



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

This newsletter goes to 366 email addresses and we had 361 votes in the inaugural 'Walker of the Week' competition. Now I'm not saying that everyone voted but it was a fantastic first up show of support. The votes were spread but the winner was clearcut – Stephanie George received around 200 votes for her 9:13.3 2000m in the AV Shield competition on Saturday 22 October 2011. Well done Steph!



Stephanie George – our inaugural Walker of the Week winner – in action in AV Shield in Round 1

And now onto this week's voting. The nominees are both current Australian roadwalk champions and both were in fantastic form during the week. This is going to be a hard call! Go to [www.vrwc.org.au](http://www.vrwc.org.au) and cast your vote.

Nathan Brill	VIC	U16 1500m	VSSSSA T&F Champs, Melbourne	25/10/2011	5:58.17
Jemima Montag	VIC	U14 3000m	AV Shield Comp, Melbourne	29/10/2011	14:22.4

- **Nathan Brill's** time of 5:58.17, done in winning the Victorian State Secondary Schools U16 1500m walk, broke his own championship record by 18 secs and saw him finish 50 secs ahead of his closest rival. It was only a 1 sec PB but his previous time of 5:59.1 was done in chasing Jesse Osborne in an AV Shield race in January 2011. This time, he did it on his own without the benefit of chasing. It omens well for the summer for the 15 year Collingwood Harriers walker.
- 13 year old **Jemima Montag** recorded an 11 sec track PB in winning the AV Shield 3000m competition at Albert Park last Saturday with a time of 14:22.4. Her time also broke her VRWC U14 club record. Last November, she set a new Victorian U13 3000m walk record of 14:35.20 and now she is fast closing on the U14 record of 14:17.1. With 2 months to go, she looks a real bet to beat one of the oldest records in the book, set by Louise Nicholson way back in 1981.

### AV SHIELD COMPETITION, SATURDAY 29 OCTOBER

#### AV Shield - South East Region - Round 3, Lakeside Stadium, Albert Park, Saturday 29 October

We saw 30 walkers in action at the brand new Lakeside Stadium in Albert Park and times were excellent across the board. **Rhydian Cowley** improved on his 12:20 in Round 1 to take fastest with an excellent 12:04.5, **Jemima Montag** did an 11 sec PB with 14:22.4, **Stephanie George** did yet another PB with 14:46.3 and **Billy Allamby** showed that he is getting back into top shape with 15:01.6. In fact, Jemima's time was only 5 secs outside one of the oldest Victorian records on the book – the 14:17.1 for the U14 3000m set by Louise Nicholson way back in 1981. The 1500m walkers were also in fine form with Kyle Swan 7:24.7, Reese Walmsley 7:41.5 and Sarah Burren 7:49.3 showing the way. This is indeed a strong walks venue.

### 3000m Walk

1.	Rhydian Cowley	OP	GHY	12:04.5	
2.	Billy Allamby	U16	KNA	15:01.6	
3.	Chris Lockwood	OP	VMA	15:32.3	
4.	Michael O'Mahony	U20	KNA	15:48.5	
5.	Aaron Tam	U18	KNA	15:52.8	
6.	Clyde Riddoch	OP	AWA	16:36.9	
7.	Lucas Taylor	U16	KNA	16:45.3	
8.	Anthony Doran	OP	GHY	18:52.7	
9.	Geoff Barrow	OP	MEN	19:08.4	
10.	Philip Hutton	OP	GHY	19:49.5	
11.	John Zeleznikow	OP	GHY	31:27.9	
1.	Jemima Montag	U14	MAC	14:22.4	PB 0:11
2.	Stephanie George	U16	KNA	14:46.3	PB 0:20
3.	Jade Sanders	U16	CCA	15:55.4	
4.	Simone McInnes	OP	GHY	16:00.1	PB 0:23
5.	Lauren Stadius	U16	KNA	16:09.7	PB 0:11
6.	Emily Hamilton	U14	KNA	16:25.3	
7.	Marlene Gourlay	40+	VMA	17:48.2	
8.	Bianca Attard	U18	KNA	18:16.6	
9.	Kym Osmand	OP	OAK	18:51.6	
10.	Gwen Steed	40+	VMA	19:04.0	
11.	Michaela Attard	U20	KNA	20:13.6	
12.	Celia Johnson	40+	VMA	20:47.0	
13.	Eva Zeleznikow	U18	GHY	32:15.2	

### 1500m Walk

1.	Kyle Swan	U14	KNA	7:24.7	
2.	Reese Walmsley	U14	KNA	7:41.5	
3.	Kyle Bird	U16	MPA	9:45.7	
1.	Sarah Burren	U16	KNA	7:49.3	
2.	Hayley George	U14	UNA	8:10.7	
3.	Jessie Eastwood	U16	KNA	8:21.4	

Thanks to Sabby George for the following photos from the Albert Park walks



Lucas Taylor, Billy Allamby, Michael O'Mahony, Jemima Montag and Stephanie George in the 3000m walk



Kyle Bird, Jessie Eastwood, Hayley George, Reese Walmsley, Amy Burren and Kyle Swan in the 1500m walk



Billy Allamby and Jemima Montag in action

**AV Shield - North West Region - Round 3, Newport Park Athletics Facility, Williamstown, Saturday 29 October**

As usual, the North West region saw the biggest walks fields with 39 starters in total. **Mark Donahoo** continued his form resurgence with 14:34.82 ahead of **Aaron McDonough** who walked a fine PB with 14:47.19. **Caitlin Campbell** was the fastest of the ladies with 16:42.52. It was also good to see **Jim Bannon** back after some 25 years. Jim used to compete with Collingwood in his younger days and he walked a good 20:21.88, not bad after such a long layoff! In the 1500m race, 9 year old **Brooklyn Utber** (who is the current LAVIC U9 1100m champion) of Western Suburbs was fastest with an excellent 9:02.32.

**3000m Walk**

1.	Donahoo, Mark	53	ATE	14:34.82	
2.	McDonough, Aaron	39	PTN	14:47.19	PB 0:09
3.	Hawkins, Trenton	32	PTN	15:05.34	
4.	Erickson, Tim	61	COB	16:21.09	
5.	McShanag, Connor	16	ATE	?	
6.	Knox, Duncan	52	ATE	17:17.22	
7.	Kondogonis, John	50	KSB	18:08.88	
8.	Bannan, James	53	WCA	20:21.08	
9.	Keighery, Peter	45	KSB	25:56.95	
10.	Rickard, Ian	55	BWK	26:25.23	
11.	Bulic, Anton	49	BWK	DQ	
1.	Campbell, Caitlin	17	ATE	16:42.52	
2.	Elms, Donna-Marie	50	ATE	18:02.14	
3.	Shaw, Robyn	50	WES	19:15.79	
4.	Aplin, Elise	23	KSB	21:32.39	

5.	Abfalter, Maria	43	KSB	21:34.42
6.	Ryan, Maeve	22	WTN	23:10.01
7.	Colley, Jamee-Leigh	21	PTN	23:16.58
8.	Roberts, Gerrie	48	KSB	25:48.90
9.	Guthrie, Susan	58	KSB	25:56.34
10.	Rickard, Tess	18	BWK	26:07.67
11.	Lamb, Jessica	16	BWK	27:19.48
12.	Arnold, Madison	17	PTN	27:21.06
13.	Marangon, Georgia	17	PTN	31:03.43

#### 1500m Walk

1.	Casilli, Anthony	12	PTN	11:05.72
2.	Long, Izaak	11	PTN	11:07.82
3.	Sykes, Dominic	10	KSB	12:43.01
1.	Utber, Brooklyn	9	WES	9:02.32
2.	Irons, Julia	13	KSB	9:24.56
3.	Cooke, Brianna	14	WCA	9:28.24
4.	Cullen, Larissa	13	WCA	10:48.51
5.	Abfalter, Emma	14	KSB	12:15.61
6.	Consiglio, Greta	14	KSB	12:15.93
7.	Roberts, Jacquelin	11	KSB	12:33.61
8.	Irons, Elaine	11	KSB	12:33.87
9.	Magree, Olivia	12	KSB	12:39.44
10.	Magree, Tess	9	KSB	13:42.85
11.	Sutawan, Mika	15	KSB	13:43.98
12.	Roberts, Isobell	15	KSB	DQ

#### AV Shield - East Region - Round 3, Reischiek's Reserve, Doncaster, Saturday 29 October

Nathan Brill continued his dominance in the Eastern Region with a fine 13:03.1. Behind him, Simon Evans recorded a 1 sec PB with 14:45.1 and Adam Garganis continued his good form from the VSSSA champs the previous Tuesday with a 26 sec PB of 15:14.0. Once again, Michelle Laufer was our top lady with another excellent walk, this time recording 15:19.7. In the 1500m, Emmet Brasier walked what must have been a huge PB to win with a superb 7:08.9 ahead of Cooper Owen 7:33.0 and Lauren Collis 7:41.8.

#### Mixed 3000 Meter Race Walk

1.	Brill, Nathan	M15	BXH	13:03.1	
2.	Evans, Simon	M51	BXH	14:45.5	PB 0:01
3.	Garganis, Adam	M14	COL	15:14.0	PB 0:26
4.	Laufer, Michelle	W42	COL	15:19.7	
5.	Dyer, Bill	M50	BXH	16:33.6	
6.	Dickenson, Russ	M66	UNA	16:59.4	
7.	Hammitt, Gary	M54	DIV	17:13.2	
8.	Jack, Clarrie	M66	RIC	17:43.3	
9.	Vernal, Stephen	M53	ANU	17:58.2	
10.	Beaton-Wells, Michael	M43	OSC	18:21.2	
11.	Benke, Geza	M55	OLM	18:29.2	
12.	Facey, Stuart	M61	OSC	19:30.0	
13.	Summers, Harry	M76	BXH	19:47.6	
14.	Walburg, Kirsten	W13	DON	19:58.3	
15.	Cooper, Stuart	M61	SSH	20:20.1	
16.	Smith, Charmaine	W36	DON	24:14.1	
17.	Iacono, Thomas	W25	COL	DQ	
18.	Chong, Kait	M39	BXH	DQ	

#### Mixed 1500 Meter Race Walk

1.	Brasier, Emmet	M13	DIV	7:08.9	Big PB?
2.	Owen, Cooper	M13	DIV	7:33.0	
3.	Collis, Lauren	W13	DIV	7:41.8	
4.	Schwerkolt, Zoe	W13	BXH	7:57.4	
5.	Irshad, Jasmine	M14	UNA	7:57.7	
6.	Owen-Smith, Chelsea	W11	DIV	8:55.4	
7.	Schwerkolt, Sophie	W12	UNA	9:36.3	
8.	Neale, Anthony	M13	COL	11:54.1	

#### AV Shield - Bendigo Region - Round 3, La Trobe University, Bendigo, Saturday 29 October

Only a small group of walkers in action in Bendigo with Amanda Heard 16:50.99 and Madison Hill 11:42.97 the fastest.

#### Mixed 1500 Meter Race Walk

1.	Madison Hill	W11	SBE	11:42.97
2.	Norm West	M70	DBE	12:00.07

### Mixed 3000 Meter Race Walk

1.	Amanda Heard	W16	EAG	16:50.99
2.	John Watson	M61	BYM	19:44.51
3.	Ebony-Jade Jones	W17	EAG	21:20.70

Unfortunately, the Ballarat and Geelong results are not yet available on the AV website. This is the third week for Geelong so I am not sure what is going on there. As there are a lot of good young walkers at that venue, I am sure some prime times are being done but we continue to wait.

### AV Shield - Geelong Region - Round 3, Landy Field, Geelong, Saturday 29 October

TBA

### AV Shield - Ballarat Region - Round 3, Llanberris Reserve, Ballarat, Saturday 29 October

TBA

## VSSSSA T&F CHAMPIONSHIPS, TUESDAY 25 OCTOBER

The 24<sup>th</sup> Secondary State Schools Track & Field Championships were held last Tuesday at the brand new Lakeside Stadium in Albert Park. Very much a prelude to this weekend's Victorian All Schools Champs, it featured students from the State Schools system. First off, you can review all the action in Matt Owen's latest YouTube video: [http://www.youtube.com/user/racewalkoz?feature=digest\\_fri](http://www.youtube.com/user/racewalkoz?feature=digest_fri) – it's a beauty. And now onto the action – we have seen some great walks in this yearly championship in past years and this was no exception. Top performance had to be **Nathan Brill's** 5:58.17 in winning the U16 1500m championship – it broke his own championship record by 18 secs and was a 1 sec PB and a dominant performance. Behind him, **Lucas Taylor** 6:48.59, **Adam Garganis** 6:52.05 and **Emmet Brasier** 6:56.09 were all well under 7 minutes and all on PB pace. The Open Boys 1500m was also a fast race with **Josh Kaiser** winning with 6:40.09 ahead of **Jared Walker** 6:42.67 and **Aaron Tam** a big PB of 6:56.03. For the girls, **Jade Sanders** 7:21.60 and **Beth Alexander** 7:04.78 also walked excellently for good wins.

### Girls 12-15 1500 Metre Race Walk

1.	Jade Sanders	Berwick SC	7:21.60	
2.	Taylah Vasiljevic	Fountain Gate PS	7:46.30	
3.	Danika Corless	Wantirna C	7:56.08	
4.	Kobie Somerfield	Mt Clear C	8:00.80	PB 0:24
5.	Beth Barbour	Northcote HS	8:38.46	
6.	Shae Ohlsen	Ballarat HS	8:47.00	Eq PB
7.	Rebecca Campbell	Copperfield C	8:48.31	
8.	Kirsten Walburg	Yarra Hills SC	8:52.16	
9.	Brianna Cooke	Epping SC	9:04.68	
10.	Stacey McLaren	Rosehill SC	9:15.36	
11.	Nicole Mills	Warragul RC	11:14.28	

### Girls 16-20 1500 Metre Race Walk

1.	Beth Alexander	Brentwood SC	7:04.78	
2.	Ebony Whiley	Catholic C Bendigo	7:35.57	
3.	Caitlin Campbell	Copperfield C	7:42.16	
4.	Samantha Duval	Mooroolbark C	8:32.96	
5.	Ella Mason	Melbourne GC	8:33.99	
6.	Bethany Stewart	Strathmore SC	9:16.22	
7.	Tyler Barry	Frankston HS	10:02.65	
8.	Katherine Charles	Neerim District SC	10:29.93	
9.	Ebony Jade-Jones	Bendigo South East	10:33.58	
10.	Sammie Molloy	Frankston HS	11:22.67	

### Boys 12-15 1500 Metre Race Walk

1.	Nathan Brill	Rosebud SC	5:58.17	PB 0:01
2.	Lucas Taylor	Lilydale HS	6:48.59	Eq PB
3.	Adam Garganis	Thornbury HS	6:52.05	PB 0:18
4.	Emmet Brasier	Viewbank C	6:56.09	PB ?
5.	Jordan Galbraith	Norwood SC	7:16.34	
6.	Jeremiah Jones	Bendigo South East	7:54.30	
7.	Ross Darlow	Ballarat HS	7:54.38	
8.	Lachlan Norton	Lyndale sc	9:44.19	
9.	Chris Charles	Neerim District SC	10:58.11	
	Daniel Blair	Newcomb SC	DQ	

### Boys 16-20 1500 Metre Race Walk

1.	Josh Kaiser	Dromana SC	6:40.09	
2.	Jared Walker	Lara SC	6:42.67	
3.	Aaron Tam	Glen Waverley SC	6:56.03	PB 0:14
4.	Jesse Costello	Wodonga Myc	7:22.29	
5.	Albert Chin	Balwyn HS	8:09.42	

6.	Josh Savage	Eaglehawk SC	8:23.77
7.	Trent Binaisse	Lalor SC	9:57.10



Lucas Taylor, Nathan Brill and Adam Garganis after the U16 1500m Walk

### BENDIGO WALKERS CLUB RESULTS, ROSALIND PARK, WEDNESDAY 26 OCTOBER 2011

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held their Bendigo Walking Cup over 2400m on Wednesday evening with Josh Savage producing a strong personal best effort to come through the field and take an excellent victory and he also produced the fastest time in the event, Jeremiah Jones claimed 2<sup>nd</sup> place with Barb Bryant sprinting to the line to take 3<sup>rd</sup> just in front of Ebony-Jade Jones.

#### 2400m handicap

1.	Josh Savage	12.48
2.	Jeremiah Jones	12.52
3.	Barb Bryant	13.53
4.	Ebony-Jade Jones	17.55
5.	John Carter	15.40
6.	Colin Cleary	17.51
7.	Norm West	19.38
8.	Geoff Major	17.25
9.	Ebony Whiley	14.02
10.	Annette Curtis	17.30
11.	Tom Savage	16.55

This Wednesday evening 1500m and 3000m nominated time events will be held in Rosalind Park from 6pm. Enquirers phone Paul Rance on 5442 6435 or 0400649610

### ACT WALKERS CLUB TRACK UPDATE

Thanks to Robin Whyte for the results from the last few ACT Race Walking Club events in Canberra. They continue to get very good numbers and their younger walkers are going well - in particular Zoe Hunt 6:15 and Thomas Hopkins 7:11 for 1500m.

#### ACTRWC 1500m, AIS Track, Bruce, Thursday 13 October

##### 1500m

1.	Zoe Hunt	07:08
2.	Callum Burns	07:43
3.	Gabby Hunt	07:49
4.	Spencer Burns	09:02
5.	Geoff Barker	09:34
6.	Bryan Thomas	09:45
7.	Doug Fitzgerald	09:46
8.	John Donovan	10:16
9.	Peter Thompson	10:40
10.	Ruth Baussmann	10:46
11.	Wendy Kupkee	10:47
12.	Val Chesterton	11:45

13.	Phil Essam	11:52
14.	Peter Barclay	11:54
15.	Sarah Lonsdale	12:00
16.	Victoria Le Gallais	12:06
17.	Margaret McSpadden	12:06
18.	Carmen Carlon	14:39
19.	Trish Thomas	16:18
	Laura Burns	DNF

**ACTRWC 3000m Handicap, AIS Track, Bruce, Thurs 20 October**

**3000m Handicap**

1.	Sarah Lonsdale	15:24	(04:30)
2.	Victoria Le Gallais	15:40	(04:20)
3.	Callum Doherty	11:09	(08:55)
4.	Peter Barclay	15:34	(04:35)
5.	Karina Hopkins	11:39	(08:45)
6.	Jennifer Gilchrist	13:49	(06:35)
7.	Thomas Hopkins	10:22	(10:10)
8.	Bryan Thomas	13:07	(07:25)
9.	Callum Burns	10:09	(10:25)
10.	Nola de Chazal	18:51	(01:45)
11.	Doug Fitzgerald	13:14	(07:25)
12.	John Donovan	13:44	(06:55)
13.	Val Chesterton	15:59	(04:40)
14.	Gabby Hunt	10:26	(10:15)
15.	Kate Black	11:43	(09:20)
16.	Sheryl Greatehead	15:39	(05:40)
17.	Phil Toomey	16:28	(05:00)
18.	Emily Hopkins	13:55	(08:00)
19.	Rod Gilchrist	13:57	(08:00)
20.	Tony Booth	19:26	(04:50)

**800m**

1.	Spencer Burns	04.25
2.	Laura Burns	05.35

**ACTRWC Track Walks, AIS Track, Bruce , Thurs 27 October**

**1500m Scratch Race**

1.	Zoe Hunt	06:51
2.	Thomas Hopkins	07:11
3.	Callum Burns	07:29
4.	Gabby Hunt	07:34
5.	Peter Baker	07:46
6.	Karina Hopkins	08:06
7.	Spencer Burns	08:14
8.	Callum Doherty	08:21
9.	Helena Bialecki	08:45
10.	Emily Hopkins	08:49
11.	Jordan Bardsley	09:01
12.	Robin Whyte	09:09
13.	Geoff Barker	09:32
14.	Bryan Thomas	09:48
15.	John Donovan	09:59
16.	Jennifer Gilchrist	10:05
17.	Rod Gilchrist	10:27
18.	Ruth Baussmann	10:33
19.	Wendy Kupkee	10:34
20.	Sarah Lonsdale	11:48
21.	Tony Booth	12:01
22.	Margaret McSpadden	12:04
23.	Robert Kennelly	12:09
24.	Matthew Grady	12:47
25.	Rebecca Filipezyk	13:09
26.	Carmen Carlon	14:35

**700m Scratch Race**

1.	Thomas Hunt	04:48
2.	Laura Burns	04:48

## SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 26 OCTOBER

Thanks to Colin Hainsworth for the latest 5km track walk results from the South Australian Masters in Adelaide. He advises it was a cool calm evening and hence good for walking. Once again, SARWC members Kim Mottrom and Justin Hill joined their older compatriots for a hitout. George White was the best of the Masters walkers as usual with his fine 27:58.

### 5000m Walk

	Kim Mottrom	24.33	
	Justin Hill	25.29	
M66	George White	27.58	85.44%
W51	Marie Maxted	32.12	69.94%
M68	Graham Harrison	32.59	74.13%
M63	John Hore	35.50	64.55%
M69	Bill Starr	36.24	67.98
M76	Leigh Smith	36.31	74.24%
M55	Richard Moyle	37.35	56.96%
M81	Colin Hainsworth	38.23	76.13%
W51	Kristine Freeman	38.52	64.33%
W63	Gill White	39.19	65.15%
M75	Paul Boyce	39.33	67.6%
W66	Jill Rogers	39.57	66.66%
W57	Linda Whitelaw	41.00	58.3%
W77	Cynthia Dally	42.43	74.01%

### 3k walk scratch

W58	Edna Bates	25.57	54.22%
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## ATHLETICS SA PREMIERSHIP CUP ROUND 1, SANTOS STADIUM, ADELAIDE, FRIDAY 28 OCTOBER

Athletics South Australia Premiership Cup competition kicked off on Friday evening with 3000m and 1500m walks included on the program. The 3000m walk was an excellent one with Darren Bown taking fastest time as expected with 13:04.01 but the highlights were behind him with Kristie Goznik 13:59.56 and Allegra Steele 14:41.88 both setting big PBs.

### 3000m Walk

1.	Darren Bown	M	74	ELIZ	13:04.01	
2.	Kristie Goznik	W	93	ELIZ	13:59.56	PB 0:16
3.	Allegra Steele	W	90	TTG	14:41.88	PB 1:57
4.	Megan Szirom	W	77	ELIZ	15:00.92	
5.	Jemma Potezny	W	96	HILL	15:39.05	
6.	Peter Crump	M	60	SPC	16:32.40	
7.	Piper Douglas	W	97	HILL	16:49.99	

### 1500m Walk

1.	Alix Harlington	M	99	ELIZ	8:04.07
2.	Rhiannon Lovegrove	W	00	ELIZ	9:26.25

## 16<sup>TH</sup> PAN AMERICAN GAMES, GUADALAJARA, MEXICO, 23-30 OCTOBER

### 50km Championship, Saturday 29 October, 7:30AM

The final day of competition in the Pan American Games saw the 50km walk and the marathon, both tough asks in the high altitude of 1500m+. Mexicans are passionate sports fans - they began lining up the streets to watch the final road events two hours before the start times. To top it off, Felipe Calderon, the President of Mexico, was among the VIP guests for the marathon and the First Lady, Margarita Zavala, was at the walk. She must have been pleased with what unfolded as Mexican walkers Horacio Nava and Jose Leyva Ojeda took the walk quinella ahead of Jaime Quiyuch of Guatemala.

Because of the change to daylight saving, it was still dark at the scheduled start time of 7:30AM and the walkers were announced under the spotlight of a circling helicopter which stayed on duty until sun appeared close to 8 am

The walk judges ride bicycles along the course to monitor form. Any time a judge rode his bicycle to the scoreboard tent the crowd boisterously booed him and then when the judge left the tent to go back to monitor the race the crowd would chant "Pendejo...Pendejo" (not a particularly nice comment – check your online translator!).

2010 World Cup 50km runner-up Horacio Nava walked side-by-side with his countryman Jose Leyver Ojeda until the 25<sup>th</sup> and last lap when he made his break, eventually winning by 18 seconds in a time of 3:48:58, quite respectable given the high altitude and less than a minute outside his compatriot Carlos Mercenario's Games record of 3:47:55, set in 1995.

Nava led the 2007 edition of this race in Rio by over a kilometre, but ended up being caught and overtaken within metres of the finish line by Ecuador's Xavier Moreno. It was the first time Mexico had lost the Pan Am 50km gold since 1979. "We trained to



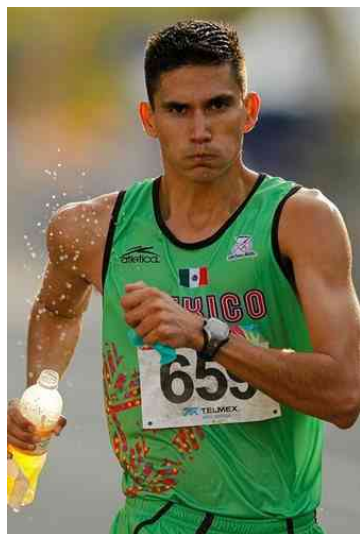
avoid what happened in Rio," said the winner. "Breaking the record was not the top priority. This medal means a lot. It is a step forward going into London 2012. I have qualified. I want to enjoy this result and take some rest."

Second placed Ojeda was rewarded with a personal best of 3:49:16, as was Guatemala's Jaime Daniel Quiyuch (3:50:33), who also came within a minute of his country's national record. Of the 16 athletes who started in the competition, only nine made it to the finish line; three retired and four were disqualified.

It was not a good day for Ecuador. More than a month after producing the region's best performance and breaking the South American record at the World Championships, Ecuador's Cristian Andres Chocho was disqualified after being in the lead pack until the 28<sup>th</sup> kilometre. His countryman and 2007 20km runner-up, Rolando Saquipay, dropped out after the 30km mark.

1.	NAVA Horacio	MEX	20 JAN 1982	3:48:58	
2.	OJEDA Jose Leyver	MEX	12 NOV 1985	3:49:16	PB
3.	QUIYUCH Jaime Daniel	GUA	24 APR 1988	3:50:33	PB
4.	HERNANDEZ Fredy Hernando	COL	25 APR 1978	4:00:12	
5.	RIEKMANN Jonathan	BRA	20 AUG 1987	4:04:07	PB
6.	HERNANDEZ Emerson Esnal	ESA	20 JAN 1989	4:12:53	
7.	RUEDA Nestor Mauricio	COL	15 MAY 1979	4:17:40	
8.	CALVO AGUILAR Bernardo	CRC	19 DEC 1983	4:21:19	PB
9.	SHOREY Benjamin C	USA	11 MAR 1983	4:33:25	
	PAAU Anibal Eduardo	GUA	12 JAN 1987	DNF	
	SAQUIPAY Jaime Rolando	ECU	21 JUL 1979	DNF	
	SEGURA MEDINA Allan	CRC	23 DEC 1980	DNF	
	ARAYA Edward Ignacio	CHI	14 FEB 1986	DQ	
	CHOCHO Cristian Andres	ECU	4 NOV 1983	DQ	
	SANTOS JUNIOR Mario	BRA	10 SEP 1979	DQ	
	TALCOTT David	USA	1 APR 1960	DQ	

The 10km splits show the relatively even pace at which the race unfolded - 46:36, 45:30, 44:56, 46:02. 45:54. You can see all the splits for the competitors at <http://info.guadalajara2011.org.mx>



Left: Nava on his way to victory



Right: podium finishes for Ojeda, Nava and Quiyuch

#### FRENCH NATIONAL 100K CHAMPIONSHIPS, ETAMPES-SUR-MARNE, SUNDAY 30 OCTOBER

Emmanuel Tardi was in Etampes-sur-Marne, east of Paris, on Sunday for the French Men's 100km Championship which was won for the second year in a row by 40 year old Eddy Roze with an excellent time of 9:54:03, some 15 minutes ahead of Zoltan Czucker of Hungary. Roze, who competed for France in 3 World Race Walking Cups (most recently in Chihuahua in 2010), has successfully transitioned to the ultra scene and looks set for a long career in what is one of the toughest disciplines of the lot, that of the long distance athlete. Like most events of this type, there was a cutoff time of 12 hours imposed on all walkers.

The carnival also featured a French 50km Championship for women and this was won by 26 year old Severine Lanoue who is also an accomplished walker over the shorter distances – she came 8<sup>th</sup> in this year's French 20km championship with 1:46:01. Her winning time on this occasion was 5:33:26.

As usual, Emmanuel has included a number of pics – thanks heaps mate! To see them all, check out <https://picasaweb.google.com/Emmanueltardi/ChDeFrance100km30102011?authuser=0&feat=directlink>

### French 100 km Championship for Men

ROZE Eddy	(Amiens UC)	100 km 000 m	09:54:03	MAST	1
CZUKOR Zoltan	(HUN)	100 km 000 m	10:09:57	MAST	2
SVENSSON Christer	(SWE)	100 km 000 m	10:34:14	OPEN	1
MOREL Philippe	(AC Chateau Thierry)	100 km 000 m	10:38:36	MAST	3
TOURNOIS Pascal	(ASM Bar le Duc)	100 km 000 m	11:00:27	MAST	4
LASSALLE Emmanuel	(Amiens UC)	100 km 000 m	11:11:52	OPEN	2
BUNEL Dominique	(Neuilly sur Marne Athletisme)	100 km 000 m	11:17:45	MAST	5
THIBAUT Philippe	(CA Ageen)	100 km 000 m	11:22:15	MAST	6
BUNEL Pascal	(Neuilly sur Marne Athletisme)	100 km 000 m	11:31:36	MAST	7
KIEFFER Pascal	(AS Libourne)	100 km 000 m	11:36:27	MAST	8
MICHELOT Remi	(ES Thaon)	100 km 000 m	11:40:53	OPEN	3
DIEN Daniel	(Neuilly sur Marne Athletisme)	100 km 000 m	11:42:57	MAST	9
BAUDRILLART Antonio	(Pays de Colmar Athletisme)	100 km 000 m	11:47:51	MAST	10
VARAIN Cedric	(AC Chateau Thierry)	100 km 000 m	12:02:47	OPEN	4
METEAU Jean Paul	(AS Culturelle Francophone)	97 km 257 m	11:46:53	MAST	11
VERNIER Jean Pierre	(AS St Junien)	97 km 257 m	11:49:52	MAST	12
FAUQUEUR Raymond	(Entente Littoral Athletisme)	97 km 257 m	11:52:34	MAST	13
GIRAUDEAU Denis	(PLM Conflans)	97 km 257 m	11:54:46	MAST	14
LETOURNEAU Florian	(AC Chateau Thierry)	97 km 257 m	11:56:03	OPEN	5
MARECHAL Jean	(AC Chateau Thierry)	91 km 771 m	11:58:12	MAST	15
LOUGRADA Saadi	(CM Roubaix)	86 km 285 m	11:52:43	MAST	16
CHABIN Frederic	(Essonne Athletic)	86 km 285 m	12:06:07	MAST	17
BORDIER Daniel	(AC Chateau Thierry)	83 km 542 m	11:46:35	MAST	18
BRASTEL Yves	(EFS Reims A. *)	80 km 799 m	11:52:50	MAST	19
SPIESER Jean Paul	(Athletic Vosges Entente Clubs)	78 km 056 m	11:56:52	MAST	20
ROBINET Michel	(AC Chateau Thierry)	72 km 570 m	11:47:06	MAST	21
BONNOTTE Remi	(Dijon UC*)	61 km 598 m	06:45:36	MAST	DNF
ERARD Christophe	(ASM Bar le Duc)	61 km 598 m	07:00:34	MAST	DNF
HENRY Fabrice	(Non Licencie)	31 km 425 m	02:50:40	MAST	DNF
GENIN Sebastien	(SUI)	31 km 425 m	03:35:50	OPEN	DQ
HAGHEBAERT Eric	(AC Chateau Thierry)	28 km 682 m	03:44:56	MAST	DNF
LEGRAND Guy	(CA Ageen)	20 km 453 m	02:45:18	MAST	DNF

### French 50km Championship for Women

LANOUE Severine	(Avia Club Issy les Moulinaux)	50 km 000 m	05:33:26	OPEN	1
COUGOUREUX-AUGE Emilie	(Stade Rodez Athletisme)	50 km 000 m	05:34:41	OPEN	2
NICOLAS Myriam	(Bertrix Basse Semois (BEL))	50 km 000 m	05:36:51	MAST	1
SEVELLEC Sylvie	(EA Cessonaise)	50 km 000 m	05:49:10	MAST	2
MALOCHET Dominique	(ASC le Havre)	50 km 000 m	05:53:42	MAST	3
ANXIONNAT Claudine	(Athletic Vosges Entente Clubs)	50 km 000 m	06:06:28	MAST	4
CLEMENTZ Bernadette	(Athletic Vosges Entente Clubs)	50 km 000 m	06:21:50	MAST	5
BRASTEL-JUNG Emilie	(Strasbourg Agglomeration Athl)	50 km 000 m	06:44:18	OPEN	3
MOINEAU Isabelle	(AC Chateau Thierry)	50 km 000 m	06:58:08	MAST	6
DELISSAUX Jacqueline	(Club Municipal d'Athl. d'Aubervilliers)	50 km 000 m	08:25:21	MAST	7
PANNIER Josiane	(Havre AC)	14 km 341 m	01:44:03	MAST	DNF



Left: Severine Lanoue



Centre: Eddy Roze (here leading Pascal Tournois)



Right: Zoltan Cruzer



**Men's podium: Zoltan Cruzer, Philippe Morel, Eddy Roze and Pascal Tournois (photos Emmanuel Tardi)**

**NZ LONG DISTANCE WALKING CHAMPS, PALMERSTON NORTH, SUNDAY 30 OCTOBER 2011**

The Athletics New Zealand Long Distance Walks Championships were held last Sunday in Centennial Drive, Hokowhitu, Palmerston North. There were a number of NZ Championships on offer, over 50km, 20km, 15km and 10km, with Nyle Sunderland, Jonathon Lord and Rozie Robinson the best performers. And it is always good to see a 50km finisher so well done to Graeme Jones for his 4:46:37 winning performance. The following results, from the Athletics NZ website, are noted as unofficial at this stage.

**Open Men 50km NZ Championship**

1. Graeme Jones Hastings A 4:46:37

**Masters Women 40-44 20km NZ Championship**

W40 1 Nyle Sunderland Athletics 1:55:55  
 W45 1 Serena Coombes Taranaki R 2:25:24  
 W50 1 Helen Baverstock Taranaki R 2:40:21  
 - Terri Grimmett Wellington DQ  
 W55 1 Anne Fraser Taranaki R 2:35:20  
 W60 1 Sue Hoskin Palmerston 2:20:47  
 W64 1 Marlene White Taranaki R ?

**Mens 19 20km NZ Championship**

1. Matthew Holcroft Hamilton C 1:49:04

**Open Women 15km NZ Championship**

1. Roseanne Robinson Hill City 1:21:05  
 2. Lesley Cantwell Fiorland A 1:29:26  
 3. Allanah Parker Palmerston 1:34:35

**Womens 19 15km NZ Championship**

1. Sarah-Amy Drummond Racewalkin 1:47:48

**Mens 16 10km NZ Championship**

1. Jonathon Lord South Cant 0:52:25  
 2. Paul Jackson Racewalkin 0:58:24  
 3. Stuart Hood Trentham U 0:59:08  
 4. Andrew Jackson Waitakere 0:59:42  
 Andrew Paton Trentham U DQ

**Womens 16 10km NZ Championship**

1. Emma Dunbar Racewalkin 1:21:11

Apart from the championship events, a number of non-championship walks were held, allowing competitors to choose their own distance and walk under full judging scrutiny. This also gave walkers a chance to get a 20km time on the board in preparation for next February's Australia vs New Zealand match in Hobart. Quentin Rew was the pick of the non-championship walkers with 1:33:37 while Mike Parker rolled back the years with his 1:48:30.

**Non-Champ Men 20k**

1. Quentin Rew 1:33:37

2.	Mike Parker	1:48:30
3.	Eric Kemsley	1:53:08
4.	David Wackrow	2:10:24
5.	Ian Bailey	2:11:36
6.	David Jones	2:17:34
7.	Graeme Olliver	2:30:49
8.	John Stuart	2:34:46

**Non-Champ Women 20k**

1.	Jacqueline Wilson	1:10:28 (? - obviously incorrect!)
2.	Lisa McDonald	2:07:37
3.	Sue McIvor	

**Non-Champ Men 10k**

1.	Philip Grimmatt	1:11:20
2.	Geoff Iremonger	1:11:20
3.	John Hinton	1:21:23
4.	Peter Tearle	1:27:21

**Non-Champ Women 10k**

1.	Courtney Ruske	0:55:57
2.	Daphne Jones	1:16:38
3.	Arlene Wong-Tung	1:17:39
4.	Robyn Iremonger	1:21:19

**Non-Champ Women U16 5km**

1.	Renee Moratti	0:33:34
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**Non-Champ Women U14 3km**

1.	Deanna Moratti	0:21:23
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**7<sup>TH</sup> CITY GAMES, JIANGXI SPORT CENTER STADIUM, NANCHANG, CHINA, 20-24 OCTOBER**

The 20km roadwalks at the City Games in Nanchang, China, were held on Monday 24 October. The first 10 places are reproduced here. The usual high standard of Chinese walking was on display.

**20 km walk Men**

1.	Chen Ding	CHN	92	1:26:51
2.	Cong Fudong	CHN	92	1:27:07
3.	Zhao Qi	CHN	93	1:27:25
4.	Li Shijia	CHN	92	1:27:46
5.	Tong Anqi	CHN	92	1:28:25 PB
6.	Lin Dexin	CHN	92	1:28:28
7.	Hu Wanli	CHN	92	1:28:29
8.	Jiang Jie	CHN	94	1:28:32 PB
9.	Yang Yang	CHN	92	1:28:34
10.	Su Guanyu	CHN	94	1:28:49

**20km Walk Women**

1.	He Qin	CHN	92	1:37:42
2.	Tong Lingling	CHN	92	1:38:18
3.	Mao Yanxue	CHN	94	1:38:19
4.	Xie Lijuan	CHN	93	1:38:55
5.	Ni Yuanyuan	CHN	95	1:39:18
6.	Luo Xingcai	CHN	94	1:39:51
7.	Wang Jiaojiao	CHN	93	1:40:24
8.	Wang Zhenzhen	CHN	95	1:40:26 PB
9.	Wang Dan	CHN	95	1:41:16
10.	Xiao Junying	CHN	92	1:41:38

**VRWC CLUB RECORD UPDATE**

I am pleased to report two further VRWC club records this week, one retrospectively and one from Saturday's Shield competition.

<b>Michelle Laufer</b>	W40 15km Road Walk	1:26:53	VRWC Club Champ, Middle Park	25/01/2011
<b>Jemima Montag</b>	U14 3000m Track Walk	14:22.4	AV Shield Comp, Melbourne	29/10/2011

## WHAT'S COMING UP

Next weekend sees the Victorian All Schools Track & Field Championships at the new Lakeside Stadium in Albert Park . This is one of the big fixture items for our young Victorian walkers and I will be there to watch what are bound to be interesting races. The walks timetable reads

Sat 5 Nov	2:00PM	U14 3000m Walks Boys/Girls
	2:20PM	U16 & U16 3000m Walks Boys/Girls
	4:50PM	U17 & U18 5000m Walks Boys/Girls

The following weekend sees us back to AV Shield competition with 2000m walks on in all 6 regions. The 3 country groups will be combining together for a round at the new Lakeside Stadium in Albert Park and we should see some great competition there.

Sat 12 Nov	AV Shield - South East Region - Round 4	Dolomore Reserve, Mentone
Sat 12 Nov	AV Shield - Ballarat Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - Geelong Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - Bendigo Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - North West Region - Round 4	Moonee Valley Athletics Centre, Moonee Ponds
Sat 12 Nov	AV Shield - East Region - Round 4	Reischick's Reserve, Doncaster

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

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

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	<b>2011 Australian 50km Championship</b> , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See <a href="http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887">http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887</a>
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	<b>Australian 20km roadwalk Championships</b> , 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	<b>2012 Australian Junior Championships</b> , Sydney Olympic Park
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , 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	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	<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, Taicing, 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

**32<sup>nd</sup> Olympic Games** City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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