



HEEL AND TOE ONLINE

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

My Walker of the Week this year is 19 year old **Steven Washburn** of Sydney who won silver in the annual NSW 10,000m track walk championship last weekend in a time of **45:39.39**. This was a PB by a massive 1:41 and shows that he is approaching top form in the leadup to the national 20km meet in Hobart next month.

Steven was second in the U20 10km roadwalk in Canberra last June (47:20) and was second once again in the U20 10km roadwalk at the Australian roadwalk championships in Launceston in September (49:40). His latest 10km time indicates that he is now ready to make the tough transition from Junior to Senior ranks in 2014.



Steven competing in the U20 10km in Canberra in June

WHAT'S COMING UP

The second half of the Australian summer season is about to kick off with Victorians returning to the track on Saturday for round 6 of our Athletics Victoria Shield competition. From then on, the following 3 weeks see plenty of action for our walkers:

Sat Jan 11, 2014	AV Shield Round 6 (3000m/1500m)
Sat Jan 18, 2014	AV Shield Round 7 (2000m)
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 19-22, 2014	LAVic JDS Camp
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Sat Feb 1, 2014	AV Shield Round 8 (3000m/1500m)
Sun Feb 2, 2014	Australian 20km Road Walk Championships & Oceania Race Walking Trophy, Hobart

And now some reminders of important events you need to enter ASAP before they close.

The **Victorian 5km Roadwalk Teams Championships** will be held at Middle Park on Sunday 19 January. This annual event is open to any currently registered AV walker and club teams of 3 men and 3 women will vie for the title of the top walking club. You must pre-enter this event via AV - entry panel at <http://www.athsvic.org.au/events/detail/2014-av-walks-series-5km-team-walk>. You enter as an individual. Once 3 male or 3 female walkers from your club have entered, you have a team. If more than 3 enter, the first 3 across the line count towards the team performance.

The **Victorian Country T&F Championships** are in Ballarat over the Australia Day long weekend, 24-26 January. Again, entries are via AV - see <http://www.athsvic.org.au/events/detail/2014-victorian-country-championships>. **Entries close on 14th January** so don't delay. Remember that metropolitan athletes can also compete by invitation by filling in the entry form.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. You must enter this via Athletics Australia - see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1068&OrgID=887. Entries are now open and will **close on Mon 17th January**. This event also hosts the Oceania Racewalking Cup in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The Australian team will be selected from those walkers who enter and who have bettered the team qualifying standards - see <http://www.rwa.org.au/aevents-2.shtml> for further details.

CENTRAL COAST ROUNDUP

Central Coast has a long racewalking history and is one of the very active walking centres in New South Wales. Based around the city of Gosford, about 1 hour's drive north of Sydney, the club was so strong in 1974 that it joined the Australian Federation of Race Walking Clubs as a separate entity to NSW RWC, and competed at Federation events under the name of Gosford Walking Club for a number of years after that. The current walking group, which is now stronger than ever and boasts walkers like Tyler Jones, Jay Felton and Dylan Richardson, is based around coach Frank Overton who has been around even longer than me. In fact, I remember racing against Frank at Albert Park in Melbourne in a 3 mile road walk in 1968! The following are results from competitions held on the Central Coast NSW in recent weeks.

CCWRJT Results, Mingara, Saturday 21 December 2013

First to the Central Coast Regional WalkRunJumpThrow competition where Tyler Jones won both 3000m and 1000m walks.

3000m Walk

1.	Tyler Jones	13.23
2.	Lauren Bourke	14.02
3.	Carl Gibbons	14.03
4.	Dylan Richardson	15.49
5.	Chelsea Goodhew	16.48
6.	Lydia McKay	18.26

1000m Walk

1.	Tyler Jones	4.03
2.	Carl Gibbons	4.07
3.	Lauren Bourke	4.22
4.	Dylan Richardson	4.34
5.	Chelsea Goodhew	5.11
6.	Lydia McKay	6.14

Adcock Park (New Years Eve -Back Up Walks/Runs), Tuesday 31 December 2013

Now to Adcock Park where Jay Felton and Tyler Jones shared the honours along with Sybella McKay.

5000m Walk

1.	Jay Felton	17	24.57
2.	Carl Gibbons	17	25.11
3.	Tyler Jones	15	25.34
4.	Dylan Richardson	13	28.53
5.	Chelsea Goodhew	13	29.52
6.	Lydia McKay	15	33.39

3000m Walk

1.	Tyler Jones	15	14.33
2.	Jay Felton	17	14.58
3.	Carl Gibbons	17	15.06
4.	Dylan Richardson	13	15.50
5.	Chelsea Goodhew	13	17.21
6.	Lydia McKay	15	19.31

1500m Walk

1.	Sybella McKay	10	9.22
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2.	Chloe McLachlan	9	11.02
3.	Riley Jones	9	12.59

NSW 10,000M TRACK WALK CHAMPIONSHIPS, CAMPBELLTOWN, SATURDAY 4 JANUARY

The NSW 10,000m track walk championships were held in hot conditions typical of this time of the year in Sydney. However, I am told that the weather was not as bad as last year, with a bit of a breeze to help cool the athletes down.

Ian Rayson set the early pace with Kyle Malone not behind, with Steven Washburn chasing. Kyle retired around the 7000m mark, leaving Ian to power home for victory with 44:10:01. Steven held on well to record a huge PB with his second place time of 45:39.39. Nicole Fagan and Cheryl Webb had a great battle for the entire race with nothing separating the two until the last few laps with Nicole surging ahead to win with a time of 49:56.02

Women 10000m Walk Open

1.	Fagan, Nicole	25	SYDNEY UNIVERSITY	49:56.02
2.	Webb, Cheryl	38	NEPEAN DISTRICT	50:56.80
3.	Bourke, Lauren	24	MINGARA	54:27.16
4.	Barendregt, Amanda	18	NEPEAN DISTRICT	58:50.93
5.	Cobb, Jessica	24	BLACKTOWN CI	62:53.93
6.	Grujoski, Stephanie	17	SOUTH SYDNEY	65:29.37
	Bettiol, Amy	19	SYDNEY PACIFIC	DNF

Men 10000m Walk Open

1.	Rayson, Ian	26	MINGARA	44:10.01	
2.	Washburn, Steven	20	UTS NORTHS	45:39.39	PB 1:41
3.	Jones, Tyler	16	WYONG	49:28.01	
4.	Gibbons, Carl	18	ATHLETICS NS	49:54.46	
5.	Osborne, Robert	59	NEPEAN DISTRICT	60:27.61	
	Malone, Kyle	23	NEPEAN DISTRICT	DNF	
	Kerr, Aidan	16	SYDNEY PACIFIC	DQ	



Ian Rayson wins in Campbelltown on Saturday

OCEANIA MASTERS CHAMPIONSHIPS, BENDIGO, 4-12 JAN 2014

The first walks to kick off at the Oceania Masters Games were the 10km roadwalks, held on Sunday 5 January on a 2km course that went right up the main street of Bendigo – wow! It was great to see a number of New Zealand walkers in attendance. Strong performances in particular from Heather Carr, Andrew Jamieson and Ralph Bennett.

10km Roadwalks, Sunday 5 January

W50	1	Staunton-Jugovic, Ann	W50	AUS	56:33.1
	2	Elms, Donna-Marie	W52	AUS	1:08:15.9
	3	Major, Annette	W51	AUS	1:10:36.8
W55	1	Bryant, Barb	W59	AUS	1:02:49.3
W60	1	Carr, Heather	W64	AUS	1:00:28.2
	2	Thompson, Alison	W60	AUS	1:03:53.1

	3	Hoskin, Sue	W62	NZL	1:07:06.8
W65	1	Wilson, Jacqueline	W67	NZL	1:07:41.9
	2	Morrison, Barbara	W65	NZL	1:08:20.6
	3	White, Marlene	W65	NZL	1:11:18.1
	4	Johnson, Celia	W66	AUS	1:11:55.6
	5	Trengrove, Margaret	W69	AUS	1:14:26.6
W70	1	Jones, Daphne	W72	NZL	1:16:10.8
	2	Schickert, Lynne	W72	AUS	1:17:43.9
W75	1	Beaumont, Margaret	W75	AUS	1:32:51.8
M40	1	Nipperess, Dean	M42	AUS	48:39.5
	2	Smyth, David	M44	AUS	58:30.1
M50	1	Evans, Simon	M53	AUS	55:14.7
	-	Keirl, Bernie	M50	AUS	DNF
M55	1	Heywood, Colin	M59	AUS	58:16.2
	2	Fox, Peter	M59	NZL	58:48.5
M60	1	Kemsley, Eric	M62	NZL	56:37.7
	2	West, John	M63	AUS	1:14:00.9
M65	1	Jamieson, Andrew	M67	AUS	52:54.7
	2	White, George	M68	AUS	57:11.3
M70	1	Bennett, Ralph	M72	AUS	59:23.2
	2	Johnson, Tony	M73	AUS	1:09:07.2
	3	West, Norman	M72	AUS	1:21:43.2
M75	1	Major, Geoffrey	M77	AUS	1:20:47.9
	2	Beaumont, Ian	M77	AUS	1:28:04.8
M80	1	Silcock-Delaney, Colin	M81	AUS	1:24:03.7

The walks action will continue with 3000m track walks on 8th January and 5000m track walks on 10th January. See <https://www.omabendigo2014.com.au/> for more details.

QA ALL COMERS MEET, GOLD COAST, SATURDAY 4 JANUARY 2014

With Brisbane temperatures nudging 44°C on Saturday, the QA All Comers Meet on the Gold Coast was rescheduled for a later start time of 4PM. That meant that the walks were put back to 7:30PM and a small number of walkers lined up for the 3000m and 5000m races with a welcome cooler breeze blowing. Dane Bird-Smith was the standout as usual with a fast 19:33.72 while Jess Pickles was the best of the women with a fast 24:40.33. Jamie McCutcheon was the fastest in the 3000m (16:50.88) just ahead of Nyle Sunderland (16:51.50).

3000m Walk

1.	Jamie McCutcheon	16:50.88
2.	Nyle Sunderland	16:51.50
3.	Kobe Hinton	18:33.00
4.	Tenyka Chapman	19:32.30
5.	Jessica Haig	20:38.35
6.	Jonah Mead	19:18.03
7.	Callum Haig	20:49.96

5000m Walk

1.	Dane Bird Smith	19:33.72
2.	Brandon Dewar	21:07.10
3.	Nick Dewar	21:43.03
4.	Jess Pickles	24:40.33
5.	Luke McCutcheon	25:25.63

ENGLAND ATHLETICS INDOOR RACE WALKING CHAMPS 2014, SHEFFIELD EIS, SUNDAY 5 JANUARY 2014

2014 got off to a great start with a record number of entries for last weekend's Athletics England Senior and U20 Indoor Combined Events Championships. The weekend at the EIS in Sheffield also hosted Area Championships (MCAA, SEAA, Northern Athletics and Welsh Athletics), British Milers' Club races and the inaugural indoor Race Walking Championships, a new initiative and a great addition to their annual calendar.

In the 3000m women's walk, Ellie Dooley was the clear winner in 14:01.79. The men's championship was won by Tom Bosworth in 11:44.78 but he was actually in second place behind New Zealander Quentin Rew in an unofficial NZ National record of 11:17.66. It was a big PB by Quentin and just 3 secs outside Robbie Heffernan's UK All-Comers record. Ana Garcia won the first ever EA indoor 1000m race walking championship in a 2 second PB, with 4:20.66 from Alana Zeidler and Pagen Spooner.



EA Indoors walks champions ANA Garcia, Tom Bosworth and Ellie Dooley

3000m Indoor Walk Men

1.	Quentin Rew	New Zealand	11:17.66
2.	Thomas Bosworth	Tonbridge AC	11:44.78
3.	Creighton Connolly	Canada	12:16.78
4.	Cameron Corbishley	Medway & Maidstone AC	12:49.05
5.	Simon Pugh	Northern Vets AC	18:16.35

3000m Indoor Walk Women

1.	Ellie Dooley	Leeds City AC	14:01.79
2.	Jasmine Nicholls		14:52.74
3.	Alana Barber	Hyde Park Harriers	15:00.74
4.	Emma Achurch	Leicester Walking Club	15:10.30
5.	Brenda Gannon	Hyde Park Harriers	15:28.78

1000m Indoor Walk

1.	Ana Garcia	City of Sheffield AC	04:20.66
2.	Alana Zeidler	City of Sheffield AC	04:55.06
3.	Pagen Spooner	Weatherby Runners	05:53.78
4.	Laura Achurch	Leicester Walking Club	06:01.26
5.	Molly Meleady-Hanley	City of Sheffield AC	06:04.82
6.	Ella Sharkey	City of Sheffield AC	06:07.78

LOVELOCK CLASSIC, AORANGI STADIUM, SATURDAY 4 JANUARY 2014

Alas, the walkers were one lap short in the 10,000m walk in Auckland last Saturday.

10,000m Walk

1.	Newitt, Kate	W	Port Hills	53:18.91
2.	Robinson, Roseanne	W	Hill City	55:12.33
	Lord, Jonathon	M	South Canterbury	DNF
	Edmunds, Julie	W	Caversham Otago	DNF
	Cockerill, Tom	M	Caversham Otago	DQ

LISBON AND SETÚBAL ROADWALK CHAMPIONSHIPS, LISBON, SATURDAY 4 JANUARY 2014

Vera Santos and João Vieira won the Open 10km walks in the 31st edition of the joint Lisbon and Setúbal Athletics Associations championships, contested in the streets around Lisbon University Stadium last Saturday. Santos' winning time of 45:05 saw her well clear of the other women but João Vieira had a tighter race in the men's championship, winning with a time of 41.46 ahead of Pedro Isidro who finished with 42.22. There were other races on offer for Masters and younger walkers and overall, 48 Setúbal district walkers and 43 Lisbon walkers participated in the carnival.

10km Women

1.	Vera Santos	1981	Sporting CP	45.05
2.	Mariana Mota	1995	SL Benfica extra	53.42
3.	Ana Raquel Marques	1980	ACRS Desterro extra	57.11
4.	Carla Filipa Morgado	1973	GDP Chão Duro	1.01.27
5.	Rute Lourenço	1974	CP Corroios	1.02.40
6.	Ana Paula Gouve	1996	CP Corroios	1.03.32
7.	Advânia da Silva	1990	SL Benfica	1.08.37

10km Men

1.	João Vieira	1976	Sporting CP	41.46
2.	Pedro Isidro	1985	SL Benfica	42.22
3.	Nuno Santos	1988	Sporting CP	49.18
4.	Pedro Santos	1992	SL Benfica	49.25
5.	André Paçaima	1993	CF Belenenses	53.16

SANTARÉM AND LEIRIA CHAMPIONSHIPS, RIO MAIOR, PORTUGAL SATURDAY 4 JANUARY

72 athletes representing 20 clubs participated in the Santarém and Leiria district championships in Rio Maior last Saturday. In the main women's 10 km race, Inês Henriques won with a time of 45.27 while Sérgio Vieira won the men's 20km with 1:29:23. Thanks to <http://omarchador.blogspot.pt/2014/01/rio-maior-acolheu-campeonatos-de.html>.

20 km Open Men

1.	Sérgio Vieira	1976	SL Benfica extra	1.29.23
2.	Pedro Martins	1968	CA Seia extra	1.30.39
3.	Cristiano António	1988	AC Vermoil	1.31.33
4.	Miguel Carvalho	1994	CN Rio Maior	1.32.10
5.	Pedro Santos	1986	CA Seia extra	1.33.20
6.	Samuel Pereira	1993	CA Seia extra	1.37.59
7.	Rui Coelho	1994	CA Seia extra	1.41.47
8.	Amaro Teixeira	1989	Donas extra	1.51.10
9.	Ivo Ferreira	1985	Gira Sol-RC extra	2.24.10

10 km Open Women

1.	Inês Henriques	1980	CN Rio Maior	45.27
2.	Daniela Cardoso	1991	Leiria MA	50.19
3.	Mara Ribeiro	1995	CN Rio Maior	52.51
4.	Vitória Oliveira	1992	J Vidigalense	53.02
5.	Rita Ribeiro	1996	CN Rio Maior	54.08
6.	Nádia Cancela	1993	SL Benfica extra	56.23

20 km Women

1.	Daniela Cardoso	1991	Leiria MA	1.40.56
2.	Mara Ribeiro	1995	CN Rio Maior	1.46.05

Winners in other races were as follows

Santarém

10 km Junior Men	Miguel Rodrigues	CN Rio Maior	45.34
5 km Youth Women	Salomé Santos	CN Rio Maior	27.39
4 km Men	Maksym Roslanovich	CA Ferreira Zêzere	22.52
3 U14 Women	Cheila Nunes	CN Rio Maior	18.16
2 km	Hirondina Casal	CN Rio Maior	10.44
1 km	Inês Mendes	CN Rio Maior	5.48

Leiria

10 km Junior Men	André Salgueiro	J Vidigalense	54.10
5 km Men	Vasco Santos	CA Marinha Grande	24.35
5 km Women	Diana Cordeiro	NDA Pombal	33.32
3 km Men	Rodrigo Lopes	GA Casais Vento	19.22
2 km Men	Inês Rodrigues	GA Casais Vento	12.48
1 km Women	Rita Andrade	Leiria MA	5.55

TEXAS 1 MILE RACE WALK, PSJA STADIUM, PHARR, TEXAS, FRIDAY 3 JANUARY 2014

Fifteen year old Federico Gonzalez earned his second victory in as many races when he won the 1 Mile Race Walk last Friday at PSJA Stadium in Pharr, Texas. Gonzales, from Chihuahua, Mexico, walked his first half mile in 3:12. That provided a sufficient margin to survive the fast finish of Illinois' Anthony Peters by almost seven seconds. Gonzalez's walked the winning mile in 6:34.6 ahead of Peters with 6:41.0 and Pharr's own Geraldo Flores with 6:59.0. The women's mile was won by Gonzalez's Mexican teammate, 16 year old Diana Miranda. Miranda, second to Molly Joseph at the 3000m distance earlier in the week, was able to break away from Joseph and Natalia Alfonzo over the last 400 meters to win in 7:23.4. Alfonzo, a student at Missouri Baptist University from Venezuela, was 2nd over college teammate Joseph from Garden City, NY.

In the 3,000m walk, Sweden's Andreas Gustafsson broke free of the pack with a 91 second first lap to win comfortably with 11:23.9. Behind the Swede veteran athlete Tim Seaman, closing in on his February retirement party race in Albuquerque, took second with 11:38.5 ahead of hometown youngster Alex Chavez who recorded 11:42.1.

RW Camp week concludes with the 10k Race Walk at 7am Saturday morning followed by a 5k walk at 8:15.

Men's 1 Mile Walk (first 10 only)

1.	Frederico Gonzalez	M15	Mexico Chihuahua	6:34.6
2.	Anthony Peters	M17	Elgin Sharks Bartlett Ill	6:41.0
3.	Geraldo Bebe Flores	M17	South Texas WC Pharr TX	6:59.0
4.	Ricky Rosa	M20-24	Puerto Rico Clermont Fla	7:14.9
5.	Cameron Haught	M15	Miami Valley TC Enon Oh	7:18.3
6.	Steve Berry	M14	Lone Peak TC Orem Utah	7:20.7
7.	Ian Whatley	M50-54	World Class RWers Greer SC	7:21.2
8.	Alex Price	M30-34	Pacific RWers Palo Alto CA	7:22.1
9.	Matias Serna	M15	South Texas WC San Juan TX	7:56.2
10.	Michael Belovich	M14	Miami Valley TC South Charleston OH	8:39.5

Women's 1 Mile Walk (first 10 only)

1.	Diana Miranda	F16	Mexico Chihuahua	7:23.4
2.	Natalia Alfonzo	F19	Missouri Baptist U Venezuela	7:26.9
3.	Molly Josephs	F20	Missouri Baptist U Garden City NY	7:29.0
4.	Laisha Antolin	F14	Mexico Chihuahua	7:44.0
5.	Nirvana Zalba	F20	Missouri Baptists U Mexico	7:45.0
6.	Charlotte Walkey	F15	Miami Valley TC Yellow Springs OH	7:58.1
7.	Katherine Newhoff	F16	Walk USA Islip Terrace NY	8:05.0
8.	Jennifer Lopez	F17	Elgin Sharks Elgin Ill	8:08.9
9.	Caitlyn Palacio	F15	Archbishop Mitty HS San Jose CA	8:11.0
10.	Fiona Dunleavey	F17	Lakeview HS Rowlett TX	8:12.2

Elite 3000m Race Walk

1.	Andreas Gustafsson	M32	Sweden San Diego CA	11:23.9
2.	Tim Seaman	M41	New York AC San Diego CA	11:38.5
3.	Alex Chavez	M20	Missouri Baptist U. Pharr TX	11:42.1
4.	Jonathan Hallman	M20	Shore AC Liberty SC	12:08.2
5.	Nick Christie	M22	Missouri Baptist U St Louis MO	12:10.0
6.	Emmanuel Corvera	M20	Cuyamaca Community College	12:51.4

END OF YEAR STATISTICAL REVIEWS

- The RunnersTribe website reports (see <http://runnerstribestatscentral.com/wrapping-up-2013-moving-towards-rio>) that **Jared Tallent** ended the year with the highest IAAF Points Table score of any Australian athlete, beating the likes of Sally Pearson, Kim Mickle and Benn Harradine. He scored **1298 points** for his effort in the 50km walk at the World Championships. The one thing you can say is that his 3:40.03 performance to pick up the bronze medal in Moscow was not simply about the time, but more about the guts and mental strength of an athlete that continues to perform at the highest level every time he steps out at a major championship.

After the race at the World Championships Jared told the Australian media, "After 15 kilometres I was thinking I may not make it to the finish the way I was feeling, but I battled on and just started to feel better around that 35km mark and pushed on for a medal. It's probably one of the more satisfying 50km races I've had."

Overall Jared has now won a total of 6 medals at either an Olympics or World Championships, with the Rio Olympics still firmly in the sights for the 29 year-old.

- More accolades for Jared in the annual Athlete of the Year awards, as determined by All-Athletics.com, the world leading T&F statistics website. While the Jamaican sprint sensations Usain Bolt and Shelly-Ann Fraser-Pryce were the male and

female Athletes of the Year respectively according to All-Athletics.com (see <http://www.all-athletics.com/en-us/2014-01-03/usain-bolt-and-shelly-ann-fraser-pryce-are-athletes-year>), **Jared Tallent and Valerie Adams** were recognised as the **All-Athletics.com Oceania region Athletes of the Year**.

- And while still talking statistics, InsideAthletics reports that 27 Australian athletes were in the Top 50 in their respective events in 2013 (see <http://www.insideathletics.com.au/editorial/14095-27-athletes-in-top-50-in-the-world-sydney-track-classic-australia-s-best-meet-in-2013>). This compared to 31 in the previous year. Significantly nearly half of the Australian athletes to rank in the top 50 in the world in 2012 failed to do so in 2013, due to a combination of injury, form slumps and retirements. However, promisingly there was a replenishment of the stocks with upcoming athletes making breakthroughs. Makes for sobering reading. The big news is that there are 3 entries for the walkers - **Jared Tallent in the 20km and 50km and Chris Erickson in the 50km**.

Men			
Rank	Athlete	Event	Performance
3	Benn Harradine	Discus	68.20m
3	Jared Tallent	50km Walk	3:40:03
4	Julian Wruck	Discus	68.16m
=11	Fabrice Lapierre	Long Jump	8.25m
21	Chris Erickson	50km Walk	3:49:41
23	Ben St Lawrence	5000m	13:10.83
=24	Liam Zamel-Paez	High Jump	2.29m
25	St Lawrence	10000m	27:37.55
25	Jared Tallent	20km Walk	1:20:41
=27	Brandon Starc	High Jump	2.28m
=27	Nik Bojic	High Jump	2.28m
29	Alwyn Jones	Triple Jump	16.81m
40	Hamish Peacock	Javelin	81.14m
43	Tristan Thomas	400m H	49.56
45	Ryan Gregson	1500m	3:35.25
=46	Alex Rowe	800m	1:45.44

Women			
Rank	Athlete	Event	Performance
3	Kim Mickle	Javelin	66.60m
=5	Sally Pearson	100m H	12.50
9	Kathryn Mitchell	Javelin	63.77m
10	Dani Samuels	Discus	64.46m
=11	Eleanor Patterson	High Jump	1.96m
24	Lauren Wells (Boden)	400m H	55.08
=28	Alana Boyd	Pole Vault	4.50m
31	Zoe Buckman	1500m	4:04.82
32	Genevieve Lacaze	3000m St	9:37.62
36	Jackie Areson	5000m	16:12.09
=37	Liz Parnov	Pole Vault	4.45m
48	Kelsey Lee-Roberts	Javelin	58.58m
50	Lara Tamsett	10000m	32:16.13

- Finally, I have recently been able to review the Power of 10 website (see <http://www.thepowerof10.info>) which was developed in 2006 as a way of inspiring and motivating British athletes to improve. Sponsored by British Athletics, the website is the most comprehensive ranking and performance based site that I have ever seen. While sites like All-Athletics focus on the bigger races and the top performers world wide, PowerOf10 does the same thing for British athletes in all track and field disciplines. Alas, we are a long way behind them here in Australia in that regard as we have nothing comparable apart from my own racewalkaustralia site which is just for our walkers (see <http://www.racewalkaustralia.com>). Take some time and check out PowerOf10 - yearly rankings, all time rankings, athlete profiles, coaches profiles and performance, etc. I am completely blown away.

OUT AND ABOUT

- Entries for the 2014 Manx Telecom Parish Walk opened on 1 December 2013 and they already have over 200 entries. By the time the event kicks off on 21 June 2014, it will be a huge affair (as usual). The centrepiece is the 85 mile racewalk around all the Parishes on the Isle of Man and we normally see hundreds of people challenge themselves over this classic hilly course. See <http://www.parishwalk.com> and <http://parishwalk2014.blogspot.com>.

And talking of the Isle of Man, round 4 of the Isle of Man Winter Walking League was held on Sunday 5 January at Ronaldsway Industrial Estate. Fastest times went to Adam Cowin (49.54), Richard Gerrard (50.48) and Michelle Turner (52.28) while the overall winner on handicap was Ian Callister in an actual time of 62.21. See the full result set at

http://www.manxathletics.com/manxharriers/140105_winterleague.pdf

- Lukas Gdula (20:16.5) and Anežka Drahotova (21:54.0) were the 5000m walk winners in the Indoor track meet held in Jablonec nad Nisou in the Czech Republic on December 27th.
- Russian walker Aleksey Golovin won the 5000m walk (20:11.5) at the Moskva Region Cup in Shchelkovo on 28th December.
- British Athletics has released its qualifying standards for the 2014 European championship walks and they are indeed tough: Men's 20km 1:23:30, Men's 50km 4:00:00, Women's 20km 1:32:00.
- And a quote for the week from Irish 50km walk world champion Robert Heffernan, talking in a recent article:

For any athlete, it's about preparation and environment. You can throw booklets and plans at them all you like but unless an athlete is willing to live, sleep, eat and train – with no distractions – then you are never going to be any good.

VRWC FALLS CREEK CAMP UPDATE

Our Falls Creek training camp continued this week with lots more solid training, another bush walk, a swim at Mt Beauty and lots of fun that included a trivia night and even our own versions of The Amazing Race and Celebrity Heads. A selection of photos to show some of the action.



Bushwalking in the sun



Left: The mighty leader



Right: Celebrity Heads



What a backdrop



Brad, Jesse, Katya, Jasmine and Steph



Kirsty, Lucas, Ross, Reese and Jesse



Left: Simon and Tim talk tactics

Right: It's still cold!



What a backdrop for training!



Wait for us!

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 28 - Jan 10	VRWC Camp, Falls Creek
Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see http://www.omabendigo2014.com.au
Sun Jan 12, 2014	Regal Racewalkers Racewalking Seminar, SOPAC, Sydney
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
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 8-10, 2014	Australian Masters T&F Championships, Hobart. See http://www.amahobart2014.com.au
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

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

July 2015	28th Summer Universiade, Gwanju, South Korea
July 2015	9th World Youth T&F Championships, Cali, Colombia
Aug 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
July 2016	16th World Junior T&F Championships, ?
Oct 26 -Nov 6, 2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10th World Youth T&F Championships, ?
July 2017	29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com/
2019	17th IAAF World Championships in Athletics, ?
July 2019	11th World Youth T&F Championships, ?
July 2019	30th Summer Universiade, Brasilia, Brazil
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>)