



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 6
8 November 2010



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VICTORIAN ALL SCHOOLS T&F CHAMPS U14-U18, OLYMPIC PARK, MELBOURNE, 5-7 NOV, 2010

The Victorian All Schools T&F championship racewalks were held on the afternoon of Saturday 6th November in quite good conditions, although the sun did come out for the 5000m walkers later in the day so they definitely had the worst of the conditions. I have included a selection of my photos here but have uploaded a full set to the VRWC photo gallery: <http://vrwc.org.au/coppermine>.

The U14 3000m walks events kicked off first at 1:45PM and they provided two of my top three walking highlights. Firstly, **Jemima Montag** won the girls' walk with a time of 14:35.20, breaking the **Victorian U13 3000m walk record** of 14:56.5, set by Simone Kuppler way back in 1991. It was a superb walk from the front and did she looked good. The second great performance in this age group came from **Kyle Swan**, the youngest walker in the field (still only 11 years of age). His time of 15:28.20 was also a solo effort and a good one at that. Billy Allamby and Cooper Owen battled early and Billy, who is still well below peak racing shape, looked set to drop to third mid race. But you can never count him out and he rallied and came home strongly in 15:51.05 ahead of Cooper with 16:31.67. Under the new rules, the top two in each event are now eligible to represent Victoria in next month's Australian Schools Champs at Doncaster but unfortunately it is restricted to walkers born in 1997 or 1998 so Kyle Swan is too young. So it looks like our selectees will be Billy, Cooper, Jemima and Zoe Boldiston who was below top form today (but on her day there is little between here and Jemima). This is still a hot team!



U14 walkers Billy Allamby, Zoe Boldiston, Kyle Swan, Jemima Montag and Cooper Owen

Men 3000m Race Walk U14

1.	Swan, Kyle	99	The Knox School	15:28.20
2.	Allamby, Billy	97	St Joseph's College	15:51.05
3.	Owen, Cooper	98	Watsonia Heights PS	16:31.67
4.	Brasier, Emmet	98	St Mary's Primary	17:03.69
5.	Heiden, Dane	97	CCB	17:04.69
6.	Jones, Jeremiah	97	Bendigo Sth East SC	17:43.47
7.	Garganis, Adam	97	Thornbury HS	17:49.17
	Walmsley, Reese	98	KAR	DQ

Women 3000m Race Walk U14

1.	Montag, Jemima	98	Wesley College	14:35.20
2.	Boldiston, Zoe	97	Notre Dame	16:19.76
3.	Hamilton, Emily	98	KAR	16:24.99
4.	Sanders, Jade	97	Berwick SC	16:55.11
5.	Collis, Lauren	98	OUR	18:09.01

6.	Henderson, Keely	97	MME	20:19.89
7.	Adam, Alannah	97	CCG	20:23.91
8.	Cooke, Brianna	97	Epping SC	20:39.74

The U15 and U16 walks were held together, starting at 2:20PM and it was a Nathan Brill showcase as he strode confidently to the front and was never headed – my third highlight for the day. He looked set to finish under 13 minutes but just faded a little in the last laps to finish with 13:11.83, still a great time. It was a high quality event with Ryan Antidormi 14:32.59 and Connor McShanag 15:05.79 gamely chasing the whole way. The girls' event was a beauty with Amelia Finnegan setting the pace and Jmara Hockley Samon tucked in behind for lap after lap. It was only in the dying stages that Jmara made her break to win in 15:07.16 as against Amelia 15:14.78. Top walking! Our U16 All Schools walkers look likely to be Nathan, Ryan, Jmara and Amelia. Again, what a team!

The U15 championships were won by Lucas Taylor 15:50.57 and Carly Bertrand 16:49.98, two good walks. Unfortunately the U15 age group is not contested at the Australian All Schools so for them it was simply the chance to win a State title.



U16 walkers Ryan Antidormi, Nathan Brill, Cooper Owen and U15 winner Lucas Taylor



U16 walkers Amelia Finnegan and Jmara Hockley-Samon and U15 winner Carly Bertrand

Men 3000m Race Walk U16

1.	Brill, Nathan	96	Rosebud SC	13:11.83
2.	Antidormi, Ryan	95	Emmaus College	14:32.59
3.	McShanag, Connor	96	St Bernards College	15:05.79
4.	Savage, Joshua	95	Eaglehawk SC	16:51.51 (PB 30 secs)

Men 3000m Race Walk U15

1.	Taylor, Lucas	96	LIL	15:50.57
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Women 3000m Race Walk U16

1.	Hockley Samon, Jmara	95	Clonard College	15:07.16
2.	Finnegan, Amelia	95	MATE	15:14.78

3.	Whiley, Ebony	95	CCB	16:31.38
4.	Heard, Amanda	95	GVG	16:41.52
5.	George, Stephanie	96	YAR	17:12.68

Women 3000m Race Walk U15

1.	Bertrand, Carly	96	Salesian College	16:49.98
2.	Stadus, Lauren	96	IGG	17:14.47
3.	Whitelaw, Billie	96	Dromana SC	20:14.12

The final walks, the U17-U18 5000m, were held at 4:45PM in much warmer and sunny conditions so times were definitely effected. In the boys' walk, Josh Dillon was headed for an easy win when he was taken out by the chief judge, leaving Lewis Clark to win in a good 24:28.64. Second was Brad Simpson who was not far behind with 24:48.69. The girls' race saw Rachel Tallent and Hilary Brazel walking together for most of the way before Rachel kicked away to win in 26:37.49 against Hilary's 27:06.39. Presumably, Lewis, Brad, Rachel and Hilary now be selected to contest the Australian All Schools U18 walk. The U17 winners were Aaron Tam 17:51.80 and Caitlin Campbell 31:48.16 but, like the U15 walkers, their age group will not contest the Australian All Schools. In chatting with some of these older walkers, the feeling was that this championship was being held too late in the year. Most of them were already in exam mode, being in either Y11 or Y12. AV might have to review the timing of this event and perhaps bring it forward to mid October in 2011.



U17-U18 walkers Rachel Tallent, Hilary Brazel, Brad Simpson, Lewis Clark and Aaron Tam

Men 5000m Race Walk U18

1.	Clark, Lewis	94	CCG	24:28.64
2.	Simpson, Bradley	93	YAR	24:48.69
3.	Kaiser, Joshua	93	Dromana SC	26:15.28
4.	O'Mahony, Michael	93	St Joseph's College	28:57.98
	Dillon, Josh	94	St Joseph's College	DQ

Men 5000m Race Walk U17

1.	Tam, Aaron	94	Glen Waverley SC	27:51.80
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Women 5000m Race Walk U18

1.	Tallent, Rachel	93	Ballarat HS	26:37.49
2.	Brazel, Hilary	93	Emmaus College	27:06.39
3.	Raselli, Cassie	94	PLC	27:47.03

Women 5000m Race Walk U17

1.	Campbell, Caitlin	94	Copperfield College	31:48.16
2.	Jones, Ebony	94	Bendigo Sth East SC	40:09.62

QRWC 1500M WALK, UQ ATHLETICS TRACK, ST LUCIA, BRISBANE, THURSDAY 4 NOVEMBER 2010

There was some super fast walking in Brisbane last Thursday evening in the 1500m Classic at the UQ Athletics Track. The walkers' ages ranged from 18 (Dane Bird Smith) to 10 (Taylor McCarthy-Smith) and most did PBs. Just to put the race in context, it was QA sanctioned, had electronic timing and was judged by a panel of qualified judges. Leading the pack (the first 4 all broke 6 minutes) was our top Junior male **Dane Bird Smith** who recorded the extraordinary time of **5:23.87**. That is not too far away from his dad Dave Smith's Australian best of 5:19.1, set in Melbourne in 1981 (this used to be the Australian Record when we formally recognized the 1500m distance). Dave actually did faster (5:12 in Sydney) but it was never ratified due to an insufficient number of judges. I can't even give a ranking list for 1500m as no such thing exists but Dane's time is right up there. I do remember that the great Willi Sawall did 5:30.8 in 1980, I had a best of 5:36 from that same year and Greg Robertson used to hold the Australian Junior record at

5:32.0 (1989) but there have been few 1500m races since those heady days. Of course, Andrew Jachno holds the Australian 3000m record at 10:56.22 (from 1991) which calculates out to two 1500m splits of 5:28 so he would have been well capable of a huge 1500m time if the occasion had come around. And what of Nathan, Jared, Luke, Chris and Adam nowadays – their 5000m and 10000m times indicate that they would be pretty awesome over 1500m. I just wouldn't want to be one of the poor judges trying to keep law and order out there!

1500m Race Walk

1.	Dane Bird-Smith	5.23.87	PB
2.	Brandon Dewar	5.42.48	PB 44 secs
3.	Nick Dewar	5.45.12	PB 48 secs
4.	Jesse Osborne	5.59.55	
5.	Jessica Pickles	6.34.52	PB 23 secs
6.	Amy Morssinkhof	7.26.24	
7.	Eloise Jackson	7.52.09	
8.	Shannon Czislowski	8.23.49	PB 15 secs
9.	Taylor McCarthy-Smith	9.02.78	PB 4 secs

QA INTERCLUB #1, UQ ATHLETICS CENTRE, ST LUCIA, SATURDAY 6 NOVEMBER 2010

Thanks to Peter Aiton for the results of the first round of Interclub competition in Brisbane. He advised that Katya Martin won the 1500m but something went wrong with the photo finish so no time was recorded for her. Another big walk performance by **Dane Bird Smith (11:31.59)**. In fact, Dane, Brandon and Jesse all bettered their respective State records but, since there were no A graded judges in attendance (there were judges but only B or C), the times can't be submitted as records. What bad luck for the boys.

Mixed 1500 Metres Race Walk

1.	Martin, Katya	W13	GCV	?	
2.	Miles, Trent	M12	RED	7:48.47	PB 32 secs
3.	Czislowski, Shannon	W17	QRW	8:32.25	PB 6 secs

Mixed 3000 Metres Race Walk

1.	Bird-Smith, Dane	M18	QRW	11:31.59	PB 14 secs
2.	Aiton, Brad	M16	GCV	12:02.41	
3.	Dewar, Brandon	M18	QRW	12:48.11	
4.	Osborne, Jesse	M15	QRW	12:59.69	

This performance catapults Dane up to 14th in my 3000m all time ranking list (all those under 12 minutes shown below) and puts him within striking distance of the best ever by an Australian Junior walker, namely Troy Sundstrom's 11:16.2, done in Sydney in 1999. Of course, my usual proviso – our top walkers rarely race 3000m so their times are not firm indicators of their real capability. A number of the top ranking times in this list were 3000m splits in 5000m walks. But still an awesome walk by Dane.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.56.22	Andrew Jachno	V	10/03/1957	1	Melbourne	07/02/1991	33
2	10.59.04	Luke Adams	N	22/10/1976	2	Cork, Ireland	03/07/2010	33
3	11.00.56	Dave Smith	V	24/07/1955	1	Perth	24/01/1987	31
4	11.11.45	Nick A'Hern	N	06/01/1969	2	Melbourne	07/02/1991	22
5	11.13.77	Jared Tallent	V	17/01/1984	1	Sydney	28/02/2009	25
6	11.16.2	Troy Sundstrom	N	30/05/1981	1	Sydney	27/11/1999	18
7	11.17.0	Nathan Deakes	V	17/08/1977	1	Melbourne	10/12/1998	21
8	11.21.86	Adam Rutter	N	24/12/1986	3	Sydney	28/02/2009	22
9	11.23.2	Steve Beecroft	V	14/03/1971	1	Melbourne	13/01/1994	22
10	11.26.0	Simon Baker	V	06/02/1958	1	Solleftuna	07/07/1989	31
11	11.27.0	Michael McCagh	W	16/04/1986	2	Sydney	17/02/2007	20
12	11.28.2	Willi Sawall	V	07/11/1941	1	Melbourne	15/03/1980	38
13	11.29.7	Brent Vallance	N	30/04/1972	1	Sydney	06/12/1997	25
14	11.31.59	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	06/11/2010	18
15	11.32.9	Doug Connolly	N	30/10/1982	2	Sydney	27/11/1999	17
16	11.32.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
17	11.38.8	Liam Murphy	S	05/06/1979	1	Adelaide	13/11/1999	20
18	11.42.7	Damien O'Mara	N	03/10/1975	2	Sydney	04/01/1997	21
19	11.45.5	Paul Copeland	V	25/04/1967	1	Melbourne	16/01/1992	24
20	11.46.09	Anthony Miles	Q	30/11/1971	2	Brisbane	16/11/1991	19
21	11.47.2	Jon Gawley	N	08/05/1980	2	Sydney	16/01/1999	18
22	11.47.6	Dion Russell	V	08/05/1975	2	Melbourne	02/12/1993	18
23	11.49.7	Travis Harbour	V	12/12/1975	1	Melbourne	01/02/1997	21
24	11.50.2	Darren Bowen	S	30/06/1974	2	Adelaide	30/10/1999	25
25	11.50.6	Mike Harvey	V	05/12/1962	2	Melbourne	01/03/1986	23
26	11.51.0	Greg Robertson	T	23/12/1969	1	Hobart	19/01/1991	21
27	11.52.3	Craig Brill	V	10/11/1967	3	Melbourne	15/11/1990	23
28	11.53.3	Tim Erickson	V	23/11/1950	2	Melbourne	15/11/1980	29
29	11.54.75	Noel Wooler	Q	19/05/1975	1	Brisbane	25/01/1996	20
30	11.58.3	Rob McFadden	S	15/03/1966	1	Adelaide	06/01/1988	21

31	11.58.4	Daniel Thorne	V	19/12/1979	1	Geelong	27/10/2001	21
32	11.58.8	Craig Jeffery	V	12/05/1968	2	Melbourne	30/01/1992	23

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, BENDIGO, WED. 3 NOVEMBER

Thanks to Paul Rance for his usual weekly report from the Bendigo Walkers Club

The Bendigo Walkers Club's Summer Season of race walking continued in Rosalind Park on Wednesday evening with athletes contesting 2000m and 4000m nominated time events in cool conditions.

The 2km race saw Jamie-Lee Jones record her 5th career win with the club as she claimed a solid victory with her son Jeremiah and Dane Heiden taking equal 2nd placing and equal fastest time with Catherine Hesrd close up in 4th place. A dead heat for 1st placing resulted in the 4km race with Geoff Major and Annette Curtis just 1 second off the times that they had nominated. Both athletes have showed strong form already this Summer after solid Winter Seasons where Annette Curtis won the Winter aggregate award and Geoff Major snared 2 strong victories. Barb Bryant took 3rd place in the 4km race with Amanda Heard taking fastest time honors as she finished close up in 4th place just in front of John Carter. Josh Savage also walked strongly to be the only athlete on the night to produce a personal best.

2000m nominated time: Jamie-Lee Jones 1st 18.16, Dane Heiden eq. 2nd 11.21, Jeremiah Jones eq. 2nd 11.21, Catherine Heard 4th 14.34, Norm West 5th 18.15, Carol Coad 6th 17.48, Peter Curtis 7th 13.56, Jarrod Coad 8th 13.03

4000m nominated time: Geoff Major eq. 1st 29.39, Annette Curtis eq. 1st 28.31, Barb Bryant 3rd 26.31, Amanda Heard 4th 23.06, John Carter 26.38, Josh Savage 6th 23.45, Colin Cleary 7th 31.07, Ebony Whiley 8th 23.43, Ebony-Jade Jones 9th 34.32

Next Wednesday evening the Club will hold even pace events with the short distance athletes walking 1200m x 2 and the long distance event will be 2400m x2 with no watches to be worn. Enquirers phone 5442 6435.

ATHLETICS SOUTH AUSTRALIA INTERCLUB, ST. ALBAN'S RESERVE, SAT 6 NOVEMBER 2010

Interclub kicked off in Adelaide last Saturday on grass at St Alban's reserve, home of the Enfield Harriers. The first rounds are on this grass track while Santos Stadium gets refurbished. Darren Bown and Kristie Goznik the best over 3000m.

Women 3000 Metre Race Walk

1.	Kristie Goznik	93	ELIZ	16:02.82
2.	Jemma Potezny	96	HILL	16:37.20
3.	Piper Douglas	97	TTG	17:32.81
4.	Julia Potezny	98	HILL	18:46.26
5.	Erin Dallimore	98	FLIN	19:13.29
	Rose Stigwood	68	WD	DNF

Women 1500 Metre Race Walk U/14

1.	Jessica Stephens	96	ELIZ	8:20.52
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Men 3000 Metre Race Walk OPEN

1.	Darren Bown	74	ELIZ	12:50.94
2.	Blake Steele	00	ATHL	13:53.89
3.	Peter Crump	60	SPC	16:05.93

ATHLETICS NSW CLUB PREMIERSHIP, ROUND ONE, MINGARA, SATURDAY 23 OCTOBER 2010

Interclub competition is also well under way in NSW, with 4 rounds completed. Rounds 1 and 3 included walks and they are reported below. In the first round of summer competition, Nicole Fagan 24:17.82 and Steven Washburn 24:18.26 were the standouts.

Women 3000 metre Race Walk All Age

1.	Bonham, Jillian	25	Gosford Athl	16:38.20
2.	Plummer, Caitlin	13	Sydney Pacif	17:20.54
3.	Porley, Tabitha	14	Blue Mountai	17:40.46
4.	Beasley, Bryony	13	Nepean Distr	18:07.40
5.	Porley, Fiona	42	Blue Mountai	18:16.20
6.	Kewyen, Judy	20	Unattached	21:44.77

Women 5000 metre Race Walk All Age

1.	Fagan, Nicole	20	Sydney Pacif	24:17.82
2.	Raycanouski, Sarah	20	Gosford Athl	25:10.07
3.	Bettioli, Amy	15	Sydney Pacif	26:06.05
4.	Klein, Kirsty	16	Asics Wests	27:28.75
5.	Noble, Vanessa	18	Sydney Unive	29:56.13
	Bourke, Lauren	20	Sydney Unive	DNF

Men 3000 metre Race Walk All Age

1.	Barrett, Doug	58	U.T.S. North	18:28.68
2.	Willcox, Robert	57	Gosford Athl	19:11.54

Men 5000 metre Race Walk All Age

1.	Washburn, Steven	16	Nepean Distr	24:18.26
2.	Felton, Jay	15	Gosford Athl	25:48.19
3.	Birch-Ward, Kurtis	20	Sutherland D	25:58.79
4.	Killen, Matthew	15	Wyong Athlet	28:21.26
	Brown-Vaelua, Cyrus	12	Nepean Distr	DNF
	Jones, Tyler	12	Wyong Athlet	DQ

ATHLETICS NSW CLUB PREMIERSHIP ROUND 4, CAMPBELLTOWN, SATURDAY 6 NOVEMBER 2010

Last Saturday, the NSW summer competition continued at Campbelltown. For the women, Nicole Fagan improved to 23:49.94 and Sarah Raycanowski did a very good 25:04.50 while for the men, Kyle Malone 22:40.85 and Steven Washburn 24:00.03 also walked very fast.

Women 1500 metre Race Walk Under 17

1.	Redzic, Kimberly	11	Campbelltown	9:09.42
2.	Winser, Carly	13	Asics Wests	10:04.07

Women 3000 metre Race Walk All Age

1.	Beasley, Bryony	13	Nepean Distr	16:35.78
2.	Barendregt, Amanda	14	Nepean Distr	17:50.24
3.	Minett, Rhiannon	12	Bankstown Sp	18:48.00
4.	Engeler, Deborah	48	Illawong & D	22:29.01

Women 5000 metre Race Walk All Age

1.	Fagan, Nicole	21	Sydney Pacif	23:49.94
2.	Raycanovski, Sarah	27	Gosford Athl	25:04.50
3.	Klein, Kirsty	16	Asics Wests	26:39.14
4.	Noble, Vanessa	18	Sydney Unive	29:03.84

Men 5000 metre Race Walk All Age

1.	Malone, Kyle	19	Nepean Distr	22:40.85
2.	Washburn, Steven	16	Nepean Distr	24:00.03
3.	Birch-Ward, Kurtis	15	Sutherland D	25:55.02

ACT ATHLETICS RACEWALKS, CANBERRA, OCTOBER 2010

I also picked up some ACT results from the ACT Athletics website, including a super fast 1500m by Brendon Reading

ACT Athletics Racewalking

14 October 2010	1500m	Brendon Reading	NCG	5:47.01	Michael Reading	NCG	6:51.41	Zoe Hunt	NCG	7:25.15
21 October 2010	2000m	Zoe Hunt	NCG	9:54.71						
28 October 2010	1500m	Thomas Hopkins	QBN	8:36.34	Karina Hopkins	QBN	8:49.74			

ACT Athletics Summer Series No 2, Friday 29 October 2010**3000 Metre Walk**

1.	Harry Bates	U16	SCT	14:18.70
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OVERSEAS NEWS

TAKAHATA (JPN, Oct 31): At a Takahata walking meet, Jananese walker Hirooki Arai won the 50 km race in 3:56:22. Kumi Otoshi was the best woman over the 20 km distance in 1:32:46.

I also saw an email from American IAAF Walking Judge Michael Roth commenting as follows

In an August meeting in Kiev, the IAAF RW Committee decided the following:

All walkers shall be shown a yellow paddle before a red card is written on them unless....

1-The infringement is obvious.

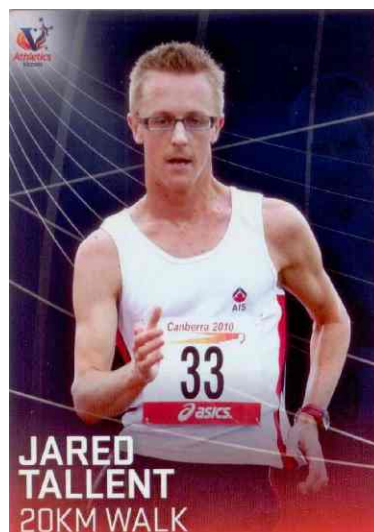
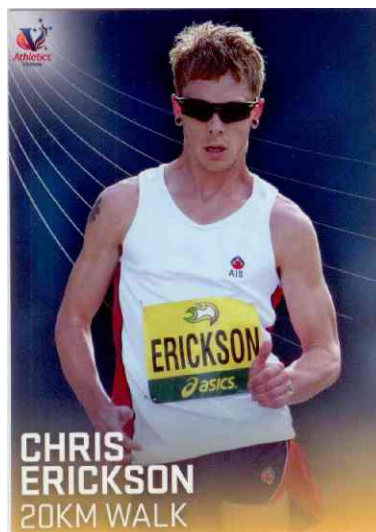
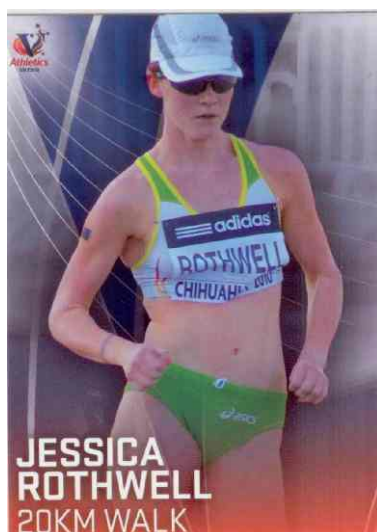
2-The violation is too late in the race for the paddle to be meaningful.

3-The violation is in the last 100m, and the Chief Judge is using their special powers.

It makes sense to spell it out as it has been a common judging recommendation for many years now. It makes sense to try to let competitors know via a yellow paddle that their mode of progression is in question. There is nothing worse than for a competitor to be taken out of the race with 3 red cards when no yellow cards have been shown to him/her..

AV SWAP CARDS ARE BACK

Athletics Victoria once again has Swap Cards for our younger athletes at the Shield competition. The cards feature all the Victorian Commonwealth Games selectees including our 3 Victorian walkers. Here are scans of the cards. Make sure you get originals!



2010 AUSTRALIAN WALK RANKING LISTS – 10000M / 10KM

This week, a listing of the top Australian 10000m track /10km 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 31 male walkers under 50:00 and 23 female walkers under 55:00. That is great depth! Well done everyone.

Men	Name	Age Cat	Time	State	Date
1	Jared Tallent	SM	38:29	VIC	18/09/10
2	Luke Adams	SM	38:49	NSW	18/09/10
3	Chris Erickson	SM	38:59	VIC	18/09/10
4	Adam Rutter	SM	39:20	NSW	18/09/10
5	Nathan Deakes	SM	40:35	VIC	13/02/10
6	Dane Bird-Smith	U20M	41:32	QLD	23/07/10
7	Sean Fitzsimons	U20M	42:14	WA	24/10/10
8	Ian Rayson	U23M	43:13	NSW	13/02/10
9	Rhydian Cowley	U20M	43:22	VIC	12/03/10
10	Brendon Reading	U23M	43:23	ACT	13/02/10
11	Blake Steele	U18M	43:57	SA	07/08/10
12	Brad Aiton	U17M	44:00	QLD	24/10/10
13	Darren Bown	M35	44:38	SA	15/05/10
14	Tom Barnes	SM	45:30	VIC	13/02/10
15	Duane Cousins	M35	45:32	VIC	13/02/10
16	Derek Mulhearn	U20M	46:11	NSW	13/02/10
17	Kyle Malone	U20M	46:52	NSW	07/08/10
18	Nick Dewar	U20M	46:54	QLD	24/10/10
19	Jordan Mulhearn	U18M	47:02	NSW	12/03/10
20	Jesse Osborne	U16M	47:18	QLD	24/10/10
21	Nathan Brill	U15M	47:30	VIC	24/10/10
22	Brandon Dewar	U20M	47:47	QLD	24/10/10
23	Troy Sundstrom	SM	48:46	NSW	15/05/10
24	Stuart Kollmorgen	M40	48:55	VIC	15/05/10
25	Daniel Payne	U23M	49:12	VIC	18/07/10
26	Lewis Clark	U17M	49:19	VIC	08/08/10
27	Ignatio Jimenez	M45	49:22	QLD	16/05/10
28	Steven Washburn	U16M	49:28	NSW	12/03/10
29	Kim Mottrom	SM	49:44	SA	05/06/10
30	Michael Reading	U20M	49:44	ACT	13/06/10
31	Mark Donahoo	M50	49:48	VIC	15/05/10

Women	Name	Age Cat	Time	State	Date
1	Jess Rothwell	U23W	44:05	VIC	29/05/10
2	Jillian Hosking	SW	46:10	ACT	13/02/10
3	Cheryl Webb	SW	46:10	NSW	13/02/10
4	Claire Tallent	SW	46:10	SA	13/02/10

5	Kellie Wapshott	SW	46:34	ACT	13/02/10
6	Nicole Fagan	U23W	46:38	NSW	24/07/10
7	Regan Lambie	U20W	47:03	VIC	24/10/10
8	Kelly Ruddick	W35	47:09	VIC	08/08/10
9	Tanya Holliday	U23W	47:40	SA	10/07/10
10	Beth Alexander	U18W	49:03	VIC	13/02/10
11	Paige Hooper	U18W	49:12	SA	12/03/10
12	Sarah Raycanovski	SW	50:34	NSW	15/05/10
13	Lyn Ventris	W50	50:39	WA	04/04/10
14	Claire Xian	U20W	50:58	SA	12/03/10
15	Chloe Jones	SW	52:07	NSW	23/05/10
16	Pam Tindal	W50	52:18	VIC	15/05/10
17	Lauren Bourke	U23W	53:02	NSW	22/08/10
18	Kylie Irshad	W35	53:05	VIC	17/07/10
19	Amy Burren	U16W	53:30	VIC	13/02/10
20	Kristie Goznic	U17W	53:37	SA	13/02/10
21	Heather Carr	W60	53:56	VIC	05/06/10
22	Vanessa Ebejer	SW	54:17	NSW	22/08/10
23	Jess Heazlewood	SW	54:33	NSW	17/07/10

WHAT'S COMING UP NEXT

Next Saturday sees AV Shield competition return with 2000m walks scheduled at all 6 venues

Sat 13 Nov	AV Shield - South East Region - Round 5	Knox Athletic Track, Scoresby
Sat 13 Nov	AV Shield - Bendigo Region - Round 5	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 13 Nov	AV Shield - Geelong Region - Round 5	Landy Field, Geelong
Sat 13 Nov	AV Shield - Ballarat Region - Round 5	Llanberris Reserve, Ballarat
Sat 13 Nov	AV Shield - North West Region - Round 5	Meadowglen International Athletics Track, Epping
Sat 13 Nov	AV Shield - East Region - Round 5	Reischick's Reserve, Doncaster

Next Sunday sees our VRWC Summer roadwalking championships at Albert Park with medals on offer in all the events shown in bold. The day also sees our Annual General Meeting and the election of a new committee for 2010/2011, the presentation of any new life members and a short period of general business. It only takes around 20 minutes and will flow on directly after our presentations.

Sunday 14th November 2010, VRWC Summer Championships, Albert Park		
9:00am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km	Open
	3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

Note that if you want to do the 20km walk and you are likely to be a slower walker, you are most welcome to start at 8:30AM so that you can finish in time for the presentations and AGM.

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

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), Fawkner Park, Melbourne Entries close with AA on 28 th November at midnight. See http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=569&OrgID=887
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 **7th World Youth T&F Championships, Lille, France**
July 7-17, 2011 **19th World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Sept 7-13, 2010 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 2010 ? **14th World Junior Championships, Barcelona, Spain**
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegro, Brazil**

2014 International Fixture

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

Looking even further forward

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

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