



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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ATHLETICS VICTORIA SHIELD COMPETITION

I'm not sure that all the results are on the AV website yet but, even so, around 100 walkers were listed as competing in the AV Shield Competition walks last week. That is fantastic!

North West Region, Aberfeldie, Tuesday 25 November

The North West Region kicked off Round 6 with a Tuesday evening scheduling. In the 3000m walk, Melbourne University walkers Tom Barnes and Paul Kennedy finished well ahead of the rest of the field. Behind them, Trenton Hawkins accounted for Mark Donahoo once again but only just – and I hear that it was a fiercely contested last 100 metres! Further back, Aaron McDonough walked well to just pip Kirstin Shaw whose 15:36 must have been a PB. It was also good to see Justi Roseman back in Melbourne and racing for Essendon. Caitlin Campbell and Carly Bertrand were the best of the 1500m walkers ahead of Connor McShanag. This region continues to boast strong walk fields.

Event 3000m Walk (F18,F20,M18,M20,M40+,FOP,MOP)

1.	Barnes, Tom	MUU	MOP	12:41.4
2.	Kennedy, Paul	MUU	MOP	14:31.0
3.	Hawkins, Trenton	PTN	MOP	15:14.0
4.	Donahoo, Mark	ATE	MOP	15:15.3
5.	McDonough, Aaron	PTN	MOP	15:35.3
6.	Shaw, Kirstin	WES	FOP	15:36.0
7.	Roseman, Justijana	ATE	FOP	16:03.4
8.	Elms, Jason	PTN	MOP	17:29.4
9.	Hammond, Nardene	ATE	FOP	17:38.4
10.	Hawksworth, Danny	ATE	MOP	18:30.9
11.	Elms, Damien	PTN	MOP	18:31.3
12.	Elms, Donna	PTN	FOP	18:31.7
13.	Wallace, Anna	ATE	FOP	18:41.8
14.	Shaw, Robyn	WES	FOP	20:33.4
15.	Long, David	PTN	MOP	21:32.0
16.	Tully, Rachael	ATE	FOP	23:14.4

Event 1500m Walk (F14,F16,M14,M16)

1.	Campbell, Caitlin	ATE	F16	7:55.2
2.	Bertrand, Carly	KSB	F14	8:17.3
3.	McShanag, Connor	ATE	M14	8:29.1
4.	Campbell, Rebecca	ATE	F14	8:44.9
5.	Barbour, Beth	ATE	F14	8:50.5
6.	Millane, Ash	KSB	M14	8:53.8
7.	Ireland, Roslyn	BWK	FOP	11:23.2
8.	Saliba, Liam	PTN	M14	11:32.3
9.	Arnold, Madison	PTN	F16	11:33.0

East Region, Hagenauer's Reserve, Box Hill, Saturday 29 November

Masters whiz Ross Reid continued to lead the way at Box Hill ahead of U15 walker Robert Walsh. It was good to see Tracey Feiner back in action again as the first lady to finish. Ryan Antidormi was the fastest of the U14 walkers ahead of North West zone walker Carly Bertrand who walked as an invitation.



Ross Reid, Tracey Feiner, Cassie Raselli, Bob Gardiner and Robert Walsh in action at Box Hill (thanks to Ray Smith)

### 3000m Walk

1.	Reid, Ross	COL	MOP	15:01.5
2.	Walsh, Robert	ANW	MOP	15:35.0
3.	Feiner, Tracey		FOP	16:03.3
4.	Raselli, Cassandra	SCA	F18	16:12.9
5.	McNicol-Davidson, Chloe	BOH	F16	18:01.0
6.	Olden, Graeme	BOH	M40+	18:09.0
7.	Lyon, Kelly	RIC	FOP	18:17.7
8.	Gardiner, Robert	COL	MOP	18:42.4
9.	Worsnop, Chris	OLX	MOP	18:59.6
10.	Daly, Jack	OLM	M16	19:13.2
11.	Righi, Taylor	OLM	M16	19:42.7
12.	Ellis, Bob	RIC	MOP	21:43.4
	Hanlon, Henry	OLM	M18	DQ
	Dixon, Oscar	OLM	M18	DQ
	Percy, Adam	RIC	M16	DQ

### 1500m Walk

1.	Antidormi, Ryan	ANW	M14	7:30.8
2.	Bertrand, Carly	KSB	F14	8:24.6
3.	Garganis, Adam	COL	M14	9:36.2
4.	McNicol-Davidson, Cody		M14	9:41.4
5.	Neale, Jessica	COL	F14	9:45.2
6.	Cowell, Lachlan	DIV	M14	11:17.9
7.	McNair, David	SSH	MOP	11:36.8

### South East Region, Knox Athletics Track, Knoxfield, Saturday 29 November

Megan Szirom and Rhydian Cowley were well in front at Knoxfield and just about lapped the whole field in a great display of speed walking. Tamara Attard walked excellently for her 15:29 while Clyde Riddoch was the first of the Masters walkers home with 16:02. Bianca Attard was the first of the 1500m walkers with 8:01. Overall, a competitive couple of races.



In action at Knoxfield – Rhydian Cowley, Megan Szirom, Clyde Riddoch, Anthony Doran, John Morrison and Tamara Attard

### 3000m Walk

1.	Szirom, Megan	FKN	FOP	13:33.73
2.	Cowley, Rhydian	GHY	M18	13:45.23
3.	Attard, Tamara	KNA	F20	15:29.24
4.	Riddoch, Clyde	AWA	M40+	16:02.23
5.	Erickson, Tim	COB	M40+	16:15.78
6.	Irshad, Kylie	SCA	FOP	16:33.08
7.	O'Neill, Terry	GPA	MOP	16:35.82
8.	Steed, Gwen	VMA	FOP	17:40.72
9.	Holmes, Janet	VMA	FOP	17:57.66
10.	Barrow, Geoff	MEN	FOP	18:23.82
11.	Doran, Anthony	GHY	M40+	19:24.16
12.	Morrison, John	SAN	MOP	19:30.65
13.	Goodings, Liana	AWA	F18	19:55.95
14.	O'Mahony, Michael	KNA	M16	20:04.32

### 1500m Walk

1.	Attard, Bianca	KNA	F14	8:01.42
2.	Thorne, Amy	KNA	F16	8:19.76
3.	Stadus, Lauren	KNA	F14	8:51.34
4.	Hogan, Andrew	MAL	M14	9:04.62
5.	Ventura, Amy	MAL	F14	9:47.65
6.	Marr, Angeline	MAL	F14	11:31.03
7.	Caulfield, Sharyn	AWA	FOP	11:31.48

### Ballarat Region, Llanberris Reserve, Ballarat, Saturday 29 November

Kelly Ruddick was in great form, clocking 14:21 for the 3000m. But not to be outdone, Daryl Biggin recorded a great time of 16:03 and unfortunately beat my time yet again. What's your secret Daryl!

### 3000m Walk

1.	Ruddick, Kelly	BHA	FOP	14:21.68
2.	Biggin, Daryl	BYC	MOP	16:03.12
3.	Nunn, Paul	WEN	MOP	16:07.85
4.	Prendergast, Maurice	BYC	MOP	17:02.30
5.	Govan, Lee	WEN	M40+	19:24.07
6.	Hammond, Terry	BHA	MOP	20:46.25
7.	Luke, Peter	WEN	M40+	23:52.12
8.	Ruddick, Kevin	BHA	MOP	24:26.49

### 1500m Walk

1.	Rogers, Ashley	BYC	MOP	10:06.85
2.	Olsen, Shae			10:13.40
3.	Hayes, Jackson	BYC	M14	11:27.85
4.	Stowe, Jack	BYC	M14	11:27.90
5.	Luke, Sarah	WEN	F14	11:36.07
6.	Howard, Alexander	BYC	MOP	12:24.48
7.	Green, Aaron	BYC	MOP	13:41.07

### Bendigo Region, La Trobe Uni Track, Bendigo, Saturday 29 November

The AV website only shows 1500m walk results from the Bendigo Region so I am not sure if there were any 3000m walkers or not. Amanda Heard walked well for 7:49 while Dane Heiden and Jeremiah Jones had their usual battle, with Dane getting the upper hand on this occasion.

### 1500m Walk

1.	Heard, Amanda	EAG	F14	7:49.65
2.	Heiden, Dane	BEU	M14	8:05.58
3.	Jones, Jeremiah	EAG	M14	8:15.29
4.	Maskell, Katrina	SBE	F18	8:32.86
5.	Maskell, Ben	EAG	M14	8:33.04

### Geelong Region, Landy Field, Geelong, Saturday 29 November

Daniel Payne was in great form with 12:59 in the 3000m walk ahead of his sister Emily – I am sure this must have been a PB. Joshua Dillon was first in the 1500m with an excellent 7:19. Small walk fields but high quality winning times.

### 3000m Walk

1.	Payne, Daniel	COR	M20	12:59.6
2.	Payne, Emily	COR	F16	17:10.5

### 1500m Walk

1.	Dillon, Joshua	COR	M16	7:19.9
2.	Walker, Jared	COR	M14	8:17.6
3.	Walker, Megan	COR	F14	8:26.3

4.	Dillon, Lachlan	COR	M14	8:26.9
5.	Dillon, Nathan	INV	M14	10:06.1

**WAVERLEY LITTLE ATHLETICS OPEN DAY, SUNDAY 30 NOVEMBER 2008**

The Waverley Little Athletics Open Day was held last Sunday and, as usual, lots of our younger walkers were amongst the attendees. Full results may be viewed at <http://www.waverleylittleaths.org/Intranet/Pages/OpenDay2008.htm> Walk results were as follows:

**Under 9 - BOYS - 1100M Walk**

1.	Sam Candotti	Keilor	7:07.62
2.	Murray Fahey	Waverley	7:12.80
3.	Michael Miles	Knox	7:14.43
	Jordan Dudley	Waverley	DQ

**Under 10 - BOYS - 1100M Walk**

1.	Flynn Morrison	Waverley	8:20.61
	Kyle Swan	Knox	DQ

**Under 11 - BOYS - 1500M Walk**

1.	Reese Walmsley	Knox	9:05.37
2.	Sean Miles	Knox	9:07.11
3.	Lewis Vella	Casey	9:34.58

**Under 13 - BOYS - 1500M Walk**

1.	Patrick Ziguras	Waverley	9:44.11
2.	Adam Pyke	Sherbrooke	10:00.54
3.	Jeremy Cosham	Waverley	15:03.18

**Under 15 - BOYS - 1500M Walk**

1.	Matt Felton	Knox	7:10.81 (meet record)
2.	Dylan Sloan	Seaford	7:32.07
3.	Anthony Vella	Casey	8:17.72
4.	Aaron Tam	Waverley	8:31.63

**Under 9 - GIRLS - 1100M Walk**

1.	Jemma Eastwood	Knox	7:20.79
2.	Caitlyn Musgrave	Whittlesea City	7:23.69
3.	Tara Xuereb	Waverley	7:34.54
4.	Sarah Hollingworth	Waverley	8:20.79
5.	Ashlee Dragoljevic	Waverley	8:26.04
6.	Leah Wright	Whittlesea City	9:02.74
7.	Monique Purcell	Waverley	9:04.06
8.	Abby Barnes	Waverley	9:06.72
9.	Madelyn Harper	Caulfield	9:31.11

**Under 10 - GIRLS - 1100M Walk**

1.	Paige De Lisen	Waverley	6:24.53
2.	Tessa McCann	Brighton	7:18.68
3.	Megan Pyke	Sherbrooke	7:23.95
4.	Charlee Harrison	Waverley	7:53.32
5.	Rebecca Lewis	Seaford	9:05.52
6.	Tammarah Brown	Lilydale & Yarra R.	9:56.86.

**Under 11 - GIRLS - 1500M Walk**

1.	Jemima Montag	Caulfield	8:29.15 (new meet record)
2.	Cindy Collins	Waverley	8:39.89
3.	Jessie Eastwood	Knox	8:40.98
4.	Jade Sanders	Casey	8:53.15
5.	Amy Ventura	Waverley	9:07.37
6.	Keely Henderson	Whittlesea City	9:58.90
	Celina Tilli	Waverley	DQ

**Under 13 - GIRLS - 1500M Walk**

1.	Bianca Attard	Knox	8:10.95
2.	Lauren Stadius	Diamond Valley	9:01.85
3.	Georgia Madge	Croydon	9:06.77
4.	Alissa Bloomfield	Seaford	9:41.70
5.	Sophie Dudley	Waverley	10:50.11

**Under 15 - GIRLS - 1500M Walk**

1.	Talie Collins	Waverley	9:07.68
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2.	Michaela	Attard Knox	10:16.46
3.	Erica Purcell	Waverley	10:24.59

**LAST WEEK'S MYSTERY PHOTO**



Last week's mystery photo was a more recent one, taken at the Australian Roadwalking Titles at Mile End, Adelaide, 28<sup>th</sup> August 2005. The 2 km course around Santos Stadium was a demanding one - 6 turns and 2 rises per lap with a very narrow section that restricted the walkers to single file. Combine that with a sunny warm day with a blustery wind and it was indeed a challenging day. But the Victorians rose to the challenge and won the most medals of any State (3 Golds, 4 Silvers and 2 Bronzes), just ahead of NSW. The photo featured the top 3 teams in the Under 16 Girls 5 km event. From left to right, the walkers were **Gabrielle D'Agnone (WA)**, **Danielle Densley (WA)**, **Nicole Byrne (WA)**, **Natalie Laurie (VIC)**, **Regan Lamble, (VIC)**, **Jessie Palfreyman (VIC)**, **Stephanie Stigwood (SA)**, **Naomi Roberts (SA)** and **Nicole McInerney (SA)**.

Results for that particular event were as follows:

	1.	Regan Lamble	VIC	25:40
	2.	Natalie Laurie	VIC	26:56
	3.	Danielle Densley	WA	27:16
	4.	Jessie Palfreyman	VIC	27:51
	5.	Stephanie Stigwood	SA	28:04
	6.	Gabrielle D'Agnone	WA	28:26
	7.	Rukshani Keenawinna	NSW	28:55
	8.	Naomi Roberts	SA	29:14
	9.	Jessica Bennet	NSW	29:18
	10.	Nicole Byrne	WA	31:22
	11.	Katrina Biteznik	NSW	32:08
	12.	Nicole McInerney	SA	32:13
		Kimberley Tillman	NSW	DNF
Teams	1.	VIC	R Lamble, N Laurie, J Palfreyman	1,2,4=7
	2.	WA	D Densley, G D'Agnone, N Byrne	3,6,10=19
	3.	SA	S Stigwood, N Roberts, N McInerney	5,8,12=25
	4.	NSW	R Keenawinna, J Bennet, K Biteznik	7,9,11=27

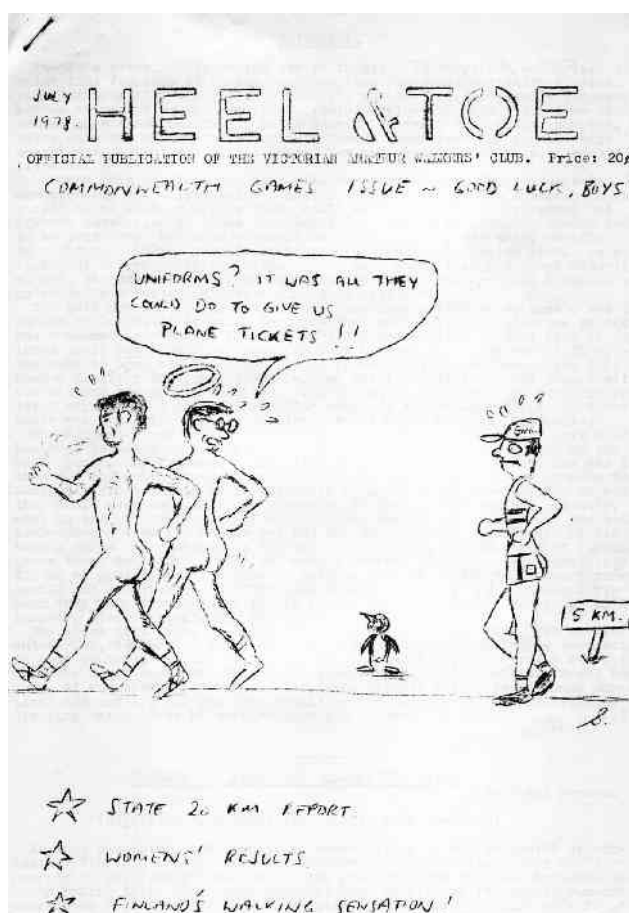
**THIS WEEK'S MYSTERY PHOTO**

A recent photo (well, this decade anyway) that should suit our Masters walkers. The middle walker is one of the legends of world Masters walking while the man on the left is one of our many fine Australian masters walkers and the man who holds the record for the most Canberra 20 Mile finishes (now that's a hint).



## THIS WEEK'S WALKING CARTOON

This is the front cover from the July 1978 edition of the Heel and Toe magazine. In those days, the newsletter was a joint effort by Stuart Cooper and me. Stu would produce the front cover and the editorial and I would fill out the detail with race reports and such like. It was then printed out, collated and sold at club races for the princely sum of 20 cents! Stu scanned and sent this one to me – who are those two walkers in the scanty uniforms!



## CAPTAIN MY CAPTAIN

Congratulations to VRWC Junior Club Captain Natalie Laurie who has just been announced as the 2009 Kingswood College School Captain. Well done Natalie – have a great Year 12!

## ATHSVIC VIDEO WRAP FOR NOVEMBER

The Athletics Victoria video wrap for November has footage from the various Specialist Group meets, including the VRWC walks held on November 15<sup>th</sup>. Point your browsers to <http://www.youtube.com/watch?v=6ly7ZIS1A5o>

## WHAT'S COMING UP

Athletics Victoria shield competition continues this week with most venues in Round 7 (the non walks round) and two of the country venues in Round 8 (the 2000m walk round). Although the North West Region would normally have a 1500m invitational walk in this round, it is not being scheduled due to the reduced competition window available on the Tuesday evening.

Sat 6 Dec	AV Shield - Round 7 (EAST REGION)	Bill Sewart Athletics Track ,Nunawading
Sat 6 Dec	AV Shield - Round 7 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Sat 6 Dec	AV Shield - Round 8 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 6 Dec	AV Shield - Round 8 (GEELONG REGION)	Landy Field (Geelong), South Geelong
Sat 6 Dec	AV Shield - Round 7 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
Tue 9 Dec	AV Shield - Round 7 (NORTH WEST REGION)	Moonee Valley Athletics Centre (Aberfeldie), Essendon

On Saturday 29<sup>th</sup> November, the 8<sup>th</sup> Pacific School Games kicked off in Canberra. Good luck to all our Victorian walkers. The walks are being held on Wednesday,, Thursday and Friday as follows:

Day Four - Wednesday 3 December 2008      4:30 PM      5000 metres Walk      16 Years Boys

	4:30 PM	5000 metres Walk	17 Years Boys
	5:40 PM	5000 metres Walk	16 Years Girls
	5:40 PM	5000 metres Walk	17 Years Girls
Day Five - Thursday 4 December 2008	4:08 PM	1500 metres Walk	13 Years Girls
	4:47 PM	1500 metres Walk	13 Years Boys
	7:55 PM	5000 metres Walk	18-19 Years Girls
	7:55 PM	5000 metres Walk	18-19 Years Boys
Day Six - Friday 5 December 2008	5:00 PM	3000 metres Walk	14 Years Girls
	5:00 PM	3000 metres Walk	15 Years Girls
	6:05 PM	3000 metres Walk	14 Years Boys
	6:05 PM	3000 metres Walk	15 Years Boys

And lastly, next Sunday sees more VRWC races at Albert Park. We will be using our championship course alongside Bearepaire Pavilion due to other events on near our normal racing course. The timetable is as follows:

Sunday 7 <sup>th</sup> December 2008, VRWC Events, Albert Park		
9.00am	20km, 15km, 10km	Open
10:30am	5km, 3km	Open
	3km	Under 15
11.00am	2km	Under 12
	1km	Under 9

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

#### Victorian & National Fixture – Summer 2008/2009

Nov 29 – Dec 6, 2008	<b>8<sup>th</sup> Pacific School Games, Canberra</b>
Sat 6 Dec, 2008	AV Shield Competition, Round 7
Sun 7 Dec, 2007	VRWC Club Races, Albert Park
Sat 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk)
Sun 14 Dec, 2008	<b>2008 Australian 50 km championship, Fawkner Park, Melbourne</b> (20 km and 10 km walks also)
Sat 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Sat 10 Jan, 2009	Canberra GP Series Meet (probably no walks this year due to early scheduling)
Jan 14-18, 2009	<b>Australian Youth Olympic Festival, Sydney</b> (5000m walk)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	<b>Victorian Country Championships, Landy Field, Geelong</b>
Sat 31 Jan, 2009	AV Shield Competition, Round 12 (3000m/1500m walks)
Sat 7 Feb, 2009	AV Shield Competition, Region Finals (2000m walk)
Sat 7 Feb, 2009	Australia Cup GP Series Meet, Queensland (elite 5000m walk?)
Sat 14 Feb, 2009	AV Shield Competition, Shield Final (2000m walk)
Feb 19-22, 2009	<b>Victorian Open and U20 T&amp;F Championships, Olympic Park, Melbourne</b>
Feb 21-25, 2009	<b>2009 Australian Masters Games, Geelong</b> - <a href="http://www.AustralianMastersGames.com">http://www.AustralianMastersGames.com</a> Entries close 5 December 2008 so get to it! Time is running out.
Thur 26 Feb, 2009	AMA Postal Relay events (4 x 800m walk), East Burwood, 7PM
Feb 27-Mar 1, 2009	<b>Victorian Youth T&amp;F Championships, Olympic Park, Melbourne</b>
Sat 7 March, 2009	<b>2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne</b>
Mar 28-29, 2009	<b>AV Overage &amp; Victorian Masters T&amp;F Championships, Box Hill</b>
Apr 3-5, 2009	<b>Australian U20 All Schools, U20 &amp; U23 Championships, SA</b> (includes 10,000m walk)
Apr 10-13, 2009	<b>Australian Masters T&amp;F Championships, Adelaide</b>

#### 2009 International Fixture

May 24, 2009	EAA Race Walking Cup, Metz, France
July 1-12, 2009	<b>25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia</b> - <a href="http://www.universiade-belgrade2009.org/en">http://www.universiade-belgrade2009.org/en</a>
July 8-12, 2009	<b>IAAF World Youth Championships, Bressanone, Italy</b> - <a href="http://www.iaaf.org/wyc09/preview.html">http://www.iaaf.org/wyc09/preview.html</a>
July 28 – Aug 8, 2009	<b>XVIII World Masters Athletics Championships Stadia, Lahti, Finland</b> - <a href="http://english.wma2009.org/">http://english.wma2009.org/</a>
Aug 15-23, 2009	<b>IAAF World Championships in Athletics, Berlin, Germany</b> - <a href="http://www.iaaf.org/wch09/index.html">http://www.iaaf.org/wch09/index.html</a>
Oct 10-18, 2009	<b>World Masters Games, Sydney</b> - <a href="http://www.2009worldmasters.com">http://www.2009worldmasters.com</a>

#### 2009 IAAF Race Walking Challenge

Mar 14-15, 2009	Chihuahua, Mexico
Apr 4-5, 2009	Rio Major, Portugal
Apr 18-19, 2009	Wuxi, China
May 1, 2009	Sesto S Giovanni, Italy
May 30, 2009	Krackow, Poland
June 20, 2009	La Coruna, Spain
Aug 15-23, 2009	IAAF World Championships, Berlin
Sept 19, 2009	IAAF Challenge Final, Saransk, RUS

**EAA Permit Walks 2009**

Mar 8, 2009 Lugano, Switzerland  
Mar 28, 2009 Dudince, Slovakia  
Mar 28, 2009 Ibiza, Spain  
Apr 25, 2009 Podebrady, Czech Republic  
June 28, 2009 Dublin, Ireland

**2010 International Fixture**

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**  
July 20-25, 2010 **World Junior Championships, Moncton, Canada**  
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

**2011 International Fixture**

Aug 24-Sept 4, 2011 **IAAF World Championships in Athletics, Daegu, Porea.** See <http://www.iaaf.org/wch09/index.html>

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