



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### ATHLETICS VICTORIA SHIELD GRAND FINAL, SCORESBY, SATURDAY 12 FEBRUARY 2011

Last Saturday, the Victorian Shield competition culminated with the Grand Final being held at the Knox Athletic Track in Scoresby. It was a huge all-day show with the top 2 teams from each of the 6 regions competing against each other in each division. To give some idea of the meet size, there were 59 heats of the 100m! Personally, I thought it was the best AV Shield final I have ever seen.

Four separate 2000m walks were held to accommodate the large grouping of around 90 walkers and conditions were perfect, with temperatures in the low twenties and partly cloudy conditions. Unfortunately the results from the AV website do not show disqualifications so all I can suggest is that, if your name is not on the list, you may have been disqualified.

The first walk event, for Men Div 1&2, Men U20 and Women Div 1, saw **Rhydian Cowley** shoot from the blocks and street the field with a wonderful exhibition of speed endurance walking. His final time of **7:47.0** was a new club record (obviously!) and a 7 sec PB. **Jason Kozica** was next in with **8:52.7**, a 22 sec PB. Danny Hawksworth of Athletics Essendon was next to finish in 8:56.6. 'Danny Who' you might say. Danny, who is better known as a middle to long distance runner, is a talented walker and many of us have tried unsuccessfully over the years to get him to switch to walking. That time indicates why! Tamara Attard, who is now getting back to good walking form, was the fastest of the women with 10:00.5.

#### Men Open Division 1 2,000m Walk

1.	RHYDIAN COWLEY	GHY	7:47.0	PB 7 secs
2.	JASON KOZICA	STK	8:52.7	PB 22 secs
3.	DANNY HAWKSWORTH	ATE	8:56.6	
4.	PAUL KENNEDY	MUU	9:06.6	
5.	SIMON EVANS	BOH	9:58.3	
6.	PATRICK NOONAN	STK	10:56.5	
7.	MATTHEW IRONS	MUU	12:38.5	
8.	JOHN ZELEZNIKOW	GHY	17:11.6	
	JASON ELMS	ATE	DQ?	

#### Men Open Division 2 2,000m Walk

1.	TRENTON HAWKINS	PTN	9:14.1	
2.	ANDREW JAMIESON	OLS	9:31.1	
3.	AARON MCDONOUGH	PTN	9:33.9	PB 1 sec
4.	MICHAEL BEATON-WELLS	OLS	10:01.8	
5.	CLARRIE JACK	RIC	11:22.0	
6.	ROBERT ELLIS	RIC	12:43.9	

#### Men Under 20 2,000m Walk

1.	NICHOLAS MIRARCHI	GER	10:36.3	
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#### Women Open Division 1 2,000m Walk

1.	TAMARA ATTARD	KNA	10:00.5	
2.	SIMONE MCINNES	GHY	10:36.8	PB 51 secs
3.	BIANCA SHARE	KSB	11:13.1	
4.	ELISE APLIN	KSB	11:32.9	
5.	SIMONE CARRE	BOH	14:35.9	
6.	JILL LOCKWOOD	GER	17:08.6	

The second walk event, for Men Div 3, Men 40+, Women Div 2 and Women U20, saw James Seid-Christmass set a new Geelong club record with his winning time of 9:13.5. Kylie Irshad continued her recent great form to take second overall with 9:24.5, her best for some time. Natalie Laurie almost matched her time of last week to be next home in 10:02.6.

#### Men Open Division 3 2,000m Walk

1.	NATALIE LAURIE	ANW	10:02.6	
2.	STEPHEN VERNAL	ANW	11:53.1	
3.	RUPERT VAN DONGEN	CCA	12:48.7	
4.	MARK IRELAND	BWK	14:06.1	

5.	IAN RICKARD	BWK	16:15.9
<b>Men 40+ 2,000m Walk</b>			
1.	JAMES SEID-CHRISTMASS	GER	9:13.5
2.	DAVID ARMSTRONG	DIV	10:43.4
3.	TIM ERICKSON	COB	10:46.6
4.	JOHN KONDOGONIS	KSB	11:01.9
5.	RALPH BENNETT	VMA	11:06.5
6.	ALAN LUCAS	VMA	11:07.8
7.	BOB GARDINER	COL	11:11.6
8.	IAN UPTON	KSB	12:47.4
9.	MAURICE PRENDERGAST	BAR	12:50.5
10.	JAN MORREY	OAK	13:13.9
11.	DANNY HECKER	COL	13:49.8
12.	PETER LAURENCE	DIV	14:05.7
13.	ELIZABETH EASTWOOD	OAK	17:53.3
<b>Women Open Division 2 2,000m Walk</b>			
1.	KYLIE IRSHAD	VMA	9:24.5
2.	KIMBERLEY SMITHSON	PTN	11:13.4
3.	GWEN STEED	VMA	12:17.3
4.	JAMEE-LEIGH COLLEY	PTN	14:07.0
5.	MARIA ABFALTER	KSB	14:37.8
6.	AMANDA BARIC	KSB	14:38.8
<b>Women Under 20 2,000m Walk</b>			
1.	KIRSTIN SHAW	WES	10:29.3

The third walk event, for Men U18, U16 and U14, was another fantastic event, with 14 year old **Nathan Brill** taking first place with a 5 sec PB time of **8:10.4**. Behind him, **Matt Felton** recorded a 26 sec PB with **8:44.1** for second. 13 year old **Billy Allamby** was the best of the U14 walkers with a fine **9:52.0**. Overall, a high standard race by our young male walkers.

<b>Men Under 18 2,000m Walk</b>				
1.	MATTHEW FELTON	KNA	8:44.1	PB 26 secs
2.	JOSHUA DILLON	GER	9:10.4	
3.	RYAN ANTIDORMI	ANW	9:31.5	
4.	AARON TAM	KNA	9:40.2	Eq. PB
5.	JACOB WRIGHT	ANW	12:45.4	
<b>Men Under 16 2,000m Walk</b>				
1.	NATHAN BRILL	BOH	8:10.4	PB 5 secs
2.	CONNOR MCSHANAG	ATE	9:44.4	
3.	LUCAS TAYLOR	KNA	9:49.4	
4.	JOSHUA SAVAGE	BER	11:03.7	
<b>Men Under 14 2,000m Walk</b>				
1.	BILLY ALLAMBY	KNA	9:52.0	PB 1 sec
2.	KYLE SWAN	KNA	10:07.6	
3.	COOPER OWEN	DIV	10:43.3	
4.	HARRY HOCKLEY-SAMON	GER	10:43.6	
5.	ADAM GARGANIS	COL	10:47.3	PB 6 secs
6.	JEREMIAH JONES	BER	11:01.9	
7.	ALEXANDER SYKES	KSB	13:35.2	
8.	ANTHONY NEALE	COL	16:01.4	
9.	THOMAS MIRARCHI	GER	17:04.3	
10.	PATRICK MATTHEWS	KSB	14:03.9	

The final walk event, for the U18, U16 and U14 girls, saw **Jmara Hockley-Samon** come through the field to win with a fine time of **9:31.6**, a 16 sec PB. Ebony Whiley had a big lead early but was caught by Jmara and had to work hard to hold out a fast finishing Stephanie George. Jasmine Irshad walked well to win the U14 division with 10:12.32

<b>Women Under 18 2,000m Walk</b>				
1.	MICHAELA ATTARD	KNA	12:42.3	
2.	JESSICA LAMB	BWK	15:25.7	
3.	LEAH WHITE	ANW	15:47.9	
4.	TESS RICKARD	WK	16:14.5	
<b>Women Under 16 2,000m Walk</b>				
1.	JMARA HOCKLEY-SAMON	GER	9:31.6	PB 16 secs
2.	EBONY WHILEY	BER	10:00.4	
3.	STEPHANIE GEORGE	CDN	10:03.4	
4.	AMANDA HEARD	BER	10:25.9	

5.	LAUREN STADUS	KNA	10:34.2	PB 18 secs
6.	BIANCA ATTARD	KNA	10:54.7	
7.	CARLY BERTRAND	KSB	11:15.4	
8.	CLAIRE HODGART	WES	12:45.7	
9.	JADE LOCKWOOD	GER	13:00.3	
10.	TAYLAH WALKER	BAR	14:39.1	
11.	HANNAH GARGANIS	COL	15:37.1	
12.	MONICA IRELAND	KSB	15:11.5	
13.	BRITTANY MCINTYRE	WES	15:59.2	

**Women Under 14 2,000m Walk**

1.	JASMINE IRSHAD	KNA	10:12.2	
2.	JADE SANDERS	CCA	10:18.6	PB 29 secs
3.	EMILY HAMILTON	KNA	10:28.8	PB 8 secs
4.	RACHAEL GUY	CCA	11:35.8	PB 5 secs
5.	BRIANNA COOKE	DIV	11:42.7	
6.	KEELY HENDERSON	PTN	12:01.5	
7.	KIRSTEN WALBURG	DAC	12:35.1	
8.	JULIA IRONS	KSB	12:51.0	
9.	CAITLYN MUSGRAVE	PTN	13:29.0	
10.	RHIANNON MATTHEWS	KSB	13:37.5	

Of course, there were a lot of other walkers there watching and wishing that their own teams had made the finals.

AV did their usual superb job and have since published a number of photos on their facebook page. Here are some from the walks.



**Left: Matt Felton and Josh Savage**

**Right: Start of the second walk – Gwen Steed, Tim Erickson, James Seid-Christmass, Kimberley Smithson, Bob Gardiner, Kylie Irshad, Alan Lucas and Chris Harrap**



**Left: Start of the third walk – winner Nathan Brill with white cap, fifth from inside.**

**Right: Stephanie George, Jmara Hockley-Samon and Jeremiah Jones**

**BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 9 FEBRUARY 2011**

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 2000m and 4000m handicap events in Rosalind Park on Wednesday evening. In the 2km race Catherine Heard produced a personal best effort to score a comfortable victory with the inform backmarker Peter Curtis securing 2<sup>nd</sup> place with another strong effort while Ebony-Jade Jones walked strongly to claim 3<sup>rd</sup>. Annette Major, who had gone more than 3 years without a Club victory raced to her 2<sup>nd</sup> victory in as many weeks with a narrow win in the 4km handicap race with Annette Curtis taking 2<sup>nd</sup> and Amanda Heard in 3<sup>rd</sup> place with the 2<sup>nd</sup> fastest time of the night with Ebony Whiley taking fastest time honours by 3 seconds.

**2km handicap** Catherine Heard 14.12, Peter Curtis 10.42, Ebony-Jade Jones 15.37, Jarrod Coad 13.54, Carol Coad 16.26

**4km handicap** Annette Major 23.06, Annette Curtis 28.19, Amanda Heard 21.47, Ebony Whiley 21.44, Barb Bryant 23.55, Josh Savage 23.32, Jeremiah Jones 24.39, John Carter 27.10, Zoe Boldiston 22.11, Colin Cleary 32.11

This Wednesday evening 1500m and 3000m sealed handicap events will be held commencing at 6pm in Rosalind Park. Enquirers phone 5442 6435.

**STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 11 FEBRUARY 2011****Mixed 3000m Walk**

1.	Watson, Hannah	W94	MLV	15:17.9
2.	Holt, Kate	W96	MLV	16:16.2
3.	Hughes, Holly	W97	MLV	17:07.2
4.	Hill, Jeremy	M98	CUR	17:28.2
5.	Unicomb, Carla	W98	CUR	17:58.5

**NSW T&F CHAMPIONSHIPS - JUNIORS AND YOUTH, SOPAC, SYDNEY, 11-13 FEBRUARY 2011**

The NSW U14-U20 Track and Field championships were held last weekend at the Sydney Olympic venue. Saturday saw the U16 and U14 3000m walks and Sunday saw the U20 and U18 5000m walks. Best walks were probably by Steven Washburn 23:45.59, Amy Bettiol 24:51.24, Johnathan Anestoudis 15:47.59 and Tyler Jones 16:07.10.

**Men 3000m Walk U16, Saturday 12 February**

1.	Anestoudis, Johnathan	14	Nep(Nepean D)	15:47.59
2.	Doyle, Tom	14	Sos(South Sydney)	16:16.29
3.	Dhu, Ethan	14	Bma(Blue Mountains)	16:20.24
4.	Shina, Nicholas	15	Hil(Hills Aim)	16:54.10
5.	Mylonas, Adam	14	Hil(Hills Aim)	16:59.07
	Dredge, Jason	15	Min(Mingara)	DQ

**Women 3000m Walk U16, Saturday 12 February**

1.	Dighton, Jasmine	15	Nep(Nepean D)	15:45.15
2.	Grujoski, Stephanie	14	Sos(South Sydney)	16:08.47
3.	Barendregt, Amanda	15	Nepean	16:25.73
4.	Plummer, Caitlin	14	Sydney Pacific	17:00.02
5.	Beasley, Bryony	14	Nep(Nepean D)	17:34.99
6.	Shina, Adriana	14	Hil(Hills Aim)	17:51.51
7.	Robson, Emma	15	Coh(Coffs Harbour)	18:12.52

**Women 3000m Walk U14, Saturday 12 February**

1.	Minett, Rhiannon	13	Bankstown	17:34.09
2.	Porley, Candice	13	Bma(Blue Mountains)	18:27.80
3.	Kelland, Sarah	13	Ryde Athletics	19:03.39
4.	Grujoski, Ally	12	Sos(South Sydney)	21:33.36

**Men 3000m Walk U14, Saturday 12 February**

1.	Jones, Tyler	13	Wyo(Wyong)	16:07.10
2.	Glover, Jordan	12	Hills Aim	16:54.69
3.	O'Connell, Declan	12	Sos(South Sydney)	17:25.16

**Men 5000m Walk U20, Sunday 13 February**

No starters

**Men 5000m Walk U18, Sunday 13 February**

1.	Washburn, Steven	17	Nepean	23:45.59
2.	Felton, Jay	16	Gosford Athletics	24:07.09
3.	Birch-Ward, Kurtis	16	Sut(Sutherland)	25:04.00

4.	Killen, Matthew	16	Wyo(Wyong)	28:03.02
5.	Santa-Maria, Adrian	17	Blue Mountains	29:02.39
6.	Dhu, Jack	16	Bma(Blue Mountains)	29:17.07
	Fazldad, Nathan	17	Asics Wests	DNF

#### Women 5000m Walk U20, Sunday 13 February

1.	Psarianos, Dimitra	18	Sos(South Sydney)	26:58.66
2.	Bettiol, Emma	17	Syp(Sydney Pacific)	29:58.32

#### Women 5000m Walk U18, Sunday 13 February

1.	Bettiol, Amy	16	Syp(Sydney Pacific)	24:51.24
2.	Klein, Kirsty	17	Asics Wests	25:05.46
3.	Denney, Hannah	16	Randwick Botany	28:12.56
4.	Porley, Tabitha	16	Bma(Blue Mountains)	28:24.95
5.	Warden, Emily	16	Now(Nowra)	29:33.09
6.	Southern, Shay	16	Asics Wests	29:49.79
7.	Shina, Isabella	16	Hills Aim	30:04.33

### ASA JUNIOR T&F CHAMPIONSHIPS, ST ALBANS RESERVE, CLEARVIEW, 11-13 FEBRUARY 2011

The South Australian Junior T&F Championships were also held last weekend but I could only find a small set of walk results.

#### Women 3000m Walk Under 15

1.	Douglas, Piper	14	Tea Tree Gully	17:28.4
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#### Women 3000m Walk Under 16

1.	Stephens, Jessica	15	Elizabeth Harriers	18:55.3
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#### Men 3000m Walk Under 15

1.	Green, Ryan	14	Unattached	20:19.5
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### BALLARAT RACEWALKING CLUB AND FITNESS WALKERS, WENDOUREE, SUNDAY 13 FEBRUARY

Ballarat Racewalking Club and Fitness Walkers kicked off with the first of their New Year races on Sunday at North Gardens, Lake Wendoree. Daryl Biggin tells me that weather conditions in Ballarat perfect as usual (hmmmm). The turnout was certainly excellent – 19 walkers. Welcome to the new members Kasey, Breeana and Ashley Bishop and congratulations to Mia Darlow and Ebonie Squire-Robison on completing their first walks.

#### 1 km Road Walk

1.	Alana Peart	7.25
2.	Ebonie Squire-Robison	8.54
3.	Kasey Bishop	8.05
4.	Breeana Bishop	8.15
5.	Ashley Bishop	8.15
6.	Mia Darlow	11.30

#### 2km Road Walk

1.	Sarah Brennan	14.22
2.	Katelyn Lotherington	14.33
3.	Rodney Davis	14.57
4.	Olivia Davis	17.21

#### 3km Road Walk

1.	Daryl Biggin	19.47
2.	Paul Nunn	19.49
3.	Kobie Somerfield	20.10
4.	Ross Darlow	20.34
5.	Jemma Peart	21.29
6.	Lee Govan	21.29
7.	Shae Ohlsen	22.53
8.	John Ohlsen	25.56
	Maurice Prendergast	DNF

Daryl has also forwarded details of the next few race dates for the Ballarat Racewalking Club And Fitness Walkers

Sunday 27 <sup>th</sup> February 10.30am	Russell St / Sturt St end of Victoria Park 1.5km, 2km, 4km, 6km
Sunday 6 <sup>th</sup> March 10.30am	Lake Wendoree, North Gardens Jared Tallent Junior 1500m Handicap race Trophy 1.5km, 3km, 6km

Sunday 27 <sup>th</sup> March 10.30 am	Lake Wendouree, Rotunda Pack Walk 6km around lake Wendouree
Sunday 3 <sup>th</sup> April 10.30am	Lake Wendouree, North Gardens Presidents Cup Handicap 3 km "Trophy" 1.5 km
Sunday 1 <sup>st</sup> May 10.30 am	Lake Wendouree, North Gardens Benita van Raaphorst Handicap 3 km Trophy 1km 2km

## OVERSEAS RESULTS

### Battle of the Regions, Mt Smart Stadium, Auckland, Sunday 6 February 2011

Zuzana Malikova and Jamie Costin, who spent January at the AIS training camp, won the 3000m walks at the Battle of the Regions meet in Auckland a week ago with 13:11.80 and 11:57.24 respectively. They will both be racing in Hobart next week (see later). Good walks also by Matthew Holcroft 13:09.29 and Mike Parker (M55 division!) 13:31.23.

#### 3000m Walk Women

1.	Zuzana Malikova	Slovakia	13:11.80
2.	Karen Davison	North Harbour Bays	20:17.07

#### 3000m Walk Men

1.	Jamie Costin	Ireland	11:57.24
2.	Matthew Holcroft	FAIR	13:09.29
3.	Mike Parker	Calliope	13:31.23
4.	Jackson Roskill	South	16:51.83
5.	Andrew Jackson	Roskill South	18:07.30

### Belarus Indoor Championships, Mogilyov, Belarus, Friday 11 February 2011

Vitaliy Talanov walked 42:16.80 to win the 10000m walk in on Day 1 of the Belarus Indoor Championships

### Portugese Club Championships, Pombal, Portugal, Saturday 12 February 2011

Vera Santos 12:49.53 was an impressive winner in the 3000 m walk on the first day of the Portugese Club Championships.

### ASVOT Indoor Athletics Gala, Vienna, Austria, Sunday 12 February 2011

Thanks to Rudolf Skrucany who found partial results for the 3000m walks at the ASVOT Indoor Athletics Gala, held last Saturday in Vienna. All 3 performances are PBs, Toth's by some 16 secs. For Toth, it was also an Indoor world best for this season and broke the Slovak best time (set by Olympic champion Joseph Pribilinec in 1986) by 4.15 secs. The article also mentions that, while Toth set one Slovak best, he lost his National Junior record of 12:01.19 which was beaten by 16 year old Patrik Spevak with his time of 12:00.66. Maria Czakova, the winner of the women's race, improved her national all time ranking to 4<sup>th</sup> with her time of 13:18.99, the best ever being Zemkova with 12:34.31.

#### Men 3000m Indoor

1.	Matej Toth	10:57.32
2.	Patrik Spevak	12:00.66

#### Women 3000m Indoor

1.	Maria Czakova	13:18.99
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Now it is interesting to look at Pribilinec's time which Toth beat – it was done at an indoor 3000m walk on 12<sup>th</sup> December 1986 in Hlohovec. Amazingly, this was not an indoor athletic track at all; it was just a big gymnasium with the indoor track marked on the floor. Imagine no inclined bends on a small indoor track! It makes the times done in that race look pretty damn good! Yes, it was in the days of the Soviet Republic and the standard was huge.

#### 3000m Indoor walk, Hlohovec, 12 December 1986

1.	J.Pribilinec	60	Dukla BB	11:01,5
2.	R.Mrázek	62	Dukla BB	11:02,3
3.	M.Toporek	61	Rak	11:27,9
4.	I.Kollár	65	Dukla BB	11:36,6
5.	J.Záhončík	65	Dukla BB	11:46,6
6.	P.Tichý	69	VL KNM	11:54,5
7.	R.Parolek	65	Dukla BB	12:02,2
8.	J.Hudák	62	Dukla BB	12:15,6
9.	P.Szikora	52	Dukla BB	12:16,8
10.	M.Kucharski	64	POL	12:37,3
11.	V. Hubner	58	NDR	13:27,8

Another point of interest is the time of sixth placed Peter Tichý, then 17 years old - 11:54.5. Unfortunately for him, since it was a non-standard indoor track, his performance was not ratified as a Slovak Junior record. Interesting stuff. Thanks Rudolf.

## USA Pan American Walk Trials, Coconut Creek, Florida, Sunday 13 February 2011

Sunday saw some good racing at the USATF Pan American Cup Race Walk Trials at Tradewinds Park in Coconut Creek, Florida. With good temperatures and an early start, conditions were ideal. 18 year old Trevor Barron outlasted Patrick Stroupe to win the men's 20km, 1:27:32 to 1:27:35, while Maria Michta was an easy winner in the women's walk with a PB time of 1:36:30. Tyler Sorenson won the Junior Men's race and broke the USA Junior 10 km record with his time of 42:54. The previous record of 43:05 was set last year by his New York AC teammate Barron. In the Junior Women's race, Erika Shaver posted a four-minute personal best with her winning time of 52:36.

### Pan Am Trial – 20km Men

1.	Trevor Barron	19	nyac	1:27:32
2.	Patrick Stroupe	26	unat	1:27:35
3.	John Nunn	33	Walk USA	1:29:08
4.	Dan Serianni		wcrw	1:32:56
5.	Crigerton Connolly	23	unat	1:33:02 ( guest Canada)
6.	Michael Mannozi	24	mvtc	1:37:31
7.	Dave Taccot	50	shore ac	1:42:39
8.	Juan Moscoso	38	fac	1:53:30
9.	Juan Yanes	61	sfrw	2:05:29 ( guest Venezuela)

### Pan Am Trial - 20km Women

1.	Maria Michta	24	walk usa	1:36:30
2.	Rachel Seamon	25	nyac	1:40:02 ( guest Canada)
3.	Erin Gray	23	bac	1:40:10
4.	Miranda Melville	21	niagara	1:41:39
5.	Solomiya Login	30	sepac	1:41:41
6.	Erin Talcott	32	shore ac	1:45:00
7.	Susan Randall	36	wcrw	1:46:32
8.	Maite Moscoso	38	fac	1:56:39
9.	Lorewttta Schuelle	33	wcrw	1:56:46
10.	Racheal Philips	20	HC	2:06:28
	Teresa Vaill	48	unat	DNF
	Carolyn kealty	48	unat	DNF

### Pan Am Trial - 10km Boys

1.	Tyler Sorensen	16	nyac	42:54
2.	Travor Barron	18	ncac	43:12
3.	Alex Chevez	17	so tex ac	46:55
4.	Jonathan Hallmam	17	unat	58:20

### Pan Am Trial - 10km Girls

1.	Erika Shaver	18	wcrw	52:36
2.	Nicolette Sorensen	15	unat	54:06
3.	Maite Moscoso	15	cflgl	54:21
4.	Mollory White	17	batc	1:02:09

## AUSTRALIAN 20KM WALK CHAMPIONSHIPS, CONSTITUTION DOCK, HOBART, SAT 19 FEB 2011

Next Saturday evening (6PM start time) sees the Australian 20km championships in Hobart. This is shaping up to be a big meet as it also incorporates Oceanic 20km Championships, has IAAF Race Walking Challenge Category C status and offers \$30,000 in prize money, compliments of Athletics Australia. It is also the official trial to select the Australian walkers for the 2011 IAAF World Championship 20km team. Add to that non-championship 10km Under 20 walks for our top juniors and it will be absolutely huge. The fields, which include a large number of overseas walkers, read as follows

### Men Open 20km Championship

1	Luke Adams	AIS/NSW
2	Daniel Coleman	TAS
3	Rhydian Cowley	VIC
4	Nathan Deakes	AIS/VIC
5	Chris Erickson	AIS/VIC
6	Sean Fitzsimons	AIS/WA
7	Stuart Kollmorgen	VIC
8	Kyle Malone	NSW
9	Ian Rayson	ACT
10	Brendon Reading	ACT
11	Adam Rutter	AIS/NSW
12	Jared Tallent	AIS/VIC
13	Jamie Costin	IRE
14	Ato Ibinez	SWE
15	Perseus Karlström	SWE
16	Alex Wright	ENG

### Women Open 20km Championship

1	Caitlin Brunton	VIC
2	Nicole Fagan	NSW
3	Tanya Holliday	SA
4	Regan Lambie	AIS/VIC
5	Beki Lee	NSW
6	Stephanie Stigwood	TAS
7	Claire Tallent	AIS/SA
8	Lynette Ventris	WA
9	Cheryl Webb	AIS/NSW
10	Johanna Jackson	ENG
11	Zuzanna Malikova	SVK
12	Mari Olssen	SWE

17	Inaki Gomez	CAN
18	Tom Bosworth	ENG
19	Mathieu Beurion	FRA
20	Quentin Rew	NZL

#### Men U20 10km Non-Championship

1	Brad Aiton	QLD
2	Harry Bates	ACT
3	Dane Bird-Smith	QLD
4	Nathan Brill	VIC
5	Lewis Clark	VIC
6	Brandon Dewar	QLD
7	Nicholas Dewar	QLD
8	Sean Fitzsimons	AIS/WA
9	Jesse Osborne	QLD
10	Blake Steele	AIS/SA

#### Women U20 10km Non-Championship

1	Beth Alexander	VIC
2	Amy Burren	VIC
3	Amelia Finnegan	VIC
4	Rachel Tallent	AIS/VIC
5	Lauren Whelan	ENG

The Open Men's race looks awesome with Jared Tallent, Luke Adams, Nathan Deakes, Chris Erickson and Adam Rutter all in fine form and looking ready for big times. Add to that the presence of 8 international men and our own up and coming young walkers like Ian Rayson, Brendon Reading, Sean Fitzsimons and Rhydian Cowley and it looks set to be the best 20km in this country since the 2000 Olympics. I am not even going to try to pick the placings in this one!

The Open Women's race sees Claire Tallent, Regan Lambie and Cheryl Webb likely to fight it out with the three internationals. In particular, it will be great to see 2010 Commonwealth Games gold medallist Jo Jackson in action. We are still missing a couple of our top walkers in Jess Rothwell and Jillian Hosking who are both still in recovery mode after surgery. Imagine if we had them in the mix as well!

The Junior 10km non-championship events see a lot of our top U20 walkers in action. For our younger Junior men in particular, this is a chance to get a 10km qualifying time on the board for the 2011 World Youth championships. The required time is 44:00 and we look to have a number of walkers capable of that (Brad Aiton already has one qualifier under his belt). We also get to see Dane Bird-Smith in action. Can he get close to the 40 minute mark – his times over the shorter distances indicate that he is capable of it. Of the girls, Beth Alexander and Rachel Tallent are expected to fight it out with English Lauren Whelan but you never know!

I will be there trackside and am looking forward to some wonderful racing.

### WHAT'S COMING UP

A reminder to Victorian walkers that entries to this year's **Victorian Open T&F Championships** (with Open and U20 5000m walks) close in 2 days time - on **Thursday 17<sup>th</sup> February**. This will be your last chance to walk on the old Olympic Park track before it is decommissioned and we move to Albert Park. You can enter online at [https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=634&orgid=189](https://www.clubsonline.com.au/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=634&orgid=189)

And a reminder to our Victorian Masters walkers of the **AMA 4 x 800m relays** which will be held on **Thursday 24 February** at the East Burwood Athletic Track (**enter on the night – start time 7:25PM**). Have you got your team together yet? Age groups are 40+, 50+, 60+ etc. Alan Lucas has asked me to remind everyone that competitors need to be registered with VMA prior to the event (the new VMA year started on January 1<sup>st</sup>). **Renewing your VMA membership on the night is not possible.**

### 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	<b>Australian 20km Walk Championships</b> (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status.
Thur 24 Feb, 2011	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 <sup>th</sup> 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 <sup>th</sup> February.
Sat 5 Mar, 2011	Australian Centurions 6 Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
10-14 Mar, 2011	<b>Australian Junior (U14-U20) Championships</b> , 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 <sup>th</sup> 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	<b>Australian Masters Athletics Championships</b> , 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  
28 August, 2011 Australian Roadwalking Championships, Canberra, ACT (date still to be confirmed by AA)

### 2011 International Fixture

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).  
July 6-10, 2011 **7<sup>th</sup> World Youth T&F Championships, Lille, France**  
July 7-17, 2011 **19<sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>  
Aug 12-22, 2011 **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>  
Aug 27-Sept 4, 2011 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>  
Sept 7-13, 2011 **4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

### 2011 IAAF RaceWalking Challenge Series

19 Feb 2011	Hobart (AUS)	Category C Meet	20km
5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

### 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 9<sup>th</sup> 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 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **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**  
2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

### 2014 International Fixture

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

### Looking even further forward

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
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

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