



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV SHIELD COMPETITION, SATURDAY 15 OCTOBER

Athletics Victoria Shield competition kicked off on Saturday with all 6 regions (3 in Melbourne and 3 in the country) in action. All venue programs included 1500m walks for U14 and U16 and 3000m walks for the rest of us.

Athletics Victoria Shield Competition Round 1 - Northwest Region, Epping, Saturday 15 October

The North West Region competition was held at the Meadowglen Athletic Track in Epping in good conditions. With AIS walker Chris Erickson making an appearance, the main talking point was how many times we were all going to get lapped and it did not take long for the inevitable to occur. Chris powered through to a quick 11:45.91 ahead of Paul Kennedy 14:48.37 and Aaron McDonough 15:02.89. Caitlin Campbell won the women's section with 16:33.30 ahead of Donna Elms and Robyn Shaw. With 34 walkers in total in the various walk events, this venue looks like it is going to be the biggest from a walks perspective again this year.

Open Men 3000m Walk

1.	Erickson, Chris	ATHLETICS ESSENDON	11:45.91
2.	Kennedy, Paul	MELBOURNE UN	14:48.37
3.	McDonough, Aaron	PRESTON AC	15:02.99
4.	Hawkins, Trenton	PRESTON AC	15:09.89
5.	McShanag, Connor	ATHLETICS ESSENDON	15:30.05
6.	Knox, Duncan	ATHLETICS ESSENDON	16:11.21
7.	Erickson, Tim	COBURG HARRIERS AC	16:19.10
8.	Hawksworth, Danny	ATHLETICS ESSENDON	16:46.20
9.	Kondogonis, John	KEILOR ST BE	18:37.80
10.	Murphy, Stephen	ATHLETICS ESSENDON	25:29.60
11.	Rickard, Ian	BRUNSWICK AC	26:46.40

Open Women 3000m Walk

1.	Campbell, Caitlin	ATHLETICS ESSENDON	16:33.30
2.	Elms, Donna	ATHLETICS ESSENDON	18:16.30
3.	Shaw, Robyn	WESTERN ATHL	19:42.90
4.	Aplin, Elise	KEILOR ST BE	22:04.90
5.	Abfalter, Maria	KEILOR ST BE	22:12.40
6.	Stobaus, Anne	KEILOR ST BE	22:42.30
7.	Ryan, Maeve	WILLIAMSTOWN AC	23:08.70
8.	Rickard, Tess	BRUNSWICK AC	25:31.00
9.	Jamieson, Susan	WILLIAMSTOWN AC	25:32.10

AV captured this photo of Chris Erickson post event (see <http://twitter.com/#!/athsvic/status/125040351953158144/photo/1>)



The U14 and U16 walkers contested 1500m with Ethan Wright 10:06.2 and Rebecca Campbell 8:59.8 taking the honours. Beth Barbour missed the start and had to play catchup after giving a big start.

U14 - U16 Men 1500m Walk

1.	Wright, Ethan	INVITATION	10:06.2
2.	Casilli, Anthony	PRESTON AC	10:41.8
3.	Long, Izaak	PRESTON AC	10:59.2
4.	Roma, Zak	INVITATION	11:07.6

U14 - U16 Women 1500m Walk

1.	Campbell, Rebecca	ATHLETICS ESSENDON	8:59.8
2.	McLaren, Stacey	ATHLETICS ESSENDON	9:34.4
3.	Irons, Julia	KEILOR ST BE	9:39.4
4.	Barbour, Beth	INVITATION	10:20.5
5.	Musgrave, Caitlyn	PRESTON AC	10:40.7
6.	Cullen, Larissa	WHITTLESEA CITY AC	10:55.1
7.	Cooke, Brianna	WHITTLESEA CITY AC	11:00.7
8.	Wright, Leah	INVITATION	11:01.5
9.	Rudston-Brown, Taylor	WHITTLESEA CITY AC	12:17.3
10.	Irons, Elaine	KEILOR ST BE	13:04.0

Athletics Victoria Shield Competition Round 1 - Eastern Region, Reischick's Reserve, Doncaster, Saturday 15 October

The Eastern Region got underway at the Doncaster Athletics track but numbers were a bit down on last year. Nathan Brill blitzed the field but walked an extra lap so his time of 13:00 is very much an estimated time. In any case, it was obviously an excellent walk. Behind him, Adam Garganis 15:40.1 and Michelle Laufer 15:42.0 also recorded great times. This is Michelle's first summer since her days as a junior and she is going to improve as the season progresses. Cooper Owen 7:35.1 and his sister Chelsea Owen-Smith 9:09.4 were the two fastest walkers in the 1500m.

Mixed 3000m Race Walk

1.	Brill, Nathan	M15	UNATTACHED	13:00.0
2.	Garganis, Adam	M14	COLLINGWOOD	15:40.1
3.	Laufer, Michelle	W42	COLLINGWOOD	15:42.0
4.	Beaton-Wells, Michael	M43	OLD SCOTCH C	16:13.3
5.	Dyer, Bill	M50	BOX HILL AC	16:41.4
6.	Reid, Ross	M57	COLLINGWOOD	16:44.6
7.	Geisler, Sandra	W34	RINGWOOD AC	16:50.1
8.	Brazel, Hilary	W18	ATHLETICS NU	17:33.2
9.	Jack, Clarrie	M66	RICHMOND HAR	17:54.2
10.	Benke, Geza	M55	OLD MELBURNIANS	18:04.0
11.	Gardiner, Bob	M75	COLLINGWOOD	18:32.5
12.	Facey, Stuart	M61	OLD SCOTCH C	19:33.2
13.	Summers, Harry	M76	BOX HILL AC	20:02.6
	Killip, John	M57	OLD MELBURNIANS	DQ

Mixed 1500m Race Walk

1.	Owen, Cooper	M13	DIAMOND VALLEY AC	7:35.1
2.	Owen-Smith, Chelsea	W11	DIAMOND VALLEY AC	9:09.4
3.	Walburg, Kirsten	W13	DONCASTER AC	9:28.5
4.	Boylen, Adele	W12	COLLINGWOOD	10:38.1
5.	Brown, Rickeylee	W11	RICHMOND HAR	12:12.5

Athletics Victoria Shield Competition Round 1 – South East Region, Ballam Park, Frankston, Saturday 15 October

Rhydian Cowley continued his recent good form with an excellent 12:20.1 to win the 3000m walk ahead of Stephanie George who recorded a very impressive 15:02.1 and Aaron Tam 15:48.6. I must also mention Clyde Riddoch whose time of 16:09.7 was excellent for such an old bloke. Lucas Taylor won the 1500m with 7:12.0 ahead of Reese Walmsley 7:58.8 and Emily Hamilton 8:06.2. I don't think this is a complete result list as it is missing Michael O'Mahony. Not sure who else might have been omitted.

Mixed 3000m Race Walk

1.	Rhydian Cowley	OPEN	GHY	12:20.1
2.	Stephanie George	U16	KNA	15:02.1
3.	Aaron Tam	U18	KNA	15:48.6
4.	Clyde Riddoch	M40+	AWA	16:09.7
5.	Heather Carr	W40+	EAG	16:12.4
6.	Simone McInnes	OPEN	GHY	16:23.3
7.	Alan Lucas	M40+	VMA	16:59.9
8.	Anthony Doran	M40+	GHY	18:13.4
9.	David Summers	M40+	KNA	18:54.5
10.	Jym Osmand	OPEN	OAK	19:12.1
11.	Gwen Steed	OPEN	VMA	19:18.8
12.	Geoff Barrow	OPEN	MEN	19:21.8
13.	Stephanie Armstrong	W40+	SSH	19:35.2

14.	Philip Hutton	M40+	GHY	19:43.9
15.	Celia Johnson	OPEN	VMA	20:30.8
16.	John Morrison	M40+	SAN	22:08.1

Mixed 1500m Race Walk

1.	Lucas Taylor	U16	KNA	7:12.0
2.	Reese Walmsley	U14	KNA	7:58.8
3.	Emily Hamilton	U14	KNA	8:06.2
4.	Jasmine Irshad	U16	INV	8:09.9
5.	Tegan Miller	U14 I	NV	9:27.5
6.	Chloe McNicol-Davidson	U16	UNA	9:27.7
7.	Cody McNicol-Davidson	U14	UNA	9:50.0
8.	Kyle Bird	U14	MPA	12:16.9



Rhydian Cowley, Stephanie George, Emily Hamilton, Reese Walmsley, Michael O'Mahony and Aaron Tam (photos by Sabrina George)

Athletics Victoria Shield Competition Round 1 - Bendigo Region, La Trobe Uni, Bendigo, Saturday 15 October

The 3000m walk at Bendigo saw Amanda Heard win with 16:42.60 ahead of Ebony Whiley and Josh Savage.

Mixed 3000 Meter Race Walk

1.	Heard, Amanda	W16	EAGLEHAWK YM	16:42.60
2.	Whiley, Ebony	W16	EAGLEHAWK YM	17:18.50
3.	Savage, Joshua	M16	EAGLEHAWK YM	18:10.90
4.	Jones, Jeremiah	M14	EAGLEHAWK YM	19:14.10
5.	Carter, John	M61	UNATTACHED	20:05.90
6.	Major, Geoff	M75	EAGLEHAWK YM	22:11.20
7.	Jones, Ebony-Jade	W17	UNATTACHED	23:30.70

Athletics Victoria Shield Competition Round 1 - Ballarat Region, Llanberris Reserve, Ballarat, Saturday 15 October

Kelly Ruddick and her dad Kevin waved the flag for the walkers at Ballarat, Kelly winning with a fast 13:44.69 and Kevin doing a solid 18:36.77. But the big question – where were Daryl and Andrew?

Mixed 3000 Meter Race Walk

1.	Ruddick, Kelly	W38	BALLARAT HAR	13:44.69
2.	Ruddick, Kevin	M61	BALLARAT HAR	18:36.77

Athletics Victoria Shield Competition Round 1 - Geelong Region, Landy Field, Geelong, Saturday 15 October

Alas, the Geelong results have not yet been posted on the AV website. They will have to wait until next week's newsletter.

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, WEDNESDAY 5 OCTOBER

Thanks to Paul Rance for his report of recent races from the Bendigo Walkers Club summer season.

The Bendigo Walkers Club's Summer Season has commenced with racing on Wednesday evenings in Rosalind Park. Best performances in the first 4 races of the Season have been Ebony-Jade and Jeremiah Jones and Ebony Whiley.

This Wednesday evening, handicap events will be held over 2km and 5km commencing at 6.00pm in Rosalind Park. Enquirers phone Paul Rance on 5442 6435.

Results: Wednesday 5 October

1.2km Sealed Handicap:	1 Ebony-Jade Jones	9.43	2 Corey Maynard	9.43		
2.4km Sealed Handicap:	1 Ebony Whiley	13.25	2 Colin Cleary	17.09	3 Josh Savage	13.43
	4 Barb Bryant	14.18	5 John Carter	15.39	6 Annette Curtis	16.39
	7 Geoff Major	18.01	8 Norm West	20.52	9 Jeremiah Jones	15.56

Results: Wednesday 12 October

1.6km Handicap:	1 Jeremiah Jones	9.13	2 Norm West	13.07	3 Ebony-Jade Jones	12.16
4km Handicap:	1 Ebony Whiley	23.03	2 Barb Bryant	23.37	3 John Carter	26.21
	4 Colin Cleary	29.30	5 Annette Curtis	28.47	6 Geoff Major	30.34

NSW ALL SCHOOLS WARM UP MEET ONE, SOPAC, SYDNEY, SATURDAY 1 OCTOBER 2011

Now to Sydney for some schools results from a couple of weeks ago. Good walking by Kirsty Klein and Jasmine Dighton.

Girls 5000 Meter Race Walk All Schools

1.	Klein, Kirsty	17	Hawkesbury High	24:47.45
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Boys 5000 Meter Race Walk All Schools

1.	Birch-Ward, Kurtis	16	Menai High	26:45.69
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Girls 3000 Meter Race Walk All Schools

1.	Dighton, Jasmine	15	Cranebrook High	15:05.85
2.	Plummer, Caitlin	14	Mt St Benedict	17:22.38

SKINS NSW ALL SCHOOLS T&F CHAMPS, SOPAC, SYDNEY, 13-16 OCTOBER

And to the NSW All Schools Track and Field Championships which were held last weekend at the Sydney Olympic Park Complex at Homebush in Sydney. The pick of the walkers had to be Tyler Jones (U14 14:00.95), Jasmine Dighton (U16 14:59.92), Jay Felton (U17 24:35.92) and Kirsty Klein (U18 25:02.87).

Boys 3000 Metre Walk 13 years

1.	Jones, Tyler	13	Hunter Sports High	14:00.95
2.	Hopkins, Thomas	13	Karabar High	16:33.55
3.	estrada, patrick	13	St Andrews Maryong	17:13.51
4.	Owen, Damien	13	Colo High	17:41.45
5.	Kerr, Aidan	13	Nbcs Terry Hills	18:18.65
6.	Owen, Ryan	13	Sandy Beach	18:39.61
7.	Kirby, William	13	Hunter Valle	22:25.25

Girls 3000 Metre Walk 13 years

1.	Richardson, Summar	12	Mamre Anglican	16:59.88
2.	Minett, Rhiannon	13	Chester Hill High	17:11.36
3.	Hopkins, Karina	13	Karabar High	17:47.09
4.	Norton, Shanae	12	St Johns Park High	18:43.07
5.	Trikaliotis, Deyana	12	Mitchell High	18:45.53
6.	Nolland, Shivon	12	Seven Hills	19:08.20
7.	Kelland, Sarah	13	Abbotsleigh	19:21.24

Boys 3000 Metre Walk 14 years

1.	Doyle, Tom	14	Marist Koga	15:58.48
2.	Anestoudis, Johnathan	14	SDK	16:22.24
3.	Mylonas, Adam	14	William Clar	17:07.87

Girls 3000 Metre Walk 14 years

1.	Grujoski, Stephanie	14	Olsh Kensington	16:18.74
2.	Hill, Jayde	14	Nambucca Heads High	16:45.69
3.	Beasley, Bryony	14	St Clair High	17:00.81
4.	Plummer, Caitlin	14	Mt St Benedict	17:26.71
5.	Shanahan, Emily	14	Magdalene Ca	18:51.79

Boys 3000 Metre Walk 15 years

1.	Murphy, Robert	15	Marcellin College	15:47.78
2.	gibbons, carl	15	Charlton CS	16:24.25
3.	Dredge, Jason	15	Central Coas	16:58.38

Girls 3000 Metre Walk 15 years

1.	Dighton, Jasmine	15	Cranebrook High	14:59.92
2.	Durr, Alexandra	15	Karabar High	16:05.72
3.	Barendregt, Amanda	15	St Clares Waverley	16:10.43
4.	Martin, Samantha	15	Olsh Kensington	18:48.57

Boys 5000 Metre Walk 16 years

1.	Felton, Jay	16	Kincumber High	24:35.92
2.	Killen, Matthew	16	Gorokan High	29:17.66

Girls 5000 Metre Walk 16 years

1.	Southern, Shay	16	Colo High	28:44.71
2.	Denney, Hannah	16	Brigidine Rand	29:18.97
3.	Warden, Emily	16	Bomaderry High	31:18.31

Boys 5000 Metre Walk 17 years

1.	Washburn, Steven	17	SSH	25:37.72
2.	Birch-Ward, Kurtis	16	Menai High	26:13.23

Girls 5000 Metre Walk 17 years

1.	Klein, Kirsty	17	Hawkesbury High	25:02.87
2.	Bettiol, Amy	16	Brigidinet Ives	26:29.57

Girls 5000 Metre Walk 19 years

1.	Psarianos, Dimitra	18	Sec (St Euph	30:08.86
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QUEENSLAND ROUNDUP

Now to Queensland to catch up on a couple of track results from a few weeks ago.

PB Meet 3, Gold Coast City Athletics Track, Gold Coast, Friday 30th September 2011**3000 Metre Race Walk**

1.	Dewar, Nick	19	Qld Race Walking Club	13:00.00
2.	Pickles, Jessica	17	Fast Track Athletics Logan Wes	14:14.02
3.	Woodward, Mikaela	12	Qld Race Walking Club	16:36.76

PB Meet 4, Gold Coast City Athletics Track, Gold Coast, Friday 7th October 2011**2000 Metre Race Walk**

1.	Benzenati, Kenza	14	Gold Coast Victory	9:51.55
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AUSTRALIAN MASTERS GAMES, ADELAIDE, 7-15 OCTOBER 2011

The Australian Masters Games in Adelaide (see <http://australianmastersgames.com>) have now completed with the 10km roadwalks amongst the final events to be contested.

Cross Country & Road Walks, Victoria Park, Wednesday 12 October

The 10km roadwalks were dominated by Lyn Ventris with her time of 50:32 over 3 minutes ahead of the next best, Simon Evans with 54:09. Well done to VRWC medallists Donna Elms and Simon Evans and to Ballarat Walkers Club medallist Sarah Brennan.

W35	1	Sarah Brennan	W35	Victoria	57:43
W40	1	Rosemarie Stigwood	W43	South Australia	1:19:35
W45	1	Ann Staunton-Jugovic	W47	ACT	56:21
	2	Sandra Ambrose	W46	Victoria	1:15:19
	---	Raelene Schild	W46	South Australia	DQ
W50	1	Deborah Page	W52	Northern Territory	58:29
	2	Gloria Holliday	W50	South Australia	1:03:09
	3	Donna-Marie Elms	W50	Victoria	1:05:44
	4	Marie Maxted	W51	South Australia	1:05:54
	5	Lynette Pimm	W50	Victoria	1:11:19
	6	Sue Dalitz	W51	South Australia	1:19:17
W55	1	Lynette Ventris	W55	Western Australia	50:32
	2	Leanne Sandow	W59	South Australia	1:07:19
	3	Jill Brew	W58	Northern Territory	1:16:14
W60	1	Wendy Cochrane	W62	Northern Territory	1:15:52
W65	1	Sandy Brunner	W69	South Australia	1:06:45
	2	Jenny Richter	W66	Northern Territory	1:25:40
	---	Elaine Macfarlane	W69	South Australia	DQ

W75	1	Cynthia Dally	W77	South Australia	1:30:09
W80	1	Heather Lee	W84	New South Wales	1:22:28
M40	1	Franz Kropik	M43	Austria	1:00:04
M50	1	Simon Evans	M51	Victoria	54:09
	2	Chris Worsnop	M53	Victoria	1:14:14
M55	1	David McLay	M55	Victoria	1:08:20
	2	Colin Rettos	M55	South Australia	1:26:16
M55 AWD	1	David Squirrell	M56	South Australia	1:43:22
M60	1	Brian Horton	M64	Tasmania	1:05:57
	2	Jeff Kennett	M61	South Australia	1:30:33
M65	1	George White	M66	South Australia	57:03
	2	Geoffrey Byham	M65	South Australia	1:05:34
	3	Graham Harrison	M68	South Australia	1:09:26
M70	1	Rodger Barber	M73	South Australia	1:15:57
	2	Alan Warburton	M73	South Australia	1:18:56
M75	1	Leigh Smith	M76	South Australia	1:15:41
	2	Bertram James	M78	New South Wales	1:18:00
	3	David Robertson	M78	South Australia	1:20:36
	4	Geoffrey Gordon	M75	South Australia	1:24:48
M80	1	Colin Hainsworth	M81	South Australia	1:18:27

The star performer overall had to be **Lyn Ventris** who dominated the walks with **3 World and one Australian records**. With her recent move up into the W55 division, she is well into the record breaking process. And the only reason her 1500m time was not a WR is because it is not recognized at that level. It is only recognized at AR level. Here are her records from this meet. Wow!

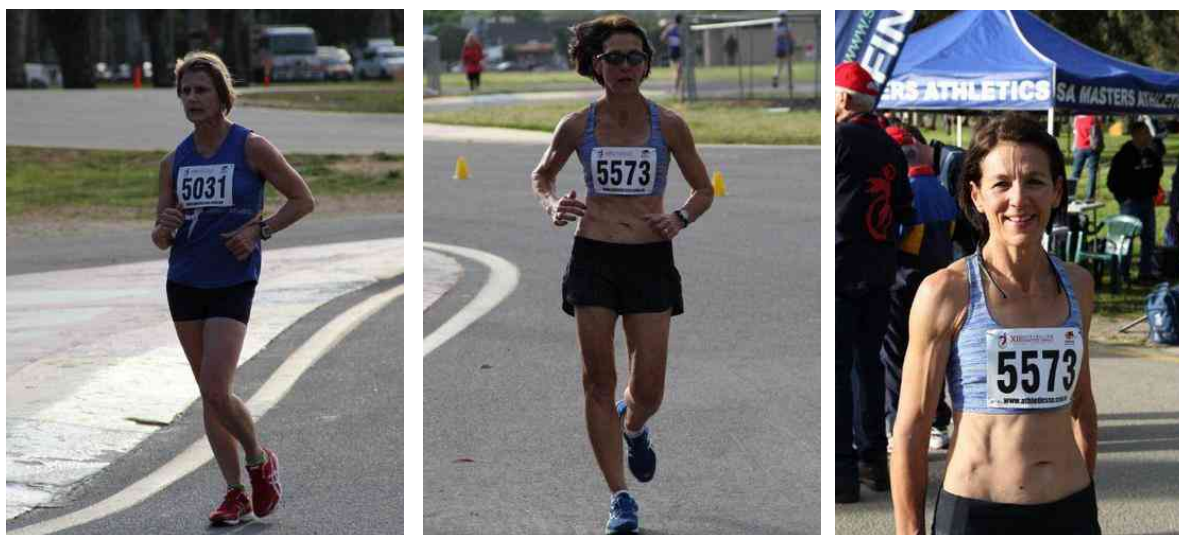
7 October	5000m track walk	24.16.77	W55 World Record (previously held by Olga Meyer of Germany set in 1985 - 25.28)
8 October	3000m track walk	14.26.99	W55 World Record (previously held by Heather Carr 15.11)
9 October	1500m track walk	7.00.30	W55 Australian Record (previously held by Heather Carr 7.11.91)
12 October	10km road walk	50.32	W55 World Record (previously held by Heather Carr 53.41)



Sandy Brunner (SA), James Seid-Christmass (VIC) and Simon Evans (VIC) – all photos from John Ventris



George White (SA) and Donna Elms (VIC)



Gloria Holliday (SA) and Lyn Ventris (WA)

RECORD BROKEN AT SA RACE WALKING CHAMPIONSHIPS

Saturday 8th October saw the South African racewalking championships which took place at the Youngsfield Military Base in Cape Town. I will take the report from the SA website (<http://www.athletics.org.za/>).

51 year-old Sandra Steenkamp broke the South African record in the 50km walk on Saturday 8 October at the SA Race walking Championships. Steenkamp from Gauteng North dominated in the women's 50km walk, looking very comfortable throughout the race, and finished more than 30 minutes ahead of her closest competitor. She improved her own SA record (5:18.36) when she crossed the line in 5:17.55, with the same big smile on her face as she had throughout the race. Teammate Elize van Eeden finished in 5:48.12 while Trudi Carstens took the bronze medal in 6:18.50.

This event was South Africa's first ever IAAF approved Race Walking Championships and Olympic qualifier with international IAAF acclaimed judges. These judges included the Chief Judge for the 2012 Olympic Games, Steven Taylor (UK), George Kariuki (Kenya) and Maris Petersen (RUS). They all did a spectacular job and took time off afterwards to talk to athletes and give guidelines.

Marc Mundell (Gauteng North) and Ross McDonald (Western Province) initially walked together for the first 14km in the senior men's 50km, which was an Olympic qualifying race. McDonald passed Mundell and lead the race for the next 4km before Mundell changed it all again and took the lead. The SA Record holder just continued walking and the chances of catching up became smaller as the laps went by. Mundell finished the race in 4:22.14 with McDonald coming in 2nd in 5:06.38. Siphwe Mtshali from Central Gauteng took bronze, his time recorded at 5:33.16.

Lebogang Shange had a brilliant race and walked himself into 1st position in the 20km race for senior men. This 21 year-old from Central Gauteng showed excellent technique throughout the race and finished in 1:27.31, ahead of teammate Pierre de Villiers with his time of 1:28.33. Wayne Snyman (AGN) took bronze in 1:28.59. All 3 athletes recorded personal bests in this event.

In the same distance for senior women, Michelle Hopkins (CGA) took gold in 1:54.34 while teammate Nomsa Buthelezi finished in 2:00.46 in 2nd position. Third place went to Elmarie Bezuidenhout (EPA) in 2:01.27.

In the 10km junior men and women's races Central Gauteng continued dominating with two gold medals, a silver and a bronze. Inge Kotze (CNW) was just not fast enough and had to be satisfied as Rose Shabalala claimed the gold medal in 1:00.05. Her time of 1:00.41 was just marginally slower but not good enough for gold. Nthatsi Mokhele finished 3rd almost 10 minutes behind, her time 1:10.52.

Mfana Mbatha (CGA) completed the walk in 50:36, some 6 minutes ahead of Nkosinathi Kcokazi who finished in 56:37. Asiphwe Jafter took bronze in 1:05.08.

Elsa Meyer competed in the 20km race for Masters Women and clocked 2:04:14, a new SA Masters record. In the team competition Central Gauteng Athletics won the team prize while Western Province athletics came second. Gauteng North finished in 3rd position.

The venue was certainly a spectacular one judging from the photos in www.capetownsportphotography.co.za. Full results can be sourced from <http://www.racewalk.co.za/Results%20-%20SA%20Race%20Walking%20Championships%20-%2008%20Oct%202011.xls>. I will restrict myself to the Open 50km and 20km results.

50km Senior Men

1.	AGN	Marc Mundell	28	4:22:14
2.	WPA	Ross McDonald	38	5:06:38
3.	CGA	Siphiwe Mtshali	27	5:33:16
4.	CGA	Geoff Lupton-Smith	53	5:35:15
5.	CGA	Peet Bekker	50	5:46:18
6.	WPA	Joseph Esterhuizen	51	6:09:17

50km Senior Women

1.	AGN	Sandra Steenkamp	51	5:17:55 (SA Record)
2.	AGN	Elize van Eeden	51	5:48:12
3.	WPA	Trudi Carstens	49	6:18:50

20km Senior Men

1.	CGA	Lebogang Shange	21	1:27:31
2.	CGA	Pierre De Villiers	26	1:28:33
3.	AGN	Wayne Snyman	26	1:28:58
4.	SWD	Armond Nel	21	1:32:50
5.	CGA	Sanele Mathonsi	21	1:36:51
6.	AGN	Sipho Mahlangu	28	1:39:54
7.	WPA	Pieter Vorster	27	1:40:58
8.	CGA	Bethuel Sekgalemo	24	1:43:05
9.	WPA	Gideon Cillie	34	1:46:51
10.	AGN	Jacques Faure	19	1:47:46
11.	BOL	Brandon Goosen	22	2:04:57

20km Senior Women

1.	CGA	Michelle Hopkins	23	1:54:34
2.	CGA	Nomsa Buthelezi	30	2:00:46
3.	EPA	Elmarie Bezuidenhout	29	2:01:27
4.	WPA	Sandi Fundiswa	31	2:22:22



Marc Mundell wins the South African 50km title

THE WORLD CUP CELEBRATES ITS 50TH ANNIVERSARY

This week marks 50 years since the first World Race Walking Cup was held in Lugano in Switzerland on 15-16 October 1961. Initially called the Lugano Trophy, the program included only two races, both for male athletes: the 20 km and 50 km. A race for women was not officially added until 1979 when the event was held in Eschborn in the Federal Republic of Germany (although an unofficial women's competition was held in 1975). At that time, the men's competition was still called the Lugano Trophy, while the women's event was initially named the Eschborn Trophy. Nowadays it is all one competition and is called the World Race Walking Cup. Up to 1985 a semi-final round was held, however since then the event has been held as a straight final. In 2004 when the event was held in Naumburg, it was expanded to include 10km races for junior walkers, male and female.

Until the IAAF World Championships were started in 1983, the Lugano Trophy was the only opportunity for the major walkers from around the world to come together and compete outside the Olympics.

In 1961, victories went to British walker Kenneth Matthews (20 km, 1:30:55) and Italian walker Abdon Pamich (50 km, 04:25:38). Overall, Britain & Northern Ireland took three medals, Sweden two medals and Italy one medal, with collective victory going to the

British on a countback to Sweden.

In 1961, the Lugano Cup was a pure European event as were the next two editions. It was only in 1967 that teams from the United States and South Africa joined (the RSA team did not eventually show, perhaps because of the Apartheid Ban then in place) and Australia itself joined in 1979. It was not until 1987 that the event ventured outside Europe, being contested in New York on that occasion.

Over its 50 years, the Swedish walker Bo Gustafsson holds the record of most participations, with 11 appearances, from 1973 to 1997. Portuguese walker Augusto Cardoso has ten recorded appearances from 1989 to 2010 as has Michael Harvey of Australia (1981 to 1999). For the women, the largest number of participations are shared between Hungarian Ildiko Ilyes (1987-2006) and Mexican Graciela Mendoza (1987-2008), each with 10 appearances. Britain and Italy are the only countries to have competed in all 24 editions. As for individual victories, Mexicans Raul Gonzalez and Carlos Mercenario and Jefferson Perez of Ecuador have the highest number of successes: three wins each.

The list of host cities reads as follows

- 1961 - Lugano, Switzerland
- 1963 - Varese, Italy
- 1965 - Pescara, Italy
- 1967 - Bad Saarow, East Germany
- 1970 - Eschborn, West Germany
- 1973 - Lugano, Switzerland
- 1975 - Grand-Quevilly, France
- 1977 - Milton Keynes, England
- 1979 - Eschborn, West Germany
- 1981 - Valencia, Spain
- 1983 - Bergen, Norway
- 1985 - St. John's, Isle of Man
- 1987 - New York, United States of America
- 1989 - L'Hospitalet, Spain
- 1991 - San Jose, United States of America
- 1993 - Monterrey, Mexico
- 1995 - Beijing, China
- 1997 - Podebrady, Czech Republic
- 1999 - Mézidon-Canon, France
- 2002 - Turin, Italy
- 2004 - Naumburg, Germany
- 2006 - La Coruña, Spain
- 2008 - Cheboksary, Russia
- 2010 - Chihuahua, Mexico

The Russian city of Saransk will host the 25th edition of this historic event on 12-13 May 2012.

WHAT'S COMING UP

The AV Shield competition continues on **Saturday 22nd October** with all 6 venues in action and 2000m walks on offer. See the Athletics Victoria website (www.athsvic.org.au) for timetables.

Sat 22 Oct	AV Shield - South East Region - Round 2	Casey Fields, Cranbourne East
Sat 22 Oct	AV Shield - East Region - Round 2	Hagenauer's Reserve, Box Hill
Sat 22 Oct	AV Shield - Bendigo Region - Round 2	La Trobe University, Bendigo
Sat 22 Oct	AV Shield - Geelong Region - Round 2	Landy Field, Geelong
Sat 22 Oct	AV Shield - Ballarat Region - Round 2	Llanberris Reserve, Ballarat
Sat 22 Oct	AV Shield - North West Region - Round 2	Moonee Valley Athletics Centre, Moonee Ponds

The VRWC summer season starts on **Sunday 23rd October** with road races at Albert Park. The fixture reads as shown below. Since we have only a 2000m walk on Saturday, what better way to finish off a good weekend of walking. See you there!

Sunday 23rd October 2011, VRWC Events, Middle Park

8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

Finally, a reminder that entries close for the **Victorian All Schools T&F Championships** this coming **Thursday 20th October**. Entries submitted to AV after that date incur a late fee. The championships will be held on **4-6 November** and include the following

U14 3000m Walk	Boys and Girls
U15 3000m Walk	Boys and Girls

U16 3000m Walk	Boys and Girls
U17 5000m Walk	Boys and Girls
U18 5000m Walk	Boys and Girls

See <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011;2012&meetID=1236> for timetable and online entry form.

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

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	Oceania Masters Athletics Championships, Tauranga, New Zealand
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/

2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taichang, 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	14th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, HUN
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32nd Olympic Games City 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>)