



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 5
30 October 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
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Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
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TIM'S WALKER OF THE WEEK

Rhydian Cowley shared my Walker of the Week last week alongside Kelly Ruddick and this week and he is in focus again, along with **Nathan Brill**. Consider the performances that both these fine walkers put on the board this week.

- On Saturday 21 year old Rhydian competed in Athletics Victoria Shield competition at Mentone, recording a very impressive trio of results - first the 1500m run with 4:15, then the 2000m walk with a PB time of 7:42.5 and then the 3000m run with 9:06. Then on Sunday he fronted for our VRWC Summer Season opener at Middle Park, winning the 3km road walk with 11:55. Rhydian is one young walker in a heck of a hurry!
- 16 year old Nathan started off his week on Wednesday with a big win in the VSSSSA Schools 1500m walk championship at Lakeside Stadium - his time of 5:51.47 a 7 sec PB. Then on Saturday he won the AV Shield 2000m at Box Hill, his time of 7:52.5 an 18 sec PB. Then on Sunday, he fronted at our VRWC club races, winning the 5km roadwalk in 21:10.

Talk about hard to choose. As usual, you can cast your votes at www.vrwc.org.au.



Rhydian and Nathan in action at Middle park on Sunday

RUNNERS WORLD WINTER SEASON WINNERS GET THEIR JUST DESSERTS

Sunday saw our VRWC Summer Season opening races at Middle Park (see later in the newsletter) and that was the occasion for us to present our Runners World Winter Season winners with their well deserved awards. Neil Ryan, the proprietor of Runners World Kew, was on hand to make the presentations to

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| • Simon Evans | Winner, Senior Men | \$500 cash and \$500 Runners World voucher |
| • Nathan Brill | Winner, Junior Men | \$500 Runners World voucher |
| • Michelle Laufer | Winner, Senior Women | \$500 cash and \$500 Runners World voucher |
| • Stephanie George | Winner, Junior Women | \$500 Runners World voucher |

See <http://www.vrwc.org.au/vrwc-runners-world.html> for more details about these awards.



Runners World Winter Season winners Nathan Brill, Stephanie George, Simon Evans and Michelle Laufer along with Runners World Kew proprietor and long time supporter Neil Ryan (photo Terry Swan)

We thank Neil for his continuing support of the club and strongly recommend Runners World Kew as the place to shop for your sporting shoes, clothing and accessories.

SCHOOL SPORT VICTORIA SECONDARY T&F CHAMPS, LAKESIDE STADIUM, WED 23 OCTOBER

The Victorian State Secondary Schools Sports Association (VSSSSA) held its annual Track & Field Championships last Wednesday and quite a few of our regular Victorian walkers were in action. **Zoe Boldiston** was in fine form in winning the Girls U16 event with a 1 second PB time of **6:57.26** while Ebony Whiley won the senior girls' walk with 7:47.46. But it was the boys who were really flying with PBs to **Adam Garganis** (24 sec PB of **6:24.6**), **Emmet Brasier** (9 sec PB of **6:25.49**) and **Nathan Brill** (7 sec PB of **5:51.47**). But even with these fine times, they couldn't challenge the records which read impressively below.

Girls 12-15 1500 Metre Race Walk

SSV Record: R 6:39.80 1995 Kelly Wapshott, Fairhills

1.	Zoe Boldiston	Notre Dame C	6:57.26
2.	Jessie Eastwood	Invitation	7:31.88
3.	Jade Sanders	Berwick SC	7:46.48
4.	Taylor Vasiljevic	Fountain Gate SC	8:17.65
5.	Emily Crowley	Beaufort SC	9:10.29
6.	Kirsten Walburg	Yarra Hills SC	9:20.71
7.	Neeve Goodrem	Red Cliffs SC	9:24.12
8.	Emily Button	Grovedale C	12:16.12
	Tylah Lee	Matthew Flinders	DQ
	Taylor Bowen	Ballarat HS	DQ

Boys 12-15 1500 Metre Race Walk

SSV Record: R 5:58.20 2011 Nathan Brill, Rosebud

1.	Adam Garganis	Thornbury HS	6:24.06
2.	Emmet Brasier	Viewbank C	6:25.49
3.	Reese Walmsley	Rowville SC	7:09.30
4.	Jordan Galbraith	Norwood SC	7:25.00
5.	Jeremiah Jones	Bendigo South East	7:44.69
6.	Patrick Martin	Strathmore SC	8:29.64
7.	Rhys Dedeugd	Frankston HS	8:46.17
8.	Aiden Smith	Frankston HS	8:56.71
9.	Rodney Davis	Phoenix P-12	8:57.73
10.	Callum Meldrum	Western Heights C	9:46.69

Girls 16-20 1500 Metre Race Walk

SSV Record: R 6:28.50 1998 Kellie Wapshott, Fairhills

1.	Ebony Whiley	Bendigo S SC	7:47.46
2.	Kobie Somerfield	Mt Clear C	8:23.79
3.	Carly Bertrand	Maribyrnong C	8:39.69
4.	Emilie Garside	Mooroolbark C	9:04.52
5.	Georgia Smith	Balwyn HS	9:13.02
6.	Tyler Barry	Frankston HS	9:13.99
7.	Shae Ohlsen	Ballarat HS	9:16.27

Boys 16-20 1500 Metre Race Walk

SSV Record: R 5:38.80 1992 Dion Russell, Balwyn

1.	Nathan Brill	Rosebud SC	5:51.47
2.	Lucas Taylor	Lilydale HS	6:56.27
3.	Aaron Tam	Glen Waverley SC	7:33.65
4.	Josh Savage	Bendigo S SC	8:44.22

8.	Brittany Van Zeil	Frankston HS	9:23.38
9.	Eliza Thorbecke	Melbourne GC	9:30.06

SAMA ROADWALKS, ADELAIDE, WEDNESDAY 24 OCTOBER

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide. Colin commented: *Small turnout on Wednesday. Couldn't be there myself because of day surgery on Tuesday - be OK for next week though.*

3k walk - scratch

Cynthia Dally	27:17	W78	67.64%
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5k walk - scratch

George White	27:37	M67	87.52%
Gloria Holliday	27:45	W51	81.15%
Geoff Byham	31:24	M66	76.1%
Jack Russell	32:35	M60	68.85%
Roger Lowe	37:50	M69	65.4%
Elaine MacFarlane	43:43	W70	64.46%

VRWC SHIELD COMPETITION, SATURDAY 27 OCTOBER

Athletics Victoria Shield continued across the State last Saturday with all 6 regions contesting 2000m walks in the Track and Field program. Conditions were fantastic with overcast and cool weather for most of the day. A total of 128 walkers competed - a season best and one of the biggest ever.

AV Shield Round 3 - East Zone, Hagenauer Reserve, Box Hill

16 year old **Nathan Brill** was in dominant form, recording a PB time of 7:52.5 in winning at Box Hill and breaking his own VRWC club record. He was one of many in top shape - others doing PBs included **Brad Simpson** 8:43.2, **Adam Garganis** 9:09.2, **Lucas Taylor** 9:12.3 and **Simon Evans** 9:18.6. But none better than **Andrew Jamieson** whose time of 9:10.4 bettered his own M65 Australian Record by an amazing 23 secs. And further back in the field, former internationals **Frank Bertei** 10:20.9, **Bill Dyer** 10:43.6 and **Bob Gardiner** 11:34.9 all walked well. In the women's division, **Michelle Laufer** bettered her own VRWC W40 club record with her time of 9:41.8. It is also good to see **Sandra Geisler** getting back into good form with 10:04.2. This was our biggest walks venue with a whopping 39 walkers.

Men 2000 Meter Race Walk

1.	Brill, Nathan	M16	BOX HILL AC	7:52.5	PB 0:18, new VRWC rec
2.	Simpson, Bradley	M19	KNOX AC	8:43.2	PB 0:09
3.	Garganis, Adam	M15	COLLINGWOOD	9:09.2	PB 0:04
4.	Jamieson, Andrew	M66	OLD SCOTCH C	9:10.4	Breaks M65 AR by 0:23
5.	Taylor, Lucas	M16	YARRA RANGES	9:12.3	PB 0:05
6.	Evans, Simon	M52	BOX HILL AC	9:18.6	PB 0:14
7.	Bertei, Frank	M46	ATHLETICS NU	10:20.9	
8.	Dyer, Bill	M51	BOX HILL AC	10:43.6	
9.	Keirl, Bernie	M49	DIAMOND VALLEY	11:00.3	
10.	Neale, Anthony	M14	COLLINGWOOD	11:02.3	
11.	Patti, Adrian	M32	DONCASTER AC	11:20.9	
12.	Dickenson, Russ	M67	SOUTH COAST	11:22.9	
13.	Gardiner, Bob	M76	COLLINGWOOD	11:34.9	
14.	Jack, Clarrie	M67	RICHMOND HAR	11:53.2	
15.	Worsnop, Chris	M55	OLD XAVERIANS	12:09.7	
16.	Benke, Geza	M56	OLD MELBURNIANS	12:10.5	
17.	Walsh, Robert	M19	ATHLETICS NU	12:31.0	
18.	Wright, Jacob	M18	ATHLETICS NU	12:42.1	
19.	Best, David	M49	COLLINGWOOD	12:43.4	
20.	Finch, Nicholas	M22	DONCASTER AC	13:18.0	
21.	Clarke, Patrick	M44	DIAMOND VALLEY	13:31.0	
22.	Olden, Graeme	M48	BOX HILL AC	13:39.4	
23.	McCann, Adam	M36	ATHLETICS NU	15:57.3	
24.	Luck, Greg	M51	DIAMOND VALLEY	15:58.0	
	Iacono, Thomas	M26	COLLINGWOOD	DQ	
	O'Callaghan, Brian	M72	RICHMOND HAR	DQ	

Women 2000 Meter Race Walk

1.	Laufer, Michelle	W43	COLLINGWOOD	9:41.8	PB 0:05, new VRWC rec
2.	Geisler, Sandra	W35	RINGWOOD AC	10:04.2	
3.	Dyer, Chelsea	W19	BOX HILL AC	12:08.3	
4.	Garside, Emilie	W17	CROYDON AC	12:29.4	
5.	Laurie, Natalie	W21	ATHLETICS NU	12:41.9	

6.	Walshe, Kerryn	W50	DIAMOND VALLEY	12:54.0
7.	Clarke, Eliza	W12	DIAMOND VALLEY	12:55.8
8.	Taylor, Lee	W11	YARRA RANGES	13:10.0
9.	Hunter, Pia	W46	BOX HILL AC	13:59.4
10.	Garganis, Clare	W42	COLLINGWOOD	14:55.7
11.	Page, Kirsty	W49	COLLINGWOOD	15:45.0
12.	Harper, Amanda	W44	BOX HILL AC	15:50.1
	Aitken, Josie	W15	RICHMOND HAR	DNF

AV Shield Round 3 - South East Zone, Dolamore Reserve, Mentone

Rhydian Cowley led the way at Mentone with a very impressive trio of results - first the 1500m run with 4:15, then the 2000m walk with 7:42.5 and then the 3000m run with 9:06. Behind him there were plenty of PBs with **Kyle Bird** 8:58.0, **Reese Walmsley** 9:13.1 and **Kyle Swan** 9:19.8. And a special mention to **Ralph Bennett** whose time of 10:52.5 bettered the current Australian M70 record by 12 secs. Special mention to **Simon Baker** who is certainly getting fitter as is shown by his time of 10:13.7. **Emily Hamilton** was the fastest of the women with a big PB time of 10:14.3 while **Paige de Lisen** was just outside her best with 10:26.9.

Men 2000m Walk

1.	Rhydian Cowley	MOP	GHY	7:42.5	PB 0:10
2.	Kyle Bird	MU18	MPA	8:58.0	PB 0:45
3.	Reese Walmsley	MU16	KNA	9:13.1	PB 0:27
4.	Kyle Swan	MU14	KNA	9:19.8	Eq PB
5.	Billy Allamby	MU16	KNA	10:01.8	
6.	Chris Lockwood	M40+	VMA	10:03.3	
7.	Simon Baker	M40+	OAK	10:13.7	
8.	Ralph Bennett	M40+	VMA	10:52.5	Breaks M70 AR by 0:12
9.	Clyde Riddoch	M40+	AWA	10:56.1	
10.	Cody McNicol-Davidson	MU16	INV	11:30.6	
11.	Kym Osmand	MOP	OAK	11:35.7	
12.	Hayden Walmsley	MU14	INV	11:59.9	
13.	Geoff Barrow	MOP	MEN	12:45.6	
14.	Philip Hutton	MOP	GHY	12:48.5	
15.	John Morrison	MOP	SAN	13:42.9	
16.	John Zeleznikow	M40+	GHY	20:57.7	
	Noel Fairburn	M40+	KNA	DQ	
	Llew Jenkins	M40+	GHY	DQ	

Women 2000m Walk

1.	Emily Hamilton	WU16	KNA	10:14.3	PB 0:20
2.	Paige De Lisen	WU16	KNA	10:26.9	
3.	Rachael Guy	WU14	CCA	10:27.7	
4.	Jade Sanders	WU16	CCA	10:29.8	
5.	Heather Carr	W40+	EAG	10:31.4	
6.	Caitlin Brunton	WOP	INV	11:00.3	
7.	Simone Mcinnes	WOP	GHY	11:00.8	
8.	Taylor Vasiljevic	WU14	CCA	11:03.5	
9.	Marlene Gourlay	W40+	VMA	11:27.6	
10.	Bianca Attard	WU18	KNA	11:44.2	
11.	Mikhala Hodges	WU14	KNA	11:56.5	
12.	Anaya Hodges	WU14	INV	12:28.3	
13.	Gwen Steed	W40+	VMA	12:33.3	
14.	Jessica Lillie	WU14	KNA	12:46.6	
15.	Celia Johnson	W40+	VMA	13:12.6	
16.	Sharyn Caulfield	W40+	AWA	15:30.4	
17.	Jo Molnar	W40+	AWA	16:19.9	

AV Shield Round 3 - North West Zone, Williamstown Athletics Track, Newport

Mark Donahoo returned to Shield competition with a convincing win, his time of 9:24.6 a great first up. **Aaron McDonough** walked well with 9:40.4 considering he had just stepped off the track from a 1500m run (as did quite a few others including Paul Kennedy, Duncan Knox and John Kondogonis). **Kirstin Shaw** walked a 6 sec PB time of 10:14.2 to win the women's division.

Men 2000 metres Race Walk

1.	Donahoo, Mark	M54	ATHLETICS ESSEND	9:24.6
2.	McDonough, Aaron	M40	PRESTON AC	9:40.4
3.	Kennedy, Paul	M55	MELBOURNE UN	10:17.0
4.	McShanag, Connor	M16	ATHLETICS ESSEND	10:36.7
5.	Erickson, Tim	M62	COBURG HARRIERS	10:46.7
6.	Knox, Duncan	M53	ATHLETICS ESSEND	11:11.8
7.	Kondogonis, John	M51	KEILOR ST BE	11:37.6
8.	Wellington, Shea	M15	KEILOR ST BE	13:48.1
9.	Bannan, James	M54	WHITTLESEA CITY	13:53.0

10.	Keighery, Peter	M46	KEILOR ST BE	14:13.4
11.	Dunstone, Phillip	M44	WESTERN ATHL	14:48.5
12.	McLaren, Don	M43	ATHLETICS ESSEND	15:15.9 ?
13.	Nicol, Stuart	M62	SOUTH MELBOURNE	15:30.9
14.	Masini, Daniel	M11	WESTERN ATHL	16:21.3
15.	Weitsz, Robert	M11	WESTERN ATHL	16:21.6
16.	Rickard, Ian	M56	BRUNSWICK AC	17:20.0
	Magnisalis, Nick	M48	WHITTLESEA CITY	DQ

Women 2000 metres Race Walk

1.	Shaw, Kirstin	W21	WESTERN ATHL	10:14.2	PB 0:06
2.	Elms, Donna	W51	ATHLETICS ESSEND	11:38.2	
3.	Shaw, Robyn	W51	WESTERN ATHL	11:54.4	
4.	Desira, Melissa	W32	WESTERN ATHL	12:10.0	
5.	Crea, Gabriella	W13	ATHLETICS ESSEND	12:12.9	
6.	Irons, Julia	W14	KEILOR ST BE	12:28.0	
7.	Huell, Carolyn	W46	WESTERN ATHL	13:48.8	
8.	Ryan, Maeve	W23	WILLIAMSTOWN	14:02.2	
9.	Matthews, Rhiannon	W11	KEILOR ST BE	14:12.1	
10.	Ireland, Roslyn	W29	BRUNSWICK AC	14:19.4	
11.	Baric, Amanda	W44	KEILOR ST BE	14:21.9	
12.	Abfalter, Maria	W44	KEILOR ST BE	14:27.6	
13.	Cashin, Brenda	W48	WESTERN ATHL	16:32.6	
14.	Rickard, Tess	W19	BRUNSWICK AC	17:15.5	
15.	Walsh, Clare	W25	MELBOURNE UN	?	
	Tonelli, Ashley	W8	KEILOR ST BE	DQ	

AV Shield Round 3 - Geelong Zone , John Landy Athletic Field, Geelong

James Christmass was in good form at Geelong with his time of 9:13.24 while **Megan Walker** walked a big PB time of 10:34.93 in winning the women's division.

Men 2000 Meter Race Walk

1.	Christmass, James	M45	CORIO AC	9:13.24
2.	Mirarchi, Nicholas	M21	CORIO AC	10:28.39
3.	Hockley-Samon, Har	M12	ATHLETICS CH	13:20.70
4.	Mirarchi, Thomas	M12	CORIO AC	15:44.55

Women 2000 Meter Race Walk

1.	Walker, Megan	W15	CORIO AC	10:34.93	PB 0:36
2.	Davison, Mackayla	W12	CORIO AC	12:02.68	
3.	White, Megan	W13	UNATTACHED	12:57.54	
4.	Rowan, Joanne	W45	ATHLETICS CH	17:02.66	

AV Shield Round 3 - Bendigo Zone, La Trobe University Track, Bendigo

Zoe Boldiston 9:30.96 and **Amanda Heard** 9:35.32 were in great form in Bendigo while **Jeremiah Jones** was the fastest of the men with 11:06.99.

Mixed 2000 Meter Race Walk

1.	BOLDISTON, ZOE	W15	SOUTH BENDIGO	9:30.96	PB 0:47
2.	HEARD, AMANDA	W17	EAGLEHAWK YMCA	9:35.32	PB 0:12
3.	JONES, JEREMIAH	M15	EAGLEHAWK YMCA	11:06.99	
4.	SAVAGE, JOSHUA	M17	EAGLEHAWK YMCA	12:28.07	
5.	HILL, MADISON	W11	SOUTH BENDIGO	14:17.15	
6.	WATSON, JOHN	M62	BENDIGO HARRIERS	14:56.04	

AV Shield Round 3 - Ballarat Zone, Llanberris Reserve, Ballarat

Andrew Blood 9:40.87 and **Sarah Brennan** 10:01.18 both walked excellently at Ballarat. In fact, it must be a few years since Andrew put that sort of time on the board. He's back!

Men 2000 Meter Race Walk

1.	Blood, Andrew	M38	BALLARAT YCW	9:40.87
2.	McLennan, Phillip	M44	WENDOUREE AC	12:22.34
3.	Govan, Lee	M57	WENDOUREE AC	12:31.68
4.	Ruddick, Kevin	M62	BALLARAT HAR	13:31.55

Women 2000 Meter Race Walk

1.	Brennan, Sarah	W36	BALLARAT YCW	10:01.18	PB 0:09
2.	Peart, Jemma	W11	BALLARAT YCW	11:22.93	
3.	Peart, Alanna	W9	BALLARAT YCW	12:06.46	

AACT 2012-2013 SUMMER SERIES MEET NUMBER 3, AIS ATHLETICS FIELD, BRUCE, 27 OCTOBER

Athletics ACT Interclub continued on Saturday evening with Ian Rayson 11:56.9, Harry Bates 12:20.6 and Rachel Tallent 13:30.3 all walking very fast. In fact Harry tells me that Ian Rayson did a 35km walk while he and Rachel Tallent did a 20km walk the morning of the race. That's pretty impressive!

1500 Metre Race Walk

1.	Bardsley, Jordan	W11-13	Aths ACT	8:37.9	
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3000 Metre Race Walk

1.	Rayson, Ian	MOPEN	NSW	11:56.9	
2.	Bates, Harry	M16-17	SCT	13:20.6	PB 0:14
3.	Tallent, Rachel	W18-19	VIC	13:30.3	
4.	Burns, Callum	B11-13	NCG	15:52.0	PB 1:11

5000 Metre Race Walk

1.	Resch, Ashleigh	W14-15	SCT	28:12.5	
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ATHLETICS SA PREMIERSHIP CUP WEEK 1, SANTOS STADIUM, MILE END, SAT 27 OCTOBER

Athletics South Australian Interclub continued last Saturday with some top performances from Kim Mottrom 12:33.86, Justin Hill 13:44.27, Anna Hill 14:46.49, Alix Harlington 14:52.50 and Julia Potezny 7:48.70,

Women 3000 Metre Walk

1.	Anna Cross	WU16	PEMBROKE ATH	14:46.49	PB 0:06
2.	Amber Tuscharski	WOP	WESTERN DIST	16:23.48	
3.	Kristie Goznic	WOP	PORT ADELAID	14:48.81	
4.	Linda Whitelaw	W35+	ENFIELD HARR	22:42.27	

Women 1500 Metre Walk

1.	Julia Potezny		HILLS DISTRI	7:48.70	PB 0:19
2.	Bethany Cross		PEMBROKE ATH	8:01.14	
3.	Sarah Damin		UNATTACHED	8:54.58	
4.	Felicity Henderson		UNATTACHED	9:17.29	

Men 3000 Metre Walk

1.	Kim Mottrom	MOP	ADELAIDE HAR	12:33.86	PB 0:07
2.	Justin Hill	MOP	ADELAIDE HAR	13:44.27	PB 0:12
3.	Alix Harlington	MU16	SALISBURY AM	14:52.50	PB 0:02
4.	Peter Crump	MOP	SAINTS ATHLE	16:34.93	
5.	Troy Hooker	M35+	SALISBURY AM	17:50.65	
6.	Michael Nicolaides	MU16	FLINDERS ATH	20:29.18	

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 28 OCTOBER

We opened our summer season at Middle Park on Sunday in perfect conditions - cool and still. It is impossible to avoid clashes with such a full summer fixture and we were missing most of our younger walkers due to Little Athletics Region Relays but we did still have 41 competitors and we saw some great racing. For nearly all our walkers, it was day two of a big weekend and many had done multiple events at Athletics Victoria Shield the day before. As usual, club photographer Terry Swan was in action and has uploaded lots of photos to our gallery - check them out at <http://www.vrwc.org.au/coppermine>.

The first events to get underway were the longer ones at 8:30AM and an apology there as I had a 9AM start on the fixture on the website. So we had a second start time at 9AM for those who missed our 8:30AM kickoff. **Brad Simpson** was one of those effected but it didn't worry him as he walked confidently to complete his first ever 20km in a very impressive 1:47:30. **Danny Hawksworth** was next to finish - his aim was to better 1:50:00 and hence qualify for Hobart and he did that with 14 secs up his sleeve. **Simon Evans** looked set for a great 20km but faded in the second half, compliments of a big training day on Saturday. We also had some walkers in the 15km and a special mention there to **Steve Jordan** who recorded a PB time of 1:51:09.

We had lots of walkers contesting the 10km event and **Chris Erickson** showed the way with a very slick 42:04. In training for his next 50km encounter in December, he looked to have plenty in the tank and was pleased with his first serious hitout since London. **Adam Garganis** did 9 events in Shield competition on the Saturday but still managed a PB with his time of 53:21. In the women's 10km, **Michelle Laufer** took the honours with a very good 53:04 ahead of **Sarah Brennan** 55:08.

20km Open

1.	Brad Simpson	1:47:30	First ever
2.	Danny Hawksworth	1:49:46	
3.	Simon Evans	1:52:28	

15km Open

1.	Mark Donahoo	1:22:22	
2.	Jason Kozica	1:41:42	
3.	Steve Jordan	1:51:09	PB

10km Open

1.	Michelle Laufer	53:04	
2.	Sarah Brennan	55:08	
3.	Pam Tindal	57:23	
4.	Sandra Geisler	57:23	
5.	Robyn Shaw	1:04:24	
6.	Donna Elms	1:04:39	
7.	Celia Johnson	1:10:07	
1.	Chris Erickson	42:04	
2.	Adam Garganis	53:21	PB 0:06
3.	Adam Patterson	58:27	
4.	Russ Dickenson	58:58	
5.	David Smyth	59:06	
6.	David Armstrong	1:06:27	
7.	Bob Gardiner	1:06:27	
8.	David Best	1:07:25	
9.	Rudolf Skrucany	1:09:44	



Adam Garganis, Michelle Laufer, Brad Simpson, Chris Erickson and Danny Hawksworth in action on Sunday

Our shorter events were scheduled later in the morning and the two stars were definitely **Rhydian Cowley** and **Nathan Brill**. Both had zoomed through very fast Shield races on Saturday but they looked fresh with Rhydian winning the 3km with 11:55 and Nathan winning the 5km with 21:10. Special mentions to first time walker **Alfredo Davila** and to **Beatrice Laufer** who walked her first ever 2km.

5km Open

1.	Nathan Brill	21:10	
2.	James Christmass	26:16	
3.	Jemima Montag	26:27	
4.	Ralph Bennett	29:10	
5.	Shelby Kay	30:18	
6.	Anthony Doran	35:30	
7.	Barrie Wicks	38:19	
	Connor McShanag	Ab	

3km Open

1.	Rhydian Cowley	11:55	
2.	Cathy Huse	21:10	
3.	Gordon Onley	24:26	
4.	Alfredo Davila	27:51	First time

3km Under 15

1.	Kyle Swan	15:18	
2.	Philippa Huse	17:38	

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| 3. | Emily Swan | 18:10 |
| 4. | Julia Irons | 19:22 |
| 5. | Elaine Irons | 23:32 |

2km Under 12

- | | | | |
|----|-----------------|-------|-----------|
| 1. | Beatrice Laufer | 16:04 | First one |
| 2. | Ethan Wright | 13:33 | |



James Christmass, Nathan Brill and Rhydian Cowley lead out in the short distance events on Sunday



Beatrice Laufer, Ethan Wright, Gordon Onley, Alfredo Davila and Sarah Brennan on Sunday

Thanks as usual to our many officials - sorry if I missed anyone.

- Officials:** Tim Erickson, Mark Donahoo, Damien Elms, Marlaine Stanway, Ralph Bennett, Russ Dickenson, Kylie Irshad
Judges: Peter Vysma (Chief), Stuart Cooper, Lloyd Nichols, Jason Elms
Course Setup: Bob Gardiner, Stuart Cooper, Peter Vysma, Tim Erickson
Photos: Terry Swan, Simon Baker
Canteen: Marlaine Stanway

And finally, a photo for us all - Terry Swan's third rule of racewalking - Shoelaces!



VRWC CLUB RECORDS

It was a big week for VRWC walkers with a whole swathe of club records - and one retrospectively awarded to Bob Gardiner from last year.

Rhydian Cowley	2000m Walk U23 & Open	7:42.5	AV Shield, Mentone	27/10/2012
Nathan Brill	2000m Walk U17, U18, U20	7:52.5	AV Shield, Box Hill	27/10/2012
Michelle Laufer	2000m Walk W40	9:41.8	AV Shield, Box Hill	27/10/2012
Ralph Bennett	2000m Walk M70	10:52.5	AV Shield, Mentone	27/10/2012
Bob Gardiner	2000m Walk M75	11:20.1	AV Shield, Box Hill	22/10/2011
Rhydian Cowley	3km Road Walk U23 & Open	11:55	VRWC. Middle Park	28/10/2012

Rhydian also asked us about one of his 5km times from last winter, given that a number of our record categories are still unfilled. Terry and I will discuss this and ponder on the question. Obviously our top walkers regularly clock very fast times over the shorter distances in the context of their longer races but they do not necessarily get a stopwatch stopped for such intermediate distances. Is it better to fill all the categories initially and then open it to everyone to attack them. Probably!

In the meanwhile, you can check out our updated record list at

RWCWA ROADWALKS, WILSON, SUNDAY 28 OCTOBER

Thanks to Rick Cattermole for the latest RWCWA results from Perth in Western Australia. Rick commented: *Wow! What a scorcher this morning....35C! Perhaps the reason half the club didn't turn up, but the brave ones who did toiled away in oppressive conditions....also affected were the slower than usual times, but hopefully we don't get too many days like this one as it really is very early on to get temperatures like that. And it was our first one for summer! Remember WA All-Schools Champs next weekend 2-4 November.*

5km Open

1.	Breanna Brown	32.05
2.	Christopher Gerken	37.15

3km Open

1.	Melissa Butler	18.59
2.	Michelle Butler	19.30
	Caitlin Gerken	DNF

2km Open

1.	Summer Brown	11.26
2.	Daniel Turner	12.34

QUEENSLAND MASTERS MEET, GOLD COAST ATHLETICS TRACK, SOUTHPORT, SUNDAY 28 OCT

Last Sunday saw the Heather Doherty Shield (Gold Coast vs Brisbane) contested, with 3000m walks amongst the events on offer. Thanks to Robyn Wales for the results.

3000m Walk Men

1.	Iggy Jimenez	No Time (around 14 minutes)
2.	Paul Lindenberg	16:20.56
3.	Richard Lynch	22:40.89
4.	Chris Andalis	28:03.43

3000m Walk Women

1.	Nyle Sunderland	17:08.20
2.	Kay Shaw	18:19.79
3.	Sally Lynch	20:03.34
4.	Denise Fellows	21:58.69
5.	Christiane Dauphinet	23:16.80
6.	Robyn Wales	23:29.14

QUEENSLAND SECONDARY SCHOOLS TRACK & FIELD, QSAC, NATHAN, 25-28 OCTOBER
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The Queensland Secondary Schools T&F Championships were held last weekend in Brisbane with results as shown below. Walker of the meet had to be Clara Smith with her time of 14:46.44.

Women U14 1500m Walk

Mikaela Woodward	7:21.44
Aimee Brackin	7:37.67
Jesse Langton	8:39.09
Mary Loch	9:57.47
Chelsea Keong	10:03.30
Tiffany Hammans	10:07.67

Men U14 1500m Walk

Jamie McCutcheon	8:11.71
Ben Mingin	8:27.35

Women U16 3000m Walk

Clara Smith	14:46.44
Katya Martin	16:52.21
Emma Henderson	17:05.17
Jesse Sims	18:56.59

Men U16 3000m Walk

Luke McCutcheon	15:27.58
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Women U18 5000m Walk

Eloise Jackson	29:06.78
Lucy Boardman	31:05.27

Men U18 5000m Walk

Jesse Osborne	24:22.82
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Women U20 5000m Walk

Jessica Wright	34:33.46
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NSW ANNOUNCEMENTS

Renee Cassell of Regal Racewalkers has posted the following NSW announcement which I reproduce here for general reading.

<p>I have finally received confirmation from Athletics NSW that they will once again hold an U/14 1500m walk at each Club Premiership where 3000m/5000m walks are offered. Dates are as follows:</p>
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<p>Saturday 3rd November at Narrabeen Saturday 1st December at Campbelltown Saturday 22nd December at Sydney Olympic Park Athletics Centre</p>
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<p>Please let as many athletes know as possible. The more we support these races the easier it is to ensure that they will be conducted each year.</p>
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Renee also reminds NSW walkers that **Regal Racewalkers** will once again be hosting a Distance Day on **Sunday 11th November** at **Narellan**. This year they have included an Invitation 10km for those open athletes who are not ready to complete a 20km race. All athletes are welcome to attend. The program for the day is:

8:00am:	Open Men and Women 20km
8:00am:	Invitation Men and Women 10km
8:30am:	U/20 Men and Women 10km
8:30am:	Masters Men and Women 10km
9:45am:	U/18 Men and Women 5km
10:00am:	U/16 Men and Women 2km
10:20am:	U/14 Men and Women 1km

USA 30 KM CHAMPS / PAN AM CUP 50 KM TRIALS , VALLEY COTTAGE, NY, SUNDAY 28 OCT

The USA 30 km Walk Championships were held at Rockland Lake State Park, Valley Cottage, New York, last Sunday. The meet also included the 50km trials for the Pan Am Cup as well as non-championship 5km, 10km, 20km and 25km races. For the 50km walkers, the equation was a simple one - the top five US male finishers continuing on to 50km and finishing under 4:45:00 would qualify to compete for Team USA at the Pan American Race Walking Cup in Lima, Peru in February 2013.

As Hurricane Sandy strengthened and approached the north eastern seaboard, there was concern that the races might be effected but the 9AM start time meant that, apart from blustery strong winds, the walkers were spared. Patrick Stroupe (2:18:34) and Maria Michta at 2:40:43 became the new USA 30km champions. In the women's division in particular, the depth was very good with second placed Katie Burnett 2:41:46 and third placed Susan Randall 2:42:48.

In the 50km event, Andrés Chocho of Ecuador won with 3:49:25, a new area record for South America (ie the fastest 50km ever for a South American!) Andreas Gustafsson also bettered his personal record by four minutes to finish with 3:50:47 (possibly a Swedish record?) and Evan Dunfee of Canada cracked four hours in his 50km debut with 3:59:58. For the three walkers, the times were all important qualifiers for next year's IAAF World Championships in Moscow. Behind them, two Americans qualified for the Pan Am Games - Dan Serianni with 4:38:26 and Ray Sharp with 4:44:14.

Evan Dunfee spent last January / February here in Australia, training at Thredbo and in Canberra, so we are especially pleased to see him put a big time on the board. He commented on his facebook page:

Thank you everyone for your overwhelming support. Going into the race I was hoping for around 3:58, the course was superb and the wind was more than manageable. No surprises I got a little ahead of myself going out a tad to quick, but how else am I going to learn unless I do that, right?). Going through half way in 1:58 and a way too quick low 23min 5km made me realize I needed to calm it down. I brought it back to 24min 5ks and just tried to stay there. It slowly fell off but I managed to hang on and not blow up. The last 15km was absolutely agonizing and was certainly the hardest thing I've ever done. I am certainly pleased with this result and look forward to the next one. For now it's a long flight home to Vancouver and hopefully we can get out of here before Sandy arrives! Then some much needed R&R and piles of school work! Hopefully this time will be good enough to get me to Moscow where I can show off all the knowledge I gained today.

And now onto the results;

USATF 30km Championship Women

1.	Maria Michta	Walk USA	2:40:44	
2.	Katie Burnett	Unattached	2:41:46	
3.	Susan Randall	Miami Valley TC	2:42:48	1st 35-39
4.	Loretta Schuellein-McGovern	World Class Racewalking	2:59:40	2nd 35-39
5.	Tammy Stevenson	Wasatch Walkers	3:14:03	1st 40-44
6.	Debbie Topham	Pegasus A.C.	3:29:22	1st 55-59
7.	Dorit Attias	Walk USA	3:50:51	1st 50-54
8.	Darlene Backlund	So Cal Track Club	3:51:09	1st 65-69

USATF 30km Championship Men

1.	Patrick Stroupe	Unattached	2:18:34	
2.	Nick Christie	San Diego Pole Vault Club	2:25:11	
	Allan Segura (Guest)	Costa Rica	2:26:18	Bettors existing NR
3.	John Nunn	U.S. Army	2:26:22	1st 35-39
	Francisco Pantoja (Guest)	Mexico	2:29:27	US non-citizen resident
4.	Ray Sharp	Pegasus A.C.	2:37:46	1st 50-54 (50k 4:44:14)
5.	Dan Serianni	World Class Racewalking	2:43:49	
6.	Ian Whatley	World Class Racewalking	2:49:42	2nd 50-54 (50k 4:49:05)
7.	Omar Nash	Miami Valley, TC	2:50:12	2nd 35-39 (50k 4:57:47)
8.	Dave Talcott	Shore A.C.	2:51:44	3rd 50-54
10.	Pablo Gomez	Chicago Walkers Club	2:52:49	1st 40-44
11.	John Soucheck	Shore A.C.	2:54:36	2nd 45-49
12.	Chris Schmid	World Class Racewalking	3:00:55	1st 65-69
13.	Andrew Smith	Pegasus A.C.	3:07:11	1st 60-64
14.	Bill Vayo	Shore A.C.	3:20:52	3rd 45-49
15.	Bruce Logan	Park Walkers USA	3:25:10	2nd 40-44
16.	John Backlund	So Cal Track Club	3:55:33	1st 70-74
17.	Ron Salvio	Freehold Area Running Club	4:03:55	2nd 60-64

International & US Pan-Am Cup Trials 50km

1.	Andrés Chocho	Ecuador	3:49:26	Area Record (South America)
2.	Andreas Gustafsson	Sweden	3:50:47	
3.	Evan Dunfee	Canada	3:59:58	
4.	Samuel Babativa	Colombia	4:10:39	
5.	Dan Serianni	World Class Racewalking	4:38:26	Qualifies US Pan Am Team
6.	Ray Sharp	Pegasus A.C.	4:44:14	Qualifies US Pan Am Team
7.	Ian Whatley	World Class Racewalking	4:49:05	
8.	Omar Nash	Miami Valley T.C.	4:57:47	

Men's Non-Championship 25k m

1. Alejandro Chavez	South Texas Walking Club	2:04:17	Bettors US Junior Record
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Men's International 20km

1. Esteban Soto	Colombia	1:28:25
2. Jocelyn Ruest	Canada	1:38:48

Women's Non-Championship 20km

1. Magaly Bonilla	Ecuador	1:41:53	Age 20
2. Mereth (Nirvana) Alba	Mexico	1:47:02	Age 20
3. Brittany Collins	Walk USA	1:58:20	

Men's Non-Championship 10k m

1. Robert Campbell	World Class Racewalking	1:08:33
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Women's Non-Championship 10k

1. Molly Josephs	Walk USA	53:50	
2. Monika Farmer	Walk USA	59:50	
3. Mayra Villacorte	Ecuador	1:04:45	
4. Melissa Endy	Shore A.C.	1:04:50	Age 13
5. Elizabeth Pasquale		1:06:15	

Men's Non-Championship 5km

1. Jonathan Hallman	World Class Racewalking	22:30
2. Robert Marchand	Canada	31:15

Women's Non-Championship 5k m

1. Elizabeth Pasquale	World Class Racewalking	31:14
2. Caitlin Apolo	New Rochelle HS	31:20
3. Nicole Begin	Canada	32:32
4. Joely Castro	Walk USA	33:38
5. Maryann Harvey	World Class Racewalking	42:28

There are plenty of photos on the following two online galleries below

Tammy Stevenson:

<http://www.facebook.com/media/set/?set=a.10151480821159619.590226.678194618&type=1>

Dave McGovern:

<http://www.facebook.com/media/set/?set=a.10151265555105783.506406.573310782&type=1>



Evan Dunfee of Canada on his way to 3:59:58 last weekend

FRENCH NATIONAL 100KM CHAMPIONSHIPS, FAMECK, SUNDAY 28 OCTOBER

Emmanuel Tardi was in Fameck on Sunday and reports on the French 100km Championship.

Sunday was our national championship 100k walk. It was held in the East of France in a little city named Fameck. 26 starters were on the start line at 5.30am. The lap was exactly 2km and the Fédération had decided to increase the time limit to 12h30m. The temperature fell overnight and was around -5°C when we have started. During the first two hours, three walkers led the race: David Regy, Dominique Bunel and Eddy Roze the winner in 2010 & 2011). Dominique received 2 red cards and had to slow. Eddy Roze was first to reach 20km (1h52 if I remember, one minute in front of David Regy). From there he sped up, reaching the half way mark in a time of 4h44m with Regy 7 minutes behind with 4h51m. I decided to retire from the race at that point. A cold wind had arrived and the race was becoming harder for everybody. Eddy kept his lead, winning the title for the third time in a row with a time of 10:06:09 but David Regy was closing and eventually finished just over 2 minutes in arrears with 10:08:43.

As usual, our Federation also put on a 50km walk for women. There were 10 starters for this race which started at 9:30AM. Three of them were in Tilburg 3 weeks ago for the Dutch 50km Championship. Six women (Barthelemy, Jakob, Nicolas, Cougoureu, Geimer and Sevellec) walked together early on, passing the 10km point in around 64 minutes. Around the 15km mark, Barthelemy sped up, going to a lead from Jakob and Nicolas. Unfortunately, she was disqualified mid way, leaving Jakob in front. But, as in Tilburg 3 weeks ago, Myriam Nicolas increased her speed from the 30km point to pass her and win the race in a time of 5:21:18.

French National 100km Championship

1.	ROZE Eddy	Amiens UC	100.00 km	10:06:09
2.	REGY David	SPN Vernon	100.00 km	10:08:43
3.	BUNEL Dominique	Neully sur Marne Athletisme	100.00 km	10:44:30
4.	GILLES Philippe	EC Orleans Cercle Jules Ferry	100.00 km	10:50:11
5.	TOURNOIS Pascal	ASM Bar le Duc	100.00 km	11:02:20
6.	ERARD Christophe	ASM Bar le Duc	100.00 km	11:11:27
7.	KIEFFER Pascal	AJ Montmoreau	100.00 km	11:15:41
8.	RAULET Christophe	GA Meusien	100.00 km	11:25:39
9.	MARIE Frederic	PLM Conflans	100.00 km	11:27:47
10.	BAUDRILLART Antonio	Pays de Colmar Athletisme	100.00 km	11:40:29
11.	BUNEL Pascal	Neully sur Marne Athletisme	100.00 km	11:54:08
12.	DIEN Daniel	Neully sur Marne Athletisme	100.00 km	11:54:18
13.	THIRIOT Louis	ASM Bar le Duc	100.00 km	11:58:16
14.	FAUQUEUR Raymond	Entente Littoral Athletisme	100.00 km	12:07:23
15.	KERLAU Yves Michel	CM Roubaix	100.00 km	12:16:08
16.	PELLERIN Alain	RC Epernay	100.00 km	12:20:30
17.	MICHELOT Remi	ES Thaon	100.00 km	12:36:56
18.	BOVIN Laurent	AM St Thibaux des Vignes	94.00 km	12:26:27
19.	GALICIA Alfredo	Intrepide Angers	90.00 km	12:26:39
20.	CHABIN Frederic	Essonne Athletic	90.00 km	12:26:43
21.	SPIESER Jean Paul	Athletic Vosges Entente Clubs	88.00 km	12:29:45
22.	MERCIER Jean Pierre	Pays de Colmar Athletisme	76.00 km	12:23:39
	MAUREL Eric	Athle 55	DNF	38.00 km in 04:17:34
	PETER Vincent	Sport Athletic Verdunois	DNF	38.00 km in 04:27:20
	TARDI Emmanuel	Essonne Athletic	DNF	36.00 km in 05:02:06
	MAUNY Claude	Neully sur Marne Athletisme	DNF	12.00 km in 02:19:45

50km Walk Women

1.	NICOLAS Myriam	BEL Bertrix	50.00 km	5:21:18
2.	JAKOB Dora	SUI Yverdon les Bains	50.00 km	5:25:12
3.	COUGOUREUX-AUGE Emilie	Stade Rodez Athletisme	50.00 km	5:41:24
4.	SEVELLEC Sylvie	EA Cessonnaise	50.00 km	5:45:26
5.	GEIMER Deborah	A. Sarreguemines Sarrebourg	50.00 km	5:50:03
6.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	50.00 km	5:59:43
7.	MALOCHET Dominique	ASC le Havre	50.00 km	6:03:42
8.	MOURGUES Martine	Le Lavandou Bormes Athletisme	50.00 km	6:08:42
9.	PANNIER Josiane	Havre AC	50.00 km	6:16:41
	BARTHELEMY Virginie	Dijon UC	DQ	

Thanks to Emmanuel for the following photos



Eddy Roze, Dora Jakob, David Regy, Frederic Chabin and Emmanuel Tardi



Left: Myriam Nicolas

Right: group shot of early leading group Jakob, Geimer, Cougoureux, Nicolas, Sevellec and Barthelemy

and for these 3 YouTube videos

Myriam Nicolas	http://www.youtube.com/watch?v=pg-ZPo9FA0M
Eddy Rozé	http://www.youtube.com/watch?v=_BLT3Y5e_GU
Frédéric Chabin	http://www.youtube.com/watch?v=3JmWEdWR7AQ

100 KM AND 50KM TRACK WALKS, VAXJO, SWEDEN, 27-28 OCTOBER

Last weekend saw a 100km track walk staged in Vaxjo, Sweden. The meet also included a 50,000m track walk for women. There were plenty of good walkers in the mix including Monica Svensson who holds the 50km best ever time of 4 hours 10 minutes.

I do know that Charles Arosanyin of Nigeria did walk and was in the medals by the look of the two photos he emailed to me. Charles has been in Australia on a couple of occasions, first in 2003 when he became Australian Centurion number 46 with a 100 mile walk time of 23:35:51 and then in 2006 as part of the Nigerian team competing in the Commonwealth Games in Melbourne.



Charles Arosanyin of Nigeria was in the medal mix in the 100km in Sweden last weekend.

2012 MTR HONG KONG RACE WALKING CARNIVAL, HONG KONG, SUNDAY 28 OCTOBER

More than 1,500 racewalking enthusiasts took a step towards better health in the MTR HONG KONG Race Walking 2012 last Sunday. Si Tianfeng, China's bronze medallist in the Men's 50 km Walk at the 2012 London Olympics, was the star attraction but he contented himself to participating in a walking demonstration and left the racing to the other competitors. This carnival normally draws plenty of up and coming racewalkers from the Asian arena and this year was no different with entrants from Australia, Chinese Taipei, Japan, Malaysia and Thailand. Co-organised by MTR Corporation and the Hong Kong Amateur Athletic Association, MTR HONG KONG Race Walking makes a direct contribution to community health education. This year, the event raised more than \$1.27 million for the Hospital Authority's Health InfoWorld to support its "Ideal BMI" Disease Prevention Project. Now that is impressive.

Two Australians were selected to compete - **Nick Dewar** of QLD and Tanya Holliday of SA. Unfortunately Tanya had to withdraw with injury and her spot was awarded to **Claire Tallent**. Hence Nick and Claire ended up as our representatives in the elite 10km roadwalk. Claire walked fantastically well, winning the women's event with 46:48 but unfortunately Nick was disqualified.

Bill Purves of Hong Kong reported post event as follows:

Our annual racewalking carnival attracted big fields from about 8 countries. The headliner was Claire Tallent (AUS), who duly won the women's 10K in 46:48 ahead of Wang San San (CHN) and Yuiko Araki (JPN). The other headliner was supposed to be the London bronze medallist Si Tian Feng. We have no Dairy Queens in Hong Kong, but he went off to look for one along with one of the Australians and Pavel Yushin (RUS). That left the men's race to Katsuya Ueda (45:19), Yuki Onoue and Hironri Tomatsu, three Japanese collegians. The weather was excellent, but 1000 or so very noisy spectators led many to go out rather faster than they intended.

Complete results can be seen at <http://www.hkaaa.com/page.php?pid=601&mid=147&type=gameevent>. And now to the first 10 places from each of the International 10km events.

10km Elite Women (first 10)

1.	CLAIRE TALLENT	AUS	46:48
2.	WANG SANSAN	CHN	49:12
3.	YURIKO ARAKI	JPN	49:36
4.	MAI NAKAHARA	JPN	50:25
5.	CHANG CHIA FENG	TPE	50:46
6.	MUTSUMI HASEGAWA	JPN	52:34
7.	CHIAKI YAMATO	JPN	53:40
8.	NORIKO KATO	JPN	55:45
9.	NORLIANA BINTI MOHD RUSNI	MAS	59:12
10.	NG SAU MAN	HKG	1:00:00

10km Elite Men (first 10)

1.	KATSUYA UEDA	JPN	45:19
2.	YUKI ONOUE	JPN	46:23
3.	HIRONARI TOMATSU	JPN	46:34
4.	MUHAMMAD KHAIRIL HARITH BIN HARUN	MAS	48:49
5.	TSE CHUN HUNG	HKG	49:22
6.	SI TIANFENG	CHN	52:11
7.	CHEUNG WAI TAK	HKG	53:36
8.	FAN MING YAN	HKG	55:17
9.	AUKRIT SREESONG	THA	55:30
10.	CHIN MAN KIT	HKG	55:31



Left: Claire Tallent of Australia (in middle) and Katsuya Ueda of Japan (on right) both triumphed in their respective categories (photo <http://www.facebook.com/mtrhk>)

Right: Nick Dewar in action (photo Clarence Tsui via Nick Dewar facebook page)

UKRAINIAN WALKING 50KM CHAMPIONSHIP, IVANO-FRANKIVSK, UKRAINE, 20-21 OCTOBER

The Ukrainian 50km Championships were held a week ago in Ivano-Frankivsk and the event saw some quality walking with all three medallists finishing under 4 hours. 39-year old Oleksiy Shelest won the race with a time of 3:53:47, Ihor Saharuk was second with 3:54:35 and third place went to U23 walker Ivan Banzeruk with 3:56:11 (lifetime bests for all three). Shelest's previous best time of 3:54:52 was set in Saransk earlier this year.

The women's 10km race saw Lyudmyla Olyanovska (fourth in the 2012 World Junior Champs this year) win with a new national junior record time of 45:45. The men's 10km was won by 19-year old Andriy Hrechkovskyy with a PB time of 41:50.

Alas, still looking for official results.

SOUTH AMERICAN YOUTH CHAMPIONSHIPS, MENDOZA, ARGENTINA, 26-28 OCTOBER

The XXI South American Youth Championships (ages 15 to 17 years) took place this week-end at Malvinas Argentinas Stadium in Mendoza, Argentina, with 10,000m walks for boys and 5000m walks for girls. Brazil dominated the meet, collecting a total of 42 medals (13 Gold, 10 Silver and Bronze 19) ahead of Colombia with 12 (5-6-2) and Argentina with 13 (5-4-4).

5,000m girls - Saturday 27 October

1.	Stefany Coronado	1996	Bolivia	25.16,33
2.	Wendy Romero	1995	Colombia	26.13,87
3.	Amanda de Oliveira Carvalho	1995	Brazil	26.28,83
4.	Rayane Caroline Lins de Oliveira	1996	Brazil	26.53,80
5.	Camila Ferreira	1997	Chile	29.46,07

10,000m Boys - Sunday 28 October

1.	Brayan Fuentes Rozo	1996	Colombia	47.05,21
2.	Hiago Pereira Garcia	1995	Brazil	47.41,73
3.	Pablo Rodriguez Pardo	1997	Bolivia	49.19,56
4.	Fulviano Soares de Campos	1995	Brazil	50.50,72
5.	Ditter King,	1995	Chile	55.19,60

28TH INDIAN NATIONAL JUNIOR CHAMPIONSHIPS, LUCKNOW, 27-29 OCTOBER

India is one of the emerging racewalk nations and their National Junior championships last weekend showed good numbers and depth, especially in their racewalking. I include below the first few places from each of the walk divisions. Full results can be seen at http://www.up.athleticsindia.com/Latest_Results.php.

10,000m Junior Men

1.	SATISH KUMAR PATEL,	UTTAR PRADESH	41:29.85
2.	NEERAJ,	HARYANA	41:54.56
3.	DAYA SHANKER PATEL,	MADHYA PRADESH	42:06.59
4.	BHUPENDRA KUMAR,	MADHYA PRADESH	42:11.57
5.	NARAYAN SAROJ,	UTTAR PRADESH	43:26.10
6.	KAPIL KUMAR,	MAHARASTRA	43:58.48
7.	SACHIN,	HARYANA	45:31.60
8.	VINOD.S.HUGAR,	KARNATAKA	47:31.40
9.	SARAVANA KUMAR,	TAMILNADU	47:46.08
10.	JESBIN JOSE,	MANIPUR	48:56.67

10,000m U20 Girls

1.	SHANTI KUMARI,	DELHI	53:37.02
2.	MEENU YADAV,	UTTAR PRADESH	54:02.55
3.	FEMI GEORGE,	KERALA	54:17.25
4.	SANDEEP KAUR-I,	PUNJAB	54:17.34
5.	PRIYA P A,	KERALA	59:55.61

10,000m U18 Boys

1.	KULDEEP,	HARYANA	44:06.28
2.	SHAILESH KUMAR,	MADHYA PRADESH	46:13.92
3.	GAURAV KUMAR,	UTTARAKHAND	46:36.76
4.	KRISHANA,	DELHI	48:09.74
5.	SATENDER KUMAR,	UTTAR PRADESH	48:29.22

5,000m U18 Girls

1.	PRIYANKA,	UTTAR PRADESH	27:00.16
2.	MARY MARGARET K,	KERALA	27:44.94
3.	PRATHIKSHA.S.R,	KARNATAKA	27:58.16
4.	SAROJ RANI,	PUNJAB	28:37.18
5.	MISS ANITA,	MANIPUR	29:49.33

5,000m U16 Boys

1.	NKIT KUMAR,	UTTAR PRADESH	22:17.15
2.	BHAGWAN.S.RAWAL,	UTTARAKHAND	22:19.70
3.	SANDEEP BIND,	UTTARAKHAND	22:49.25
4.	MOHD. AMIR KHAN .,	UTTAR PRADESH	23:07.10
5.	HARPREET SINGH,	PUNJAB	23:32.15

5,000m U16 Girls

1.	SUVARNA KAPASE,	MAHARASTRA	15:21.28
2.	RAMANDEEP KAUR-II,	PUNJAB	15:26.38

3.	PRIYANKA PATEL .,	UTTAR PRADESH	15:32.08
4.	NEENA K T,	KERALA	16:00.89
5.	ASWATHY V P,	KERALA	16:21.14

ITALIAN NATIONAL WALKING GRAND PRIX, PICENO, ITALY, SUNDAY 28 OCTOBER

Vito Di Bari (41:10) and Antonella Palmisano (46:14) won the 10 km races during final leg of Italian National Walking Grand Prix. There were a large number of races for walkers of all age groups. Full results can be seen at <http://www.fidal.it/risultati/2012/COD3667/Index.htm>. I will restrict my coverage to the two Open events.

Open Men 10km Road Walk

1.	DI BARI Vito	1990	PM	RM056 G.A. FIAMME GIALLE	41:10
2.	DE LUCA Marco	1981	SM	RM056 G.A. FIAMME GIALLE	42:04
3.	STANO Massimo	1992	PM	PD131 G.S. FIAMME ORO PADOVA	42:22
4.	MINEI Vito	1994	JM	TA451 A.S.D. ATLETICA DON MILANI	43:03
5.	D'ASCANIO Ruggero	1984	SM	MT023 POL. ROCCO SCOTELLARO MT	43:31
6.	MACCHIA Riccardo	1990	PM	PD131 G.S. FIAMME ORO PADOVA	43:54
7.	RENO' Giovanni	1991	PM	PR068 C.U.S. PARMA	44:36
8.	DESSI Lorenzo	1989	SM	RM056 G.A. FIAMME GIALLE	44:52
9.	DEI TOS Leonardo	1992	PM	VE471 ATL.BIOTEKNA MARCON	45:08
10.	DEFENDENTI Roberto	1968	SM	BG004 U.S. SCANZOROSCIATE	45:13

Open Women 10km Road Walk

1.	PALMISANO Antonella	1991	PF	RM056 G.A. FIAMME GIALLE	46:14
2.	DE SOCCIO Adelina	1986	SF	CB005 GRUPPO SPORTIVO VIRTUS	48:05
3.	GALLI Ilaria	1987	SF	FI002 ATLETICA FIRENZE MARATHON S.S.	51:49
4.	MORELLI Andrea	1993	JF	PR484 ASD INTERFLUMINA E' PIU' POMI'	53:47
5.	CASTELLANA Federica	1993	JF	BA089 ALTERATLETICA LOCOROTONDO	54:43
6.	ZABBENI Marta	1994	JF	BS198 LIB. ATL. VILLANUOVA '70	55:51
7.	CECCELE Elena	1994	JF	PD141 ATLETICA VIS ABANO	57:06
8.	COLONNA Chiara	1986	SF	BA089 ALTERATLETICA LOCOROTONDO	57:10
9.	LOTFI Fatima	1992	PF	BA015 A.S. OLIMPIA CLUB	57:17
10.	MOMBELLI Roberta	1968	MF40	BS179 ATLETICA LONATO-LEM ITALIA	59:20

JARED AND CLAIRE TALLENT TALK THE TALK

Jared and Claire Tallent emailed me this week to let everyone know about a fundraiser in which they are participating. It is a very worthy cause so I am very pleased to be able to pass the information onto our readers.

Hi Tim

Claire and I are participating in the upcoming City to Sea Fun Run in Melbourne on the 11th of November for the Lighthouse Foundation and we will be walking! We are hoping to raise as much money as possible for this amazing charity and I was hoping if possible you could give us a mention in the newsletter?

Some details on the charity below (<http://www.lighthousefoundation.org.au/>)

- Lighthouse founder, Susan Barton AM, started caring for vulnerable and traumatised young people in her own home over 30 years ago, and developed the evidence to support her approach. In 1991 with the support of the business community, Lighthouse Foundation was officially formed to support and expand this work.
- Our Vision ending youth homelessness together
- Our Mission to increase the availability of the Lighthouse Foundation's Model of Care to homeless young people throughout Australia
- Our Values Respect – Courage - Kindness

If anyone would like to donate all they need to do is go to links below:

http://www.everydayhero.com.au/jared_tallent
http://www.everydayhero.com.au/walking_tallent

Thanks, Jared and Claire

Jared tells me that he and Claire have been very busy lately with commitments all over the place. While Claire was in Hong Kong racing last weekend, Jared was in Sydney for the 7 Bridges Walk helping raise money for the Cancer Council. Next weekend he will be down at Torquay opening a new 44km walking trail along the Great Ocean Road. To quote : *We seriously haven't had a weekend at home since the Olympics!*

CALLING ALL JUDGES

Simon Evans is involved with the Box Hill Little Athletics Centre and judges there on Saturday mornings. He advises that the centre is desperately short of walk judges and hence this call. He writes:

Box Hill Little Athletic Centre is seeking walk judges for the summer season. Races are conducted fortnightly mostly on a Saturday morning. The race normally involves 15-20 children starting at 8am. As there is only one race you are finished by 8.20am. If interested please call Simon Evans on 0433 300166.

He has also been working with the Centre to formulate some guidelines for walking and they make for interesting reading. They recognise the fact that we are dealing with very young athletes here and the process is principally one of education.

Race Walk Guidelines - Box Hill Little Athletics Centre

The following procedures will be progressively adopted for Race Walking at Box Hill Little Athletics Centre:
Race walks will be largely conducted in accordance with LAVic Race Walking guidelines, with the following modifications:

For the younger and less experienced athletes, the emphasis is on developing a good race-walk technique. For older and more experienced athletes, the emphasis is on improving technique in order to compete at Open Days or Region/State Track & Field Championships.

The four scheduled events (U6-7 300m, U8 700m, U9-10 1100m and U11-15 1500m) will generally commence at the same time. Where there are a large number of athletes, separate events may be held for different distances, age groups or genders.

Different coloured bibs will be used to identify athletes competing in the shorter events (U6-U10). The LAVic patch needs to be clearly visible for U11-U15 athletes.

Where there are 2 or more walks judges, judges will be able to issue verbal warnings to race walkers and to report a race walker for breaching the 'Contact' and 'Knees' rules.

Judges will be able to bring to the side of a race an athlete requiring specific coaching, and remove an athlete from the track with no time recorded, particularly where blatant breaches of the race walking rules have occurred, eg, any athlete running in a walks race. Athletes who blatantly breach the rules can be a source of frustration for athletes who are trying to abide by the rules.

Athletes need to abide by the instructions of the coaches/judges.

Centre records can be obtained only if there are 3 or more accredited Race Walk Judges officiating in an event.

LEVEL 1 BEGINNING COACH COURSE

Tim Crosbie, the Club Development Manager at Athletics Victoria, has put out the following information regarding a Level One Coaching Course that AV scheduling next month. If you are ready to start your accreditation program or if you want to do a little coaching and want a starting point, this is the course for you. The flyer reads as follows

Level 1 Beginning Coach Course

Nov 21st & 28th 6:00pm – 9:30pm at Athletics House Lakeside Stadium – both sessions required.

The Beginning Coach course is accredited by the Australian Sports Commission's (ASC) National Coaching Accreditation Scheme (NCAS), and upon completion of the course participants become NCAS accredited athletics coaches, with a universally recognized qualification by all nationwide athletics bodies.

This course is the novice and entry level of Athletics Australia's Coach Accreditation Framework.

The 'Beginning Coach' course is designed to:

- Develop the general principles of coaching: communication, group management, safety, organisation & instruction.
- Provide practical coaching strategies to encourage the development of the sport's fundamental skills -running, jumping and throwing.

Participants will be guided through the following:

- The fundamental skills of running, jumping and throwing.
- Coaching essentials.
- How to create a safe and fun training environment.

Upon completion of the course, participants will be able to effectively communicate with groups, and organize simple activities in a safe and fun environment. They will also receive the following:

- Athletics Australia Coach Accreditation.
- Membership with Athletics Australia and Athletics Victoria.
- Insurance under the Athletics Australia umbrella policy for their coaching practice.
- Resource book and accompanying DVD.

Typically the 'Beginning Coach' will assist senior club, event and junior coaches with club, squad and school level athletes,

rather than be directly responsible for their own athletes. Participants are encouraged to take the Level 2 course as soon as possible after completion of Level 1 to expand their knowledge of specific events.

As part of this course all participants are required to complete an online module - Beginning Coaching General Principles - prior to commencing the Beginning Coach course. The Beginning Coaching General Principles course is accessible via this link <https://learning.ausport.gov.au/jportal/Courses/tabid/62/Default.aspx>.

Register for the course via this link <http://athsvic.org.au/events/detail/level-1-beginning-coach2>

Questions? Give Kylie Italiano a call on 8646 4500

AA SELECTION CRITERIA RELEASED FOR 2013 IAAF WORLD CHAMPIONSHIPS

The Athletics Australia Selection Policy for the **14th IAAF World Championships in Athletics** (Moscow, August 2013) was released on Wednesday 24th October 2012 and, as usual, it is compulsory reading for our top elite walkers. It is available for review at http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/2013_wch/selection_policy. Here is a brief summary

- AA has adopted the IAAF standards. This means that the walk qualifying standards in particular are much softer than in previous stagings. The A and B standards read as follows:

Men 20 Km	1:24:00 / 1:26:00
Women 20 Km	1:36:00 / 1:38:00
Men 50 Km	4:02:00 / 4:16:00

- Each country is entitled to enter up to 3 athletes in each event if they fulfil the required standards. There are 6 possible selection scenarios: AAA, AAB, AA, AB, A, B
- The 50km trial will be held in conjunction with the 2012 Australian Championship in Melbourne on 9 Dec 2012.
- The 20 km trials will be held in conjunction with the Australian 20 km Summer Championships in Hobart on 24 Feb 2013.
- Qualifying performances must be achieved during competitions organized or authorized by the IAAF, its Area Associations or its National Member Federations. Doing your qualifier in a 'local' club event is no good. The authorized 2012 comps are listed in http://www.iaaf.org/mm/Document/06/77/62/67762_PDF_English.pdf. 2013 comps will be added in due course.
- The qualifying period for the walks extends from 1 Jan 2012 to 12 May 2013.

What follows is a list of all Australian qualifying performances done in the period since 1 January 2012. Note in particular that certain performances are marked with an *. This is because they have been done in events which are not on the IAAF Grid of authorized competitions. Hence these performances cannot be counted as things stand.

20km Walk Men - 1:24:00 / 1:26:00

Jared Tallent	1:20:02	London	04/08/2012
<i>Tallent</i>	1:20:34	Taicang, China	30/03/2012
Adam Rutter	1:21:23	Taicang, China	30/03/2012
<i>Tallent</i>	1:21:50	Chihuahua, Mexico	03/03/2012
Chris Erickson	1:22:20	Saransk, Russia	12/05/2012
Luke Adams	1:22:50	Taicang, China	30/03/2012
<i>Rutter</i>	1:22:54	Saransk, Russia	12/05/2012
<i>Tallent</i>	1:23:01	Hobart	25/02/2012
<i>Erickson</i>	1:23:09	Taicang, China	30/03/2012
Dane Bird-Smith	1:23:15	Taicang, China	30/03/2012
<i>Adams</i>	1:23:28	Saransk, Russia	12/05/2012
<i>Bird-Smith</i> *	1:23:28	Adelaide	26/08/2012
<i>Erickson</i>	1:24:12	Hobart	25/02/2012
<i>Erickson</i>	1:24:19	London	04/08/2012
<i>Rhydian Cowley</i> *	1:24:34	Adelaide	26/08/2012
<i>Bird-Smith</i>	1:24:41	Saransk, Russia	12/05/2012
Brendon Reading	1:25:07	Taicang, China	30/03/2012

50km - 4:02:00 / 4:16:00

Jared Tallent	3:36:53	London	11/08/2012
Nathan Deakes	3:48:45	London	11/08/2012
Luke Adams	3:53:41	London	11/08/2012





20km Women - 1:36:00 / 1:38:00

Claire Tallent	1:28:53	Taicang, China	30/03/2012
Regan Lamble	1:30:03	London	11/08/2012
<i>Tallent</i> *	1:31:12	Adelaide	26/08/2012
<i>Tanya Holliday</i> *	1:31:28	Adelaide	19/05/2012
Beki Lee	1:32:14	London	11/08/2012
<i>Tallent</i>	1:32:30	Sesto, Italy	17/06/2012
<i>Tallent</i>	1:32:58	Hobart	25/02/2012

Tanya Holliday	1:33:15	Taicang, China	30/03/2012
Tallent	1:33:21	Chihuahua, Mexico	03/03/2012
Lamble	1:34:34	Saransk, Russia	13/05/2012
Lee	1:36:45	Melbourne	24/02/2012
Lamble	1:36:52	Hobart	25/02/2012

RACEWALK STAMPS

Here is my next instalment of stamps featuring the sport of racewalking.

	<p>1960 - Liberia : Rome Olympic Games - walking</p> <p>Liberia produced a very impressive set of 4 stamps to commemorate the 1960 Olympics in Rome. The full set featured weight lifting, rowing, walking and javelin and showed how they have all evolved from the traditional every-day activities. The racewalking stamp illustrated its evolution from from the simplest of human activities - walking.</p>
	<p>1965 - Japan</p> <p>This 1965 Japanese stamp was brought out to celebrate the tenth National Athletics Meet. And is shows a racewalker!</p>
	<p>1978 - France : Sport For All</p> <p>This French stamp, issued in 1978 with the theme 'Sport for All' features a racewalker amongst the collage of sportsmen. Other sports include cycling, swimming, boxing, cross country skiing and sprinting.</p>
	<p>1980 - Central African Republic</p> <p>This 1980 Olympic stamp, released by the Central African Republic, features the sport of racewalking. This is somewhat surprising as I am not aware of any racewalkers of note from this country. The middle walker does look like Daniel Bautista, the great Mexican walker, who was the gold medal favourite before Mexico boycotted the Games. This stamp was re-released in 1981 but was overprinted with the eventual winner's name 50KM MARCHE HARDWIG GAUDER - G.D.R.</p>



1980 - Republic of Niger

This stamp, produced by the Republic of Niger (Africa) in the leadup to the 1980 Olympic Games, features the top two Mexican walkers Daniel Bautista and Raul Gonzales who were amongst the medal favourites for Moscow. With Mexico following an American lead and boycotting the Games, the 20km walk was eventually won by Mario Da Milano of Italy. The stamp was re-released after the Games with his name stamped over the top of the stamp.

WHAT'S COMING UP

Next Saturday sees the Athletics Victoria Shield Competition continue with all 6 regions running Program 2 of competition (this includes 2000m walks). The venues are as follows:

AV Shield Round 4 - East Zone	Rieschick's Reserve, Doncaster
AV Shield Round 4 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 4 - South East Zone	Casey Fields, Cranbourne East
AV Shield Round 4 - North West Zone	Lakeside Stadium, Albert Park
AV Shield Round 4 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 4 - Ballarat Zone	Llanberris Reserve, Ballarat

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

The **2012 Victorian All Schools Track & Field Championships** will be held on 9-11 November at Lakeside Stadium. Entries closed yesterday (Monday 29 October) but late entries close today (Tuesday 30 October) so you need to contact AV asap.

The draft timetable reads as follows	Sat 10 Nov	2:30PM	U14 3000m Walk
		2:55PM	U15/U16 3000m Walk
		3:15PM	U17/U18 5000m Walk

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Sun Nov 18, 2012	VWRC Summer Roadwalk Championships and AGM, Middle Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawkner Park, Melbourne
Jan 16-20, 2013	Australian Youth Olympic Festival, Sydney
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 European Athletics Permit Meets

March 17, 2013	Mario Alibisetti Memorial Meet, Lugano, Switzerland
March 23, 2013	Dudinska 50km, Dudince, Slovakia
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
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

2015 **28th Summer Universiade, Gwanju, Korea**
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>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16^h IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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