



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### ANOTHER YEAR DOWN

This is our 52<sup>nd</sup> and last issue of the Heel and Toe Online for the year. It's quiet on the local front but there are a few results on which to report.

### NSWCCC T&F CHAMPIONSHIPS, SOPAC, SYDNEY, FRIDAY 16 SEPTEMBER

The NSW Combined Catholic Colleges T&F Championships were held the weekend before last with Amy Bettiol (7:02.16) and Thomas Doyle 7:23.54 the two standout walkers.

#### Boys 15+ 1500 Metre Race Walk

1. Murphy, Robert 15 M C C 7:36.00

#### Girls 15+ 1500 Metre Race Walk

1. Bettiol, Amy 16 Broken Bay 7:02.16  
2. Denney, Hannah 16 C.G.S.S.S.A. 7:28.69  
3. Gorman, Amelia 15 C.G.S.S.S.A. 7:40.06  
4. Barendregt, Amanda 15 Parramatta 7:55.23  
5. Martin, Samantha 15 C.G.S.S.S.A. 8:04.88  
6. Shina, Isabella 16 Parramatta 8:13.46  
Sund, Emily 18 Wollongong DQ

#### Boys 12-14 1500 Metre Race Walk

1. Doyle, Thomas 14 M C C 7:23.54  
2. Estrada, Patrick 13 Parramatta 8:18.60  
Miller, Joseph 13 Bath Wil Forb DQ  
Martin, Timothy 13 Lismore DQ

#### Girls 12-14 1500 Metre Race Walk

1. Grujoski, Stephanie 14 C.G.S.S.S.A. 7:53.00  
2. Sund, Isabella 14 Wollongong 8:01.00  
3. Dickerson, Georgia 14 Bath Wil Forb 8:10.00  
4. Plummer, Caitlin 14 Broken Bay 8:21.00  
5. Parkinson, Rebecca 13 Broken Bay 8:36.00  
6. Shina, Adriana 14 Parramatta 8:46.00  
7. Sammut, Chelsea 14 Southern Syd 8:52.00  
8. Shanahan, Emily 14 Wollongong 8:58.00  
9. Scroope, Sophie 13 C.G.S.S.S.A. 9:17.00

### AUSTRALIAN UNIVERSITY GAMES, GOLD COAST, QUEENSLAND, 25-30 SEPTEMBER

The annual Australian University Games kicked off today at the Griffith University track at Southport on the Gold Coast with the 5000m walks amongst the first events. Robyn Wales reported on the walks as follows

Dane Bird-Smith started conservatively and built up the pace until he had lapped the whole field. Unfortunately, with 120m to go, he tripped over his shoe laces (unseen by Chief Judge) and took a big spill, but was able to get up and limp home for the win. The girls' race was an exciting one with Yue Guo leading all the way but having to fight off a fast finishing Simone McInnes who had drawn level with one lap to go. Unfortunately, the event continues to be poorly supported by our student walkers.

#### Men's 5000m walk

1. Dane Bird Smith Griffith University 21:49.81  
2. Brandon Dewar QUT 23:03.84  
3. Derek Mulhearn SU 24:51.79  
4. Jordan Mulhearn SU 26:14.79

### Women's 5000m Walk

1.	Yue Guo	UQ	27:21.21
2.	Simone McInnes	LaTrobe	27:36.48
3.	Vanessa Noble	ACPE	30:01.63



**Brandon Dewar, Dane Bird-Smith and Derek Mulhearn at the Uni Games (photo Robyn Wales)**

Robyn also pointed out that Jessica Pickles filled in a busy weekend of competition at the Townsville Sports Reserve, winning the 5000m Walk in 25:46.52 as well as collecting gold medals in the steeplechase, 800m, 1500m and javelin. I wonder what else she did on her holiday!

### BENDIGO WALKERS CLUB FINAL WINTER SEASON RACES

Thanks to Paul Rance for his reports on the final couple of winter season races in Bendigo.

On Sunday 18<sup>th</sup> September 6 athletes contested a 1600m handicap race with Ebony-Jade Jones scoring a narrow victory over Paul Rance with Geoff Major in 3<sup>rd</sup> place.

1.	Ebony-Jade Jones	11.24
2.	Paul Rance	7.40
3.	Geoff Major	11.10
4.	Jeremiah Jones	9.00
5.	Barb Bryant	9.17
6.	Annette Curtis	11.19

On Sunday 25<sup>th</sup> September a 3200m handicap race was held with Geoff Major smashing his handicap time to win comfortably from Colin Cleary in 2<sup>nd</sup> place while Annette Curtis set a new personal best to claim 3<sup>rd</sup> just in front of Paul Rance who secured fastest time honours.

1.	Geoff Major	22.21
2.	Colin Cleary	22.59
3.	Annette Curtis	21.24
4.	Paul Rance	16.29
5.	Barb Bryant	19.32
6.	Ebony-Jade Jones	26.10
7.	Jeremiah Jones	21.24

The Bendigo Walkers Club's Wednesday evening Summer Season of race walking will commence in Rosalind Park on Wednesday 5<sup>th</sup> October at 6pm with sealed handicap events over 1200m and 2400m. Enquirers phone 5442 6435 or 0400649610.

### OVERSEAS SHORTS

SOSNOWIEC (POL, Sep 21): Dawid Tomala won the 3000m walk in 11:10.79 at the Silesia Athletics meet at Sosnowiec with Rafal Augustyn second in 11:17.82.

MEDELLIN (COL, Sep 23-25): Brazil dominated the 39<sup>th</sup> edition of the South American Junior Championships, held at the "Estadio Alfonso Galvis Duque" track in Medellin. An altitude of 1495m above sea level provided great conditions for sprinting but made it hard work for the walkers. Colombia's Eider Arévalo, the 2010 Race Walking Cup Junior champion, won the men's 10,000m in

39:56.01, setting a new Championship record and a new Colombian Junior Record, just shy of the legendary South American record of Ecuador's Jefferson Pérez (39:50.73 from 1993).

#### 10,000m Walk Junior Men

1.	Eider Arevalo	09-mar-93	COLOMBIA	39.56.01
2.	Jose Leonardo Montaña	21-mar-92	COLOMBIA	42.16.57
3.	Marco Rodriguez	24-ene-94	BOLIVIA	44.56.76
4.	Daniel Pintado	14-mar-95	ECUADOR	46.27.14
5.	Max Batista Goncalves dos Santos	09-oct-94	BRASIL	49.30.01
	Diogo Mello da Rosa	07-dic-92	BRASIL	DQ
	Sergio Alexander Carrillo	27-may-94	PERU	DQ

#### 10,000m Walk Junior Women

1.	Lorena Arenas	17-sep-93	COLOMBIA	47.22.68
2.	Angela Castro	21-feb-93	BOLIVIA	47.37.34
3.	Wendy Cornejo	07-ene-93	BOLIVIA	49.13.40
4.	Ana Leidy Daza	16-jun-94	COLOMBIA	52.23.68
5.	Natalia Beatriz Alnfonso	21-abr-94	VENEZUELA	56.49.18
6.	Yenni Guadalupe Ortiz	04-may-93	ARGENTINA	61.29.42
	Cleia da Cruz Silva	25-may-92	BRASIL	DNF
	Elyse da Silva Albino	05-mar-94	BRASIL	DQ
	Magaly Bonilla	02-ago-92	ECUADOR	DQ
	Kimberly Garcia Leon	19-oct-93	PERU	DQ

BACUCH (SVK, Sep 24): In the 4<sup>th</sup> edition of the Bacuch International Road Walk Meet, Russian Pyotr Trofimov won the 10 km in 40:18.5 ahead of team-mate Aleksandr Yargunkin 40:37.1 and Poland's Dawid Tomala 40:51.7. Anton Kucmin 41:03.8 was the best Slovak ahead of Matej Toth 41:30.9. Agnieszka Dygacz of Poland was the best woman in 44:54.2, beating Anastasiya Yatsevich of Belarus 45:09.4 and Brigita Virbalyte of Lithuania 45:18.0.

#### 10km Men

1.	Piotr Trofimov	RUS	40:18,5
2.	Alexander Jargunkin	RUS	40:37,1
3.	David Tomala	POL	40:51,7
4.	Anton Kučmín	SVK	41:03,8
5.	Matej Tóth	SVK	41:30,9
6.	Vladimir Savanovič	SRB	41:33,8

#### 10km Women

1.	Agnieszka Dygaczová	POL	44:54,2
2.	Anastasia Jacevičová	BEL	45:09,4
3.	Brigita Virbalyté	LIT	45:18,0

#### 10km Junior Men

1.	P. Spevák	SVK	43:57,5
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#### 5km Junior Women

1.	A. Drahotová	CRO	23:46,2
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### INTERNATIONAL RACEWALK MEET, NAUMBURG, SATURDAY 24 SEPTEMBER

The international racewalk meet at Naumburg was held last weekend. Naumburg was for many years the centre of racewalking in the old East Germany and the World Race Walking Cup was actually held there in 2004. The meet this year featured 20km walks for men and women and a 50km walk for men. The course was a 1km loop in the inner city and it saw a whole swathe of walkers get their all important Olympic A qualifiers in preparation for next year.

#### 50km Men

Overall, the event was won by 41 year old Jesus Garcia of Spain, his time of 3:48:11 a welcome return to form after being disqualified in the Daegu. The Irish walkers targeted the 50km with mixed results. Robbie Heffernan finished second in 3:49:30, following on from the personal best (39:19) he set at the IAAF Race Walking Challenge 10km in La Coruna the previous Saturday and Brendan Boyce walked a personal best of 3:57:58 to finish sixth, just inside the required Olympic qualification standard but there was heartbreak for Colin Griffin who was disqualified at the 48km mark when he was comfortably on track for a good time. Third place and the German title went to German Carsten Schmidt Carsten Schmidt with a life-time best of 3:54:54.

1.	Garcia, Jesus Angel	1969	Spain	3:48:11
2.	Heffernan, Robert	1978	Ireland	3:49:28
3.	Schmidt, Carsten	1986	Germany	3:54:54
4.	Batovsky, Milos	1979	Slovak Republic	3:56:46
5.	Kempas, Antti	1980	Finland	3:56:51
6.	Boyce, Brendan	1986	Ireland	3:57:58
7.	Krauchuk, Dzianis	1987	Belarus	4:01:14

8.	Cafagna, Diego	1975	Italy	4:01:29
9.	Grinko, Valerij	1987	Lithuania	4:14:15
10.	Gaidammavicius, Thomas	1987	Lithuania	4:15:23
11.	King, Dominic	1983	Great Britain	4:16:22
12.	Prieler, Helmut	1955	Germany	4:54:05
13.	Gnauck, Dick	1963	Germany	4:56:32
14.	Holtermann, Matthias	1981	Germany	4:58:54
15.	Werner, Stefan	1964	Germany	5:57:20
	Griffin, Colin	1982	Ireland	DQ
	Kaldewei, Dirk	1968	Germany	DQ

### 20 km Men

Ever Olivares showed that he was in good form the previous weekend when taking 9<sup>th</sup> place in the La Coruna 10km (39:46) and he backed up well to win in Naumburg with 1:21:02. It was certainly a race dominated by youngsters with Olivares (born 1992) winning, Inaki Gomez of Canada (1990) taking third and Hagen Pohle (1992) taking sixth.

1.	Olivares, Ever	1992	Mexico	1:21:02
2.	Simanovich, Dzianis	1987	Belarus	1:21:15
3.	Gomez, Inaki	1990	Canada	1:22:06
4.	Ziukas, Marius	1985	Lithuania	1:22:31
5.	Dunfee, Evan	1988	Canada	1:23:45
6.	Pohle, Hagen	1992	Germany	1:25:33
7.	Nunn, John	1978	USA	1:25:46
8.	Wright, Alex	1990	Great Britain	1:26:45
9.	Rogowski, Patryk	1989	Poland	1:27:26
10.	Savelskis, Marius	1994	Lithuania	1:29:05
11.	Gdula, Lukas	1991	Czech Republic	1:30:26
12.	Blocki, Damian	1989	Poland	1:35:40
13.	Petrisa, Normantas	1994	Lithuania	1:38:45
14.	Sieng, Lo Choon	1985	Malaysia	1:42:03
15.	Pazdera, Lukas	1986	Czech Republic	1:42:37
16.	Naso, Andrea	1960	Italy	1:42:58
17.	Borsch, Steffen	1973	Germany	1:47:01
18.	Gnauck, Dick	1963	Germany	1:49:12
19.	Hucke, Reinhard	1934	Germany	2:30:20

### 20 km Women

German champion Melanie Seeger was too strong for the field in the women's walk, winning with 1:29:20 ahead of Portugese walker Ines Henriques 1:30:40 and Rachel Seaman whose time of 1:33:33 was a new Canadian record. After that, times fell off quickly.

1.	Seeger, Melanie	1977	Germany	1:29:20
2.	Henriques, Ines	1980	Portugal	1:30:40
3.	Seaman, Rachel	1986	Canada	1:33:33
4.	Polli, Marie	1980	Switzerland	1:36:14
5.	Polli, Laura	1983	Switzerland	1:40:51
6.	Sanchez, Mariela	1991	Mexico	1:45:35
7.	Pashkovskaya, Katarina	1976	Belarus	1:46:26
8.	Mohd Rusni, Norliayana	1989	Malaysia	1:47:38
9.	Aiman, Kozhakhmetova	1991	Kazakhstan	1:52:05
	Sholpan, Kozhakhmetova	1991	Kazakhstan	DQ

## GET WELL SOON GORDON AND ROBIN

We were shocked last week to hear that two of our VRWC stalwarts, Robin Wood and Gordon Onley, had suffered serious heart attacks and were in hospital.

Robin was admitted to the Royal Melbourne Hospital just over a week ago after suffering a heart attack at home. Alan Lucas, who visited him in hospital, reported that he seemed to be recovering and was in good spirits.

Gordon collapsed in the East Burwood clubrooms at Masters competition last Thursday with a very serious attack. Luckily, there were enough suitably qualified people at the Masters competition to ensure that he was given CPR in the vital intervening period until the ambulance arrived. He was taken to the Box Hill Hospital and, after several days in a coma, is now responding and starting the slow road to recovery.

To Robin and Gordon, we are thinking of you both and hope that you can fully bounce back. We look forward to seeing you both back at walkers club in the not too distant future.

## WHAT'S COMING UP

It's all pretty quiet from a walks perspective over the next few weeks (apart from Little Athletics which is already in full swing) as we enjoy a welcome break between seasons. The first few Victorian dates read as follows

The Athletics Victoria North West Zone will be holding a PB meet at the Aberfeldie Athletics Track on **Saturday 8<sup>th</sup> October 2011** with events costing \$2. The timetable shows a 2000m walk as the starting event at 1:30PM. It could be a good way to kickstart the summer season so come along and join us there.

Geelong Walkers Club kicks off its 33<sup>rd</sup> season on **Thursday 13<sup>th</sup> October** at the Goldsworthy Reserve Track, Goldsworthy Road Corio. Events start at 6:15PM. See [http://www.sportingpulse.com/assoc\\_page.cgi?c=1-7221-0-0-0&SID=139582](http://www.sportingpulse.com/assoc_page.cgi?c=1-7221-0-0-0&SID=139582).

The AV Shield competition starts on **Saturday 15<sup>th</sup> October**.

The VRWC summer season starts on **Sunday 23<sup>rd</sup> October** with road races at Albert Park.

## 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.

### 2011/2012 Australian/Victorian Summer Season Key Dates

7-16 Oct, 2011	13 <sup>th</sup> Australian Masters Games, Adelaide (see <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a> )
Sat 15 Oct 2011	AV Shield Competition starts
Sun 16 Oct 2011	LAVic Coaching Clinic and Judging Seminar
Sun 23 Oct 2011	VRWC Summer Season commences, Middle Park, Melbourne
4-6 Nov 2011	AV Schools T&F Championships, Melbourne
3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	2012 Australian Junior Championships, Sydney Olympic Park
5-9 Apr 2012	Australian Masters T&F Championships, Melbourne

### 2012 International Fixture

Feb 5-12, 2012	<b>Oceania Masters Athletics Championships, Tauranga, New Zealand</b>
Apr 3-8, 2012	<b>World Masters Athletics Indoor Championships, Jyvaskyla, Finland</b>
May 12-13, 2012	<b>25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia</b>
July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

### 2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicang, CHN
Sat 14 Apr, 2012	Rio Major, POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR
Sat 15 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN

### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
July 24 - Aug 4, 2013	<b>World Masters Athletic Championships, Port Alegre, Brazil</b>

### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, HUN</b>
July 23 - Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow.</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

### Looking even further forward

August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2020	<b>32<sup>nd</sup> Olympic Games</b> City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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