



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 03
20 October 2015



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WHAT'S COMING UP

Athletics Victoria Shield competition continues this **Saturday 24th October** with Round 2 spread across the following venues as per the AV handbook (always check with your club in case of any last minute changes)

- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Blue Zone, Frankston
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Red Zone, Doncaster
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), White Zone, Yarra Ranges
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Yellow Zone, Aberfeldie
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Ballarat Zone, Ballarat
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Geelong Zone, Geelong
- Sat 24 Oct 2015 AV Shield Round 2 (Program 1), Bendigo Zone, Bendigo

Our own VRWC summer season kicks off with roadwalks at Middle Park on **Sunday 25th October**. You can check out our summer season fixture at <http://www.vrwc.org.au/vrwc16.shtml> or download our calendar to your phone. Fixture for Sunday as follows

Sun 25th October 2015, VRWC Road Races, Middle Park

8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Open
10:00am	2km	Open
	1km	Open

The Victorian All-Schools T&F Championships are to be contested on 6-8 November and entries are now open. See the championships page at <http://athsvic.org.au/event/2015-victorian-all-schools-track-field-championships/>.

2016 AUSTRALIAN MASTERS CHAMPIONSHIPS, ADELAIDE, SA, 16-19 APRIL



And a special plug to all our Masters walkers. The South Australian Masters Athletics (SAMA) is hosting the 2016 AMA National Track & Field Championships in Adelaide from 16-19 April 2016. The [Program](#) will include a complete range of masters' athletics disciplines, including non-stadia events.

Salient points are as follows

- The Championships are conducted in five year age groups starting at 30 years, and medals are awarded in each age group for every event.
- Your age group is determined by your age on the first day of competition (16 April 2016) and you must be a financial member of a Masters Athletics Club.
- Enter online now on the National Championships website <http://www.samastersathletics.org.au/nationals2016/register.html>
Entry fees: \$50 admin fee and \$12.00 per event. Take part in as many events as you want.
- Try something new, have fun and meet new friends. You don't have to be a superstar to take part.
- Keep up to date - 'like' the Championships Facebook site <https://www.facebook.com/AMA.Championships.Adelaide2016>.

AV SHIELD

I did not have the Ballarat Zone results in time for last week's newsletter so here they are to complete Round 1 of AV Shield. Kelly Ruddick was the standout with 8:51.90 for the 2000m track walk.

AV Shield Round 1 (Program 2), Ballarat Zone, Ballarat, Sat 10 Oct 2015

2000m Walk

1.	Ruddick, Kelly	42	BALLARAT HAR	8:51.90
2.	Brennan, Sarah	39	BALLARAT YCW	10:40.36
3.	Ruddick, Kevin	65	BALLARAT HAR	14:41.81

And I did hear that the country venues had scratch meets last weekend, unlike the city based regions which had the weekend off. Kelly Ruddick won in Ballarat with an even faster 8:37 for the 2000m track walk while James Christmass won the 1500m walk at Geelong with 6:49. Alas, no official results as yet. AV Shield resumes next weekend with Round 2 (3000m and 1500m walks).

BENDIGO WALKERS CLUB ROADWALKS, BENDIGO, WEDNESDAY 14 OCTOBER

Thanks for Paul Rance for sending me the results of the opening round of the Bendigo Walkers Club summer season last Wednesday evening. He reported:

In the 1200m handicap, Sheridan Commons scored a solid victory with Caitlyn Tozer 2nd and Ebony Whiley claiming 3rd place and fastest time honours, with new walkers Oscar and Amber Fox also producing strong performances. Zahra Hayes took 1st and fastest in the 2400m event with Jennie Payne 2nd and Barb Bryant in 3rd place. Ebony Whiley broke the 19 year old Club 1200m record formerly held by Annette Major while in the 2400m Zahra Hayes broke Jessie Palfreyman's 10 year old U16 record and Barb Bryant took another 5 seconds off her own W55+ record with Zahra and Jennie Payne both producing personal best efforts.

Meanwhile Jennie Payne brought home 4 silver medals from the Australian Masters Games which was her first major competition since taking up race walking earlier this year, and Zahra Hayes scored a comfortable victory in the 1500m walk at the Loddon Mallee Zone Schools Championships last Week with her time of 7.03 breaking the 28 year old Zone record held since 1987 by Nicole Sansonetti.

1200m Handicap

1.	Sheridan Commons	8.23
2.	Caitlyn Tozer	10.19
3.	Ebony Whiley	6.35
4.	Oscar Fox	8.14
5.	Amber Fox	9.26

2400m Handicap

1.	Zahra Hayes	11.53
2.	Jennie Payne	15.49
3.	Barb Bryant	13.25
E4.	Peter Curtis	13.17
E4.	John Carter	17.02
6.	Norm West	20.07
7.	Annette Curtis	18.08
8.	Geoff Major	20.30

ACT WALKERS CLUB WALKS, WODEN PARK, CANBERRA, THURSDAY 15 OCTOBER

Thanks to Robin Whyte for Round 1 of the ACT Walkers Club summer season. It was a good turnout with 30 walkers. Fastest times to Zoe Hunt 6:45 and Connor Frew 6:48.

1500m Walk

1.	Zoe Hunt	6:45
2.	Connor Frew	6:48
3.	Tim Fraser	6:59
4.	Callum Burns	7:06
5.	Gabby Hunt	7:08
6.	Tom Hunt	7:34
7.	Laura Burns	7:52
8.	Peter Baker	8:02
9.	Dylan Eddowes	8:07
10.	Elizabeth Henderson	8:13
11.	Kate Black	8:26
12.	Katie Alley	8:37
13.	Jennifer Alley	8:37
14.	Matt Griggs	8:50
15.	Robin Whyte	9:17
16.	Ewen Thompson	10:09
17.	Jane Bates	10:10
18.	Bryan Thomas	10:19
19.	Greg Durr	10:22
20.	Rod Gilchrist	10:34
21.	Peter Thomson	10:49
22.	Jennifer Gilchrist	10:52
23.	Barbara Eddowes	10:53
24.	Caroline Campbell	10:54
25.	Wendy Kupkee	11:00
26.	Doug Fitzgerald	11:15
27.	Sheryl Greathead	11:36
28.	Terri Jones	12:21
29.	Georgia Frew	13:10
30.	Sarah Frew	14:08

QMA TRACK WALKS, SAF, NATHAN, BRISBANE, SATURDAY 17 OCTOBER

Although Athletics Qld is yet to host any walks for the younger competitors, the Queensland Masters are well into their weekly summer comp, with Iggy Jiminez (25:02.93) and Peter Bennett (25:26.73) battling it out at the State Athletics Facility Brisbane. I note Peter is down as M59 – he will be hard to beat once he joins the M60 ranks! Erika Woodward continued her recent good form and was the first of the ladies with 28:36.83

5000m Walk Masters

1.	Ignacio Jiminez	M50	Brisbane	25:02.93	81.86%
2.	Peter Bennett	M59	Brisbane	25:26.73	87.30%
3.	Erika Woodward	W49	Brisbane	28:36.83	77.29%
4.	Argenis Guevara	M47	Brisbane	29:35.57	67.58%
5.	Dean Nipperess	M44	GC & Sthrn	30:02.70	64.96%
6.	Patrick Sela	M76	GC & Sthrn	38:45.43	69.95%
7.	Noela McKinven	W73	Brisbane	39:32.68	74.66%
8.	Christiane Dauphinet	W84	Visitor	41:08.81	88.48%

BRWC MARY LORENSINI 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, THURSDAY 15 OCTOBER

Thanks to Sarah Brennan for the results of the latest Ballarat Racewalking Club championships. She commented: Hot and windy conditions greeted the small field of competitors in the 2015 BRWC Mary Lorensini 3km Handicap. The sealed handicap format saw Ross Darlow and Alanna Peart complete the 3km course in the fastest times of 16:07 & 16:52 respectively. The star of the evening, however, was 12yo James Pendred, who walked a 1:35 PB on the eve of his 13th birthday to claim the trophy and his first win for the season.

Mary Lorensini 3km Handicap

1.	James Pendred	12	23:13	PB 1:35
2.	Scott Peart	9	21:07	PB 0:32
3.	Alanna Peart	12	16:52	
4.	Ross Darlow	17	16:07	
5.	Sarah Brennan	V	18:02	
6.	Kasey Bishop	12	20:03	
7.	Kayla Bridges	10	23:14	
8.	Jessika Bridges	13	22:13	

1km Walk

1. Mia Darlow 10 8:31



Sarah Brennan with Mary Lorensini 3km Handicap winner James Pendred

ATHLETICS SA CLUB DAY, ASA STADIUM, ADELAIDE, SATURDAY 17 OCTOBER
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And now around the other States for their interclub results. First to Adelaide where Joe Cross and Jayden Goode took line honours.

3000m Walk

- | | | | |
|----|--------------------|---------------|----------|
| 1. | Joe Cross | PEMBROKE | 14:42.17 |
| 2. | Rhiannon Lovegrove | PORT ADELAIDE | 14:49.88 |
| 3. | Anna Cross | PEMBROKE | 14:59.04 |
| 4. | Jordan McKenna | UNA | 18:42.91 |

1500m Walk

- | | | | |
|----|--------------|-----------|---------|
| 1. | Jayden Goode | SALISBURY | 7:17.45 |
|----|--------------|-----------|---------|

AACT 2015-16 SUMMER SERIES, AIS TRACK, CANBERRA, SUNDAY 18 OCTOBER

Zoe Hunt 14:29.7 and Laura Burns 7:41.9 were fastest in Canberra.

3000m Walk

- | | | | |
|----|----------------|--------------|---------|
| 1. | Zoe Hunt | NCG | 14:29.7 |
| 2. | Callum Burns | NCG | 15:17.9 |
| 3. | Gabby Hunt | NCG | 19:35.9 |
| 4. | Matthew Griggs | Weston Creek | 19:36.1 |

1500m Walk

- | | | | |
|----|---------------|-----|--------|
| 1. | Laura Burns | NCG | 7:41.9 |
| 2. | Spencer Burns | NCG | 7:57.5 |

ATHLETICS TASMANIA INTERCLUB ROUND 1, DOMAIN, HOBART, SATURDAY 17 OCTOBER
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And we also had walks in Hobart, our most southerly capital city, where Ron Foster was fastest with 18:37.12.

3000m Walk

- | | | | |
|----|------------------|-----|----------|
| 1. | Ron Foster | TMA | 18:37.12 |
| 2. | Anna Blackwell | OVA | 19:09.18 |
| 3. | Elizabeth Leitch | ES | 19:10.23 |
| 4. | Wayne Fletcher | NS | 23:20.23 |
| 5. | David Moore | NS | 23:20.50 |

RACEWALKING MEET, PECS, HUNGARY, SATURDAY 17 OCTOBER

Emmanuel Tardi was in Pecs, Hungary, last Saturday for the second addition of their annual racewalking meet. This year they included a 20km which saw two starters. He tells me the weather was perfect and the course a good one with a 1km lap. The 20km and 5km events started at 11AM and the 10km started at 11:40AM. Bence Venyercsan won the men's 20km in 1:23:37, a new Hungarian Junior record. The 10km saw 6 starters with local Miklos Srp winning in 42:30. Special mention to Anett Torma who produced a very strong race, beating her PB by more than more than 2 minutes with her time of 46:13.

20km Men

1.	Bence VENYERCSÁN	HUN	96	1:23:37
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20k Women

1.	Ivana RENICS	CRO	96	1:48:05
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10km Men

1.	Miklós SRP	HUN	93	42:30
2.	Soma KOVÁCS	HUN	97	42:57
3.	László VENYERCSÁN	HUN	71	46:57
4.	Emmanuel TARDI	FRA	67	1:03:46

10km Women

1.	Anett TORMA	HUN	84	46:13
2.	Petra RABNÉ RÉCSEI	HUN	90	49:49

5km Men

	Máté VARGA	HUN	02	24:41
	Dávid VARGA	HUN	01	24:50
	Vencel GÁL	HUN	01	25:02
	Stanko JURICA	CRO	99	25:54
	Norbert TOTH	HUN	01	26:12
	Gabor EROS	HUN	01	27:58
	Galambos BRABOLES	HUN	02	30:32

5km Women

	Rita RÉCSEI	HUN	96	23:08
	Daphne DIMANOPULOSZ	HUN	99	23:54
	Laura KOMORÓCZY	HUN	99	25:12
	Kata TATAY	HUN	99	26:49
	Bianka BALOGH	HUN	99	27:37
	Dóra ELEK	HUN	98	28:08



Anett Torma, Emmanuel Tardi, Rita Recsei, Bence Venyercsan and Miklos Srp (photos from Emmanuel Tardi)

ITALIAN U18 10KM CHAMPIONSHIPS 10 KM & CLUB CHAMPIONSHIPS , GROTTAMMARE, SUN 18 OCTOBER

It was a big day of walking at Grottammare in Italy last Sunday for the Italian U18 10km Championships 10 km and the third leg of the Club Championships (Senior and Junior). There were also U12, U14 and U16 events so huge numbers overall. While the top walkers might have been absent, it did not detract from what was a very large meet which showcased the excellent Italian depth. You can see the full results at <http://www.marciadalmondo.com/admin/pdf/risultati/18102015407Grottammare2015.pdf>. The meet is well reported by marciadalmondo at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2246.

Open Men 20km Race Walk

1.	Francesco FORTUNATO	ITA	94	1:28:04
2.	Andrea AUGRUSTI	ITA	95	1:28:14
3.	Lorenzo DESSI	ITA	89	1:29:03
4.	Alberto ZAUPA	ITA	95	1:35:09
5.	Mirko DOLCI	ITA	85	1:35:16
6.	Roberto DEFENDENTI	ITA	68	1:35:42
7.	Michele AMOROSO	ITA	93	1:36:29
8.	Vincenzo VERDE	ITA	82	1:38:18
9.	Corrado LAZZIZERA	ITA	79	1:43:59
10.	Antonio LOPETUSO	ITA	58	1:44:27
11.	Domenico DE CEGLIA	ITA	78	1:45:41
12.	Francesco ADRIANI	ITA	95	1:49:36

Open Women 20km Race Walk

1.	Nicole COLOMBI	ITA	95	1:42:54
2.	Eleonora DONÈ	ITA	92	1:44:12
3.	Sara SCIPIONI	ITA	95	1:46:50
4.	Ilaria GALLI	ITA	87	1:47:29
5.	Adelaide SANSONI	ITA	82	1:51:32
6.	Elena SBERNARDORI	ITA	91	1:52:54
7.	Sascia GRAFEO	ITA	92	1:55:56
8.	Laura CIVILETTI	ITA	92	1:56:23
9.	Silvia CORMACI	ITA	94	1:59:36

Junior Women 20km Race Walk

1.	DOMINICI Eleonora	1996	ITA	1:42:12
2.	VITIELLO Sara	1996	ITA	1:47:52
3.	BARCELLA Lidia	1997	ITA	1:50:22
4.	IMBESI Giulia	1996	ITA	1:55:07
5.	MORICONI Giorgia	1997	ITA	2:15:28

Junior Men 20km Race Walk

1.	PICCHIOTTINO Gianluca	1996	ITA	1:30:27
2.	ANGELINI Gregorio	1996	ITA	1:33:42
3.	GRILLO Ettore	1997	ITA	1:41:04
4.	COPPINI Niccolò	1997	ITA	1:42:08
5.	BRAMBILLA Riccardo	1997	ITA	1:50:20
6.	CAPOGROSSI Luca	1996	ITA	1:54:28
7.	NICO Rocco	1997	ITA	2:09:57

U18 Men 10km Race Walk

1.	Mattia IORILLO	ITA	98	45:21
2.	Davide MARCHESI	ITA	99	45:50
3.	Nicolas FANELLI	ITA	99	46:46
4.	Alfonso ALBERGA	ITA	99	47:21
5.	Attilio TRAPASSO	ITA	98	47:28
6.	Stefano CICALO'	ITA	98	47:44
7.	Giuseppe PANTERA	ITA	98	48:03
8.	Matteo GALLO	ITA	99	48:12
9.	Luca MAGISTRI	ITA	99	48:22
10.	Emanuele ROMANZI	ITA	99	48:34
11.	Elia MACCARI	ITA	98	48:39
12.	Marco FRANCHIN	ITA	99	49:11
13.	Luigi LOCONSOLE	ITA	98	50:37
14.	Giuseppe SERRONE	ITA	98	51:24
15.	Leandro TOMASSELLI	ITA	99	51:35

U18 Women 10km Race Walk

1.	Annalisa RUSSO	ITA	98	52:49
2.	Angelica MIRABELLO	ITA	99	53:08
3.	Linda TERZI	ITA	98	53:47
4.	Chiara CUNI	ITA	99	54:04
5.	Molly Jade DAVEY	GBR	98	55:03
6.	Chiara PUSCEDDU	ITA	99	55:07
7.	Francesca GRITTI	ITA	99	55:38
8.	Maria Teresa VULPIS	ITA	99	55:41
9.	Beatrice FORESTI	ITA	98	56:39
10.	Alice ROTA	ITA	98	57:30
11.	Fabiana BUCCI	ITA	98	57:36
12.	Prisca SIMONETTI	ITA	98	57:42
13.	Beatrice ANDREOSE	ITA	98	57:48
14.	Marianna ESPOSITO	ITA	98	58:07
15.	Laura SILLI	ITA	99	58:41
16.	Roberta TOMASELLO POMA	ITA	98	59:24
17.	Costanza MANNELLI	ITA	98	59:41



Francesco Fortunato and Nicole Colombi on Sunday in Grottammare (photo https://www.facebook.com/LaMarciaCom?_rdr)

1ST MIDLAND AREA WINTER LEAGUE SERIES 2015, STOURPORT SPORTS CLUB, STOURPORT, SUN 11 OCT

Thanks to Mark Wall for these results from Stourport in the North Worcestershire, England. Mark tells me the races were walked under the 'B' rules.

5km Open

1.	Andrew Miller	Wolv.& Bilston AC	24.05
2.	Mark Williams	Tamworth A.C.	25.14
3.	Kate Donaldson	Leicester W.C.	26.45
4.	Vicky Morgan	Wolv.& Bilston A.C.	28.11
5.	Jordan Price	Brecon A.C. Bu/17	28.13
6.	Ben Allen	Leicester A.C.Bu/17	28.13
7.	Colin Vesty	Leicester W.C.	29.03
8.	Ann Wheeler	Leicester W.C.	30.40
9.	Sarah Lightman	Leicester W.C.	31.20
10.	Amy Phipps	Neath Harriers Gu/17	31.48
11.	Hilary Mann	Sparkhill Harriers	32.16
12.	Matthew Phipps	Neath Harriers Bu/17	32.23
13.	Hardeep Minhas	Leicester W.C.	32.27
14.	Julie Bellfield	Halesowen A.C.	33.03
15.	Daniel McKerlich	Cardiff A.C. Bu/17	33.33
16.	Tracey Mills	Birchfield Harriers	34.11
17.	John Constandinou	Birchfield Harriers	34.18

18.	Lynn Bellfield	Halesowen A.C.	35.27
19.	David Fall	Birchfield Harriers	36.04
20.	Elizabeth Bowers	Worcester A.C.	36.11
21.	Sarah Trundle	Unattached	36.16
22.	Lesley Pymm	Bournville Harriers	36.57
23.	Terry Morris	Nuneaton Harriers	37.10
24.	Jill Langford	Wolv.& Bilston A.C.	38.41
	Roger Michell	M.M.A.C.	DNF
	Martin Yates	Worcester A.C.	DNF

10km Open

1.	Mark Williams	Tamworth A.C.	55.12
2.	Kate Donaldson	Leicester W.C.	57.37
3.	Colin Turner	Nuneaton Harriers	58.39
4.	Peter Boszko	Birchfield Harriers	59.04
5.	Dwayne Butterly	Leicester W.C.	59.59
6.	Steve Arnold	Nuneaton Harriers	61.49
7.	Colin Vesty	Leicester W.C.	62.38
8.	Chris Berwick	Leicester W.C.	63.32
9.	George Smolinski	Leicester W.C.	66.26
10.	Ann Wheeler	Leicester W.C.	66.48
11.	John Constandinou	Birchfield Harriers	67.13
12.	Hardeep Minhas	Leicester W.C.	67.49
13.	David Fall	Birchfield Harriers	79.02
14.	Julian Barnett	Birchfield Harriers	82.25

Under 11 1km Girls

1.	Emily Powell	Nuneaton Harriers	6.40
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Under 11 1km Boys

1.	Joshua Greaves	D.A.S.H.	7.20
2.	Ben Crampton	D.A.S.H.	7.35

Under 13 2km Girls

1.	Hannah Gadd	D.A.S.H.	14.06
2.	Katie Haynes	D.A.S.H.	14.51
3.	Molly McKerlich	Cardiff A.C.	16.12
4.	Neeve Ross	D.A.S.H.	17.12

Under 13 2km Boys

1.	Jamie Crooke	D.A.S.H.	14.52
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Under 15 3km Girls

1.	Kara Lane	Birchfield Harriers	17.24
2.	Molly McLeady-Hanley	City of Sheffield	18.17

AROUND THE TRAPS

- GBR international walker **Tom Bosworth** has made the courageous decision to publicly come out as gay (see <http://attitude.co.uk/top-british-track-field-athlete-tom-bosworth-comes-out/>). We all commend Tom for his honesty and wish him all the best with his preparations for Rio 2016. I look forward to cheering him on from the roadside like I was able to do in this year's World Champs in Beijing.
- And keeping with Tom, he is one of the nominations for the Athletics Weekly Readers Choice Awards in the British Male category (see <http://www.athleticsweekly.com/featured/aw-aoty-2015-34757/>). What great recognition for him and for racewalking for his nomination alongside the likes of Mo Farah and Greg Rutherford.
- Last Sunday saw the latest staging of the annual Melbourne Marathon and we did have some walkers in action. **Terry O'Neill** (4:44:09 for place 4792), **Karyn O'Neill** (5:11:32 for place 5524) and **Brian Glover** (5:12:50) all walked the full marathon while **Kyle Swan** (1:18:34 for 58th place) and **Heather Carr** (2nd in W65 with 2:05:45) ran the half marathon and **Emily Swan** ran the 10km (51:56 for place 1130). I am sure that we had other walkers in action so well done everyone.
- And finally, Spanish racewalk legend **Jesus Garcia** (born 17 October 1969) turned 46 on Sunday. Boy, will have set some records when he finally decides to move from Open to Masters competition!

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 10 press releases this week and 5 of them featured articles by **David Smith**, former Australian racewalk representative and coach/father of Dane Bird-Smith.

- Mon 19 Oct - David Smith on training junior walkers Part 5
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2247
- Sun 18 Oct - Grottammare: Italian U18 10km Championships 10 km & Club's Championships 3rd leg (Senior and Junior)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2246
- Sun 18 Oct - David Smith on training junior walkers Part 4
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2245
- Sat 17 Oct - David Smith on training junior walkers Part 3
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2244
- Sat 17 Oct - Grottammare: Italian 10km Road Walk Championships Entry list
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2243
- Fri 16 Oct - More news which confirms/implies that Stanislav Emelyanov's B sample has proved negative
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2242
- Fri 16 Oct - David Smith on training junior walkers Part 2
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2241
- Thu 15 Oct - David Smith on training junior walkers Part 1
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2240
- Tue 13 Oct - interview with successful Italian walks coach Massimo Passoni
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2239
- Sat 10 Oct - Victories to Ida Mastrangelo and Riccardo Orsoni in Sulmona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2238

The omarchador blog was also active with 6 news releases

- Mon 19 Oct – IAAF Out-Of-Stadia meeting in Monaco
<http://omarchador.blogspot.pt/2015/10/iaaf-organizou-seminario-para-delegados.html>
- Sun 18 Oct - 30 years of history for the Portuguese 50km championship
http://omarchador.blogspot.com.au/2015/10/campeonatos-de-portugal-de-50-km-marcha_18.html
- Sun 17 Oct - Susana Feitor interviewed about the Lake Taihu 4 Day Race in China
<http://omarchador.blogspot.com.au/2015/10/susana-feitor-comenta-participacao-no.html>
- Fri 16 Oct - Results of the Italian U16 championships in Sulmona
<http://omarchador.blogspot.com.au/2015/10/campeonatos-italianos-de-sub-16-em.html>
- Thu 15 Oct - Results from the inaugural Grand Prix de Lisses
<http://omarchador.blogspot.com.au/2015/10/a-1-edicao-do-grande-premio-de-lisses.html>
- Wed 14 Oct - Results of the South African roadwalk championships
<http://omarchador.blogspot.com.au/2015/10/campeonatos-sul-africanos-na-cidade-do.html>
- Tue 13 Oct - Results of Brazilian YOUTH walking champs
<http://omarchador.blogspot.com.au/2015/10/campeonatos-brasileiros-interclubes-de.html>

AA SELECTION POLICY - WORLD JUNIOR CHAMPIONSHIPS, KAZAN, RUSSIA, JULY 19-24, 2016

The AA Selection Policy for the 2016 World Junior Champs was posted on the AA website on Monday 19 Oct 2015. See <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Junior-Championships>.

- Only athletes born in 1997, 1998 and 1999 can be entered.
- A maximum of two athletes can be selected in each event.
- The qualifying standards for the 10,000m walks are 43:35.5 (men) and 48:21.3 (women).

- The selection trials will be held at the Australian U20 Championships on 8-13 March 2016 in Perth.
- The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at least once during the AA Qualifying period. Any second selection is at the selectors' discretion.
- The AA qualifying period extends from 1 October 2013 to 16 March 2014.
- Any athlete selected in the Athletics Australia team for the IAAF 2016 World Race Walking Cup is ineligible for selection in Athletics Australia's team for the 2016 World Junior Track and Field Championships unless that athlete has been granted exemption in writing by the AA High Performance Manager.
- There are only a small number of nominated opportunities for walkers to attain the qualifying standard. Any other walk competitions organised as qualifying opportunities must meet the specific requirements of the IAAF and must be sanctioned by Athletics Australia. All requests in relation to walk qualifying opportunities must be directed to the Athletics Australia Competitions Manager.
- Both road and track walk performances are acceptable for qualifying purposes.

Junior Men 1000m walk	43:35.5	Qualification Period: 1 October 2015 to 13 March 2016
Junior Women 10,000m walk	48:21.3	Qualification Period: 1 October 2015 to 13 March 2016

VRWC BY-LAWS AND POLICIES

Webpage http://www.vrwc.org.au/vrwc_policies.shtml lists our VRWC By-Laws and Policies as well as giving a short Mission Statement on what our club is all about. Just giving the link here as it is good for all club members to review such things every now and then to see how the club runs and what we have in place. The page contains the following documents

- VRWC Incorporated Assn Rules
- VRWC By-Laws
- VRWC Sunsafe Policy
- VRWC Public Health And Safety Policy
- VRWC Public Photography Policy

As always, we welcome any constructive feedback on all such matters.

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

This week I continue my exploration of the four parent/child combinations who have won the same or similar Australian racewalk championships

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

So far, I have published short articles on Bert and Bob Gardiner and Jenni Jones-Billington. This time around sees Tayla-Paige Billington under the microscope

TAYLA-PAIGE BILLINGTON

It's time to zoom in on Tayla-Paige Billington, born 30 March 1997 and an Australian representative in the 2014 World Junior Championships in Eugene, Oregon.

It was not surprising that Tayla took up racewalking, given that her mother Jenni Jones-Billington, had been one of our top female exponents, representing Australia in the 1993 World Cup and then subsequently representing New Zealand in the 1995 World Cup.

While Tayla was born while Jenni was resident in New Zealand, they eventually moved back to Australia in 2000, settling in Sydney where Jenni had competed as a junior. Retiring in 2002, Jenni started coaching, mainly in the running sphere, with a number of National 400m runners to her credit. And of course, she had a very talented young daughter in Tayla on whom to focus her attention.

A member of Manly Warringah Centre from a young age, Tayla followed in her mum's footsteps, winning all the NSW LA titles on her way up through the ranks.

Tayla first came to my attention in August 2008 when the Australian Roadwalk Championships were held in Melbourne. She took second in her age group Australian Cross Country championship on the Saturday, came third in the Australian U14 3km roadwalk on the Sunday (even though only aged 11) and then ran in the Australian Schools cross country relays on the Monday. Her 3km walk time of **15:20** (behind Amy Bettiol 14:39 and Elizabeth Hosking 14:54) was impressive for one so young.

Over the next couple of years, she confirmed her potential with more good performances at the National level. She was second in the U14 2km roadwalk at the LBG Carnival in Canberra in June 2009 (**10:00**), second at the Australian Schools U14 1500m trackwalk in

December 2009 (**7:01**), second again at the U15 1500m walk at the National T&F Titles in March 2010 (**7:02**) and then came third in the Australian Little Athletics T&F Championships 1500m track walk in Brisbane in April 2010 (**7:08**). As an aside, Jenni and Tayla became the first parent/child combination from the Manly Warringah Centre to represent NSW at the Australian LA Championships, Jenni in 1978 and Tayla in 2010. Both had excellent 1500m run / 1500m walk combinations and both competed in the double at these champs (Tayla has an 800m run PB of 2:11).

Alas, it was at this time that Tayla shot up in height over a short period of time, making her a prime candidate for Osgood-Schlatter syndrome. And this is what happened, as she battled the painful knee condition for the next 2 years. She did not race at all in 2011 and, even though she had a small number of races in 2012, she struggled. It was not until December 2012 that she finally started to overcome the pain and discomfort, coming second in the Australian Schools U18 5000m track walk in a promising **25:49**.

On the basis of this walk, she was selected to walk in the Australian Youth Olympics team, coming third in the Youth Olympics 5000m walk in Sydney in January 2013 in a PB **25:26**. Two months later, she won the U18 5000m walk at the Australian T&F Championships in Perth in another PB time of **24:40**. Alas, then it was a case of having the winter off with further niggles and health issues. She finally got back to the start line in September 2014 for the Australian roadwalk championships in Launceston, coming second in the U18 5km in **25:02**, much slower than her time in March but at least promising.

Jenni then made a strategic move, deciding to move to Melbourne with Tayla so that she could leverage off the strong Victorian walking environment. Setting in Melbourne and joining the Box Hill Athletics Club, Tayla continued her return to top form, now finally free of injury and ready to train and race. She won the Victorian Schools U18 5000m in October with **24:48** before travelling to New Zealand where she won the NZ 10km Junior Championship in Auckland with a very good first up time of **50:41**. Like her mother Jenni, she now had a NZ championship win to her credit.

December 2013 saw two very impressive walks – first in the Australian Schools U18 5000m in Townsville (in hot conditions) in a PB **24:01**, followed a week later by a win in the Junior 10km at Fawkner Park in Melbourne, another bib PB of **49:08**.



Tayla goes straight to the lead in the Australian Schools U18 5000m in Townsville in Dec 2013

She now had her sights firmly set on representing Australia in either the 2014 IAAF World Cup or the 2014 IAAF World Junior Championships – she had the times on the board and was in top shape. Alas, the best laid plans can go awry and they certainly did. She felt tired and could not muster the energy to race – tests showed a dangerously low iron count in the blood. She was a DNF in the World Cup trial in Hobart in February, struggled with slow times in the Victorian track championships and then crashed out in the Australian U20 10,000m track walk championship (the official World Juniors trial), finishing 9th in 55:08.

It was not until the end of May that she finally started to come good, recording **24:17** for a VRWC club 5km at Middle Park and then winning the U18 5km roadwalk at the LBG Carnival in Canberra with **24:26**. The Australian selectors has taken a punt and had selected her as part of the two person team (along with Jasmine Dighton) to compete in the IAAF World Junior championships and it looked like she was coming good just in time. And so it proved, her walk in Eugene (USA) in late July a PB **48:40** and 18th place.



Tayla competes in the 2014 IAAF World Junior Championships in Eugene

2015 has been another good year with Tayla winning all the big titles – Victorian T&F Championships U20 5000m in **23:57**, Australian T&F Championships U20 10000m (**50:11**). LBG U20 10km (**49:36**) and Australian Roadwalk Championships U20 10km (**49:32**).

Aged only 18, Tayla is eligible for the 2016 World Junior Championships 10,000m track walk and the 2016 IAAF World Walking Cup U20 10km road walk so we can expect to see lots more good performances over the next 6 months as she works to consolidate her places in one or other (or perhaps both) of these prestigious events.



Tayla wins the Australian U20 10km roadwalk title in Melbourne in August 2015 – an Australian champion like her mother Jenni

Her PBs show potential but are really just the tip of the iceberg in terms of potential.

2000m Track Walk	09:17	AV Shield, Albert Park, Melbourne	31/01/2015
3000m Track Walk	14:26	AV Shield, Casey Fields, Melbourne	23/11/2014
5000m Track Walk	23:57	Vic Junior Champs, Albert Park, Melbourne	13/02/2015
10km Road Walk	48:40	IAAF World Junior Champs, Oregon, USA	23/07/2014

I wait excitedly for the next installment.

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.

2015/2016 Australian/Victorian Key Dates

Sat Oct 24, 2015	AV Shield Round 2 (Program 1)
Sun Oct 25, 2015	VRWC Summer Season commences with road races at Middle Park
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Apr 16-19, 2016	Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my
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2016 International Key Dates

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en

2016 IAAF Challenge Series (so far)

Sat March 12, 2016	Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	World Cup, Cheboksary, Russia
Sat May 28, 2016	La Coruna, Spain
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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