



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 9
27 November 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to 16 year old Victorian walker **Nathan Brill** who stormed through to a 43 sec PB time of 43:42 in our VRWC Summer Championships the previous weekend, officially bettering the 2013 IAAF World Youth qualifying standard of 44:13 and breaking Jared Tallent's VRWC U17 record of 43:53 as an added bonus.

This week, I have reviewed the available performances and one stands out - that of Victorian runner/walker **Barry Loveday** who won the walk division in the Victorian 6 Hour Track Championship in Moe on Sunday. His distance of **57.1km** was the third best ever by an Australian and was an excellent performance for such a new walker. If you want to read a bit more about Barry, who is also one of our best ever ultra distance runners, check out <http://www.centurions.org.au/centprofiles/62%20Barry%20Loveday.pdf>. The sky is the limit for this talented ultra athlete, whether it is in walking mode or running mode.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 21 NOVEMBER

Thanks to Colin Hainsworth for this week's walk results from the South Australian Masters Colin commented: *Cooler evening with head wind on finishing straight for each lap. The first two walkers in the 3km race were 13 year old sisters from SARWC.*

3km Yacht Handicap

1.	Anna Cross	15:09		
2.	Beth Cross	16:09		
3.	Paul Boyce	25:15	M76	63.03%
4.	Edna Bates	25:28	W59	55.84%
5.	Margaret Trengove	21:35	W68	57.23%
6.	Colin Trengove	23:41	M74	54.34%

5km Yacht Handicap

1.	Colin Hainsworth	38:03	M82	78.06%
2.	Geoff Byham	31:22	M66	76.18%
3.	Graham Harrison	32:42	M69	75.67%
4.	Jack Russell	30:49	M60	72.8%
5.	Elaine MacFarlane	42:33	W70	66.23%
6.	Bill Starr	36:55	M70	67.85%

ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, ADELAIDE, THURSDAY 22 NOV

First a note regarding the Athletics SA Premiership Cup competition reported in last week's newsletter. Peter Crump was my comment and felt obliged to stand up for the ladies. Peter explains:

I saw the comment in this week's Heel & Toe about the four men who finished and the four women who did not and I felt a need to jump to defend the honour of the women. As it happens, each of them were looking for a good hit out over the 3,000 distance, the juniors as they prepare for All Schools and Megan just because she preferred 3,000. Unfortunately, with a 5,000 if you only do 3,000 it's a DNF. Each of their times was pretty smart, either close to or bettering their times for the official 3,000 over the previous week. Even so, it looks good for the history books.

I knew there had to be extenuating circumstances so thanks to Peter for clarifying. And now onto this week's results which Kim Mottrom has forwarded to me. Kim commented: *We had a Thursday night race last night. Was approx 26C when we raced so again a bit warmer than we've been used to but it's nice to now be getting into summer. A lot of finishers, not a lot of PB's in the 3000m but the kids tell me they did a few PB's in the 1500m.*

Open 3000m Walk

1.	Kim Mottrom	M	12:43.12
2.	Justin Hill	M	13:49.95

3.	Kristie Goznik	W	15:00.47
4.	Alix Harlington	M	15:58.56
5.	Peter Crump	M	16:19.10
6.	Amber Tuscharski	W	17:15.54
7.	Troy Hooker	M	17:24.73
8.	Linda Whitelaw	W	25:11.12

U18 3000m Walk

1.	Danielle Walsh	16:26.40
2.	Julia Potezny	17:36.32
3.	Sarah Damin	18:04.13
4.	Rhiana Hooker	18:33.41

U16 1500m

1.	Felicity Henderson	8:20.28
2.	Jayden Goode	8:29.48
3.	Michael Nicolaides	9:34.75

U14 1500m

1.	Rhiannon Lovegrove	8:00.55
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ACT WALKERS CLUB TRACK MEET, AIS TRACK, BRUCE, THURSDAY 22 NOVEMBER

Thanks to Robin Whyte for the latest results from the A.C.T. Walkers Club in Canberra. Brendon Reading was the pick of the walkers with a track 10,000m time of 45:48

10000m Walk

1.	Brendon Reading	45:48
2.	Colin Heywood	53:12
3.	Robin Whyte	1:04:06
4.	Geoff Barker	1:08:35
5.	Bryan Thomas	1:09:15
6.	Derek Robinson	1:09:38
7.	Val Chesterton	1:25:17
	Harry Bates	DNF
	Ashleigh Resch	DNF

5000m Walk

1.	Thomas Hopkins	26:51
2.	Zoe Hunt	27:38
3.	Gabby Hunt	28:14
4.	Emily Hopkins	31:13

1200m Walk

1.	Jordan Bardsley	06:40
2.	John Donovan	08:30
3.	Ruth Baussmann	08:33
4.	Tom Hunt	09:20
5.	Margaret McSpadden	09:26
6.	Terri Jones	10:14

STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 23 NOVEMBER

Kate Holt was the best of the walkers in Perth with her 5000m time of 27:21.1.

Mixed 5000 Metres Race Walk

1.	Holt, Kate	W	Melville	27:21.1
2.	Gerken, Caitlin	W	Athletics WA	31:31.5
3.	Gerken, Christopher	M	Athletics WA	35:17.9
4.	Hughes, Holly	W	Athletics WA	DNF

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 24 NOVEMBER

Saturday saw temperatures around Victoria in the mid to high thirties so it was a torrid afternoon at the weekly Athletics Victoria Shield competition. I hear that numbers were down overall but we still saw just on 100 walkers in action across the 6 regions.

AV Shield Round 6 - East Zone, Proclamation Park, Ringwood

Jason Kozica 14:26.4 and Michelle Laufer 15:08.9 were the best over 3000m at Ringwood while Emmet Brasier 6:35.8 and Jasmine

Irshad 6:59.7 were the best over 1500m. These are pretty good times considering the day.

Mixed 3000m Walk

1.	Kozica, Jason	M	ST KEVINS AC	14:26.4
2.	Laufer, Michelle	W	COLLINGWOOD	15:08.9
3.	Taylor, Lucas	M	YARRA RANGES	15:38.6
4.	Keirl, Bernie	M	DIAMOND VALLEY AC	16:55.0
5.	Geisler, Sandra	W	RINGWOOD AC	17:21.4
6.	Antidormi, Ryan	M	ATHLETICS NU	17:39.3
7.	Gardiner, Robert	M	COLLINGWOOD	18:22.5
8.	Hammett, Gary	M	DIAMOND VALLEY AC	18:41.7
9.	Olden, Graeme	M	BOX HILL AC	18:43.3
10.	Laurie, Natalie	W	ATHLETICS NU	18:55.2
11.	Walshe, Kerryn	W	DIAMOND VALLEY AC	19:01.2
12.	Benke, Geza	M	OLD MELBURNIANS AC	19:22.3
13.	Clarke, Patrick	M	DIAMOND VALLEY AC	19:22.5
14.	Johnson, Celia	W	VICTORIAN MA	20:41.1
15.	Garside, Emilie	W	CROYDON AC	21:44.6
16.	Page, Kirsty	W	COLLINGWOOD	25:45.2

Mixed 1500m Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	6:35.8
2.	Irshad, Jasmine	W	SOUTH COAST	6:59.7
3.	Garganis, Adam	M	COLLINGWOOD	7:00.8
4.	Owen, Cooper	M	DIAMOND VALLEY AC	7:45.2
5.	Clarke, Eliza	W	DIAMOND VALLEY AC	7:47.5
6.	Langford, Taylor	W	DIAMOND VALLEY AC	7:58.4
7.	Collis, Lauren	W	DIAMOND VALLEY AC	8:07.4
8.	Blake, Dobay	M	ATHLETICS NU	9:58.3
9.	Proud, Sam	M	OLD XAVERIANS AC	DQ
10.	Taouk, Anthony	M	OLD XAVERIANS AC	DQ

AV Shield Round 6 - South East Zone, Lakeside Stadium, Albert Park

The South East zone was at Lakeside Stadium so it was understandably the largest walks venue with 32 walkers overall. Kyle Bird 14:48.5 and Tracy Feiner 16:09.7 took honours in the 3000m while Jemima Montag 6:49.5 and Reese Walmsley 7:36.5 were the best over the 1500m. Actually I think that Jemima's time equals her best so that is very impressive.

Mixed 3000m Walk

1.	Bird, Kyle	M	MORNINGTON P	14:48.3
2.	Feiner, Tracy	W	KNOX AC	16:09.7
3.	Attard, Tamara	W	KNOX AC	16:55.7
4.	Bennett, Ralph	M	VICTORIAN MA	17:17.9
5.	Osmand, Kym	M	OAKLEIGH AC	17:23.8
6.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	17:34.7
7.	McInnes, Simone	W	GLENHUNTLY AC	17:39.4
8.	O'Neill, Terry	M	CASEY CARDIN	18:20.2
9.	Attard, Bianca	W	KNOX AC	19:20.9
10.	Van Dongen, Rupert	M	CASEY CARDIN	19:33.7
11.	Hutton, Philip	M	GLENHUNTLY AC	19:49.5
12.	Steed, Gwen	W	VICTORIAN MA	20:20.3
13.	O'Neill, Karyn	W	CASEY CARDIN	20:29.2
14.	Barrow, Geoff	M	MENTONE AC	20:42.8
15.	Attard, Michaela	W	KNOX AC	21:55.3
16.	Buller, Peter	M	GLENHUNTLY AC	22:07.2
17.	Caulfield, Sharyn	W	ATHLETICS WAVERLEY	22:39.9
18.	Molnar, Jo	W	ATHLETICS WAVERLEY	24:20.4
19.	Morrison, John	M	SANDRINGHAM AC	25:17.4
	Jenkins, Llewellyn	M	GLENHUNTLY AC	DQ
	Ross, Andrew	M	GLENHUNTLY AC	DQ

Mixed 1500m Walk

1.	Montag, Jemima	W	MACCABI AC	6:49.5	Equal PB
2.	Walmsley, Reese	M	KNOX AC	7:36.5	
3.	Hamilton, Emily	W	KNOX AC	7:37.0	
4.	Guy, Rachael	W	CASEY CARDIN	7:42.6	
5.	Sanders, Jade	W	CASEY CARDIN	7:46.3	
6.	De Lisen, Paige	W	KNOX AC	7:58.1	
7.	Vasiljevic, Taylor	W	CASEY CARDIN	8:25.4	
8.	George, Hayley	W	KNOX AC	8:38.2	
9.	Hodges, Mikhala	W	KNOX AC	8:46.1	
10.	Walmsley, Hayden	M	KNOX AC	8:52.7	

11. Lillie, Jessica W KNOX AC 9:09.7

AV Shield Round 6 - North West Zone, Meadowglen Athletics Track, Epping

I missed the walk at Meadowglen as I was out looking for a lost dog (all ended well) so I can only report from the results this week. Aaron McDonough 14:44.5 was only just 3 secs outside his PB in taking line honours in the 3000m while Kirstin Shaw also walked well to win the women's division with 15:41.3. Julia Irons 8:47.4 and Gabriella Crea 8:48.9 had a great battle in the 1500m with Julia coming from behind to win in the final lap. Gabby's time was an equal PB.

Mixed 3000m Walk

1.	McDonough, Aaron	M	PRESTON AC	14:44.5
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:08.0
3.	Shaw, Kirstin	W	WESTERN ATHL	15:41.3
4.	Knox, Duncan	M	ATHLETICS ESSENDON	17:28.5
5.	Hawksworth, Danny	M	ATHLETICS ESSENDON	18:13.0
6.	Elms, Donna	W	ATHLETICS ESSENDON	18:27.0
7.	Shaw, Robyn	W	WESTERN ATHL	18:31.1
8.	Dunstone, Phillip	M	WESTERN ATHL	22:24.0
9.	Abfalter, Maria	W	KEILOR ST BE	23:40.0
10.	Hodgart, Janice	W	WESTERN ATHL	26:33.0
11.	Rickard, Ian	M	BRUNSWICK AC	27:37.2

Mixed 1500m Walk

1.	Irons, Julia	W	KEILOR ST BE	8:47.4	
2.	Crea, Gabriella	W	ATHLETICS ESSENDON	8:48.9	Equal PB
3.	Wellington, Shea	M	KEILOR ST BE	10:03.8	
4.	Matthews, Rhiannon	W	KEILOR ST BE	10:13.7	
5.	Irons, Elaine	W	KEILOR ST BE	10:49.7	
6.	Rudston-Brown, Caitlin	W	WHITTLESEA CITY AC	10:57.7	
7.	Dreier, Elly-May	W	WHITTLESEA CITY AC	11:03.0	
8.	Sykes, Dominic	M	KEILOR ST BE	11:06.7	
9.	Weitsz, Robert	M	WESTERN ATHL	12:12.4	
10.	Tonelli, Jamie	W	KEILOR ST BE	12:41.2	
11.	Tonelli, Ashley	W	KEILOR ST BE	14:19.1	
	Campbell, Rebecca	W	ATHLETICS ESSENDON	DNF	

AV Shield Round 6 - Geelong Zone , John Landy Athletic Field, Geelong

Geelong saw James Christmass 15:41.85 and Megan Walker 8:46.41 win their respective events.

Mixed 3000m Walk

1.	Christmass, James	M	CORIO AC	15:41.85
2.	Mirarchi, Nicholas	M	CORIO AC	18:15.17

Mixed 1500m Walk

1.	Walker, Megan	W	CORIO AC	8:46.41
2.	Wight, Briely	W	UNATTACHED	10:14.10
3.	Wiltshire, Oliver	M	ATHLETICS CH	10:15.06
4.	Hockley Samon, Tom	M	ATHLETICS CH	11:18.60
5.	Mirarchi, Thomas	M	CORIO AC	12:11.97
6.	Schlicht, Kate	W	ATHLETICS CH	10:12.25

AV Shield Round 6 - Ballarat Zone, Llanberris Reserve, Ballarat

Kelly Ruddick was in a class of her own in Ballarat, her time of 13:41.71 the fastest time of the day out of all the venues.

Mixed 3000m Walk

1.	Ruddick, Kelly	M	BALLARAT HAR	13:41.71
2.	Topakas, Corey	M	ATHLETICS ESSENDON	18:10.65
3.	Ruddick, Kevin	M	BALLARAT HAR	19:37.68

AV Shield Round 6 - Bendigo Zone, La Trobe University Track, Bendigo

And finally to Bendigo where Lisa Minchin 24:03.04 and Zahra Hayes 8:30.96 took line honours.

Mixed 3000m Walk

1.	LISA MINCHIN	W40+	SBE	24:03.04
	AMANDA HEARD	WU18	EAG	DNF?

Mixed 1500m Walk

1.	ZAHRA HAYES	WU14	SBE	8:30.96
2.	MADISON HILL		SBE	8:46.88
3.	IAN WELLARD	M40+	BYM	11:01.72

QLD MASTERS ATHLETICS, SAF, NATHAN, SATURDAY 24 NOVEMBER

Peter Bennett was the standout walker in the Queensland Masters competition last weekend with 25:05.08 for the 5000m track walk.

1500m Walk

1.	Donna Beikoff	W45	32:03.31	66.72%
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5000m Walk

1.	Peter Bennett	M57	25:05.08	86.90%
2.	John Harris	M63	32:13.08	71.79%
3.	Noela McKinven	W70	39:17.18	71.73%

VICTORIAN 6 HOUR TRACK CHAMPIONSHIPS, MOE, SUNDAY 25 NOVEMBER

I was at the Joe Carmody Athletics Track in Moe on Sunday crewing at the Victorian 6 Hour Track Championships. The annual event, which has been going since 1996, includes both run and walk divisions and, as usual, included a small entry field of walkers. The 8AM start did not help much as it was a very hot day with the sun out early and all competitors had a hard time of it. I am pleased to report that the four walkers all walked well and kept at it for the full 6 hours. First to the basic results:

6 Hour Track Walk

1.	Barry Loveday	VIC	57.090 km
2.	Brian Glover	VIC	46.308 km
3.	Steve Jordan	VIC	44.226 km
4.	John Timms	VIC	34.697 km

The star of the show was definitely Barry Loveday whose distance of 57.090 km was fantastic considering it is only his third walking race. He fronted in Caboolture in August for the Australian 48 Hour Track Championship, walking the whole way and coming third overall against the field of runners, his distance of 283km a new Australian best. Then he fronted at Middle Park for a 20km walk in September, recording 2:03:55. Now in his third race, he has walked a fantastic 57.1km - and his technique was flawless the whole way. His hourly splits tell the story of his walk:

9.95km, 19.75km, 29.2km, 38.6km, 47.9km, 57.1km (9.95km, 9.8km, 9.45km, 9.4km, 9.3km, 9.2km)



Barry Loveday on his way to victory at Moe. Note the different directions - competitors reverse direction after 3 hours

In fact, Barry's 6 Hour distance was the third best ever done in Australia. Now I know that if any of our top 50km walkers like Jared, Nathan, Chris, Luke, Ian, etc, ever decided to try themselves out over this standard, they would potentially rewrite the books but they haven't tried it in recent years and it remains relatively unexplored! We used to do these sorts of events in our racing heyday but the modern elite walkers have much busier schedules with annual international races that demand their attention.

The 6 Hour ranking list now looks like this. My ranking performance was done during a 50 Mile walk, as was Clarrie's.

Tim Erickson	24	VIC	60.009 km	Clifton Hill, Victoria	18/10/1975
Clarrie Jack	34	VIC	approx 60km	Clifton Hill, Victoria	03/11/1979
Barry Loveday	35	VIC	57.100 km	Moe, Victoria	26/11/2012

Peter Bennett	38	QLD	56.640 km	Clifton Hill, Victoria	08/10/1994
Andrew Ludwig	40	QLD	56.855 km	Gosford, NSW	07/01/2007
Michelle Thompson (W)	42	VIC	54.636 km	Coburg, Victoria	11/03/2012

Unfortunately, Clarrie was never given the lapsheets from his walk and they are not found in the VRWC archives so we can't be sure of his actual 6 Hour distance. The race report for that 1979 event reads as follows

The annual 24 Hour walk was put on by VAWC and saw 5 serious starters and 2 eventual finishers in Ian Jack and Terry O'Neill but this race was wonderful for a number of reasons. Clarrie and Ian Jack, identical twins from local Melbourne club Glenhuntly Harriers, provided a memorable occasion for all those present. Clarrie was keen to take the 50 mile record off his training partner Tim Erickson and powered through the first 50 km in 5:01:48 to be well on target. He continued on unabated to finish the 50 mile distance in 07:57:57 for a new Australian Record.....

So while I was slightly ahead of Clarrie at the 5 Hour mark on paper, he sped up from there and may well have passed the 6 Hour mark with a greater distance than my 60.009km. It just shows the importance of keeping all this historical information - you never know when, in future years, it may be needed.



The great Clarrie and Ian Jack in their heyday in the seventies. Clarrie (left) still holds the Australian 50 Mile track record with 7:57:57 while Ian (right) holds the Australian 100 Mile track record with 17:59:30. Both records were set in the same event in 1979.

INTERCITY CUP, BREISACH, GERMANY, SATURDAY 17 NOVEMBER

Thanks to Fabio Ruzzier for the following results, from the Inter City Cup, held a week ago in Breisach in Germany. It drew competitors from Germany, Spain, Italy, Slovakia and Slovenia.

10 km Racewalk

1.	Carl Dohmann	1990	TV Bühlertal	GER	45:20
2.	Sten Reichel	1975	Team 4go Sachsen	GER	45:34
3.	Adria Galin Pons	1993	Team Catalunya Walking	ESP	46:52
4.	Andrea Naso	1960	MCCL Renzo Toscanelli	ITA	48:55
5.	Fabio Ruzzier	1953	Marathon Trieste	ITA	50:47
6.	Vladimir Versec	1963	AK Koper	SLO	50:57
7.	Andrea Gandolfi	1982	U.S. Scanzorosciate	ITA	51:46
8.	Bengt Bengtson	1961	TV Bühlertal	GER	52:34
9.	Klaus Dietsche	1962	TV Bühlertal	GER	52:52
10.	Andreas Höntsch	1976	Team 4go Sachsen	GER	54:29
11.	Anna Galin Pons	1995	Team Catalunya Walking	ESP	54:40
12.	Zelimir Haubrih	1963	Dinamo Zrinjevac	HK	54:44
13.	Matthias Kieb	1979	Team 4go Sachsen	GER	55:06
14.	Denis Franke	1964	TV Bühlertal	GER	55:07
15.	Franco Venturi	1957	U.S. Scanzorosciate	ITA	55:26
16.	Linda Betto	1977	MCCL Renzo Toscanelli	ITA	59:48
17.	Raffaella Manfre	1974	MCCL Renzo Toscanelli	ITA	60:18
18.	Fortunati Pierangelo	1950	U.S. Scanzorosciate	ITA	63:19
19.	Claudio Penolazzi	1955	MCCL Renzo Toscanelli	ITA	63:45

20.	Josep Orriols Verges	1950	Team Catalunya Walking	ESP	64:38
21.	Christel Schustakowitz	1944	Team Catalunya Walking	ESP	74:01



Left: Fabio Ruzzier and Vladimir Versec
Right: Anna Galin Pons, Fabio Ruzzier, Vladimir Versec and Andrea Naso

TROFÉU “ESPADA TOLEDANA”, TOLEDO, SPAIN, SATURDAY 24 NOVEMBER

I picked this result up from the omarchador blog (see <http://omarchador.blogspot.pt/2012/11/alvaro-martin-e-lorena-luaces-triunfam.html>).

The 25th edition of the Troféu “Espada Toledana” saw more than 150 walkers in action in Toledo last Saturday. Junior Álvaro Martín followed up on his Olympic 20km walk with a good win in the men's 5km roadwalk, his time of 20:20 seeing him 3 secs clear of Luis Manuel Corchete. The women's event was won by Lorena Luaces with 23:22 ahead of last year's winner Ainhoa Pinedo

5km Open Men

1.	Álvaro Martín Uriol	1994	CA Playas de Castellon	20.20
2.	Luis Manuel Corchete Martinez	1984	Atletismo Torreveja	20.23
3.	Jose Ignacio Diaz Velazquez	1979	UBU-Caja Burgos	20.28
4.	Marc Turc Pico	1994	Soc. Gim. Pontevedra	20.32
5.	Juan Porras Hidalgo	1972	Unicaja Atletismo	20.38
6.	Diego Garcia Carrera	1996	AD Marathon	20.50
7.	Ivan Pajuelo Paredes	1993	AD Marathon	21.18
8.	Francisco Arcilla Aller	1984	Universidad de Oviedo	21.31
9.	Leonardo Toro Lopez	1967	Atletismo Badajoz	21.48
10.	Juan Antonio Raya Sanchez	1993	Unicaja Atletismo	21.50

5km Open Women

1.	Lorena Luaces Barril	1984	Independiente	23.22
2.	Ainhoa Pinedo Gonzalez	1983	AD Marathon	23.32
3.	Laura Garcia-Caro Lorenzo	1995	Bidezabal Atletismo	23.46
4.	Sara Alonso Castelo	1991	Cueva de Nerja - UMA	24.08
5.	Maria Dolores Marcos Valero	1979	Millenium de Torreveja	24.46
6.	Myriam Fernandez Andris	1981	Simply-Scorpio 71	24.57
7.	Maria Perez Garcia	1996	Nerja Atletismo	25.38
8.	Carla Santa Elena Garcia	1996	Caja Segovia	25.55
9.	Macarena Martin Uriol	1992	CA Playas de Castellon	26.16
10.	Alexandra Tardno Ortega	1996	CA Almendralejo	26.23

Full results at <http://www.clubatletismotoledo.net/espadamarcha12res.pdf>

BITS AND PIECES

Irish racewalking judge Pierce O'Callaghan gets a judging guernsey for Moscow
<http://www.athleticsireland.ie/content/?p=28927>

New Zealand junior walker Jonathan Lord does well in the Otago Championships
<http://www.odt.co.nz/sport/athletics/236486/athletics-race-walker-aims-outdo-big-brother>

LYN VENTRIS - IAAF FEMALE MASTERS ATHLETE OF THE YEAR

Lyn and John Ventris were in Barcelona last Saturday evening for the IAAF Athletes of the Year Awards Ceremony. For Lyn, it was a win in the Female Masters Athlete of the Year for the second year in a row, a just reward for her 11 World Masters Bests set in 2012 and her two titles at the 2012 WMA Indoor Championships. Lyn was mixing it with the World's elite including Usain Bolt and Alysson Felix as this picture shows. You can read about all the awards at <http://www.iaaf.org/news/news/bolt-and-felix-are-2012-world-athletes-of-the>.



Lyn (far left) with the other IAAF awards winners (www.iaaf.org)

CALLING ALL OFFICIALS

Calling all officials - I saw this call for help sent out last week so thought it worthwhile to include in the newsletter.

ACT Athletics is hosting the Australian Masters National Championships over the Easter period, Friday 29 March - Monday 1 April 2013. They would like your assistance in conducting this competition. Officials will be provided with:

- meals and refreshments
- polo shirts and sun hat
- small daily allowance

Application forms to officiate can be found on the Officials and Volunteers page on the website:
<https://sites.google.com/site/ama2013canberra/https://sites.google.com/site/ama2013canberra/>

You can either complete the form online or download and send it to Neil Boden 14 Brinkley Circuit, Palmerston, ACT 2913.
For further information on this event you can contact Neil either via email (nboden@iprimus.com.au) or phone (0407 014 023)

WORTH A LAUGH

Some years ago, I ran a series of racewalking related cartoons in the newsletters, a number of which were produced by VRWC walker Russ Dickenson. Russ found yet another one last week in his collection and forwarded it to me so I reproduce it to finish the thread.



"Excuse me Sir, how many miles is that?"

A REMINDER TO ENTER THE AUSTRALIAN 50KM CARNIVAL

A reminder that **entries close at midnight on the 28th November 2012 for the Australian 50km Road Walking Championship Meet** at Fawcner Park, Melbourne, on Sunday 9 December. That's tomorrow so if you haven't entered yet, you need to get onto it right away via this link: http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=906&OrgID=887.

The timetable reads as follows

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: 2 hours Men , 2 hours 15 mins Women
9:00am	10km Walk: U20 Men and Women	Cut-off: 56 mins Men , 60 mins Women
10:00am	5km Walk: U18 Men and Women	Cut-off: 28 mins Men, 30 mins Women

Entries so far read as follows:

Adams, Luke	AIS/NSW	Montag, Jemima	VIC
Alexander, Beth	VIC	Mottrom, Kim	S.A.
Bates, Harry	A.C.T.	Osborne, Jesse	QLD
Brill, Nathan	VIC	Rayson, Ian	A.C.T.
Coleman, Daniel	TAS	Reading, Brendon	A.C.T.
Erickson, Chris	VIC	Ruddick, Kelly	VIC
Evans, Simon	VIC	Shaw, Kirstin	VIC
George, Stephanie	VIC	Simpson, Bradley	VIC
Hill, Justin	S.A.	Smyth, David	VIC
Holliday, Tanya	AIS/S.A.	Steele, Blake	AIS/S.A.
Lamble, Regan	AIS/VIC	Stigwood, Stephanie	TAS
Laufer, Michelle	VIC	Tallent, Claire	AIS/S.A.
Lee, Beki	AIS/NSW	Tallent, Rachel	AIS/VIC

2015 IAAF WORLD YOUTH CHAMPIONSHIPS AWARDED TO CALI, COLOMBIA

The IAAF has just announced that Cali in Colombia will be the city that hosts the 2015 World Youth Championships. Cali is situated 1000m above sea level and has a population of 2.5 million. The average maximum temperature in July is around 30C. The city, which was the venue for the 2005 South American Championships and 2007 CAC Championships, is known in Colombia as the capital of fiestas, street partying, dancing, and salsa, as Cali's Salsa Clubs are among the most famous in the entire continent. Cali was the sole bidder and competition dates have yet to be confirmed but it is expected to be in July 2015.

IAAF 2013 RACE WALKING CHALLENGE TAKES SHAPE

The IAAF has released the dates of the A and B category events in next year's Race Walking Challenge. The C category events, which I assume will also include our Australian Summer 20km championships in Hobart, are still to be released.

Sat 23 Feb 2013	IAAF Permit Meeting, Chihuahua MEX
Fri 1 Mar 2013	IAAF Permit Meeting, Taicang CHN
Wed 1 May 2013	IAAF Permit Meeting, S.S. Giovanni ITA
Sun 1 June 2013	IAAF Permit Meeting, La Coruña ESP
10-18 Aug 2013	IAAF World Championships, Moscow RUS
Sept 2013	Challenge Final, tbc CHN

WHAT'S COMING UP

Athletics Victoria Shield competition resumes next Saturday with our walkers contesting 2000m track walks in all 6 regions:

AV Shield Round 7 - East Zone	Hagenauer's Reserve, Box Hill
AV Shield Round 7 - South East Zone	Knox Park Reserve, Knox
AV Shield Round 7 - North West Zone	Newport Athletics Facility, Williamstown
AV Shield Round 7 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 7 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 7 - Ballarat Zone	Llanberris Reserve, Ballarat

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

Next weekend also sees the **Australian Schools T&F Championships** in **Hobart**, extending from Friday 30 Nov to Sunday 2 Dec. The timetable on the AA website reads as follows for the walks

Saturday 1 Dec	3:50PM	3000m U14 Walks Men and Women
	5:05PM	5000m U18 Walks Men and Women
Sunday 2 Dec	11:05AM	3000m U16 Walks Men and Women

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 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sat Dec 8, 2012	Australian Racewalk Judge Seminar and Updates, Melbourne
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 IAAF Race Walking Challenge (C category events still to be announced)

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2013 European Athletics Permit Meets

March 17, 2013 Mario Albisetti Memorial Meet, Lugano, Switzerland
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

3-4 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**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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 **16th IAAF World Championships in Athletics, London, UK**
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>)