



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 10  
4 December 2012



### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.



Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
Telephone: 03 9817 3503  
Hours : Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
Website: <http://www.runnersworld.com.au/>  
Facebook: <http://www.facebook.com/pages/Runners-World/23564945988840>

### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week Victorian runner/walker **Barry Loveday** who won the walk division in the Victorian 6 Hour Track Championship in Moe on Sunday. His distance of **57.090km** was the third best ever by an Australian and was an excellent performance for such a new walker. If you want to read a bit more about Barry, who is also one of our best ever ultra distance runners, check out <http://www.centurions.org.au/centprofiles/62%20Barry%20Loveday.pdf> . The sky is the limit for this talented ultra athlete, whether it is in walking mode or running mode.

This week, there were a number of outstanding walks at the Australian All Schools in Hobart and I have decided to focus on two walkers who have not featured before in my Walker of the Week. They were the winners of the U16 titles and both are relatively new to racewalking at this level. They are my joint winners for this week.

- Victorian **Emmet Brasier** won the Boy's U16 3000m walk in Hobart in a 19 sec PB time of 13:28.56. He has been walking seriously for only 2 years and has yet to do a winter season. Last December, in his first national walk at the Schools champs in Brisbane, he was second in the U14 3000m in 14:52. This summer, he has been blitzing the fields in Melbourne Shield competition and his fine walk in Hobart is not unexpected.
- Queenslander **Clara Smith** is similarly placed. She has been walking at the State level for less than 18 months and, like Emmet, her first national walk was in Brisbane at the All Schools a year ago. On that occasion, she was also second in the U14 3000m, her time of 14:48. Her time last weekend of 13:22.87 was also a huge PB and set a new meet record.

Both these walkers are currently U15 so unfortunately they are not eligible to represent us at next year's World Youth Champs (they are still a year too young) but they, like Jemima Montag, will get their opportunity in 2015. I can hardly wait!

### AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, HOBART, 30 NOV - 2 DEC

First a few words of explanation about the Australian All Schools T&F Championships were held last weekend in Hobart. This meet used to be the biggest youth meet on the yearly calendar and included all age groups from U14-U18. The fields used to be huge as anyone could enter provided they met the entry standard. The last time it was held in this format, over 1400 children converged on Hobart and over 130 walkers contested the various walk events. After the 2009 meet, Athletics Australia decided to significantly reduce the footprint of this meet, reducing the number of age groups from 5 to 3 (U14, U16 and U18) and generally allowing a maximum of 2 entrants per event per State (although in some circumstances you can have more than 2). So now it's a much smaller affair - still highly competitive but now with reduced fields and less participation. Such is life!

This year, the U14 and U18 walks were held on Saturday, day 2 of the 3 day meet. The weather was tough with very strong and blustery winds, and it was always going to be hard going for the walkers. The standout was 16 year old Nathan Brill (Vic) who was exceptional in the Boy's U18 5000m race walk, crossing the line in 21:05.75 to eclipse the meet record of Dane Bird-Smith. He walked early with Jesse Osborne but was able to break clear, finishing some 40 secs ahead of his 2012 World Cup teammate. The Girl's U18 walk was won by Zoe Boldiston with 25:01.00 ahead of Tayla-Paige Billington with 25:49.86.

The U14 events saw wins to Jasmyn McDonald 14:43.69 and Alix Harlington 15:23.35 but not before some drama as Kyle Swan, who was first to cross the finish line in the Boy's event, was disqualified.

#### Boys 3000 Metres Race Walk Under 14

|    |                  |    |     |          |         |
|----|------------------|----|-----|----------|---------|
| 1. | Alix Harlington  | 99 | SA  | 15:23.35 |         |
| 2. | Benjamin Tisdale | 00 | NSW | 16:09.44 | PB 0:11 |
| 3. | Jamie McCutcheon | 99 | QLD | 16:45.27 |         |
| 4. | James Clay       | 99 | NSW | 17:04.78 |         |
| 5. | Corey Stanley    | 99 | TAS | 18:24.17 |         |
| 6. | Ben Mingin       | 99 | QLD | 18:42.21 |         |
| 7. | Chris Gerken     | 00 | WA  | 20:18.74 |         |
|    | Kyle Swan        | 99 | VIC | DQ       |         |

**Girls 3000 Metres Race Walk Under 14**

|     |                  |    |     |          |         |
|-----|------------------|----|-----|----------|---------|
| 1.  | Jasmyn McDonald  | 99 | NSW | 14:43.69 |         |
| 2.  | Anna Cross       | 99 | SA  | 15:01.05 |         |
| 3.  | Lucy Francis     | 99 | NSW | 15:22.64 |         |
| 4.  | Beth Cross       | 00 | SA  | 15:44.92 | PB 0:18 |
| 5.  | Mikaela Woodward | 99 | QLD | 15:52.99 |         |
| 6.  | Mikayla Johns    | 00 | WA  | 16:03.45 |         |
| 7.  | Aimee Brackin    | 99 | QLD | 16:08.96 |         |
| 8.  | Rachael Guy      | 99 | VIC | 16:14.05 |         |
| 9.  | Alice Randall    | 99 | TAS | 17:13.71 |         |
| 10. | Jenny O'Connor   | 99 | TAS | 19:30.54 |         |

**Boys 5000 Metres Race Walk Under 18**

|    |                   |    |     |          |         |
|----|-------------------|----|-----|----------|---------|
| 1. | Nathan Brill      | 96 | VIC | 21:05.74 |         |
| 2. | Jesse Osborne     | 95 | QLD | 21:46.03 |         |
| 3. | Jay Felton        | 95 | NSW | 22:44.00 | PB 0:28 |
| 4. | Carl Gibbons      | 96 | NSW | 24:34.88 | PB 0:51 |
| 5. | Kyle Bird         | 96 | VIC | 24:36.86 |         |
| 6. | Lucas Taylor      | 96 | VIC | 25:53.59 |         |
| 7. | Kurtis Birch-Ward | 95 | NSW | 26:29.85 |         |

**Girls 5000 Metres Race Walk Under 18**

|     |                        |    |     |          |  |
|-----|------------------------|----|-----|----------|--|
| 1.  | Zoe Boldiston          | 97 | VIC | 25:01.00 |  |
| 2.  | Tayla-Paige Billington | 97 | NSW | 25:49.86 |  |
| 3.  | Jasmine Dighton        | 96 | NSW | 26:06.99 |  |
| 4.  | Ashleigh Resch         | 97 | ACT | 26:08.02 |  |
| 5.  | Stephanie George       | 96 | VIC | 26:32.38 |  |
| 6.  | Tahlia Hunt            | 98 | TAS | 26:35.62 |  |
| 7.  | Amanda Heard           | 95 | VIC | 26:43.69 |  |
| 8.  | Kate Holt              | 96 | WA  | 27:22.91 |  |
| 9.  | Eloise Jackson         | 95 | QLD | 27:24.99 |  |
| 10. | Danielle Walsh         | 96 | SA  | 27:38.53 |  |
| 11. | Shay Southern          | 95 | NSW | 27:45.65 |  |
| 12. | Emma Walker            | 96 | TAS | 29:16.47 |  |
| 13. | Lucy-Rose Boardman     | 96 | QLD | 30:31.06 |  |

The U16 walks were held on the Sunday afternoon and this time the weather was much better and the times reflected this. The race was very fast from the start with Emmet Brasier (13:28.56) and Adam Garganis (13:40.50) leading the boys out and Jemima Montag and Clara Smith doing the same for the girls. The results below show that well over half of the walkers recorded PBs, some quite significant. In the Girls' race, Clara (13:22.87), Jemima (13:38.63) and Katya Martin (14:13.53) all bettered the existing meet record. I am told that Jemima led the girls through the 1500m mark in a fast 6:38 with Clara close behind and positions remained unchanged until the last lap when Clara stormed past to take the gold with a blistering finish. Jemima's time of 13:38.63 breaks her own Victorian U15 3000m record by 21 secs and I am sure that Clara's time must also have been a new Queensland record. Emmet, Clara and Jemima are all born 1998 so are in the bottom half of this age group (ie they are still U15 this year) so it omens well for the future of the sport.

**Boys 3000m Walk Under 16**

|    |                 |    |     |          |         |
|----|-----------------|----|-----|----------|---------|
| 1. | Emmet Brasier   | 98 | VIC | 13:27.56 | PB 0:19 |
| 2. | Adam Garganis   | 97 | VIC | 13:40.50 | PB 0:04 |
| 3. | Tom Doyle       | 97 | NSW | 14:09.28 | PB 0:14 |
| 4. | Luke McCutcheon | 98 | QLD | 14:14.62 | PB 0:31 |
| 5. | Nathan Brown    | 98 | NSW | 14:19.38 | PB 0:08 |
| 6. | Luke Jobson     | 97 | NSW | 14:40.00 | PB 0:07 |
| 7. | Alix Harlington | 99 | SA  | 14:51.67 |         |
| 8. | Louis Rose      | 97 | TAS | 15:03.63 |         |

**Girls 3000m Walk Under 16**

|     |                    |    |     |          |         |
|-----|--------------------|----|-----|----------|---------|
| 1.  | Clara Smith        | 98 | QLD | 13:22.87 | PB 0:47 |
| 2.  | Jemima Montag      | 98 | VIC | 13:38.63 | PB 0:21 |
| 3.  | Katya Martin       | 97 | QLD | 14:13.53 | PB ?    |
| 4.  | Jasmine Irshad     | 97 | VIC | 14:30.44 |         |
| 5.  | Ashleigh Resch     | 97 | ACT | 14:31.54 | PB 0:22 |
| 6.  | Jayde Hill         | 97 | NSW | 14:40.31 | PB 0:42 |
| 7.  | Tahlia Hunt        | 98 | TAS | 14:40.50 | PB 0:28 |
| 8.  | Anna Cross         | 99 | SA  | 14:47.75 |         |
| 9.  | Zoe Hunt           | 97 | ACT | 14:56.18 | PB 0:08 |
| 10. | Stephanie Grujoski | 97 | NSW | 15:43.99 |         |
| 11. | Rhiannon Minett    | 98 | NSW | 16:27.87 |         |
| 12. | Julia Potezny      | 98 | SA  | 17:07.57 |         |
| 13. | Caitlin Gerken     | 97 | WA  | 17:48.85 |         |
| 14. | Isabella Tolardo   | 97 | WA  | 18:36.60 |         |

Thanks to **Simon Baker** for this report from his vantage point track side

Last Weekend saw the National All Schools Championships in Hobart Tasmania, with U14 and U16 walkers racing over 3000m on Saturday and U18 walkers racing over 5000m on Sunday. The weather was certainly contrasting - Saturday was particularly trying with winds of 30-45 km/hr across the track whereas Sunday saw generally sunny conditions.

The clear highlights from the weekend's racing were two outstanding efforts - the first provided by Nathan Brill in winning the U18 championship in a Meet record against strong competition from both Jesse Osborne and the gusting and difficult wind, the second the brilliant match racing by Queenslander Clara Smith and Victorian Jemima Montag, with Clara winning clearly in a hugh PB and Meet Record in the U16 event.

Victorian Zoe Boldiston walk very consistently to win the girls U18 5000m and Emmet Brasier and Adam Garganis (who had also completed in the Pole Vault in the windy conditions the day before!) were first and second in the U16 boys championship. Kyle Bird and Lucas Taylor also raced well in the U16 event as did Jasmine Irshad who didn't disappoint with another consistent 14:30 for 3000m. Rachel Guy was perhaps a little off her usual form in the U16 event while Amanda Heard and Stephanie George both raced well in the trying conditions. The biggest disappointment personally was the single disqualification of the weekend - Kyle Swan after finishing first in the U14 boys' 3000m event. I suspect this result will in retrospect be a hiccup on his record!

The keen competition saw medallists from Queensland, NSW, Victoria, and South Australia and good numbers from Tasmania and WA, indicating the health of the sport at the moment. The numbers racing the U18 championships in particular were a highlight.



**Zoe Boldiston, Jesse Osborne, Nathan Brill, Jasmyn McDonald and Anna Cross in action (photos Simon Baker)**



**The start of the Boy's U16 3000m - eventual winner Emmet Brasier is third from left**



**U16 medallists Jemima Montag, Clara Smith and Katya Martin - all three broke the existing meet record**

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 NOVEMBER**

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. He commented: *Forecast for Wednesday was 37C so I trained early in the morning and did not go to SANTOS Stadium. However, the temp only got to 33C. Yesterday it reached 38C (forecast 41C), minimum of 20 overnight. Today (Friday) 32.1C.* Yes, our hot summer is fast approaching.

**3000m Walk**

|     |     |                   |       |        |
|-----|-----|-------------------|-------|--------|
| 1.  | M67 | George White      | 17:49 | 79.74% |
| 2.  | M60 | Jack Russell      | 17:49 | 74.02% |
| 3.  | M69 | Graham Harrison   | 19:37 | 74.14% |
| 4.  | W52 | Marie Maxted      | 19:46 | 67.19% |
| 5.  | W61 | Helen Suridge     | 20:59 | 69.26% |
| 6.  | M70 | Bil Starr         | 21:47 | 67.57% |
| 7.  | M69 | Roger Lowe        | 22:03 | 65.96% |
| 8.  | W64 | Jan Layng         | 23:31 | 63.99% |
| 9.  | W70 | Elaine MacFarlane | 25:03 | 64.96% |
| 10. | W60 | Edna Bates        | 25:29 | 56.4%  |
| 11. | M76 | Paul Boyce        | 28:54 | 55.07% |

**ACT WALKERS CLUB TRACK WALKS, AIS STADIUM, BRUCE, THURSDAY 29 NOVEMBER**

Thanks to Robyn Whyte for the latest walk results from the Canberra based ACT Race Walking Club.

**2000m Walk**

|     |                    |       |
|-----|--------------------|-------|
| 1.  | Thomas Hopkins     | 09:59 |
| 2.  | Callum Burns       | 10:12 |
| 3.  | Gabby Hunt         | 10:21 |
| 4.  | Spencer Burns      | 10:24 |
| 5.  | Peter Baker        | 10:56 |
| 6.  | Karina Hopkins     | 11:36 |
| 7.  | Helena Bialecki    | 11:39 |
| 8.  | Kate Black         | 12:05 |
| 9.  | Robin Whyte        | 12:25 |
| 10. | Geoff Barker       | 12:36 |
| 11. | Rod Gilchrist      | 13:15 |
| 12. | Bryan Thomas       | 13:16 |
| 13. | Emily Hopkins      | 13:18 |
| 14. | Jennifer Gilchrist | 14:16 |
| 15. | Ruth Baussmann     | 14:27 |
| 16. | Doug Fitzgerald    | 14:56 |
| 17. | Sheryl Greathead   | 15:30 |
| 18. | John Donovan       | 15:40 |
| 19. | Robert Kennelly    | 15:45 |
| 20. | Margaret McSpadden | 15:49 |

**800m Walk**

|    |             |       |
|----|-------------|-------|
| 1. | Tom Hunt    | 05:00 |
| 2. | Jeff Hunt   | 05:01 |
| 3. | Laura Burns | 05:21 |
| 4. | Terri Jones | 06:38 |
| 5. | Fran Harris | 09:31 |



## ATHLETICS VICTORIA SHIELD, SATURDAY 1 DECEMBER

AV Shield competition continued last Saturday throughout Victoria and, although it clashed with the All Schools in Hobart and the Little Athletics Relays, the walk fields were huge once again - around 130 in total.

### AV Shield Round 7 - East Zone, Hagenauer's Reserve, Box Hill

The East Zone competition in Box Hill saw 46 walkers in action and it was Jason Kozica who showed the way, winning with a 3 sec PB time of 8:44.4. Behind him, super masters walker Andrew Jamieson was only 1 sec outside his M65 World Record time of 9:10, done earlier this summer at Box Hill. Another Masters champion to do well was Bob Gardiner whose M76 time of 11:31.2 also reads very impressively. Michelle Laufer 9:56.2 and Sandra Geisler 10:00.1 were the top women as usual in the high quality field.

#### Mixed 2000m Walk

|     |                    |     |                     |         |         |
|-----|--------------------|-----|---------------------|---------|---------|
| 1.  | Kozica, Jason      | M25 | ST KEVINS AC        | 8:44.4  | PB 0:03 |
| 2.  | Jamieson, Andrew   | M66 | OLD SCOTCH C        | 9:11.6  |         |
| 3.  | Simpson, Bradley   | M19 | ATHLETICS NU        | 9:22.3  |         |
| 4.  | Evans, Simon       | M52 | BOX HILL AC         | 9:30.3  |         |
| 5.  | Laufer, Michelle   | W43 | COLLINGWOOD         | 9:56.2  |         |
| 6.  | Geisler, Sandra    | W35 | RINGWOOD AC         | 10:00.1 |         |
| 7.  | Irshad, Kylie      | W41 | SOUTH COAST         | 10:31.5 |         |
| 8.  | Keirl, Bernie      | M49 | DIAMOND VALLEY AC   | 10:39.4 |         |
| 9.  | Dyer, Bill         | M51 | BOX HILL AC         | 10:59.7 |         |
| 10. | Smyth, David       | M43 | COLLINGWOOD         | 11:08.5 |         |
| 11. | Gardiner, Bob      | M76 | COLLINGWOOD         | 11:31.2 |         |
| 12. | Hammett, Gary      | M55 | DIAMOND VALLEY AC   | 11:42.1 |         |
| 13. | Jack, Clarrie      | M67 | RICHMOND HAR        | 11:53.1 |         |
| 14. | Noonan, Patrick    | M34 | ST KEVINS AC        | 12:00.7 |         |
| 15. | Owen, Cooper       | M14 | DIAMOND VALLEY AC   | 12:15.7 |         |
| 16. | Walshe, Kerry      | W50 | DIAMOND VALLEY AC   | 12:21.9 |         |
| 17. | Wright, Jacob      | M18 | ATHLETICS NU        | 12:37.2 |         |
| 18. | Best, David        | M49 | COLLINGWOOD         | 12:38.2 |         |
| 19. | Antidormi, Ryan    | M17 | ATHLETICS NU        | 12:41.2 |         |
| 20. | Garside, Emilie    | W17 | CROYDON AC          | 13:04.8 |         |
| 21. | Hunter, Pia        | W46 | BOX HILL AC         | 13:09.9 |         |
| 22. | Olden, Graeme      | M48 | BOX HILL AC         | 13:26.1 |         |
| 23. | Cooper, Stuart     | M62 | ST STEPHENS         | 13:57.1 |         |
| 24. | Noonan, Emily      | W12 | COLLINGWOOD         | 14:21.1 |         |
| 25. | McCann, Adam       | M36 | ATHLETICS NU        | 14:21.3 |         |
| 26. | Martini, David     | M36 | OLD XAVERIANS AC    | 14:22.6 |         |
| 27. | Neale, Anthony     | M14 | COLLINGWOOD         | 14:38.8 |         |
| 28. | Garganis, Clare    | W42 | COLLINGWOOD         | 14:39.7 |         |
| 29. | Jones, Jeremy      | M17 | OLD MELBURNIANS AC  | 14:43.4 |         |
| 30. | Lui, Yuan Chow     | M13 | DONCASTER AC        | 14:44.2 |         |
| 31. | Baring, Nicholas   | M17 | OLD MELBURNIANS AC  | 14:44.2 |         |
| 32. | Clamp, Joel        | M15 | DIAMOND VALLEY AC   | 14:44.9 |         |
| 33. | Quinn, Karen       | W48 | DIAMOND VALLEY AC   | 14:46.6 |         |
| 34. | Ramsay, Wayne      | M35 | IVANHOE HARRIERS AC | 16:19.4 |         |
| 35. | Chan, Lachlan      | M15 | OLD SCOTCH C        | 16:24.3 |         |
| 36. | Brown, Tammarah    | W13 | RICHMOND HAR        | 16:42.3 |         |
| 37. | Jarvis, Heather    | W48 | COLLINGWOOD         | 16:54.2 |         |
| 38. | Pedley, Jake       | M21 | ST STEPHENS         | 17:19.9 |         |
| 39. | Sharpe, Whitney    | W21 | ST STEPHENS         | 17:20.4 |         |
| 40. | Ramsay, Rachel     | W34 | IVANHOE HARRIERS AC | 18:40.0 |         |
| 41. | Quinn, Samantha    | W19 | DIAMOND VALLEY AC   | 18:55.6 |         |
| 42. | Lefebvre, Sam      | M19 | OLD XAVERIANS AC    | 20:03.6 |         |
|     | O'Sullivan, Conor  | M15 | OLD XAVERIANS AC    | DQ      |         |
|     | O'Callaghan, Brian | M72 | RICHMOND HAR        | DQ      |         |
|     | Reid, Ross         | M58 | COLLINGWOOD         | DQ      |         |
|     | Iacono, Thomas     | M26 | COLLINGWOOD         | DQ      |         |

### AV Shield Round 7 - South East Zone, Knox Park Reserve, Knox

Rhydian Cowley was back in action at Knox this week after a training break in Queensland and he won by the proverbial mile with 8:11.1. Rumour has it that he will run in the Zatopek 10,000m this weekend - good luck Rhydian! Beth Alexander was the fastest of the women and her time of 9:18.5 was only just outside her PB so she is quickly regaining form. Reese Walmsley 9:24.5 and Tracy Feiner 9:25.1 also walked excellently.

#### Mixed 2000m Walk

|    |                 |     |               |        |
|----|-----------------|-----|---------------|--------|
| 1. | Cowley, Rhydian | M21 | GLENHUNTLY AC | 8:11.1 |
| 2. | Alexander, Beth | W20 | KNOX AC       | 9:18.5 |
| 3. | Walmsley, Reese | M14 | KNOX AC       | 9:24.5 |

|     |                        |     |                    |         |
|-----|------------------------|-----|--------------------|---------|
| 4.  | Feiner, Tracy          | W35 | KNOX AC            | 9:25.1  |
| 5.  | Attard, Tamara         | W22 | KNOX AC            | 10:25.0 |
| 6.  | De Lisen, Paige        | W14 | KNOX AC            | 10:34.5 |
| 7.  | Carr, Heather          | W63 | EAGLEHAWK YMCA AC  | 10:37.1 |
| 8.  | Riddoch, Clyde         | M59 | ATHLETICS WAVERLEY | 10:52.4 |
| 9.  | McInnes, Simone        | W21 | GLENHUNTLY AC      | 10:57.1 |
| 10. | Thillaisundaram, Anand | M36 | MENTONE AC         | 11:20.3 |
| 11. | Vasiljevic, Taylor     | W13 | CASEY CARDIN       | 11:21.6 |
| 12. | Gourlay, Marlene       | W61 | VICTORIAN MA       | 11:32.0 |
| 13. | Attard, Michaela       | W19 | KNOX AC            | 12:02.7 |
| 14. | Lillie, Jessica        | W13 | KNOX AC            | 12:04.1 |
| 15. | Walmsley, Hayden       | M11 | KNOX AC            | 12:19.4 |
| 16. | Van Dongen, Rupert     | M38 | CASEY CARDIN       | 12:35.6 |
| 17. | Steed, Gwen            | W70 | VICTORIAN MA       | 12:41.9 |
| 18. | Barrow, Geoff          | M63 | MENTONE AC         | 13:00.4 |
| 19. | Johnson, Celia         | W65 | VICTORIAN MA       | 13:33.1 |
| 20. | Caulfield, Sharyn      | W47 | ATHLETICS WAVERLEY | 13:36.7 |
| 21. | Marston, Janice        | W47 | ATHLETICS WAVERLEY | 13:49.6 |
| 22. | Buller, Peter          | M68 | GLENHUNTLY AC      | 13:53.6 |
| 23. | Ross, Andrew           | M50 | GLENHUNTLY AC      | 13:57.9 |
| 24. | Morrison, John         | M73 | SANDRINGHAM AC     | 14:14.0 |
| 25. | Eastwood, Jemma        | W12 | OAKLEIGH AC        | 15:13.4 |
| 26. | Zeleznikow, Eva        | W17 | GLENHUNTLY AC      | 20:57.2 |
|     | Zeleznikow, John       | M62 | GLENHUNTLY AC      | DQ      |

#### AV Shield Round 7 - North West Zone, Newport Athletics Facility, Williamstown

Another big walk field at Williamstown with 40 walkers in action. Mark Donahoo 9:35.5 held out Aaron McDonough 9:38.3 to win the men's event while Kirstin Shaw recorded a 10 sec PB to win the women's race with 9:47.2.

#### Mixed 2000 metres Race Walk

|     |                    |     |                    |         |         |
|-----|--------------------|-----|--------------------|---------|---------|
| 1.  | Donahoo, Mark      | M54 | ATHLETICS ESSENDON | 9:35.5  |         |
| 2.  | McDonough, Aaron   | M40 | PRESTON AC         | 9:38.3  |         |
| 3.  | Shaw, Kirstin      | W21 | WESTERN ATHL       | 9:47.2  | PB 0:10 |
| 4.  | Hawkins, Trenton   | M33 | PRESTON AC         | 10:00.6 |         |
| 5.  | McShanag, Connor   | M16 | ATHLETICS ESSENDON | 10:26.4 |         |
| 6.  | Kondogonis, John   | M51 | KEILOR ST BE       | 10:31.7 | PB 0:11 |
| 7.  | Knox, Duncan       | M53 | ATHLETICS ESSENDON | 10:56.9 |         |
| 8.  | Erickson, Tim      | M62 | COBURG HARRIERS AC | 11:25.9 |         |
| 9.  | Shaw, Robyn        | W51 | WESTERN ATHL       | 11:46.6 |         |
| 10. | Crea, Gabriella    | W13 | ATHLETICS ESSENDON | 12:18.2 |         |
| 11. | Ramsay, Peter      | M53 | SOUTH MELBOURNE AC | 12:27.3 |         |
| 12. | Irons, Julia       | W14 | KEILOR ST BE       | 12:35.0 |         |
| 13. | Bertrand, Carly    | W16 | KEILOR ST BE       | 13:07.0 |         |
| 14. | Irons, Matthew     | M31 | MELBOURNE UN       | 13:10.6 |         |
| 15. | Copland, Charles   | M51 | ATHLETICS ESSENDON | 13:11.5 |         |
| 16. | Ryan, Maeve        | W23 | WILLIAMSTOWN AC    | 13:23.2 |         |
| 17. | Wellington, Shea   | M15 | KEILOR ST BE       | 13:43.8 |         |
| 18. | Matthews, Rhiannon | W11 | KEILOR ST BE       | 13:45.0 |         |
| 19. | Baric, Amanda      | W44 | KEILOR ST BE       | 13:45.4 |         |
| 20. | Law, Rosa          | W44 | SOUTH MELBOURNE AC | 13:48.8 |         |
| 21. | Dunstone, Phillip  | M44 | WESTERN ATHL       | 13:56.2 |         |
| 22. | Murphy, Stephen    | M51 | ATHLETICS ESSENDON | 14:05.2 |         |
| 23. | Ireland, Roslyn    | W29 | BRUNSWICK AC       | 14:35.8 |         |
| 24. | McLaren, Donald    | M43 | ATHLETICS ESSENDON | 15:25.4 |         |
| 25. | Lawson, Corey      | M35 | SOUTH MELBOURNE AC | 15:53.6 |         |
| 26. | Hodgart, Janice    | W49 | WESTERN ATHL       | 15:55.8 |         |
| 27. | Cashin, Brenda     | W48 | WESTERN ATHL       | 16:00.0 |         |
| 28. | Pensa, Marcus      | M16 | KEILOR ST BE       | 16:05.0 |         |
| 29. | Holstein, Jake     | M14 | KEILOR ST BE       | 16:12.3 |         |
| 30. | Guthrie, Susan     | W59 | KEILOR ST BE       | 16:20.8 |         |
| 31. | Ireland, Olive     | W52 | BRUNSWICK AC       | 16:36.3 |         |
| 32. | Ireland, Mark      | M28 | BRUNSWICK AC       | 16:36.8 |         |
| 33. | Scarlett, Katharin | W29 | MELBOURNE UN       | 16:56.8 |         |
| 34. | Sykes, Dominic     | M11 | KEILOR ST BE       | 17:16.5 |         |
| 35. | Gunn, Nicole       | W33 | KEILOR ST BE       | 17:21.2 |         |
| 36. | Rickard, Ian       | M56 | BRUNSWICK AC       | 18:10.2 |         |
|     | Stobaus, Anne      | W71 | KEILOR ST BE       | DQ      |         |
|     | Follett, Rob       | M47 | SOUTH MELBOURNE AC | DQ      |         |
|     | Mercaldi, Brigette | W16 | WILLIAMSTOWN AC    | DQ      |         |
|     | Motta, Anthony Giu | M14 | WHITTLESEA CITY AC | DQ      |         |

**AV Shield Round 7 - Bendigo Zone, La Trobe University Track, Bendigo**

Now to Bendigo where Madison Hill won with 12:29.62.

**Mixed 2000m Walk**

|    |               |   |                  |          |
|----|---------------|---|------------------|----------|
| 1. | HILL, MADISON | W | SOUTH BENDIGO    | 12:29.62 |
| 2. | MINCHIN, LISA | W | SOUTH BENDIGO    | 14:39.96 |
| 3. | WATSON, JOHN  | M | BENDIGO HARRIERS | 15:11.03 |

**AV Shield Round 7 - Geelong Zone, John Landy Athletic Field, Geelong**

And to Geelong where James Christmass continued to show the way with 9:39.29.

**Mixed 2000m Walk**

|    |                    |     |              |          |
|----|--------------------|-----|--------------|----------|
| 1. | Christmass, James  | M45 | CORIO AC     | 9:39.29  |
| 2. | Walker, Megan      | W15 | CORIO AC     | 11:04.72 |
| 3. | Mirarchi, Nicholas | M21 | CORIO AC     | 11:55.74 |
| 4. | Mirarchi, Thomas   | M12 | CORIO AC     | 16:34.24 |
|    | Davison, Mackayla  | W12 | CORIO AC     | DNF      |
|    | Schilling, Charlie | M13 | OLD SCOTCH C | DQ       |

**AV Shield Round 7 - Ballarat Zone, Llanberris Reserve, Ballarat**

The results are not up yet from Ballarat. I know that Kelly Ruddick won the 2000m walk in a very fast 8:47 but nothing further at this stage.

**ATHLETICS SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 1 DEC**

Thanks to Kim Mottrom for the latest results from Adelaide. He commented: *We had a 3000m walk yesterday, only 5 starters due to All Schools and other events around the state. Justin and Troy did PBs again. Justin has been walking now just over 2 years and Troy just over 6 months and both are still improving nearly every week which is great to see.*

**Open 3000m Walk**

|    |                    |          |           |
|----|--------------------|----------|-----------|
| 1. | Kim Mottrom        | 12:35.81 |           |
| 2. | Justin Hill        | 13:38.74 | PB 0:01   |
| 3. | Peter Crump        | 16:01.73 | PB 0:09 ? |
| 4. | Rhiannon Lovegrove | 16:39.45 |           |
| 5. | Troy Hooker        | 16:46.99 | PB 0:37   |

**KINGS SPORT STORE CLUB PREMIERSHIP ROUND 4, CAMPBELLTOWN, SATURDAY 1 DECEMBER**

NSW Premiership Cup continued last weekend but, with so many walkers in Hobart for the All Schools, the walk fields were small.

**1500m Walk Under 14**

|    |                |     |              |          |
|----|----------------|-----|--------------|----------|
| 1. | Bedford, Kyle  | M12 | Nepean Distr | 7:39.99  |
| 2. | Hopkins, Emily | W13 | ACT          | 9:28.28  |
| 3. | Skeed, Karl    | M9  |              | 9:40.29  |
| 4. | Willis, Mascey | W13 | Campbelltown | 10:44.90 |

**3000m Walk Under 14**

|    |                  |     |              |          |
|----|------------------|-----|--------------|----------|
| 1. | Cobb, Jessica    | W22 | Blacktown Ci | 16:31.59 |
| 2. | Thomson, Ryan    | M12 | Nepean Distr | 17:23.91 |
| 3. | Crichton, Sophie | W12 | Sydney Pacif | 18:31.00 |
| 4. | Fagan, Nicole    | W23 | Sydney Pacif | 18:31.30 |
| 5. | Hopkinns, Karina | W14 | Act (Act)    | 19:10.41 |
| 6. | Barrett, Doug    | M60 | U.T.S. North | 20:11.06 |
| 7. | Hopkins, Thomas  | M14 | Act (Act)    | DNF      |

**RW AUCKLAND WINGED FOOT TROPHY, PAKURANGA TRACK, PAKURANGA, SUNDAY 2 DEC**

David Sim reports that the Racewalking Auskland 3,000m track walk was won by Mike Parker in 14:20 while the Junior 1000m was won by Liam White in 7:31. Further, Jared Free, Murray Free, Meshia White and Carol White all recorded PBs.

**3,000m**

|    |                 |       |
|----|-----------------|-------|
| 1. | Mike Parker     | 14:20 |
| 2. | Lesley Cantwell | 15:13 |
| 3. | Jared Free      | 15:23 |
| 4. | Rodney Thorne   | 18:19 |
| 5. | Bob Sanders     | 19:42 |
| 6. | Murray Free     | 20:29 |
| 7. | Shirley Barber  | 21:09 |

- |     |              |       |
|-----|--------------|-------|
| 8.  | Grant Pepper | 23:52 |
| 9.  | Mesha White  | 24:23 |
| 10. | Carol White  | 25:38 |

**1,000m**

- |    |            |      |
|----|------------|------|
| 1. | Liam White | 7:31 |
|----|------------|------|

**VRWC CLUB RECORD UPDATE**

Yet another VRWC Club Record this week, compliments of Jemima Montag. It is also a Victorian U15 State record. Well done!

Jemima Montag    U15 3000m Track Walk    13:38.63    Australian All-Schools    Hobart    Sunday 2 December

**HONG KONG 20KM CHAMPIONSHIPS, HONG KONG, SUNDAY 2 DECEMBER**

My regular international correspondent **Emmanuel Tardi** was in Asia last weekend to contest the Hong Kong 20km Championships. Races were held on a 1km loop within an industrial estate near Chun Yat Street Bus Terminal with an 8:30AM start time to try to beat the tropical heat. About 80 walkers took part in total in the various events which were contested in windy conditions with a little rain early on. Full results can be sourced from <http://www.hkaaa.com/page.php?pid=669&mid=147&type=gameevent>. For the record, Emmanuel came 12<sup>th</sup> in the Masters Men 20km championship with a time of 2:27:52. Main 20km results were

**Men Open 20km Walk**

- |    |               |         |
|----|---------------|---------|
| 1. | Tse Chun Hung | 1:41:22 |
| 2. | Chin Man Kit  | 1:47:33 |
| 3. | Yan Man Hin   | 2:10:20 |

**Women Open 20km Walk**

- |    |              |         |
|----|--------------|---------|
| 1. | Ng Sau Man   | 2:01:47 |
| 2. | Fung Nga Yin | 2:11:06 |
| 3. | Keung Oi Yan | 2:23:13 |
| 4. | Yeung Lee Na | 2:31:19 |

**Men Master 20km Walk**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Cheung Wai Tak     | 1:47:46 |
| 2. | Chan Ka Chun Billy | 2:06:13 |
| 3. | Cheung Wing Hin    | 2:08:03 |
| 4. | Chan Wai On        | 2:08:59 |
| 5. | Fu Chi Wing Jason  | 2:09:14 |

**Women Master 20km Walk**

- |    |                     |         |
|----|---------------------|---------|
| 1. | Kwok Chik Ha        | 2:08:18 |
| 2. | Kwan Siu Yin        | 2:13:21 |
| 3. | Suen Wai Ha         | 2:14:41 |
| 4. | Chan Chun Fung      | 2:17:37 |
| 5. | Tai Sau King, Irene | 2:21:29 |

You can see Emmanuel's photos at <http://www.facebook.com/media/set/?set=a.4559677364130.169251.1657411914&type=1>. A short selection follows.



The start of the men's race - eventual winner Tse Chun Hung is right front in the white hat and singlet





**Women's 20km winner Ng Sau Man (number 43) in action**



**Emmanuel finishes!**

Next weekend, Emmanuel will be in Putrajaya, just outside Kuala Lumpur, for the annual Malaysian 12 Hour Walk so I look forward to another report soon. Good luck mate! You'll need it over 12 hours!

### **LYN VENTRIS - IAAF FEMALE MASTERS ATHLETE OF THE YEAR**

I reported briefly in last week's newsletter on the recent IAAF Gala and the presentation of Athlete of the Year Awards. Thanks to John Ventris who has written a more comprehensive review of what was obviously a huge weekend of celebrations. Thanks John!

The IAAF 100<sup>th</sup> year celebrations in Barcelona were an enormous weekend of events, celebrations and displays. Lyn Ventris was at the celebrations as the IAAF World Masters Female Athlete of the Year 2012.

There were three major events with the first being a Welcome Dinner on the Friday evening with dignitaries and past athletes in attendance. On the Saturday at lunchtime the IAF Annual Gala Awards Presentation took place and this is when Lyn Ventris received her award. She was in fact the first up on stage to get her award. The event was televised and for the first time Masters athletics winners were presented on stage with all other recipients. The Open athlete winners were of course Usain Bolt and Allyson Felix. Prince Albert of Monaco was there as Patron and Lyn was lucky enough to have a good conversation with him. He was interested that she was a racewalker.

On the Saturday evening a spectacular Dinner and 100<sup>th</sup> year celebration concert was held at a hilltop museum. At this event the first IAAF Hall of Fame inductees were introduced with Australia's Betty Cuthbert in attendance as the first Aussie inducted. Another highlight of the weekend was the 100<sup>th</sup> year of IAAF exhibition at Museu Olimpic I de L'esport Joan

Antoni Samaranch. This exhibition highlighted and celebrated the 100 years of athletics competition and each part of athletics was highlighted, including a very good coverage of race walking. It was a very impressive exhibition.

This was a weekend to remember and Lyn was so privileged to have won the award (for a second time) and represented Masters athletics and race walking at such a prestigious event. Friends had told Lyn that Barcelona was a fabulous city and it certainly lived up to its reputation.



## WHAT'S COMING UP

Athletics Victoria Shield competition continues this Thursday evening with our walkers contesting 2000m track walks in all 6 regions. See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

|                                     |   |
|-------------------------------------|---|
| AV Shield Round 8 - East Zone       | Lakeside Stadium, Albert Park             |
| AV Shield Round 8 - South East Zone | Knox Park Reserve, Knox                   |
| AV Shield Round 8 - North West Zone | Moonee Valley Athletics Track, Aberfeldie |
| AV Shield Round 8 - Bendigo Zone    | La Trobe University Track, Bendigo        |
| AV Shield Round 8 - Geelong Zone    | John Landy Athletic Field, Geelong        |
| AV Shield Round 8 - Ballarat Zone   | Llanberris Reserve, Ballarat              |

Then on Saturday, we have an Australian Racewalk Judging Seminar and Refresh at Lakeside Stadium, Albert Park.

Finally Sunday sees **the Australian 50km Road Walking Championship Meet** at Fawkner Park, Melbourne, The 50km Australian Championship kicks off at 7AM and the other non-championship events follow on throughout the morning. The long range Melbourne forecast is for cool weather so we look likely to have good conditions. Fingers crossed!

|         |  |  |
|---------|--|--|
| 7.00am  | Australian 50km Road Walking Championships | Cut-off: 5 hours                             |
| 8.00am  | 20km Walk: Men and Women                   | Cut-off: 2 hours Men , 2 hours 15 mins Women |
| 9.00am  | 10km Walk: U20 Men and Women               | Cut-off: 56 mins Men , 60 mins Women         |
| 10.00am | 5km Walk: U18 Men and Women                | Cut-off: 28 mins Men, 30 mins Women          |

Entries have now closed and are shown below as per the AA website. We look to have most of our top walkers in action so it will be an exciting meet. Make sure you come down and check it out.

|  |         |                        |
|--|---------|------------------------|
| <b>Open 50km Australian Championship</b> |         |                        |
| Adams, Luke                              | NSW/AIS |                        |
| Erickson, Chris                          | VIC     |                        |
| Evans, Simon                             | VIC     |                        |
| Jamieson, Andrew                         | VIC     |                        |
| Rayson, Ian                              | ACT     |                        |
| <b>Open Men 20km</b>                     |         | <b>Open Women 20km</b> |
| Coleman, Daniel                          | TAS     | Alexander, Beth        |
| Hill, Justin                             | SA      | Carr, Heather          |
| Kollmorgen, Stuart                       | VIC     | Feiner, Tracy          |
| Kozica, Jason                            | VIC     | Holliday, Tanya        |
| Mottrom, Kim                             | SA      | Lamble, Regan          |
| Rayson, Ian                              | ACT     | Laufer, Michelle       |
| Reading, Brendon                         | ACT     | Lee, Beki              |
| Simpson, Bradley                         | VIC     | Ruddick, Kelly         |
| Smyth, David                             | VIC     | Shaw, Kirstin          |
|  |         | Steele, Allegra        |
|  |         | Stigwood, Stephanie    |
|  |         | Tallent, Claire        |
|  |         | Tallent, Rachel        |
| <b>U20 Men 10km</b>                      |         | <b>U20 Women 10km</b>  |
| Bates, Harry                             | ACT     | George, Stephanie      |
| Brill, Nathan                            | VIC     | Irshad, Jasmine        |
| Osborne, Jesse                           | QLD     |                        |
| Steele, Blake                            | SA/AIS  |                        |
| <b>U18 Men 5km</b>                       |         | <b>U18 Women 5km</b>   |
| Garganis, Adam                           | VIC     | Montag, Jemima         |
| Swan, Kyle                               | VIC     |                        |
| Taylor, Lucas                            | VIC     |                        |
| Walmsley, Reese                          | VIC     |                        |

Then the following Wednesday, we have VRWC track walks at Clifton Hill so mark that one down in your diary - another chance for some good racing before we close down for Christmas.

| <b>Wednesday 12<sup>th</sup> December 2012, VRWC Events</b>         |                      | <b>Clifton Hill</b> |
|---|----------------------|---------------------|
| Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill |                      |                     |
| 6.30pm  | VRWC 5000m and 3000m | Open                |
| 7.15pm  | VRWC 1500m           | Open                |



## 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.

### 2012/2013 Victorian/Australian Summer Season Key Dates

|                    |  |
|--------------------|--|
| Sat Dec 8, 2012    | Australian Racewalk Judge Seminar and Updates, Melbourne   |
| Sun Dec 9 2012     | Australian 50km Championship, Fawkner Park, Melbourne  |
| Jan 16-20, 2013    | Australian Youth Olympic Festival, Sydney  |
| Jan 26-28, 2013    | Victorian Country T&F Champs, Geelong  |
| Thurs Feb 7, 2013  | AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood   |
| Feb 8-10, 2013     | Victorian Junior T&F Champs, Albert Park   |
| Sun Feb 17, 2013   | VMA 5000m Walk Championship, Mentone athletics track, Mentone  |
| Sun Feb 24, 2013   | Australian 20km Summer Championships, Hobart, TAS  |
| Mar 1-3, 2013      | Victorian Open F&F Champs, Albert Park   |
| Mar 12-17, 2013    | Australian Junior Athletics Championships, Perth, WA   |
| Mar 16-17, 2013    | VMA State T&F Championships, East Burwood Athletics Track, East Burwood  |
| Mar 29-Apr 1, 2013 | Australian Masters T&F Champs, Canberra, ACT   |
| April 11-14, 2013  | Australian Open Athletics Championships, Sydney, NSW   |
| October 5-12, 2013 | Australian Masters Games, Geelong, See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> |

### 2013 International Fixture

|                     |  |
|---------------------|--|
| July 6-17, 2013     | <b>27<sup>th</sup> Summer Universiade, Kazan, Russia</b> (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )    |
| July 10-14, 2013    | <b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>  |
| Aug 10-18, 2013     | <b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>   |
| October 15-27, 2013 | <b>World Masters Athletic Championships, Porto Alegre, Brazil.</b> See <a href="http://www.wma2013.com">http://www.wma2013.com</a> |

### 2013 IAAF Race Walking Challenge (C category events still to be announced)

|                 |  |
|-----------------|--|
| Sat 23 Feb 2013 | IAAF Permit Meeting, Chihuahua MEX     |
| Fri 1 Mar 2013  | IAAF Permit Meeting, Taicang CHN       |
| Wed 1 May 2013  | IAAF Permit Meeting, S.S. Giovanni ITA |
| Sun 1 June 2013 | IAAF Permit Meeting, La Coruña ESP     |
| 10-18 Aug 2013  | IAAF World Championships, Moscow RUS   |
| Sept 2013       | Challenge Final, tbc CHN               |

### 2013 European Athletics Permit Meets

|                |  |
|----------------|--|
| March 17, 2013 | Mario Albisetti Memorial Meet, Lugano, Switzerland |
| April 6, 2013  | Rio Maior Grand Prix, Rio Maior, Portugal          |
| April 13, 2013 | Podebrady Meet, Podebrady, Czech Republic          |
| June 29, 2013  | Dublin Grand Prix, Dublin, Ireland                 |

### 2014 International Fixture

|                  |  |
|------------------|--|
| 3-4 May 2014     | <b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>             |
| Mar/Apr 2014     | <b>World Masters Indoor Championships, Budapest, Hungary</b>                   |
| July 22-27, 2014 | <b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b> |

### Looking even further forward

|                    |   |
|--------------------|---|
| 2015               | <b>28<sup>th</sup> Summer Universiade, Gwanju, Korea</b>  |
| 2015               | <b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>   |
| August 22-30, 2015 | <b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>  |
| July/Aug 2015      | <b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>  |
| 2016               | <b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>                 |
| Aug 2016           | <b>31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a> |
| 2017               | <b>29<sup>th</sup> Summer Universiade, Taipei</b>   |
| August 5-13, 2017  | <b>16<sup>th</sup> IAAF World Championships in Athletics, London, UK</b>  |
| July 2020          | <b>32<sup>nd</sup> Olympic Games</b> City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo  |

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)