



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 was **Tanya Holliday** with her new South Australian 10,000m track walk record of 45:44.3.

I have reviewed the performances reported in this week's newsletter and have decided on a 4 way vote to split this week's contenders, all of whom have been in outstanding form. Here are the 4 performances in question, in age order.

- 12 year old **Kyle Swan** whose time of 14:38 was under the current Victorian U13 State 3000m track walk record last Wednesday in Melbourne. Only the lack of watches prevented him claiming the State record.
- 13 year old **Jemima Montag** who officially broke the Victorian U14 and U15 3000m track walk records with her time of 14:07.8 last Wednesday in Melbourne.
- 15 year old **Nathan Brill** who bettered Jared Tallent's Victorian U16 5000m track walk record with his 29 sec PB time of 21:06.3 last Wednesday in Melbourne. Only the lack of watches prevented him claiming the State record.
- 17 year old **Jesse Osborne** who powered through the 3000m walk in QA competition last Saturday to record a 19 sec PB time of 11:51.70 and set a new Queensland U18 3000m track walk record.

Wow, talk about a difficult choice. You can cast your vote to <http://www.vrwc.org.au>.

WA 10,000M CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, SUNDAY 5 FEBRUARY

First a catchup from the previous week when the Western Australian 10,000m championships were contested in Perth. The standout was W55 world record holder **Lyn Ventris** whose time of 51:31.2 was absolutely amazing. It was also great to see the U20 girls all attacking the 10,000m distance with PBs to them all. Thanks to John Ventris for the following photos.



Kate Holt, Lyn Ventris, Hannah Watson, Gary Hastie and David Smyth in action in Perth

And now onto the race results.

U20 Women

1.	Hannah Watson	56:52.5	PB 0:01
2.	Kate Holt	57:04.6	PB 4:24
3.	Breanna Brown	58:55.4	PB 3:35
4.	Holly Hughes	1:03:40.8	First time

Open Women

1. Lyn Ventris 51:31.2

Open Men

1. Gary Hastie 56:24.4

2. Dave Smyth 58:48.1

3. Daniel Lowe 1:02:44.6

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 11 FEBRUARY

It was indeed a big day in every way for the Athletics Victoria Shield Final at the new Lakeside Stadium in Albert Park. A one day competition that started at 10AM and finished around 7:30PM, it drew the top clubs from each of our 6 regions in the various men's and women's divisions. I was one of around 100 AV officials who toiled throughout the day to ensure that all events were completed successfully and that everyone had the maximum opportunity of enjoying the big occasion. The walks were amongst the biggest fields with 97 competitors contesting the 3000m (Open, 40+, U20 and U18) and 1500m (U16 and U14). Of course there were lots more walkers who would like to have been racing, me included, but our teams did not progress through.

Rhydian Cowley had an easy walk to win the men's 3000m in 12:26.0 and was then in action shortly after in the 5000m run. This was typical of many of our walkers who competed in a variety of events throughout the day to help their clubs. Luckily the walks were the first track events so everyone was fresh and ready to race. **Scott Nelson** continues his return to top shape and was next to finish with 12:53.5. The other big mover in the men's division was **Jason Kozica** who took over a minute off his PB with 13:21.7.

Men 3000m Walk

1.	Rhydian Cowley	OP-D1	GHY	12:26.0	
2.	Scott Nelson	40+	GER	12:53.5	
3.	Jason Kozica	OP-D1	STK	13:21.7	PB 1:12
4.	Josh Dillon	U18	GER	13:24.2	
5.	Mark Donahoo	OP-D1	ATE	14:04.4	
6.	Bradley Simpson	U20	KNA	14:10.7	
7.	James Seid-Christmass	40+	GER	14:22.2	
8.	Danny Hawksworth	OP-D1	ATE	14:32.9	
9.	Simon Evans	OP-D1	BOH	14:33.4	
10.	Paul Kennedy	OP-D1	MUU	14:40.4	
11.	Trenton Hawkins	OP-D2	PTN	14:52.7	
12.	Aaron McDonough	OP-D2	PTN	14:53.4	
13.	Chris Lockwood	40+	VMA	15:09.1	
14.	Michael Beaton-Wells	OP-D2	OSC	15:16.3	
15.	Nicholas Mirarchi	OP-D1	GER	15:17.0	
16.	Aaron Tam	U18	KNA	15:25.2	
17.	Michael O'Mahony	U20	KNA	16:03.9	
18.	Clyde Riddoch	40+	AWA	16:10.5	
19.	Andrew Cochrane	OP-D2	OSC	16:28.8	
20.	Bill Dyer	40+	BOH	16:34.9	
21.	John Kondogonis	40+	KSB	16:54.8	
22.	? Jones	U18	BER	17:00.0	
23.	Ralph Bennett	40+	VMA	17:08.5	
24.	Robert Walsh	OP-D3	ANW	17:44.3	
25.	Adrian Patti	OP-D3	DAC	17:53.2	
26.	Bob Gardiner	40+	COL	17:57.0	
27.	Chris MacDonald	OP-D3	HLB	18:11.6	
28.	Anthony Doran	OP-D1	GHY	18:12.1	
29.	Stephen Vernal	OP-D3	ANW	18:26.3	
30.	Jacob Wright	U18	ANW	18:39.3	
31.	Ryan Antidormi	U18	ANW	19:14.2	
32.	Philip Hutton	OP-D2	GHY	19:20.8	
33.	Matthew Irons	OP-D1	MUU	19:58.9	
34.	Harry Summers	40+	BOH	20:09.6	
35.	Chris Worsnop	OP-D2	OLX	22:30.8	
36.	Phillip Dunstone	40+	WES	24:55.6	
37.	John Zeleznikow	OP-D2	GHY	25:09.6	
38.	David Martini	OPEN	OLX	25:25.8	
39.	Ian Rickard	OP-D3	BWK	25:40.0	
40.	William Sullivan	OP-D3	DAC	30:34.9	
	Gerald Sofianos	OPEN	STK	DQ	
	Ian Upton	40+	KSB	DQ	

The women's 3000m was won by **Michelle Laufer** in yet another PB, this time with 15:00.2. **Jmara Hockley-Samon** walked her fastest 3000m for quite some time with 15:05.8 while behind her **Caitlin Campbell** and **Kirstin Shaw** both walked big PBs.

Women 3000m Walk

1.	Michelle Laufer	40+	COL	15:00.2	PB 0:11
2.	Jmara Hockley Samon	U18	GER	15:05.8	
3.	Caitlin Campbell	U18	ATE	15:10.0	PB 0:24
4.	Kirstin Shaw	OP-D2	WES	15:29.7	PB 0:31
5.	Bianca Attard	U18	KNA	16:46.8	
6.	Ebony Whiley	U18	BER	16:53.6	
7.	Simone McInnes	OP-D1	GHY	17:05.8	
8.	Robyn Shaw	OP-D2	WES	18:12.7	
9.	Liz Feldman	40+	VMA	18:14.1	
10.	Michaela Attard	U20	KNA	19:01.0	
11.	Gwen Steed	40+	VMA	19:18.8	
12.	Maria Benke	U20	DIV	21:30.7	
13.	Simone Carre	OP-D1	BOH	21:46.7	
14.	Amanda Baric	OP-D1	KSB	21:48.1	
15.	Maria Abfalter	OP-D1	KSB	22:03.9	
16.	Jacqueline Cowell	U20	DIV	22:32.4	
17.	Laura Portaro	OP-D1	MUU	22:58.1	
18.	Ebony-Jade Jones	U18	BER	23:22.2	
19.	Sharyn Caulfield	40+	AWA	24:18.7	
20.	Madison Arnold	U18	PTN	25:03.5	
21.	Jo Molnar	40+	AWA	25:10.0	
22.	Eva Zeleznikow	U18	GHY	29:05.2	
23.	Georgia Marangon	U18	PTN	33:58.0	
	Anne Stobaus	OPEN	KSB	DQ	

The younger boys contested the 1500m and it was on from the gun with the speedsters immediately into sprint mode. Billy Allamby was the strongest and worked his way clear of the chasers to cross the line first. Alas, he found out after the event that he was one of a number of disqualifications in that event. That left **Adam Garganis** 6:48.4, **Emmet Brasier** 6:50.4 and **Kyle Swan** 6:54.6 to take the first 3 places, all with PBs. **Cooper Owen** was another to walk a big PB with his time of 7:08.8.

Men U14-U16 1500m Walk

1.	Adam Garganis	U16	COL	6:48.4	PB 0:04
2.	Emmet Brasier	U14	DIV	6:50.4	PB 0:03
3.	Kyle Swan	U14	KNA	6:54.6	PB 0:22
4.	Lucas Taylor	U16	KNA	6:57.9	
5.	Cooper Owen	U14	DIV	7:08.8	PB 0:11
6.	Harry Hockley-Samon	U14	GER	8:33.1	
7.	Anthony Neale	U14	COL	10:07.1	
8.	Anthony Casilli	U14	PTN	10:13.8	
9.	Hunter Thorpe	U14	KSB	10:25.8	
10.	Chris Hibbert	U16	GHY	10:34.6	
11.	Thomas Mirarchi	U14	GER	10:41.1	
12.	Dominic Sykes	U14	KSB	11:17.8	
	Luke Garganis	U14	COL	DQ	
	Reese Walmsley	U14	KNA	DQ	
	Izaak Long	U14	PTN	DQ	
	Billy Allamby	U16	KNA	DQ	

The young girls also contested the 1500m and it was **Stephanie George** who won out with a PB time of 6:54.1 ahead of Jasmine Irshad and Morgan Costelloe. Further down the field, I noted the big PB for **Chelsea Owen-Smith**.

Women U14-U16 1500m Walk

1.	Stephanie George	U16	KNA	6:54.1	PB 0:05
2.	Jasmine Irshad	U16	KNA	7:09.3	
3.	Morgan Costelloe	U14	GER	8:14.8	
4.	Georgia Bertrand	U14	KSB	8:31.9	
5.	Chelsea Owen-Smith	U14	DIV	8:33.7	PB 0:22
6.	Carly Bertrand	U16	KSB	8:43.1	
7.	Kirsten Walburg	U14	DAC	8:53.0	
8.	Jessica O'Keefe	U14	DAC	9:14.8	
9.	Julia Irons	U14	KSB	9:26.9	
10.	Claire Hodgart	U16	WES	9:49.4	
11.	Rhiannon Matthews	U14	KSB	9:50.5	
12.	Louise Rebesco	U16	WES	10:45.7	
13.	Elaine Irons	U14	KSB	11:07.3	
14.	Emma Abfalter	U16	KSB	11:32.8	
15.	Ashlee Walburg	U16	DAC	12:33.9	

There are lots of photos of the day's action on the AV website – see <http://www.facebook.com/media/set/?set=a.10150559100847979.387591.8620997978&type=1>. Some of the walks ones are shown below



Ian Upton, Madison Arnold, Georgia Marangon, Ebony Jones and Anne Stobaus on the start line



Josh Dillon, James Seid-Christmass, Izaak Long, Rhiannan Matthews, Harry Hockley-Samon and Chelsea Owen-Smith

VRWC TRACK RACES, GEORGE KNOTT TRACK, CLIFTON HILL, WED 8 FEBRUARY

We had a great turnout for our track races at Clifton Hill last Wednesday and it was a case of standing room only what with over 50 walkers racing, the Fitzroy Football Club training in the infield, the local triathlon club in the outer lanes, judo training in the clubrooms and a large number of walks families and spectators trackside. This, combined with the good weather, ensured great walking and some real milestones. As usual, Terry Swan was there with his camera and you can check out all the action at our photo gallery at <http://www.vrwc.org.au/coppermine>.

The 5000m saw **Nathan Brill** record a 29 sec PB to actually better Jared Tallent's Victorian U16 State record by 11 seconds. Unfortunately, we had not been forewarned so the required 3 watches were not in place. However, I expect Nathan to reproduce this time in either the Sydney Grand Prix 5000m or the Victorian Open 5000m walk championship in the near future. It has been accepted as a new club record. **Mark Donahoo** was also in great form with 23:57 as was **Michelle Laufer** who just gets better with every race, this time recording 25:50.

5000m Walk, 6:30PM

1.	Brill, Nathan	M	21:06.3	New VRWC U16 Record
2.	Donahoo, Mark	M	23:57	
3.	Simpson, Brad	M	25:15	
4.	McDonough, Aaron	M	25:29	
5.	Seid-Christmass, James	M	25:44	
6.	Laufer, Michelle	F	25:50	PB 1:03
7.	Shaw, Kirstin	F	28:11	
8.	Dickenson, Russ	M	28:54	
9.	Elms, Donna	F	30:58	
10.	Shaw, Robyn	F	31:06	
11.	Gardiner, Bob	M	31:18	
12.	Skrucany, Rudolf	M	34:34	

Alexander, Beth	F	DNF
Evans, Simon	M	DNF

The highlight of the 3000m was the huge walk by **Jemima Montag**. Two weeks ago she walked 14:04 to better the Victorian U14 and U15 records but the required watches were not in place. This time around, we made sure all was done to the rulebook and we are hopeful that this time her **14:07.8** will be accepted as **new U14 and U15 State records**. **Kyle Swan** bettered his VRWC U13 club record with 14:38, a time which was in fact better than the current Victorian U13 State record. Again, a case of not knowing and not having the watches to the ready. To add to the excitement, **Amy Burren** was also in great form ahead of Hobart with a 21 sec PB time of 13:57 and **Caitlin Campbell** and **Jasmine Irshad** both did PBs.

3000m Walk, 6:30PM

1.	Burren, Amy	F	13:57	PB 0:21
2.	Montag, Jemima	F	14:07.83	New Victorian records for U14 and U15
3.	Swan, Kyle	M	14:38	PB 0:17, new VRWC U13 club record
4.	Garganis, Adam	M	15:08	
5.	McShanag, Connor	M	15:23	
6.	Campbell, Caitlin	F	15:24	PB 0:10
7.	Irshad, Jasmine	F	15:26	PB 0:20
8.	Sanders, Jade	F	15:31	
9.	Wallace, Anna	F	18:26	



All in record breaking mode – Kyle Swan (U13), Jemima Montag (U14) and Nathan Brill (U16)

The 1500m walk was a huge event with 22 starters. **Jason Kozica** stormed through to a big PB of 6:34.9 and **James Burren** was also in great form with a big PB of 7:46.9. We welcomed some walkers for the first time to VRWC races – **Taylor Langford**, **Eliza Clarke** and **Zara Irshad**.

1500m Walk, 7:10PM

1.	Kozica, Jason	M	6:34.9	PB
2.	Irshad, Kylie	F	7:18.8	
3.	Owen, Cooper	M	7:20.8	
4.	Collis, Lauren	F	7:44.1	
5.	Taylor, Michael	M	7:45.7	
6.	Burren, James	M	7:46.9	PB 0:23
7.	Collis, Hugh	M	8:30.5	
8.	Bertrand, Georgia	F	8:31.5	
9.	Henderson, Rebecca	F	8:31.9	
10.	Owen-Smith, Chelsea	F	8:33.3	
11.	Bertrand, Carly	F	8:48.8	
12.	Barbour, Beth	F	8:52.0	
13.	Evans, Liam	M	9:08.1	
14.	Langford, Taylor	F	9:16.6	First time
15.	Clarke, Eliza	F	9:22.2	First time
16.	Campbell, Rebecca	F	9:31.0	
17.	Collis, Bede	F	10:20.7	
18.	Collis, Frances	F	10:29.5	
19.	Evans, Freya	F	11:22.9	
20.	Laufer, Beatrice	F	11:28.0	
21.	Irshad, Zara	F	12:09.8	First time
	Brazier, Emmett	M	DQ	

Our final event was the annual AMA 4x800m relay which is contested in each State around this time. Alas, we continue to be disappointed by the poor numbers in this event. Remember, if you don't support it, you are likely to lose it. The eight of us who did walk had a great time but it would have been nice to have more teams on the track.

AMA 4x800m Relay, 7:25PM

M50	1	15:15	Tim Erickson, Paul Kennedy, Simon Baker, Clyde Riddoch
M60	1	18:16	Bob Gardiner, Russ Dickenson, Llew Jenkins, Ralph Bennett



Jasmine Irshad, Kirstin Shaw, Caitlin Campbell, Michelle Laufer, Amy Burren, Mark Donahoo, Brad Simpson and Kyle Swan



Jason Kozica, Zara Irshad, Freya Evans, Taylor Langford, Rebecca Henderson, James Burren and Michael Taylor



Watching the first lap of the 4x800m – Russ Dickenson, Ralph Bennett, Paul Kennedy, Simon Baker, Clyde Riddoch and Llew Jenkins



Baton changes – Tim Erickson to Paul Kennedy, Paul to Simon Baker and then off goes Simon

Thanks as usual to the many judges and officials who made themselves available to ensure the meet ran smoothly.

Officials Tim Erickson, Shane Bertrand, Matt Owen, Damien Elms, Jason Elms, Alan Minter

Judges Peter Vysma (Chief), Judy Mason, Michael Bodey, Alan Lucas, Stuart Cooper

Photos Terry Swan

Checkin Tim Erickson

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 8 FEBRUARY

Thanks to Paul Rance for his weekly race report from Bendigo.

The Bendigo Walkers Club's Summer Season of walking continued in Rosalind Park on Wednesday evening with a small number of athletes racing over 1.6km and 2.4km. In the 1.6km event Zahra Hayes secured her first victory of the year as she took 1st and fastest in a time of 9.24 with Madison Hill 2nd in 10.23 and Ebony-Jade Jones claimed 3rd place in 12.04. In the 2.4km event, victory in the sealed handicap section went to Jeremiah Jones as he eclipsed the 13 minute barrier with a time of 12.59 while a close race for the minor placings saw Colin Cleary 2nd in 17.21 and John Carter 3rd in 15.38, 1 second away in 4th place was Paul Rance with fastest time of 12.39 while Annette Curtis took 5th place with a time of 16.57.

2.4km

1.	Jeremiah Jones	12:59
2.	Colin Cleary	17:21
3.	John Carter	15:38
4.	Paul Rance	12:39
5.	Annette Curtis	16:57

1.6km

1.	Zahra Hayes	9:24
2.	Madison Hill	12:23
3.	Ebony-Jade Jones	12:04

This Wednesday evening 1500m and 3000m handicap races will be held commencing at 6pm in Rosalind Park. Enquirers may phone 5442 6435 for further information.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, THURSDAY 9 FEBRUARY

Thanks to Kim Mottrom who has forwarded the South Australian Masters walk results this week while Colin Hainsworth is at the Oceania Masters Games in New Zealand. Kim and Justin Hill, who race by invitation each week with the Masters, were the fastest as usual with Justin taking 32 secs off his PB with a time of 24:56.

5km Walk

1.	Kim Mottrom	22:56	
2.	Justin Hill	24:56	PB 0:32
3.	Richard Everson	27:04	
4.	Amber Tuscharski	29:27	
5.	Jack Russell	29:45	
6.	Kevin Finn	31:10	
7.	Geoff Byham	31:18	
8.	Marie Maxted	33:57	
9.	James Hoare	35:07	

10.	Colin Trengove	36:00
11.	Margaret Trengove	36:15
12.	Leigh Smith	36:44
13.	Roger Lowe	37:11
14.	David Robertson	37:36
15.	Linda Whitelaw	37:40

3km Walk

1.	Jan Layng	22:37
2.	Paul Boyce	24:14
3.	Edna Bates	26:06

QA INTERCLUB ROUND 8, STATE ATHLETICS FACILITY, NATHAN, SATURDAY 11 FEBRUARY

Interclub continued last Saturday in Brisbane and the star of the show had to be **Jesse Osborne** who powered through the 3000m walk with a 19 sec PB time of 11:51.70. As Jesse does not turn 18 until 2013, this is eligible as a new Queensland U18 3000m Walk record (Dane Bird-Smith currently holds the record with 12:03.53). He is definitely one to watch in the U20 10km in Hobart. Trish Osborne explains further

Just dropping you a line to let you know that Jesse raced in U18 3000m Walk on Saturday night at a Shield Meet through QA and broke 2 State Records with a time of 11:51:70. The first was a 23 year old record (All Comers - AC) held by Anthony Miles (12:08), and the second record (Resident Record - R) was Dane Bird-Smith's (12:03). He was only 9 seconds outside Troy Sundstrom's Australian U18 Record of 11:42. He was so happy and grateful that it was recognised as Anthony and Dane are athletes who are both high achievers and have set high standards to beat here in Queensland.

5000m Walk

Hayes, Melissa	W21	NSW	DNF
Taylor, Rachelle	W16	QRW	DNF

3000m Walk

1.	Osborne, Jesse	M17	QRW	11:51.70	PB 0:19
2.	Smith, Clara	W14	UNQ	15:03.70	
	Sims, Jesse	W15	ATN	DNF	

1500m Walk

1.	Sims, Riley	W12	ATN	9:39.83
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NSW JUNIOR CHAMPIONSHIPS, SOPAC, SYDNEY, 10-12 FEBRUARY

The NSW Junior T&F Championships were held last weekend at the Sydney Olympic Park Athletics Centre and track walks were on the agenda. The 3000m U14 and U16 walks were on Saturday with good sized fields in all 4 divisions. Thanks to Jenny Lingley for the following comments on these races.

Tyler Jones walked brilliantly with a time of 13.49.36 (not sure if that was a PB or not but he looked good) followed by Tom Doyle and Ethan Dhu all under the 15 mins. Next came Nathan Brown who walked his first ever 3000m in competition (not a bad effort for a first timer to get a national qualifying time) He has just recently taken up race walking! I believe there was at least 9 qualifiers for Aust youth in that race.

In the U14 mixed race, the two McDonald girls (not sisters at all) walked really well and we saw another 10 qualifiers for Aust Juniors & Youth. Some of these young walkers have stepped up to do one of their many 3000m walks and some are still in U11s U12s & U13s at Little A's. In the guys, Kyle Bedford and Dylan Richardson both looked very strong in their walks. I was not able to watch all the walks this weekend but what I saw of our young athletes was great to see. I'm sure we will all look forward to watching the Aust Junior & Youth in Sydney next month.

3000m U16 Women, Sat 11 February

1.	Hill, Jayde	15	Nambucca	15:22.79	PB
2.	Romer, Madyson	15	Bankstown	15:36.32	
3.	Grujoski, Stephanie	15	South Sydney	15:56.85	
4.	Minett, Rhiannon	14	Bankstown	16:59.53	
5.	Beasley, Bryony	15	Nepean	17:49.76	
6.	Kelland, Sarah	14	Ryde Athletics	17:58.63	
7.	Porley, Candice	14	Blue Mountains	18:44.70	
8.	Camenzuli, Ebony	14	Asics Wests	19:01.59	
	Billington, Tayla-Paige	15	Hills Aim	DNF	

3000m U14 Women, Sat 11 February

1.	McDonald, Jasmyn	13	Parramatta	14:43.05	PB 0:42
2.	McDonald, Leah	12	Parramatta	15:37.12	PB 0:57
3.	Francis, Lucy	13	Sydney Pacific	16:30.28	

4.	Kalemusic, Danielle	13	Illawong	17:04.91
5.	Norton, Shanae	13	Bankstown	17:29.61
6.	Dhu, Abbey	12	Blue Mountains	17:34.90
7.	Grujoski, Ally	13	South Sydney	19:01.88

3000m U16 Men, Sat 11 February

1.	Jones, Tyler	14	Wyong	13:49.36
2.	Doyle, Tom	15	South Sydney	14:42.91
3.	Dhu, Ethan	15	Blue Mountains	14:56.33
4.	Brown, Nathan	14	Parramatta	15:50.41
5.	Kerr, Aidan	14	Sydney Pacific	16:03.12
6.	Mylonas, Adam	15	Hills Aim	16:23.87
7.	Estrada, Patrick	14	Blue Mountains	17:31.35

3000m U14 Boys, Sat 11 February

1.	Bedford, Kyle	12	Nepean	15:37.98	PB
2.	Richardson, Dylan	12	Mingara	16:05.24	
3.	Glover, Jordan	13	Hills Aim	16:32.93	
4.	O'Connell, Declan	13	South Sydney	17:03.30	
5.	Thomson, Ryan	12	Nepean	17:06.73	
6.	Millican, Hayden	12	Sydney Pacific	17:45.45	
7.	Barendregt, Travis	12	Nepean	18:55.79	

The 5000m U20 and U18 walks were contested on Sunday and it was the girls to the fore with Kirsty Klein 24:42.43 and Amy Bettiol 25:09.65 leading the way.

5000m U20 Men, Sunday 12 February

1.	Washburn, Steven	18	Nepean	25:22.81
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5000m U18 Men, Sunday 12 February

1.	Felton, Jay	17	Mingara	25:18.24
2.	Gibbons, Carl	16	Westlakes	27:14.59
3.	Murphy, Robert	16	South Sydney	27:16.03
4.	Killen, Matthew	17	Wyong	27:17.39
5.	Dredge, Jason	16	Mingara	28:39.53
	Birch-Ward, Kurtis	17	Sutherland	DNF

5000m U20 Women, Sunday 12 February

1.	Klein, Kirsty	18	Asics Wests	24:42.43
2.	Psarianos, Dimitra	19	South Sydney	28:51.90
	Jennings, Shannon	19	Asics Wests	DQ

5000m U18 Women, Sunday 12 February

1.	Bettiol, Amy	17	Sydney Pacific	25:09.65
2.	Dighton, Jasmine	16	Illawong	27:37.05
3.	Southern, Shay	17	Asics Wests	28:31.36
4.	Denney, Hannah	17	Randwick Botany	29:18.23
5.	Porley, Tabitha	17	Blue Mountains	29:46.43
6.	Barendregt, Amanda	16	Nepean	30:21.32

CABOOLTURE DUSK TO DAWN, CABOOLTURE, QLD, 11-12 FEBRUARY 2012

The annual Caboolture Dusk to Dawn 6 Hour and 12 Hour endurance carnival was held last weekend over a 500m circuit in the Caboolture Historical Village in Caboolture in Queensland. While I don't have the official results yet, I can tell everyone that Queensland Race Walking Club president **Peter Bennett** did compete and did finish with **96km**. Here is what he had to say

I was the sole walker in a packed field of individual and relay runners. High humidity all night. There was an electrical storm about 10pm but we only had a light shower at the race which settled the dust but didn't relieve the steamy conditions. I ended up with 96km. Don't think I had fully recovered from the long race in December or done enough training but I wanted to do this race as it was for the Andrew Ludwig Memorial Shield.

OCEANIA MASTERS CHAMPIONSHIPS, TAURANGA, NEW ZEALAND, 5-12 FEBRUARY 2012

The **Oceania Masters Championships** have now been completed in Tauranga in New Zealand and a number of our Australian Masters walkers were in action. Full results can be sourced from website <http://www.nzmastersathletics.org.nz/Oceania/oceania.html>.

The 10km roadwalks were first up on Monday 6th February and Heather Carr was the standout in the women, recording 56:15 to win the W60 division and take fastest time overall for the women. In the men's events, Dean Nipperess (M40 47:31), Mike Parker of NZ (49:04 in the M55) and George White (56:41 in the M65) were the standouts.

Female - 10km Road Walks, Monday 6 February 2012

W40	1	Larissa Wildsmith	New Zealand	1:07:49
	2	Regina Crouch	Australia	1:20:44
W45	1	Serena Coombes	New Zealand	1:09:43
W50	1	Robyn McArthur	New Zealand	1:03:17
	2	Terri Grimmatt	New Zealand	1:04:58
W55	1	Theresa Large	New Zealand	1:06:19
	2	Chantal Azam	New Caledonia	1:15:34
W60	1	Heather Carr	Australia	56:15
	2	Sheryl Miritana	New Zealand	1:14:15
	3	Marlene White	New Zealand	1:17:20
W65	1	Jaqueline Wilson	New Zealand	1:08:41
	2	Shirley Barber	New Zealand	1:11:01
W70	1	Lynne Schickert	Australia	1:14:23
	2	Daphne Jones	New Zealand	1:14:40
	3	Joan Anne Purcell	Australia	1:17:37
W80	1	Christiane Dauphinet	Australia	1:20:32

Male - 10km Road Walks, Monday 6 February 2012

M35	1	Adam Patterson	Australia	1:11:27
M40	1	Dean Nipperess	Australia	47:31
	2	Mike Morresey	New Zealand	1:01:38
M45	1	David Wackrow	New Zealand	1:02:32
M50	1	Mark Gray	New Zealand	1:07:35
	2	Christopher Bowman	New Zealand	1:16:27
M55	1	Mike Parker	New Zealand	49:04
M65	1	George White	Australia	56:41
	2	Geoff Iremonger	New Zealand	1:09:55
	3	Don Park	New Zealand	1:16:22
M70	1	Patrick Sela	Australia	1:09:59
M75	1	Bert Janes	Australia	1:14:54
	2	Geoff Major	Australia	1:16:27
M80	1	Colin Hainsworth	Australia	1:18:02

The 5000m track walks last Thursday saw more of the same with Heather Carr 28:08.52, Dean Nipperess (23:21.68), Mike Parker (24:31.08) and George White (28:50.17) the standouts.

Female - 5000m Track Walks, Thursday 9 February 2012

W40	1	Larissa Wildsmith	New Zealand	33:41.35
	2	Regina Crouch	Australia	40:45.83
W50	1	Robyn McArthur	New Zealand	30:47.68
	2	Bernadette Raffé	Cook Islands	37:06.86
W55	1	Theresa Large	New Zealand	32:34.09
	2	Chantal Azam	New Caledonia	35:04.04
W60	1	Heather Carr	Australia	28:08.52
	2	Marlene White	New Zealand	32:13.07
	3	Sheryl Miritana	New Zealand	35:41.24
W65	1	Jaqueline Wilson	New Zealand	33:28.13
	2	Shirley Barber	New Zealand	33:52.00
W70	1	Lynne Schickert	Australia	36:34.47
	2	Joan Anne Purcell	Australia	38:57.19
W80	1	Christiane Dauphinet	Australia	39:24.03

Male - 5000m Track Walks, Thursday 9 February 2012

M35	1	Adam Patterson	Australia	32:25.80
M40	1	Dean Nipperess	Australia	23:21.68
	2	Mike Morresey	New Zealand	29:32.53
M45	1	David Wackrow	New Zealand	29:18.16
M55	1	Mike Parker	New Zealand	24:31.08
M60	1	Geoff Barrow	Australia	34:20.68
M65	1	George White	Australia	28:50.17
	2	Geoff Iremonger	New Zealand	35:01.80
M75	1	Geoff Major	Australia	39:06.96

The 3000m track walks were the last walks and it was once again Heather Carr who dominated in the women's event with 15:45.20. And it was also Dean Nipperess (13:10.82), Mike Parker 14:00.73) and George White (16:40.92) who were the best of the men.

Female - 3000m Track Walks, Saturday 11 February 2012

W40	1	Regina Crouch	Australia	25:18.82
W45	1	Serena Coombes	New Zealand	19:17.48
	2	Lisa Minchin	Australia	25:56.64

W50	1	Robyn McArthur	New Zealand	18:06.25
	2	Bernadette Raffé	Cook Islands	21:52.39
W55	1	Theresa Large	New Zealand	18:50.97
	2	Chantal Azam	New Caledonia	20:30.18
W60	1	Heather Carr	Australia	15:45.20
	2	Marlene White	New Zealand	18:45.54
	3	Sheryl Miritana	New Zealand	21:19.64
W65	1	Jaqueline Wilson	New Zealand	19:21.02
	2	Shirley Barber	New Zealand	19:24.45
W70	1	Lynne Schickert	Australia	21:28.88
	2	Daphne Jones	New Zealand	21:29.95
	3	Joan Anne Purcell	Australia	21:46.65
W80	1	Christiane Dauphiné	Australia	24:00.09

Male - 3000m Track Walks, Saturday 11 February 2012

M35	1	Adam Patterson	Australia	18:55.01
M40	1	Dean Nipperess	Australia	13:10.82
	2	Mike Morresey	New Zealand	16:53.21
M45	1	David Wackrow	New Zealand	16:57.37
M50	1	Mark Gray	New Zealand	19:25.96
	2	Christopher Bowman	New Zealand	22:39.70
M55	1	Mike Parker	New Zealand	14:00.73
M60	1	Geoff Barrow	Australia	19:22.65
M65	1	George White	Australia	16:40.92
	2	Geoff Iremonger	New Zealand	20:26.43
M70	1	Patrick Sela	Australia	20:25.53
M75	1	Mike Johnson	Australia	21:19.08
	2	Geoff Major	Australia	22:09.91
M80	1	Colin Hainsworth	Australia	22:28.45

OVERSEAS SHORTS

BELFAST (IRE, Feb 11): Robert Heffernan (Togher AC) secured his 14th Irish indoor title at the Woodie's DIY Senior Indoor Championships in Belfast's Odyssey Arena last Saturday. The Cork man blitzed away from the field in the opening lap of the 5000m walk and continued at a relentless pace, crossing the line in 19:06.58. Three-time Olympian Jamie Costin (West Waterford AC) was second in 19.35.06 and Michael Doyle (Tara AC) was the third Irish walker in 19.50.52. Last year's silver medallist Colin Griffin retired midrace due to illness. Laura Reynolds (Athenry AC) won the women's 3000m walk in 21.46.23 to retain her national title, pulling clear of World Youth champion Kate Veale (West Waterford AC) with one kilometre to go. Veale crossed the line in second place with 12.52.79.

5000m Men

1.	Robert Heffernan	Togher A.C.	19.06.58
2.	Jamie Costin	West Waterford A.C.	19.35.06
3.	Tom Bosworth	Tonbridge A.C.	19.50.52
4.	Michael Doyle	Tara A.C.	20.31.13
5.	Brendan Boyce	Letterkenny A.C.	20.42.07
6.	Cian Mc Menamon	Westport A.C.	20.42.07
7.	James Treanor	Shercock A.C.	22.01.35
8.	Niall Prendiville	Farranfore Maine Valley A.C.	22.18.90
9.	David Kidd	St. L. O'Toole A.C.	22.34.12
	Evan Lynch	Clonmel A.C.	DQ
	Luke Hickey	Leevale A.C.	DNF
	Colin Griffin	Ballinamore A.C.	DNF

3000m Women

1.	Laura Reynolds	Mohill A.C.	12.46.23
2.	Kate Veale	West Waterford A.C.	12.52.79
3.	Maeve Curley	Craughwell A.C.	13.44.10

MOGILYOV (BLR, Feb 10): The Belarus National Indoor Championships, held last weekend, saw wins to Vitali Talankou and Alina Matveyuk in the 10,000m track walks.

10,000m Race Walk Men

1.	Vitali Talankou	40:25.98
2.	Andrei Talashka	40:42.14
3.	Dzmitry Dziubin	41:02.02

10,000m Race Walk Women

1.	Alina Matveyuk	47:42.34
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POMPAL (POR, Feb 11): The walks also provided the highlight of the first day of the Portuguese club championships in Pombal with Vera Santos winning the women's 3000m in 12:47.38 and Joao Vieira taking the men's 5000m title in 19:15.94.

5000m Walk Men

1.	João Vieira	71	SCP	19:15.94
2.	Pedro Isidro	85	SLB	21:00.06
3.	Pedro Martins	68	CAS	21:21.68
4.	Cristiano António	88	GAF	21:28.88
5.	Luís Lopes	90	GS-RC	21:36.90
6.	Luís Silva	70	AAC	21:41.80
7.	Helder Leitão	96	CABB	23:46.67
8.	Ricardo Fernandes	92	JV	25:33.75

3000m Walk Women

1.	Vera Santos	81	SCP	12:47.38
2.	Sandra Silva	75	GS-RC	13:55.77
3.	Sandra Monteiro	92	SLB	14:33.01
4.	Liliana Martins	90	GCAD	14:46.68
5.	Márcia Silva	87	JV	14:52.87
6.	Sandra Leitão	75	ADREP	15:12.76
7.	Ana Raquel Marques	83	JOMA	15:23.83

VIENNA (AUS, Feb 11): Fast walking was the order of the day at the Vienna Indoor Gala Meet in Australia on Sat 11 February. In the men's 5000m walk, Slovakian Matej Toth won in a 22 sec PB time of 18:34.56, only 6 seconds outside Josef Pribilinec's national record and the 4th fastest this season behind the Russians from last weekend's Russian Winter meet. Team mate Anton Kucmin was second in a 35 sec PB of 19:14.86 while Milos Batovsky made it a Slovakian treble with his own PB time of 20:15.90. The 3 Slovak walkers have just returned from training in Australia with our top walkers at Thredbo and Canberra. In the women's event, Slovakian junior Katarina Strmenova won out in a PB time of 13:36.19.

Men's 5000m Race Walk

1.	Matej TÓTH	SVK	83	18:34.56	PB
2.	Anton KUČMÍN	SVK	84	19:14.86	PB
3.	Miloš BÁTOVSKÝ	SVK	79	20:15.90	PB
4.	Patrik SPEVÁK	SVK	94	21:03.42	
5.	Miklós Domonkos SRP	HUN	93	21:10.16	PB
6.	Peter TICHÝ	SVK	93	21:49.88	PB
7.	Dávid TOKODI	HUN	91	22:23.08	PB
8.	Bence VÉNYERCSÁN	HUN	96	22:28.72	PB
9.	Andrej DOLINSKÝ	SVK	94	23:28.82	

Women's 3000m Race Walk

1.	Katarina STRMENOVA	SVK	93	13:36.19	PB
2.	Mercédesz MARTON	HUN	95	14:17.95	PB
3.	Kincső KÓSI	HUN	95	17:08.99	PB
4.	Patricia BOCZ	HUN	98	17:17.23	PB

PRAGUE (CZE, 11 Feb): The Czech Junior Championships were held last weekend in Stromovka, a suburb of Prague, at the local indoor stadium. Stromovka is known also for the various road and cross races held in its big park. The twin Drahotová sisters were the standout walkers in the U18 3000m. Full results at <http://online.atletika.cz/vysledky.aspx?idk=14872&stats=2>.

U18 3000m Walk Women

1.	Anežka Drahotová	955722	Univerzitní sportovní klub Praha	13:17.63
2.	Eliška Drahotová	955722	Univerzitní sportovní klub Praha	13:57.04
3.	Adéla Frydrychová	955320	AC Česká Lípa	14:24.45

U20 5000m Men

1.	Ondrej Motl	940725	TJ Rumburk	23:30.41
2.	Vit Polasek	941031	AO Slavia Havířov	24:39.30

U20 5000m Women

1.	Filip Veselouš	950518	AK Hodonín	24:05.95
2.	Jiří Skalka	950910	AK Hodonín	26:06.36
3.	Jakub Zecha	960527	AO Slavia Havířov	26:42.27

8 HEURES DE CHARLY SUR MARNE, CHARLY SUR MARNE, FRANCE, SUNDAY 12 FEBRUARY

While the track athletes were competing in their various indoor meets last weekend, did they spare a thought for their ultra distance walk compatriots who were in Charly sur Marne, 100km east of Paris, for the 15th edition of this early season classic. France is currently battling snow and ice yet the event still saw 50 individual starters and 12 teams (for a total field size of over 100). Emmanuel Tardi tells me that the temperature was -15°C for the 8am start. Between 10am and 2pm a weak winter sun did break

through but temperatures only crept to around -7°C. Local walker Philippe Morel started fast and led for the first 15km until Urbain Girod took over, winning with an 8 Hour distance of 78.391km. Claudine Anxionnat, at 60 years of age, won the women's race with 62.905km – that is impressive. Thanks to Emmanuel for the race results and some photos – it sure looked cold! (And for the record, Emmanuel came 22nd in the men's event with 42.257km – well done mate!)

8 Hours Men

1.	GIROD Urbain	(C.M. Monthey)	78 km 391 m	7:54:05
2.	THIBAUD Philippe	(CA Agéén)	75 km 810 m	7:58:17
3.	BUNEL Dominique	(Neuilly/Marne Athlé)	75 km 810 m	8:01:37
4.	MOREL Philippe	(AC Château Thierry)	73 km 229 m	7:48:51
5.	GILLES Philippe	(Passruning 45 AMILLY)	73 km 229 m	7:59:24
6.	BUNEL Pascal	(Neuilly/Marne Athlé)	73 km 229 m	8:00:30
7.	MAUREL Eric	(OCT Thierville 55)	73 km 229 m	8:00:34
8.	GEORGELIN Serge	(Bruz Athlé)	70 km 648 m	7:48:06
9.	ROUAULT Jean-Marie	(Omnisports Pithiviers)	68 km 067 m	7:50:51
10.	LOUGRADA Saâdi	(CM Roubaix)	68 km 067 m	7:53:05
11.	VARAIN Cédric	(AC Château Thierry)	68 km 067 m	7:54:53
12.	MARECHAL Pascal	(AC Château Thierry)	68 km 067 m	7:54:53
13.	BIEBUYCK Pascal	(Ath)	68 km 067 m	7:54:53
14.	GICQUEL Bernard	(PLM Conflans)	68 km 067 m	7:58:10
15.	CHATILLON Dominique	(NL Fublaines)	68 km 067 m	8:03:43
16.	NOËL Jean-Claude	(CS Meaux)	65 km 486 m	7:47:59
17.	GIRAUDEAU Denis	(PLM Conflans)	65 km 486 m	7:51:29
18.	LABARRE Bertrand	(C.S. Provins Athlé)	65 km 486 m	7:53:03
19.	LAILLER Patrick	(ASPTT Tours)	65 km 486 m	7:59:02
20.	HUART Gilles	(US Toul)	62 km 905 m	7:53:39

8 Hours Women

1.	ANXIONNAT Claudine	(Athlétic Vosges EC)	62 km 905 m	7:55:27
2.	CLEMENTZ Bernadette	(Athlétic Vosges EC)	60 km 324 m	7:48:46
3.	RODIER Nicole	(ESFRA Reims)	57 km 743 m	7:51:56
4.	BIZARD Claudie	(Thiais AC)	57 km 743 m	7:55:34
5.	MOINEAU Isabelle	(AC Château Thierry)	55 km 162 m	7:46:22
6.	LANDRU Noëlle	(AS Corbeil Essonnes.)	47 km 419 m	7:54:05



Claudine Anxionnat and Urbain Girod in action in Charly sur Marne last weekend (photos Emmanuel Tardi)

MILLROSE GAMES – USA 1 MILE CHAMPIONSHIPS, NEW YORK CITY, FEBRUARY 11, 2012

The annual Millrose Games were held at the New Balance Armory Track in New York last Saturday and, as per usual, the USATF National 1 Mile championships were contested. For those who don't know, 1 Mile is 1609m so subtract 25-30 seconds to get the corresponding 1500m time. And you can catch the women's race video at <http://www.youtube.com/watch?v=LeJUIndw3ZA>.

Women's USATF National Championship Mile Walk

1.	Forgues, Lauren	N.Y.A.C	6:48.62
2.	Burnett, Katie	Unattached	7:19.47
3.	Dunn, Abby	Maine RW	7:28.36
4.	Peters, Tina	Miami Valley TC	7:45.53
5.	Keetley, Meghan	NY Unattached	7:50.93

6.	Kang, JiWon	South Korea	8:01.71
7.	Herman, Lindsey	Unattached	8:05.00
8.	Court-Menendez, Nicole	Maine RW	8:05.78
9.	Lardaro, Caitlin	NY Unattached	8:14.40
10.	Monahan, Jenna	Walk U.S.A	8:35.44
11.	Licursi, Kristi	NY Unattached	9:08.04
	Mahin, Sophia	Park Racewalkers	DQ

Susan Rudin Men's 1 Mile Walk

1.	Mannozi, Michael	Miami Valley TC	6:19.40
2.	Serianni, Dan	Unattached	6:19.42
3.	Hallman, Jonathan	Unattached	6:32.94
4.	Pfahler, Joel	Miami Valley TC	6:53.25
	DeVaney, Leif A.	Twin City R.W.	DQ

CHINESE OLYMPIC TRIALS, HUAIAN, 11-12 FEBRUARY 2012

The formidable Chinese depth was on display in Huaian over the weekend when their Olympic racewalking trials were held. Cai Zelin, who was the 2010 World Junior silver winner at Moncton, won the men's 20km in a PB 1:19:42 ahead of Xu Wei 1:20:44 and Chen Ding 1:21:02. Daegu participants Wang Hao and Chu Yanfei were non-finishers. I will restrict results to the first 10 only – there were obviously lots more!

Men 20 km walk, 12 February

1.	Cai Zelin	CHN	11.4.91	1:19:42	PB
2.	Yu Wei	CHN	11.9.87	1:20:44	
3.	Chen Ding	CHN	5.8.92	1:21:02	
4.	Wang Zhendong	CHN	11.1.91	1:21:59	PB
5.	Li Tianlei	CHN	13.1.95	1:22:09	PB
6.	Li Tianlei	CHN	13.1.95	1:22:09	=PB
7.	Li Shijia	CHN	14.1.92	1:22:15	PB
8.	Chen Zongliang	CHN	9.1.92	1:22:36	PB
9.	Liu Jianmin	CHN	9.3.88	1:22:41	PB
10.	Bian Fongda	CHN	1.4.91	1:22:53	

Men 50 km walk, 11 February

1.	Li Jianbo	CHN	14.11.86	3:47:30	
2.	Zhao Jianguo	CHN	19.1.88	3:52:04	
3.	Cui Zhide	CHN	11.1.83	3:54:42	
4.	Xu Faguang	CHN	17.5.87	3:55:39	
5.	Geng Zhiyao	CHN	15.8.87	4:03:01	
6.	Du Yunpeng	CHN	6.9.88	4:08:48	
7.	Wang Kun	CHN	10.5.89	4:11:05	PB
8.	Gou Xiaoxin	CHN	18.1.86	4:12:07	
9.	Hou Quan	CHN	2.7.90	4:14:45	PB
10.	Wang Hao	CHN	16.8.89	4:15:44	

Women 20 km walk, 11 February

1.	Wang Shanshan	CHN	16.6.87	1:30:12	
2.	Gao Ni	CHN	14.9.91	1:30:21	
3.	Li Li	CHN	18.6.87	1:30:27	PB
4.	Nie Jingjing	CHN	1.3.88	1:30:53	
5.	Sun Huanhuan	CHN	15.3.90	1:31:38	
6.	Song Xiaoling	CHN	21.12.87	1:32:08	
7.	Shi Tianshu	CHN	7.6.88	1:32:30	
8.	Chen Shuangyan	CHN	14.8.91	1:32:36	PB
9.	Sun Xueping	CHN	10.12.88	1:32:46	PB
10.	He Dan	CHN	22.7.84	1:33:01	

U20 Men 20 km walk, 12 February

1.	Zhao Qi	CHN	14.1.93	1:21:06	PB
2.	Xie Sichao	CHN	28.2.93	1:22:34	PB
3.	He Yongqiang	CHN	27.11.93	1:23:28	
4.	Yin Jiaying	CHN	16.3.94	1:23:48	PB
5.	Han Jijiang	CHN	20.7.92	1:24:19	PB
6.	Hu Enxi	CHN	26.3.94	1:24:29	PB
7.	Zhao Yinliang	CHN	6.1.93	1:24:49	PB
8.	Liu Xu	CHN	11.12.94	1:25:31	PB
9.	Zhao Fujie	CHN	11.11.93	1:25:44	PB
10.	Hui Ying	CHN	28.2.94	1:26:18	PB

U20 Women 20 km walk, 11 February

1.	Mao Yanxue	CHN	15.2.94	1:30:25	PB
2.	Pei Mowen	CHN	17.9.95	1:32:23	PB
3.	Liu Shuyu	CHN	.93	1:33:43	PB
4.	Xie Lijuan	CHN	14.5.93	1:34:46	PB
5.	Liu Huan	CHN	.93	1:35:10	PB
6.	Chen Zhen	CHN	3.11.94	1:35:57	PB
7.	Duan Dandan	CHN	23.5.95	1:37:19	PB
8.	Wang Jiaojiao	CHN	11.12.93	1:37:51	
9.	Luo Xingcai	CHN	.94	1:38:12	
10.	Wang Yalan	CHN		1:38:56	PB

U18 Men 10 km walk 12 February

1.	Gao Wenkui	CHN	28.7.95	42:16	PB
2.	Ma Youshan	CHN	21.9.95	42:36	PB
3.	Yao Biao	CHN		42:39	PB
4.	Li Jichao	CHN	10.5.96	43:14	PB
5.	Leng Xiao	CHN	26.1.96	43:31	PB
6.	Hou Zhijie	CHN	.94	43:54	PB
7.	Liu Tianqi	CHN	28.10.95	44:42	PB
8.	Lu Long	CHN	9.11.95	44:49	PB
9.	Cui Shigang	CHN	5.5.96	45:05	PB

U18 Women 10 km walk, 11 February

1.	Su Yingqiu	CHN	1.2.95	47:24	PB
2.	Wang Na	CHN	29.5.95	48:14	PB
3.	Luan Shuang	CHN		49:23	PB
4.	Xu Wenjiao	CHN	9.6.95	49:56	PB
5.	Hui Chunrui	CHN	20.2.96	50:02	PB
6.	Yang Jie	CHN		50:03	PB
7.	Zong Xue	CHN		50:08	PB
8.	He Xiaoxue	CHN	11.9.95	50:19	PB
9.	Liu Yue	CHN		50:23	PB
10.	Jia Yajie	CHN		50:46	PB

VRWC CLUB RECORD UPDATE

Nathan Brill and Kyle Swan were in club record mode again last Wednesday in our VRWC track carnival and we also unearthed another record for Kyle, dating from December 2011.

Nathan Brill	U16 5000m	21:06.32	VRWC Track Races	Clifton Hill	08/02/2012
Kyle Swan	U13 3000m	14:38	VRWC Track Races	Clifton Hill	08/02/2012
Kyle Swan	U13 5km	26:19	AA Invitational Race	Fawkner Park	11/12/2011

You can check out all our club records at <http://www.vrwc.org.au/vrwc-records.html>.

TALKING VICTORIAN RECORDS

Since we have had a number of performances in the last few weeks that have been faster than the current Victorian records, it is timely to discuss what is required to formally apply for record consideration and to list the current records.

First to what is required. We as race organizers can't really keep all the current records in memory and recognise when someone is bettering one and instantly get the required 3 watches in place. It takes a lot more than that. Victorian record performances require

- 3 watches operated by qualified AV officials
- a qualified race referee who can sign off on the conduct of the meet
- a panel of qualified racewalk judges and a chief judge's summary sheet
- a race that is gazetted and has a critical mass of competitors

It is also the responsibility of the record breaker to have the record application form on hand and get it signed by the various key officials at the time of the meet. Some time ago, I summarised what is required for Victorian Record applications – see <http://www.vrwc.org.au/Victorian%20Record%20Checklist.pdf>. In summary, if you think you might break a Victorian record in a meet, you should pre-warn the organizers well in advance so that they can have all the required bits and pieces in place.

And now onto the current Victorian records as of November 2011.

MEN**1500 METRE TRACK WALK**

Vic. Open	5.19.1	David Smith	W'town	07.02.81	OP
Vic. Country	5.22.1	Nathan Deakes	Bellarine	18.10.97	Geelong
Vic. U20, U20 C	5.32.9	Nathan Deakes	Bellarine	19.10.96	Geelong
Vic. U19	5.38.8	Dion Russell	Donc	26.10.92	OP
Vic. U19 C	5.43.8	Daniel Thorne	Corio	07.03.98	Geelong
Vic. U18	5.38.8	Dion Russell	Donc	26.10.92	OP
Vic. U18 C	5.50.2	Steven Beecroft	Warragul	25.10.88	OP
Vic. U17	5.42.68	Stephen Brooks	Ivanhoe	25.02.95	Adelaide
Vic. U17 C	5.56.0	Shaun Bubb	Bellarine	07.12.91	Geelong
Vic. U16	5.42.68	Stephen Brooks	Ivanhoe	25.02.95	Adelaide
Vic. U16 C	5.56.0	Shaun Bubb	Bellarine	07.12.91	Geelong
Vic. U15	5.48.48	Stephen Brooks	Ivanhoe	27.03.94	Hobart
Vic. U15 C	6.17.75	Shaun Bubb	Bellarine	08.12.90	Hobart
Vic. U14	6.25.1	Travis Harbour	Ringwood	30.11.89	Knox
Vic. U14 C	6.48.0	Shaun Bubb	Bellarine	25.11.89	Landy Field
Vic. U13	6.44.7	Travis Harbour	Ringwood	12.11.88	Knox
Vic. U13 C	7.08.06	Evan Thompson	South Bendigo	22.03.97	Brisbane

3,000 METRE TRACK WALK

Vic. Open	10.56.0	Andrew Jachno	Ess EMH	07.02.91	OP
Vic. Country	11.17.0	Nathan Deakes	Bellarine	10.12.98	OP
Vic. U20, U20 C	11.34.9	Nathan Deakes	Bellarine	14.12.96	Geelong
Vic. U19	11.47.5	Dion Russell	Donc	02.12.93	OP
Vic. U19 C	11.54.8	Nathan Deakes	Bellarine	31.03.96	OP
Vic. U18	11.52.8	Dion Russell	Donc	28.11.91	OP
Vic. U18 C	12.03.9	Jared Tallent	Ball YCW	15.02.01	OP
Vic. U17	11.52.8	Dion Russell	Donc	28.11.91	OP
Vic. U17 C	12.03.9	Jared Tallent	Ball YCW	15.02.01	OP
Vic. U16	12.32.06	Nathan Brill	Box Hill	27.02.11	OP
Vic. U16 C	12.53.79	Jared Tallent	Ball YCW	13.01.00	OP
Vic. U15	12.32.06	Nathan Brill	Box Hill	27.02.11	OP
Vic. U15 C	13.31.4	Shaun Bubb	Bellarine	31.01.91	OP
Vic. U14	13.56.7	Mark Blackwood	Ringwood	19.01.91	OP
Vic. U14 C	14.29.8	Jason Bubb	Bellarine	08.02.92	Geelong
Vic. U13, U13 C	15.11.7	Evan Thompson	Sth Bendigo	13.11.97	OP

5,000 METRE TRACK WALK

Vic. Open	18.41.83	Jared Tallent	Ball YCW	28.02.09	OP
Vic. Country	18.41.83	Jared Tallent	Ball YCW	28.02.09	OP
Vic. U20	20.01.35	Dion Russell	Donc	20.02.94	OP
Vic. U20 C	20.33.8	Nathan Deakes	Bellarine	01.02.96	OP
Vic. U19	20.01.35	Dion Russell	Donc	20.02.94	OP
Vic. U19 C	20.33.8	Nathan Deakes	Bellarine	01.02.96	OP
Vic. U18	20.29.5	Dion Russell	Donc	12.11.92	Melbourne
Vic. U18 C	21.11.70	Jared Tallent	Ball YCW	03.03.02	OP
Vic. U17	20.47.36	Dion Russell	Donc	09.02.92	OP
Vic. U17 C	21.17.59	Jared Tallent	Ball YCW	05.02.00	OP
Vic. U16, U16 C	21.17.59	Jared Tallent	Ball YCW	05.02.00	OP

10,000 METRE TRACK WALK

Vic. Open	38.20.9	David Smith	W'town	15.09.85	Sydney
Vic. Country	40.32.38	Nathan Deakes	Bellarine	08.02.98	Canberra
Vic. U20	41.05.5	Dion Russell	Donc	01.04.95	BH
Vic. U20 C	41.11.44	Nathan Deakes	Bellarine	22.08.96	Sydney
Vic. U19	42.35.24	Dion Russell	Donc	16.09.83	Box Hill
Vic. U19 C	43.36.03	Jared Tallent	BYC	08.02.02	Canberra
Vic. U18	43.36.03	Jared Tallent	BYC	08.02.02	Canberra
Vic. U18 C	43.36.03	Jared Tallent	BYC	08.02.02	Canberra

15,000 METRE TRACK WALK

Vic. Open	63.32.0	David Smith	W'town	27.06.81	Collingwood
Vic. Country	68.59.8	Graeme Nicholls	Ball/Harriers	06.06.70	Melb Uni
Vic. U20	71.09.9	Michael Harvey	Waverley	27.06.81	Collingwood
Vic. U20 C	79.14.0	Graeme Nicholls	Ball/Harriers	02.07.66	Melb Uni

20,000 METRE TRACK WALK

Vic. Open	81.34.1	Andrew Jachno	Ess/EMH	15.05.92	Norway
Vic. Country	87.43.0	Willi Sawall	Ball Har	27.06.81	Collingwood
Vic. U20, U20 C	94.06.17	Duane Cousins	Ben YMCA	26.06.93	Collingwood

30,000 METRE TRACK WALK

Vic. Open	2.09.09.0	Andrew Jachno	Ess/EMH	02.02.90	Auckland
Vic. Country	2.32.40.2	Graeme Nicholls	Ball/Harriers	26.07.69	Melb Uni
Vic. U20	Not Claimed				
Vic. U20 C	Not Claimed				

50,000 METRE TRACK WALK

Vic. Open	3.43.50.0	Simon Baker	Oakleigh	09.09.90	Box Hill
Vic. Country	4.06.39.0	Willi Sawall	Ball/Harriers	14.08.76	Glenhuntly
Vic. U20	Not Claimed				
Vic. U20 C	Not Claimed				

1 HOUR TRACK WALK

Vic. Open	14,475.10m	Simon Baker	Oakleigh	20.08.88	Collingwood
Vic. Country	14,407m	Nathan Deakes	Bellarine	21.06.97	Glenhuntly
Vic. U20	13,211.21m	Mark Blackwood	Ringwood	25.06.94	Collingwood
Vic. U20 C	12,647.88m	Duane Cousins	Ben YMCA	26.06.93	Collingwood

2 HOURS TRACK WALK

Vic. Open	27,123.35m	Willi Sawall	Ball/Harriers	24.05.80	Box Hill
Vic. Country	27,123.35m	Willi Sawall	Ball/Harriers	24.05.80	Box Hill
Vic. U20, U20 C	25,279.20m	Duane Cousins	Ben YMCA	26.06.93	Collingwood

WOMEN**1500 METRE TRACK WALK**

Vic. Open	6.19.0	Sue Cook	Ringwood	1977	
Vic. Country	6.20.2	Gabrielle Blythe	St Jo's	08.02.86	Geelong
Vic. U20, U20 C	6.20.2	Gabrielle Blythe	St Jo's	08.02.86	Geelong
Vic. U19, U19 C	6.20.2	Gabrielle Blythe	St Jo's	08.02.86	Geelong
Vic. U18, U18 C	6.20.2	Gabrielle Blythe	St Jo's	08.02.86	Geelong
Vic. U17, U17 C	6.20.2	Gabrielle Blythe	St Jo's	08.02.86	Geelong
Vic. U16	6.32.6	Anne Miller	Kx/Sherb	05.02.78	Aberfeldie
Vic. U16 C	6.39.5	Jane Henderson	Geel Gld	07.12.91	Geelong
Vic. U15	6.32.6	Anne Miller	Kx/Sherb	05.02.78	Aberfeldie
Vic. U15 C	6.39.5	Jane Henderson	Geel Gld	07.12.91	Geelong
Vic. U14, U14 C	6.42.12	Erica McGinniskin	Maryborough	23.03.96	OP
Vic. U13, U13 C	6.42.12	Erica McGinniskin	Maryborough	23.03.96	OP

3,000 METRE TRACK WALK

Vic. Open	12.28.0	Gabrielle Blythe	St Jo's	09.05.93	Norway
Vic. Country	12.28.0	Gabrielle Blythe	St Jo's	09.05.93	Norway
Vic. U20	13.02.5	Sally Pierson	Donc W	21.02.82	OP
Vic. U20 C	13.12.60	Gabrielle Blythe	St Jo's	06.01.86	OP
Vic. U19	13.02.5	Sally Pierson	Donc W	21.02.82	OP
Vic. U19 C	13.12.60	Gabrielle Blythe	St Jo's	06.01.86	OP
Vic. U18, U18 C	13.12.60	Gabrielle Blythe	St Jo's	06.01.86	OP
Vic. U17, U17 C	13.12.60	Gabrielle Blythe	St Jo's	06.01.86	OP
Vic. U16, U16 C	14.00.49	Catherine Ranger	Eureka	11.12.99	Sydney
Vic. U15	14.13.2	Sally Pierson	Donc W	11.02.78	Aberfeldie
Vic. U15 C	14.20.7	Jane Henderson	Geel Gld	30.11.91	Geelong
Vic. U14	14.17.1	Louise Nicholson	Ringwood	1981	
Vic. U14 C	14.34.5	Yolanda Russell	Geel Gld	30.11.90	Geelong
Vic. U13	14.35.20	Jemima Montag	Maccabi	6.11.10	OP
Vic. U13 C	15.38.9	Yolanda Russell	Geel Gld	16.02.91	Geelong

5,000 METRE TRACK WALK

Vic. Open	21.03.33	Jessica Rothwell	Eaglehawk	20.02.09	OP
Vic. Country	21.03.33	Jessica Rothwell	Eaglehawk	20.02.09	OP
Vic. U20	21.03.33	Jessica Rothwell	Eaglehawk	20.02.09	OP
Vic. U20 C	21.03.33	Jessica Rothwell	Eaglehawk	20.02.09	OP
Vic. U19, U19 C	22.08.76	Jessica Rothwell	Sth Bendigo	9.02.08	OP
Vic. U18, U18 C	22.37.46	Gabrielle Blythe	St. Jo's	16.02.86	OP
Vic. U17	23.42.03	Rachel Tallent	BYC	20.02.09	OP
Vic. U17 C	23.42.03	Rachel Tallent	BYC	20.02.09	OP
Vic. U16	24.31.32	Regan Lambie	Aths Nunaw	13.10.07	OP
Vic. U16 C	25.07.24	Jessica Rothwell	Shepparton	30.10.03	OP

10,000 METRE TRACK WALK

Vic. Open	44.44.22	Jessica Rothwell	Sth Bendigo	09.07.08	Poland
Vic. Country	44.44.22	Jessica Rothwell	Sth Bendigo	09.07.08	Poland
Vic. U20	44.44.22	Jessica Rothwell	Sth Bendigo	09.07.08	Poland

Vic. U20 C	44.44.22	Jessica Rothwell	Sth Bendigo	09.07.08	Poland
Vic. U19, U19 C	46.15.17	Jessica Rothwell	Sth Bendigo	14.03.08	Gold Coast
Vic. U18, U18 C	49.29.10	Jessica Rothwell	Sth Bendigo	10.02.07	Hobart

20,000 METRES TRACK WALK

Vic. Open	99.00.3	Wendy Muldoon	Kn/Sherb.	26.06.93	Coll'wood
Vic. Country	111.47.4	Sharon Schnyder	Wend	08.07.89	Coll'wood
Vic. U20, 20 C	119.49	Angela Cousins	Ben YMCA	05.08.95	Col'wood

1 HOUR TRACK WALK

Vic. Open	12.805.20	Wendy Muldoon	Kn/Sherb	25.06.94	Coll'wood
Vic. Country	12,450	Gabriel Blyth	St. Josephs	05.08.95	Coll'wood
Vic. U20	11,658	Tracey Rosengrave	Kn/Sherb	21.06.97	Glenhuntly
Vic. U20 C	11,445m	Natalie Davison	St. Josephs	22.06.91	Coll'wood

2 HOUR TRACK WALK

Vic. Open	23.496.5	Simone Wolowiec	KSW	03.07.99	Box Hill
Vic. Country	21.315.25	Sharon Schnyder	Wend	08.07.89	Knott Res.
Vic. U20, U 20 C	20.029m	Angela Cousins	Ben YMCA	05.08.95	Coll,wood

HOBART FIELDS NOW FINALISED

Entries have now closed for the Hobart meet on Saturday 25 February. This is the big one for the summer and includes

- Australian Open and U23 20km Summer Championships, Olympic and World Cup trials
- Under 20 10km World Cup trials
- Oceania Racewalking Cup (Aust vs NZ) match which is held every 2 years

The entries, as per Athletics Australia, read as follows:

Open and U23 Men 20km - 26

Adams, Luke	AIS/NSW
Bird-Smith, Dane	QLD
Coleman, Daniel	TAS
Cowley, Rhydian	VIC
Deakes, Nathan	AIS/VIC
Dewar, Nick	QLD
Dewar, Brandon	QLD
Donahoo, Mark	VIC
Dunfee, Evan	CAN
Erickson, Chris	AIS/VIC
Fitzsimons, Sean	WA
Gomez, Inaki	CAN
Gustafsson, Andreas	SWE
Jones, Graeme	NZL
Malone, Kyle	NSW
McDonough, Aaron	VIC
Mulhearn, Derek	NSW
Nelson, Scott	NZL
Parker, Michael	NZL
Rayson, Ian	NSWIS
Reading, Brendon	ACT
Rew, Quentin	NZL
Rutter, Adam	AIS/NSW
Singh, Gurmeet	IND
Tallent, Jared	AIS/VIC
Wright, Alex	GBR

U20 Men 10km - 8

Aiton, Brad	QLD
Bates, Harry	ACT
Brill, Nathan	VIC
Dillon, Joshua	VIC
Holcroft, Matthew	NZL
Osborne, Jesse	QLD
Rose, Louis	TAS
Steele, Blake	AIS/SA

Open and U23 Women 20km - 17

Alexander, Beth	VIC
Cantwell, Lesley	NZL
Fagan, Nicole	NSWIS
Holliday, Tanya	SA
Lamble, Regan	AIS/VIC
Lee, Beki	AIS/NSW
Olsson, Mari	SWE
Robinsonm Roseanne	NZL
Rothwell, Jess	AIS/VIC
Ruddick, Kelly	VIC
Schinderalova, Zuzana	CZH
Shaw, Kirstin	VIC
Steele, Allegra	SA
Stigwood, Stephanie	TAS
Sunderland, Nyle	NZL
Tallent, Claire	AIS/SA
Webb, Cheryl	NSW

U20 Women 10km - 13

Bettiol, Amy	NSW
Burren, Amy	VIC
Campbell, Caitlin	VIC
Eberhardt, Sophie	TAS
Finnegan, Amelia	VIC
Goznik, Kristie	SA
Hockley-Samon, Jmara	VIC
Jennings, Shannon	NSW
Klein, Kirsty	NSW
Pickles, Jessica	QLD
Ruske, Courtney	NZL

Tallent, Rachel	AIS/VIC
Walker, Emma	TAS
Whelan, Lauren	GBR

I am currently in discussions with Athletics Australia regarding the makeup of our Australian team to take on New Zealand in the Oceania Racewalking Cup competition. It is normally the top four U23 and the top three U20 walkers, male and female, based on qualifying times done since 1 January 2011. This should hopefully be confirmed very shortly.

RACEWALKING AUSTRALIA MASTERS DESIGNATIONS

Up till now, Racewalking Australia has prescribed Masters as 40+ for Men and 35+ for Women and these are so designated in the rulesets for the LBG Carnival, the Second Federation Carnival and the RWA Postal Challenge. This has now been unanimously changed by member club vote and for 2012, Masters will now kick in at 35+ for men and women. This brings us in line with the commonly accepted Masters age limit and will take effect for the 3 carnivals listed above.

WHAT'S COMING UP

The **Sydney Track Classic** is on the evening of **Saturday 18 February** (ie next Saturday) and it includes 5000m track walks for men and women. The timetable is now up on the AA website and the walks are on at **6PM** which should hopefully mean cooler weather. With luck, there might even be a direct video link somewhere. Entry lists can be confirmed on the AA website – see http://www.athletics.com.au/home/competition/events/sydney_track_classic/entry_list.

Have you entered the **2012 Victorian Junior Track & Field Champs**, to be held on 24-26 February at Lakeside Stadium – see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=805&OrgID=189.

Entries theoretically closed last night but the following note on the AV website does offer a last chance: *Late entries will only be accepted where there are places available in the chosen event. All entries received after **Monday 13th February** will be charged at \$24.00 per event, should they be accepted.* The draft timetable shows the walk championships scheduled as follows:

Friday 24 Feb	7:30PM	U17/U18/U20 5000m Walks
Saturday 25 Feb	11:30AM	U14 3000m Walks
Sunday 26 Feb	11:05AM	U15/U16 3000m Walks

The **Victorian Masters Track & Field Championships** will be held at Reischiek's Reserve in Doncaster on 24-25 March with 1500m and 3000m walks on offer. This is a combined carnival so as long as you are a member of either AV or VMA, you are eligible. Entries have now opened so download the form from the link below and enter.

<http://www.athsvic.org.au/cache/MeetFile/15380Vic%20Masters%20T%26F%20Entry%20Form%20%26%20Spec%20Sheet.pdf>

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

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

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 25 Feb, 2012	Hobart (AUS)	Category C
Sat 3 Mar, 2012	Chihuahua (MEX)	Category B
Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A

Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 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
October 15-27, 2013	World Masters Athletic Championships, Porto 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

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