but the best walk of the day went to Aaron McDonough with a 2 sec PB time of 9:28.5. What a season he has had so far. Donna Elms was the fastest of the women with 11:47.3

2000m Men

1.	Donahoo, Mark	53	ATE	9:11.7	
2.	Hawkins, Trenton	32	PTN	9:20.5	
3.	Hawksworth, Danny	32	ATE	9:22.2	
4.	McDonough, Aaron	39	PTN	9:28.5	PB 0:02
5.	McShanag, Connor	15	ATE	10:27.1	
6.	Erickson, Tim	61	COB	10:45.5	
7.	Kondogonis, John	50	KSB	11:12.6	
8.	Dunstone, Phillip	43	WES	14:09.0	
9.	Weitsz, Julius	44	WES	16:25.0	
10.	Sykes, Dominic	10	KSB	16:29.4	
11.	Rickard, Ian	55	BWK	17:15.2	
	Crawford, Jim	76	SME	DQ	
	Casilli, Anthony	12	PTN	DQ	
	Long, Izaak	11	PTN	DQ	

2000m Women

1.	Elms, Donna-Marie	50	ATE	11:47.3	
2.	Shaw, Robyn	50	WES	12:04.4	
3.	Bertrand, Carly	15	KSB	12:53.9	
4.	Bertrand, Georgia	11	KSB	13:21.8	
5.	Irons, Julia	13	KSB	13:24.9	
6.	McLaren, Stacey	15	ATE	13:44.1	
7.	Ryan, Maeve	22	WTN	14:05.5	
8.	Matthews, Rhiannon	10	KSB	14:40.5	
9.	Stobaus, Anne	70	KSB	14:48.2	
10.	Abfalter, Maria	43	KSB	15:03.5	
11.	Ireland, Roslyn	28	BWK	15:10.2	
12.	Jamieson, Susan	62	WTN	15:43.5	
13.	Cullen, Larissa	13	WCA	15:54.0	
14.	Atkins, Jade	17	WCA	15:55.8	

15.	Ireland, Olive	51	BWK	16:31.4
16.	Tonelli, Carolyn	39	KSB	16:52.4
17.	Rozario, Caitlyn	12	INV	17:00.4
18.	Mercaldi, Brigitte Grace	15	WTN	17:05.8
19.	Tonelli, Ashley	7	INV	18:05.4
20.	Baker, Gail	54	BWK	18:14.3
21.	Christou, Catherine	13	WCA	19:55.9
22.	Magnisalis, Miranda	13	WCA	19:56.2
	Tonelli, Jamie	9	KSB	DQ

AV Shield - South East Region Round 12, Knox Athletic Track, Scoresby, Saturday 4 February

The South East region was by far our highest quality walks venue on the weekend with PBs galore. Rhydian Cowley led from the front with 7:56.5 ahead of Billy Allamby (a huge 49 sec PB of 8:50.2) and Jemima Montag (a 17 sec PB of 9:10.6 to break our VRWC club records for U14, U15, U16 and U17). Others with big PBs included Josh Kaiser 9:13.7, Kyle Bird 9:43.6 and Jade Sanders 9:56.9. 7 male and 2 female walkers broke the 10 minute barrier in a great show of strength.

2000m Walk Men

1.	Rhydian Cowley	MOP	GHY	7:56.5	
2.	Billy Allamby	MU16	KNA	8:50.2	PB 0:49
3.	Bradley Simpson	MU20	KNA	9:13.1	
4.	Joshua Kaiser	MU20	UNA	9:13.7	PB 0:06
5.	Kyle Bird	MU16	MPA	9:43.6	PB 0:43
6.	Kyle Swan	MU14	KNA	9:51.6	
7.	Aaron Tam	MU18	KNA	9:54.2	
8.	Reese Walmsley	MU14	KNA	10:28.7	
9.	Ralph Bennett	M40+	VMA	11:11.5	
10.	Anthony Doran	MOP	GHY	12:14.8	
11.	Alan Lucas	M40+	VMA	12:35.4	
12.	Philip Hutton	MOP	GHY	12:50.5	
13.	Kym Osmand	MOP	OAK	12:54.7	
14.	John Morrison	MOP	SAN	13:32.2	

2000m Walk Women

1.	Jemima Montag	WU14	MAC	9:10.6	PB 0:17, VRWC U14-U17 club records
1.	Jade Sanders	WU16	CCA	9:56.9	PB 0:18
2.	Simone McInnes	WOP	GHY	11:04.5	
3.	Jessie Eastwood	WU16	KNA	11:12.0	
4.	Bianca Attard	WU18	KNA	11:38.7	
5.	Marlene Gourlay	W40+	VMA	11:42.2	
6.	Hayley Brown	WU14	KNA	11:44.9	
7.	Rebecca Henderson	WU14	INV	12:18.6	
8.	Kahlia Jayde Chapman	WOP	AWA	12:21.6	
9.	Gwen Steed	W40+	VMA	12:48.3	
10.	Tegan Miller	WU14	INV	13:08.3	
11.	Jemma Eastwood	WU14	INV	13:28.1	
12.	Celia Johnson	W40+	VMA	13:28.9	
13.	Jo Molnar	W40+	AWA	16:06.9	

AV Shield - Bendigo Region Round 12, La Trobe Uni Athletics Complex, Bendigo, Saturday 4 February

In Bendigo, Ebony Whiley 11:08.97 and Jeremiah Jones 11:09.14 had a great battle.

2000m Walk

1.	Ebony Whiley	WU18	EAG	11:08.97	
2.	Jeremiah Jones	MU16	EAG	11:09.14	
3.	John Watson	M40+	BYM	14:57.36	
4.	Ebony-Jade Jones	WU18	EAG	15:53.78	

AV Shield - Geelong Region Round 12, Landy Field, Geelong, Saturday 4 February

Former NZ Olympic walker Scott Nelson was in top shape at Geelong, recording a great 8:38.11 ahead of Josh Dillon 9:04.10 and James Seid-Christmass 9:22.88.

2000m Walk

1.	Scott Nelson	M40+	GLG	8:38.11	
2.	Joshua Dillon	MU18	COR	9:04.10	
3.	James Seid-Christmass	M40+	COR	9:22.88	
4.	Nicholas Mirarchi	MOP	COR	10:32.74	
5.	Jmara Hockley Samon	WU18	CHI	11:04.48	
6.	Thomas Mirarchi	MU14	COR	17:19.41	
7.	Jade Lockwood	WU18	COR	17:45.05	
8.	Jill Lockwood	W40+	COR	19:28.52	

AV Shield - Ballarat Region Round 12, Llanberris Reserve, Ballarat, Saturday 4 February

As usual, Kelly Ruddick was the fastest at Ballarat with an impressive 9:00.30 ahead of Andrew Blood 11:16.77.

2000m Walk

1.	Kelly Ruddick	WOP	BHA	9:00.30
2.	Andrew Blood	MOP	BYC	11:16.77
3.	Kevin Ruddick	MOP	BHA	11:56.55
4.	Paul Nunn	M40+	WEN	11:51.68
5.	Lee Govan	M40+	WEN	13:19.64
	Barry Brooks	M40+	BHA	DQ

BENDIGO WALKERS CLUB ROAD RACES, ROSALIND PARK, WEDNESDAY 1 FEBRUARY 2012

Thanks to Paul Rance for his weekly report from the Bendigo Walkers Club.

The Bendigo Walkers Club held handicap races over 1.2km and 2km in Rosalind Park on Wednesday evening with close finishes in both events. In the 1.2km, first season athlete Carissa Brook raced to her 2nd win in as many weeks as she held off the fast finishing Bree Heiden, Bree taking 2nd place with a personal best effort while Zahra Hayes claimed 3rd place and fastest time in an excellent effort after she took a wrong turn and walked an extra 80 – 90 metres. The 2km handicap saw limit marker Norm West lead the race until the shadows of the post with second backmarker Jeremiah Jones sprinting to the line and taking the lead in the last five metres to score an excellent victory with Norm in 2nd place and Annette Curtis grabbing 3rd place from Colin Cleary, also in the last couple of metres, with an excellent finishing burst. Jeremiah's excellent effort also saw him record fastest time.

2000m

1.	Jeremiah Jones	10.40
2.	Norm West	15.42
3.	Annette Curtis	13.41
4.	Colin Cleary	14.12
5.	Geoff Major	14.24
6.	Ebony Whiley	11.06
7.	John Carter	13.48
8.	Barb Bryant	12.54

1200m

1.	Carissa Brook	8.17
2.	Bree Heiden	7.59
3.	Zahra Hayes	7.11
4.	Ebony-Jade Jones	8.50

ACTRWC TRACK WALKS, AIS TRACK, BRUCE

Thanks to Robin Whyte for the last 2 weeks of results from the ACT Race Walking Club in Canberra.

**ACTRWC Track Walks, AIS Track, Bruce
Thursday 26 January 2012**
1500m

1.	Thomas Hopkins	07:22
2.	Callum Burns	07:23
3.	Ashleigh Resch	07:25
4.	Gabby Hunt	07:31
5.	Peter Baker	07:44
6.	Karina Hopkins	08:21
7.	Emily Hopkins	08:26
8.	Kara Baker	08:28
9.	Kate Black	08:41
10.	Jordan Bardsley	08:47
11.	Robin Whyte	08:57
12.	Rod Gilchrist	09:37
13.	Wendy Kupkee	10:23
14.	Jennifer Gilchrist	10:50
15.	John Suiter	11:02
16.	Margaret McSpadden	12:06
17.	Carmen Carlon	14:23

700m

1.	Spencer Burns	03:41
2.	Jenna Baker	04:43
3.	Thomas Hunt	04:46
4.	Leah Baker	05:46

**ACTRWC Track Walks, AIS Track, Bruce,
Thursday 2 February 2012**
2000m

1.	Zoe Hunt	09:53
2.	Thomas Hopkins	10:19
3.	Gabby Hunt	10:21
4.	Peter Baker	10:33
5.	Callum Burns	10:36
6.	Karina Hopkins	11:19
7.	Jordan Bardsley	11:30
8.	Robin Whyte	12:16
9.	Rod Gilchrist	12:49
10.	Jennifer Gilchrist	14:19
11.	Ruth Baussmann	14:34
12.	Margaret McSpadden	15:29
13.	Robert Kennelly	15:30
14.	Sheryl Greathead	15:43
15.	Carmen Carlon	19:55

1200m

1.	Spencer Burns	06:43
2.	Thomas Hunt	08:51

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, THURSDAY 2 FEBRUARY 2012

Thanks to Colin Hainsworth for his weekly South Australian Masters track results. Two walks were on offer with quite a few walkers attempting both distances. Coline commented that it was good walking weather and a good turnout of walkers was in attendance.

3000m Walk

	Kim Mottrom	13:27
	Justin Hill	14:31
M66	George White	16:09
W51	Gloria Holliday	17:17
M59	Jack Russell	17:34
M65	Geoff Byham	18:42
M60	Kevin Finn	18:55
W51	Marie Maxted	20:31
M65	James Hoare	20:58
M69	Bill Starr	21:16
M76	Leigh Smith	21:55
M73	Rodger Barber	22:15
M68	Roger Lowe	22:21
M74	Colin Trengove	22:26
M82	Colin Hainsworth	22:33
W67	Margaret Trengove	22:34
W57	Linda Whitelaw	22:38
W63	Jan Layng	22:41
M75	Paul Boyce	23:36
W63	Gill White	23:39
M78	David Robertson	24:18
W67	Jill Rogers	24:40
W55	Edna Bates	25:36

800m Walk

M66	George White	03:56
W51	Gloria Holliday	04:01
M60	Kevin Finn	04:39
M65	Geoff Byham	04:43
W51	Marie Maxted	04:54
W67	Margaret Trengove	05:28
M74	Colin Trengove	05:29
M76	Leigh Smith	05:33
W57	Linda Whitelaw	05:50
M65	James Hoare	05:55
M78	David Robertson	05:58
W64	Ros Lowe	06:11
W67	Gill White	06:24
W78	Cynthia Dally	07:00

STRIVE INTERCLUB, STATE ATHLETICS CENTRE, PERTH, FRIDAY 4 FEBRUARY

Next to Perth in Western Australia where Interclub continues. Hannah Watson was the best of the walkers with 15:20.6.

3000m Walk

1.	Watson, Hannah	W	Melville	15:20.6
2.	Holt, Kate	W	Melville	15:46.4
3.	Hughes, Holly	W	Aths WA	16:43.8
4.	Lowe, Daniel	M	Melville	17:26.4
5.	Hill, Jeremy	M	Aths WA	20:30.3
6.	Cornish, Bruce	M	Bunbury	20:31.2

ATHLETICS SA PREMIERSHIP CUP ROUND 11, SANTOS STADIUM, MILE END, FRIDAY 4 FEB

Friday evening saw Round 11 of the South Australian Premiership Cup in Adelaide with 3000m and 1500m walks on offer. Only small fields as their 10,000m title was contested the next day (see later in the newsletter).

3000m Walk

1.	Anna Cross	WU16	PEM	16:03.68
2.	Jemma Potezny	WU16	HILL	16:09.74
3.	Peter Crump	MOP	SPC	16:32.13
4.	Alix Harlington	MOP	ELIZ	17:16.05
5.	Danielle Walsh	WU16	ELIZ	18:16.98

1500m Walk

1.	Rhiannon Lovegrove	WU14	ELIZ	8:53.41
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QUEENSLAND 10,000M WALK CHAMPIONSHIPS, STATE ATHS FACILITY, NATHAN, FRIDAY 4 FEB

The Queensland 10,000m track championships were held last Friday evening in conjunction with Queensland Athletics Interclub Round 7 and the walk performances were superb. **Brad Aiton** 42:51.83 and **Jessica Pickles** 48:07.13 both recorded big PBs and bettered the 2012 World Junior qualifying standards while **Dane Bird-Smith** 40:40.61 and **Nick Dewar** 44:20.56 also recorded excellent PBs in the Open event. Wow!

Coach David Smith explains: *The conditions for the Qld 10km Track race were probably the best that I have ever seen in Australia - just cool enough and a very slight breeze. Once in a blue moon conditions and everyone took advantage of it .. Just a great night .*

10,000m Women U20

1.	Pickles, Jessica	18	FTA	48:07.13	PB 4:49
2.	Sims, Casey	18	ASP	1:08:30.91	
3.	Wright, Jessica	18	JIM	1:19:05.08	

10,000m Men U20

1.	Aiton, Brad	18	GCV	42:51.83	PB 1:09
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10,000m Men Open

1.	Bird-Smith Dane	20	QRW	40:40.61	PB 0:16
2.	Dewar Nick	20	QRW	44:20.56	PB 0:49
3.	Dewar Brandon	20	QRW	45:57.80	



Brad Aiton and Jessica Pickles (in middle) on Saturday evening (photos from Robyn Wales)

SOUTH AUSTRALIAN 10,000M TRACK WALK CHAMPS, SANTOS STADIUM, MILE END, SAT 5 FEB
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Walkers were back in action on Saturday in Adelaide for the South Australian 10,000m Track Walk Championships with **Tanya Holliday** the star, breaking Jane Barbour's long standing **State Record** by 40 seconds in a time of 45:44.3. Kim Mottrom also walked well to take out the open men's title with 48:51.6 as did Justin Hill who recorded a PB time of 51:57.5. And a special mention to 15 year old Jemma Potezny who walked her first ever 10,000, recording a good 53:37.0.

Open Women 10,000m Walk

1.	Tanya Holliday	Flinders A.C.	45:44.3	New State Record
	Allegra Steele	Tea tree Gully	DNF	

Open Men 10,000m Walk

1.	Kim Mottrom	Adelaide Harriers	48:51.6	
2.	Justin Hill	Adelaide Harriers	51:57.5	PB 1:24
3.	Peter Crump	SPC	58:08.4	

U20 Women 10,000m Walk

1.	Jemma Potezny	Hills A.C.	53:37.0
2.	Kristy Goznic	Elizabeth A.C.	53:53.5

Women 50+ 10,000m Walk

1.	Gloria Holliday	Flinders A.C.	58:08.4
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Men 50+ 10,000m Walk

1.	Jim Hoare	Flinders A.C.	72:16.7
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OVERSEAS SHORTS

DORTMUND (GER, Jan 29): Sabine Krantz clocked a fast 12:18.70 in the 3000m walk at German Indoor Walking Championships but she could not get the title as there were not enough competitors for that purpose.

POMBAL (POR, Jan 28-29): Vera Santos achieved a time of 12:35.12 in the women's 3000m walk and Joao Almeida won the men's

5000m with 19:08.84.

EAUBONNE (FRA, Feb 4-5): Men 5000m Walk: Antonin Boyez 20.13.15; Xavier Le Coz 20.22.14

BHUBANESWAR (IND, Feb 2): At 77th All-India Railway Championships, a new national record in 20 km walk by Gurmeet Singh 1:20:22. Gurmeet is now training in Australia and will be walking in the Sydney Grand Prix 5000m on Saturday 18th February.

BARVERI (BRA, Feb 5): Brazilian 50 km walk title for Mario Jose dos Santos (4:16:31).

21ST RUSSIAN WINTER INDOOR MEET, MOSCOW, SUNDAY 5 FEBRUARY 2012

The Russian Winter Meeting is an annual indoor T&F competition which is held at the Kutz Arena in Moscow every February. The event is part of the annual IAAF Indoor Permit Meeting series. The meeting was first held in 1992, following the dissolution of the Soviet Union, and it was the first athletics event to be held by the newly created governing body for the sport – the All-Russian Athletic Federation. Since then, the meet has laid claim to numerous World, Continental and National records. The competition has always attracted the top Russian track and field athletes but it began to take on an increasingly significant international dimension from 2000 onwards – the meeting had competitors from nine countries in 2003. This year, it attracted some 200 athletes from 20 countries.

At the first edition of this IAAF Indoor Permit Meeting, back in 1992, two World indoor records were established, both in Race Walking: Alina Ivanova in the women's 3000m walk and Grigory Kornev in the men's 5000m walk. And two decades later, the organisers decided to return walking to the programme with some of the finest race walkers in the world taking part.

3000m Walk Women, 7:30PM

Olympic, World and European champion Olga Kaniskina was without doubt the star attraction in the Women's 3000m Walk and she took the lead from the gun, setting a fast pace with just her training partner Anisya KirDYapkina (the 2011 IAAF World Championships bronze medallist) trying to hold on. The pair increased their lead lap by lap until, with 800 metres remaining, KirDYapkina moved up and took the lead. Sapped of energy, Kaniskina withdrew during the final lap, handing the clear victory to KirDYapkina who clocked 11:44.10, just 0.10 sec outside Ivanova's 1992 meet record of 11:44.0. It was later learned that Kaniskina was suffering from a bad cold but started the race anyway. Romanian Claudia Stef, the holder of the World record at 11:40.33, could not match KirDYapkina and was a long way back in second in 12:27.50 with another Russian, Tatyana Korotkova, third in 12:28.00.

1.	KIRDYAPKINA Anisya	23/10/89	RUS	11:44.10
2.	STEF Claudia	25/03/78	ROM	12:27.50
3.	KOROTKOVA Tatyana	24/04/80	RUS	12:28.00
4.	SHUMKINA Yelena	24/01/88	UKR	12:35.00
5.	SEEGER Melanie	08/01/77	GER	12:47.00
6.	KORZENIOWSKA Sylwia	25/04/80	FRA	12:47.30
7.	KOROTKOVA Yevdokiya	28/02/79	RUS	13:55.00
	KANISKINA Olga	19/01/85	RUS	DNF

5000m Walk Men, 7:52PM

With the top Russian men in attendance, the big question was whether any of them could get near the world record of 18:07.08 set by compatriot Mikhail Shchennikov way back in 1995. Perhaps surprisingly it was World 50km track record holder Yohan Diniz of France who took the early lead with the trio of Russian favourites - Valeriy Borchin (current World and Olympic 20km champion), Sergey Bakulin (1st in the 2011 IAAF World 50km championship) and Vladimir Kanaykin (2nd in the 2011 IAAF World 20km championship) – in tow. After three kilometres Borchin upped the tempo and took the lead, his compatriots moving up as well. Not surprisingly, it was Borchin who won out with 18:16.54 ahead of Kanaykin with 18:17.13 and Bakulin third with 18:26.82. Shchennikov's record lives for yet another year! 2008 World Walking Cup 50km champion Denis Nizhegorodov who finished sixth was quoted as joking after the finish that he nearly lost his legs from the fast speed!

1.	BORCHIN Valeriy	03/07/86	RUS	18:16.54
2.	KANAYKIN Vladimir	21/03/85	RUS	18:17.13
3.	BAKULIN Sergey	13/11/86	RUS	18:26.82
4.	DMYTRENKO Ruslan	23/03/86	UKR	18:44.45
5.	DINIZ Yohan	01/01/78	FRA	18:47.80
6.	NIZHEGORODOV Denis	26/07/80	RUS	18:58.81
7.	MOLINA Juan Manuel	15/03/79	ESP	20:13.51
8.	KUKUSHKIN Anatoliy	12/02/86	RUS	20:34.99

Both the Russian winners congratulated their coach Viktor Chegin on the eve of his 50th birthday.

Full results from the meet can be found at <http://rusathletics.com/russianwinter/index-e.htm>.

Rudolf Skrucany has translated the post-race interviews from <http://www.rusathletics.com/nov/news.10801.htm> – thanks mate!

Anisja KirDYapkina:

The idea was to try for the world record but yesterday, after my training session, I understood that to improve it would be extremely difficult. We have returned just recently from racing in Sochi, where we walked on the roads - asphalt. A quick change to a different surface is very difficult. On top of that we are not used to walking indoors, I have not the required technique for it. And yes the lap is

short and the racing distance is short too. Breathing today for me was very hard, I have a sore throat. But I am happy with the result. For the first time in such a competition I beat Olga Kanishkina. Previously I had only beaten her at the Mordovian Nationals.

Olga Kanishkina:

This is my first DNF in my life. I retired with only 100m to the finish, I was feeling very bad. I am not trying to find excuses for it being indoors or anything else. After the Sochi race, I was not under pressure. Simply, today was not my day. Perhaps I set too fast a pace and, when Anisja passed me, I could not respond to her.

Valerij Borchin:

We are not used to such competitions, We do not race indoors very often but we welcomed the opportunity at the Russian Winter meet. The air was very stuffy, I am not feeling good now. But we are professionals, we have to learn to suffer.



Balukin, Borchin and Kanaykin lead out on Sunday

(photo of men <http://www.iaaf.org/Mini/WIM12/News/NewsDetail.aspx?id=63500>)

Kaniskina and Kirdyapkina in Daegu last year

VRWC CLUB RECORD UPDATE

9 new club records this week, compliments of **Jemima Montag, Hayley George** and **Michelle Laufer**. The girls are leading from the front! 13 year old Jemima Montag and 11 year old Hayley George both took advantage of perfect racing conditions last Tuesday evening at the new Lakeside Stadium in Albert Park, Jemima's time of 14:04.5 setting new club U14-U16 records (and breaking 2 of our oldest records, the U15 and U16 records of 14:13.2 set by Sally Pierson way back in 1978) and Hayley's time setting a new U12 record. Then Jemima was back again on Saturday with a 2000m time that bettered our U14, U15, U16 and U17 club records (wow!) while Michelle broke her own W40+ club record.

Jemima Montag	U14 3000m	14:04.5	AV Shield Competition	Albert Park	31/01/2012
Jemima Montag	U15 3000m	14:04.5	AV Shield Competition	Albert Park	31/01/2012
Jemima Montag	U16 3000m	14:04.5	AV Shield Competition	Albert Park	31/01/2012
Hayley George	U12 3000m	17:05.3	AV Shield Competition	Albert Park	31/01/2012
Jemima Montag	U14 2000m	9:10.6	AV Shield Competition	Scoresby	04/02/2012
Jemima Montag	U15 2000m	9:10.6	AV Shield Competition	Scoresby	04/02/2012
Jemima Montag	U16 2000m	9:10.6	AV Shield Competition	Scoresby	04/02/2012
Jemima Montag	U17 2000m	9:10.6	AV Shield Competition	Scoresby	04/02/2012
Michelle Laufer	W40+ 2000m	9:46.3	AV Shield Competition	Box Hill	04/02/2012

You can check out all our club records at <http://www.vrwc.org.au/vrwc-records.html>

PONDERING THE WOMEN'S 50KM EVENT

I received the following request from Erin Taylor-Talcott during the week. Now that Erin has done such a good 50km time (4:31), she is keen to see if the 50km discipline can gain further traction for women. She writes:

Hi Tim,

I was wondering if you might help me out with something. I am working to set up some type of "world championship" 50K for women to show that there is interest out there so that it can get added to World Cup and/or the Olympics and/or other major meets. I know there is interest out there, but I'm not sure exactly how far that interest goes. I am sending messages to people I know internationally, but that's not that many. Is there any chance you'd pose the question in your Heel to Toe

newsletter? I know it reaches far and wide and has a large readership. I'm curious to know if there are women who would try the 50K in either 2013 or 2014 at a "world championship" 50K for women to show interest in the distance to eventually have a second distance added for women. You could put my email address down (oboebassoon@gmail.com) so that people could respond to me directly. Any questions/comments/concerns you have, please feel free to contact me!

Thanks so much,
Erin Talcott

I have been hoping for many years now that the profile for women's 50km would gradually raise and that it would eventually become a more significant event for women. Some years ago, we at Racewalking Australia decided to sponsor our own women's 50km 'Australian Championship' and we hold it yearly at the end of the VRWC winter season in Melbourne in September. I also know that France has had its own women's 50km championship for many years and we have of course a big 50km/100km race in Italy each year. America is another country that has supported women's 50km for many years. Hence, I urge everyone to respond to Erin with their thoughts and support.

100KM ALL-TIME BESTS

Last week, I published the 50km All-Time lists for women. This week I turn my attention to an even longer distance, namely 100km, and publish Emmanuel Tardi's All-Time lists for men and women. As someone who has walked the longer distances, I can tell you that these performances are all fantastic!

Belarusian racewalker Viktor Ginko tops the men's list. An international 50km rep from 1993 to 2005, a veteran of 2 Olympic Games, 5 World Championships and 3 World Walking Cups and a top 10 finisher internationally in a whole range of events, he eventually turned his thoughts to the longer distances with immediate success and holds the top 3 spots on the list.

Men 100km (Top 50)

Time	Name	Nat.	DOB	Place	Date
8h38'07	Viktor GINKO	BIE	071265	SCANZOROSCIATE	27.10.2002
8h43'30	Viktor GINKO			SCANZOROSCIATE	29.10.2000
8h44'28	Viktor GINKO			SCANZOROSCIATE	19.10.2003
8h48'28	Modris LIEPENS	LIT	030866	SCANZOROSCIATE	28.10.2001
8h54'35	Aleksey RODIONOV	RUS	050357	SCANZOROSCIATE	15.11.1998
8h55'12	Pascal KIEFFER	FRA	060561	BESANCON	18.10.1992
8h55'40	Vitaliy POPOVICH	UKR	221062	SCANZOROSCIATE	31.10.1999
8h57'29	Pascal KIEFFER			PERPIGNAN	15.10.1995
8h58'47	Zoltan CZUKOR	HON	181262	SCANZOROSCIATE	27.10.2002
8h58'12	Gérard LELIEVRE	FRA	131149	LAVAL	09.10.1984
8h59'14	Modris LIEPENS			SCANZOROSCIATE	29.10.2000
8h59'45	Pascal KIEFFER			MIRECOURT	10.10.1993
8h59'52	Zoltan CZUKOR			SCANZOROSCIATE	19.10.2003
9h00'29	Zoltan CZUKOR			SCANZOROSCIATE	17.10.2004
9h00'58	Zoltan CZUKOR			SCANZOROSCIATE	31.10.1999
9h01'29	Sten REICHEL	ALL	160575	SCANZOROSCIATE	29.10.2000
9h02'00	Peter TICHY	SVK	120369	SCANZOROSCIATE	27.10.2002
9h02'50	Modris LIEPENS			SCANZOROSCIATE	31.10.1999
9h04'15	Aleksey RODIONOV			SCANZOROSCIATE	29.10.2000
9h04'27	Denis FRANKE	ALL	171169	SCANZOROSCIATE	15.11.1998
9h04'57	Peter TICHY S			CANZOROSCIATE	19.10.2003
9h05'36	Zoltan CZUKOR			SCANZOROSCIATE	21.10.2007
9h06'17	Viktor GINKO			LUGANO	18.10.1992
9h06'34	Peter TICHY			SCANZOROSCIATE	29.10.2000
9h06'35	Zoltan CZUKOR			SCANZOROSCIATE	15.11.1998
9h07'00	Zbigniew KLAPA	POL	160752	CHAPELLE	22.10.1983
9h08'49	Viktor GINKO			SCANZOROSCIATE	16.10.2005
9h09'08	Sergey CHERNOV	BLR	120679	SCANZOROSCIATE	19.10.2003
9h11'51	Andrei STEPANCHUCK	BIE	120679	SCANZOROSCIATE	21.10.2007
9h11'58	Denis FRANKE			SCANZOROSCIATE	31.10.1999
9h12'04	Viktor GINKO			SCANZOROSCIATE	17.10.2004
9h12'15	Sergey LUKYANOV	RUS	270456	LENINGRAD	01.09.1988
9h13'27	Viktor GINKO			SCANZOROSCIATE	28.10.2001
9h13'28	Pascal KIEFFER			BOURGES	03.10.1998
9h13'50	Aleksey SHELEST	UKR	270373	SCANZOROSCIATE	17.10.2004
9h13'59	Aleksey SHELEST			SCANZOROSCIATE	29.10.2000
9h14'12	René PILLER	FRA	230465	OISSEL	09.10.1989
9h14'37	Pascal TOURNOIS	FRA	271254	BESANCON	18.10.1992
9h15'04	André TOUSSAINT	FRA	240452	DEMANGES	21.10.1990
9h15'31	Wolf VARRIN	SUI	291057	RIVERA	29.10.1989
9h15'58	Christoph HOHNE	RDA	120241	LUGANO	29.10.1967
9h16'08	André TOUSSAINT			MIRECOURT	10.10.1993
9h16'32.2	Frédéric MARIE	FRA	270661	ETRECHY	19.04.1987 (Track Record)
9h16'38	André TOUSSAINT			ROUFFACH	01.10.1989

9h16'38	Modris LIEPINS			SCANZOROSCIATE	27.10.2002
9h17'06	Viktor GINKO			SCANZOROSCIATE	15.10.2006
9h17'29	Frédéric MARIE			TORCY	12.10.1986
9h17'58	Ugis BRUVELIS	LIT	280671	SCANZOROSCIATE	16.10.2005
9h18'36	Adam URBANOWSKI	POL	241259	DEMANGES	21.10.1990
9h19'02	Christian HALLOY	BEL	211044	TAMINES	01.10.1977
9h19'29	Gérard LELIEVRE			BAR LE DUC	18.10.1981
9h19'42	Aleksey RODIONOV			SCANZOROSCIATE	31.10.1999
9h19'48	Andrei STEPANCHUCK			SCANZOROSCIATE	19.10.2003
9h20'14	René PILLER			ROUBAIX	17.10.1999
9h21.28	Jean-Claude CORRE	FRA	140961	TORCY	12.10.1986
9h21.48	Fredrik SVENSSON	SUE	100973	SCANZOROSCIATE	15.10.2006
9h23.03	Thierry NUTTIN	FRA	111062	PERPIGNAN	15.10.1995
9h23.03	Fabrice HENRY	FRA	280666	BAR LE DUC	17.10.2004
9h23.08	Jacky LAVAL	FRA	100352	LES MUREAUX	13.10.1985
9h23.17	Robert TUBAK	HON	010379	SCANZOROSCIATE	28.10.2001
9h23.58.6	Roger QUEMENER	FRA	170641	SAINT MAUR	28.03.1976 p
9h24.15	Aleksandr ROMANENKO	UKR	260681	SCANZOROSCIATE	21.10.2007
9h25.21	François CHARCELLAY	FRA	170955	TORCY	12.10.1986
9h25.40	Jean-Pierre VERNIER	FRA	140260	ROUFFACH	01.10.1989
9h26.07	Patrice FAUBERT	FRA	050151	LES MUREAUX	13.10.1985
9h26.24.5	Sergey LUKYANOV	RUS	270456	LENINGRAD	07.06.1989 P
9h27.03	Alain MOULINET	FRA	090852	MEHUN/YEVRE	01.10.1976
9h28.06	Vladimir BOIDATCHENKO	RUS	031055	PERPIGNAN	15.10.1995
9h29.06	Jan CORTENBACH	PB	110259	RIVERA	30.10.1988
9h29.32	Peter SELZER	ALL	250646	LUGANO	26.10.1969
9h29.49	Kurt SAKOWSKI	ALL	231230	LUGANO	29.10.1967
9h30.53	Denis TERRAZ	FRA	050258	ROUBAIX	09.10.1994
9h31.01	Henri CARON	FRA	020724	LAUSANNE	27.09.1953
9h31.13	Luc GAUTHIER	FRA	191049	MEHUN/YEVRE	01.10.1978
9h31.32	Igor NAVISKI	BLR	060366	YVERDON	17.10.1993
9h31.34	Noel DUFAY	FRA	090161	ROUFFACH	01.10.1989
9h31.58	Guy DOUBLET	FRA	050555	LES MUREAUX	13.10.1985
9h32.51	Roland LOUIS	FRA	300463	LIGNY EN BARROIS	27.10.2002
9h32.52	Miroslav BOSKO	SVK	260968	SCANZOROSCIATE	15.11.1998
9h33.05	Karl DEGENER	ALL	150243	HAMM	29.10.1978

Latvian walker Jolante Dukure, a former World Junior silver medallist (1998), represented Latvia in 2 Olympic Games (2000 and 2008) as well as in lots of other international comps before moving up to the ultra distances. Like Ginko in the men's list, she transitioned quickly and sits atop the women's 100km list.

Women 100km (Top 16)

Time	Name	Nat.	DOB	Place	Date
10h04'50	Jolanta DUKURE	LET	200979	SCANZOROSCIATE	21.10.2007
10h13'56	Kora BOUFFLERT	FRA	230466	ROUBAIX	09.10.1994
10h20'17	Ludmilla LUBOMIROVA	RUS	131162	PERPIGNAN	15.10.1995
10h23'47	Anita LIEPINA	LET	171167	SCANZOROSCIATE	19.10.2003
10h48.49	LIEPINA	LET		SCANZOROSCIATE	17.10.2004
10h54.19	Valentina SETROVA	BLR	191271	SCANZOROSCIATE	19.10.2003
10h57'50+	Annie VAN DE MEER	PB	240247	ROUEN	11.05.1986
10h58.37	SETROVA			SCANZOROSCIATE	17.10.2004
11h09.48	SETROVA			SCANZOROSCIATE	21.10.2007
11h11.36	Lyudmila DOLGOPOLOVA	BLR	110869	SCANZOROSCIATE	17.10.2004
11h16'32	Evgenia GUTTIERREZ	FRA	021269	PETIT-QUEVILLY	12.10.1997
11h17'42+	Sandra BROWN	GB	010449	ETRECHY	27.10.1990 (Track Record)
11h22.50+	Kora BOUFFLERT			SAINT DOULCHARD	14.10.2006
11h25	Josiane PANNIER	FRA	241250	GRAVIGNY	?
11h27.58+	Kora BOUFFLERT			BAR LE DUC	23.04.2005
11h30.28	Jeannie BOCCI	USA	43	HOUSTON	20.12.1987
11h31.44	Josiane PETRUS	FRA	030161	PONT L'EVEQUE	13.08.1983
11h34.35+	Ludmilla AMIROVA	RUS	69	TORCY	26.02.2000
11h40.07	Aaf DE RIJK	PB	201053	HAMM	18.10.2001
11h52	Jacqueline BONNET	FRA	141246	CHALONS	17.05.1986
11h54.57+	Edith COUHE F	RA	260444	TORCY	20.02.1983

+ = interim time done in a 24 Hour walking event



Ginko and Dukure in action

FIELDS FOR THE SYDNEY GRAND PRIX 5000M TRACK WALK

Thanks to Clare Burton of AA for forwarding me a copy of the fields for the Sydney Grand Prix 5000m walk, to be contested on the evening of **Saturday 18 February**. This looks exciting with all our top walkers entered along with a good mix of top overseas competitors (Canada 2, Sweden – 2, UK – 2, India -1, Czech Republic – 1). I have added what I think are their correct age group designations. Note that this event will accumulate points for Open, U23, U20 and U18 competitors in our inaugural Australian Race Walking Series. Being held a week before the Olympic trials in Hobart, it will be closely watched by us all.

5000m Track Walk Men

Adams, Luke	OPEN	NSW/AIS
Bates, Harry	U18	ACT
Bird-Smith, Dane	U23	QAS
Brill, Nathan	U18	VIC
Cowley, Rhydian	U23	VIC
Deakes, Nathan	OPEN	VIC/AIS
Dewar, Brandon	U23	QLD
Dewar, Nick	U23	QLD
Dunfee, Evan	OPEN	CAN
Erickson, Chris	OPEN	VIC/AIS
Gomez, Inaki	OPEN	CAN
Gustaffson, Andreas	OPEN	SWE
Kozica, Mark	OPEN	VIC
Osborne, Jesse	U18	QLD
Rayson, Ian	OPEN	NSWIS
Reading, Brendon	U23	ACT
Rutter, Adam	OPEN	NSW/AIS
Singh, Gurmeet	OPEN	IND
Tallent, Jared	OPEN	VIC/AIS
Washburn, Steven	U20	NSW
Wright, Alex	OPEN	GBR

5000m Track Walk Women

Bettiol, Amy	U18	NSW
Dighton, Jasmine	U18	NSW
Fagan, Nicole	OPEN	NSWIS
George, Stephanie	U18	VIC
Hayes, Melissa	U23	NSW
Holliday, Tanya	OPEN	SASI
Jennings, Shannon	U20	NSW
Klein, Kirsty	U20	NSW
Lamble, Regan	U23	VIC/AIS
Lee, Beki	OPEN	NSW/AIS
Olssen, Mari	OPEN	SWE
Pickles, Jessica	U20	QLD
Rothwell, Jess	OPEN	VIC/AIS
Schinderalova, Zuzana	OPEN	CZH
Steele, Allegra	U23	SA
Stigwood, Stephanie	U23	TAS
Tallent, Claire	OPEN	SA/AIS
Webb, Cheryl	OPEN	NSW
Whelan, Lauren	U20	GBR

HOBART – CHANGE OF PLANS FOR U18 WALKERS

Just republishing the following two items from last week's newsletter.

We had previously announced that there would be U18 5km walks scheduled at the **Australian 20km Road Walking Championships and Olympic/World Cup Selection Trials** in Hobart on the 25th February, as part of our inaugural Australian Race Walk Series. Unfortunately, due to oversight, this was not cleared with meet organiser Brian Roe and it has now been necessary to pull this event from the program. Luckily no one had yet entered the U18 race so hopefully we are making this announcement in time. The U18 walkers can of course still enter and compete in the U20 10km and I know that both Nathan Brill and Zac Partington are probably intending to do this. We are currently discussing how best to proceed with regard to the Race Walk Series. The program now reads as follows with all events starting concurrently at 6PM

- 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

A reminder that **entries close on Friday 12th February** so you have 2 weeks left to enter.

HOBART AND THE VIC JUNIOR T&F CHAMPS

Younger Victorian walkers have probably noticed that we have a major clash between the Hobart championships and the Victorian Junior T&F Championships – both fall on the same weekend in late February. Normally you have to compete in the Vic T&F Champs to be eligible to compete in the Victorian team at the National Champs so we asked AV for some leniency here. Things look good as per their response:

Dear Tim and Simon

Thank you for your emails regarding the clash of events between the Victorian Junior Championships and the Australian 20km Championship Carnival.

As you are both aware the Victorian Selection criteria states that all athletes must enter the Victorian Championships in order to be selected for the Australian Championships. On this occasion Athletics Victoria is prepared to waive this criteria providing the following:

- All athletes requesting an exemption from the Championships notify me in writing by 5pm Monday 13th February.
- All athletes must have achieved the qualifying standard or finished in the top 3 at the 2011 Victorian All Schools Championships.

We wish all your athletes the best in their preparations for the Australian Junior Championships.

Kind Regards,
LEANA JOYCE | ATHLETE DEVELOPMENT OFFICER | ATHLETICS VICTORIA

So if you are entering the U20 10km in Hobart, get your letter off to Leana at AV as soon as possible and quote your 2011 Vic All Schools result or AA qualifying time.

The Vic All Schools T&F walk results can be checked at <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num06.pdf> and the AA qualifying standards are documented at <http://www.athletics.com.au/home/competition/392/3656/3657>. The AA qualifying period starts from 1st Jan 2011 so provided you have a qualifying time from the last 12 months, you are ok.

WHAT'S COMING UP

This coming Wednesday evening (ie tomorrow night), we have our next round of **VRWC Track Races** and we will also be hosting the annual VMA 4x800m Relay Championships at the Collingwood Harriers Track in Clifton Hill. Have you organized your VMA relay team yet? This event can be entered on the night but note that all relay entrants must be current VMA members and you must wear your VMA uniform. The program reads as follows:

Wednesday 8 February 2012, VRWC and VMA Events, Clifton Hill
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill (Melway 30 F12)

6.30pm	VRWC 5000m and 3000m	Open
7.10pm	VRWC 1500m	Open
7:20pm	4x800m VMA relay championships	Masters

All 12 rounds of the **Athletics Victoria Shield competition** have now been completed with the Shield Final to be contested next Saturday 11 February at the Lakeside Stadium in Albert Park. Good luck to all those walkers whose teams have made the final.

Entries are now open for the **2012 Victorian Junior Track & Field Champs**, to be held on 24-26 February at Lakeside Stadium – see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=805&OrgID=189
Please note the following from the AV website: Late entries will only be accepted where there are places available in the chosen event. All entries received after Monday 13th February will be charged at \$24.00 per event, should they be accepted. The draft timetable shows the walk championships scheduled as follows:

Friday 24 Feb	7:30PM	U17/U18/U20 5000m Walks
Saturday 25 Feb	11:30AM	U14 3000m Walks
Sunday 26 Feb	11:05AM	U15/U16 3000m Walks

The **Oceania Masters Championships** kicked off last Sunday in Tauranga in New Zealand and a number of our Australian Masters walkers are competing. The website is <http://www.nzmastersathletics.org.nz/Oceania/oceania.html>. The 10km roadwalks were contested on Monday but I am still waiting for results to be posted. The 5000m track walks are on Thursday and the 3000m track walks are on Saturday.

The **Victorian Masters Track & Field Championships** will be held at Reischiek's Reserve in Doncaster on 24-25 March with 1500m and 3000m walks on offer. This is a combined carnival so as long as you are a member of either AV or VMA, you are eligible. Entries have now opened so download the form from the link below and enter.
<http://www.athsvic.org.au/cache/MeetFile/15380Vic%20Masters%20T%26F%20Entry%20Form%20%26%20Spec%20Sheet.pdf>

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

Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 11 Feb, 2012	AV Shield Final, Lakeside Stadium, Albert Park
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) 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	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
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, Jyväskylä, 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 25 Feb, 2012	Hobart (AUS)	Category C
Sat 3 Mar, 2012	Chihuahua (MEX)	Category B
Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 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 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, HUN
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
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: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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