



HEEL AND TOE ONLINE

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

Last week's Walker of the Week went to 22 year old **Nicole Fagan** who won the 5000m walk at the NSW Premiership Cup competition in Sydney earlier this month with an 8 sec PB time of **22:32.76**.



Thredbo 2012 – Nicole discusses the state of play with AIS Walks Coach Brent Vallance

I have reviewed the many performances reported in this week's newsletter but none immediately strikes the eye so you can all have a rest from voting this week!

AV SHIELD ROUND 10, SATURDAY 21 JANUARY 2011

Last Saturday saw round 10 of the Athletics Victoria Shield competition contested at all 6 venues, with 2000m walks on offer. Over 100 walkers were in action in the 3 metropolitan venues while smaller numbers contested the walks in the 3 country venues.

AV Shield East Region - Round 10, Hagenauer's Reserve, Box Hill

Simon Evans was just one second outside his PB with his time of 9:33 for the 2000m at Box Hill while Michelle Laufer was just 2 secs outside her PB with 9:54.0. This was the biggest of our walks venues with 39 competitors.

2000m Walk Men

1.	Simon Evans	MOP	BOH	9:33.0
2.	Bill Dyer	M40+	BOH	10:48.2
3.	Gary Hammett	M40+	DIV	11:02.8
4.	Michael Beaton-Wells	MOP	OSC	11:03.2
5.	Cody Menicol-Davidson	MU14	UNA	13:18.4
6.	Russ Dickenson	M40+	UNA	11:21.3
7.	Adam Garganis	MU16	COL	11:33.5
8.	Cooper Owen	MU14	DIV	11:34.3
9.	Clarrie Jack	MOP	RIC	11:38.4
10.	Adrian Patti	MOP	DAC	11:51.8
11.	Geza Benke	MOP	OLM	11:56.0
12.	Stephen Vernal	MOP	ANW	12:10.4

13.	Ian Handasyde	MOP	OSC	12:19.9
14.	Stuart Facey	MOP	OSC	12:21.6
15.	Chris Worsnop	MOP	OLX	12:29.2
16.	Christopher Harvey	M40+	MAL	12:46.3
17.	Stuart Cooper	MOP	SSH	12:55.1
18.	Gerry Sofianos	MOP	STK	13:04.1
19.	Antony Milovac	M40+	DIV	13:06.7
20.	Harry Summers	M40+	BOH	13:22.0
21.	Bruce Conboy	M40+	COL	14:14.1
22.	Jacob Wright	MU18	ANW	14:23.0
23.	Ryan Antidormi	MU18	ANW	14:55.1
24.	David Martini	MOP	OLX	16:24.4
25.	Nicholas Finch	MOP	DAC	16:44.7
26.	Patrick Noonan	MOP	STK	17:28.4
27.	Adam Mccann	MOP	ANW	17:28.4
28.	Edward Vining	MOP	DAC	18:37.2
	Michael Raath	MU18	ANW	DQ

2000m Walk Women

1.	Michelle Laufer	W40+	COL	9:54.0
2.	Cassandra Raselli	WU18	UNA	10:39.3
3.	Chelsea Dyer	WOP	BOH	11:19.1
4.	Chelsea Owen-Smith	WU14	DIV	12:18.8
5.	Chloe Mcnicol-Davidson	W40+	UNA	12:22.6
6.	Kirsten Walburg	WU14	DAC	12:33.9
7.	Zoe Schwerkolt	WU16	BOH	12:45.5
8.	Emma Schwerkolt	WU16	UNA	14:15.7
9.	Josephine Laufer	WU14	COL	14:42.0
10.	Charmaine Smith	WOP	DAC	15:30.8

AV Shield South East Region - Round 10, Knox Athletic Track, Scoresby

Josh Kaiser 9:19.8 and Billy Allamby 9:20.5 had a great battle at Scoresby and both were rewarded with big PBs. Stephanie George was also in on the action, breaking 10 mins with her time of 9:51.1.

2000m Walk Men

1.	Joshua Kaiser	MU20	UNA	9:19.8	PB ?
2.	Billy Allamby	MU16	KNA	9:20.5	PB 0:25
3.	Lucas Taylor	MU16	KNA	10:04.6	
4.	Kyle Swan	MU14	KNA	10:26.4	
5.	Clyde Riddoch	M40+	AWA	10:34.9	
6.	Michael O'Mahony	MU20	KNA	10:37.6	
7.	Reese Walmsley	MU14	KNA	10:53.3	
8.	Ralph Bennett	M40+	VMA	11:28.9	
9.	Rupert Van Dongen	MOP	CCA	12:41.2	
10.	Alan Lucas	M40+	VMA	12:56.9	
11.	Geoffrey Barrow	MOP	MEN	13:02.1	
12.	Philip Hutton	MOP	GHY	13:23.4	
13.	Llew Jenkins	M40+	VMA	13:39.0	
14.	John Morrison	MOP	SAN	13:41.2	
15.	John Zeleznikow	MOP	GHY	17:54.1	
	Kyle Bird	MU16	MPA	DQ	

2000m Walk Women

1.	Stephanie George	WU16	KNA	9:51.1
2.	Kylie Irshad	W40+	INV	10:21.9
3.	Jade Sanders	WU16	CCA	10:27.6
4.	Jasmine Irshad	WU16	KNA	10:58.5
5.	Taylor Vasiljevic	WU14	INV	11:20.3
6.	Rachael Guy	WU14	CCA	11:24.7
7.	Jessie Eastwood	WU16	KNA	11:30.6
8.	Shelby Kay	WU14	KNA	11:40.0
9.	Bianca Attard	WU18	KNA	11:57.9
10.	Hayley Brown	WU14	KNA	12:08.2
11.	Jessica Lillie	WOP	INV	12:18.9
12.	Elizabeth Feldman	W40+	VMA	12:38.6
13.	Gwen Steed	W40+	VMA	12:58.7
14.	Kahlia Jayde Chapman	WOP	AWA	13:16.2
15.	Celia Johnson	W40+	VMA	13:44.7

16.	Eva Zeleznikow	WU18	GHY	20:14.4
	Marlene Gourlay	W40+	VMA	DQ

AV Shield North West Region - Round 10 Moonee Valley Athletics Centre, Aberfeldie

Peter Vysma tells me that the weather was cloudy for most of the day and only reached 24C with a moderate wind. Mark Donahoo was well ahead of the field with 9:12.4 while Caitlin Campbell was the fastest of the women with 11:30.8. Aaron McDonough did his usual with yet another PB – 9:30.7.

2000m Walk Men

1.	Donahoo, Mark	53	ATE	9:12.4	
2.	Hawkins, Trenton	32	PTN	9:29.0	
3.	McDonough, Aaron	39	PTN	9:30.7	PB 0:02
4.	Hawksworth, Danny	32	ATE	9:52.0	
5.	McShanag, Connor	15	ATE	10:21.3	
6.	Kondogonis, John	50	KSB	11:37.2	
7.	Murphy, Stephen	50	ATE	14:40.8	
8.	Dunstone, Phillip	43	WES	14:56.4	
9.	Long, Izaak	11	PTN	15:27.1	
10.	Goedecke, Leigh	19	MUA	16:21.4	
11.	Wooldridge, Jack	16	BWK	17:02.4	
12.	Rickard, Ian	55	BWK	17:04.1	
	Crawford, James	76	SMB	DQ	

2000m Walk Women

1.	Campbell, Caitlin	17	ATE	11:30.8
2.	Elms, Donna	50	ATE	11:56.9
3.	Bertrand, Carly	15	KSB	12:40.8
4.	Cullen, Larissa	13	WCA	13:28.0
5.	Irons, Julia	13	KSB	13:33.3
6.	Cooke, Brianna	14	WCA	13:50.1
7.	Campbell, Rebecca	14	ATE	13:56.0
8.	McLaren, Stacey	15	ATE	14:19.8
9.	Ryan, Maeve	22	WTN	14:23.4
10.	Utber, Courtney	13	WES	14:23.7
11.	Matthews, Rhiannon	10	KSB	14:36.2
12.	Atkins, Jade	17	WCA	14:46.9
13.	Abfalter, Maria	43	KSB	14:57.5
14.	Baric, Amanda	43	KSB	15:24.0
15.	Weitsz, Alida	40	WES	15:31.9
16.	Ireland, Roslyn	28	BWK	15:32.2
17.	Musgrave, Caitlyn	11	PTN	15:32.6
18.	Stobaus, Anne	70	KSB	16:22.9
19.	Ireland, Olive	51	BWK	17:00.9
20.	Roberts, Jacqueline	11	KSB	17:36.0
21.	Magree, Olivia	12	KSB	17:36.5
	Tonelli, Carolyn	39	KSB	DQ
	James, Sarah	22	MUA	DQ

AV Shield Bendigo Region - Round 10, La Trobe University Bendigo Athletics Complex, Bendigo

Ebony Whiley 11:08.5 and Jeremiah Jones 11:08.7 (close walk!) were our winners in Bendigo.

2000m Walk Mixed

1.	Ebony Whiley	WU18	EAG	11:08.5
2.	Jeremiah Jones	MU16	EAG	11:08.7
3.	Joshua Savage	MU18	EAG	11:36.3
4.	Annette Major	W40+	EAG	12:34.2
5.	Madison Hill	WU14	SBE	14:35.0
6.	Geoffrey Major	M40+	EAG	14:43.0
7.	Ebony-Jade Jones	WU18	EAG	15:25.7
8.	Lisa Minchin	W40+	SBE	15:29.5
9.	Norman West	M40+	SBE	16:03.2

AV Shield Geelong Region - Round 10, Landy Field, Geelong

AV Shield Ballarat Region - Round 10, Llanberris Reserve, Ballarat

Alas, no times posted yet for Geelong and Ballarat.

VRWC ROAD RACES, MIDDLE PARK, SUNDAY 22 JANUARY 2012

Our VRWC summer season continued last Sunday with further roadwalks at our headquarters in Middle Park. Peter Vysma tells me that the weather was sunny with a light wind and it was getting hot towards the end of the 20km. We were surprised at the number of walkers (60 in total), considering the AV interclub competition was held as evening sessions starting at 4.00pm on the Saturday. As usual, we had our large complement of officials and judges in attendance and Terry Swan was busy with the camera and has uploaded a fine selection of shots to <http://www.vrwc.org.au/coppermine/>.

The first events to kick off were the 20km, 15km and 10km events. Top 20km performer was Simon Evans who was just a minute outside his best in the 20km with a good 1:52:23. In the 15km, we saw top efforts from Michelle Laufer (a 3 min PB and a new W40+ VRWC club record time of 1:23:58) and 15 year old Lucas Taylor (a new VRWC U16 club record with his inaugural time of 12:26:50). In the 10km races, Kelly Ruddick and Andrew Jamieson showed fine form to win with 49:07 and 51:33 respectively. Caitlin Campbell was another to do well with her 3 sec PB time of 56:59. We also welcomed first timer Gunther Ilgoutz who competed in the 10km event.

20km Open

1.	Simon Evans	1:52:23
2.	Terry O'Neill	2:08:06
3.	Karyn O'Neill	2:26:19
4.	Steve Jordan	2:37:14

15km Open

1.	Michelle Laufer	1:23:58	PB 2:55, new W40 club record
2.	Lucas Taylor	1:26:50	First ever, new U16 club record
3.	Clarrie Jack	1:33:21	

10km Open

1.	Kelly Ruddick	49:07	
2.	Amelia Finnegan	53:41	
3.	Pam Tindal	53:54	
4.	Caitlin Campbell	56:59	PB 0:03
5.	Heather Carr	58:02	
6.	Donna Elms	1:08:09	
	Jmara Hockley-Samon	DNF	6km - 34.36
1.	Andrew Jamieson	51:33	
2.	Mark Donahoo	51:56	
3.	Ralph Bennett	59:40	
4.	Gunther Ilgoutz	1:13:52	
5.	Gary Turner	1:19:07	
	Russ Dickenson	DNF	5km - 30.16



Andrew Jamieson, Gunther, Ilgoutz, Lucas Taylor, Kelly Ruddick and Michelle Laufer

In the shorter Open and U15 events, we also welcomed another first timer in well known runner Gerry Sofianos who walked excellently to win the 3km Open with 20:18. Others to do well included Sarah Burren (28:40 for 5km), Billy Allamby (26:16 for 5km), Kyle Swan (15:17 for U15 3km) and Kobie Somerfield (16:45 for U15 3km).

5km Open

1.	Sarah Burren	28:40	
2.	Cassandra Raselli	28:51	
3.	Celia Johnson	35:09	
4.	Simone O'Neill	36:01	
	Rebecca Campbell	DNF	3km - 20.34
	Stephanie George	DNF	
	Chloe McNicol-Davidson	DNF	3km - 20.09
1.	Billy Allamby	26:16	
2.	Connor McShanag	28:24	
3.	Josh Kaiser	28:51	
4.	Kyle Bird	29:41	
5.	Anand Thillaisundaram	32:01	
6.	Geoff Barrow	33:11	
	Josh Dillon	DQ	

3km Open

1.	Gerry Sofianos	20:18
2.	Gordon Onley	26:08
3.	Kelly Davidson	26:39
4.	Pam Mews	29:48

3km U15

1.	Kobie Somerfield	16:45	
2.	Jasmine Irshad	16:53	
3.	Emily Swan	18:14	
4.	Stacey McLaren	20:29	
1.	Kyle Swan	15:17	
2.	Cody McNicol-Davidson	22:51	



Billy Allamby, Connor McShanag, Kyle Swan, Stephanie George, Sarah Burren, Kobie Somerfield, Simon Evans and Amelia Finnegan

Our U12 walks saw strong fields with James Burren 10:44 (a 48 sec PB) and Hayley George 10:45 (just 1 sec outside her PB) in fine form. We also welcomed first time VRWC walker Aaron Leferirik. In the U9 walk, Mercedes Brennan was the fastest with 6:26 and she then walked a second lap to finish with 13:31 – well done Mercedes.

2km U12

1.	Hayley George	10:45	
2.	Jessica Lillie	12:01	
3.	Brianna Lillie	12:24	
4.	Rebecca Henderson	13:04	
5.	Tegan Miller	13:20	
6.	Lee Taylor	13:34	
1.	James Burren	10:44	PB 0:48
2.	Lachlan Feain	12:09	
3.	Joseph Rickard	12:50	

4.	Ethan Wright	13:08
5.	Liam Evans	13:13
6.	Aaron Leferirik	16:47
	Jonty Brennan	DQ

1km U9

1.	Mercedes Brennan	6:26	13:31
2.	Gemma Lillie	7:09	
3.	Freya Evans	7:43	



Liam Evans, Joseph Rickard, James Burren, Freya Evans, Tegan Miller and Hayley George

Finally Thanks to all our officials and helpers. Sorry if I missed anyone – we really appreciate your help every week.

Setup: Harry Summers, Peter Vysma

Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Graham George

Officials: Mark Donahoo, Damien Elms, Michael Bodey, Stuart Cooper

Drinks Table: Susan Taylor

Canteen: Marlaine Stanway, Wendy Cooper

Photos: Terry Swan

BENDIGO WALKERS CLUB ROAD RACES, BENDIGO, WEDNESDAY 18 JANUARY 2012

Thanks to Paul Rance for the latest report from the Bendigo Race Walking Club in country Victoria.

The Bendigo Walkers Club held their first competition for 2012 last Wednesday evening at the Bendigo Athletic Complex, with 1km and 5km sealed handicap events being conducted.

In the 1km event, first time walker 11 year old Madison Hill won the sealed handicap with Zahra Hayes taking 2nd place and fastest time honours, and Ebony-Jade Jones in 3rd place just in front of Colin Cleary, with Colin's performance breaking the Club 70+ record formerly held by Geoff Major. Norm West was the winner of the sealed handicap in the 5km race by just 2 seconds over John Carter with Annette Curtis in 3rd place while Ebony Whiley and Jeremiah Jones came across the line together to take equal fastest time honours.

5km Sealed Handicap

1.	Norm West	41.29
2.	John Carter	34.01
3.	Annette Curtis	37.30
4.	Geoff Major	38.49
5.	Jeremiah Jones	33.50
6.	Annette Major	35.26
7.	Ebony Whiley	33.50

1km Sealed Handicap

1.	Madison Hill	6.30
2.	Zahra Hayes	6.12
3.	Ebony-Jade Jones	7.31
4.	Colin Cleary	7.18

This Wednesday evening competition will once again be held at the Bendigo Athletic Complex in Retreat Rd. Bendigo with 1500m and 3000m sealed handicap events being held at 6pm. New walkers are welcome to attend. Enquirers phone 5442 6435 or 0400649610.

STRIVE TRACK AND FIELD INTERCLUB, PERTH, WEDNESDAY 18 JANUARY

18 year old Dale Hennighan (26:16.9) and 15 year old Kate Hold (27:55.7) were the standout walkers in the Western Australian interclub competition in Perth last Wednesday evening.

Mixed 5000 Metres Race Walk

1.	Hennighan, Dale	M	Ridgewood At	26:16.9
2.	Holt, Kate	W	Melville	27:55.7
3.	Smyth, David	M	Masters WA	29:14.3
	Cornish, Bruce	M	Bunbury	DQ
	Best, David	M	Guest	DQ

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, THURSDAY 18 JANUARY

Thanks to Colin Hainsworth for the results of the weekly South Australian Masters, held at the Santos stadium in Adelaide last Thursday evening. Colin commented: *warm evening but with a cool breeze.*

3000m Yacht Handicap

	Kim Mottram	13.45	
	Justin Hill	14.58	
W57	Linda Whitelaw	22.42	61.35%
M59	Jack Russell	17.25	74.98%
M56	Richard Moyle	21.42	58.51%
M66	George White	15.59	87.88%
W60	Helen Suridge	20.13	71.10%
W63	Jan Layng	23.14	64.00%
M65	Geoff Byham	18.47	73.96%
M76	Leigh Smith	21.49	72.95%
M78	David Robertson	22.53	71.57%
M68	Roger Lowe	23.20	61.60%
W67	Jill Rogers	24.22	64.12%
M60	Kevin Finn	19.04	69.17%
M69	Bill Starr	21.18	68.28%
M75	Paul Boyce	23.54	65.68%
W59	Edna Bates	26.04	54.55%
M82	Colin Hainsworth	22.36	77.03%
M65	James Hoare	21.13	65.48%
W63	Gill White	23.52	62.30%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 19 JANUARY

Thanks to Robin Whyte for his weekly report on the ACT Race Walking Club summer track walks in Canberra. Zoe Hunt was the standout with 15:40.

	3000m Handicap	Time,	(Start)
1.	Ashleigh Resch	16:04	(11:25)
2.	Jordan Bardsley	18:06	(09:30)
3.	Rod Gilchrist	20:16	(07:45)
4.	Margaret McSpadden	23:50	(04:15)
5.	Robert Kennelly	24:01	(04:05)
6.	Ruth Baussmann	21:22	(06:45)
7.	Sheryl Greatehead	22:42	(05:35)
8.	Emily Hopkins	18:09	(10:25)
9.	Ewen Thompson	18:06	(10:30)
10.	Callum Burns	16:06	(12:30)
11.	Robin Whyte	18:09	(10:30)
12.	Karina Hopkins	17:45	(11:00)
13.	Gabby Hunt	16:04	(12:45)
14.	Peter Baker	16:02	(12:50)
15.	Bryan Thomas	19:40	(09:15)
16.	Doug Fitzgerald	20:29	(08:30)
17.	Kate Black	18:51	(10:35)
18.	Zoe Hunt	15:40	(14:05)
19.	Geoff Barker	20:02	(09:45)
20.	Thomas Hopkins	16:23	(13:25)
21.	Carmen Carlon	29:58	(00:00)
22.	Jennifer Gilchrist	22:34	(08:35)

1000m Walk

1.	Kara Baker	05:12
2.	Wendy Kupkee	07:03
	Thomas Hunt	DNF
	Laura Burns	DNF

ATHLETICS SA PREMIERSHIP CUP ROUND 9, SANTOS STADIUM, ADELAIDE, FRIDAY 20 JANUARY
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Tanya Holliday was the star performer in Adelaide last Friday with a fast 13:27.90 for the 3000m walk.

3000m Walk

1.	Tanya Holliday	WOP	FLIN	13:27.90
2.	Jemma Potezny	MOP	HILL	15:39.65
3.	Peter Crump	WU16	SPC	17:04.76

1500m Walk

1.	Anna Cross	WU14	PEM	7:27.27
2.	Alix Harlington	MU14	ELIZ	8:04.58
3.	Julia Potezny	WU14	HILL	8:21.48
4.	Rhiannon Lovegrove	WU14	ELIZ	8:38.64
5.	Rhiana Hooker	WU14	ELIZ	8:49.81

QA INTERCLUB ROUND 6, UQ ATHLETICS TRACK, ST LUCIA, SATURDAY 21 JANUARY 2012

Dane Bird-Smith 20:38.7 and Victorian Rhydian Cowley 21:42.00 were the standouts in Brisbane interclub last Saturday.

5000m Walk

1.	Bird-Smith, Dane	M20	QRW	20:38.37
2.	Cowley, Rhydian	M21	VIC	21:42.00
3.	Dewar, Brandon	M20	QRW	22:13.07
4.	Stigwood, Stephanie	W22	TAS	24:45.52
5.	Benzenati, Kenza	W15	GCV	26:20.37
6.	Boardman, Lucy-Ros	W16	ATN	28:48.02
7.	Wright, Jessica	W18	JIM	33:19.83

1500m Walk

1.	McCutcheon, Jamie	M13	RED	8:39.90
2.	Sims, Riley	W12	ATN	8:40.45
3.	Pinchen, Ryan	M12	QRW	8:52.02

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 22 JANUARY 2012

Thanks to Rick Cattermole for the latest Race Walking Club of WA roadwalk results from last Sunday. Rick comments it was a very humid Sunday morning with the temperature rising towards the top of 36C.

20km Open

1.	Daniel Lowe	2:09.59
2.	David Best	2:36.17 (first ever 20k)

10km Open

1.	Vanessa Brown	58.15
2.	Sara Cattermole	63.05

5km Open

1.	David Smyth	29.59
2.	Breanna Brown	31.24
3.	Janine Butler	37.06

1.5km Open

1.	Summer Brown	9.27
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US 50KM RACEWALKING TRIAL, SANTEE, CALIFORNIA, SUNDAY 22 JANUARY 2012
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The long awaited USA Olympic 50km trial was held last Sunday and it proved a great race on two fronts. Firstly, John Nunn and Tim Seaman battled hard at the front, Nunn eventually winning out to presumably pick up the Olympic B standard spot on offer.

Secondly, Erin Taylor-Talcott improved her PB by 8 minutes to take 6th place with an excellent 4:33:22. The following race report, from link http://www.runnersweb.com/running/rw_news_frameset.html?http://www.runnersweb.com/running/news_2012/rw_news_20120123_USATF_50K_Walk.html



The race start



Erin Taylor-Talcott crosses the finish line in 6th place with a big PB of 4:33:22

Photos from <http://imperialbeach.patch.com/articles/santee-sees-dramatic-duel-for-spot-on-olympic-team#photo-8949282>

John Nunn won the 2012 U.S. Olympic Team Trials -- Men's 50 km Race Walk in 4:04:38 to lead a fast race that saw multiple American and course records set Sunday in Santee, California. Olympians at the 20 km distance, Nunn and Tim Seaman, both of San Diego, pushed each other throughout the race with several changes of the lead as both walked well under the Olympic "B" standard of 4:09. Seaman finished second in 4:05:50. The duo led the way for the top five men to better the previous course record of 4:28:53 set in 2009 by current race director Philip Dunn.

The athletes were greeted to near perfect conditions in the 40's and 50's as they covered the 1.25 km loop on the streets of Santee. The 50 kilometer distance required the athletes to complete 40 laps on the course. This 31 mile distance is the longest track and field event offered in the Olympics.

From the early stages of the race a pack of five men emerged as the lead pack including: Nunn, Seaman, Ben Shorey (Kenosha, Wisc.), Patrick Stroupe (Armstrong, Mo.) and Erich Cordero (Pompano Beach, Fla.). The men remained within feet of each other with no one separating from the others. The group pushed the pace to come through the half-way point well under the Olympic "B" standard pace of 4:09. At 25 km, the top four men split 1:38:50, with Cordero falling back slightly to 1:39:23.

At 35 km, the race began in earnest as Nunn surged ahead of his competitors to quickly build a 20-30 meter lead over Seaman. Nunn held his lead for nearly 10 km before Seaman was able to reel him back in to take the lead at the 45 km mark. From there it was a two man race as the two walked shoulder-to-shoulder for the next two laps of the course. The two veterans pushed one another and extended their lead as the pulled out of sight of Shorey and Stroupe.

Going into the bell lap, Nunn pulled away by nearly 50 meters over Seaman and never looked back as he extended his lead by one minute and twelve seconds to win the Olympic Trials and set the course record of 4:04:38. Nunn's time improves his PR by nearly ten minutes. Seaman finished as the runner-up in 4:05:50, while Shorey rounded out the podium taking third in 4:17:40. Stroupe set a PR by more than seven minutes to finish fourth in 4:19:43, and Cordero finished fifth in 4:28:04.

The fast pace of the day also produced numerous American Records. Erin Taylor-Talcott (Owego, N.Y.) not only became the first woman allowed to compete as a guest in the 50 km Olympic Trials, but also recorded three American Records en route to her historic finish. Talcott first established the 25 km record in 2:13:38 before bettering her own 35 km record in 3:08:33 and finally setting the 50 km record by nearly six minutes with her sixth place finish of 4:33:22. Allen James (Sanborn, N.Y.) also added his name to the record books for the 45-49 division with his 35 km split of 3:06:35. James went on to finish seventh in 4:39:24.

Erin's time of 4:33:22 was of course a new American Record and the 10th fastest women's 50km of all time. Here is what she had to say in her Facebook page after the event

Thank you all SOOOOOO much for your support. It was a great day out there. I raced fairly smart and got three American records; 25K, 35K and 50K. I placed 6th overall. I have heard that at least one of the men won't be going to Russia so I am asking to be put on the team. Not sure if it'll happen, but I'll fight for it. Thank you, thank you, thank you for the people who believed in me and thought I should be racing at this National Championship/World Cup Trials/Olympic Trials. Score one for women!!!!

1	JOHN NUNN	33	M	SAN DIEGO	CA	4:04:38
2	TIM SEAMAN	39	M	IMPERIAL BEACH	CA	4:05:50
3	BEN SHOREY	29	M	KENOSHI	WI	4:17:40
4	PATRICK STROUPE	27	M	ARMSTRONG	MO	4:19:43
5	ERICH CORDERO	36	M	POMPANO BEACH	FL	4:28:04
6	ERIN TAYLOR-TALCOTT	33	F	OWEGO	NY	4:33:22
7	ALLEN JAMES	47	M	SANBORN	NY	4:39:24
8	RAY SHARP	52	M	HOUGHTON	MI	4:41:45
9	MICHAEL MANNOZZI	25	M	BOARDMAN	OH	4:48:19
10	DAVE MCGOVERN	46	M	LOCUST VALLEY	NY	5:24:18

AFTER DAEGU MEDAL, LÓPEZ WALKS INTO COLOMBIAN HISTORY – NEXT STOP, LONDON

Eduardo Biscayart, writing on the IAAF website last Thursday, profiled 2011 IAAF 20km bronze medallist Luis Lopez of Colombia (see <http://www.iaaf.org/Mini/OLY12/News/NewsDetail.aspx?id=63385>). It's a great read.



Lopez walks to 4th place in the IAAF World Race Walking Cup 20km event in Chihuahua in May 2010

The morning of 28 August 2011 will be remembered forever in the history of Colombian athletics. That day, in the streets of Daegu, Luis Fernando López, a race walker born in Pasto, Nariño, on 3 June 1979, gave the South American nation its first-ever medal at the IAAF World Championships when he crossed the line in third place at the 20km event in 1:20:38. López, a former antinarcotics policeman, instantly became a national figure, but his story is yet unknown to many.

“I began practicing athletics at the age of twelve, mostly pushed by my father,” López recalls. “He was a race walker – not a very good one. He taught me the technique in one morning, and the next day I was already competing at a meet in Department of Nariño. I did well, and I got selected to compete at a national event. Later on, my uncle took over as my

coach. He always put emphasis in me having a normal youth, without being pushed by other goals. So, that's basically how those years went. Then, in 1998, my father and my uncle decided that I had to leave my region, to move on to a new phase of my life where I would have better chances of becoming a successful athlete. That's when I joined the police academy. Yet, my uncle continued to coach me until the year 2002."

"In 2001, already a policeman, I decided to seek help to continue with my athletics career at the "Federación Deportiva Militar" (Military Sports Federation), which is part of the "Liga Atlética de las Fuerzas Armadas" (Athletics League of the Armed Forces). Two months after being part of it, I obtain the national title, and then I started to set marks of a higher level and to participate in more important events, such as South American Championships, Pan-American Race Walking Cups, Juegos Bolivarianos, Central American Games. That evolution enabled me to compete at the 2004 Olympic Games, having already switched coaches to Luis Fernando Rozo, who is – as well as me – a policeman," remembers López, who ranks as a police sub-inspector.

"We began working together in 2003," recalls Rozo, a former race walker himself (1:25:40.3 at 20km and 4:27:23 at 50km), who has a ranking of police inspector. "I was the person who told Luis Fernando López to join the police. The athletes I have, who are also part of the police or the armed forces, are part of a program supported by the Board of the National Police. Fredy Hernández (Colombia's top 50km Race Walker) is also part of that group. None of them serve now as policemen due to the privileges they have as top athletes, but Fredy used to work at a Division of Prevention of Juvenile Delinquency."

"Nobody in my family had anything to do with the police," continues López. "When I joined the police forces, I did it because I understood that the institution may be able to help me to achieve my dream of being an athlete of international level. My country – sadly – doesn't offer many options and resources to support athletes in general, and that scenario made me seek the help in the police forces. Today, I'm very thankful to them, since they gave me important aid when I needed it. After my graduation from the police academy, I become part of the Antinarcotics Unit in the southern part of Colombia, at the Department of Putumayo, where I worked for over a year and a half. In February of 2001 I became a member of the "Liga de las Fuerzas Armadas", so, then I get relieved from those police duties."

"The goal of the antinarcotics unit is to limit the flow and movement of cocaine in every possible way (air, water, ground)", continues López. "I got destined to the terrestrial controls, searching vehicles in the roads that connected the south with the central region of Colombia. Luckily I had no dangerous moments – or incidents – in my duties. We know we were facing a 'war' against the drug trafficking groups, and in spite of the dangerous scenario that is the southern part of Colombia, I was lucky to never face a life threatening situation."

Race Walking in Colombia grew in the 1980s when the Moreno brothers (mainly Querubín and Héctor) emerged. They reached important honours, such as Pan-American medals, top finishing places at World Cups, World Championships, and Olympic Games. Querubín left a personal best of 1:20:19 (when fourth at the 1987 World Cup), and Héctor still holds the Colombian national record at 50km (3:52:16), and 16th place at the 1996 Olympic Games.

"The Moreno brothers had marked the way for many Colombians in Race Walking," explains coach Rozo. "But when they quit competing, there was a big space to fill. That was the moment when we traced the plan to develop race walking in a larger way. I can say that López is the most important name we have had in this new process, and we hope we can build better athletes after him, learning from all mistakes we have made so far, and trying to capitalise those lessons. We have also learned many things from the biggest icon we had in our area in Race Walking events, which is Jefferson Pérez. We have adapted the way Jefferson organised his training, his group of doctors, and the cycles of training in altitude."

After López's Olympic experience in Athens 2004 (24th with 1:26:34), he set his goal in trying to become one of the top races walkers on his continent, with the idea of later projecting himself to the world scene. In 2005 López improved his personal best to 1:20:26 while finishing second at the Pan-American Cup in Lima, but then, he didn't show further improvement until 2009. In that year, at the World Championships in Berlin, the Colombian finished fifth with a national record of 1:20:03. By then López had had a ninth place at his second Olympic experience in Beijing (1:20:59), and was already part of the elite group at 20km. Yet, one of the highlights of his career would also come in 2009, but not in Germany.

"Before heading to Berlin, I was able to reach a great milestone. I had set the goal to walk in 1:20 on the track, and I accomplished that with great effort at the South American Championships in Lima. Walking in 1:20:53.6 meant that I broke one of the records that belonged to Jefferson Pérez. Jefferson happened to be in Lima, watching the event, and that moment was huge; very symbolic for me, just like a dream. It gave me a great boost for the future."

In 2010, López got himself even closer to a podium at a major event. Fourth place at the World Cup in Chihuahua meant that he was very near to the dominating forces of 20km. "Something good was coming... I tried in Berlin, where I was fighting for a place in the podium until the 17th kilometre. I was one of the favourites to win in Chihuahua, but the ambition, and perhaps the pressure, pushed me to make mistakes in the final parts of the event. That cost me a medal. So, with all those lessons learned, I came to Daegu, feeling that it could be the last chance for me to reach the podium at such an event."

However, things hadn't gone well in his preparation for the 2011 World Championships. "I developed a chronic injury, which slowed me greatly in training and put the whole season in jeopardy," López remembers. "I found strength with the aid of my psychologist, because I knew that I wanted to be the protagonist of a historic moment for my country. At the race, I just wanted to be in contact with the leaders at all times. I was able to finish third after a great race, knowing that I could have been second, or perhaps closer to the winner. However, I fulfilled the goal of obtaining the first World Championship medal

for my country.”

“Coming to London, I feel very confident, knowing that I have been able to reach the podium in Daegu in spite of the injury I had. I don’t think about my rivals that much. I know that if I do my best, and I get to recover from my physical problems, I will be able to continue to build my career from the success obtained in Daegu. All I think right now is about 4 August 2012, at 17 hours, in London. I dream with that moment, and that’s where I’m focusing all my energies.”

“The medal obtained in Daegu is just the beginning. It also represented the fulfilment of a dream. Now, we must continue that in London. We will work very hard to be in the Olympic podium” said coach Rozo.

THREDBO CAMP UPDATE

We are now in our final week at Thredbo and the training continues. For many of the walk participants, this has been a record mileage period and the mix of speed, mileage, altitude, hill work and gym work is a great preparation for the year ahead. Full marks to AIS Chief Walks Coach Brent Vallance who has put it all together on a very limited budget. As usual, a selection of photos:



Left: Rozie, Kirsty and Amy pose for the camera
Right: Zuzi (CZE), Alex (UK), Brad (AUS) , Matt (NZ), Anaki (CAN) and Quentin (NZ) - a great mix of countries



Speed work for Jesse, Alex (no he hasn't defected from England to Canada!), Evan, Harry and Beki



**Left: Amy, Ian, Beki, Regan and Lauren – what's so interesting down in the BBQ area – has Blake taken his shirt off again!
Right: The whole group in action**



**Left: Kirsty and Rozie in the hot tub, Amy Burren and Amy Bettiol in the cold tub
Right: Mari, Rachel and Claire in speed mode**



The effort shows in a 12km-15km tempo session – Sean, Quentin and Brendon



The must-do walk to the top of Mt Kosciusko, the highest point in Australia

ANDREW LUDWIG ANNIVERSARY

On 27th January 2009, 42 year old Queensland racewalker Andrew Ludwig was tragically killed in a car accident. As we now pass the third anniversary of his untimely death, we remember a great mate and a wonderful supporter of our chosen sport in Australia. To read more about Andrew, check out <http://www.centurions.org.au/andrewludwig.shtml>.



VRWC CLUB RECORD UPDATE

Well done to Lucas Taylor and Michelle Laufer on their new VRWC club records from our roadwalks last Sunday

Lucas Taylor	1:26:50	15km Road Walk U16	22 January 2012	VRWC Roadwalk, Middle Park
Michelle Laufer	1:23:58	15km Road Walk W40+	22 January 2012	VRWC Roadwalk, Middle Park

For the full list of VRWC club records, check out <http://www.vrwc.org.au/vrwc-records.html>

FOCUS ON OUR JUNIOR BOYS

In last week's newsletter, I reviewed our Under 20 Girls as they prepare for the upcoming World Walking Cup and World Junior trials in Hobart. This week it is time to review our top U20 boys (born 1993 or later). With the World Juniors qualifying standard set at 44:05 and with the World Walking Cup qualifying standard set at 46:30, our stocks look good with Blake Steele, Brad Aiton, Jesse Osborne, Nathan Brill and Harry Bates leading the way. As we can take up to 2 walkers to the World Juniors and up to 3 walkers to the World Walking Cup, we look set for strong teams. Blake, Brad, Jessie, Nathan and Harry are all training at Thredbo and they look set for big races in Hobart in 5 weeks time so the pressure will be on the other walkers to force their way into the mix.

1.	Blake Steele	1993	43:27	SA	11/12/2011
2.	Brad Aiton	1994	44:09	QLD	19/02/2011
3.	Jesse Osborne	1995	44:30	QLD	11/12/2011
4.	Nathan Brill	1996	45:42	VIC	29/05/2011
5.	Harry Bates	1995	47:35	ACT	22/05/2011
6.	Steven Washburn	1994	47:50	NSW	22/05/2011
7.	Dale Hennigan	1993	51:06	WA	21/08/2011
8.	Jay Felton	1995	51:18	NSW	09/07/2011
9.	Kurtis Birch-Ward	1995	52:32	NSW	12/03/2011
10.	Lewis Clark	1994	52:33	VIC	19/02/2011
11.	Bradley Simpson	1993	53:00	VIC	07/08/2011
12.	Jared Walker	1995	54:43	VIC	30/07/2011
13.	Aaron Tam	1994	55:03	VIC	07/08/2011
14.	Lucas Taylor	1996	55:31	VIC	07/08/2011
15.	Matthew Killen	1995	55:32	NSW	09/07/2011
16.	Connor McShanag	1996	56:40	VIC	23/07/2011
17.	Joshua Kaiser	1993	57:11	VIC	09/01/2011
18.	Kyle Swan	1999	57:15	VIC	03/09/2011

TIM'S TRIVIA – SHOOTING YOUR AGE



In golf, an "age shooter" is a golfer whose score matches or beats his age on a certified full length golf course - for example, a golfer aged 70 who shoots a 70 or better.



First some interesting statistics compliments of website <http://golf.about.com/od/faqs/f/ageshooters.htm>:

- The overall record for youngest golfer to shoot his age belongs to Bob Hamilton, a golf pro who shot his age of 59 at Hamilton Golf Club in Evansville, Ind., in 1975.
- The golfer who holds the age-shooting record on golf's major professional tours is Walter Morgan, playing the Champions Tour. In 2002, at age 61, Morgan shot a 60 in the AT&T Canada Senior Open Championship.
- On the PGA Tour, the record belongs to Sam Snead. Slammin' Sam fired a 67 at the Quad Cities Open in 1979, when he was 67 years old. Then he set a new record a day later, shooting 66.
- The oldest golfer to shoot his age was 103-year-old Arthur Thompson of Victoria, British Columbia. Thompson was playing the Uplands Golf Club in Victoria when he accomplished the feat in 1972.
- How about the record for beating your age by the most strokes? OK, that's Ed Ervasti, who in 2007, at age 93, posted a 72 at Sunningdale Golf & Country Club (Old Course) in London, Ontario.
- On the pro tours, the most-strokes-below-age record is held by Jerry Barber. In 1994, when he was 78 years old, Barber fired a 69 in the Kroger Senior Classic, nine strokes below his age.
- And finally, the record for most times shooting your age belongs to T. Edison Smith of Moorhead, Minn. Frank Bailey of Abilene, Texas, had long held this record, matching or beating his age 2,623 times, from age 71 until age 98. But in 2006, Smith passed Bailey and continues on with the record.

Now that's of general interest but what is the Australian connection and what's it got to do with racewalking.

Probably the most well known Australian sportman to shoot his age was **Don Bradman**. Apart from cricket, Bradman excelled in many sports including tennis, squash, golf and billiards. He played golf from a young age until he was well into his eighties when **he regularly 'broke his age' as a member of the Kooyonga Golf Club in Adelaide.**

And we have a couple of famous Australian racewalkers who also shot their age.

Bill Murray, born in 1882, was an incredible sporting personality by any measure. Joining the Melbourne Harriers as a young man, he quickly developed into a top class runner. His best performance was held to be in the 1910 seven mile open race at Brighton where he secured first and fastest time prizes with 36:21. There was a big field of 108 competitors, including E. Voight, fresh from Olympic and world championship triumphs. In that same year, he also won the Victorian 10 mile track race and is credited as winning the first marathon run in Melbourne. This event ran from Frankston to Melbourne and he won in 2:58:48. This remained the best marathon time by a Victorian until beaten by Percy Cerrutty 36 years later (when he won the 1946 Victorian marathon in 2:58:11).

His debut as a walker came when he was asked to take part in a race to fill a poor field. To his amazement and the delight of his club, he won. Two weeks later he walked in two races in Melbourne and beat Australian record holder A. O. Barrett. His walking really came to the attention of people in 1911 with his wins in the Victorian 1 mile (6:40.8) and 3 mile (22:38.6) walk events. His 1 mile time was a new Victorian and Australasian record, beating A. O. Barrett's 1896 time of 6:42.0. The next year, he was even faster, winning the titles once again with records that the general sporting population could hardly credit – his 1 mile time was 6:22.8 and his 3 mile time was 20:56.0. These 2 performances were so ahead of their time that they withstood all challenges over the next 36 years. When the last Victorian 1 mile and 3 mile walk championships were held in 1948, they still stood as championship records. George Knott walked 21:29.0 to win the 3 mile in 1940 and walked 6:23.2 to win the 1 mile in 1948 –close to but not as good as Bill's 1912 performances.

On the basis of his outstanding walks, he was selected to compete for Australasia in the 1912 Olympics. History shows that he was disqualified but there is more to the story as he elaborated in later years

The Australian team struggled from the time it landed in Europe. We had to fend for ourselves and were not properly fit. We were not there long enough to become fit. There were no Olympic Villages. You had to find your own accommodation and eat in cafes.

The outbreak of World War I put an end to further sporting aspirations for Bill and all the other walkers and it was not until 1920 that Victorian Championships were once again resumed. He was one of the foundation members of the Victorian Amateur Walkers Club in 1922 and remained a member for many years.

He was still racewalking in 1931 when our oldest living life member Frank McGuire started but he retired soon after to play golf, which he did with great success into his nineties. **In fact, in 1964 on the Victoria golf course, when 82 years of age, he went around the 18 holes in less than his age.**



On 4 September 1971, in the Sporting Globe Magazine, an article was published on Bill Murray and the above photo was taken. At that stage Bill was 90 years old and was Australia's oldest practising solicitor. From Monday thru Thursday he still walked from his home in West Brunswick to his office in Collins St and put in a day's work and then he played golf on Friday thru Sunday. He still drove his own car and was Australia's only remaining pre-World war One Olympian.

Bill was truly a remarkable personality on every level and we are unlikely to see his equal again.

NSW athlete **Ernie (Ernest E.) Austen** was born in 1891, one of 14 children. He took up the sport of racewalking around 1910, initially as a track walker, and his first few years in the sport were unremarkable. With the Great War interrupting the careers of all young athletes, it was not until the re-establishment of organized sport in 1919 that he finally rose to prominence with a series of fine record breaking performances. Lightly built and with what was regarded as a perfect style, his mixture of speed, style and stamina marked him out in any field.



But as often happens, when a walker of note rises to the fore, another follows soon after. Thus it was with Austen for, as he rose to the top, a young giant called George Parker, some 10 years his junior, followed close behind and soon overtook him, picking up the 1920 Olympic spot and earning silver in the Olympic 3000m walk.

Austen had to wait a number of years for his opportunity at fame. It was not until 1924 that the veteran walker's efforts were rewarded with Olympic selection and Austen, now in his thirties, proudly made the trip to Paris for the 10,000m track walk.

Amazingly and controversially, he was warned in the first lap by the French judge who thought his gait doubtful. In the second lap the American judge ordered him off when he was lying third and was doing well. In later years, he commented

"I was in third place, just behind the leaders and going along very easily. I thought I had a good chance but then an American judge came up and told me I was disqualified. I asked him why but he said he didn't know. You usually get two cautions before being disqualified but I wasn't aware of them. Nobody ever did tell me why I was outed."

He broke down and went to the dressing rooms. It was his first disqualification in some 15 years of competitive walking. The pace at the time of his disqualification was very slow – equal to about 7:30 to the mile. In fact, of the 13 starters, only 6 finished in what was a farcical event. Australian officials were adamant that his style was satisfactory and the whole event deteriorated into an ugly affair. (Walking was consequently dropped from the 1928 Olympics and did not re-appear in the Olympics until 1932, when a 50 km roadwalk was introduced.)

He finally retired in 1932, after more than 20 years of competitive walking. Still an active sportsman, he took up golf with immediate success. Despite representing Australia at Olympic level and holding various Australasian walk titles and record times, **he regarded his proudest achievement as in the field of golf when, at 81 years of age, he played a round in less than his age, 80 off the stick.**

He died in 1985 in his mid nineties. Like so many of the walkers from his era, he lived to a ripe old age and had a full and varied life.

Ernie Austen's place in Australian racewalking history is assured. As one of our first Olympic walkers, he paved the way for future generations to try their mettle against the top echelon of international walkers. He, along with Bill Murray, showed that Australian walkers were able to mix it with the best in the world. Since then, Australia has gone on to have a proud history of Olympic racewalking participation.

And we have also produced quite a few good golfers!

THE M65 DIVISION HOTS UP

Australian Masters maestro Andrew Jamieson, now walking in the M65 division, does not have it all his own way as French walker Jean-Paul Masselin, also now in the M65 division, walking in a National Indoor Circuit meet in Mondeville, France, on Sat 14th January, completed the 5000m in 25:04.22 and then backed up for the 3000m where he recorded 14:50.92. These are sizzling times that better the gazetted M65 World Records. Andrew also has some great record performances pending so the stage looks set for a showdown at the next World Masters Championships.

5 000m Walk Indoors

1.	21'13"20	BOULCH Mael	Pays De Landerneau Athletisme	1990
2.	22'56"82	HURAUULT Simon	Manche Athle Centre Sud	1992
3.	22'59"59	SIZORN Arnaud	Ula Quimper Cornouaille	1992
4.	23'40"75	BUNEL Xavier	Manche Athle Centre Sud	1962
5.	25'04"22	MASSELIN Jean-Paul	Manche Athle Centre Sud	1946
6.	25'15"87	DEQUIN Alain	Ula Quimper Cornouaille	1966
7.	26'09"86	LEPOITTEVIN Nicolas	As Tourlaville	1974
8.	27'35"08	GRUARDET Mathias	Athletic Vosges Entente Clubs	1984
9.	27'53"78	CAHU Josselin	Ea Cherbourg Querqueville	1993
10.	DQ	BUNEL Dominique	Neully Sur Marne Athletisme	1968

3 000m Walk Indoors

1.	13'56"09	BUNEL Xavier	Manche Athle Centre Sud	1962
2.	14'50"92	MASSELIN Jean-Paul	Manche Athle Centre Sud	1946
3.	14'55"49	DEQUIN Alain	Ula Quimper Cornouaille	1966

HOBART – CHANGE OF PLANS FOR U18 WALKERS

We had previously announced that there would be U18 5km walks scheduled at the **Australian 20km Road Walking Championships and Olympic/World Cup Selection Trials** in Hobart on the 25th February, as part of our inaugural Australian Race Walk Series. Unfortunately, due to oversight, this was not cleared with meet organiser Brian Roe and it has now been necessary to pull this event from the program. Luckily no one had yet entered the U18 race so hopefully we are making this announcement in time. The U18 walkers can of course still enter and compete in the U20 10km and I know that both Nathan Brill and Zac Partington are probably intending to do this. We are currently discussing how best to proceed with regard to the Race Walk Series.

The program now reads as follows with all events starting concurrently at 6PM

- 20km Race Walk - Open & U23 Men & Open & U23 Women - Championship Event
- 20km Race Walk - U23 Men & U23 Women
- 10km Race Walk - U20 Men & U20 Women

A reminder that **entries close on Friday 12th February** so you have 3 weeks left to enter.

HOBART AND THE VIC JUNIOR T&F CHAMPS

Younger Victorian walkers have probably noticed that we have a major clash between the Hobart championships and the Victorian Junior T&F Championships – both fall on the same weekend in late February. Normally you have to compete in the Vic T&F Champs to be eligible to compete in the Victorian team at the National Champs so we asked AV for some leniency here. Things look good as per their response:

Dear Tim and Simon

Thank you for your emails regarding the clash of events between the Victorian Junior Championships and the Australian 20km Championship Carnival.

As you are both aware the Victorian Selection criteria states that all athletes must enter the Victorian Championships in order to be selected for the Australian Championships. On this occasion Athletics Victoria is prepared to waive this criteria providing the following:

- All athletes requesting an exemption from the Championships notify me in writing by 5pm Monday 13th February.
- All athletes must have achieved the qualifying standard or finished in the top 3 at the 2011 Victorian All Schools Championships.

We wish all your athletes the best in their preparations for the Australian Junior Championships.

Kind Regards,

LEANA JOYCE | ATHLETE DEVELOPMENT OFFICER | ATHLETICS VICTORIA

So if you are entering the U20 10km in Hobart, get your letter off to Leana at AV as soon as possible and quote your 2011 Vic All Schools result or AA qualifying result.

The Vic All Schools T&F walk results can be checked at <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num06.pdf> and the AA qualifying standards are documented at <http://www.athletics.com.au/home/competition/392/3656/3657>. The AA qualifying period starts from 1st Jan 2011 so provided you have a qualifying time from the last 12 months, you are ok.

WHAT'S COMING UP

Round 11 of AV Shield will be contested next Saturday with all 6 regions in action.

Sat 28 Jan	AV Shield - Bendigo Region - Round 11	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 28 Jan	AV Shield - Geelong Region - Round 11	Landy Field, Geelong
Sat 28 Jan	AV Shield - Ballarat Region - Round 11	Llanberris Reserve, Ballarat
Sat 28 Jan	AV Shield - North West Region - Round 11	Meadowglen International Athletics Track, Epping
Sat 28 Jan	AV Shield - East Region - Round 11	Proclamation Park, Ringwood
Tue 31 Jan	AV Shield - South East Region - Round 11	Lakeside Stadium, 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

Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
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	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Feb 5-12, 2012 **Oceania Masters 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 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
Sun 17 June, 2012 Sesto San Giovanni, ITA (note changed date – also Italian 20km championships)
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 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
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: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
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