



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2007/2008 Number 18
26 January 2009



AROUND THE TRACKS

Athletics Victoria Shield competitions were held last Tuesday and Thursday evenings with 4 of the 6 venues in action. We had 70 walkers in action in the 3 metropolitan regions (Aberfeldie, Doncaster and Knox) but do not have the results from Ballarat where walks were also on the agenda.

AV Shield Competition, North West Region, Aberfeldie Athletics Track, Tuesday 20 January 2009

Tom Barnes was the standout walker, looking good as he strode to a 2000m PB time of 8:00.82 (did he forget to dip!) to finish ahead of MUAC team mate Paul Kennedy (9:31). Trenton Hawkins also walked fast for 9:37, well ahead of Duncan Knox. Donna Elms was the first lady with 12:06.

2000m Walk

1.	Tom BARNES	MUU	8:00.82	MOP
2.	Paul KENNEDY	MUU	9:31.23	MOP
3.	Trenton HAWKINS	PTN	9:37.18	MOP
4.	Aaron MCDONOUGH	PTN	10:21.11	MOP
5.	Duncan KNOX	ATE	10:28.11	M40+
6.	Tim ERICKSON	COB	10:46.68	M40+
7.	Danny HAWKSWORTH	ATE	11:56.86	MOP
8.	Jason ELMS	PTN	11:57.36	MOP
9.	Donna ELMS	PTN	12:06.51	FOP
10.	Anna WALLACE	ATE	12:11.28	FOP
11.	Robyn SHAW	WES	12:27.76	FOP
12.	Mark DONAHOO	ATE	12:54.62	MOP
13.	Damien ELMS	PTN	12:54.85	M18
14.	Lauren GELOV	PTN	13:18.04	M18
15.	Laura BUTLER	KSB	14:05.95	F14
16.	Roslyn IRELAND	BWK	15:26.96	FOP
17.	Rachael TULLY	ATE	15:31.69	FOP
18.	Hamish BEAUMONT	MUU	DQ	MOP
19.	Michael JONES	INV	DQ	INV

AV Shield Competition, Eastern Region, Reischick's Reserve, Doncaster, Thursday 22 January 2009

Stuart Kollmorgen (9:12) and Collingwood team mate Ross Reid were the top two walkers in what was a large field. Robert Walsh (10:07) was the first of the younger walkers to finish while Carly Bertrand (12:03), walking invitation, was the first of the girls to finish. Thanks to Ray Smith for the following photos and collage – well done Ray!

2000m Walk

1.	Kollmorgen, Stuart	COL	MOP	9:12.50
2.	Reid, Ross	COL	MOP	9:36.20
3.	Thomas, J		M40+	10:01.90
4.	Walsh, Robert	ANW	MOP	10:07.60
5.	Evans, Simon	BOH	MOP	10:20.50
6.	Dyer, Bill	BOH	MOP	10:23.80
7.	Benke, Geza	OLM	MOP	11:01.80
8.	Hammett, Gary	DIV	M40+	11:04.10
9.	Jack, Clarrie	RIC	MOP	11:22.00
10.	Gardiner, Robert	COL	MOP	11:30.30
11.	Olden, Graeme	BOH	MOP	11:34.60
12.	Sofianos, Gerald	STK	MOP	11:46.00
13.	Worsnop, Chris	OLX	MOP	11:57.20
14.	Bertrand, Carly	KSB	F14	12:03.90
15.	Coleman, Harry	RIC	M16	12:07.30
16.	Cooper, Stuart	SSH	MOP	12:19.60
17.	Bertrand, Georgia		F14	12:20.50
18.	Mc Nicol-Davidson, Chloe	BOH	F16	13:10.20
19.	McNicol-Davidson, Cody		M14	13:22.00
20.	Ellis, Bob	RIC	MOP	13:23.70
21.	Cowell, Jacqueline	DIV	F16	13:38.90
22.	Peachey, Anika	DIV	F18	13:52.30
23.	Lyon, Kelly	RIC	FOP	13:53.00
24.	Righi, Taylor	OLM	MOP	14:41.60
25.	Neale, Jessica	COL	F14	15:04.10
26.	O'Callaghan, Brian	RIC	M40+	15:08.40
27.	McNair, David	SSH	MOP	15:32.10
28.	Li, Henry	OLM	MOP	16:56.40



Bob Gardiner, Kelly Lyon, Anika Peachey, Jacqueline Cowell, Ross Reid and Stuart Kollmorgen



Bill Dyer, Robert Walsh, Clarrie Jack, Chloe and Cody McNicol-Davidson



Stuart Cooper

AV Shield Competition, South East Region, Knox Athletics Track, Knoxfield, Thursday 22 January 2009

Beth Alexander continued her great form with a PB time of 9:16 in winning the 2000m walk at Knox. Brad Simpson was also walking fast with his 9:40 while the first U14 was Bianca Attard (11:07). I have my doubts about the 14th place getter, namely Some.One ... hmmm.

2000m Walk

1.	Alexander, Beth	KNA	F18	9:16.00
2.	Simpson, Bradley	KNA	M16	9:40.50
3.	O'Mahony, Michael	KNA	M16	10:16.20
4.	Attard, Bianca	KNA	F14	11:07.00
5.	Steed, Gwen	VMA	M40+	11:32.00
6.	Stadus, Lauren	KNA	F14	11:33.60
7.	Riddoch, Clyde	AWA	M40+	12:04.00

8.	Guy, Rachel	SCA	F14	12:10.80
9.	Morrison, John	SAN	MOP	12:44.10
10.	Ventura, Amy	MAL	F14	12:53.60
11.	Goodings, Liana	AWA	F18	12:56.80
12.	Buller, Peter	GHY	M40+	13:12.10
13.	Mann, Stephanie	KNA	F14	13:37.30
14.	One, Some (?)		MOP	14:43.20
15.	Van Dongen, Rupert	CCA	MOP	15:24.70
16.	Varigos, Caroline	GHY	F14	16:05.20
17.	Davin, Michael	GHY	M40+	16:34.90
18.	Felton, Matthew	KNA	M16	DQ
19.	Feldman, Elizabeth		FOP	DQ
20.	Wright, Jeffrey	KNA	M40+	DQ
21.	Harrison, Lindsay	AWA	M40+	DQ
22.	Hutton, Phillip	GHY	M40+	DQ
23.	Nomikoudis, Maria	GHY	F14	DQ

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, GEELONG, 24-26 JANUARY 2009

The Victorian Country Track & Field Championships were held in Geelong over the Australia Day long weekend, with the walks being scheduled on Saturday. Country titles are for those who reside outside the metropolitan area and are a great event for grass roots athletes. Having said that, if we managed to get our best fields from the "bush" (something we'd rarely get), we'd have Nathan Deakes, Jared Tallent, Duane Cousins and Jess Rothwell all eligible to compete. So it continues to be a productive area for developing walkers.

There must have been a record number of walkers in action with 53 starters spread across the three events (5000m, 1500m and 3000m). Conditions were very windy for the 5000m walks in the morning but conditions were better for the afternoon walks. Highlights were

- 19 year old **Daniel Payne** taking first place in the Men's Open 500m walk in a PB time of 22.25 from former New Zealand Olympian and 1994 Commonwealth Games Bronze medallist Scott Nelson, now approaching 40. Scott does just enough to stay in shape these days but showed he still "has it" with a 23.41.
- 36 year old **Kelly Ruddick** getting right back into it again after having her 4th child a year ago, taking the women's 5000m walk in 24.03, just 5 seconds short of her personal best.
- 15 year old **Rachel Tallent**, sister of dual Beijing Olympic medallist Jared, taking 2nd place behind Kelly in the 5000m in the morning in a PB time of 24:59 and then following up in the afternoon by winning the Under 18 3000m in a PB 14.29. To top off her day, she sandwiched a PB 1500m run in between the two walks.
- 13 year old **Cassie Raselli** taking out the under 16 3000m in 15.34.
- **Heather Carr** winning the W50+ 3000m walk in 15:46.

Men 5000 Meter Race Walk Open

1.	Daniel Payne	90	CORIO	22:25.44
2.	Scott Nelson	69	GEELONG GUILD	23:41.81
3.	Stuart Kollmorgen	69	COL	24:24.63
4.	Nicholas Mirarchi	91	CORIO	25:35.83
5.	Andrew Blood	74	BALLARAT YCW	26:32.40
6.	Paul Nunn	65	WENDOUREE	28:17.71
7.	Terry Oneill	56	GPA	29:12.18

Men 5000 Meter Race Walk 40 and Over

1.	Paul Nunn	65	WENDOUREE	28:17.71
2.	Daryl Biggin	63	BALLARAT YCW	29:06.31

Men 5000 Meter Race Walk Under 20

1.	Daniel Payne	90	CORIO	22:25.44
2.	Nicholas Mirarchi	91	CORIO	25:35.83

Women 5000 Meter Race Walk Open

1.	Kelly Ruddick	73	BALLARAT HARRIERS	24:03.19
2.	Rachel Tallent	93	BALLARAT YCW	24:59.01
3.	Kylie Irshad	71	SCA	26:14.92
4.	Annette Major	62	EAGLEHAWK	29:51.47
5.	Emily Payne	93	CORIO	30:05.18
6.	Jessie Palfreyman	90	EAGLEHAWK	31:17.53
7.	Emma Smith	89	BELLARINE	31:32.07

Women 5000 Meter Race Walk 40 and Over

1.	Annette Major	62	EAGLEHAWK	29:51.47
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Women 5000 Meter Race Walk Under 20

1.	Jessie Palfreyman	90	EAGLEHAWK	31:32.07
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2.	Mykaela Gage	92	CORIO	34:04.79
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Men 1500 Meter Race Walk Under 14

1.	Jeremiah Jones	97	EAGLEHAWK	7:58.84
2.	Lucas Taylor	96	SCA	8:15.94
3.	Ben Maskell	96	EAGLEHAWK	8:20.37
4.	Ben Green	98	SCA	10:15.36

Women 1500 Meter Race Walk Under 14

1.	Stephanie George	96	SCA	7:42.85
2.	Jessey Wilson	96	EAGLEHAWK	8:00.41
3.	Jasmine Irshad	97	SCA	8:07.48
4.	Rachel Guy	99	SCA	10:02.23
5.	Ruby Campbell	97	EAGLEHAWK	10:19.45

Men 3000 Meter Race Walk Under 16

1.	Lewis Clark	94	ATHLETICS CHILWELL	16:33.45
2.	Joshua Savage	95	EAGLEHAWK	21:01.22
	Peter Curtis	94	SOUTH BENDIGO	DNF

Men 3000 Meter Race Walk 50 and Over

1.	Robert Jones	55	BALLARAT YCW	15:50.64
2.	Tim Erickson	50	COBURG HARRIERS	16:25.12
3.	Terry O'Neill	56	GPA	16:51.70
4.	Harold Boddy	55	CORIO	18:38.98
5.	Geoffrey Major	36	EAGLEHAWK	20:03.91
6.	Clive Vogel	49	BORDER T&F	22:07.21

Women 3000 Meter Race Walk Under 16

1.	Cassandra Raselli	94	SCA	15:36.14
2.	Jmara Hockley Samon	95	ATHLETICS CHILWELL	16:17.91
3.	Amanda Heard	95	EAGLEHAWK	16:52.53
4.	Ebony Tallent	94	BALLARAT YCW	16:59.88
5.	Darcie Verstraten	95	ATHLETICS CHILWELL	18:46.65
6.	Grace Campbell	95	EAGLEHAWK	18:57.23
7.	Ebony - Jade Jones	94	EAGLEHAWK	20:57.94
8.	Jade Lockwood	95	CORIO	26:17.69
	Ebony Whiley	95	EAGLEHAWK	DQ

Women 3000 Meter Race Walk Under 18

1.	Rachel Tallent	93	BALLARAT YCW	14:30.87
2.	Emily Payne	93	CORIO	17:40.08
3.	Katrina Maskell	92	SOUTH BENDIGO	19:13.21

Women 3000 Meter Race Walk 50 and Over

1.	Heather Carr	49	EAGLEHAWK	15:46.48C
2.	Annette Curtis	56	SOUTH BENDIGO	22:20.10

NSW COUNTRY T&F CHAMPIONSHIPS, CAMPBELLTOWN SPORTS CENTRE, 24-25 JANUARY 2009

The NSW Country championships were also held last weekend and, like Victoria, the walking numbers were good with 29 starters in total. Highlights included

- A new M60+ 3000m record of 19:55.56 by 71 year old **John Smith**. John is a former Australian international walker (see his profile later in the newsletter) and can still walk pretty well for an old bloke!
- **Chloe Jones** winning the Open 3000m in 15:02.
- John Smith's son in law **Mark Dredge** winning the M40+ 3000m walk in 16:12.

Women 3000 metre Race Walk Open

1.	Jones, Chloe	23	Blue Mountai	15:02.16
2.	Ebejer, Vanessa	24	Blue Mountai	15:27.08
3.	Bonham, Jillian	24	Gosford Athl	15:58.99
4.	Cameron, Krystal	18	Mingara Athl	18:16.00
5.	Ebejer, Charlene	23	Blue Mountai	18:36.94
6.	Annear, Brittany	16	Mingara Athl	18:41.05
7.	Thomas, Jessica	15	Gosford Athl	18:52.08
8.	Porley, Tabitha	14	Blue Mountai	19:08.75
9.	Mckay, Lydia	12	Gosford Athl	19:53.44
10.	Estrada, Natasha	13	Blue Mountai	20:34.20
11.	Sundstrom, Jodie	30	Illawarra Bl	21:15.71
12.	Broadhead, Sarah	14	Illawarra Bl	21:42.15

Women 3000 metre Race Walk 40-49 yrs

1.	Shaw, Maryanne	45	Blue Mountai	17:39.88
2.	Porley, Fiona	41	Blue Mountai	19:41.21

Women 3000 metre Race Walk 50-59 yrs

1.	Stallard, Trish	51	Wallsend Rsl	22:34.97
2.	Brown, Judy	59	Gosford Athl	22:35.74
3.	Lingley, Jenny	53	Blue Mountai	24:02.02

Men 3000 metre Race Walk Open

1.	Rudge, Jake	16	Port Stephen	16:45.24
2.	Perin, Anson	20	Illawarra Bl	17:04.09
3.	Felton, Jay	14	Gosford Athl	17:31.11
4.	Smith, Andrew	20	Bathurst Ath	20:22.90
5.	McKay, Fletcher	15	Gosford Athl	20:47.46

Men 3000 metre Race Walk 40-49 yrs

1.	Dredge, Mark	48	Mingara Athl	16:12.03
2.	Rowe, Gregory	48	Mingara Athl	18:21.91

Men 3000 metre Race Walk 50-59 yrs

1.	Smith, Ken	58	Bathurst Ath	19:30.37
2.	Steele, Bruce	51	Illawarra Bl	22:34.75

Men 3000 metre Race Walk 60+ yrs

1.	Smith, John	71	Mingara Athl	19:55.56 (Record)
2.	Wiggins, Bruce	68	Illawarra Bl	24:51.66
	Overton, Frank	61	Gosford Athl	DQ

FOCUS ON JOHN SMITH

To celebrate John Smith's M60 record in Campbelltown last weekend, here is a short profile of this great NSW walker.

**John competes for Australia in the 1979 Lugano Cup 20 km event in Germany**

John Smith, who was born in England on 7th October 1938, was, in his day, one of NSW's best known racewalkers. Over a long career from the mid seventies to the early nineties, he won a whole swag of State titles and even represented Australia internationally, at the 1979 Lugano Cup.

John was a top runner in England in his younger days, winning the English One Mile Junior championship in 1955 in 4min 15sec and consistently running under 4min for the 1500m.

His first foray into racewalking in 1964 was not what one could describe as a normal progression. For a number of years, the annual British Centurions 100 mile walk qualifier had been held on a course from Leicester to Skegness and his home town, Peterborough, was at the half way mark. Never having walked seriously before, his plan was to drop out at the 50 mile mark when the race reached Peterborough. With no real experience in such events, he walked in street shoes, ordinary shorts and a short sleeved shirt. As it turned out, he passed through Peterborough still feeling good and continued on for the full 100 mile distance to record an excellent 100 mile time of 21:33:19 and to become Centurion number 359.

This whetted his appetite for the sport of racewalking and, by the time he migrated to Australia in the mid 1970's, he was an

PREVIEW - 2009 AUSTRALIA CUP, BRISBANE, SATURDAY 7 FEBRUARY 2009

The cream of Australian athletics and future stars will be on show as State teams battle for \$25,000 of prize money at the Australia Cup, to be held at the Queensland Sport and Athletics Centre in Brisbane on Saturday 7 February. Last year, the event included 5000m walks for men and women but, with only one rep per State, a number of our top walkers missed out. This year, the concept has changed and will include both teams events and invitational events. The good news for our walkers is that the 5000m walk is included as an invitational event this year rather than as a teams event. That means we can have larger walk fields that will potentially see nearly all our top walkers, seniors and juniors, in action. I'm excited!

Athletes wishing to be considered for selection in the 5000m walk event should enter directly with Athletics Australia via the online entry system at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=350&OrgID=887

For more information on this event, see http://www.athletics.com.au/community/events/australia_cup_2009

WHAT'S COMING UP

Tomorrow (Tuesday 27th Jan), we have AV Shield Catch-Up days at Knox and Aberfeldie with both venues featuring 2000m walks.

Tue 27 Jan	AV Shield - Round 8 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Tue 27 Jan	AV Shield - Round 8 (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie

On Thursday 29th January, we have a 5000m walk at Olympic Park at 6:30PM. This 5000m walk is 'enter on the night'. Simply be there before 6PM, put your entry in and you are set to go. This is one of the few opportunities to walk 5000m before the Vic champs.

Thu 29 Jan	VRWC/AV 5000m Track Walk, 6:30PM	Olympic Park, Melbourne
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Next weekend, we see our final round of Shield competition (with 3000m walks) at the following 5 venues

Sat 31 Jan	AV Shield - Round 12 (SOUTH EAST REGION)	Duncan MacKinnon Reserve, Murrumbidgee
Sat 31 Jan	AV Shield - Round 12 (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 31 Jan	AV Shield - Round 12 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 31 Jan	AV Shield - Round 12 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 31 Jan	AV Shield - Round 12 (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie

Finally, a reminder that entries are now open for the various Victorian Track and Field championships

- [Victorian Open and Under 20 T&F Championships](#) 20-22 Feb 2008
- [Victorian Youth T&F Championships](#) Feb 27-Mar 1, 2009
- [AV Overage & Victorian Masters T&F Championships](#) Mar 28-29, 2009

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

Thur 29 Jan, 2009	VRWC/AV 5000m track race, Olympic Park, 6:30PM
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 walks for men and women)
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 Entries close with AV at 5PM on Thursday 5 February Draft timetable : Open/U20 Women 5000m – Friday 19 th , 8:10PM, Open/U20 Men 5000m, Sat 20 th 4:10PM
Feb 21-25, 2009	2009 Australian Masters Games, Geelong - http://www.AustralianMastersGames.com
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 Entries close with AV at 5PM on Thursday 12 February
Sat 7 March, 2009	2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne Entries close with AA at midnight on Thursday 19 February Draft timetable: 20 km Men/Women – 7:30AM, U20 10 km Men/Women - 8AM
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 Entries close with AV at 5PM on Thursday 12 March
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, Parramatta Park, Sydney, NSW

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 **6th IAAF World Youth Championships, Bressanone, Italy** - <http://www.iaaf.org/wyc09/preview.html>
July 28 – Aug 8, 2009 **18th World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **12th 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, 2009 Rio Maior, Portugal
Apr 18-19, 2009 Wuxi City, China
May 1, 2009 Sesto San Giovanni, Italy
May 30, 2009 Krakow, 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 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.**
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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