



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### A.V. SHIELD REGION FINALS, SATURDAY 6 FEBRUARY 2010

Last Saturday saw AV Shield Region Finals (with 3000m/1500m walks) being held at all 6 Victorian venues. Not all walkers were in action as racing was restricted to those teams in the final venue mix but we still saw sizeable walk fields in action and 105 walkers in total!

#### AV Shield Region Final East Region, Hagenauer's Reserve, Box Hill

Box Hill was the biggest walk venue with 32 competitors in action. Paul Van Kopplen was the fastest with 13:36 ahead of super-vet Andrew Jamieson with 14:28 and Ryan Antidormi with 14:34. The top woman was Natalie Laurie with 17:01. Cooper Owen and Georgia Madge were the top U14 boy and girl with 8:15 and 9:13 respectively.

#### Men 3000 Meter

1.	Van Kopplen, Paul	42	Croydon	13:36.0
2.	Jamieson, Andrew	63	Old Scotch C	14:28.9
3.	Antidormi, Ryan	14	Athletics Nu	14:34.5
4.	Evans, Simon	49	Box Hill	15:01.6
5.	Reid, Ross	55	Collingwood	15:23.1
6.	Dyer, Bill	48	Box Hill	15:58.4
7.	Thillaisundaram, Anand	33	Collingwood	16:46.7
8.	Laurie, Natalie	18	Athletics Nu	17:01.9
9.	Hammett, Gary	52	Diamond Vall	17:04.8
10.	Mason, Ella	15	Box Hill	17:11.7
11.	Kozica, Jason	22	St Kevins	17:13.7
12.	Gardiner, Bob	73	Collingwood	17:25.2
13.	Sofianos, Gerald	60	St Kevins	17:53.0
14.	Jack, Clarence	64	Richmond Har	18:19.6
15.	Facey, Stuart	59	Old Scotch C	18:21.6
16.	Worsnop, Chris	52	Old Xaverian	19:02.3
17.	Wright, Jacob	15	Athletics Nu	19:35.1
18.	Cooper, Stuart	59	St Stephens	19:35.3
19.	Ellis, Robert	62	Richmond Har	19:53.7
20.	Laurence, Peter	57	Diamond Vall	20:49.9
21.	Noonan, Patrick	31	St Kevins	21:06.8
22.	Cowell, Jacqueline	16	Diamond Vall	22:31.9
23.	Walsh, Anthony	51	Old Xaverian	25:26.1

#### 1500 Meter Race Walk Under 14

1.	Owen, Cooper	11	Diamond Vall	8:15.2
2.	Garganis, Adam	12	Collingwood	8:21.1
3.	Madge, Georgia	13	Croydon	9:13.1
4.	Coleman, Harry	11	Richmond Har	9:16.0
5.	Neale, Jessica	13	Collingwood	9:23.3
6.	Walburg, Kirsten	11	Doncaster	9:26.8
7.	Percy, Nathan	12	Richmond Har	11:09.8
8.	Cowell, Lachlan	13	Diamond Vall	11:20.4
9.	Neale, Anthony	11	Collingwood	11:25.7

#### AV Shield Region Final South East Region, Knox Athletic Track, Scoresby

Rhydian Cowley might have had his arm in a cast with a minor bone break but it did not stop him from walking to a very impressive 12:50, a long way ahead of Brad Simpson with his own good time of 14:20. Amelia Finnegan was the fastest of the 3000m girls with 15:27 and Sarah Burren was the fastest of the U14s with 7:34.

#### 3000 Meter Race Walk

1.	Cowley, Rhydian	18	Glenhuntly	12:50.1
2.	Simpson, Bradley	16	Knox Athleti	14:20.1
3.	Felton, Matthew	15	Knox Athleti	15:14.7

4.	Finnegan, Amelia	14	Knox Athleti	15:27.1
5.	O'Mahony, Michael	16	Knox Athleti	16:30.7
6.	Riddoch, Clyde	56	Athletics Wa	16:31.2
7.	Attard, Bianca	14	Knox Athleti	16:49.4
8.	McInnes, Simone	18	Glenhuntly	17:28.6
9.	Osmand, Kym	27	Oakleigh	17:56.3
10.	Tam, Aaron	15	Knox Athleti	18:17.9
11.	Hallett, Nicole	15	Casey Cardin	18:35.3
12.	Doran, Anthony	57	Glenhuntly	18:49.9
13.	Attard, Michaela	16	Knox Athleti	18:56.8
14.	Hutton, Philip	63	Glenhuntly	19:02.2
15.	Goodings, Liana	18	Athletics Wa	19:26.7
16.	Harrison, Thomas	17	Athletics Wa	19:40.7
17.	Austin, Juliet	23	Glenhuntly	21:03.8
18.	Maudsley, Fiona	18	Athletics Wa	21:49.4
19.	Harrison, Lindsay	44	Athletics Wa	23:10.1
20.	Caulfield, Sharyn	44	Athletics Wa	23:10.5
	De Pasquale, Joel	25	Knox Athleti	DNF

#### 1500 Meter Race Walk Under 14

1.	Burren, Sarah	13	Malvern Harr	7:34.0
2.	Stadus, Lauren	13	Knox Athleti	7:52.0
3.	Guy, Rebecca	13	Casey Cardin	8:03.0
4.	Sanders, Jade	12	Casey Cardin	8:49.0
5.	Eastwood, Jessie	12	Knox Athleti	9:15.0
6.	Guy, Rachael	10	Casey Cardin	9:39.0

#### AV Shield Region Final NorthWest Region, Moonee Valley Athletics Centre , Moonee Ponds

The order was the same as usual at Moonee Ponds with Paul Kennedy winning in 14:06 and the usual suspects following behind. But in the absence of Preston duo Aaron McDonough and Trenton Hawkins, we all moved a couple of spots up in the overall placings. Nardene Hammond was the top lady with 16:59 and Connor McShanag sped around the 1500m in equal PB of 7:04 ahead of Carly Bertrand with a good 8:08.

#### Women 3000 Meter Race Walk

1.	Kennedy, Paul	52	Melbourne Un	14:06.01
2.	Donahoo, Mark	51	Athletics Es	14:52.62
3.	Cosic, Filip	17	Athletics Es	15:25.92
4.	Knox, Duncan	50	Athletics Es	15:29.25
5.	Erickson, Tim	59	Coburg Harri	16:18.56
6.	Hammond, Nardene	37	Athletics Es	16:59.48
7.	Elms, Donna	48	Athletics Es	17:50.79
8.	Share, Bianca	25	Keilor St Be	18:39.13
9.	Hawksworth, Danny	30	Athletics Es	20:47.16
10.	Upton, Ian	69	Keilor St Be	20:47.16
11.	Baric, Amanda	41	Keilor St Be	21:45.39
12.	Stobaus, Anne	68	Keilor St Be	21:56.34
13.	Ireland, Roslyn	26	Brunswick	23:48.78
14.	Ireland, Mark	25	Brunswick	23:49.01
15.	Rickard, Ian	53	Brunswick	25:19.22
16.	Arnold, Madison	15	Preston	26:47.76
17.	Marangon, Georgia	15	Preston	28:22.70
	Hodgart, Claire	13	Western Athl	DQ
	Kerlin, Jessica	21	Keilor St Be	DQ
	Ireland, Olive	49	Brunswick	DQ
	Ireland, David	19	Keilor St Be	DQ
	Elms, Jason	19	Athletics Es	DQ

#### Women 1500 Meter Race Walk Under 14

1.	McShanag, Connor	13	Athletics Es	7:04.3
2.	Bertrand, Carly	13	Keilor St Be	8:08.2
3.	Barbour, Bethanie	13	Coburg Harri	8:54.9
4.	McLaren, Stacey	13	Athletics Es	9:24.1
5.	Casilli, Anthony	10	Preston	11:03.0
6.	Abfalter, Emma	12	Keilor St Be	11:16.2
7.	Jaggard, Henry	11	Keilor St Be	11:16.2
8.	Matthews, Patrick	11	Keilor St Be	13:13.8
	Campbell, Rebecca	12	Athletics Es	DNF

### AV Shield Region Final Bendigo Region, La Trobe University Athletics Complex, Bendigo

Small walk fields in Bendigo with Ebony Whiley 17:44 and Jeremiah Jones 9:21 taking the respective honours.

#### 3000 Meter Race Walk

1.	WHILEY, EBONY	W14	EAGLEHAWK YM	17:44.77
2.	SAVAGE, JOSHUA	M14	EAGLEHAWK YM	17:54.53
3.	MAJOR, GEOFFREY	M73	EAGLEHAWK YM	21:45.37
4.	WATSON, JOHN	M60	BENDIGO YMCA	23:35.87

#### 1500 Meter Race Walk

1.	JONES, JEREMIAH	M13	EAGLEHAWK YM	9:21.18
2.	TIMEWELL, CHRIS	M35	SOUTH BGO	11:13.98

### AV Shield Region Final Ballarat Region, Llanberris Reserve, Ballarat

Ballarat saw Kelly Ruddick back in action after being sidelined by a tooth abscess (ouch) and she was in good form, recording 14:31 ahead of top male Andrew Blood with 16:21. Daryl returned to the track after an absence and is obviously dusting off the cobwebs ahead of our clash in the Victorian 5000m on Thursday week!

#### 3000 Meter Race Walk

1.	Ruddick, Kelly	36	Ballarat Har	14:31.04
2.	Blood, Andrew	35	Ballarat Ycw	16:21.55
3.	Nunn, Paul	44	Wendouree	16:43.43
4.	Biggin, Daryl	46	Ballarat Ycw	18:38.49
5.	Prendergast, Maurice	46	Ballarat Ycw	18:53.50
6.	Burnett, Nicholas	37	Ballarat Ycw	20:04.54
7.	Govan, Lee	54	Wendouree	20:26.86
8.	Tallent, Ebony	15	Ballarat Ycw	20:35.15
9.	Jones, Peter	64	Ballarat Har	21:36.41
10.	Brooks, Barry	69	Ballarat Har	22:10.09
11.	Ruddick, Kevin	59	Ballarat Har	22:16.56

### AV Shield Region Final Geelong Region, Landy Field, South Geelong

Geelong was the final venue on which to report and it saw Lewis Clark with 14:03 finishing ahead of James Seid-Christmass 14:55 and an improved Nicholas Mirarchi 15:07. Jmara Hockley-Samon was the fastest of the girls with 15:38 while Jacques Verstraten was the only U14 finisher with 10:07.

#### 3000 Meter Race Walk

1.	Clark, Lewis	15	Athletics Ch	14:03.68
2.	Seid-Christmass, James	42	Corio	14:55.60
3.	Mirarchi, Nicholas	18	Corio	15:07.16
4.	Hockley Samon, Jmara	14	Athletics Ch	15:38.20
5.	Boddy, Tyne	22	Corio	16:37.93
6.	Brunton, Caitlin	20	Corio	17:54.02

#### 1500 Meter Race Walk Under 14

1.	Verstraten, Jacques	11	Athletics Ch	10:07.69
	Burns, Lachlan	11	Athletics Ch	DQ

## BENDIGO WALKERS CLUB, ROSALIND PARK, BENDIGO, WEDNESDAY 3 FEBRUARY 2010

Thanks to Bendigo Walkers Club President Paul Rance for his usual weekly roundup of local activities

The Bendigo Walkers Club's Summer race walking competition continued in Rosalind Park on Wednesday evening with 2km and 4km sealed handicap events held in hot conditions.

The 2km event was won by 12 year old Shepparton athlete Zoe Boldiston with the consistent Grace Edlin taking 2<sup>nd</sup> place and Ebony Whiley finishing 3<sup>rd</sup> and taking fastest time honors. In the 4km race John Carter held a consistent pace during the event to win the sealed handicap, for John it was his 450<sup>th</sup> Club race and his 50<sup>th</sup> career victory since he joined the Club in October 1988, Colin Cleary took 2<sup>nd</sup> place while Geoff Major and Paul Rance were in equal 3<sup>rd</sup> place.

**2000m;** Zoe Boldiston 10.43, Grace Edlin 11.07, Ebony Whiley 10.40, Dane Heiden 11.07, Charlotte Edlin 12.17, Jamie-Lee Jones 18.53, Carol Coad 16.51, Jarrod Coad 17.44

**4000m;** John Carter 26.30, Colin Cleary 29.01, Geoff Major 28.30, Paul Rance 20.45, Annette Curtis 30.04, Josh Savage 25.07, Eddie Rowan 30.42, Norm West 33.57, Jessey Wilson 27.38, Grace Campbell 27.50, Jeremiah Jones 26.28, Ebony-Jade Jones 35.04

## INTERSTATE RACE ROUNDUP

### ASA State Championships, Santos Stadium, Adelaide , Sunday 7 February 2010

It was tough work at the South Australian State Walk Championships last weekend with the temperatures in the high 20's on Saturday and even worse on Sunday with the temperature peaking at 34 degrees. Fields were light on but there was still some fine walking. Two performances deserve special attention - **Blake Steele's** 21:03.3 for the 5,000m broke Liam Murphy's long standing Under 18 record while **Paige Hooper's** 23:19.6 leads the U20 girls going into the Hobart 10km trial this weekend.

Under 14 Girls 1,500m	1	Jemma Potezny	7:27.2
	2	Piper Douglas	7:34.7
	3	Erin Dallimore	9:13.0
	4	Chelsea Worthing	9:56.2
Under 16 Girls 3,000m	1	Jemma Potezny	16:27.4
Under 18 Boys 3,000m	1	Daniel Crouch	19:33.7
Under 18 Boys 5,000m	1	Blake Steele	21:03.3
Under 18 Girls 5,000m	1	Samara Holliday	28:20.4
Under 20 Girls 5,000m	1	Claire Xian	25:23.1
Open Women 5,000m	1	Paige Hooper	23:19.6
	2	Allegra Steele	30:14.6
Open Men 5,000m	1	Kim Mottrom	25:11.5
	2	Peter Crump	28:05.6
Over 35 Women 3,000m	1	Gloria Holliday	17:46.5
Over 35 Men 5,000m	1	Peter Crump	29:12.1
Over 50 Women 3,000m	1	Barb Cain	21:12.9
Over 50 Men 5,000m	1	James Hoare	34:04.4

### Queensland Under 14 & Under 18 Championships, State Athletics Facility, QSAC, Nathan, Sunday 10 February 2010

Last weekend also saw the Queensland U14 and U18 State Championships with walks scheduled for 5PM on Sunday. Rain earlier in the day meant that conditions were hot and steamy with high humidity – in other words, it was tough out there and times were slower than usual! Well done to Katya Martin, Jessica Pickles and Brad Aiton on their wins.

#### Women 1500 Metre Race Walk Under 14

1.	Katya Martin	13	Gold Coast Victory	7:12.91
2.	Kenza Benzenati	13	Gold Coast Victory	7:14.86
3.	Jesse Sims	13	Athletics North	8:52.50

#### Women 5000 Metre Race Walk Under 18

1.	Jessica Pickles	16	Jimboomba	26:43.39
2.	Courtney Sorensen	17	Redlands	27:58.28
3.	Rachel Barker	14	Gold Coast Victory	29:59.45
4.	Faith Bennett	16	Gold Coast Victory	30:31.69
5.	Casey Sims	16	Athletics North	31:20.09
6.	Marybeth Paviell	14	Gold Coast Victory	33:02.03

#### Men 5000 Metre Race Walk Under 18

1.	Brad Aiton	16	Gold Coast Victory	24:38.01
2.	Jesse Osborne	15	Strathpine	25:27.06
3.	Corey Buckler	16	Strathpine	26:15.94

## WOODIE'S DIY INDOOR CHAMPIONSHIPS OF IRELAND, BELFAST, 6 FEBRUARY 2010

We are now well into the European Indoor season and Ireland is one of a number of countries to schedule indoor track walking championships. This year, they were held at the Odyssey Arena in Belfast on Saturday and featured 5000m for men and 3000m for women. In a high standard men's event, Robbie Heffernan, Colin Griffin and Jamie Costin all broke 20 minutes and the first 7 were all under 22 minutes. This was the first time that the 3 top men had raced together in these championships and the race lived up to expectations. In the women's event, Zuzana Malikova of Slovakia won with 12:36, relegating reigning champion Laura Reynolds to second place. Third place getter Kate Veale was just 0.24sec outside her Irish Junior record of 13:18.20, done last month in the IAA Games indoor meet. Berlin silver medallist Olive Loughnane had been expected to walk but was a non starter.

#### Senior Men's 5km Walk

1.	R Heffernan	Togher A.C.	19.24.64
2.	C Griffin	Ballinamore A.C.	19.47.34
3.	J Costin	West Waterford A.C.	19.48.73
4.	B Boyce	Letterkenny A.C.	20.18.28
5.	T Bosworth	Tonbridge A.C. Leeds	20.45.60
6.	M Doyle	Tara A.C.	21.05.38
7.	D Kidd	St. L. O'Toole A.C.	21.37.63
8.	J Treanor	Shercock A.C.	22.11.73
9.	T Healy	Togher A.C.	23.11.75
10.	C Mc Menamon	Westport A.C.	23.43.20
11.	E Caprice	Dundrum South Dublin A.C.	23.44.59

**Senior Women's 3 km Walk**

1.	Z Malikova	West Waterford A.C.	12.36.43
2.	L Reynolds	Mohill A.C.	13.09.99
3.	K Veale West	Waterford A.C.	13.18.44
4.	E Prendiville	Farranfore Maine Valley A.C.	14.32.52
5.	E Doherty	North Belfast Harriers	14.47.92
6.	F Dennehy	St. Senans A.C.	15.17.49
7.	A Gissane	Monaghan Phoenix A.C.	18.00.77
	M Curley	Craughwell A.C.	DNF

**AMERICAN ROUNDUP**

The last couple of weeks have seen two big events on the USA walking calendar.

**103<sup>rd</sup> Millrose Games, Madison Square Garden, New York, Friday 29 January 2010**

The Seaman family cleaned up big time at the Millrose Games in New York on January 29<sup>th</sup> with Tim winning the Susan Rudin Men's 1 mile race walk in 5:52.43 and his Canadian wife Rachel (nee Lavallee) winning the Women's 1 mile walk in 6:49.20 (Teresa Vaill, as the first American across the line, won the women's USATF National Championship 1 mile walk in 6:52.54). To top off a big night, 2009 World Youth and Pan Am Junior team member Trevor Barron, who is trained by Tim, placed third overall in the men's race, walking an American high school record 6:03.48 in the process. Seaman stated that it felt great to win his 42<sup>nd</sup> national title, which tied Henry Laskau for the most US national race walk titles. Noting that Henry Laskau was a Holocaust survivor and fought tremendous difficulties in his life, Seaman said he felt honored to have matched Laskau's win total 50 years later.

**Women USA 1 Mile Race Walk Championship**

1.	Rachel Seaman	CAN	6:49.20
2.	Teresa Vaill	USA	6:52.54
3.	Maria Michta	USA	7:00.85
4.	Erin Bresnahan	USA	7:03.49
5.	Lauren Forgues	USA	7:10.01
6.	Loretta Schuellein-McGov	USA	7:10.22
7.	Tina Peters	USA	7:30.74
8.	Susan Randall	USA	7:32.27
9.	Erika Shaver	USA	7:33.48
10.	Erin Taylor	USA	7:41.20
	Katie Burnett	USA	DQ

**Men USA 1 Mile Race Walk Championship - Susan Rudin**

1.	Tim Seaman	USA	5:52.43
2.	Andreas Gustaffson	SWE	5:54.97
3.	Trevor Barron	USA	6:03.48
4.	Josh Wiseman	USA	6:19.13
5.	Richard Luettchau	USA	6:29.71
6.	Dan Serianni	USA	6:30.54
7.	Alejandro Chavez	USA	6:33.55
	Mike Mannozi	USA	DQ

**USA 50 km Championships, Surprise, Arizona, Sunday 7 February 2010**

Stephen Quirke of Wisconsin caught Jonathan Matthews of Helena, Montana, in last 2k to win the 2010 USA Men's National 50km Championship last Sunday in Surprise, Arizona. With the event doubling as the official Racewalking World Cup trial and with \$10000 in prize money on offer, the field was a good one with all the main players in attendance. Jonathan Matthews, a former 4:01 walker and now 53 years of age, had led the whole way, setting a swag of new USA M50 age group records as he ticked off the kilometres. Eventually losing out to Quirk by 13 secs, he has probably earned himself a World Cup berth so probably won't be too disappointed.

The day also featured a USA National 50km Championship for women and this was dominated by Erin Taylor. Patiently, she threaded her way through a men's field fading from the fast early pace. She became the second fastest American woman ever at 50km when she won in 4:57:11.

**USATF Men's 50K National Championship**

1.	Stephen Quirke	(M29)	unattached Racine,WI	4:23:02
2.	Jonathan Matthews	(M53)	unattached Helena,MT	4:23:15
3.	Allen James	(M45)	Bond Lake AC Sanborn,NY	4:24:01
4.	Ray Sharp	(M50)	Pegasus A.C. Atlantic Mine,MI	4:31:41
5.	Dave McGovern	(M44)	World Class RWing Locust Valley,NY	4:42:14
6.	Mark Green	(M54)	unattached Reno,NV	4:52:04
7.	Chris Schmid	(M63)	World Class RWing Wooster,OH	5:04:46
8.	Dave Talcott	(M49)	Shore AC Johnson City,NY	5:06:13
9.	Leon Jasionowski	(M65)	Pegasus A.C. East China,MI	5:11:22
10.	Max Walker	(M63)	unattached Greenwood,IN	5:19:02
11.	Mike Bartholomew	(M29)	World Class RWing Levittown,NY	5:26:08
12.	Alexis Davidson	(M54)	Eastside RW Team Brooklyn,NY	5:41:39

13.	Bruce Logan	(M45)	unattached New York,NY	5:44:05
14.	John Magnussen	(M57)	Southern Cal Walkers Winnetka,CA	5:47:46
	John Nunn	(M32)	U. S. Army Escondido,CA	DNF
	Theron Kissinger	(M39)	unattached Southbury,CT	DNF
	Steven Pecinovsky	(M55)	World Class RWing Brooksville, FL	DNF
	Dave Gwyn	(M58)	unattached Houston,TX	DQ
	Jim Troche	(M61)	World Class RWing Chandler,AZ	DQ
	Niall Mandal	(M66)	Shore AC Scottsdale,AZ	DQ
	Mel Schultz	(M77)	unattached Sun Lakes,AZ	DQ

#### USATF Women's 50K National Championship

1.	Erin Taylor	(F31)	Shore AC Johnson City,NY	4:57:11
2.	Kathryn Grimes	(F46)	RWers Northwest Sherwood,OR	5:37:10
3.	Nana Bellerud	(F50)	RWers Northwest Gresham,OR	6:03:27
4.	Karen Karavanic	(F46)	RWers Northwest Portland,OR	6:15:16

The day also featured 20km Western Regional Championships which also attracted good fields. 17 year old Trevor Barron, a week after his great walk in the Millrose Games, negative split to break his USA Junior 20km record of 1:37:49 by almost 6 minutes, winning the Men's 20km in 1:31:51. At the other end of the spectrum was Louise Walters, new to the W70 age group. Chasing 51 year old Vicki Pritchard, who won the Women's 20km in 2:09:17, Walters broke all existing 70-74 20k records with a world best of 2:12:27.

#### 20K Open Men and USATF 20K Western Regional Championship

1.	Trevor Barron	(M17)	New York AC Bethal Park,PA	1:31:51
2.	Ricardo Haro	(M40)	unattached El Paso,TX	1:48:23
3.	Norman Frable	(M64)	Pegasus A.C. Ivins,UT	2:01:39
4.	Richard Campbell	(M63)	So Cal TC Orange,CA	2:03:17
5.	Ronald Walters	(M71)	Sierra RWers Nipoma,CA	2:18:49
6.	John Backlund	(M69)	So Cal TC Redmond,OR	2:18:57
7.	Bernie Finch	(M70)	Florida AC Pepin,WI	2:47:09

#### 20K Open Women and USATF 20K Western Regional Championship

1.	Vicki Pritchard	(F51)	World Class RWing Cave Creek,AZ	2:09:17
2.	Louise Walters	(F70)	Sierra RWers Nipomo,CA	2:12:27
3.	Mary Baglin	(F63)	Pacific RWers Org. Reno,NV	2:14:31
4.	Dawn Tenney	(F52)	unattached Scottsdale,AZ	2:14:43
5.	Susan Mears	(F54)	Pacific RWers Org. Reno,NV	2:16:38
6.	Elsie Kallal	(F66)	unattached Scottsdale,AZ	2:17:39
7.	Yvonne Rothblum	(F38)	unattached Phoenix,AZ	2:19:47
8.	Darlene Backlund	(F64)	So Cal TC Redmond,OR	2:31:17
9.	Cathy Mayfield	(F51)	unattached Indianapolis,IN	2:32:37
	Diane Brandt	(F62)	World Class RWing Surprise,AZ	DQ
	Kathleen Balsler	(F67)	World Class RWing Scottsdale,AZ	DQ

There was also a 10km Open event on offer and husband and wife team Tim and Rachel Seaman easily won that, crossing the line together in 46:25.

#### 10K Open

1.	Tim Seaman	(M37)	NYAC San Diego, CA	46:25
2.	Rachel Seaman	(F24)	Ontario RWers San Diego, CA	46:25
3.	Lauren Forgues	(F21)	Maine RWers Boothbay,ME	51:16
4.	C. Marcus McCarty	(M44)	unattached Phoenix, AZ	1:02:47
5.	Rebecca Garson	(F45)	World Class RWing Afton,VA	1:06:54
6.	Ellerie Lagerhausen	(F16)	Arizona Cheetahs TC Mesa, AZ	1:18:09
	Randall Bass	(M55)	Aztec T&F Club Phoenix, AZ	DQ

### FOCUS ON HOBART

Next Saturday's races in Hobart look very exciting with everyone primed for big performances. Athletics Australia has now released the course details and, as expected, it looks dead flat and fast. See <http://www.athletics.com.au/freestyler/files/Course%20Map.pdf>. With cold weather tipped for Saturday and a potential top temperature of 14°C, it should be ideal racing conditions. The event timetable has also been published and sees the 20km events starting at 6PM and the U20 10km events starting at 6:10PM

6:00pm Australian 20km Race Walking Championship (incorporating NZ vs AUS Race Walking Challenge)  
6:10pm U20 Invitational 10km Race Walk

Our Australian U23 Team is all set to compete against a New Zealand Open team in the 20km event

U23 Women: Tamara Attard, Lauren Bourke, Caitlin Brunton and Nicole Fagan  
U23 Men: Derek Mulhearn, Daniel Payne, Ian Rayson and Brendon Reading

and the event doubles as our Commonwealth Games 20km trial and as the Racewalking World Cup 20km Open and 10km U20 trials. And to top it all off, Nathan Deakes makes his return to competition after a 2 year layoff. What more could you ask!

## ALL-ATHLETICS WALKERS OF THE YEAR

Last month, the All-Athletics.com website announced its 2009 Race walkers of the Year, based on the All-Athletics.com Rankings. See <http://www.all-athletics.com/en-us/2010-02-02/marathon-runners-road-runners-and-race-walkers-year-2009>. Congratulations to Jared Tallent and Jess Rothwell who take the honours as the top Oceania walkers.

All-Athletics.com World Race walker of the Year in 2009:	Male: Valeriy Borchin (Russia) Female: Olga Kaniskina (Russia)
All-Athletics.com Race walker of the Year in 2009 in Europe:	Male: Valeriy Borchin (Russia) Female: Olga Kaniskina (Russia)
All-Athletics.com Race walker of the Year in 2009 in Africa:	Male: Hassanine Sbai (Tunisia) Female: Chaima Trabelsi (Tunisia)
All-Athletics.com Race walker of the Year in 2009 in North and Central America:	Male: Eder Sánchez (Mexico) Female: Maria Sánchez (Mexico)
All-Athletics.com Race walker of the Year in 2009 in Oceania:	Male: <b>Jared Tallent (Australia)</b> Female: <b>Jess Rothwell (Australia)</b>
All-Athletics.com Race walker of the Year in 2009 in Asia:	Male: Hao Wang (China) Female: Hong Liu (China)
All-Athletics.com Race walker of the Year in 2009 in South America:	Male: Luis Fernando López (Colombia) Female: Tania Regina Spindler (Brazil)

## VALE JOHN POTTAGE 1924 - 2010

I am sorry to report that John Pottage, well known to many of our older members, passed away on Thursday 4<sup>th</sup> February 2010.

John started his career as a runner and what a runner he was. Part of the influential Percy Cerrutty training group, he held at one time the Australian Record for the 20 Mile run and represented Australia in the 1950 Empire Games in Auckland in the 6 Mile event and in the Marathon. A loyal member of the Melbourne University Athletics Club, he became involved in the Victorian Amateur Walkers Club in the early 1960s and was one of the strong MUAC walking team, along with the likes of Jim Henderson, Gavin Breen, Jock O'Connell and Peter McCulloch, who regularly competed with success in the various Victorian Teams events on offer. They were the dominant Victorian walking club of that period and won the majority of the Teams events on offer.

I remember John fronting for various teams championships in the late sixties and early seventies, tall and lanky and always fit. His best walking year was in 1964 when he came 7<sup>th</sup> in the Vic 10km championship (51:43), 6<sup>th</sup> in the Vic 10 Mile championship (1:23:22) and 4<sup>th</sup> in the Vic 20km championship (1:46:16). He went on to break 50 minutes for the 10km (49:38 in 1967) but he only ever dabbled with walking to help the club. His first love remained running and he was one of the first members of the then Victorian Veterans Athletics, joining in 1975 so that he could compete in the World Veterans Athletics Championships in Toronto where he was placed 2<sup>nd</sup> in the 50km walk and 4<sup>th</sup> in the 10km.

We pass on our deepest condolences to his family and remember him at this time.

## SIMON BAKER REPORTS ON A SUCCESSFUL COACHING WEEKEND AT THE AIS

Thanks to Simon Baker this report on the Coaches Seminar held at the AIS on the weekend of 29-31 January 2010

As readers of 'Heel and Toe' have heard, the AIS in conjunction with the VRWC and AA sponsored a Canberra based training camp once again this January at which a number of our best and brightest walkers attended. This camp has become a focus for our best walkers to attend over the last few years, and AIS Walks Coach Brent Vallance, as well as training the likes of Jared Tallent and Kellie Wapshot and team, has been able to provide a significant support to the development of the senior walkers based in Canberra and many of our future stars. Without the critical funding Brent Vallance relied on from studies into heat and altitude in previous years, only a smaller contingent of junior and senior athletes were able to be invited, while several athletes chose to self fund to all or part of the program. Together with a group of International walkers, including Mexican and Swedish visitors, the AIS has again been the scene of great training.

In the midst of this, a small contingent of ten coaches from across Australia attended a weekend of discussions hosted by Brent.

The coaches listened to a number of very interesting papers including Mick Poulton discussing progress in the Coach education program for AA, Tim Erickson on the successful model of the VRWC, a description of the Russian School of Race Walking based in Saransk, walkers' biomechanical studies by AIS sports scientist Doug Rosemond and Ross Smith's enlightening talk on active strength development. A highlight were reflections by Craig Hilliard on his long and successful career coaching many of Australia's best athletes over the last three decades, including Sue Cook Kerry Saxby-Junna, Jane Flemming, Nick Ahern, Tristan Thomas, Luke Adams, Adam Rutter and Nathan Deakes and his views on coach communication and planning were enlightening.

Brent provided an opportunity to discuss the state of the sport locally and potential race walking developments over the

next few years. The women's event is likely to go through a significant generational change as many of the athletes who have dominated the event both locally and internationally over the last decade begin to retire, providing opportunities for developing juniors to step up to senior ranks. The situation is harder in the men's event, where the advantage of the extra 50km event is balanced by the dominance of our top crop of male walkers and the number of good international stars.

The difficulty of steep increase in international distances, from 5k and 10km distances for U18 women and men respectively, to 10km at U20, and 20km for older ages, places great pressure on coaches to provide a sensible progression in their athletes to bring them up to the strength, endurance and mental preparation to compete successfully over these distances. This is a very different situation for a runner who can progress over increasing distances throughout their career.

The example was made of Adam Rutter, who at just over 17 years of age, had finished with his junior career 6 months before his 18<sup>th</sup> Birthday and was ineligible for the next World Juniors. This talented athlete was faced with stepping up to 20km to make his next team, just 3 years after finishing little Athletics as a 15yr old racing just 1500m. This is a difficult step even for an adult athlete to make, and the high performance managers for athletics need to plan the opportunities and needs to support our best young talent in the event group that consistently provides to performers.

The view of this correspondent and I think shared by the other coaches present, is that competitive opportunities to provide the U19 and U23 walkers with international experience was essential. We applauded the introduction of a U23 match against New Zealand, and the inaugural IAAF C event in Hobart was also welcomed. Next year's calendar, with World Championships, World University Games and World Youth Championships, left a rather large space for the developing U23s and u19s, and the possibility of a European or Asian tour was mooted.

The lack of progress into older and senior ranks is always a concern but I am sure, together, club based coaches, mentored by the senior level coaches can ensure better transitions for the good young walkers to elite junior and the senior ranks. The depth of talent to field quality teams to World Walking Cup for team rankings will secure future top 8 and medal prospects at major championships. Good coaches are critical to achieving this.

#### TIME TO TEST THE GREY MATTER

I am pleased to be able to advertise this upcoming Trivia Night for the East Burwood Masters walkers. Sounds like a great night!

**The Great VMA Trivia Challenge  
East Burwood Sporting Club  
Saturday 27th Feb 2010 at 7.00pm**



The guys at the East Burwood Masters venue think that they are fairly clever and want an opportunity to test their wits against other VMA venues, therefore we will be staging a trivia challenge as above. The night will be conducted by an independent professional trivia organiser with proper audio visual equipment so you can be assured of a well run competition.

The room will be set up in tables of eight and there is a limit of 13 tables so you need to book early to be certain of a place. Of course this night is open to friends and family as well so put on your thinking caps and start organising your team now. If you would like to attend but can't make up a table of 8 please let Alan Lucas 9758 9345 or Gerald Burke 9884 4825 know and we will place you on a composite table.

There will be some excellent prizes on offer and more details will be sent out closer to the time and at only \$13 per person it is a great value night out. Because of our arrangement with the Football Club you will need to purchase drinks from the bar (sorry no BYO) but they are quite reasonable. A light supper will be provided later in the evening.

This is a great chance to get together with your friends and family and to meet fellow members from other venues in a happy social (Maybe a little bit competitive??) environment. The East Burwood Sporting Club is the football clubrooms to the rear (west) of the EB track in East Burwood Reserve, entrance from Burwood Hwy opposite Mahoney's Rd.



## WHAT'S COMING UP IN VICTORIA

Ok, we have a big few weeks coming up in Victoria so let's review what's on offer.

- 1. Athletics Victoria Shield Final, Reischick's Reserve, Doncaster, Saturday 13 February**  
Next Saturday sees the culmination of the Victorian Shield Season with the top teams from each venue fighting it out at Doncaster. 3000m/1500m walks are on offer and we can expect to see some top walking.
- 2. Victorian Open and U20 5000m Track Championships, Olympic Park, Thursday 18 February**  
As discussed in last week's newsletter, the Victorian Open and U20 5000m track walk championships will be held on Thursday 18 February at Olympic Park in Melbourne. Entries will close on **Thursday 11 February** so it's still not too late to enter. You can download the entry form from the AV website - see <http://www.athsvic.org.au/results/downloadfile.php?table=MeetFile&id=meetFileID&value=12378>. You are supposed to quote your best 5000m time since 01/01/2009 but I have confirmed that, if you do not have a 5000m time, you can quote a 3000m time instead. Considering its imminent demise and the building of the new stadium at Albert Park, this may well be our last senior walk at Olympic Park so I'm walking and I think that as many of us as possible should participate. Are you up for it!
- 3. Australian Masters 4 x 800m Walk Relays, Bill Sewart Athletics Track, Burwood, Thursday 25 February, 7:45PM**  
The annual AMA Relay championships are on once again and the Victorian walk component will be held on Thursday 25 February at East Burwood. Clyde Riddoch, Simon Baker, Paul Kennedy and I will be out to defend our M50 title for a third time so the challenge is out there. Teams can be entered in M40/W40/M50/W50/M60/W60/M70/W70 and it is 'enter on the night'. So get to it and get your team together. It is a fun event and is followed by 2000m/4000m walks at 8PM for those who are interested.
- 4. Victorian Youth and U20 Track & Field Championships, Olympic Park, Melbourne, 26-28 February**  
The Victorian Youth Championships (U14/U15/U16/U17/U18 and U20) are on in 2 weeks time. Entries close **Thursday 11 February** (see <http://www.athsvic.org.au/results/downloadfile.php?table=MeetFile&id=meetFileID&value=9370>) so time is running out. Late entries cost extra! These are compulsory championships for those intending to compete in the Australian Youth Championships in Sydney in March. Walk events include  
5000m – U17, U18 and U20  
3000m – U15 and U16  
1500m – U14  
I believe that the U20 5000m walk is a non-championship additional event as the actual U20 championship is being held on Thursday 18 February. Check this with AV.

## DATES...DATES...DATES

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

Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park) Entries close Thursday 11 February
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-28 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
Sat 27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, Collingwood
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

### 2010 International Highlights

Mar 1-6, 2010	<b>WMA World Indoor Championships, Kamloops, Canada</b> (3000m and 10000m walks)
May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico.</b> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b> (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

### 2010 Race Walking Challenge Series (dates now confirmed)

Apr 10, 2010	IAAF Race Walking Challenge, Rio Maior, POR
May 1, 2010	IAAF Race Walking Challenge, Sesto san Giovanni, ITA
May 15-16, 2010	IAAF World Racewalking Cup, Chihuahua, MEX
May 29, 2010	IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
June 19, 2010	IAAF Race Walking Challenge, La Coruna, ESP
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN

**2010 – Other International Opportunities**

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)

**2011 International Fixture**

July 7-17, 2011 **World Masters T&F Championships, Sacramento, California, USA**

Aug 27-Sept 4, 2011 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea**

Aug 12-22, 2011 **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

July 7-17, 2011 **19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA**

**2012 International Fixture**

May 2012? **IAAF World Race Walking Cup, Saransk, Russia**

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

**2013 International Fixture**

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

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