



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC ROAD RACES, MIDDLE PARK, SUNDAY 9 JANUARY 2011

Sunday morning saw just about perfect conditions for our first VRWC races of the new year – overcast, still and a temperature in the high teens – and some 55 walkers availed themselves of the opportunity for some fast walking. You can follow all the action in our photo gallery, compliments of guest photographer Debra Brill – point your browsers to <http://vrwc.org.au/coppermine>.

The first events to kick off were the 20km, 15km and 10km events at 9AM. **Caitlin Brunton** was the best over the 20km with a time of 2:02:55, nearly 9 minutes better than her best. **Michelle Thompson** also walked well with 2:09:43, just 1 minute outside her PB of last November. **Stuart Kollmorgen** was the star of the 15km, winning in fine style with 1:14:30 to break his own M40 Victorian record by 34 secs. **Kelly Ruddick** was the standout in the 10km with 47:45, not far outside her PB of 47:09 – and this after her record breaking 3000m walk in Shield competition the previous day.



Caitlin Brunton, Stuart Kollmorgen, Kelly Ruddick, Mark Donahoo, Pam Tindal and Michelle Thompson

Open 20km

1.	Brunton, Caitlin	0:58:47	2:02:55
2.	O'Neill, Terry	1:01:07	2:05:14
3.	Thompson, Michelle	1:03:17	2:09:43
4.	O'Neill, Karyn	1:11:37	2:25:32

Open 15km

1.	Kollmorgen, Stuart	0:47:35	1:14:30
2.	Donahoo, Mark	0:56:35	1:24:38
3.	Tindal, Pam	0:56:36	1:24:51
	Evans, Simon	0:55:19	DNF
	Irshad, Kylie		DNF

Open 10km

1.	Kaiser, Josh	0:57:11
2.	Taylor, Lucas	0:59:18
3.	Jack, Clarrie	1:00:41
4.	Gardiner, Bob	1:04:00
5.	Skrucany, Rudolf	1:13:40
6.	Cooper, Stuart	1:13:48
	Dickenson, Russ	DNF
	Clark, Lewis	DNF
	Nunn, Paul	DQ

1.	Ruddick, Kelly	0:47:45
2.	Elms, Donna	1:08:10
	Brazel, Hilary	DNF
	Hockley-Samon, Jmara	DNF

The 5km and 3km walks got underway at 9:30AM and **Nathan Brill** and Queensland visitor **Jesse Osborne** were in a class of their own, fighting out the early stages before Nathan finally cleared away to win with a 37 sec PB time of 21:52 with Jesse not far behind with 22:23 – and that is after both boys broke 6 mins for the 1500m in Victorian Shield competition the day before. **Brad Simpson** also walked well for 25:10. **Stephanie George** and **Jemima Montag** were content with a stroll together to win the women's 5km event with identical times of 30:03. We also welcomed VRWC legend **Willi Sawall** back after many years away from the walking front – and he still looked pretty fit.

Open 5km

1.	Brill, Nathan	21:52	PB 0:37
2.	Osborne, Jesse	22:23	
3.	Simpson, Brad	25:10	
4.	McDonough, Aaron	26:40	
5.	Seid-Christmass, James	26:49	
6.	McShanag, Connor	28:21	
7.	Bennett, Ralph	29:18	
8.	Wicks, Barrie	36:52	
	Sawall, Willi	DQ	
1.	George, Stephanie	30:03	
2.	Montag, Jemima	30:03	
3.	Feldman, Liz	36:21	
	Johnson, Celia	DNF	

Open 3km

1.	Onley, Gordon	26:30
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U15 3km

1.	Attard, Bianca	17:53
2.	Hamilton, Emily	19:06
3.	McLaren, Stacey	21:43



Willi Sawall, Nathan Brill, Jesse Osborne, Jemima Montag, Stephanie George and Brad Simpson

The U12 2km and U9 1km were our final events to start at 10AM and our youngest walkers also enjoyed their races. In the 2km, **Harry Hockley-Samon** 11:12 and **Hayley George** 12:22 were fastest while PBs went to **Hayley Brown** (8 sec PB of 12:44) and **Rebecca Henderson** (17 sec PB of 13:32). **Leah Wright**, **Callum Evans** and **Liam Evans** had their first walks with us while **Brendon O'Mahony** walked his first ever 2km. In the 1km event, Nathan's younger brothers **Justin Brill** (5:49) and **Caine Brill** (6:25) both walked good PBs in the boys' event while **Brianna Lillie** 6:12 and **Kathleen O'Mahony** 12:16 had a good battle in the girls' event.

U12 2km

1.	George, Hayley	12:22
2.	Brown, Hayley	12:44
3.	Lillie, Jessica	13:08
4.	Henderson, Rebecca	13:32
5.	Taylor, Lee	13:45
6.	Wright, Leah	16:50

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|----|----------------------|-------|
| 1. | Hockley-Samon, Harry | 11:12 |
| 2. | Wright, Ethan | 13:32 |
| 3. | Evans, Callum | 13:35 |
| 4. | O'Mahony, Brendon | 14:17 |
| 5. | Evans, Liam | 16:26 |

U9 1km

- | | | |
|----|--------------------|-------|
| 1. | Brill, Justin | 05:49 |
| 2. | Brill, Caine | 06:25 |
| | | |
| 1. | Lillie, Brianna | 06:12 |
| 2. | O'Mahony, Kathleen | 06:16 |
| 3. | Miller, Tegan | 07:04 |



Brendon O'Mahony, Callum Evans, Liam Evans, Harry Hockley-Samon, Hayley Brown and Leah Wright



Kathleen O'Mahony, Rebecca Henderson, Hayley George, Justin Brill, Caine Brill and Brianna Lillie

As usual, thanks to all our officials and sorry if I missed anyone!

Course Setup Bob Gardiner, Harry Summers, Peter Vysma, Craig Brill
Officials: Tim Erickson, Ian Laurie, Natalie Laurie, Don McLaren, Harry Summers, Russ Dickenson, Damien Elms
Bike: Justin McLaren
Photos: Debra Brill
Canteen: Joyce Summers, Kate Suich

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 8 JANUARY 2011

Athletics Victoria Shield competition got underway again last Saturday with 110 walkers in action across the State, competing in the 3000m and 1500m walks on offer in Round 10. It was a scorcher in Victoria with temperatures in the mid thirties throughout the State. Luckily a number of venues scheduled their competitions to start later in the day but that may or may not have helped as the cool change brought strong and blustery winds at some venues – so one set of adverse conditions were replaced by another. Some days you can't win!

AV Shield - East Region - Round 10, Proclamation Park, Ringwood

The 3000m walk at Ringwood saw super Masters walkers Andrew Jamieson (M60) and Pam Tindal (W50) win with 14:32 and 15:11 respectively. The 1500m saw a great battle between 15 year old Queenslander Jesse Osborne and 14 year old Victorian Nathan Brill. Nathan shadowed Jesse throughout the race and they finished in that order with Jesse recording 5:58.1 and Nathan 5:59.1. It is great to see our young walkers challenging themselves over the 1500m once again. It used to be a very popular distance during my younger days.

Mixed 3000 Meter Race Walk

1.	Jamieson, Andrew	M64	OLD SCOTCH	14:32.3
2.	Tindal, Pam	M51	CROYDON	15:11.7
3.	Evans, Simon	M50	BOX HILL	15:50.1
4.	Brazel, Hilary	W17	ATHLETICS NU	16:02.0
5.	Hammett, Gary	M53	DIAMOND VALLEY	16:38.6
6.	Dyer, Bill	M49	BOX HILL	16:45.2
7.	Laurie, Natalie	M19	ATHLETICS NU	17:00.5
8.	Jack, Clarrie	M65	RICHMOND HAR	17:20.2
9.	Gardiner, Bob	M74	COLLINGWOOD	17:21.3
10.	Benke, Geza	M54	OLD MELBURNIANS	17:47.4
11.	Armstrong, David	M55	DIAMOND VALLEY	18:21.7
12.	Vernal, Stephen	M52	ATHLETICS NU	18:53.3
13.	Facey, Stuart	M60	OLD SCOTCH	19:01.9
14.	Worsnop, Chris	M53	OLD XAVERIANS	19:09.8
15.	Ellis, Robert	M63	RICHMOND HAR	19:58.9
16.	Cooper, Stuart	M60	ST STEPHENS	20:35.1
17.	Fitts, John	M74	RICHMOND HAR	20:36.4
18.	Noonan, Patrick	M32	ST KEVINS	20:44.4
19.	Summers, Harry	M75	BOX HILL	21:08.1
20.	Laurence, Peter	M26	DIAMOND VALLEY	21:54.9
21.	Lane, Mikaela	W17	DONCASTER	22:43.4
22.	Lane, Natasha	W19	DONCASTER	22:55.9

Mixed 1500 Meter Race Walk

1.	Osborne, Jesse	M15	UNATTACHED	5:58.1
2.	Brill, Nathan	M14	BOX HILL	5:59.1
3.	George, Stephanie	W14	CROYDON	7:33.2
4.	Garganis, Adam	M13	COLLINGWOOD	8:17.9
5.	Neale, Anthony	M12	COLLINGWOOD	9:56.9
6.	Cooke, Brianna	W13	DIAMOND VALLEY	12:31.6

AV Shield - South East Region - Round 10, Ballam Park Athletic Track, Frankston

I believe that gale force winds made it very hard going in Frankston but it did not stop Rhydian Cowley from powering through to 12:49.3. W60 supremo Heather Carr was the fastest of the women with 15:46.3. Jemima Montag was the best over 1500m with 7:36.0. I heard that the younger walkers were just about getting blown off the track!

Mixed 3000 Meter Race Walk

1.	Cowley, Rhydian	M19	GLENHUNTLY A	12:49.3
2.	Carr, Heather	W61	EAGLEHAWK YM	15:46.3
3.	Tam, Aaron	M16	KNOX AC	16:52.2
4.	Irshad, Kylie	W39	VICTORIAN MA	17:11.1
5.	Bennett, Ralph	M69	VICTORIAN MA	17:30.0
6.	McInnes, Simone	W19	GLENHUNTLY A	17:44.2
7.	Lucas, Alan	M28	VICTORIAN MA	18:12.8
8.	Osmand, Kym	M28	OAKLEIGH AC	19:09.0
9.	Steed, Gwen	W68	VICTORIAN MA	19:33.4
10.	Barrow, Geoffrey	M61	MENTONE AC	19:47.7
11.	Morrey, Jan	M71	OAKLEIGH AC	20:40.9
12.	Johnson, Celia	W63	VICTORIAN MA	20:54.8
13.	Morrison, John	M71	SANDRINGHAM	21:54.4
	De Pasquale, Joel	M26	KNOX AC	DNF
	Zeleznikow, John	M60	GLENHUNTLY A	DQ

Mixed 1500 Meter Race Walk

1.	Montag, Jemima	W12	MACCABI AC	7:36.0
2.	Taylor, Lucas	M14	KNOX AC	9:16.6
3.	Walmsley, Reese	M12	KNOX AC	9:19.1
4.	Vella, Lewis	M13	CASEY CARDIN	11:12.3
	Ross, Hayden	M10	GLENHUNTLY A	DQ
	Ross, Alex	M13	GLENHUNTLY A	DQ

AV Shield - Bendigo Region - Round 10, La Trobe University Bendigo Athletics Complex, Bendigo

It was good to see 10 walkers in action in Bendigo and the pick of them was Bendigo Walkers Club president Paul Rance who made a rare Shield appearance for an excellent 15:15.14.

Mixed 3000 Meter Race Walk

1.	Rance, Paul	M52	SOUTH BENDIG	15:15.14
2.	Savage, Joshua	M15	EAGLEHAWK YM	17:14.96
3.	Whiley, Ebony	W15	EAGLEHAWK YM	17:15.54
4.	Major, Annette	W48	EAGLEHAWK YM	18:20.77
5.	Heiden, Dane	M13	SOUTH BENDIG	20:28.51
6.	Carter, John	M59	SOUTH BENDIG	20:36.97
7.	Watson, John	M60	BENDIGO YMCA	22:49.92
8.	Timewell, Christop	M36	SOUTH BENDIG	22:55.81
9.	Jones, Ebony-Jade	W16	EAGLEHAWK YM	26:14.83

Mixed 1500 Meter Race Walk

1.	Jones, Jeremiah	M13	EAGLEHAWK YM	8:46.02
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AV Shield - Geelong Region - Round 10, Landy Field, Geelong

Josh Dillon recorded a 25 sec PB in winning the 3000m at Geelong – his time an excellent 12:42.40. Lewis Clark 13:39, Jared Walker 14:12 and James Seid-Christmass 14:49 also walked well. Jmara Hockley-Samon chose the 1500m this week and was fastest with 7:21.1.

Mixed 3000 Meter Race Walk

1.	Dillon, Joshua	M16	CORIO AC	12:42.4
2.	Clark, Lewis	M16	ATHLETICS CH	13:39.9
3.	Walker, Jared	M15	CORIO AC	14:12.3
4.	Seid-Christmass, James	M43	CORIO AC	14:49.7
5.	Blight, Simon	M15	BELLARINE AT	15:06.9
6.	Larkins, Jared	M19	CORIO AC	16:36.0
7.	Campbell, Caitlin	W16	ATHLETICS ES	17:47.5
8.	Payne, Emily	W17	CORIO AC	19:12.3
9.	Lockwood, Jill	W39	CORIO AC	28:22.3

Mixed 1500 Meter Race Walk

1.	Hockley Samon, Jmara	W15	ATHLETICS CH	7:21.1
2.	Walker, Megan	W13	CORIO AC	8:37.9
3.	Hockley-Samon, Harry	M10	ATHLETICS CH	9:37.5
4.	Mirarchi, Thomas	M10	CORIO AC	11:14.2
5.	Lockwood, Jade	W15	CORIO AC	11:57.7

AV Shield - Ballarat Region - Round 10, Llanberris Reserve, Ballarat

The highlight in Ballarat was Kelly Ruddick's 3000m PB time of 13:26.51 – this was a Ballarat 3000m record, shaving around 9 secs off Sharyn Schneider's time. It also looks like it will be a Victorian Masters W35 record as well.

Mixed 3000 Meter Race Walk

1.	Ruddick, Kelly	M37	BALLARAT HAR	13:26.51
2.	Blood, Andrew	M36	BALLARAT YCW	16:28.05
3.	Nunn, Paul	M45	WENDOUREE AC	17:28.10
4.	Jones, Peter	M65	BALLARAT HAR	21:08.80
5.	Ruddick, Kevin	M60	BALLARAT HAR	21:13.45
6.	Govan, Lee	M55	WENDOUREE AC	21:38.95

AV Shield - North West Region - Round 10, Meadowglen International Athletics Track, Epping

With temperatures in the northern suburbs around 35C, a decision was made to reduce the walk distance at Epping from 3000m to 2000m. By the time the walk started at 4PM, the cool change had arrived and it was considerably cooler. Sometimes you strike it lucky! Paul Kennedy was the best with 9:10.49 ahead of Tom Barnes with 9:39.14 – this is Tom's first walk since the World Cup in Mexico in May last year so it is good to see that he is still keeping himself fit while he completes his PhD. Kirstin Shaw was the best of the women with 11:00.50. Daniel Dunstone 8:54 and Stacey McLaren 9:13 were the best over 1500m. Once again, this was the best venue for numbers with 30 walkers overall.

Mixed 2000 Meter Race Walk

1.	Kennedy, Paul	M53	MELBOURNE UN	9:10.49
2.	Barnes, Thomas	M28	MELBOURNE UN	9:39.14
3.	Donahoo, Mark	M52	ATHLETICS ES	9:55.30
4.	McDonough, Aaron	M38	PRESTON AC	9:56.22
5.	McShanag, Connor	M14	ATHLETICS ES	10:24.18
6.	Knox, Duncan	M51	ATHLETICS ES	10:46.58
7.	Shaw, Kirstin	W19	WESTERN ATHL	11:00.50
8.	Aplin, Elise	W22	KEILOR ST BE	11:10.11
9.	Elms, Jason	M20	ATHLETICS ES	11:23.87
10.	Share, Bianca	W26	KEILOR ST BE	11:26.96
11.	Elms, Donna	W49	ATHLETICS ES	11:55.47
12.	Shaw, Robyn	W49	WESTERN ATHL	12:01.99
13.	Stobaus, Anne	W69	KEILOR ST BE	14:31.84
14.	Ireland, Roslyn	W27	BRUNSWICK AC	15:23.32

15.	Dunstone, Phillip	M42	WESTERN ATHL	15:35.70
16.	Ireland, Olive	W50	BRUNSWICK AC	16:55.90
17.	Rickard, Ian	M54	BRUNSWICK AC	16:56.58
18.	Rickard, Tess	W17	BRUNSWICK AC	17:16.17

Mixed 1500 Meter Race Walk

1.	Dunstone, Daniel	M13	WESTERN ATHL	8:54.49
2.	McLaren, Stacey	W14	ATHLETICS ES	9:13.17
3.	Henderson, Keely	W13	PRESTON AC	9:26.86
4.	Irons, Julia	W12	KEILOR ST BE	9:33.82
5.	Hodgart, Claire	W14	WESTERN ATHL	10:03.77
6.	Musgrave, Caitlyn	W10	PRESTON AC	10:19.93
7.	Utber, Courtney	W12	WESTERN ATHL	11:08.01
8.	Matthews, Rhiannon	W9	KEILOR ST BE	11:20.90
9.	Duffy, Maysen	W9	SOUTH MELBOU	11:23.75
10.	Irons, Elaine	W10	KEILOR ST BE	11:27.92
11.	Sutawan, Mika	W14	KEILOR ST BE	11:28.75
	Robinson, Judith	W14	KEILOR ST BE	DQ

NSW 10000M TRACK WALK CHAMPIONSHIPS, CAMPBELLTOWN, SATURDAY 8 JANUARY 2011

The NSW 10000m Track Walk championships were held last Saturday evening, in conjunction with the NSW Combined Events Championships, in Campbelltown. Adam Rutter won the men's event with a fast 42:31 while Nicole Fagan, who was doing a 5000m time trial, powered through the first half and then strolled home for a final time of 50:39.

Women 10000m Race Walk Open

1.	Fagan, Nicole	22	SYP	50:39.26
2.	Bourke, Lauren	21	SYU	55:30.90
3.	Noble, Vanessa	19	SYU	1:00:44.17
4.	Willis, Mary	49	CBT	1:06:16.09
	Klein, Kirsty	17	ASW	DNF
	Bettioli, Amy	16	SYP	DNF

Men 10000m Race Walk Open

1.	Rutter, Adam	25	SYP	42:31.43
2.	Birch-Ward, Kurtis	16	SUT	56:47.22
3.	Killen, Matthew	16	WYONG	1:02:19.57
4.	Seymon, Jim	74	UTN	2:36:28.00
	Williams, Dennis	63	HIL	DNF
	Malone, Kyle	20	NEP	DNF

ACT RACEWALKING RESULTS, AIS ATHLETIC TRACK , THURSDAY 6 JANUARY 2011

Thanks to Robin Whyte for the latest results from Canberra

1500m Track Walk

P Baker 8.01 K Baker(f) 9.19 Geoff Crumpton (DOB19/08/1954) (Other Club ACT) 12.37 3000m E Hodgson(QLD) 14.11
R Gilchrist 20.23 C Doherty 21.00 D Fitzgerald 21.58 J Gilchrist(f) 23.27 R Thompson(f) 26.08 B Thomas DQ

SOUTH AUSTRALIAN INTERCLUB COMPETITION, ENFIELD, FRIDAY 7 JANUARY

Thanks to Peter Crump for the following report of the latest South Australian interclub results – and another great 1500m time!

Another round of SA interclub on the grass and barely enough walkers to make a beach volleyball team. One hopes that those not getting out to interclub are taking their training elsewhere, or it's going to be a tough winter!

Our only Friday twilight meet in hot conditions, with the long distance abbreviated to 3,000 metres. Darren Bown participated in some cross training over the distance, opting not to complete the unofficial distance, while Peter Crump arrived just before the earlier start and made the 3,000 run a combined event, registering 16:32, which was a fair time for him in the hot conditions. Confusion all round. A small field then completed the 1,500 metres, as Blake Steele's final event in South Australia before moving to the AIS - quick time by Blake, while the rest of us kept him company. We all wish Blake all of the best for his time in Canberra and we look forward to seeing him develop further, and will catch up again in June.

3,000m Walk

1.	Peter Crump	16:32.2
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1,500m Walk

1.	Blake Steele	5:52.6
2.	Darren Bown	6:53.0
3.	Kristie Goznic	7:34.9
4.	Peter Crump	8:23.4

RWCWA WALKS, WILSON, WESTERN AUSTRALIA, SUNDAY 9 JANUARY 2011

Thanks to Rick Cattermole for the latest RWCWA results from Western Australia. He advises that it was a scorcher in Perth last Sunday with the temperature at 35C by the time the races were held. Ouch!

Open Mixed 10 km

1.	Daniel Lowe	61.53
2.	Vanessa Brown	64.51
3.	David Smyth	65.31
4.	Sara Cattermole	DNF

Open Mixed 3 km

1.	Andrea Hahn	17.44
2.	Raqeema Evans	18.48
3.	Jemma Brown	19.50
4.	Summer Brown	26.39 (only 6 years old)

Open Mixed 1500m

1.	Breanna Brown	8.15 (coming back from injury)
2.	Thomas Button	8.52
3.	Ella Manso-Vukovich	9.23

RWNZ GRAND PRIX SERIES RACE 1, TAURANGA, NEW ZEALAND, TUESDAY 4 JANUARY 2011

Thanks to David Sims for the latest report from New Zealand where they have implemented a RWNZ Grand Prix, with walkers accumulating points over a series of 8 races spread over the summer. He reports:

The first event in the RWNZ Grand Prix Series was held in Tauranga yesterday at the same meeting as the Athletics New Zealand 10.000m track champs (running). The walk was a special tribute race to Ted Guy and was a sealed handicap event, with all walkers starting together. It was a typically hot Tauranga day and ,with the race starting at 4:30 pm, the ground temperature on the track was over 30 degrees, so the minimal breeze was welcomed by all competitors.

Firstly, thank you to Malcolm Taylor who organised the meet and agreed to putting the 10,000m event on the programme. Secondly, thank you to Ray Young for organising the judges and officials and to all those judges and officials, we really do appreciate your involvement and commitment.

I wish to advise you all and acknowledge and thank Rodney Thorne who has indicated he will sponsor \$100 for the first NZ record set in the RWNZ GP Series events for both male and female walkers.

The race results are split into Female and Male and include two walking sections, 'A' grade for judged walkers and 'B' grade for walkers who felt they may not comply with the 'knees' rules of racewalking. 'A' grade category walkers can be disqualified while 'B' grade walkers can walk without fear of being disqualified as long as they are not blatantly running. Any 'B' grade walkers who did not receive three DQ cards have been included in the 'A' grade. Both categories were eligible for handicap trophy.

10,000m Walk Women

1.	Alana Barber	57:12	
2.	Cecilly Elmsley	1:13:30	('B' division)
3.	Gayle Gray	1:22:52	
	Sarah-Amy Drummond	DNF	

10,000m Walk Men

1.	Quentin Rew	46:30	
2.	Mike Parker	52:10	
3.	David Sim	57:12	
4.	Rodney Thorne	1:03:00	('B' division)
5.	Trevor McCoid	1:05:57	
6.	Mark Gray	1:07:56	
7.	Werner Schmidt	1:13:43	('B' division)
	Selwyn Mawkes	DNF	('B' division)
	Matthew Holcroft	DNF	

The winner of the Ted Guy Memorial Sealed Handicap was Gayle Gray who finished over 6 minutes under the estimated time. The next event in the GP Series is a 15km road walk at Ngataranga Bay, Devonport on Sunday 16th January, start time 8:30am. See all the News, Photos and Results: <http://www.racewalkingaukland.org/> or <http://www.racewalkingnewzealand.org/>
Ka kite and kind regards David

OTHER OVERSEAS RESULTS

SARANSK (RUS, Dec 30): European 20km bronze winner Vera Sokolova clocked an all-time world indoor 5000m walk best of 20:10.3 during the Mordovian Indoor Walking Championships at Saransk on December 30th. The previous mark of 20:37.77 had been set by Belarus walker Margarita Turova on 13th February 2005 in Minsk. Second place went to Lyudmila Arkhipova and third was Tatyana Shemyakina . The only one of the top Mordovia walkers missing was Olympic and World champion Olga Kaniskina. Olympic and World 20 km winner Valeriy Borchin won the men's 5000m in an impressive 18:11.8 to put himself

third on the all-time list. The world best of 18:07.08 was set by Mikhail Shchennikov way back on 2nd February 1993 in Moscow. In a close race, the minor places went to Vladimir Kanaykin and European Champion Stanislav Yemelyanov.

BANSKA BYSTRICA (SVK, Jan 6): The Slovakian city of Banska Bystrica was the venue for the latest Slovakian indoors walks with 5000m for men and 3000m for women. It was a big meet with around 50 walkers from Slovakia, Poland and Hungary. The men's race was won by Slovakian Matej Toth in 19:38. The report says that Sudol of Poland took off at top speed and that Toth was the only walker to go with him, eventually taking over at around the 2000m mark. Last year, Toth won the same event in 18:54 but this year he is in heavy training and was content with the win in the slower time. Note the 7th placed Patrick Singer is only 16 years of age – he recorded a good time of 20:47.9

5000m Men

1.	Matej Toth	Dukla	19:38,0
2.	Grzegorz Sudol	Poland	19:50,2
3.	Anton Kučmín	Dukla	20:01,9
4.	Milos Bátorvský	Dukla	20:36,4
5.	Sándor Rác	Hungary	20:41,1
6.	Dusan Majdan	Dukla	20:43,6
7.	Patrick Singer	AK Bacúch	20:47,9

3000m Women

1.	Victoria Madarászová	Hungary	13:00,5
2.	Mary Czaková	Dukla	13:28,3
3.	Kathy clamp	Dukla	13:56,9

Youth category - older pupils (2000 m):	1	Miroslav Officer (Dukla)	9:14,4
Youth category - older girls (2000 m):	1	Radoslav Sawfishes (AK Bacúch)	10:26,0
Youth category - younger pupils (1000 m):	1	Luke Murin (AK Bacúch)	4:58,2
Youth category - younger girls (1000 m):	1	Susan Benciová (SG Stavbár Nitra)	5:09,2

CHELYABINSK (RUS, Jan 6): Another indoor result, this time from Russia where the 12th Elena Rodionova Memorial Meet was held in Chelyabinsk. Natalya Makarova won the women's 5000m walk with 21:41.3 while Yuriy Andronov was the best of the men with 19:29.6.

2010 RANKING LISTS

In last week's newsletter, I published the top 10 times for Australian men over various distances. I have since rummaged out the electronic timing lapsheets from the Sydney Grand Prix 5000m walk event that was held on 27th February and have extracted out the 3000m splits. This now makes the 3000m list look a little better and sees our elite men take their rightful place at the top.

3000m Men	1	Luke Adams	SM	00:10:59	NSW	03/07/2010
	2	Jared Tallent	SM	00:11:22	VIC	27/02/2010
	3	Adam Rutter	SM	00:11:24	NSW	27/02/2010
	4	Nathan Deakes	SM	00:11:25	VIC	27/02/2010
	5	Dane Bird-Smith	U20M	00:11:27	QLD	18/12/2010
	6	Brad Aiton	U17M	00:11:46	QLD	01/10/2010
	7	Ian Rayson	U23M	00:12:06	NSW	27/02/2010
	8	Darren Bown	M35	00:12:16	SA	23/01/2010
	9	Brandon Dewar	U20M	00:12:21	QLD	01/10/2010
	10	Blake Steele	U18M	00:12:22	SA	27/02/2010

And here are the corresponding lists for the women from 2010. All stats are taken from www.racewalkaustralia.com

1500m Women	1	Jessica Pickles	U17W	00:06:34	QLD	04/11/2010
	2	Beth Alexander	U18W	00:06:39	VIC	19/10/2010
	3	Katya Martin	U14W	00:06:51	QLD	08/08/2010
	4	Kylie Irshad	W35	00:06:54	VIC	02/04/2010
	5	Jemima Montag	U13W	00:06:56	VIC	20/03/2010
	6	Rachel Tallent	U18W	00:06:57	VIC	19/10/2010
	7	Jmara Hockley-Samon	U15W	00:06:57	VIC	20/03/2010
	8	Amelia Finnegan	U16W	00:06:58	VIC	20/03/2010
	9	Amy Bettiol	U15W	00:06:58	NSW	19/03/2010
	10	Zoe Boldiston	U14W	00:06:58	VIC	20/03/2010
2km/2000m Women	1	Kelly Ruddick	W35	00:08:57	VIC	16/11/2010
	2	Beth Alexander	U18W	00:09:07	VIC	23/10/2010
	3	Elizabeth Hosking	U15W	00:09:22	ACT	11/02/2010
	4	Pam Tindal	W50	00:09:37	VIC	23/10/2010
	5	Jemima Montag	U13W	00:09:41	VIC	13/06/2010
	6	Amelia Finnegan	U15W	00:09:46	VIC	15/01/2010
	7	Kylie Irshad	W35	00:09:48	VIC	28/01/2010
	8	Hilary Brazel	U17W	00:09:50	VIC	16/01/2010

	9	Tamara Attard	U23W	00:09:51	VIC	18/12/2010
	10	Jessica Pickles	U16W	00:09:51	QLD	31/01/2010
3km/3000m Women	1	Kellie Wapshott	SW	00:13:04	ACT	27/02/2010
	2	Cheryl Webb	SW	00:13:07	NSW	13/01/2010
	3	Regan Lamble	U20W	00:13:12	VIC	27/06/2010
	4	Claire Tallent	SW	00:13:19	SA	27/02/2010
	5	Paige Hooper	U18W	00:13:33	SA	27/06/2010
	6	Kelly Ruddick	W35	00:13:35	VIC	02/11/2010
	7	Nicole Fagan	U23W	00:13:38	NSW	10/11/2010
	8	Beth Alexander	U18W	00:13:53	VIC	10/01/2010
	9	Elizabeth Hosking	U15W	00:14:15	ACT	04/03/2010
	10	Jessica Pickles	U17W	00:14:19	QLD	18/12/2010
5km/5000m Women	1	Kellie Wapshott	SW	00:22:05	ACT	27/02/2010
	2	Claire Tallent	SW	00:22:22	SA	30/01/2010
	3	Jillian Hosking	U23W	00:22:35	ACT	30/01/2010
	4	Regan Lamble	U20W	00:22:55	VIC	12/07/2010
	5	Tanya Holliday	U23W	00:22:56	SA	13/06/2010
	6	Cheryl Webb	SW	00:23:04	NSW	30/01/2010
	7	Nicole Fagan	U23W	00:23:11	NSW	07/08/2010
	8	Paige Hooper	U18W	00:23:19	SA	07/02/2010
	9	Kelly Ruddick	W35	00:23:26	VIC	24/10/2010
	10	Beki Lee	SW	00:23:36	NSW	30/01/2010
10km/10000m Women	1	Jess Rothwell	U23W	00:44:05	VIC	29/05/2010
	2	Claire Tallent	SW	00:46:10	SA	13/02/2010
	3	Cheryl Webb	SW	00:46:10	NSW	13/02/2010
	4	Jillian Hosking	SW	00:46:10	ACT	13/02/2010
	5	Kellie Wapshott	SW	00:46:34	ACT	13/02/2010
	6	Nicole Fagan	U23W	00:46:38	NSW	24/07/2010
	7	Regan Lamble	U20W	00:47:03	VIC	24/10/2010
	8	Kelly Ruddick	W35	00:47:09	VIC	08/08/2010
	9	Tanya Holliday	U23W	00:47:40	SA	10/07/2010
	10	Beth Alexander	U18W	00:49:03	VIC	13/02/2010
20km Women	1	Jess Rothwell	U23W	01:30:53	VIC	19/06/2010
	2	Claire Tallent	SW	01:32:02	SA	19/06/2010
	3	Cheryl Webb	SW	01:33:28	NSW	13/02/2010
	4	Jillian Hosking	SW	01:34:13	ACT	13/02/2010
	5	Kellie Wapshott	SW	01:35:23	ACT	13/02/2010
	6	Regan Lamble	U20W	01:36:40	VIC	12/12/2010
	7	Kelly Ruddick	W35	01:40:11	VIC	12/12/2010
	8	Nicole Fagan	U23W	01:41:35	NSW	13/02/2010
	9	Beki Lee	SW	01:42:38	NSW	12/12/2010
	10	Lyn Ventris	W50	01:45:04	WA	18/07/2010

THE GOSSIP

VRWC stalwart **Murray Dickinson** had a serious fall from his bike on Boxing Day. He was duly taken to Box Hill Hospital where he was operated on to fix up his fractured hip. He now sports a pin and plate that are sure to get him lots of attention at the airport security checks! All the best for your rehab Murray – hopefully we will see you back at Albert Park in a few months.

Congratulations to former VRWC member **Megan Szirom** who has just given birth to baby daughter Tanamai, born on Friday 7th January and weighing in at 4 pounds (I hear she was a few weeks early). I am sure that her older brother Riley will be very pleased to have a little sister. Keep well Megan!

VRWC member **Heather Carr** backed up from her AV Shield competition walk in Saturday and spend Sunday morning competing in the the Gatorade Olympic Distance Triathlon - 1500 swim, 40km ride and 10km run. She won her age group by a whopping 20 mins with a further 15 minutes to third place. Wow...what a weekend!

FALLS CREEK CAMP REPORT – SIMON BAKER

Thanks to Simon Baker for this report on the inaugural Falls Creek summer racewalk training camp.

Regular Heel and Toe readers will remember Tim's report on the first Falls Creek Camp held in Easter last year (see <http://www.vrwc.org.au/heelandtoe-2010-num28.pdf>). Between Christmas and New Year we were at it again with over 20 Victorian racewalkers, ranging from masters age (Heather Carr) to very youthful (Harry Hockley-Samon) training at Falls Creek in Victoria's alpine region.

Coaches Elke Raselli and Annette Major arrived with their squads, and in total we had athletes from Bendigo and Shepparton (Amanda Heard, Josh Savage and Ebony Wiley) Geelong (the Hockley Samons, Daniel and Emily Payne and Lewis Clarke) and Melbourne based walkers, Amy, Sarah and James Burren, Stephanie and Hayley George, Cassie Raselli, Brad Simpson, Amelia Finnegan, Hilary Brazel, Jasmine and Kylie Irshad, Josh Kaiser, Jason Kozica and "the legend" - Heather Carr. With various parents and partners, there were a lot of race walk aficionados to join the many runners, cyclists and triathletes training in the area.

It was a terrific training week, with only a couple of days with less than ideal weather, and everyone took the opportunity to cover what was for some their biggest training week, and their training commitments was inspiring. It was obvious there are a lot of talented up and coming walkers who will form the next generation of Victorian racewalkers.

In response to requests for further training opportunities, a regular monthly training session at the Tan (perhaps mid Sunday morning to allow the country athletes a chance to train with their metropolitan counterparts) was proposed and I am looking for the best way to implement this.

And to finish the report, a few more photos from Sabby George



Simon gives final instructions before an early morning road session – it can be cool in the Alps!



And they're off!



An afternoon hike in the high country

THE AIS CAMP GETS UNDERWAY

Just as in past years, a huge group of our top walkers have converged on the AIS in Canberra for a month of training. They have been joined this year by a big group of overseas walkers – 2 Slovaks, 1 Irish, 4 British, 3 Swedish, 1 Canadian and 1 Kiwi. 29 of the walkers will be participating in an altitude study (that is how the camp gets funded) with walkers spread between Threadbo Alpine Village, the altitude house at the AIS and a control group at Canberra base level. The list of 29, shown below, includes 2010 World Cup 50km champion Matej Toth as well as English Commonwealth Games walkers Jo Jackson, Tom Bosworth and Alex Wright.

Men

- Jared Tallent - AIS
- Matej Toth - Slovakia
- Adam Rutter - AIS
- Jamie Costin - Ireland
- Chris Erickson - AIS
- Ato Ibanez - Sweden
- Perseus Karlstom - Sweden
- Alex Wright - UK
- Ian Rayson - NSW
- Inaki Gomez - Canada
- Brendan Reading - ACT
- Tom Bosworth - ACT
- Rhydian Crowley - VIC
- Dane Bird-Smith - QLD
- Sean Fitzsimmons - AIS
- Quentin Rew - NZ
- Brad Aiton - QLD
- Blake Steele - AIS

Women

- Cheryl Webb - AIS
- Johanna Jackson - UK
- Claire Tallent - AIS
- Zuzanna Malikova - Slovakia
- Mari Olssen - Sweden
- Nicole Fagan - NSW
- Regan Lamble - AIS
- Tanya Holliday - SA
- Beth Alexander - VIC
- Beki Lee - NSW
- Lauren Whelan - UK

Add into the list the other walkers who will be training in Canberra but not participating in the study, including

- Luke Adams - AIS
- Nathan Deakes - AIS
- Jess Rothwell - AIS
- Rachel Tallent – AIS

and we look to have our biggest group ever for the January camp. This gives Australian walkers a great chance to train with other elite walkers and AIS Chief Walks Coach Brent Vallance is to be commended for the hard work put into bringing this to fruition. Tony Sargisson (NZ) and Andi Drake (UK) will be helping out as coaches and Phil Reading will be manning the bike since the group is just so big for one person to handle on his own. Thanks to Andi for the following photos from the camp day 1 on Monday 10 January.



AIS Chief Walks coach Brent Vallance outlines the scope of the altitude study “Acclimation using LHTL versus acclimatisation of elite race walkers for competitions at low altitude (1440m)”.



Start of a rep - Ato Ibanez (SWE), Brad Aiton, Rhydian Cowley, Dane Bird-Smith, Lauren Whelan (GBR), Johanna Jackson (GBR), Inaki Gomez (CAN), Sean Fitzimmons, Nicole Fagan, Coach Vallance



Male athletes doing 10 x 400 m on 3 min - Alex Wright (GBR), Tom Bosworth (GBR), Inaki Gomez (CAN) (obscured), Ato Ibanez (SWE), Brad Aiton, Dane Bird-Smith, Sean Fitzimons.

Andi commented:

The boys rolled sub-1:30's and the girls were around 1:45 with Jo Jackson in between on 1:37's, to get a bit of pace in the legs ahead of lab testing and a 5 x 2 km performance test up at Thredbo later this week.

WHAT'S COMING UP

Athletics Victoria Shield competition continues next weekend with all 6 regions in action. Note also that the AV website shows that the South East Region will also do a catchup round on next Thursday.

Thu 13 Jan	AV Shield - South East Region - Round 7 (rescheduled)	Knox Athletic Track, Scoresby
Sat 15 Jan	AV Shield - South East Region - Round 11	Duncan MacKinnon Reserve, Murrumbeena
Sat 15 Jan	AV Shield - Bendigo Region - Round 11	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 15 Jan	AV Shield - Geelong Region - Round 11	Landy Field, Geelong
Sat 15 Jan	AV Shield - Ballarat Region - Round 11	Llanberris Reserve, Ballarat
Sat 15 Jan	AV Shield - North West Region - Round 11	Moonee Valley Athletics Centre, Moonee Ponds
Sat 15 Jan	AV Shield - East Region - Round 11	Reischick's Reserve, Doncaster

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

21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat, entries close 5:00pm Monday 10 th January 2011
Sun 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status Entries close at midnight on Tuesday 1 st February 2011
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women. Entries close with AA on March 4 th , 2011.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA

16-17 April, 2011 Australian Centurions 24 Hour walk, Coburg, VIC
April 21-24, 2011 Australian Masters Athletics Championships, Brisbane

2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC
Sun 12 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011 Victorian Schools Roadwalking Championships, Middle 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, 2011 4th Commonwealth Youth Games, Isle of Man, UK. See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series (Category A events)

Sat 5 March 2011 Chihuahua, MEX
Sat 9 April 2011 Rio Major, POR
Sun 24 April 2011 Taicang, CHN
Sun 1 May 2011 Sesto San Giovanni, ITA
Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

2011 key EAA European Meets

Sun 20 Mar, 2011 Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
Sat 26 Mar, 2011 Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km
Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
Sun 22 May, 2011 9th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihil Shield, Dublin, Ireland

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 10-15, 2012 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 Alegre, Brazil
2013 8th World Youth T&F Championships, Donetsk, Ukraine

2014 International Fixture

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

Looking even further forward

2015 15th IAAF World Championships in Athletics, Beijing, China
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

Tim Erickson, Secretary, VRWC, 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>)