



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 18
2 February 2011



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ATHLETICS VICTORIA SHIELD COMPETITION

First to last Tuesday evening when the South East region scheduled a catch-up round with 2000m walks on offer.

AV Shield - South East Region - Round 7 (rescheduled), Knox Athletic Track, Scoresby, Tuesday 25 January

A huge field of 37 walkers greeted the gun at Knox last Tuesday evening. Brad Simpson was the fastest with 8:58.2 while Matt Felton did a 10 sec PB to take second with 9:10.8. Amy Felton continues her comeback from injury and was next in with an excellent 9:20.9 ahead of Kylie Irshad who was also in good form with 9:34.9. And the great walks continued – Aaron Tam a 10 sec PB for 9:40.7, Stephanie George a 4 sec PB with 9:43.7 and Lucas Taylor a 7 sec PB with 9:47.3. Boy, these youngsters are all walking well.

Mixed 2000 metre Race Walk

1.	Simpson, Bradley	M	KNOX AC	8:58.2
2.	Felton, Matthew	M	KNOX AC	9:10.8
3.	Burren, Amy	W	MALVERN HARR	9:20.9
4.	Irshad, Kylie	W	VICTORIAN MA	9:34.9
5.	Tam, Aaron	M	KNOX AC	9:40.7
6.	George, Stephanie	W	CROYDON AC	9:43.7
7.	Montag, Jemima	W	MACCABI AC	9:43.9
8.	Taylor, Lucas	M	KNOX AC	9:47.3
9.	Attard, Tamara	W	KNOX AC	10:26.1
10.	Irshad, Jasmine	W	KNOX AC	10:27.2
11.	Hamilton, Emily	W	KNOX AC	10:38.7
12.	Stadus, Lauren	W	KNOX AC	10:42.8
13.	Bennett, Ralph	M	VICTORIAN MA	11:03.4
14.	Attard, Bianca	W	KNOX AC	11:05.8
15.	De Lisen, Paige	W	INVITATIONS	11:12.0
16.	Walmsley, Reese	M	KNOX AC	11:13.8
17.	Lucas, Alan	M	VICTORIAN MA	11:14.6
18.	Elms, Donna	W	ATHLETICS ES	11:31.8
19.	Guy, Rachael	W	CASEY CARDIN	11:40.9
20.	Sanders, Jade	W	CASEY CARDIN	11:42.2
21.	Osmand, Kym	M	OAKLEIGH AC	11:50.8
22.	Brown, Hayley	W	INVITATIONS	11:57.6
23.	Doran, Anthony	M	GLENHUNTLY A	11:58.4
24.	Guy, Rebecca	W	CASEY CARDIN	12:09.6
25.	Steed, Gwen	W	VICTORIAN MA	12:21.4
26.	Barrow, Geoffrey	M	MENTONE AC	12:26.0
27.	Attard, Michaela	W	KNOX AC	13:03.0
28.	Brennan, Jonty	M	INVITATIONS	13:09.9
29.	Morrey, Jan	M	OAKLEIGH AC	13:16.2
30.	Morrison, John	M	SANDRINGHAM	13:19.3
31.	Hutton, Philip	M	GLENHUNTLY A	13:28.4
32.	Johnson, Celia	W	VICTORIAN MA	13:30.4
33.	Zelevnikow, John	M	GLENHUNTLY A	20:32.8
	De Pasquale, Joel	M	KNOX AC	DNF
	Woodman, Lawrie	M	GLENHUNTLY A	DQ
	Elms, Jason	M	ATHLETICS ES	DQ
	Sofianos, Gerald	M	OAKLEIGH AC	DQ

Now onto Saturday when all 6 regions were in action with 130 walkers in total contesting 3000m and 1500m walks – and it was hot!

AV Shield - Ballarat Region - Round 12, Llanberris Reserve, Ballarat, Saturday 29 January

Collin Bootsman was the best at Ballarat with 16:50.21. It was also good to see Daryl Biggin back in action and walking pretty well with 17:16.23.

Mixed 3000 metre Race Walk

1.	Bootsman, Collin	M29	WENDOUREE AC	16:50.21
2.	Biggin, Daryl	M47	UNATTACHED	17:16.23
3.	Prendergast, Maurice	M47	BALLARAT YCW	17:46.21
4.	Ruddick, Kevin	M60	BALLARAT HAR	18:03.53
5.	Govan, Lee	M55	WENDOUREE AC	20:28.05
6.	Jones, Peter	M65	BALLARAT HAR	21:58.76
7.	Brooks, Barry	M70	BALLARAT HAR	22:32.89

AV Shield - Bendigo Region - Round 12, La Trobe University Bendigo Athletics Complex, Bendigo, Saturday 29 January

Ebony Whiley 16:28.76 and Zoe Boldiston 7:30.85 were the best at Bendigo as Paul Rance had a rest this week!

Mixed 3000 metre Race Walk

1.	Whiley, Ebony	W15	EAGLEHAWK YM	16:28.76
2.	Heard, Amanda	W15	EAGLEHAWK YM	16:45.61
3.	Major, Annette	W48	EAGLEHAWK YM	17:22.13
4.	Savage, Joshua	M15	EAGLEHAWK YM	17:47.28
5.	Watson, John	M60	BENDIGO YMCA	22:42.56
6.	Minchin, Lisa	W46	SOUTH BENDIG	25:22.10

Mixed 1500 metre Race Walk

1.	Boldiston, Zoe	W13	SOUTH BENDIG	7:30.85
2.	Jones, Jeremiah	M13	EAGLEHAWK YM	8:43.49

AV Shield - East Region - Round 12, Bill Sewart Athletics Track, Burwood, Saturday 29 January

Nathan Brill was the walker of the round with a 26 sec PB time of 12:41.6 at Box Hill (wow)! With 4 other walkers under 15 mins, there was good depth and Andrew Jamieson (M64) was superb as usual with his 14:21.8. Wait till those records tumble later this year when he turns 65. Another good walk by Amy Burren 15:01.9, just behind Kylie Irshad 14:57.7. Brianna Cooke was the best over 1500m with 8:42.8.

Mixed 3000 Meter Race Walk

1.	Brill, Nathan	M14	BOX HILL AC	12:41.6
2.	Simpson, Bradley	M17	KNOX AC	14:13.9
3.	Jamieson, Andrew	M64	OLD SCOTCH C	14:21.8
4.	Kozica, Jason	M24	ST KEVINS AC	14:41.3
5.	Irshad, Kylie	W39	VICTORIAN MA	14:57.7
6.	Burren, Amy	W16	MALVERN HARRIERS	15:01.9
7.	Tindal, Pam	M51	CROYDON AC	15:02.2
8.	Cochrane, Andrew	M55	OLD SCOTCH C	16:17.6
9.	George, Stephanie	W14	CROYDON AC	16:37.5
10.	Reid, Ross	M56	COLLINGWOOD	16:37.7
11.	Dickenson, Russ	M65	SOUTH COAST	16:43.7
12.	Dyer, William	M49	BOX HILL AC	16:49.6
13.	Jack, Clarrie	M65	RICHMOND HAR	17:03.1
14.	Benke, Geza	M54	OLD MELBURNIANS	17:39.7
15.	Irshad, Jasmine	W13	KNOX AC	17:44.3
16.	Burren, Sarah	W14	MALVERN HARRIERS	17:44.6
17.	Walsh, Robert	M17	ATHLETICS NU	18:05.3
18.	Gardiner, Bob	M74	COLLINGWOOD	18:49.5
19.	Worsnop, Chris	M53	OLD XAVERIANS AC	19:08.2
20.	Facey, Stuart	M60	OLD SCOTCH C	19:16.5
21.	Cooper, Stuart	M60	ST STEPHENS	19:52.8
22.	Ellis, Robert	M63	RICHMOND HAR	20:25.2
23.	Summers, Harry	M75	BOX HILL AC	20:41.9
24.	Laurie, Natalie	M19	ATHLETICS NU	24:41.7
25.	White, Leah	W17	ATHLETICS NU	24:41.9
26.	Mah, Lincoln	M35	ST KEVINS AC	26:41.2
27.	Hammett, Gary	M53	DIAMOND VALLEY AC	DQ
28.	Fitts, John	M74	RICHMOND HAR	DQ

Mixed 1500 Meter Race Walk

1.	Cooke, Brianna	W13	DIAMOND VALLEY AC	8:42.8
2.	Walburg, Kirsten	W12	DONCASTER AC	8:57.1
3.	Brennan, Jonty	M10	UNATTACHED	9:15.4
4.	George, Hayley	W10	SOUTH COAST	10:01.6
5.	Boylen, Adele	W11	COLLINGWOOD	11:36.0
6.	Neale, Anthony	M12	COLLINGWOOD	11:38.2

AV Shield - Geelong Region - Round 12, Landy Field, Geelong, Saturday 29 January

Johs Dillon and Jared Walker were the best at Geelong with 14:17.49 and 14:20.57 respectively while Jmarah Hockley-Samon was the best of the women with 16:51.61. Jared's sister Megan Walker was the best in the 1500m with 8:52.60.

Mixed 3000 metre Race Walk

1.	Dillon, Joshua	M16	CORIO AC	14:17.49
2.	Walker, Jared	M15	CORIO AC	14:20.57
3.	Seid-Christmass, James	M43	CORIO AC	14:45.04
4.	Mirarchi, Nicholas	M19	CORIO AC	16:26.05
5.	Hockley Samon, Jmara	W15	ATHLETICS CH	16:51.63
6.	Costelloe, Jesse	M15	BELLARINE AT	16:54.73
7.	Jenkins, Alan	M49	ATHLETICS CH	20:46.66
8.	Lockwood, Jill	W39	CORIO AC	28:28.16

Mixed 1500 metre Race Walk

1.	Walker, Megan	W13	CORIO AC	8:52.60
2.	Lockwood, Jade	W15	CORIO AC	9:39.96
3.	Dillon, James	M11	UNATTACHED	11:00.44
4.	Mirarchi, Thomas	M10	CORIO AC	11:36.50

AV Shield - North West Region - Round 12, Meadowglen International Athletics Track, Epping, Saturday 29 January

With Paul Kennedy taking a rest this week, Aaron McDonough stepped up to the plate for the fastest time of 14:58.2, just holding out his team mate Trenton Hawkins 14:59.9. Kirstin Shaw walked well for her time of 16:00.5. Daniel Dunstone was easily the best over 1500m with a good 8:01.9. I was too slow to comment on!

Mixed 3000 metre Race Walk

1.	McDonough, Aaron	M38	PRESTON AC	14:58.2
2.	Hawkins, Trenton	M31	PRESTON AC	14:59.9
3.	McShanag, Connor	M14	ATHLETICS ES	15:49.2
4.	Shaw, Kirstin	W19	WESTERN ATHL	16:00.5
5.	Knox, Duncan	M51	ATHLETICS ES	16:05.6
6.	Erickson, Tim	M60	COBURG HARRI	17:05.4
7.	Campbell, Caitlin	W16	ATHLETICS ES	17:10.5
8.	Elms, Donna	W49	ATHLETICS ES	18:22.9
9.	Kondogonis, John	M49	KEILOR ST BE	18:31.3
10.	Shaw, Robyn	W49	WESTERN ATHL	18:33.3
11.	Bertrand, Carly	W14	KEILOR ST BE	18:44.5
12.	Smithson, Kimberley	W25	PRESTON AC	19:23.8
13.	Murphy, Stephen	M49	ATHLETICS ES	22:30.7
14.	Aplin, Elise	W22	KEILOR ST BE	22:37.2
15.	Abfalter, Maria	W42	KEILOR ST BE	22:53.4
16.	Stobaus, Anne	W69	KEILOR ST BE	22:57.9
17.	Ireland, Roslyn	W27	BRUNSWICK AC	23:17.7
18.	Ireland, Olive	W50	BRUNSWICK AC	25:30.2
19.	Dunstone, Phillip	M42	WESTERN ATHL	26:00.2
20.	Baker, Gail	W53	BRUNSWICK AC	DQ
21.	Edwards, David	M17	BRUNSWICK AC	DQ

Mixed 1500 metre Race Walk

1.	Dunstone, Daniel	M13	WESTERN ATHL	8:01.9
2.	Bertrand, Geogia	W10	INVITE	9:24.0
3.	Petersen, Timothy	M12	ATHLETICS ES	9:25.6
4.	McLaren, Stacey	W14	ATHLETICS ES	9:47.6
5.	Hodgart, Claire	W14	WESTERN ATHL	9:52.0
6.	Irons, Julia	W12	KEILOR ST BE	10:02.0
7.	Abfalter, Emma	W13	KEILOR ST BE	10:45.3
8.	Musgrave, Caitlyn	W10	PRESTON AC	11:07.7
9.	Matthews, Rhiannon	W9	KEILOR ST BE	11:39.4
10.	Sykes, Dominic	M9	KEILOR ST BE	11:54.0
11.	Rudston-Brown, Taylor	W10	INVITE	13:20.5
12.	Maguire, Annelise	W14	KEILOR ST BE	DQ
13.	Roberts, Isobell	W14	KEILOR ST BE	DQ
14.	Long, Izaak	M10	PRESTON AC	DQ
15.	Crea, Gabriella	W11	ATHLETICS ES	DQ

AV Shield - South East Region – Round 12, Ballam Park Athletic Track, Frankston, Saturday 29 January

Josh Kaiser did a 27 sec PB of 14:32.1 to win at Frankston. Behind him, it was great to see Tamara Attard back on the track and walking excellently for second with 15:11.4. Lucas Taylor 7:33.6 and Emily Hamilton 7:58.0 were the best in the 1500m.

Mixed 3000 metre Race Walk

1.	Kaiser, Joshua	M17	SOUTH COAST	14:43.1
2.	Attard, Tamara	W20	KNOX AC	15:11.4
3.	Montag, Jemima	W12	MACCABI AC	15:22.0

4.	Carr, Heather	W61	EAGLEHAWK YM	15:48.1
5.	Tam, Aaron	M16	KNOX AC	16:18.4
6.	McInnes, Simone	W19	GLENHUNTLY A	16:50.6
7.	Sanders, Jade	W13	CASEY CARDIN	16:54.6
8.	Eastwood, Jessie	W13	KNOX AC	17:02.4
9.	Lucas, Alan	M28	VICTORIAN MA	17:35.1
10.	Doran, Anthony	M58	GLENHUNTLY A	19:13.1
11.	Steed, Gwen	W68	VICTORIAN MA	19:32.4
12.	Barrow, Geoff	M61	MENTONE AC	19:48.2
13.	Guy, Rachael	W11	CASEY CARDIN	19:49.7
14.	Morrey, Jan	M71	OAKLEIGH AC	20:14.9
15.	Johnson, Celia	W63	VICTORIAN MA	20:20.8
16.	Attard, Michaela	W17	KNOX AC	20:53.7
17.	Morrison, John	M71	SANDRINGHAM	21:51.8
18.	Huntley, Zoe	W16	KNOX AC	24:38.6
19.	Seen, Stephanie	W15	KNOX AC	26:55.6
20.	Zeleznikow, John	M60	GLENHUNTLY A	32:04.6
21.	DE Pasquale, Joel	M26	KNOX AC	DNF
22.	Sanford, Craig	M42	ATHLETICS WA	DQ
23.	MacDonald, Julianne	W46	HAILEYBURY A	DQ
24.	Bennett, Ralph	M69	VICTORIAN MA	DQ
25.	Atkinson, James	M44	ATHLETICS WA	DQ

Mixed 1500 metre Race Walk

1.	Taylor, Lucas	M14	KNOX AC	7:33.6
2.	Hamilton, Emily	W12	KNOX AC	7:58.0
3.	Attard, Bianca	W15	KNOX AC	8:04.5
4.	Walmsley, Reese	M12	KNOX AC	9:09.2
5.	Dickson, Joshua	M15	KNOX AC	9:27.3
6.	Vella, Lewis	M13	CASEY CARDIN	9:36.7
7.	McNicol-Davidson, Cody	M12	INVITATIONS	9:55.9
8.	Lilley-Hale, Tristan	M15	KNOX AC	11:40.8

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 30 JANUARY 2011

Sunday saw 40°C forecast for Melbourne and it certainly got very hot very early. So I was pleasantly surprised to see so many walkers in action (50 in total) at Middle Park for our scheduled morning races. If you really want to gain an appreciation of the conditions, check out the photos from the day's racing – <http://vrwc.org.au/coppermine>. Those are pretty distressed faces!

The first event to kick off was the 20km at 8:30AM and we saw 4 brave souls set out on what turned out to be a very torrid affair. But I am pleased to advise that they all saw it out and finished, albeit in slower times than normal. They are certainly the 'walkers of the week' in my opinion for such a superb effort in dreadful conditions – blue skies and a scorching sun.

Open 20km

1.	O'Neill, Terry	1:01:33	2:08:33
2.	Thompson, Michelle	1:05:41	2:15:47
3.	O'Neill, Karyn	1:12:58	2:30:30
4.	Jordan, Steve	1:19:25	2:42:03



Heroic efforts in the heat – Karyn and Terry O'Neill, Steve Jordan and Michelle Thompson

The next races were scheduled to start at 9AM and most of the remaining walkers chose to start then rather than wait until their scheduled start times later in the morning (sensible!). We welcomed 3 of our South Australian compatriots and they all walked well – Kim Mottrom 25:22 and Justin Hill 29:57 in the 5km and Sandy Brunner 19:56 in the 3km. Special mentions to Pam Tindal a superb 57:36 to win the 10km, Aaron McDonough 26:53 for 5km and Pam Mews 36:13 for 3km after having major ankle surgery and a hip replacement! Welcome back Pam!

Open 15km

Donahoo, Mark DNF

Open 10km

1.	Lewis Clark	57:17
2.	Tindal, Pam	57:36
3.	Jack, Clarrie	1:02:53
4.	Dickenson, Russ	1:03:03
5.	Shaw, Kirstin	1:04:54
6.	Shaw, Robyn	1:08:08
7.	Wallace, Anna	1:09:32
8.	Elms, Donna	1:11:39
9.	Skrucany, Rudolf	1:17:56

Open 5km

1.	Mottrom, Kim (SA)	25:22
2.	McDonough, Aaron	26:53
3.	Tam, Aaron	28:24
4.	Carr, Heather	28:35
5.	Taylor, Lucas	28:51
6.	Hockley-Samon, Jmara	29:53
7.	Hill, Justin (SA)	29:57
8.	McShanag, Connor	30:29
9.	Felton, Matt	31:38
10.	Gardiner, Bob	32:06
	Dillon, Josh	DQ

Open 3km

1.	Campbell, Caitlin	17:55
2.	Kozica, Jason	18:35
3.	Brunner, Sandy (SA)	19:56
4.	Wood, Robin	24:48
5.	Onley, Gordon	25:44
6.	Mews, Pam	36:13

U15 3km

1.	Attard, Bianca	17:46
2.	Garganis, Adam	17:56
3.	Stadus, Lauren	18:21
4.	McLaren, Stacey	20:32
5.	Tremigliozi, Paul	20:59



Justin Hill, Kim Mottrom, Sandy Brunner, Pam Tindal and Pam Mews in action on Sunday

Our U9 and U12 walkers were last to start, contesting 1km and 2km respectively. Kyle Swan, Harry Hockley-Samon and Shelby Kay were fastest in the 2km while Kathleen O'Mahony was the best in the 1km.

U12 2km

1.	Swan, Kyle	11:06
2.	Hockley-Samon, Harry	11:37
3.	Kay, Shelby	11:46
4.	Crea, Gabriella	12:46
5.	Mathews, Jayah	12:47
6.	O'Mahony, Brendon	12:52
7.	Mathews, Kurtis	13:34
8.	Feain, Lachlan	13:39
9.	Taylor, Lee	14:00
10.	Tremigliozi, Josh	16:38

U9 1km

1.	O'Mahony, Kathleen	06:34
2.	Miller, Tegan	07:30
3.	Kay, Payton	07:39



Brendon and Kathleen O'Mahony, Harry Hockley-Samon, Shelby Kay, Josh Tremigliozi and Kyle Swan in action

Thanks to our many officials who make our racing days so successful. It was hard work for all with the super hot conditions.

Officials: Tim Erickson, Ian Laurie, Natalie Laurie, Harry Summers, Jason Elms, Damien Elms, Don McLaren, Justin McLaren, Tina Miller, Russ Dickenson
Course Setup Harry Summers, Bob Gardiner, Jason Elms, Damien Elms, Tim Erickson
Judges: Peter Vysma (Chief), Gordon Loughnan, Michael Bodey, Lloyd Nichols
Canteen: Barb Gardiner, Joyce Summers, Kate Suich
Photos: Terry Swan, Cherylanne Campbell, Pauline McShanag

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, WEDNESDAY 19 JANUARY 2011

Thanks to Paul Rance for his latest report from Bendigo.

Following are the results of the Bendigo Walkers Club's first Wednesday evening competition for 2011, held on 19th January.

1500m: Peter Curtis 7.27, Jeremiah Jones 8.02, Jarrod Coad 9.12, Bree Heiden 10.22, Zahra Hayes 10.25, Geoff Major 10.35, Norm West 12.24, Carol Coad 13.02, Yazmin Hayes 13.12, Jamie-Lee Jones 13.33

3000m: Amanda Heard 16.08, Ebony Whiley 16.10, Dane Heiden 17.03, John Carter 19.56, Annette Curtis 20.57, Colin Cleary 22.18, Catherine Heard 22.21, Ebony-Jade Jones 24.05

ACT WALKING CLUB RACES, AIS WARMUP TRACK, BRUCE, THURSDAY 27 JANUARY 2011

Thanks to Robin Whyte for the weekly results from Canberra. Fast 1500m walks by Callum Burns and Gabby Hunt!

2000m: 1 Michael Reading 09:35 2 Zoe Hunt 10:37 3 Peter Baker 10:55 4 Karina Hopkins 11:03 5 Thomas Hopkins 11:04 6 Emily Blair 11:49 7 Helena Bialecki 11:55 8 Robin Whyte 11:58 9 Bryan Thomas 13:04 10 Jack Durr 13:29 11 Ally Durr 13:32 12 Doug Fitzgerald 14:01 13 John Donovan 14:17 14 Terry Munro 14:18 15 Callum Doherty 14:22 16 Val Chesterton 15:59 17 Alice Scott 16:36 18 Jennifer Gilchrist 16:54.

1200m: 1 Callum Burns 06:17 2 Gabby Hunt 06:51 3 Spencer Burns 07:39 4 Kate Black 07:39 5 Jessica Robison 07:48 6 Lee Rice 07:56 7 Emily Hopkins 08:26 8 Andrew Minahan 09:41 9 Sharon Allen 11:37 10 John Parker 11:38.

WA INTERCLUB, WA ATHLETICS STADIUM, FRIDAY 28 JANUARY 2011

5000 Meter Race Walk

1.	Holt, Kate	W96	MLV	29:12.2
2.	Smyth, David	M69	MAWA	31:16.8
3.	Smith, Jacqueline	W93	CUR	32:11.0

SOUTH AUSTRALIAN INTERCLUB ROUND 11, ENFIELD, SATURDAY 29 JANUARY 2011

Thanks to Peter Crump for his weekly report from Adelaide

No point complaining about the heat, as we sent it on to our Victorian walkers for their walk the next day. A hardy few still completed the 3,000 metres and 1500 metres at the temporary grass track at St Albans, Enfield.

Darren Bown took out the 3000 metres from Paige Hooper and Peter Crump, while the 1500 metres was the start of a multi-event day for Claire Xian, and an opportunity for Lachlan Tyler-Dowd to make a welcome return to competitive walking.

3000m walk

1.	Darren Bown	13:23.8
2.	Paige Hooper	14:56.0
3.	Peter Crump	16:56.9

1500m walk

1.	Claire Xian	7:43.9
2.	Lachlan Tyler-Dowd	9:09.4

HEATHER CARR PRODUCES YET ANOTHER WORLD RECORD

Last week I reported on the Victorian Country championships at Ballarat but one performance was even better than I thought. Heather Carr's winning time of **15:21.94** in the W50+ 3000m broke her current **W60 World Record** of 15:30. That is a further 9 secs off the record. Yet another amazing walk to this wonderful athlete.



Heather on her way to a new W60 3000m walk world record of 15:21.94 at the Vic Country championships

IRISH NATIONAL 30KM RACE WALKING CHAMPIONSHIP, CORK, SUNDAY 30 JANUARY 2011

RunIreland.com reported on last weekend's Irish National Championships as follows:

After spending a month in Australia, followed by ten days in Spain, it was back to the business of winning national titles for Robert Heffernan this morning

The Togher man was competing in the Woodie's DIY national 30k walking championship, held over the Monahan Road / Centre Park Road circuit in Cork. Older runners will remember competing in the national road relays over this circuit back in the 70's.

On a bitterly cold morning he immediately went into the lead, with Colin Griffin from Ballinamore AC attempting to go with him. However, Heffernan was in determined form and was quickly away on his own, discarding his woolly hat on the second 2.5k lap. After that there was never any danger of being caught and he easily won the title, breaking his own national record with a time of 2 hours 7 minutes and 48 seconds.

Afterwards he stated that his training is going great and the race was no more than a good training session. His mileage has

remained under 80 miles a week, preferring to do more quality work than quantity.

Laura Reynolds (Mohill AC) won the women's 20k walk in 1:38:08, while Kate Veale (West Waterford AC) won the 7.5k race.

30km Irish Championship

1.	Rob Heffernan	Togher AC	2:07:48	NR
2.	Colin Griffin	Ballinamore AC	2:13:59	
3.	Jeff Cassin	Finn Valley AC	2:21:17	
4.	David Kidd	St Laurence O'Toole AC	DNF	

20km

1.	Laura Reynolds	Mohill AC	1:38:08	
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15km

1.	Cian McManamon	Westport AC	1:14:48	
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10km

1.	Michael Moran	Claremorris AC	49:47	
2.	Emma Doherty	North Belfast Harriers	53:32	
3.	Rob O'Neill	Togher AC	56:56	
	Evan Lynch	Clonmel AC	DNF	

7.5km

1.	Kate Veale	West Waterford AC	35:36	
2.	Fiona Denehy	St Senan's AC	44:16	
3.	Paul Murphy	Claremorris AC	44:34	

5km

1.	Patrick Bell	Castlebar AC	27:06	
2.	Caoimhe Casey		28:36	
3.	Dylan Carty	Sligo AC	28:41	
4.	Simon Gillespie	Ballina AC	29:03	
5.	Stephanie Morley	Claremorris AC	31:22	
6.	Laura Beston	Claremorris AC	31:43	
7.	Michelle Byrne	Mohill AC	DNF	

2.5km

1.	Andrew Bell	Castlebar AC	15:18	
2.	Siobhan Hennesy	Moycarky Coocroo AC	15:40	
3.	Claire Morley	Claremorris AC	15:48	
4.	Saoirse Oliver	Swinford AC	21:15	

OTHER OVERSEAS NEWS

MILANO (ITA): Olympic 50 km champion and European 20 km silver medallist Alex Schwazer suffered a serious knee injury while he was skiing near his home village Racines in the Italian Sud Tyrol. "I fell and soon I felt very acute pain. The left knee was swollen and I went immediately to the Vipiteno's hospital. In the next few days I will undergo a scan visit in Pavia." There is a high risk it turns out to be a knee ligament injury which would sideline him for the World Championships in Daegu and the rest of the season. Last week Schwazer, who is now coached by former 20 km world champion Michele Didoni, met Italian Team Technical Director Francesco Uguagliati and the Carabinieri team's staff to map out the 2011 season. Before Daegu, Schwazer had originally planned a 20 km test at the European Walking Cup in Portugal next May.

VRWC WINTER SEASON FIXTURE - DRAFT

We have been hard at work putting the finishing touches to our 2011 VRWC winter season racing fixture and are now able to present it to members for review. I have posted a draft copy online – see <http://www.vrwc.org.au/VRWC%20fixture%20-%20winter%202011%20version%202.pdf>

It shows all the key AV, AA, RWA, VRWC, VMA and AMA walk dates, The season will kick off on Saturday 30th April with the A.V. 5km teams roadwalk championships (remember it's 3 walkers per team so get busy and tie your team in now) and will finish on Sunday 11th September with the Victorian 50km championship for men and a VRWC 50km championship for women (which might be extended to become a Racewalking Australia championship for women). For the past few years, we have combined the Victorian 50km with the Australian 50km but this has not proven a success as the strict entry criteria for the Australian championships precludes slower walkers from having a go. This will hopefully redress that shortcoming.

Anyway, check out all the key dates and get back to me if you wish to discuss or clarify anything. It is going to be difficult to make major changes now without upsetting the whole program but we are always open to suggestions and constructive comment.

FINAL PHOTOS FROM THREDBO

Some final photos from the AIS's 3 week training camp which finished on Sunday. These photos are provided compliments of Adriana Vanden Heuve from the AIS team. They were all taken at Thredbo over the weekend. Thanks Adriana – fantastic photos!



Zuzanna Malikova (SLV) and Regan Lamble



Andi Drake (ENG) with Regan Lamble



Beki Lee



Nicole Fagan being tested on the treadmill



Yes, it's altitude training!



Dane Bird-Smith



2km reps – Jo Jackson (ENG), Lauren Whelan (ENG), Beki Lee, Beth Alexander and Mari Olssen (SWE)



2km reps - Chris Erickson, Jamie Costin (IRE), Matej Toth (SLV)

ENTRIES ARE NOW OPEN FOR THE VICTORIAN TRACK & FIELD CHAMPIONSHIPS

Athletics Victoria is now taking entries for the 2011 Victorian T&F Championships. To quote from their announcement

We all remember our first competition at Olympic Park, make sure you don't miss the chance to compete at your last.

Take to the track and fight it out in the field for one last time, as we invite all members of the Victorian athletics community to compete at and farewell Olympic Park at the 2011 Victorian Youth Track & Field Championships (25 -27 February) and 2011 Victorian Open and AWD Track & Field Championships (Friday 4 - Sunday 6 March, 2011).

Entries for both championships are now open, and Athletics Victoria is pleased to give you, your family and friends one last chance to compete at our home of nearly a century. Olympic Park has played host to world record breaking performances and Olympic champions alike, and we'd love for you to be part of the venue's history, and help provide it with a fitting farewell.

Both championship events have no qualifying standards, which means anyone can take part. All you have to be is a registered and financial Athletics Victoria member.

To enter the **Open champs** online (**entries close Thursday 17 February**)

https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=634&orgid=189

The draft timetable shows the 5000m walks on Friday 4 March at 7:45PM so conditions should be ideal.

To enter the **Underage champs** online (**entries close Thursday 10 February**)

https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=613&orgid=189

The draft timetable has the walks timetabled as follows

U17-U20 5000m	Friday 25 Feb, 7:20PM
U14 3000m	Sat 26 Feb, 11:30AM
U15-U16 3000m	Sun 27 Feb, 11:30AM

WHAT'S COMING UP

Next Saturday sees the final round of the Athletics Victoria Shield competition and we can expect some great racing

Sat 5 Feb	AV Shield - East Region - Round 13	Hagenauer's Reserve, Box Hill
Sat 5 Feb	AV Shield - South East Region - Round 13	Knox Athletic Track, Scoresby
Sat 5 Feb	AV Shield - Bendigo Region - Round 13	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 5 Feb	AV Shield - Geelong Region - Round 13	Landy Field, Geelong
Sat 5 Feb	AV Shield - Ballarat Region - Round 13	Llanberris Reserve, Ballarat
Sat 5 Feb	AV Shield - North West Region - Round 13	Moonee Valley Athletics Centre, Moonee Ponds

The following Saturday sees the AV Shield Final at Scoresby

Sat 12 Feb	AV Shield - All Regions - Shield Final	Knox Athletic Track, Scoresby
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Then it's onto our various summer championships.

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

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. Enter on night.
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park Entries close Thursday 10 th February.
Sun 26 Feb, 2011	QLD Walk Championships (5000m U18, 10000m U20 and Open), Gold Coast City Athletics Track, QLD
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks) Entries close Thursday 17 th February.
Sat 5 Mar, 2011	Australian Centurions 6 Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
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 A.A. on Friday 4 th March.
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. Field nearly full so enter quickly.
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

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).
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/Nihill 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, Taicing, 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>)