



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2007/2008 Number 13
23 December 2008



AUSTRALIAN 50 KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 14 DECEMBER 2008

A final few points from the Australian 50 km championships, contested just over a week ago. The event also doubled as the Victorian 50 km Championship and the VRWC 35 km Championship for the Ray Smith Trophy. The results were

Victorian 50 km championship

1.	Chris Erickson	ATE	3:55:30
2.	Duane Cousins	Bendigo YCW	4:00:34
3.	Andrew Jamieson	OSC	4:23:16

VWRC 35 km championship – Ray Smith Trophy

1.	Chris Erickson	2:44:38
2.	Duane Cousins	2:45.45
3.	Andrew Jamieson	3:01.37



Multiple medallists Duane Cousins, Chris Erickson and Andrew Jamieson

The Victorian 50km result also decided the **Norm Goble Trophy** for top male walker in the Victorian Championship events. It has now been won by **Andrew Jamieson** with 19 points ahead of Tom Barnes with 18 points. The AV Perpetual Trophy can now be engraved and returned to the AV trophy cabinet.

And finally, David Armstrong has put together another outstanding AthsVic TV video. You can view it at http://au.youtube.com/watch?v=Vk_oeyJmnM&feature=channel_page

SOUTH AUSTRALIAN 10000M WALK CHAMPIONSHIPS, SANTOS STADIUM, SUNDAY 22 DECEMBER 2008

The South Australian 10,000m track walk championships were held on Sunday at Santos Stadium in Adelaide. With Claire and Jared Tallent in attendance, there was no doubt who were going to be the fastest competitors and things worked out as expected. Special mention for Darren Bown whose 44:18 was a good walk from someone who tells us he has semi retired from serious walking!

Women 10000mWalk OPEN

1.	Claire Tallent	ENFIELD HARRIERS	48:53.26
	Paige Hooper	ENFIELD HARRIERS	DNF

Women 10000mWalk U/20

1.	Kristie Goznik	ELIZABETH	57:42.7h
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2.	Claire Xian	FLINDERS	58:03.82
3.	Lauren Harrington	PEMBROKE	63:13.65
Women 5000 Metre Walk U/18			
1.	Paige Hooper	ENFIELD HARRIERS	24:12.37
2.	Kristie Goznik	ELIZABETH	27:27.41
Women 10000mWalk O/50			
1.	Barbara Cain	FLINDERS	71:16.19
	Sandy Brunner	ADELAIDE HARRIERS	DQ
Men 10000mWalk OPEN			
1.	Jared Tallent	UNATTACHED	44:10.02
2.	Darren Bown	ELIZABETH	44:18.91
3.	Kim Mottrom	UNATTACHED	52:07.35
Men 10000mWalk U/20			
1.	Blake Steele	TEA TREE GULLY	49:55.06
Men 10000mWalk O/35			
1.	85 Peter Crump	SPC	57:00.03
Men 10000mWalk O/50			
1.	James Hoare	FLINDERS	71:07.93

IRISH NATIONAL CHAMPIONSHIPS, SANTRY DEMASNE, DUBLIN, SATURDAY 20 DECEMBER 2008

The Irish roadwalking championships were held at Santry in Ireland last weekend and European champion Francisco Fernandez made sure that Irish champion Robert Heffernan did not have things his own way. Fernandez was first over the line with a time of 2:07:35 (10 km splits of 43:40, 42:50 and 41:05 - 20:00 for the last 5 km). Fernandez intends to contest his first serious 50 km at the Spanish 50 km championships next spring and this was a strong indicator that a great time might be on offer. Heffernan won the Irish championship with 2:08:59 while fellow Olympian Olive Loughnane won the women's 20 km with 1:33:16.

Irish Mens 30km Championships

1.	Robert Heffernan	Togher A.C.	2-08-59
2.	Brendan Boyce	Milford A.C.	2-23-38
3.	John Egan	Bree A.C.	2-29-39
4.	Sean McMullin	Mullingar Hrs.	3-18-01

Open 30km.

1.	Francisco Fernandez	Agrupaejido, Spain	2-07-34
2.	Ben Wears	Redcar RWC, England	2-28-53
3.	Paul Evennett	Redcar RWC, England	2-39-15

Irish Womens 20km Championships

1.	Olive Loughnane	Loughrea A.C.	1-33-16
2.	Laura Reynolds	Mohill A.C.	1-44-50

Open 20km

1.	Paul Fitzpatrick	Shercock A.C.	1-36-03
2.	Tim Healy	Togher A.C.	1-42-28

Open 10km

1.	Jimmy McDonald	50-39
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Open Juvenile Events

6 Miles

1.	Eoin McCabe	North Belfast	51-48
2.	Michael Moran	Claremorris	52-30
3.	Thomas Hayes	Moycarkey Coolcree	56-33
4.	Aoibhinn Gissane	Monaghan Phoenix	59-23

3 Miles

1.	Emma Prendiville	Farranfore Maine Valley	24-41
2.	Oisín Oliver	Swinford	25-14
3.	Joe Conway	West Waterford	25-23
4.	Emma Doherety	North Belfast	27-14
5.	Emma Moran	Claremorris	29-15

2 Miles

1.	Kate Veale	West Waterford	15-48
2.	James Traynor	Monaghan Phoenix	15-52
3.	Robert O'Neil	Togher	17-52

1 Mile

1.	Evan Lynch	Clonmel	8-23
2.	Patrick Bell	Castlebar	9-05
3.	Michelle Byrne	Mohill	9-19
4.	Paul Murphy	Claremorris	10-05
5.	Niamh McWilliams	Mayo	10-07

800m

1.	Dylan Carthy	4-10
2.	Deena Sedika	4-19
3.	Dylan Minna	4-22
4.	Aishling Hannigan	4-26
5.	Ciara Tierney	4-38
6.	Simon Gillespie	4-38
7.	Srephanie Morlay	4-48
8.	Laura Beston	5-05
9.	Michael McLoughlin	5-13
10.	Stacey Curley	5-21
11.	Deirdre Keane	5-23
12.	Ciara Flaherty	5-25
13.	Fay Nixon	5-42

LAST WEEK'S MYSTERY PHOTO



Last week's mystery photo showed the start line of the 1995 World Cup Trial which was held on the Kingston foreshore outside Brisbane. The photo showed, from left to right: **Mark Dosseter, Ignacio Jiminez, Dion Russell, Andrew Ludwig (?), Mark Thomas, Scott Nelson NZ (headband), Duncan Knox, Darren Bown, Brent Vallance, Mark Donahue, Ian Waters, Dave Smith, Caleb Maybir** and you can just make out Harry Summers loitering in the background behind Brent.

The photo was supplied by Brent Vallance so he could, of course, name the starters. Nathan Deakes also came to the fore, correctly naming 12 of the 13.

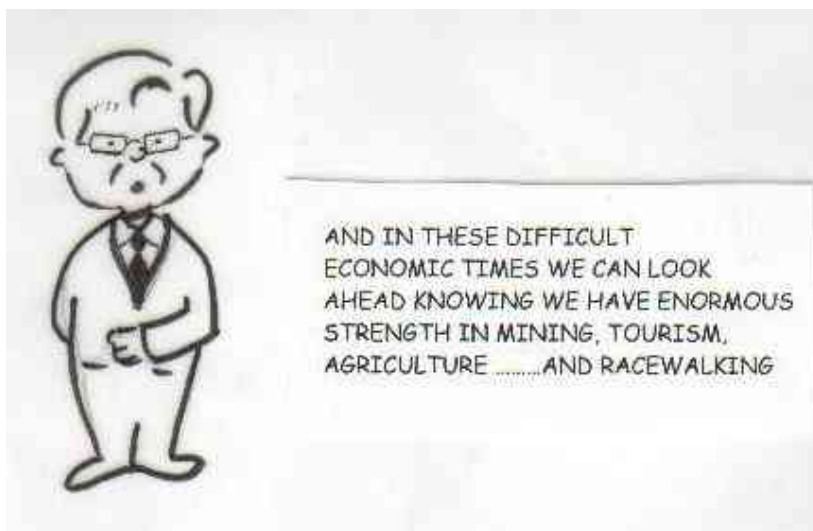
THIS WEEK'S MYSTERY PHOTO

This week we have an easier picture for local club members, taken one bright winter day at Albert Park during the 2007 winter season. The challenge is to name at least 15 of the walkers in the massed start – from left to right.



THIS WEEK'S WALKING CARTOON

This week sees another gem from Russ Dickenson, featuring our esteemed Prime Minister pondering the economic times. Thanks Russ!



WHAT'S COMING UP

Our Victorian Shield competition kicks off again on Saturday 10 January. For the time being, enjoy a well earned break and don't forget to do some training!

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

Sat 10 Jan, 2009 AV Shield Competition, Round 9 (3000m/1500m walks)
Jan 14-18, 2009 Australian Youth Olympic Festival, Sydney (5000m walk)

Sat 17 Jan, 2009 AV Shield Competition, Round 10
 Sun 18 Jan, 2009 VRWC races – RWA Summer Postal Races, Clifton Hill athletics track
 Thur 22 Jan, 2009 AV Shield Competition, Round 11 (2000m walk)
 Jan 24-26, 2009 **Victorian Country Championships, Landy Field, Geelong** (entries close Thurs 8 Jan 2009)
 Thur 29 Jan, 2009 VRWC track races, Olympic Park, 6PM
 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)
 Sun 15 Feb, 2009 VRWC events, Albert Park
 Feb 19-22, 2009 **Victorian Open and U20 T&F Championships, Olympic Park, Melbourne**
 Feb 21-25, 2009 **2009 Australian Masters Games, Geelong** - <http://www.AustralianMastersGames.com>
 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 **Victorian Youth T&F Championships, Olympic Park, Melbourne**
 Sat 7 March, 2009 **2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne**
 Sun 22 Mar, 2009 VRWC and VMA Track races, Mentone Athletics Track
 Mar 28-29, 2009 **AV Overage & Victorian Masters T&F Championships, Box Hill**
 Apr 3-5, 2009 **Australian U20 All Schools, U20 & U23 Championships, SA** (includes 10,000m walk)
 Apr 10-13, 2009 **Australian Masters T&F Championships, Adelaide**

Victorian & National Fixture – Winter 2009

Sunday 7 June, 2009 Lake Burley Griffin Carnival, Canberra
 July 11-12, 2009 Racewalking Australia Winter Postal Challenge
 Sun Aug 30, 2009 Australian Roadwalking Championships, NSW (Sydney?)

2009 International Fixture

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

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>)