



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2010/2011 Number 5  
2 November 2010



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### ATHLETICS VICTORIA SHIELD ROUND 4, SATURDAY 30 OCTOBER

Last weekend saw such wet weather in Victoria that most AV Shield competitions were washed out. Only two of the walking competitions went ahead, at Doncaster and at Bendigo, but even these AV meets were eventually cancelled as the big wet set in.

#### AV Shield - East Region - Round 4, Reischiek's Reserve, Doncaster

Cooper Owen was well ahead of the field in the 1500m walk at Doncaster, finishing just outside his best with 7:29.9. Nathan Brill was the standout walker over 3000m with a very fast time of 13:10.0, ahead of Ryan Antidormi who also walked fast for 14:25.6. Pam Tindal was the fastest of the women with 14:57.9 ahead of Cassie Raselli with 15:28.1.

##### Event 5 Women 1500 Meter Race Walk

|    |                |    |                   |         |
|----|----------------|----|-------------------|---------|
| 1. | Collis, Lauren | 12 | DIAMOND VALLEY AC | 8:06.6  |
| 2. | Benifer, Amy   | 13 | RINGWOOD AC       | 9:59.4  |
| 3. | Cooke, Brianna | 13 | DIAMOND VALLEY AC | 10:15.1 |
| 4. | Boylen, Adele  | 11 | COLLINGWOOD       | 12:05.8 |

##### Event 5 Boys 1500 Meter Race Walk

|    |                |    |                   |         |
|----|----------------|----|-------------------|---------|
| 1. | Owen, Cooper   | 12 | DIAMOND VALLEY AC | 7:29.9  |
| 2. | Garganis, Adam | 13 | COLLINGWOOD       | 8:11.5  |
| 3. | Neale, Anthony | 12 | COLLINGWOOD       | 11:18.6 |

##### Event 6 Women 3000 Meter Race Walk

|    |                    |    |                   |         |
|----|--------------------|----|-------------------|---------|
| 1. | Raselli, Cassandra | 16 | BOX HILL AC       | 15:28.1 |
| 2. | Brazel, Hilary     | 17 | ATHLETICS NU      | 15:35.6 |
| 3. | Laurie, Natalie    | 19 | ATHLETICS NU      | 15:54.0 |
| 4. | George, Stephanie  | 14 | CROYDON AC        | 16:56.1 |
| 5. | Gerlich, Annemaree | 16 | DIAMOND VALLEY AC | 18:19.9 |
| 6. | Cowell, Jacqueline | 17 | DIAMOND VALLEY AC | 19:00.9 |

##### Event 6 Boys 3000 Meter Race Walk

|     |                 |    |                    |         |
|-----|-----------------|----|--------------------|---------|
| 1.  | Brill, Nathan   | 14 | BOX HILL AC        | 13:10.0 |
| 2.  | Antidormi, Ryan | 15 | ATHLETICS NU       | 14:25.6 |
| 3.  | Tindal, Pam     | 51 | CROYDON AC         | 14:57.9 |
| 4.  | Evans, Simon    | 50 | BOX HILL AC        | 15:27.6 |
| 5.  | Reid, Ross      | 56 | COLLINGWOOD        | 16:16.2 |
| 6.  | Dickenson, Russ | 65 | SOUTH COAST        | 16:22.4 |
| 7.  | Dyer, William   | 49 | BOX HILL AC        | 16:24.8 |
| 8.  | Benke, Geza     | 54 | OLD MELBURNIANS AC | 17:52.3 |
| 9.  | Gardiner, Bob   | 74 | COLLINGWOOD        | 18:07.0 |
| 10. | Facey, Stuart   | 60 | OLD SCOTCH C       | 19:57.8 |
|     | Conboy, Bruce   | 66 | COLLINGWOOD        | DNF     |
|     | Onley, Gordon   | 75 | ST STEPHENS        | DQ      |

#### AV Shield - Bendigo Region - Round 4, La Trobe University Bendigo Athletics Complex, Bendigo

The only other venue to get underway was the Bendigo region. While the results have not yet been posted on the AV website, I did see that Paul Rance reported briefly as follows in his weekly Bendigo Walkers Club report:

*The 1500m and 3000m walk events were conducted in pouring rain on a saturated track with Ebony Whiley and Josh Savage producing the fastest times.*

**BENDIGO WALKERS CLUB WALKS, LATROBE UNI. ATHLETICS COMPLEX, WED. 27 OCTOBER**

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held their Annual Bendigo Walking Cup handicap 2400m race at the Latrobe University Bendigo Athletics Complex on Wednesday evening with Ebony Whiley sprinting home strongly to take her 2<sup>nd</sup> Cup victory in 4 years.

When Ebony-Jade Jones took the lead in the final lap and opened up a lead on Colin Cleary she appeared certain to race to victory until Ebony Whiley, who had come off the 2<sup>nd</sup> backmark, sprinted home in the last lap to hit the lead in the final 5 metres with Ebony-Jade Jones taking 2<sup>nd</sup> place while Dane Heiden also finished strongly to claim 3<sup>rd</sup>. Josh Savage, Colin Cleary and Annette Curtis all finished close up behind the placegetters. Club personal best's were achieved by Ebony Whiley with the fastest time of the night, Zoe Boldiston, Dane Heiden and Josh Savage.

**Bendigo Cup 2400m**

Ebony Whiley 12.10, Ebony-Jade Jones 17.12, Dane Heiden 12.37, Josh Savage 13.19, Colin Cleary 18.20, Annette Curtis 16.48, Zoe Boldiston 12.23, John Carter 15.58, Tom Savage 15.08, Geoff Major 17.29, Jeremiah Jones 14.04, Barb Bryant 14.25, Annette Major 15.20, Jarrod Coad 17.08, Carol Coad 21.14, Norm West 21.54

Meanwhile Club members competed at Athletics Bendigo's Shield competition on Saturday with the 1500m and 3000m walk events conducted in pouring rain on a saturated track with Ebony Whiley and Josh Savage producing the fastest times.

This Wednesday evening 2km and 4km nominated time races will be conducted in Rosalind Park from 6pm. Enquiries Phone 03 54426435.

**THE ATHLETE'S FOOT CARNIVAL, SUNDAY, SAF, BRISBANE, 31 OCTOBER 2010**

Thanks to Peter Aiton for the following results from the annual Queensland Little Athletics 'Athlete's Foot' carnival, held at the State Athletics Centre in Brisbane. Walks from U11 to U17 were well attended. The walker of the meet definitely had to be **Jesse Osborne** who won the U17 1500m in 6:06.98 and then backed up to win the U17 3000m walk in 12:52.96. Very impressive!

|   |   |
|---|---|
| <p><b>Girls Under 11 1100 Meter Race Walk</b></p> <p>1 Smith, Taylor Centenary 06:43.01<br/>                 2 Sims, Riley Aspley 07:10.61<br/>                 3 Coyne, Emily Ipswich 07:30.45<br/>                 4 Grevsmuhl, Kayla Beenleigh 07:46.63<br/>                 5 Rose, Emily Wynnum Manly 07:50.06<br/>                 6 Allomes, Iyasha Ipswich 09:45.18<br/>                 --- Habner, Keala Mt Gravatt DQ<br/>                 --- Hayward, Katie Gold Coast DQ<br/>                 --- Smart, Megan Kenmore DQ</p> | <p><b>Boys Under 11 1100 Meter Race Walk</b></p> <p>1 Pinchen, Ryan Noosa 6:07.59<br/>                 2 Currie, Daniel Sunnybank 8:33.10<br/>                 --- Barron, Jonathon Mt Gravatt DQ</p>   |
| <p><b>Girls Under 12 1500 Meter Race Walk</b></p> <p>1 Woodward, Mikaela Toowong Harriers 08:21.48<br/>                 2 McLennan, Paige Wynnum Manly 10:24.81<br/>                 3 Muller, Mareli Redlands 10:30.28<br/>                 4 Koop, Dayspring Algester 10:44.61<br/>                 5 Schmidt, Yasmine Beaudesert 11:09.46<br/>                 6 Wynne, Jennifer Beaudesert 13:38.87<br/>                 --- Tiver, Sophie Nambour DQ</p>   | <p><b>Boys Under 12 1500 Meter Race Walk</b></p> <p>--- Barden, Nat Twin Towns DQ<br/>                 --- Haniotis, Jordan Algester DQ</p>   |
| <p><b>Girls Under 13 1500 Meter Race Walk</b></p> <p>1 Simpkins, Natasha Twin Towns 08:49.24<br/>                 2 Howell, Jamie Redlands 09:08.41<br/>                 3 Heath, Abbie Noosa 09:12.30<br/>                 4 Paul, Genevieve Mt Gravatt 10:57.45</p>   | <p><b>Boys Under 13 1500 Meter Race Walk</b></p> <p>1 Pritchard, Brandon Aspley 08:13.21<br/>                 2 Miles, Trent Redlands 08:13.99<br/>                 3 Galanos, Dean Mt Gravatt 09:06.35<br/>                 4 Kaufman, Ben Twin Towns 10:03.14<br/>                 --- Johnston, Daniel Algester DQ</p> |
| <p><b>Girls Under 14 1500 Meter Race Walk</b></p> <p>1 Martin, Katya Beenleigh 07:49.64<br/>                 2 Sims, Jesse Aspley 08:34.35<br/>                 3 Dickson, Mikaela Beaudesert 10:25.35</p>  |   |
| <p><b>Girls Under 15 1500 Meter Race Walk</b></p> <p>1 Haig, Jessica Caloundra 08:36.93<br/>                 2 Gehan, Denita Aspley 09:33.78</p>  | <p><b>Boys Under 15 1500 Meter Race Walk</b></p> <p>--- Tavendale, Eli Ipswich DQ</p>   |
| <p><b>Girls Under 17 1500 Meter Race Walk</b></p> <p>1 Sims, Casey Aspley 08:48.27<br/>                 2 Cullen, Jody Ipswich 09:05.48<br/>                 3 Wright, Jessica Sunnybank 09:38.98<br/>                 4 Williamson, Ashlee Gold Coast 10:24.51<br/>                 5 Waters, Danielle Twin Towns 11:37.88</p>   | <p><b>Boys Under 17 1500 Meter Race Walk</b></p> <p>1 Osborne, Jesse Strathpine 06:06.98<br/>                 2 Cunningham, Matthew Wynnum Manly 07:30.31</p>   |

|  |                     |                 |          |   |                     |              |          |
|--|---------------------|-----------------|----------|---|---------------------|--------------|----------|
| <b>Girls Under 14 3000 Meter Race Walk</b> |                     |                 |          | <b>Boys Under 14 3000 Meter Race Walk</b> |                     |              |          |
| 1  | Martin, Katya       | Beenleigh       | 16:10.89 | 1   | Grevsmuhl, Todd     | Beenleigh    | 19:21.71 |
| 2  | Carroll, Tess       | Redlands        | 17:41.65 |   |                     |              |          |
| 3  | Sims, Jesse         | Aspley          | 18:18.43 |   |                     |              |          |
| <b>Girls Under 15 3000 Meter Race Walk</b> |                     |                 |          | <b>Boys Under 17 3000 Meter Race Walk</b> |                     |              |          |
| 1  | Boardman, Lucy-Rose | Redcliffe       | 20:10.18 | 1   | Osborne, Jesse      | Strathpine   | 12:52.96 |
| 2  | Eddison, Priscilla  | Upper Lockyer   | 22:06.50 | 2   | Cunningham, Matthew | Wynnum Manly | 16:08.46 |
| 3  | Van Bael, Tammee    | Toowoomba Cent. | 22:54.34 |   |                     |              |          |

### WA ALL SCHOOLS T&F CHAMPS, WA ATHLETICS STADIUM, PERTH, 29-31 OCTOBER 2010

Thanks to Terry Jones for forwarding the results of the WA All Schools State Championships which were also held last weekend. Great walks in particular by Zac Partington who won the U15 3000m in 15:44.09 and then backed up for second in the U18 5000m in 27:57.5.

|                                       |                   |          |                                      |                   |          |
|---------------------------------------|-------------------|----------|--------------------------------------|-------------------|----------|
| <b>Girls 3000 Meter Race Walk U13</b> |                   |          | <b>Boys 3000 Meter Race Walk U13</b> |                   |          |
| 1.                                    | Unicomb, Carla    | 17:29.67 | 1.                                   | Hill, Jeremy      | 17:10.88 |
| <b>Girls 3000 Meter Race Walk U14</b> |                   |          | <b>Boys 3000 Meter Race Walk U14</b> |                   |          |
| 1.                                    | Norris,           | 17:12.35 | 1.                                   | Burke, Riley      | 19:35.0  |
| 2.                                    | Hughes, Holly     | 17:21.09 |                                      |                   |          |
| 3.                                    | Gerken, Caitlin   | 19:29.34 |                                      |                   |          |
| <b>Girls 3000 Meter Race Walk U15</b> |                   |          | <b>Boys 3000 Meter Race Walk U15</b> |                   |          |
| 1.                                    | Barritt, Brooke   | 17:37.39 | 1.                                   | Partington, Zac   | 15:44.09 |
|                                       |                   |          | 2.                                   | Mcdonald, Lachlan | 17:59.07 |
| <b>Girls 3000 Meter Race Walk U16</b> |                   |          | <b>Boys 3000 Meter Race Walk U16</b> |                   |          |
| 1.                                    | Holt, Kate        | 15:44.73 | 1.                                   | Gilchrist, Robbie | 16:04.78 |
| <b>Girls 5000 Meter Race Walk U18</b> |                   |          | <b>Boys 5000 Meter Race Walk U18</b> |                   |          |
| 1.                                    | Holt, Kate        | 27:01.9  | 1.                                   | Hennighan, Dale   | 26:35.5  |
| 2.                                    | Watson, Hannah    | 27:25.0  | 2.                                   | Partington, Zac   | 27:57.5  |
| 3.                                    | Hahn, Andrea      | 28:27.8  |                                      |                   |          |
| 4.                                    | Ierace, Melissa   | 32:39.7  |                                      |                   |          |
| 5.                                    | Smith, Jacqueline | 33:15.4  |                                      |                   |          |

### NSW ALL SCHOOLS CHAMPIONSHIPS, SOPAC, HOMEBUSH, 7-10 OCTOBER 10, 2010

Since I am in Schools mode this issue, I checked the ANSW website and extracted the results of the NSW All Schools championships, held 3 weeks ago in Sydney. Big fields and good walking as usual with just on 50 walkers in total.

#### Event 16 Boys 3000 metre Race Walk 14 years

|    |                |    |                |          |
|----|----------------|----|----------------|----------|
| 1. | Murphy, Robert | 14 | Marcellin Coll | 17:53.52 |
| 2. | Gibbons, Carl  | 14 | Charlton CS    | 19:09.31 |
| 3. | Dredge, Jason  | 14 | Central Coas   | 19:34.47 |

#### Event 17 Boys 3000 metre Race Walk 15 years

|    |                    |    |                 |          |
|----|--------------------|----|-----------------|----------|
| 1. | Felton, Jay        | 15 | Kincumber Hi    | 14:48.89 |
| 2. | Birch-Ward, Kurtis | 15 | Menai High      | 15:00.49 |
| 3. | Killen, Matthew    | 15 | Gorokan High    | 15:49.36 |
| 4. | Dhu, Jack          | 15 | Chifley College | 17:22.63 |

#### Event 22 Girls 3000 metre Race Walk 14 years

|    |                     |    |                  |          |
|----|---------------------|----|------------------|----------|
| 1. | Barendregt, Amanda  | 14 | SWV              | 16:45.62 |
| 2. | Robson, Emma        | 14 | John Paul Coffs  | 17:39.98 |
| 3. | Liedberg, Sara-Jayn | 14 | Tugerah Lakes Se | 23:26.28 |

#### Event 23 Girls 3000 metre Race Walk 15 years

|    |                  |    |                 |          |
|----|------------------|----|-----------------|----------|
| 1. | Bettioli, Amy    | 15 | Brigidinet Ives | 14:47.78 |
| 2. | Dighton, Jasmine | 14 | Cranebrook H    | 15:59.27 |
| 3. | Denney, Hannah   | 15 | Brigidine Rand  | 16:10.12 |
| 4. | Southern, Shay   | 15 | Colo High       | 16:55.45 |
| 5. | Porley, Tabitha  | 15 | Colo High       | 17:32.27 |
| 6. | Warden, Emily    | 15 | Bomaderry       | 17:53.57 |

#### Event 34 Boys 1500 metre Race Walk 13 years

|    |              |    |                 |         |
|----|--------------|----|-----------------|---------|
| 1. | Jones, Tyler | 12 | Hunter Sports   | 7:03.74 |
| 2. | Dhu, Ethan   | 13 | Chifley College | 7:18.47 |
| 3. | Doyle, Tom   | 13 | Marist Koga     | 7:36.09 |

|    |                      |    |              |         |
|----|----------------------|----|--------------|---------|
| 4. | Anestoudis, Johnatha | 13 | SDK          | 7:55.75 |
| 5. | Marshall, Kyle       | 13 | Quakers Hill | 7:59.02 |
| 6. | Mylonas, Adam        | 13 | William Clar | 8:25.75 |
| 7. | Hopkins, Thomas      | 12 | Karabar      | 9:17.46 |

#### Event 35 Girls 1500 metre Race Walk 13 years

|     |                         |    |                  |          |
|-----|-------------------------|----|------------------|----------|
| 1.  | Billington, Tayla-Paige | 13 | Cromer           | 7:20.04  |
| 2.  | Jeffcoat, Kirra         | 13 | Barrenjoey High  | 7:28.78  |
| 3.  | Grujoski, Stephanie     | 13 | Our Lady sacred  | 7:38.15  |
| 4.  | Beasley, Bryony         | 13 | St Clair Hig     | 7:40.01  |
| 5.  | Plummer, Caitlin        | 13 | Mt St Benedi     | 7:48.52  |
| 6.  | Shaw, Katrina           | 13 | HIS              | 7:52.11  |
| 7.  | Maruta, Talisha         | 13 | Spg (St Paul     | 7:58.57  |
| 8.  | Hill, Jayde             | 13 | Nambucca Head    | 8:11.46  |
| 9.  | McCaffrey, Taryn        | 13 | Westfields S     | 8:32.95  |
| 10. | McKay, Lydia            | 13 | Central Coast Ad | 8:50.76  |
| 11. | Porley, Candice         | 12 | Colo High        | 8:52.09  |
| 12. | Shanahan, Emily         | 13 | Magdalene Ca     | 8:56.33  |
| 13. | Southern, Demi          | 13 | Colo High        | 9:45.01  |
| 14. | Hopkins, Karina         | 12 | Karabar          | 9:58.36  |
| 15. | Robson, Natalia         | 12 | John Paul Coffs  | 10:25.05 |

#### Event 232 Boys 5000 metre Race Walk 17 years

|    |                  |    |                  |          |
|----|------------------|----|------------------|----------|
| 1. | Washburn, Steven | 16 | Hills Sports Hig | 24:44.08 |
| 2. | Fazldad, Nathan  | 16 | SDK              | 27:13.89 |
| 3. | Rudge, Jake      | 17 | Hunter Valle     | 28:13.55 |

#### Event 234 Girls 5000 metre Race Walk 19 years

|    |                  |    |                  |          |
|----|------------------|----|------------------|----------|
| 1. | Noble, Vanessa   | 18 | East Hills Girls | 29:02.00 |
| 2. | Houston, Rebecca | 17 | Model Farms      | 33:18.68 |

#### Event 235 Girls 5000 metre Race Walk 17 years

|    |                    |    |                 |          |
|----|--------------------|----|-----------------|----------|
| 1. | Klein, Kirsty      | 16 | Hawkesbury High | 25:44.13 |
| 2. | Psarianos, Dimitra | 17 | SEC             | 28:14.22 |
| 3. | Dighton, Jade      | 17 | Cranebrook H    | 32:16.32 |

### ATHLETICS SA ALL SCHOOLS INVITATIONAL, ST ALBANS RESERVE, ENFIELD, 23-24 OCT 2010

And finally to South Australia where an All Schools Invitational, held in Adelaide on 23-24 October, acted as the primary selection trial for the SA team to contest the Australian All Schools Championships in Melbourne in December. The highest profile walker in action was Youth Olympic Games representative, Blake Steele who contested the 5000m walk, the 110m hurdles, the 400m hurdles, the javelin and the 400m flat.

#### Girls 5000 Metre Race Walk U18

|    |                 |                    |         |
|----|-----------------|--------------------|---------|
| 1. | Samara Holliday | Brighton Secondary | 27:30.0 |
| 2. | Kristie Goznik  | Xavier College     | 27:47.7 |

#### Girls 3000 Metre Race Walk U16

|    |                  |               |         |
|----|------------------|---------------|---------|
| 1. | Jemma Potezny    | St Catherines | 16:35.7 |
| 2. | Jessica Stephens | Home Schooled | 18:54.2 |
|    | Rebecca Burat    | Murray Bridge | DNF     |

#### Girls 3000 Metre Race Walk U14

|    |                |                   |         |
|----|----------------|-------------------|---------|
| 1. | Piper Douglas  | Pedare            | 17:28.8 |
| 2. | Julia Potezny  | Glenunga          | 17:58.5 |
| 3. | Erin Dallimore | Woodcroft College | 18:24.8 |

#### Boys 5000 Metre Race Walk U18

|    |              |                |         |
|----|--------------|----------------|---------|
| 1. | Blake Steele | Saint Ignatius | 22:37.2 |
| 2. | Mason Heath  | Saint Ignatius | 29:17.7 |

#### Boys 3000 Metre Race Walk U16

|    |                    |                    |         |
|----|--------------------|--------------------|---------|
| 1. | Lachlan Tyler-Dowd | Brighton Secondary | 18:19.8 |
|----|--------------------|--------------------|---------|

#### Boys 3000 Metre Race Walk U14

|    |              |                    |         |
|----|--------------|--------------------|---------|
| 1. | Ben Slimming | St Peter's College | 19:02.7 |
|----|--------------|--------------------|---------|

### ANOTHER TITLE FOR RHYDIAN COWLEY

I have just found out that Rhydian Cowley's 1:09 half marathon run a few weeks ago in the Melbourne Half Marathon won him the **Australian University Half Marathon Championship title**. Well done on yet another accolade, Rhydian.

## OVERSEAS RESULTS

GROTTAMMARE (ITA, Oct 24): Youth Olympic Games winner Anna Clemente won the Italian Youth walking championships with 46:42, Leonardo Serra was the best boy in 45:22. In the senior race which was part of Italian walking Grand Prix, Marce De Luca won the men's event in 41:32 and Sibilla Di Vincenzo won the women's event in 44:40.

MADRID (ESP): The President of the Spanish Olympic Committee, Alejandro Blanco, has confirmed that former European walking champion Francisco Fernandez will not be able to compete at the London 2012 Games. Fernandez is currently banned for two years and under new IOC rules he is therefore ineligible for the next Olympic Games even though his ban ends on February 10, 2012. He will also not be able to compete at the European Championships in Helsinki that year because this shorter version of the event does not include walking events.

## 2010 AUSTRALIAN WALK RANKING LISTS – 5000M/5KM

Since we are getting to the end of the year, I have extracted the top 5000m track / 5km road performances from the 2010 Australian rankings lists as maintained on the Racewalk Australia website (<http://www.racewalkaustralia.com>). This is much more extensive than the AA ranking lists and takes into account a much wider range of races. The listings show 45 male walkers under 25:00 and 46 female walkers under 27:00. That is great depth! Well done everyone.

| Men   | Name                  | Age Cat | Time  | State   | Date       |
|-------|-----------------------|---------|-------|---------|------------|
| 1     | Jared Tallent         | SM      | 18:51 | VIC/AIS | 27/02/2010 |
| 2     | Luke Adams            | SM      | 18:56 | NSW/AIS | 27/02/2010 |
| 3     | Adam Rutter           | SM      | 19:13 | NSW/AIS | 27/02/2010 |
| 4     | Nathan Deakes         | SM      | 19:25 | VIC/AIS | 27/02/2010 |
| 5     | Chris Erickson        | SM      | 19:33 | VIC/AIS | 18/02/2010 |
| 6     | Dane Bird-Smith       | U18M    | 20:10 | QLD     | 27/02/2010 |
| 7     | Ian Rayson            | U23M    | 20:46 | NSW     | 30/01/2010 |
| 8     | Blake Steele          | U18M    | 20:52 | SA      | 17/07/2010 |
| 9     | Brendon Reading       | U23M    | 21:11 | ACT     | 30/01/2010 |
| 10    | Sean Fitzsimons       | U20M    | 21:13 | WA/AIS  | 27/02/2010 |
| 11    | Rhydian Cowley        | U20M    | 21:14 | VIC     | 11/04/2010 |
| 12    | Darren Bown           | M35     | 21:14 | SA      | 30/01/2010 |
| 13    | Tom Barnes            | SM      | 21:29 | VIC     | 18/02/2010 |
| 14    | Derek Mulhearn        | U20M    | 21:42 | NSW     | 30/01/2010 |
| 15    | Brad Aiton            | U17M    | 21:45 | QLD     | 20/06/2010 |
| 16    | Nathan Brill          | U15M    | 22:29 | VIC     | 08/08/2010 |
| 17    | Josh Dillon           | U16M    | 22:32 | VIC     | 18/07/2010 |
| 18    | Lewis Clark           | U17M    | 22:51 | VIC     | 18/07/2010 |
| 19    | Nick Dewar            | U20M    | 22:53 | QLD     | 08/08/2010 |
| 20    | Brandon Dewar         | U20M    | 22:56 | QLD     | 08/08/2010 |
| 21    | Jesse Osborne         | U16M    | 23:04 | QLD     | 25/07/2010 |
| 22    | Stuart Kollmorgen     | M40     | 23:10 | VIC     | 24/10/2010 |
| 23    | Paul Van Kopplen      | M40     | 23:20 | VIC     | 18/02/2010 |
| 24    | Kim Mottrom           | SM      | 23:24 | SA      | 17/07/2010 |
| 25    | Jordan Mulhearn       | U18M    | 23:29 | NSW     | 20/02/2010 |
| 26    | Matthew Felton        | U16M    | 23:36 | VIC     | 31/07/2010 |
| 27    | Bradley Simpson       | U17M    | 23:48 | VIC     | 18/02/2010 |
| 28    | Elliot Hodgson        | U15M    | 23:56 | QLD     | 11/07/2010 |
| 29    | Michael Reading       | U20M    | 24:05 | ACT     | 30/01/2010 |
| 30    | Nathan Fazldad        | U16M    | 24:06 | NSW     | 17/07/2010 |
| 31    | Ignatio Jimenez       | M45     | 24:18 | QLD     | 08/08/2010 |
| 32    | Paul Kennedy          | M50     | 24:19 | VIC     | 27/06/2010 |
| 33    | Harry Bates           | U16M    | 24:20 | ACT     | 22/08/2010 |
| 34    | Samuel Dib            | U17M    | 24:22 | WA      | 09/04/2010 |
| 35    | Ben Tesch             | U14M    | 24:22 | QLD     | 11/03/2010 |
| 36    | Mark Donahoo          | M50     | 24:23 | VIC     | 03/04/2010 |
| 37    | James Seid-Christmass | M40     | 24:24 | VIC     | 03/04/2010 |
| 38    | Andrew Jamieson       | M60     | 24:26 | VIC     | 03/04/2010 |
| 39    | Simon Evans           | M50     | 24:27 | VIC     | 18/07/2010 |
| 40    | Joshua Kaiser         | U17M    | 24:34 | VIC     | 18/07/2010 |
| 41    | Michael OMahony       | U18M    | 24:37 | VIC     | 13/06/2010 |
| 42    | Jay Felton            | U16M    | 24:39 | NSW     | 22/08/2010 |
| 43    | Steven Washburn       | U16M    | 24:49 | NSW     | 14/02/2010 |
| 44    | Kurtis Birch-Ward     | U16M    | 24:55 | NSW     | 23/05/2010 |
| 45    | Jared Walker          | U15M    | 24:56 | VIC     | 22/08/2010 |
| Women | Name                  | Age Cat | Time  | State   | Date       |
| 1     | Kellie Wapshott       | SW      | 22:05 | VIC/AIS | 27/02/2010 |
| 2     | Claire Tallent        | SW      | 22:22 | SA/AIS  | 30/01/2010 |
| 3     | Jillian Hosking       | U23W    | 22:35 | ACT     | 30/01/2010 |

|    |                     |      |       |         |            |
|----|---------------------|------|-------|---------|------------|
| 4  | Regan Lambie        | U20W | 22:55 | VIC/AIS | 12/07/2010 |
| 5  | Tanya Holliday      | U23W | 22:56 | SA      | 13/06/2010 |
| 6  | Cheryl Webb         | SW   | 23:04 | NSW/AIS | 30/01/2010 |
| 7  | Nicole Fagan        | U23W | 23:11 | NSW     | 07/08/2010 |
| 8  | Paige Hooper        | U18W | 23:19 | SA      | 07/02/2010 |
| 9  | Kelly Ruddick       | W35  | 23:26 | VIC     | 24/10/2010 |
| 10 | Beki Lee            | SW   | 23:36 | NSW     | 30/01/2010 |
| 11 | Rachel Tallent      | U18W | 24:02 | VIC     | 18/07/2010 |
| 12 | Amy Burren          | U17W | 24:18 | VIC     | 27/06/2010 |
| 13 | Beth Alexander      | U18W | 24:35 | VIC     | 13/06/2010 |
| 14 | Lyn Ventris         | W50  | 24:57 | WA      | 03/04/2010 |
| 15 | Claire Xian         | U20W | 25:03 | SA      | 06/03/2010 |
| 16 | Hilary Brazel       | U17W | 25:06 | VIC     | 13/06/2010 |
| 17 | Kylie Irshad        | W35  | 25:07 | VIC     | 05/06/2010 |
| 18 | Jessica Pickles     | U17W | 25:08 | QLD     | 11/03/2010 |
| 19 | Pam Tindal          | W50  | 25:18 | VIC     | 03/04/2010 |
| 20 | Hannah Watson       | U16W | 25:18 | WA      | 13/06/2010 |
| 21 | Kristie Goznik      | U17W | 25:26 | SA      | 11/03/2010 |
| 22 | Amelia Finnegan     | U16W | 25:36 | VIC     | 24/07/2010 |
| 23 | Kirsty Klein        | U17W | 25:42 | NSW     | 13/06/2010 |
| 24 | Kelly Watson        | SW   | 25:47 | SA      | 13/06/2010 |
| 25 | Amy Bettioli        | U15W | 25:49 | NSW     | 01/05/2010 |
| 26 | Samara Holliday     | U17W | 25:51 | SA      | 13/06/2010 |
| 27 | Jmara Hockley-Samon | U15W | 25:52 | VIC     | 11/03/2010 |
| 28 | Sarah Raycanovski   | SW   | 25:53 | NSW     | 23/01/2010 |
| 29 | Alana Hewish        | U17W | 25:55 | QLD     | 11/03/2010 |
| 30 | Jemma Potezny       | U15W | 25:55 | SA      | 24/07/2010 |
| 31 | Dimitra Psarianos   | U17W | 25:57 | NSW     | 11/03/2010 |
| 32 | Elizabeth Hosking   | U16W | 26:11 | ACT     | 22/08/2010 |
| 33 | Stephanie George    | U15W | 26:13 | VIC     | 08/08/2010 |
| 34 | Amber Tuscharski    | U17W | 26:20 | SA      | 08/05/2010 |
| 35 | Emma Bettioli       | U17W | 26:21 | NSW     | 11/03/2010 |
| 36 | Cassie Raselli      | U16W | 26:21 | VIC     | 05/06/2010 |
| 37 | Heather Carr        | W60  | 26:29 | VIC     | 03/04/2010 |
| 38 | Lotta Danner        | U15W | 26:35 | SA      | 15/05/2010 |
| 39 | Lauren Bourke       | U20W | 26:40 | NSW     | 13/06/2010 |
| 40 | Jemima Montag       | U13W | 26:41 | VIC     | 31/07/2010 |
| 41 | Sophie Eberhardt    | U14W | 26:41 | TAS     | 22/08/2010 |
| 42 | Kirstin Shaw        | U20W | 26:47 | VIC     | 31/07/2010 |
| 43 | Ann Jugovic         | W45  | 26:47 | ACT     | 13/06/2010 |
| 44 | Kenza Benzenati     | U14W | 26:55 | QLD     | 06/06/2010 |
| 45 | Shannon Jennings    | U18W | 26:56 | NSW     | 14/02/2010 |
| 46 | Robin King          |      | 26:58 | WA      | 03/04/2010 |

### ENTRIES NOW OPEN FOR THE 2010 AUSTRALIAN 50KM CHAMPIONSHIP

Athletics Australia has now opened online entries for the Australian 50km championship, to be held at Fawkner Park in Melbourne on **Sunday 12 December 2010**. The Fawkner Park walking path has been completely resurfaced so the 2km lap should be super fast this year. You can enter online for any of the following events

|        |   |   |
|--------|---|---|
| 7.00am | Australian 50km Road Walking Championship | Cut-off: 5 hours                                |
| 8.00am | 20km Walk: Men and Women                  | Cut-off: 2 hours Men / 2 hours 15 minutes Women |
| 8.30am | 10km Walk: Men and Women                  | Cut-off: 56 minutes Men / 60 minutes Women      |

The 20km and 10km events are non-championship events but do provide an opportunity for walkers to put times on the board in a fully ratified meet.

Entries can be lodged at [http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=569&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887).  
**Entries for all events close at midnight on 28 November 2010.**

We look forward to seeing lots of our walkers in Melbourne that weekend.

### WHAT'S COMING UP NEXT

Next weekend sees the Victorian Schools T&F Championships at Olympic Park and 44 walkers will be in action. The final program shows the walks as being held on Saturday at the following times

|        |                          |
|--------|--------------------------|
| 1:50PM | U14 3000m Boys/Girls     |
| 2:10PM | U15-U16 3000m Boys/Girls |
| 4:40PM | U17-U18 5000m Boys/Girls |

I laboriously went through the AV entry lists to extract all the walkers and I think I got them all. The fields read as follows

|           |   |  |
|-----------|---|--|
| U14 3000m | Alannah Adam<br>Zoe Boldiston<br>Lauren Collis<br>Brianna Cooke<br>Rachel Guy<br>Emily Hamilton<br>Keely Henderson<br>Jemima Montag<br>Jade Sanders<br>Megan Walker | Billy Allamby<br>Emmet Brasier<br>Adam Garganis<br>Dane Heiden<br>Jeremiah Jones<br>Cooper Owen<br>Kyle Swan<br>Reese Walmsley |
| U15 3000m | Carly Bertrand<br>Rebecca Guy<br>Lauren Stadius<br>Billie Whitelaw  | Lucas Taylor   |
| U16 3000m | Amy Benifer<br>Amelia Finnegan<br>Stephanie George<br>Amanda Heard<br>Jmara Hockley-Samon<br>Ebony Whiley   | Ryan Antidormi<br>Nathan Brill<br>Connor McShanag<br>Joshua Savage   |
| U17 3000m | Caitlin Campbell<br>Ebony Whiley  | Aaron Tam  |
| U18 3000m | Hilary Brazel<br>Emily Payne<br>Cassie Raselli<br>Rachel Tallent  | Lewis Clark<br>Josh Dillon<br>Joshua Kaiser<br>Bradley Simpson   |

The sparse number of competitors in the U15 and U17 age group walks is simply explained. The Australian Schools Championships this December will only offer events in the U14, U16 and U18 age groups and you must compete in the same age group in the Victorian School Championships if you wish to be considered for selection in the Victorian team for the National Schools. So in most events including walks, many competitors have had to make the hard choice to move up an age division to try for State selection. Thus the U15 and U17 age groups have been effectively killed. This is an unfortunate outcome of a change process that has clearly not been coordinated between National and State bodies. As is usually the case in such situations, it is the athletes who suffer. I for one think the dismantling and downgrading of the Australian Schools Championships is a disaster for our young athletes.

### 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.

#### 2010/2011 Australian/Victorian Summer Season Key Dates

|                  |  |
|------------------|--|
| 5-7 Nov, 2010    | Victorian All Schools T&F Championships U14-U18, Olympic Park, Melbourne                     |
| Sun 14 Nov, 2010 | VRWC Summer Season Roadwalk Championships and AGM, Albert Park                               |
| 4-5 Dec, 2010    | Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC               |
| Sat 11 Dec, 2010 | AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Albert Park, VIC   |
| Sun 12 Dec, 2010 | Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawcner Park, Melbourne |
| 21-23 Jan, 2011  | Victorian Country T&F Champs, Ballarat   |
| Sat 19 Feb, 2011 | Australian 20km Walk Championships (incl 10km U20 invit), Hobart                             |
| 26-27 Feb, 2011  | Victorian Youth (U14-U20) T&F Championships, Olympic Park                                    |
| 4-6 Mar, 2011    | Victorian Open T&F Championships, Olympic Park   |
| 10-14 Mar, 2011  | Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW                   |
| 19-20 Mar, 2011  | VLAA State T&F Championships, Olympic Park   |
| 2-3 April, 2011  | Victorian Masters T&F Championships, Knox  |

#### 2011 Australian/Victorian Winter Season Key Dates

|                    |   |
|--------------------|---|
| Sun 14 June 2011   | Lake Burley Griffin Racewalk Carnival, Canberra, ACT          |
| Sun 10 July 2011   | Victorian Schools Roadwalking Championships, Albert Park, VIC |
| 20-21 August, 2011 | Australian Roadwalking Championships, Canberra, ACT           |

#### 2011 International Fixture

|                     |   |
|---------------------|---|
| July 6-10, 2011     | <b>7<sup>th</sup> World Youth T&amp;F Championships, Lille, France</b>  |
| July 7-17, 2011     | <b>19<sup>th</sup> World Masters T&amp;F Champs Stadia, Sacramento, California, USA.</b> See <a href="http://www.wma2011.com/">http://www.wma2011.com/</a>        |
| Aug 12-22, 2011     | <b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a> |
| Aug 27-Sept 4, 2011 | <b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.</b> See <a href="http://english.daegu2011.org">http://english.daegu2011.org</a>           |
| Sept 7-13, 2010     | <b>4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.</b> See <a href="http://www.cyg2011.com/">http://www.cyg2011.com/</a>                                |

#### **2012 International Fixture**

Apr 3-8, 2012      **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
May 12-13, 2012    **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 2010 ?        **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012   **30<sup>th</sup> 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**  
July 24 - Aug 4, 2013   **World Masters Athletic Championships, Port Alegre, Brazil**

#### **2014 International Fixture**

2014                **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
July 23 – Aug 3, 2014   **20<sup>th</sup> Commonwealth Games, Glasgow. See <http://www.glasgow2014.com/>**

#### **Looking even further forward**

Aug 2016            **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL. See <http://www.rio2016.org.br/en/Default.aspx>**  
July 2020            **32<sup>nd</sup> Olympic Games**    TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)