



HEEL AND TOE ONLINE

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

This week's Walker of the Week is 15 year old NSW walker **Tyler Jones**. Walking in the Athletics NSW Treloar Shield competition in Sydney on Saturday the Wyong Athletics Club athlete won the 5000m track walk in an fantastic **21:48.04**. This was a 62 sec PB and indicates that he is set for a great summer.

Tyler had been undefeated all year in his age group, winning the Australian U16 3000m walk in March (13:10), winning the U16 3km & U18 5km double in Canberra in June (13:36 and 23:33) and the Australian U18 10km roadwalk championship in Launceston in September (46:01). In fact, his 10km time ranks him third overall in the U20 division. I note he has entered for Fawkner Park in 2 weeks time and he will be one to watch.



Tyler Jones wins the U18 10km roadwalk in Launceston in September

AV SHIELD COMPETITION - ROUND 3, SATURDAY 16 NOVEMBER

Ballarat Zone, Llanberris Reserve, Ballarat

One final result to complete the Round 3 results - and Kelly Ruddick was in dominant mode in Ballarat with her 2000m time of 8:46.

2000m Walk

1.	Kelly Ruddick	BHA	WOP	8:46.80
2.	Ross Darlow	EKA	MU16	9:58.29
3.	Kobie Somerfield	BHA	WU18	11:09.18
4.	Ellen Dowie	EKA	WU16	12:32.45
5.	Lee Govan	WEN	M40+	13:46.98
6.	Stephen McLennan	WEN	M40+	13:47.06

SAMA TRACKWALKS, SANTOS STADIUM, MILE END, ADELAIDE, WED 27 NOVEMBER

Thanks to Colin Hainsworth for the latest from the South Australian Masters in Adelaide. Warm to hot evening. Couple of excellent walks by George White.

1500m

1.	Sarah Damin	07:39		
2.	Rhiannon Lovegrove	07:39		
3.	George White	07:45	M68	90.95%
4.	Marie Maxted	09:16	W53	70.07%
5.	Graham Harrison	10:27	M70	69.08%
6.	Margaret Trengove	10:34	W69	72.62%
7.	John Webber	10:41		first for some years
8.	Jan Layng	10:49	W65	67.59%
9.	Leigh Smith	10:53	M78	73.71%
10.	Colin Trengove	11:06	M75	69.32%
11.	Sue Damin	12:03	W49	52.08%
12.	Edna Bates	12:25	W61	56.37%

3000m

1.	George White	16:14	M68	88.54%
2.	Peter Crump	16:30	M53	74.92%
3.	Jack Russell	17:51	M61	74.62%
4.	Marie Maxted	19:09	W53	69.98%
5.	Bill Starr	21:03	M71	70.79%
6.	Graham Harrison	21:17	M70	69.15%
7.	Linda Whitelaw	22:14	W59	63.96%
8.	Leigh Smith	22:30	M78	72.79%
9.	John Webber	22:43		
10.	Colin Hainsworth	23:35	M83	75.02%
11.	Edna Bates	24:59	W61	58.17%
12.	Julie Goodes	25:44	W67	60.71%

ACT WALKING CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, THURSDAY 28 NOVEMBER

Thanks to Robin Whyte for his weekly report from Canberra.

5km Walk

1.	Brendon Reading	20:55
2.	Ashleigh Resch	25:10
3.	Colin Heywood	27:08
4.	Robin Whyte	31:45
5.	Jane Bates	32:55
6.	Bryan Thomas	35:15

1km Walk

1.	Callum Burns	04:43
2.	Gabby Hunt	04:50
3.	Laura Burns	05:26
4.	Derek Robinson	06:09
5.	Venesser Rogic	07:14
6.	Sophie Rogic	07:23
7.	Trish Thomas	11:21

3km Walk

1.	Mitchell Baker	17:37
2.	Helena Bialecki	18:30
3.	Marilyn Banfield	21:17
4.	Geoff Barker	22:38
5.	Robyn Saunders	23:56
6.	Rod Gilchrist	23:56
7.	Jennifer Gilchrist	25:14
8.	Jack Thackray	26:30
9.	Greg Durr	26:53
10.	Peter Baker	29:51

AV SHIELD COMPETITION - ROUND 4, SATURDAY 30 NOVEMBER

The Athletics Victoria Shield competition continued last Saturday and I am pleased to be able to report on all 7 venues. In total, 101 walkers contested the 3000m and 1500m walks on offer in generally good conditions.

Red Zone, Rieschick's Reserve, Doncaster

First to the Doncaster athletics track where Diamond Valley Athletics Club continued their domination of the walks. In fact, I have heard that DIV have the most athletes in the whole competition, across the board, bettering even the big guns like Box Hill and Essendon with regard to overall numbers. 15 year old Emmet Brasier was in dominant form with a 9 sec PB time of 13:18.7 in winning the 3000m walk while 13 year old Eliza Clarke similarly dominated the 1500m with a big PB time of 6:47.0. Coach Matt Owen is doing a fantastic job with his young group of Diamond Valley charges.

Mixed 3000 Meter Race Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY AC	13:18.7	PB 0:09
2.	McDonough, Aaron	M41	PRESTON AC	14:39.6	
3.	Galbraith, Jordan	M16	DIAMOND VALLEY AC	15:26.3	PB 0:46
4.	Hawkins, Trenton	M34	PRESTON AC	15:40.6	
5.	Owen, Cooper	M15	DIAMOND VALLEY AC	16:09.8	
6.	Keirl, Bernie	M50	DIAMOND VALLEY AC	16:24.6	
7.	Patti, Adrian	M33	DONCASTER AC	17:09.2	
8.	Reid, Ross	M59	COLLINGWOOD	17:36.4	
9.	Burgess, Liam	M14	DIAMOND VALLEY AC	17:51.2	
10.	Elms, Donna-Marie	W52	PRESTON AC	18:01.7	
11.	Gardiner, Robert	M77	COLLINGWOOD	19:07.8	
12.	Quinn, Karen	W49	DIAMOND VALLEY AC	19:20.2	
13.	McLennan, Laura	W37	UNNATCHED	20:47.2	
14.	Garganis, Clare	W43	COLLINGWOOD	20:59.5	
15.	Valladares, Yasmin	W21	PRESTON AC	21:34.0	
16.	Iacono, Thomas	M27	COLLINGWOOD	DQ	

Mixed 1500 Meter Race Walk

1.	Clarke, Eliza	W13	DIAMOND VALLEY AC	6:47.0	PB 0:11
2.	Collis, Lauren	W15	DIAMOND VALLEY AC	7:36.5	
3.	Langford, Taylor	W12	DIAMOND VALLEY AC	7:52.4	
4.	Collis, Hugh	M13	DIAMOND VALLEY AC	8:09.6	
5.	Walburg, Kirsten	W15	DONCASTER AC	9:46.4	
6.	Camilleri, Brent	M12	DIAMOND VALLEY AC	10:12.7	
7.	Grenade, Christopher	M11	PRESTON AC	10:21.4	
8.	Brown, Tammarah	W14	RICHMOND HAR	10:27.4	
9.	Neale, Anthony	M15	COLLINGWOOD	11:01.6	
10.	Dawson, Thomas	M12	COLLINGWOOD	11:05.4	

Blue Zone, Knox Athletic Track, Scoresby

15 year old Jemima Montag continues on her winning ways with a fantastic 3000m winning time of 13:20.4 (only a few secs outside her PB). PBs also to Paige De Lisen (15:37.2) and to Philippa Huse (7:15.0) who was the fastest in the 1500m. It is great to see Michael O'Mahony back on the track and racing well (14:35.2). And what a good time by Russ Dickenson (16:30.4).

3000m Walk

1.	Jemima Montag	WU16	MAC	13:20.4	
2.	Michael O'Mahony	MOP	KNA	14:35.2	
3.	Paige De Lisen	WU16	KNA	15:37.2	PB 0:12
4.	Simone McInnes	WOP	GHY	15:44.3	
5.	Russ Dickenson	M40+	SCA	16:30.4	
6.	Kylie Irshad	WOP	SCA	17:09.2	
7.	Ralph Bennett	M40+	VMA	17:21.0	
8.	Marlene Gourlay	W40+	VMA	17:46.2	
9.	Kym Osmand	MOP	OAK	18:27.7	
10.	Simon Baker	M40+	OAK	18:27.8	
11.	Geoff Barrow	MOP	MEN	19:11.2	
12.	Gwen Steed	W40+	VMA	19:46.3	
13.	Philip Hutton	MOP	GHY	19:56.4	
14.	John Morrison	MOP	SAN	20:53.5	
15.	Kuniko Bowden	WOP	MEN	21:47.5	
16.	Rebekah Lyness	WOP	CCA	22:06.0	
17.	Robert Ryan	M40+	CCA	25:42.5	

1500m Walk

1.	Philippa Huse	WU16	SAN	7:15.0	PB 0:11
2.	Nikola Mandic	MU14	CCA	7:28.8	
3.	Taylor Vasiljevic	WU16	KNA	7:41.1	
4.	Brodie Richardson	WU14	KNA	7:47.6	
5.	Mikhala Hodges	WU14	KNA	8:00.2	
6.	Hayden Walmsley	MU14	KNA	8:14.1	
7.	Kathleen O'Mahony	WU14	KNA	8:15.1	
8.	Jessica Lillie	WU16	KNA	8:16.8	
9.	Brianna Lillie	WU14	KNA	8:25.2	
10.	Anaya Hodges	WU14	KNA	9:14.4	

White Zone, Lakeside Stadium, Albert Park

Only small walk fields at Lakeside Stadium with winners Jason Kozica 15:02.0, Steph George 15:14.4 and Lee Taylor 9:17.8.

3000m Walk

1.	Kozica, Jason	M26	ST KEVINS AC	15:02.0
2.	George, Stephanie	W17	SOUTH COAST	15:14.4
3.	Evans, Simon	M53	BOX HILL AC	15:15.8
4.	Taylor, Lucas	M17	YARRA RANGES	15:42.8
5.	Geisler, Sandra	W36	RINGWOOD AC	15:44.3
6.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	17:21.6
7.	Swan, Emily	W16	ATHLETICS NU	18:01.5
8.	Olden, Graeme	M49	BOX HILL AC	19:11.2
9.	Marston, Janice	W48	ATHLETICS WAVERLEY	21:19.6
10.	McCann, Adam	M37	ATHLETICS NU	21:30.6
11.	Worsnop, Christopher	M56	OLD XAVERIANS AC	21:52.0
	Simpson, Bradley	M20	ATHLETICS NU	DQ

1500m Walk

1.	Taylor, Lee	W12	YARRA RANGES	9:17.8
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Yellow Zone, Mooney Valley Athletics Centre, Aberfeldie

Chris Erickson dominated the 3000m at Aberfeldie with 12:08.5 while Lachlan Feain recorded a big PB time of 8:07.0 in winning the 1500m . Great to see Gerard Feain (16:00.8) starting to get his times down.

3000m Walk

1.	Chris Erickson	MOP	ATE	12:08.5
2.	Mark Donahoo	M40+	ATE	14:55.7
3.	Paul Kennedy	MOP	KSB	15:13.1
4.	Gerard Feain	MOP	KSB	16:00.8
5.	Connor McShanag	MU18	ATE	16:33.4
6.	Duncan Knox	M40+	ATE	17:55.1
7.	Rebecca Campbell	WU18	ATE	18:37.6
8.	Robyn Shaw	W40+	WES	18:54.7
9.	Shea Wellington	MU18	KSB	20:35.8
10.	Stephen Murphy	M40+	ATE	20:48.0
11.	Peter Keighery	M40+	KSB	21:17.6
12.	Phillip Dunstone	M40+	WES	21:25.7
13.	Nicole Gunn	WOP	KSB	21:37.2
14.	Roslyn Ireland	WOP	BWK	21:40.1
15.	Linda Close	WOP	WTN	22:21.0
16.	Maria Abfalter	W40+	KSB	23:17.7
17.	Brenda Cashin	W40+	WES	24:53.4
18.	Olive Ireland	WOP	BWK	24:58.9
19.	Mark Ireland	MOP	BWK	24:59.5
20.	Heather Lamb	WOP	BWK	25:37.4

1500m Walk

1.	Lachlan Feain	MU16	KSB	8:07.0	PB
2.	Julia Irons	WU16	KSB	8:40.9	
3.	Gabriella Crea	WU16	ATE	8:42.0	PB 0:05
4.	Elaine Irons	WU14	KSB	8:57.6	PB
5.	Rhiannon Matthews	WU14	KSB	9:23.8	
6.	Dominic Sykes	MU16	KSB	11:49.6	
7.	Jacqueline Roberts	WU14	KSB	11:57.0	
8.	Claire Taranto	WU16	KSB	12:15.6	

Ballarat Zone, Llanberris Reserve, Ballarat

Alas, only a couple of walkers in action in Ballarat.

1500m Walk

1.	Ellen Dowie	EKA	8:54.02	
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3000m Walk

1.	Ross Darlow	EKA	15:19.21	
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Bendigo Zone, La Trobe University Athletics Centre, Bendigo

It was good to see Zoe Boldiston in action in Bendigo - she won with a good 15:34.72.

Mixed 3000 Meter Race Walk

1.	Boldiston, Zoe	W16	SOUTH BENDIGO	15:34.72
2.	Hill, Madison	W13	SOUTH BENDIGO	18:05.38

3.	Curtis, Annette	W57	SOUTH BENDIGO	23:59.18
4.	Whiley, Ebony	W18	EAGLEHAWK YMCA	DNF

Geelong Zone, Landy Field, Geelong

Well done to Thomas Mirarchi, our sole walker in Geelong by the look of things.

1500 Metre Race Walk

1.	Mirarchi, Thomas	13	CORIO ATHLETIC CLUB	11:11.44
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ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SAT 30 NOVEMBER

Thanks to Kim Mottrom for his weekly report from Adelaide. He commented: We had a 3000m walk today with 14 walkers entered. It's nice to see Darren Bown back walking regularly, and getting back to old times. Behind him, highlights were Jake Vidler, taking nearly a minute off his PB, Troy Hooker beating yet another PB to have now beaten his 2km, 3km, 5km and 10km PBs just in the last 2 months and also Beth Cross and Jayden Goode recording PBs a week ahead of next week's All Schools Champs in Townsville.

Open 3000m Walk

1.	Darren Bown	12:53.28	
2.	Jemma Potezny	14:46.74	
3.	Alix Harlington	15:05.55	
4.	Danielle Walsh	15:09.61	
5.	Troy Hooker	15:09.71	PB 0:24
6.	Bethany Cross	15:34.45	PB 0:05
7.	Jake Vidler	15:47.38	PB 0:59
8.	Rhiannon Lovegrove	15:57.32	
9.	Sarah Damin	16:07.51	
10.	Jayden Goode	16:30.19	PB 0:16
11.	Peter Crump	16:44.92	
12.	Samantha Findlay	18:22.64	
13.	Barbara Cain	21:52.35	
	Anna Cross	DNF	

ATHLETICS NSW TRELOAR SHIELD, ROUND 5, SOPAC, HOMEBUSH, NSW, SATURDAY 30 NOV

Although not big fields, there were a number of PBs in near perfect conditions weather wise. Tyler Jones was dominant in the 5000m with his 21:48.04 but Kirsty Klein 23:38.27 also recorded a big PB. 13 year old Dylan Richardson also walked a very impressive 5000m with 25:09.11. Aidan Kerr 14:11.67 and Eliza DeLaine 15:13.40 both did big PBs in the 3000m while Kyle Bedford was best in the 1500m with 7:12.62. See http://www.nswathletics.info/liveresults/2013/nsw_ts5/ for the full results set.

5000m Walk

1.	Jones, Tyler	15	Wyong Athlet	21:48.04	PB 1:02
2.	Felton, Jay	18	Mingara Athl	22:56.82	
3.	Webb, Cheryl	37	Nepean Distr	23:34.86	
4.	Klein, Kirsty	19	Asics Wests	23:38.27	PB 0:27
5.	Richardson, Dylan	13	Mingara Athl	25:09.11	PB 0:20
6.	Dighton, Jasmine	17	Asics Wests	26:27.82	
7.	Cobb, Jessica	23	Blacktown Ci	28:26.66	
8.	Osborne, Robert	58	Nepean Distr	28:50.36	
9.	Kelland, Sarah	15	Ryde Athleti	31:02.02	

3000m Walk

1.	Kerr, Aidan	15	Sydney Pacif	14:11.67	PB 0:33
2.	DeLaine, Eliza	13	Sydney Pacif	15:13.40	PB 0:33
3.	Francis, Lucinda	14	Sydney Pacif	15:24.97	
4.	Millican, Hayden	13	Sydney Pacif	16:30.03	
	Brown, Nathan	15	Parramatta C	DQ	
	Novicic, Zoran	53	U.T.S. North	DQ	

1500m Walk

1.	Bedford, Kyle	13	Nepean Distr	7:12.62
2.	Sanday, Niamh	11	Parramatta C	7:55.26
3.	Blaskett, Hayden	11	Hills Distri	8:01.60
4.	Hardy, Renee	10	Asics Wests	8:20.14
5.	Brennan, Elise	11	U.T.S. North	8:41.38

QA ALL COMERS MEET, SAF, NATHAN, SATURDAY 30 NOVEMBER

After heavy downpours overnight and on Saturday morning, the rain cleared up around midday to provide for pleasant racing conditions on the SAF (State Athletics Facility) track. This walk was the final hit-out for the race walkers who are heading to the Australian All-Schools Championships in Townsville next weekend and there were several big PBs and a Queensland U20 Resident Record to Jess Pickles in the 3000m walk (13;12.13).

Women 3000m Race Walk

1.	Pickles, Jessica	19	Unq	13:12.13	PB 0:28
2.	Smith, Clara	15	Unq	14:20.54	
3.	Hayward, Katie	13	Qrw	15:27.58	PB 0:56
4.	Woodward, Mikaela	14	Qe2	15:35.80	PB 0:03
5.	Smith, Clancy	13	Nac	17:56.80	

Men 3000m Race Walk

1.	Bird-Smith, Dane	21	Qrw	11:26.76	
2.	Cowley, Rhydian	22	Vic	11:56.55	
3.	Dewar, Brandon	21	Qrw	12:13.95	
4.	McCutcheon, Luke	15	Qe2	13:28.16	PB 0:46
5.	Nipperess, Dean	42	Qrw	13:31.98	
6.	Guevara, Argenis	45	Qrw	15:23.53	
7.	McCutcheon, Jamie Stovin, Jamison	14 12	Qe2 Gcv	16:16.26 DQ	PB 0:19

It seems Queensland is ahead of the other States with regard to nurturing underage athletes. For starters, it has two Recognition Squads (see https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=62780&OrgID=1139)

- The **QA A-SQUAD** program aims to provide athletes with recognition and progression opportunities to national senior teams and AA HP programs. The A Squad uniforms are red in color. Queensland walkers who have qualified as 2013 'A' Squad members are:

3000m Female:	Mikaela Woodward, Emma Henderson, Clara Smith, Aimee Brackin
5000m Female:	Katya Martin
10,000m Female:	Jessica Pickles
3000m Male:	Luke McCutcheon
10,000m Male:	Brad Aiton
20km Male:	Dane Bird-Smith

- The **QA Q-SQUAD** targets athletes who have the ability to perform well at the Australian All Schools and Australian Junior championships. The purpose of the squad is to recognise State representatives and to increase participation numbers in the U18 and U20 age groups. Queensland walkers who have qualified as 2013 'Q' Squad members are:

3000m Female:	Riley Sims
10,000m Female:	Eloise Jackson

The 2013 A & Q Squads will remain current until June 30 2014, with the 2014 Squads then kicking in on July 1 2014.

- Then it has the **QA Target Talent Program (TTP)** which commenced early in the 2013/14 summer season and focuses on U18 and U20 athletes born in 1995, 1996, 1997 and 1998. Congratulations to Katya Martin and Clara Smith who have been included in the squad.

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 1 DECEMBER

Last Sunday saw our latest VRWC roadwalking carnival at Middle Park. The day was hot with a maximum temperature in the low thirties but an early start for our races meant that we were spared the worst of the conditions. Jesse Osborne was the best of the 20km walkers with a very fast 1:31:38 while Michelle Thompson was the best of the women with 1:59:50. Both were close to their PBs.

In the shorter races, Kyle Swan 49:01, Adam Garganis 50:09. Reese Walmsley 24:13 and Philippa Huse 16:08 were the standouts.

Open 20km Walk

1.	Osborne, Jesse	45:24	1:31:38
2.	Evans, Simon	57:40	1:55:14
3.	Thompson, Michelle	58:23	1:59:50
4.	Kozica, Jason	57:41	2:02:42

5.	O'Neill, Terry	1:00:30	2:07:03
6.	Karyn O'Neill	1:07:55	2:24:16
7.	Keirl, Bernie	58:24	DQ

Open 15km Walk

1.	Jordan, Steve	1:13:00	1:53:53
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Open 10km Walk

1.	Kyle Swan	49:01
2.	Adam Garganis	50:09
3.	Russ Dickenson	1:04:40
4.	Kylie Irshad	1:04:40
5.	Sandra Howorth	1:14:57

Open 5km Walk

1.	Walmsley, Reese	24:13
2.	Geisler, Sandra	27:46
3.	Smyth, David	29:11
4.	Bennett, Ralph	29:19
5.	Feldman, Liz	31:22
6.	Thillaisundaram, Anand	33:11
7.	Johnson, Tony	33:16
8.	Johnson, Celia	34:57
9.	Davidson, Kelly	45:12

Open 3km Walk

1.	Huse, Philippa	16:08
2.	Beaumont, Ian	25:03
3.	Beaumont, Margaret	26:07
	George, Stephanie	DNF

As usual, thanks to our officials and judges. Sorry if I have missed anyone.

Officials: Tim Erickson, Mark Donahoo, Bob Gardiner, Harry Summers

Judges: Peter Vysma, Stuart Cooper, Lloyd Nichols, Gordon Loughnan

Canteen: Marlaine Stanway, Wendy Cooper

And here are some photos from club photographer Terry Swan (see more from the day at <http://www.vrwc.org.au/coppermine/>)



The 10km, 15km and 20km walkers get underway



Jesse Osborne, Michelle Thompson, Adam Garganis and Kyle Swan in action on Sunday



Ian and Margaret Beaumont model the 2016 World Masters Championships tee shirts - see <http://www.perth2016.com/>

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 1 DECEMBER

Thanks to Rick Cattermole for the latest Racewalking Club of Western Australia results from Perth. He commented: Two new walkers were down today but only one competed as the other one had a broken foot!! Welcome to Jamee Lee Curry and Tahlia Curry. The time of 8am was a pleasant time to begin and was much cooler than previous start times!

5km Open

- | | | |
|----|----------------|-------|
| 1. | Daniel Lowe | 29.20 |
| 2. | Caitlin Gerken | 29.05 |
| 3. | Breanna Brown | 30.55 |

3km Open

- | | | |
|----|--------------------|-------|
| 1. | Christopher Gerken | 18.24 |
| 2. | Sara Cattermole | 18.59 |
| 3. | Tim Kezic | 20.24 |
| | Tina Kezic | DNF |

2km Open

1. Ryan Kezic 12.56
2. Jamee Curry ?

HONG KONG 20KM NATIONAL ROADWALKS, HONG KONG, SUNDAY 1 DECEMBER

Our intrepid reporter Emmanuel Tardi was in Hong Kong on Sunday for their National 20km roadwalk championships. He explains:

This was my fifth time at these championships. This year the races take place in the centre of the city near the main post office, the subway station and ferry wharfs. This was much better than the last two years where the race took place in an industrial area. The course was on a 500m long strip of road and was pretty flat. The race started at 8AM and had a time limit of 2:35:00. There were 7 judges including IAAF judges Khoo Chong Beng (Malaysia) and Echo Yeung (Hong Kong).

The temperature was perfect at the beginning (15C to 18C) but quickly rose to around 30C by the time competitors were finishing. In the men's event, Tse Chun Hung lead from the beginning, passing halfway in 51.00 and winning in around 1h41. In the women's event, Ng Sau Man lead the race through the halfway point in around 60 minutes but was disqualified around 15km, meaning that Billie Kwok won the race in a time around 2:05. Results should soon appear in <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>. Me, I finished in the middle of the pack in a time around 2:28.



Winners Tse Chun Hung and Billie Kwok along with all the awardees (photos Emmanuel Tardi)

XVII BOLIVARIAN GAMES, TRUJILLO, PERU, 26-30 NOVEMBER 2013

The Bolivarian Games are a regional multi-sport event held in honor of Simón Bolívar, and organized by the Bolivarian Sports Organization. The event is open to athletes from Bolivia, Colombia, Ecuador, Panama, Peru and Venezuela. The first Games were held in 1938 in Bogotá, Colombia for the city's 400th anniversary. They have since been held irregularly, but every four years since 1973. The 2013 Games are the seventeenth. Thanks to walkcentral (<http://www.walkcentral.com>) for their comprehensive reports.

Men's 20km Race Walk, Wednesday 27 November

Erick Barrondo came out on top in the first of the walks, the men's 20km, which was held last Wednesday. A groups of 7 athletes set out at a strong pace but one by one they dropped off as the strength of Olympic Silver medallist Erick Barrondo won out. Four athletes remained with 5km to go but Barrondo was able to increase the pace once more to make sure of the victory in a time of 1:23:25. Colombia's Jose Montana held on for second with 1:23:42 while bronze went to Richard Vargas of Venezuela with 1:24:03. See <http://www.youtube.com/watch?v=teHaLs5m6oQ#t=74> for some footage from the race and an interview with Barrondo.

1.	Erick Bernabé BARRONDO	GUA	91	1:23:25
2.	José MONTANA	COL	92	1:23:43
3.	Richard VARGAS	VEN	94	1:24:04
4.	Marco Antonio RODRIGUEZ	BOL	94	1:25:22
5.	Mauricio ARTEAGA	ECU	88	1:26:13
6.	Yereman SALAZAR	VEN	78	1:27:45
7.	Rolando SAQUIPAY	ECU	79	1:32:02
8.	Luis CAMPOS	PER	95	1:34:13
	Anibal PAAU	GUA	87	DQ

Women's 20km Race Walk, Thursday 28 November

Mirna Ortiz sealed a double win for Guatemala in the second of the 20km walks last Thursday but she had to walk a Games record to make sure of the win. Columbia's Sandra Arenas took second from Peru's Gabriela Kimberly with only 6 seconds separating them, 1:34:23 as against 1:34:29.

1.	Mirna Sucely ORTIZ FLORES	GUA	87	1:34:07
2.	Sandra Lorena ARENAS	COL	93	1:34:23
3.	Kimberly GARCÍA LEÓN	PER	93	1:34:29
4.	Sandra Viviana GALVIS	COL	86	1:34:55
5.	Ángela CASTRO	BOL	93	1:35:58
6.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:36:51
7.	Magaly BONILLA	ECU	92	1:37:07
8.	Mayra PÉREZ	GUA	88	1:40:05
9.	Milanggela Francesca ROSALES	VEN	87	1:40:46
10.	Jessica HANCCO	PER	95	1:48:42
	Wendy CORNEJO	BOL	93	DNF

Men's 50km Race Walk, Friday 29 November

Andres Chocho from Ecuador finally broke Guatemala's racewalking dominance by taking victory in the Mens 50km event with a new Championship Record of 3:58:50. Despite breaking the old record by over 10 minutes, he did not have things all his own way with Columbia's Jorge Ruiz a close second in 3:59:13, Ecuador also stepped onto third on the podium in the form of Jonathan Caceres with a time of 4:02:47. Indeed the first five athletes crossed the line faster than the previous record. The walkcentral website had interviewed Chocho in the leadup to the championships - check it out at <http://www.walkcentral.com/andres-chocho.php>.

1.	Andres CHOCHO	ECU	83	3:58:50
2.	Jorge RUIZ	COL	89	3:59:13
3.	Jhonthan CACERES	ECU	90	4:02:47
4.	Femey ROJAS	COL	87	4:04:23
5.	Pavel Chihuan CAMAYO	PER	86	4:08:33
6.	Ronal Rey QUISPE MISME	BOL	89	4:11:22
	Jaime Daniel QUIYUCH	GUA	80	DQ

2013 ERWL RACE 12, HILLINGDON, LONDON, SATURDAY 30 NOVEMBER

The latest Essex Race Walking League races, held last Saturday in Hillingdon, included the BMAF & Middlesex 20km championships. Thanks to Mark Easton for his photos - you can check out his gallery at <http://markeaston.zenfolio.com/p865391216>. Full results read as follows

10km Men © = Centurion - *=pb

1.	Callum Wilkinson	Enfield HAC	U17	50.38
2.	Ian Richards ©	Steyning AC	M65	51.59
3.	Francisco Reis	Ilford AC	M50	52.23
4.	Peter Ryan ©	Ilford AC	M55	56.40
5.	Steve Uttley	Ilford AC	M55	56.54
6.	Trevor Jones	Steyning AC	M55	56.57
7.	Steve Allen	Barnet & DAC	M55	57.05
8.	David Crane	Surrey WC	M35	58.07
9.	Arthur Domingos	CDQ	U17	58.50
10.	John Ralph	Enfield HAC	M55	58.58
11.	Stuart Bennett ©	Ilford AC	M50	60.18
12.	Ken Bobbett	Hillingdon AC	M65	60.19
13.	Andrew Cox	Hillingdon AC	M60	60.29
14.	Peter Bozko	Birchfield H	M60	60.50
15.	Malcolm Martin	Surrey WC *	M55	60.52
16.	John Hall	Belgrave H	M60	60.52
17.	Roger Michell ©	Surrey WC	M65	61.24
18.	Dan Maskell	Surrey WC	M65	61.47
19.	John Constandinou	Birchfield H	M40	63.28
20.	Arthur Thomson	Enfield HAC	M75	63.33
21.	Paul King ©	Belgrave H	M60	64.56
22.	Chris Flint ©	Surrey WC	M65	66.34
23.	Bob Dobson ©	Ilford AC	M70	66.58
24.	Parminder Bhatti ©	Birchfield H	M55	67.00
25.	Paul Gaston	Hastings R	M70	67.16
26.	Shaun Lightman	Surrey WC	M70	67.29

27.	Julian Barnett	Birchfield H	M50	67.53
28.	John Borgars	Herts/Phoenix	M65	68.43
29.	Jon May	Enfield HAC	M60	69.37
30.	Russell Vroobel	Hillingdon AC	M50	77.00
31.	David Hoben	Surrey WC	M60	70.21
32.	David Delaney	Surrey WC	M70	70.24
33.	Richard McKenzie	Hillingdon AC	M45	72.33
34.	John Payn	Enfield HAC	M80	77.11
35.	Dave Ainsworth©	Ilford AC	M65	87.34
	Ken Livermore ©	Enfield HAC	M80	DNF
	Bernie Hercock	Enfield HAC	M80	DNF
	Jonathan Hobbs	Enfield HAC	U21	DNF

10km Women

1.	Grazina Narviliene	Belgrave H	W35	55.43
2.	Kate Donaldson	Leics WC	W45	61.06
3.	Maureen Noel	Belgrave H	W50	62.54
4.	Cath Duhig ©	Ryston R	W55	63.40
5.	Suz Beardsmore ©	Abingdon A	W40	63.44
6.	Noel Blatchford	Abingdon A	W65	64.05
7.	Anna Vroobel	Hillingdon AC	SW	66.25
8.	Anne Jones	Steyning AC	W55	67.01
9.	Sarah Lightman ©	Leics WC	W40	67.29
10.	Angela Martin	Surrey WC *	W45	69.37
11.	Linda Spinks	Enfield HAC	W45	70.36
12.	Jenny Middleton	Hillingdon AC	W40	77.02
	Jo Miles	Hillingdon AC	W40	DNF
	Norma Grimsey	Enfield HAC	W50	DNF

BMAF 20km Championship - Men

1.	Ian Richards ©	Steyning AC	M65	1.48.32
2.	Trevor Jones	Steyning AC	M55	1.53.40
3.	Steve Allen	Barnet & DAC	M55	1.56.18
4.	John Ralph	Enfield HAC	M55	1.59.27
5.	Steve Uttley	Ilford AC	M55	1.59.36
6.	Peter Bozko	Birchfield H	M60	2.01.10
7.	John Hall	Belgrave H	M60	2.02.35
8.	Stuart Bennett ©	Ilford AC	M50	2.02.51
9.	Malcolm Martin	Surrey WC *	M55	2.05.34
10.	Arthur Thomson	Enfield HAC	M75	2.10.27
11.	Paul King ©	Belgrave H	M60	2.14.49
12.	Parminder Bhatti ©	Birchfield H	M55	2.16.22
13.	John Constandinou	Birchfield H	M40	2.17.42
14.	Shaun Lightman	Surrey WC	M70	2.17.50
15.	Russell Vroobel	Hillingdon AC	M50	2.25.17
16.	John Payn	Enfield HAC	M80	2.37.36
	David Delaney	Surrey WC		DQ
	Julian Barnett	Birchfield H		DQ
	Roger Michell	Surrey WC		DQ
	John Borgars	Herts/Phoenix		DQ

BMAF 20km Championship - Women

1.	Grazina Narviliene	Belgrave H	W35	1.53.42
2.	Kate Donaldson	Leics WC	W45	2.07.55
3.	Maureen Noel	Belgrave H	W50	2.08.44
4.	Cath Duhig ©	Ryston R	W55	2.09.35
5.	Suz Beardsmore ©	Abingdon A	W40	2.09.53
6.	Noel Blatchford	Abingdon A	W65	2.13.46
7.	Sarah Lightman ©	Leics WC	W40	2.17.50
8.	Angela Martin	Surrey WC *	W45	2.21.13



The large field gets underway (photo Mark Easton)



Kate Donaldson, Francisco Reis, Ian Richards, Callum Wilkinson and Grazina Narviliene (photos Mark Easton)

GRANDE PRÉMIO CIDADE DE GUADIX, GUADIX, SPAIN, SUNDAY 1 DECEMBER

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/12/alberto-amezcua-e-ainhoa-pinedo.html>) for the results and race report from the 28th edition of the Grande Prémio Cidade de Guadix, held in the southern Spanish city of Guadix. It was a big carnival with nearly 200 walkers in total competing in a variety of track walks.

In the women's Open 5000m walk, Ainhoa Pinede repeated her 2012 win with a time of 23:13. In the men's Open 5000m walk, Alberto Amezcua won with 21:02. The first 10 are shown in each of the 5000m races. See the oMarchador report for more comprehensive results.

5000m Women

1.	Ainhoa Pinedo González	1983	AD Maratón	23.13
2.	Amanda Cano Gómez	1994	UCAM Athleo Cieza	23.54
3.	Maria Pérez García	1996	Cuevas de Nerja	24.00
4.	Maria José Jiménez	1997	UCAM Athleo Cieza	25.45
5.	Alicia Vázquez Gea	1998	UCAM Athleo Cieza	26.29
6.	Melisa Sánchez Bermejo	1996	UCAM Athleo Cieza	26.40
7.	Macarena Ruiz Cañete	1992	Atletismo Córdoba	28.32
8.	Lucía Corrales Ribera	1997	Club Colmenar Viejo	29.23

9.	Carmen Mercedes Hernández Burgos	1969	AD Maratón	29.32
10.	Anabel González Díaz	1996	Club Atletismo Alcorcon	29.41

5000m Men

1.	Alberto Amezcua Balboa	1992	Juventud Atletica Guadix	21.02
2.	Juan Antonio Porras Hidalgo	1973	-	21.34
3.	Manuel Bermúdez Jiménez	1997	UCAM Athleo Cieza	21.49
4.	Fabian Bernabé Rama	1995	Cuevas de Nerja	21.50
5.	Pablo Oliva Requena	1996	Cuevas de Nerja	22.05
6.	Luis Manuel Pérez Osorio	1992	AD Maratón	22.25
7.	Javier Pérez Osorio	1983	CA Almaraz	22.35
8.	Jose Puertas Ruiz	1989	ADA Guadix	22.54
9.	Michael Doyle	1987	-	22.55
10.	Miguel Periañez Garcia	1962	-	22.57

OUT AND ABOUT

- A great article on the oMarchador website on Spanish walker María Vasco who announced her retirement last month.
<http://omarchador.blogspot.pt/2013/12/maria-vasco-diz-adeus-marcha-de.html>
- Banned Italian racewalker Alex Schwazer disqualified for drunk driving
<http://www.walkcentral.com/schwazer-drunk-driving.php>
- 2013 IAAF 20km World Champion Aleksandr Ivanov talks about what it means to be champion
<http://www.walkcentral.com/ivanov-interview.php>
- Athletics Australia has named 39 of Australia's up and coming juniors in its Under 19 development Squad for 2013-14. Amongst the list are Victorian based walkers **Nathan Brill and Jesse Osborne** - congratulations boys!
- The A.A. Accredited Athletics Coach Newsletter for October/November 2013 advises that **Professor Antonio La Torre**, a physiologist and previous coach of Athens 2004 Olympic 20km Champion Ivano Brugnetti, will be the keynote speaker at the next Athletics Australia coaching seminar, to be held in Hobart in conjunction with the Briggs Track Classic and the National Walks Championships. He will be presenting on **The Physiology of the Endurance Athlete** on February 1st between 1:00pm – 4:30pm and on February 2nd between 11:00am-2:30pm. Registration details will be forwarded to coaches in the coming weeks.
- I discuss the Pit Lane concept with Nicola Maggio
http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1622
- The November edition of the British Racewalking Record has now hit the presses. Check out all the recent British results at
<http://racewalkingrecord.co.uk/wp-content/uploads/2013/12/RWR-November-2013.pdf>
- There is a new event amongst the 2014 European Racewalk Permit meets - the British Grand Prix of Race Walking which will be held in York on Sunday 8th June 2014. The meet will feature 20 km for Men & Women, 10 km Under 20 for Men & Women and an Open 3km walk.
See facebook page <https://www.facebook.com/pages/British-Grand-Prix-of-Race-Walking/632485313469660>

JUSTIN MCLAREN COMPETES IN THE SPECIAL OLYMPICS ASIA PACIFIC GAMES

2000 Special Olympics athletes, 600 coaches and officials, over 4000 volunteers and an estimated 200,000 spectators from over 32 countries in the Asia Pacific region have converged on the City of Newcastle (NSW) for the first ever Special Olympics Asia Pacific Games which are running from 1st to 7th December 2013 - see <http://specialolympicsasiapacgames2013.com/en>.

Although there are no racewalks, VRWC member **Justin McLaren** is there as part of Team Australia and will compete in a variety of running events. He even made it in the Melbourne Leader newspaper last week:
<http://www.heraldsun.com.au/leader/north/tullamarines-justin-mclaren-prepares-for-special-olympics-asia-pacific-games/story-fnglen-ug-1226748424299>

And I hear that has started off in fine form, taking silver in the 1500m in a PB time of 5:37. I am sure that dad and VRWC Coaching Coordinator Don McLaren will be pleased as punch. Well done Team McLaren!



Left: Justin rides the bike at our VRWC races at Middle Park
Right: Part of Team Australia (photo <http://www.heraldsun.com.au/leader/north>)

WHAT'S COMING UP

Next weekend (Friday 6 - Sunday 8 December) sees the Australian All-Schools Championships in Townsville (Queensland). The far north Queensland staging combined with the expected hot conditions mean that overall, numbers are down. However, we can still expect to see some great racing. The walks are scheduled as follows

Fri 6 December	8:10PM	U14 3000m Boys and Girls
	8:40PM	U18 5000m Boys and Girls
Sat 7 December	5:10PM	U26 3000m Boys and Girls

The following Sunday 15th December sees our Australian 50km Championship meet at Fawkner Park, With entries now closed, the start lists for the various events read as follows.

50km Men - Australian Championship

Mottrom, Kim	SA
Rayson, Ian	ACT

20km Men Invitation

Dewar, Nick	QLD
Erickson, Chris	VIC
Evans, Simon	VIC
Hill, Justin	SA
Jamieson, Andrew	VIC
Keirl, Bernie	VIC
Kozica, Jason	VIC
Malone, Kyle	NSW
Reading, Brendon	ACT
Tallent, Jared	SA

20km Women Invitation

Bourke, Lauren	NSW
Jennings, Shannon	NSW
Klein, Kirsty	NSW
Olsson, Mari	SWEDEN
Pickles, Jessica	QLD
Ruddick, Kelly	VIC
Stigwood, Stephanie	TAS
Tallent, Rachel	ACT
Taylor-Talcott, Erin	USA
Webb, Cheryl	NSW

10km U20 Men Invitation

Brill, Nathan	VIC
Felton, Jay	NSW
Garganis, Adam	VIC
Gibbons, Carl	NSW
Jones, Tyler	NSW
Osborne, Jesse	VIC
Walmsley, Reese	VIC

10km U20 Women Invitation

Billington, Tayla-Paige	VIC
Dighton, Jasmine	NSW
George, Stephanie	VIC
Hosking, Elizabeth	ACT
Montag, Jemima	VIC
Potezny, Jemma	SA

5km U18 Men Invitation

Richardson, Dylan	NSW
Taylor, Lucas	VIC

5km U18 Women Invitation

hamilton, Emily	VIC
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Victorian Judging Convenor Diane Lowden has asked me to remind everyone of the Walk Judging Seminar that is to be held in Melbourne on Saturday 14 December. It is time to fill out your nomination form and post it back to Diane. See further details at <http://www.vrwc.org.au/documents/2013%20VIC%20Walk%20Judges%20Seminar%2014%20December.pdf>.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2013/2014 Australian/Victorian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (QLD)
 Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (VIC) - 2014 World Cup 50km trial
 Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (TAS)
 Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
 Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2013 International Fixture

Sun Dec 1, 2013 Hong Kong 20km Championships - <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>
 Dec 7-8, 2013 50km / 12 Hour roadwalks in Putrajaya, Malaysia - <http://www.racewalkermalaysia.com/12-hour-walk.php>

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au>
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
 May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
 May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
 July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
 Mar 22, 2014 Dudinska 50, Dudince, Slovakia
 Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal
 Apr 12, 2014 Podebrady, Podebrady, Czech Republic
 Jun 8, 2014 British Grand Prix of Racewalking, York, England
 Jun 13, 2014 International Festival of Alytus, Lithuania
 Aug 31, 2014 Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

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**
 May 2016 **27th IAAF World Race Walking Cup, Cheboksary, Russia**
 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**
 May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**
 2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**
 July 2020 **32nd Olympic Games, Tokyo**

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