



HEEL AND TOE ONLINE

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

Last week's winner was 24 year old South Australian **Tanya Holliday** who recorded a 19 sec PB time of **12:27.73** in winning the South Australian Interclub competition in Adelaide the previous Saturday evening. Her time was also a new South Australian Open Record and moves her up to fourth on my Australian Women's All Time Ranking list. 186 votes were cast in total and we saw a great battle between Tanya and Brad Simpson.

This week sees another great selection of results and I have picked out 6 of the best for voting. I think this is the biggest list I have had so far but big is good! It confirms the number of walkers currently excelling on the local front.

- On Friday evening in Adelaide, 24 year old **Tanya Holliday** was in great form in the SA Premiership Cup, winning the women's section in 21:37.30. While outside her PB of 21:21, it puts her at the top of 1012/2013 ranking list and sets a high standard for the other open women to chase.
- In the same race, 28 year old **Kim Mottrom** won the men's division with a 17 sec PB time of 21:11.06. Kim has improved so much over the last 12 months and his latest time pushes him further up our elite men's ranks.
- On Friday evening in the NSW Country Championships, 14 year old **Tyler Jones** came a close second to Jay Felton, his time of 13:04.47 a 15 sec PB. Then on Sunday he was back in action, winning the 1500m in a very fast 6:12.77. Tyler has been nominated in my Walker of the Week lots of times in the last 12 months and here he is once again.
- On Friday evening in Victorian Country Championships in Geelong, 14 year old **Jemima Montag** won the U20 5000m in a 2 sec PB time of 23:57.60. I think this is the leading U20 women's time for the summer and she is only 14! It will also break her current Victorian U15 and U16 5000m records.
- 39 year old **Kelly Ruddick** won the Open 5000m walk at the same meet, her time of 22:11.30 a 7 sec PB and a new Victorian W35 Masters record. And Kelly was in hospital only two nights before with a kidney infection and had been advised by the doctor not to compete on the weekend! That makes her walk even more impressive.
- **22 year old Tasmanian** Stephanie Stigwood won the Tasmanian 10,000m track championship in a new State Record time of 48.35.5- this was also a 1m 35s PB and pushes her into the small group of sub-49 women in the country at the moment. Again, another big improver over the last 12 months.

As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 23 JANUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. *On a cooler evening we were pleased to welcome Peter Crump, new to our Club but a well known member of SARWC.*

3000m Handicap Walk

1.	W61	Helen Suridge	21:03	69.04%
2.	W64	Jan Layng	23:22	64.40%
3.	M76	Paul Boyce	24:28	65.05%

5000m Handicap Walk

1.	W64	Gill White	38:12	67.91%
2.	W58	Linda Whitelaw	38:50	62.23%
3.	M52	Peter Crump	27:14	76.59%
4.	M69	Graham Harrison	33:37	73.61%

5.	M62	Phil Coles	38:11	59.95%
6.	M83	Colin Hainsworth	38:56	77.55%
7.	M67	George White	27:57	86.47%
8.	M66	Geoff Byham	32:33	73.41%
9.	M74	Rodger Barber	38:12	69.03%
10.	M60	Jack Russell	31:22	71.52%
11.	M79	David Robertson	41:15	68.67%
12.	W52	Gloria Holliday	30:22	74.86%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 23 JANUARY

Thanks to Paul Rance for this first report for 2013 from the Bendigo Walkers Club.

The Bendigo Walkers Club commenced their 2013 competition Year with a 2.4km sealed handicap event in Rosalind Park on Wednesday evening. Club President Paul Rance was 1st and fastest with 2012 Walker of the Year winner Zahra Hayes taking 2nd place while a 3 way tie for 3rd place eventuated with Norm West, Carissa Brook and Barb Bryant all finishing in equal 3rd place.

2.4km Handicap

1	Paul Rance	11.49
2	Zahra Hayes	13.23
E3	Carissa Brook	15.07
E3	Norm West	19.17
E3	Barb Bryant	14.27
6	John Carter	16.09
E7	Madison Hill	15.16
E7	Annette Curtis	17.06
9	Geoff Major	18.08
10	Ebony Whiley	13.43
11	Peter Curtis	14.08
12	Annette Major	15.53
13	Colin Cleary	21.19
14	Sheridan Commons	21.42
15	Caitlyn Tozer	23.46

SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, ADELAIDE, FRIDAY 25 JANUARY

Thanks to Kim Mottrom for his weekly report from Adelaide.

We had a 5000m and 2000m walks tonight. Some fast times and improving numbers with some of our juniors getting back into it after a break. From what I understand this was Anna's first 5km race and it was a good effort because I know she hasn't trained as hard as she has in the past over the break. Myself and Justin Hill both took a significant amount of time off our PB's.

Yes, great walks by **Tanya Holliday** 21:37.30, **Kim Mottrom** 22:11.06 and **Justin Hill** 23:19.82 and by young **Anna Cross**.

Open Women 5000m

1.	Tanya Holliday	21:37.30
2.	Jemma Potezny	27:18.70
3.	Anna Cross	27:42.30
	Megan Szirom	DNF

Open Women 2000m

1.	Rhiannon Lovegrove	10:55.14
2.	Beth Cross	11:23.42
3.	Linda Whitelaw	15:32.52

Open Men 5000m

1.	Kim Mottrom	21:11.06	PB 0:17
2.	Justin Hill	23:19.82	PB 0:28

Open Men 2000m

1.	Joe Cross	12:05.30
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ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, FRIDAY 25 JANUARY

Thanks to Robin Whyte for the latest results from Canberra

1500m Walk

1.	Thomas Hopkins	07:03
2.	Ashleigh Resch	07:05
3.	Callum Burns	07:26
4.	Gabby Hunt	07:39
5.	Spencer Burns	07:40
6.	Zoe Hunt	07:44
7.	Ally Durr	07:44
8.	Karina Hopkins	08:07
9.	Emily Hopkins	08:24
10.	Robin Whyte	09:00
11.	Jordan Bardsley	09:19
12.	Dylan Eddowes	09:28
13.	Rod Gilchrist	09:33
14.	Geoff Barker	09:37
15.	Mick Saunders	09:38
16.	Bryan Thomas	10:02
17.	Ruth Baussmann	10:27
18.	Doug Fitzgerald	10:45
19.	Peter Thompson	11:09
20.	Jennifer Gilchrist	11:43

700m Walk

1.	Laura Burns	04:05
2.	Colby Eddowes	04:05
3.	Tom Hunt	04:08
4.	Lorna England	06:25
5.	Sharon Parker	06:56
6.	John Parker	06:56

NSW COUNTRY T&F CHAMPIONSHIPS, HUNTER SPORTS CENTRE, GLENDALE, 25-27 JANUARY

The 3000m racewalks at the NSW Country T&F Championships were held on Friday evening and the 1500m walks were held on Sunday. Great 3000m walks by **Jay Felton** 13:04.15, **Tyler Jones** 13:04.47, **Lauren Bourke** 14:13.57 and **Carl Gibbons** 14:17.56. Brad Jones reported as follows

Hi Tim,

Some results from the weekend which you probably already have; but talk about a contrast in conditions, from Friday night's 3000m to Sunday's 1500m. Friday was an absolute stinker with temperatures well into the 30's and a hot, strong wind as well. The officials at Glendale even had a water sprayer set up on the track for the athletes to pass through !!!! Jay and Tyler had an absolute thriller from start to finish, with Jay holding out Tyler by 0.3 of a second. Both boys pushed each other for new PB's. On Sunday for the 1500 metre, WET, WET, WET. Thankfully it was not cold and it was actually quite humid, but the rain did not let up for the whole day. Tyler topped the times for the 1500m, but could not push himself for sub 6:00 minute due to rain and also a huge blister on his heel from Fridays battle with Jay. All in all a pretty good turnout for a Country Champs.

Women 3000m Walk Open

1.	Bourke, Lauren	90	Mingara	14:13.57	PB 0:05
2.	Owen, Madeline	01	Forster	19:10.93	

Women 3000m Walk 17yrs

1.	Sadler, Maddison	96	Woolgoolga	18:29.30	
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Women 3000m Walk 16 yrs

1.	Hill, Jayde	97	Nambucca	15:35.72	
2.	Kalemusic, Danielle	99	Nowra	18:08.58	
3.	McKay, Sybella	03	Gosford	18:36.55	
4.	Goodhew, Chelsea	99	Westlakes	18:37.82	
5.	Robson, Natalia	98	Coffs Harbour	19:49.73	

1. Women 3000m Walk 30-39 yrs

2.	Sundstrom, Jodie	79	Illawarra Blue S	24:48.60	
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Women 3000m Walk 40-49 yrs

1.	Porley, Fiona	68	Blue Mountains	18:33.22	
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Men 3000m Walk Open

1.	Felton, Jay	95	Mingara	13:04.15	PB 0:14
2.	Jones, Tyler	98	Wyang	13:04.47	PB 0:15
3.	Owen, Damien	98	Forster	17:06.89	
4.	Thorn, Christopher	92	Wol(Athletic	17:50.93	

Men 3000m Walk 17 yrs

1.	Gibbons, Carl	96	Westlakes	14:17.56	PB 0:44
2.	Richardson, Dylan	00	Mingara	17:19.63	
3.	Thorn, Luke	96	Coffs Harbour	21:15.02	

Men 3000m Walk 16 yrs

1.	Richardson, Dylan	00	Mingara	19:10.93	
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Men 3000m Walk 40-49 yrs

1.	Baker, Peter	64	Australian Capit	17:35.75	
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Women 1500m Walk 15 yrs

1.	Dhu, Abbey	13	Blue Mountains	8:08.79	
2.	Calemusic, Danielle	14	Nowra	8:19.34	
3.	Goodhew, Chelsea	14	Westlakes	8:27.65	
4.	Robson, Natalia	15	Coffs Harbour	8:41.18	
5.	Rigney, Paige	11	Wyong	9:13.68	
6.	Dhu, Rachel	14	Blue Mountains	9:31.22	
7.	Porley, Candice	15	Blue Mountains	9:31.25	
8.	Martin, Fiona	12	Coffs Harbour	9:55.32	
9.	Rodda, April	14	Nowra	10:23.43	
10.	Rodda, Sonja	14	Nowra	16:19.26	
	McKay, Sybella	10	Gosford	DQ	
	Pitcher, Allanah	10	Aberdeen	DQ	

Men 1500m Walk 15 yrs

1.	Jones, Tyler	15	Wyong	6:12.77	
2.	Martin, Tim	15	Coffs Harbour	7:29.07	
3.	Richardson, Dylan	13	Mingara	7:30.40	
4.	Chippendale, Oliver	11	Gosford	8:28.38	
5.	McGinniskin, Cory	14	Edg(Edgewort	9:37.12	
6.	Kirby, William	15	Woodberry & Dist	10:08.43	
7.	Bianco, Kaeden	11	Illawarra Blue S	11:03.03	

VICTORIAN COUNTRY T&F CHAMPS, GEELONG, 26-28 JANUARY

The Victorian Country Championships were held at the John Landy Track in Geelong last weekend with the walks scheduled on Saturday (5000m walks in the morning and the other walks in the afternoon). There were some great times but special mentions to 5000m walkers **Kelly Ruddick** (22:11.30), **Duane Cousins** (23:02.70) and **Jemima Montag** (23:57.60) and 3000m walkers **Ross Darlow** (14:51.29) and **Paul Rance** (14:57.21). Note that metropolitan club walkers could compete and these are shown in the results with an X next to their club designation. Jemima's time broke her Victorian U15 and U16 records while Kelly's time was a new W35 Victorian (and Australian?) record.

Men 5000m Walk Open

1.	Cousins, Duane	73	EAGLEHAWK YM	23:02.70	
2.	Blood, Andrew	74	BALLARAT YCW	25:27.30	
3.	Mirarchi, Nicholas	91	CORIO AC	26:07.10	
4.	Christmass, James	67	CORIO AC	27:48.30	
5.	Smyth, David	69	COLLINGWOOD X	28:55.20	
6.	McNicol-Davidson,	98	SOUTH COAST	32:52.90	

Men 5000m Walk 40 Plus

1.	Christmass, James	67	CORIO AC	27:48.30	
2.	O'Neill, Terrence	56	GIPPSLAND AT	29:24.10	
3.	Carter, John	50	SOUTH BENDIG	38:05.90	

Women 5000m Walk Under 20

1.	Montag, Jemima	98	MACCABI AC X	23:57.60	PB 0:04
2.	Sanders, Jade	97	CASEY CARDIN X	28:44.20	
3.	Whiley, Ebony	95	EAGLEHAWK YM	28:54.90	
	Heard, Amanda	95	EAGLEHAWK YM	DNF	

Women 5000m Walk Open

1.	Ruddick, Kelly	71	BALLARAT HAR	22:11.30	PB 0:07
2.	Brennan, Sarah	76	BALLARAT YCW	27:48.70	
3.	Whiley, Ebony	95	EAGLEHAWK YM	28:54.90	
4.	O'Neill, Karyn	55	GIPPSLAND AT	34:02.80	

Women 5000m Walk 40 Plus

1.	Minchin, Lisa	64	SOUTH BENDIG	38:05.00
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Men 1500m Walk Under 14

1.	Hockley-Samon, Har	00	ATHLETICS CH	9:08.53
2.	Mirarchi, Thomas	00	CORIO AC	10:47.38

Women 1500m Walk Under 14

1.	Davison, Mackayla	00	CORIO AC	7:33.52	PB 0:22
2.	George, Hayley	00	SOUTH COAST	7:43.65	PB 0:02
3.	Peart, Jemma	01	BALLARAT YCW	7:49.34	PB 0:02
4.	Hayes, Zahra	01	SOUTH BENDIG	7:54.49	PB 0:16
5.	Peart, Alanna	03	BALLARAT YCW	8:16.66	PB 0:22
6.	Hill, Madison	00	SOUTH BENDIG	8:44.43	

Women 1500m Walk 60 Plus

1.	Carr, Heather	49	EAGLEHAWK YM	7:46.08
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Men 1500m Walk 60 Plus

1.	Dickenson, Russell	45	SOUTH COAST	8:18.00
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Men 3000m Walk Under 16

1.	Darlow, Ross	98	EUREKA AC	14:51.29	PB 0:31
2.	McNicol-Davidson, C	98	SOUTH COAST	17:50.56	PB 0:03
3.	Davis, Rodney	99	WENDOUREE AC	19:28.34	
	O'Brien, James	98	WELLINGTON A	DQ	

Men 3000m Walk Under 18

1.	Jones, Jeremiah	97	EAGLEHAWK YM	17:46.05
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Men 3000m Walk 50 Plus

1.	Rance, Paul	58	SOUTH BENDIG	14:57.21
2.	O'Neill, Terry	56	GIPPSLAND AT	17:40.27

Women 3000m Walk Under 16

1.	Vasiljevic, Taylor	99	CASEY CARDIN X	17:10.77
2.	Crea, Gabriella	99	ATHLETICS ES X	19:21.19

Women 3000m Walk 50 Plus

1.	Major, Annette	62	EAGLEHAWK YM	17:29.78
2.	O'Neill, Karyn	55	GIPPSLAND AT	19:40.85
3.	Curtis, Annette	56	SOUTH BENDIG	21:33.17

TASMANIAN 10000M WALK CHAMPIONSHIPS, DOMAIN ATHLETIC CENTRE, HOBART, SAT 26 JAN

Well done to **Stephanie Stigwood** for a new Tasmanian 10,000m walk record of 48:35.7 in Hobart last Saturday. Louis Rose also did a big PB in winning the men's 10,000m with 53:39.7.

10000m Walk Men

1.	Louis Rose	OVA	53.39.7	PB 1:50
	Daniel Coleman	OVA	DNF	

10000m Walk Women

1.	Stephanie Stigwood	OVA	48.35.5	PB 1:35, State Record
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Invitation 3000m Walk Under 16 Women

1.	Tahlia Hunt	OVA	15.15.6
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RWCWA ROADWALKS, WILSON, SUNDAY 28 JANUARY

Thanks to Rick Cattermole for the latest results from the Race Walking Club of Western Australia in Perth.

5km open

1.	Breanna Brown	30.09
2.	Caitlin Gerken	31.42

2km open

1.	Summer Brown	11.24
2.	Jasmin Burgess	11.41

3. Michelle Butler 32.53

1.5m open

1. Bailey Burgess 11.49

3km open

1. Simeon Leatherland 15.27
2. Chris Gerken 20.00
3. Melissa Hall 20.24

ATHS WELLINGTON CAPITAL CLASSIC, NEWTOWN PARK STADIUM, WELLINGTON, FRI 25 JAN

David Lonsdale's report on the Racewalking New Zealand website (<http://www.racewalkingnewzealand.org>) catches the excitement from the Athletics Wellington Capital Classic last Friday evening in Wellington.

The walkers had the honour of conducting the first race on the new Spurtan track at Newtown Park Wellington in the Athletics New Zealand Grand Prix Meeting. In perfect conditions of about 21^oC, no wind and clear skies, **Matthew Holcroft** led from the gun to set a meeting record, lapping everyone but second and third places with his good time of 12:38.03. For the first two laps Stuart Hood made a big effort to maintain contact with Matt. Graeme Jones, Lesley Cantwell and Jared Free were also together. After the first kilometre Stuart slowed and Graeme steadily caught and then passed him at about two km. Lesley also pulled away from Jared in the second km. Stuart went on to post a big PB and Lesley set a new Southland Centre Woman's record. The new track is obviously fast and even Daphne Jones, the ever consistent supporter of our races, walked about 40 seconds faster than recent form predicted. There was a good panel of judges headed by Peter Wrigley.

3000m Track Walk women

1. Lesley Cantwell 14:48.86
2. Terri Grimmett 18:06.37
3. Jacqueline Wilson 19:46.74
4. Daphne Jones 21:19.70

3000m Track Walk Men

1. Matthew Holcroft 12:38.03
2. Graeme Jones 14:14.97
3. Stuart Hood 14:32.97
4. Jared Free 15:11.66
5. Bob Gardener 19:09.24
6. Geoff Iremonger 19:51.69

I also noticed this brief notice as going to press concerning another race in Auckland but I haven't been able to find the results yet

Awesome efforts today at the RWA 5km at Victoria park in the middle of Akd City ... Jared Free cleaned up in the Jnr 3km ... Mike Parker won the Men's 5km and the surprise was Esther Alonso Gonzalez in her first walk in NZ winning the Women's 5km...All 3 will win or place at the ANZ champs.

WOODIE'S DIY / AAI INDOOR GAMES, ATHLONE IT ARENA, SUNDAY 27 JANUARY 2013

The Woodie's DIY Athletics Ireland Open Indoor Games took place on Sunday 27th January in the new Athlone IT Indoor Arena. The new state of the art venue attracted a record number of entries with over 360 athletes set to compete. In the men's 3000m walk, Olympic 50km fourth placed walker and multiple Irish record holder Robert Heffernan (Togher AC) went in as the outstanding favourite after his early season 5000m win at the Munster Indoor Championships earlier this month (19:13.82) and things went as planned. His winning time of 11:13.92 was less than 4 secs outside his National Record of 11:10.02 and it saw him 10 secs clear of young English walker Alex Wright who recorded an excellent 11:23.99.

3000m Walk Men

1. Robert Heffernan Togher A.C. 11.13.92
2. Alex Wright England 11.23.99
3. Luke Hickey Leevale A.C. 12.34.16
4. James Traynor Shercock A.C. 12.57.64
5. David Kidd St. L. O'Toole A.C. 13.42.45
6. Eric Hynes Swinford A.C. 16.41.47
7. Dylan Mimna Ballinamore A.C. 17.18.27

3000m Walk Women

1. Edel Glennon Mullingar Harriers A.C. 16.04.52
2. Veronica Burke Ballinasloe & District 16.24.03
3. Sinead O'Connor Celbridge A.C. 16.39.49
4. Aishling Henegan Westport A.C. 16.51.53
5. Sarah Bourke St. Coca's A.C. 17.05.81
6. Michelle Beirne Mohill A.C. 17.09.29

PORTUGESE INDOOR CLUB CHAMPIONSHIPS, BRAGA AND POMPAL, 26-27 JANUARY

The Portugese Indoor Club Championships were held last weekend with two indoor venues in action over Saturday and Sunday - in the cities of Braga and Pompal. The top 10 walk results for both men and women are shown. Vera Santos and Sérgio Vieira took overall honours.

3000m Women

1.	Vera Santos	1981	Sporting CP	13.21 63	Pombal 26 Jan
2.	Sandra Silva	1975	Gira Sol-RC	14.14 03	Pombal 27 Jan
3.	Liliana Martins	1990	GC Amizade Donas	14.27 95	Pombal 27 Jan
4.	Sandra Leitão	1975	ADRE Palhaça	15.12 17	Pombal 27 Jan
5.	Vitória Oliveira	1992	SL Benfica	15.17 27	Pombal 27 Jan
6.	Marisa Pereira	1980	J Vidigalense	15.17 91	Pombal 27 Jan
7.	Marisa Paulino	1996	CA Marinha Grande	15.20 89	Pombal 27 Jan
8.	Ana Raquel Marques	1983	ACR Senhora Desterro	15.23 74	Pombal 27 Jan
9.	Elisabete Pinho	1995	C Spiridon Gaia	15.48 64	Braga 26 Jan
10.	Sara Ribeiro	1994	CB Charneca Caparica	17.12 48	Pombal 26 Jan

5000m Men

1.	Sérgio Vieira	1976	SL Benfica	19.58 44	Pombal 27 Jan
2.	João Vieira	1976	Sporting CP	20.11 66	Pombal 26 Jan
3.	Pedro Martins	1968	CA Seia	21.28 70	Pombal 27 Jan
4.	Cristiano António	1988	AC Vermoil	21.33 26	Pombal 27 Jan
5.	Nuno Valente	1988	CCS João Madeira	21.46 21	Braga 26 Jan
6.	Luís Lopes	1990	Gira Sol-RC	22.57 93	Pombal 27 Jan
7.	José Silva	1985	NA Cucujães	23.27 71	Braga 26 Jan
8.	Augusto Cardoso	1970	ACR Senhora Desterro	23.34 04	Pombal 27 Jan
9.	Eduardo Cardoso	1992	CCD Ribeirão	24.38 97	Braga 26 Jan
10.	Cláudio Cotrim	1996	CP Alcanena	25.46 50	Pombal 26 Jan

OTHER OVERSEAS NEWS

- Spanish walker Francisco Fernandez has announced his retirement from racewalking. See <http://omarchador.blogspot.pt/2013/01/fernandez-anunciou-retirada.html>
- The oMarchador blog reports the death of Colombian Masters walker Dario Ramirez (M75). He won numerous world titles and several South American and still holds South American several records

5000m	M50, 23.20.84, M60, 26.48
10,000m	M55 49.34.0, M60 49.11, M65 58.10
10 km	M70 59.10
20 km	M65 1:56:58

See <http://omarchador.blogspot.pt/2013/01/falecimento-de-dario-ramirez-atleta.html>

- The World Masters Athletics Assn (WMA) has publised its 2012 ranking lists and there are lots of Australian walkers in the mix. I haven't had time to do any extracts but point your browsers to <http://www.mastersathletics.net> and check them out.

2013 AUSTRALIAN RACEWALKING SERIES ANNOUNCED

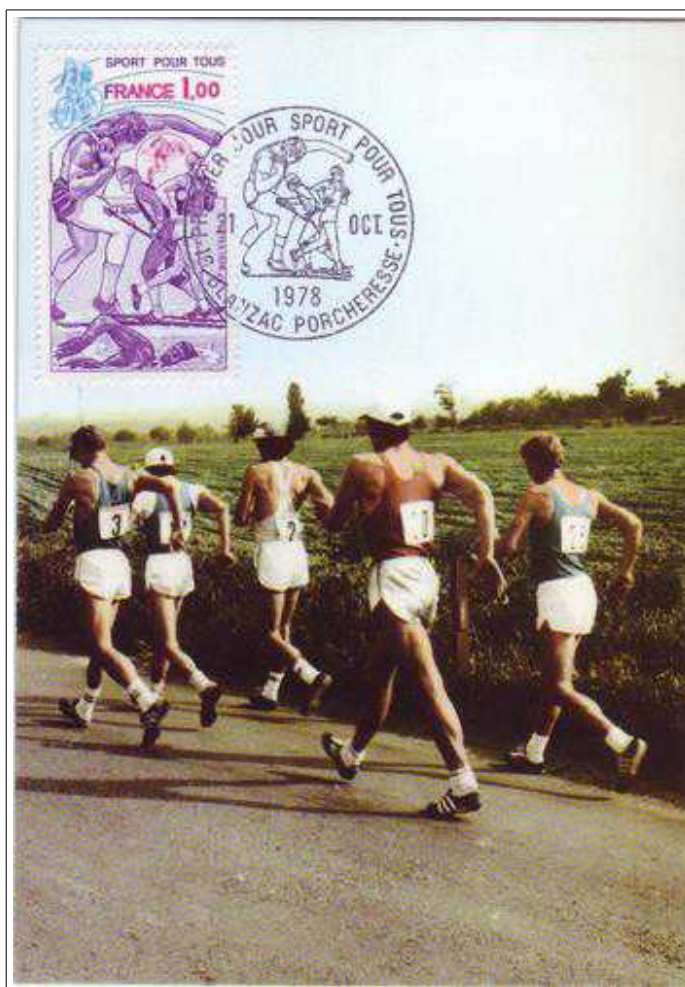
Late last week, Athletics Australia and Racewalking Australia jointly announced the **2013 Australian Racewalking Series**. See http://www.athletics.com.au/home/competition/events/australian_racewalking_series and <http://www.rwa.org.au/aevents-1.shtml>. Like the pilot series the two organizations jointly ran in 2011/2012, this will use performances in a series of existing events to allocate points in the U18, U20, U23 and Open divisions. To read further about the Series, read the announcement at <http://www.athletics.com.au/freestyler/files/2013%20Australian%20Racewalking%20Series.pdf>

The first point scoring carnival will be the Australian 20km championship meet in Hobart later this month and the final one will be the Australian 50km Championship meet in Melbourne in December. We hope that many of our walkers will take the opportunity to participate. The list of events reads as follows

Date	Event	Men	Women
24 Feb 2013	Aust. Roadwalk Champs	U18/U20 10km Open/U23 20km	U18/U20 10km Open/U23 20km
9 Mar 2013	Sydney Track Classic	Open/U23 5000m	Open/U23 5000m
12-17 Mar 2013	Aust. Junior T&F Champs	U18 5000m U20 10000m	U18 5000m U20 10000m
11-14 Apr 2013	Aust. Open T&F Champs	Open/U23 5000m	Open/U23 5000m
9 June 2013	RWA LBG Carnival	U18 5km U20 10km Open/U23 10 Miles Open 20 Miles	U18 5km U20 5km Open/U23 10 Miles
July 2013	RWA Postal Challenge	U18 8km U20 10km Open/U23 10km	U18 8km U20 10km Open/U23 10km
Aug 2013	Aust. Roadwalk Champs	U18 10km U20 10km Open/U23 20km	U18 5km U20 10km Open/U23 20km
Dec 2013	Aust. 50km Meet	U18 5km U20 10km Open/U23 20km, 50km	U18 5km U20 10km Open/U23 20km

EVEN MORE RACEWALKING STAMPS

Our stamp related theme continues this week with further items of interest, again from Alex Wijzman of Holland. This week I continue to concentrate on First Day Covers and Postal Cards. You can check out all the accumulated philatelic information that we have gathered at <http://www.vrwc.org.au/vrwcstamps.shtml> and <http://www.vrwc.org.au/vrwcpostmarks.shtml>.



1978 France

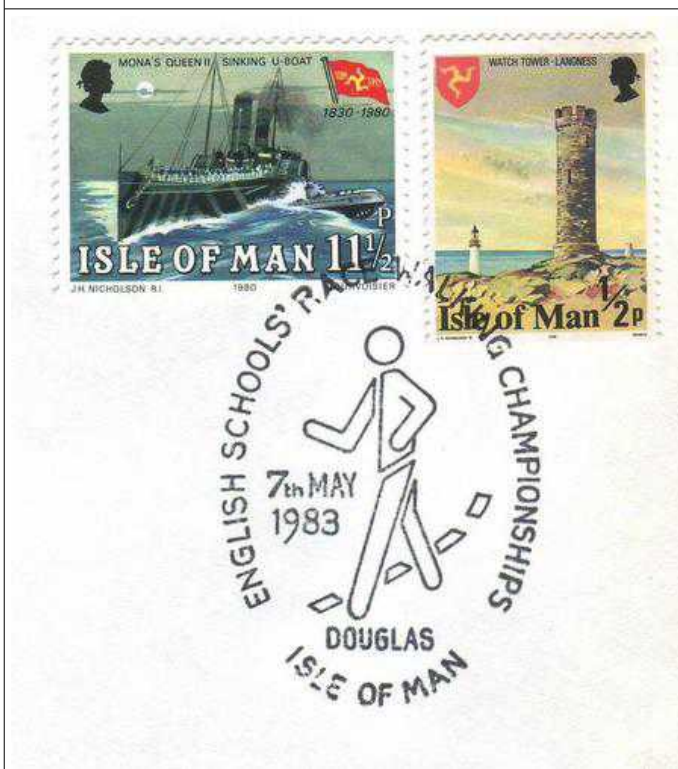
We've seen this French stamp before - it was issued in 1978 with the theme 'Sport for All' and featured a racewalker amongst a collage of sportsmen. Other sports featured in the stamp collage included cycling, swimming, boxing, cross country skiing and sprinting.

This First Day Card features a photograph of a walking race as well as a first day postal stamp which shows the walker in action once again.



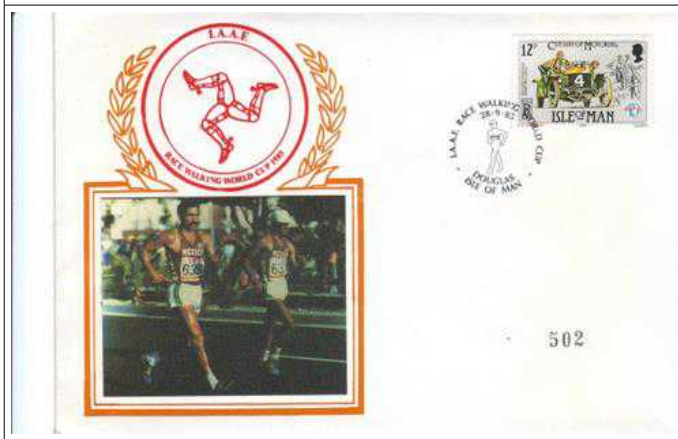
1980 - USSR

This Postal Card, issued by the USSR for the 1980 Olympic Games in Moscow, features the sport of racewalking.



1983 - Isle of Man

We have already seen that the Isle of Man issued Commonwealth Games racewalking stamps in 1978 and 1986. But it also released a racewalk related postal mark in 1983 to commemorate the English Schools Racewalking Championships that were being held in Douglas in May of that year.



1985 - Isle of Man

The Isle of Man was back in the racewalking headlines again two years later when it hosted the IAAF Race Walking World Cup at St John's. This First Day Cover features Mexican walkers Raul Gonzales and Ernesto Canto and the postal mark, dated 29.9.83, showed a racewalker.

QUEENSLANDERS TRAINING HARD

Thanks to Daniel Coleman for this report and photos

Hi Tim.

I have just returned from a training camp at Rainbow Beach in Queensland. There were twelve walkers and a couple of distance runners who made the 2 week trip. Rainbow Beach is a small tourist town just three hours north of Brisbane and provided a perfect place for training with quiet roads, miles of coastline, bush trails and steep sand dunes.

Walkers on the camp were

QLD: Dane Bird-Smith, Nick Dewar, Brandon Dewar, Jessica Pickles, Clara Smith, Emma Henderson and Noela McKinven

TAS: Daniel Coleman, Stephanie Stigwood and Louis Rose

NSW: Bryony Beasley

VIC: Rhydian Cowley



Louis Rose and Nick Dewar in action



The walkers attack a sand dune



The beach run



The group

VRWC CLUB RECORD UPDATE

Yes, three new VRWC club records to report this week – the first one by Gwen Steed for her W70 3000m record (which was a new Australian Masters record) late last year and the others by Jemima and Kelly from last Saturday.

Gwen Steed	W3000m Track Walk W70	19:09.2	AV Shield Competition, Knox	06/12/2012
Jemima Montag	5000m Walk U15 and U16	23:57.60	Vic Country Chammps, Geelong	25/01/2013
Kelly Ruddick	5000m Track Walk W35	22:11.30	Vic Country Chammps, Geelong	25/01/2013

REMEMBERING ANDREW LUDWIG

On 27th January 2009, 42 year old Queensland racewalker Andrew Ludwig was tragically killed in a car accident. As we now pass the fourth anniversary of his untimely death, we remember a great mate and a wonderful supporter of our chosen sport in Australia. To read more about Andrew, check out <http://www.centurions.org.au/andrewludwig.shtml>.



WHAT'S COMING UP

- This **Saturday 2nd February** sees **Athletics Victoria Shield Competition** back in action with the 12th and final round before the Finals. The usual 6 venues will be in action as follows with 3000m/1500m walks. See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

AV Shield Round 12 - East Zone	Lakeside Stadium, Albert Park
AV Shield Round 12 - South East Zone	Casey Fields, Cranbourne East
AV Shield Round 12 - North West Zone	Moonee Valley Athletics Track, Aberfeldie
AV Shield Round 12 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 12 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 12 - Ballarat Zone	Llanberris Reserve, Ballarat

- This **Sunday 3rd February** sees our final **VRWC summer season races** at Middle Park with the fixture reading as follows

Sunday 3 rd February 2013, VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

- Next **Thursday 7th February** sees the Victorian division of the **AMA 4 x 800m Walk Relay**. It will be held at the newly relaid East Burwood Athletics Track and always sees some exciting competition. The walk relay is on at 7:20PM. I believe that a 2000m walk is also scheduled for later in the evening as a second event.
- The following weekend sees the **Victorian Youth T&F Championships** which will be held at Lakeside Stadium from **8-10 February**. Although normal entries have closed, late entries will remain open until 4th February. See the draft timetable as well as other key info at <http://www.athsvic.org.au/events/detail/victorian-junior-track-field-championships>
- Entries have been open for quite some time for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24th February**. Numbers are building steadily and we look set for good fields once again. Entries for this carnival close on Monday 11th February, 2013.
- See http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887

The current entry list reads as follows:

Open and U23 20km Men		Open and U23 20km Women	
Adams, Luke	A.C.T	Holliday, Tanya	South Australia
Bird-Smith, Dane	Queensland	Lacaze, Mathilde	France
Coleman, Daniel	Tasmania	Lamble, Regan	A.C.T
Cowley, Rhydian	Victoria	Ruddick, Kelly	Victoria
Dewar, Brandon	Queensland	Shaw, Kirstin	Victoria
Dewar, Nick	Queensland	Stigwood, Stephanie	Tasmania
Erickson, Chris	Victoria	Tallent, Rachel	A.C.T

Hill, Justin	South Australia		
Legentil, Marc	France		
Malone, Kyle	New South Wales		
Mottrom, Kim	South Australia		
Osborne, Jesse	Victoria		
Rayson, Ian	A.C.T		
Reading, Brendon	A.C.T		
Simpson, Bradley	Victoria		
Tallent, Jared	A.C.T		
U20 10km Men		U20 10km Women	
Aiton, Brad	Queensland	Klein, Kirsty	New South Wales
Bates, Harry	New South Wales	Pickles, Jessica	Queensland
Brill, Nathan	Victoria		
Holcroft, Matthew	New Zealand		

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

Sat Feb 2, 2013	AV Shield Round 12
Sun Feb 3, 2013	VRWC Road Walks, Middle Park
Thurs Feb 7, 2013	AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone
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 16-17, 2013	VMA State T&F Championships, East Burwood Athletics Track, East Burwood
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

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

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>)