



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN WOMEN FOR 2012

This week it is the women as I complete my review of the top Australian walkers of the year. As with the men, I couldn't keep it to 10 so it's a top 11 for the women as well. Remember this is my own informal review - I realize that you might end up with a different list. I try to take into account a number of factors

- Performances in major events like Olympics, etc
- The overall year (so a once off great walk will probably not get you into this list)
- The age of the competitor and his performances relative to his age

I had to leave out a number of our top Australian walkers including the likes of Jessica Pickles, Zoe Boldiston, Nicole Fagan and Jasmine Irshad. As for the men, it is exciting that we have such an abundance of talent.



1. Regan Lamble

21 year old Regan Lamble has had a superb year, setting PBs over most distances - 3000m (13:06), 5000m (22:06), 20km (1:30:03), 30km (2:21:43) and 20 Miles (2:32:17). Second to Claire in Hobart in February (1:36:52), she was our top female finisher in the World Cup in May (24th in 1:34:34), walked a brilliant 20 Mile in June over the hilly LBG course (2:32:17) and then fronted for the Olympic Games in August. Her walk there was fantastic - 17th in 1:30:03. Regan raced lightly for the year but peaked when it counted in London. She now looks set to take over the mantle from Claire Tallent. At only 21 years of age, her transition to the Open ranks has been fast and furious.



2. Claire Tallent

31 year old Claire Tallent had another fantastic year apart from two major blips that put a dampener on what would otherwise have been her greatest ever year. Her PBs were all set this year - 3000m (11:55), 5000m (21:29), 10km (44:19) and 20km (1:28:53). Her win in Hobart in February was extraordinary - 1:32:58 in 38°C conditions - the only A qualifier done on the day, men and women included. A month later in China she came 5th in the IAAF Challenge Series race there, her time of 1:28:53 the second fastest ever by an Australian and one of the top times for the year. Her DQ in the World Cup in Russia in May was heartbreaking - she was a clear fourth and chasing the Russians in front and probably on target for a sub 1:28 time when shown the red card at 14km. She bounced back with 3rd in the IAAF Challenge Series in Italy in June (1:32:30) and won both walks in the Oceania Championships in Cairns in hot conditions in July (21:47 for 5000m and 44:19 for 10km). Her DQ in the London Olympic 20km was in similar circumstances to Russia - she was in the chasing group, well inside the top 10 and in the second half of the race and looking comfortable. She had 2 final races for the year, winning the Australian 20km in August in Adelaide (1:31:12) and coming 7th in the Challenge Series Final in China in September (45:29) before announcing her retirement. She leaves an enviable record but it is fair to say it could have been so much more but for those two DQs.



3. Beki Lee

26 year old Beki Lee has also been in great form this year, setting PBs for 3000m (12:45), 5000m (21:23) and 20km (1:32:14). Always super fast, she has now transitioned into a top 20km walker. She battled Tanya Holliday over 5000m early in the year, just losing out by one second with 21:23. Her next race was the infamous 20km in Hobart where she hung in, coming third with 1:39:16. But, as she already had an A qualifier under her belt (from Dec 2011 -1:33:09), her Olympic spot was secured. Her next encounters were not good - a DNF in China in March and then a DQ in Russia in May in the World Cup. After proving her fitness at a VRWC race in Melbourne in June (1:36:45), it was off to Europe to prepare for the Olympics. It all came together in London as she finished 28th in a PB time of 1:32:14. Then as the icing on the cake, her partner proposed to her straight after the race and she accepted. It was a fairy tale ending to her competitive year.



4. Tanya Holliday

24 year old Tanya Holliday has come back strongly over the last 2 years after a horror run of injuries that put her career on hold for a number of years. Like the other girls, she has recorded PB after PB during the year to now stand with these 2012 PBs to her credit - 3000m (12:46), 5000m (21:21), 10km (43:58), 10 miles (1:13:16) and 20km (1:31:38). It was just her timing that was wrong. Out with a nagging injury for the latter part of 2011, her 2012 campaign was slow to start. Some fantastic track times indicated her overall fitness but a DNF in Hobart did in any Olympic / World Cup plans. She came 7th in China in March with a PB 1:33:15 but it was too late - the teams had already been finalised. In May, she improved to 1:31:28 in the SA State title and she did a huge double in the LBG carnival in June - first place in both the 10 miler (1:13:16) and the 5km (21:45). She walked second to Claire Tallent in the Oceania 10km in July in Cairns (45:23) and finished her year off with a huge 10km walk of 43:58 a few weeks later in winning the SA State Title. A great year but a frustrating one.



5. Rachel Tallent

19 year old Rachel Tallent has been far and away our top junior woman this year, taking all before her. Like her older compatriots, she has improved over all distances this year - 3000m (13:25), 5000m (22:50), 10km (48:13) and 10 miles (1:21:20). She won the Junior 10km trial in Hobart in the heat (49:28), won the Australian Junior 10,000m title (48:59), was the first Australian to finish in the World Cup U20 10km (21st in 50:24), won the Victorian Country 10km in a PB 48:13 and did a big double in Canberra (seconds in the Open 10 Mile with 1:21:20 and the Open 5km with 23:02). She then took 22nd place in the World Junior Championship 10,000m walk with 49:55 and finished the year with her first ever 20km at Fawkner Park in December - 1:40:52). A great year. We now look towards 2013 as she enters senior ranks.



6. Lyn Ventris

We might have thought that 56 year old Lyn Ventris would not be able to match her 2011 year with her many W55 world records and her IAAF World Master Athlete of the year award. But she did it all again in 2012. During this year, she broke her own records as well as took those she did not already hold. She literally broke the records every time she walked (a slight exaggeration, I know, but that is what it felt like). The final set is pretty impressive - 3000m 14:16, 5000m 23:57, 10km 49:15, 20km 1:40:41. To take the 10km as an example, she set the original record at the Australian Masters Games Adelaide in October last year with 50.32. She then broke it again at the World Masters Indoor Championships in Finland in April with 49.59. She then broke it again on July in Perth with 49.34 and then in August she bettered it again with a time of 49.15. When she took bronze in the Australian Open Women 20km championship in Adelaide in August, her time of 1:40:41, bettering her own W55 World Record of 1:43:11 (done in July) by an extraordinary 2:32. For this walk, her Masters Age Graded calculation came out at 101.67%. It was no surprise to us when she won the IAAF World Masters Athlete of the Year for a second straight time.



7. Jemima Montag

14 year old Jemima Montag has had a great year with a very impressive list of PBs - 1500m 6:49, 2000m 9:10, 3000m 13:38, 5000m 23:59 and 10km 53:58. She also remains the walker to beat at a national level. A prolific racer, she always produces at the highest level. One of her most impressive races was in February when she won the Sydney Track Classic B Group 5000m in 23:59, beating most of the U20 girls who were vying for World Cup spots - she was aged only 13 at that stage! She won the Australian U15 3000m in Sydney in March (14:17) and won the U16 3km in the LBG Carnival in June (14:10) and then backed up for 6th in the Open 5km with 25:28. Then it was a break for her as she spent some time focusing on her dual career as a runner. Coming back after the break, she was a DNF in the Australian roadwalk champs in Adelaide in August. This was followed by a rare defeat as she was bettered in the Australian Schools Champs in Hobart in December, even though she did a PB 13:38 for the 3000m U16 track walk. But overall, her year places her firmly as our top U16 girl, even though she is still aged only 14.



8. Jasmyn McDonald

13 year old Jasmyn McDonald is untouchable in the U14 age group and has done some superb PBs this year for one so young - 1500m 6:53, 2km 9:23, 3km 14:18 and 5km 24:56. She won the Australian U14 3000m in Sydney in February (14:43), won the Australian Little Athletics U13 1500m in April (7:06), won the U14 2km at the LBG Carnival in June (9:32), won the Australian U14 3km in August in Adelaide (14:31) and won the Australian Schools U14 3000m in Hobart in December (14:43). A completely unblemished record for the year.



9. Clara Smith

14 year old Clara Smith has set a couple of pretty impressive PBs this year - 3000m 13:22 and 5km 24:46 and has been the only girl capable of challenging Jemima Montag in the U16 group. She came second to Jemima in the Australian U15 3000m in Sydney in March (14:30), was second to Jemima again in the LBG U16 3km in June (14:25), was second to Zoe Boldiston in the Australian U16 5km in August (24:46) and finally broke through to win the Australian Schools U16 3000m in December (13:22) after a great battle against Jemima. A case of a walker continuing to improve over the year and reaping the benefits.



10. Kelly Ruddick

39 year old Kelly Ruddick shows no signs of slowing as she continues to rampage in both the W35 and Open divisions. Theoretically you shouldn't be doing PBs at that age but obviously no one has told Kelly. Her PBs this year are impressive - 22:18 (5000m), 46:52 (10km) and 1:38:32 (20km). Perhaps her best walk for the year was in the Invitational 5000m at the National T&F Titles in Melbourne in April where she battled Claire Tallent the whole way, finishing second in a big PB of 22:18, only 3 seconds in arrears of Claire. She won the Victorian 10km (47:07) and the Victorian Country 10km (a PB 46:52) and walked well in the Oceania Championships (2nd in the 5000m with 23:09 and 3rd in the 10km with 48:39) in the heat of Cairns. She then finished off the year in grand style with 3rd in the 20km at Fawkner Park in December, her time of 1:38:32 a PB by over 1 minute.



11. Michelle Thompson

43 year old Michelle Thompson has had another stellar year in the ultra distance walking arena. She started off her 2012 campaign in February, walking an amazing 101.158km in the Canberra Mt Stromlo 12 Hour road event and coming 3rd overall against a field of runners. She then walked 54.636km in the Coburg 6 Hour Championship in Melbourne in March for a new Australian record. She was back in Coburg in April for the 24 Hour Championship, setting new Australian track records for 50 Miles (9:35:43) 100 km (12:09:52) and 12 Hours (98.655km). In Sydney in June, she improved her 24 Hour total to 174.896km, passing the 100 mile mark in a PB 21:36:14. Finally, in September she defended her RWA 50km title in Melbourne, finishing with a time of 5:23:37.

BENDIGO WALKERS CLUB RESULTS OCTOBER - NOVEMBER 2012

Thanks to Paul Rance for bringing me up to date on what has been happening on the Bendigo front.

Wednesday 17 October 2012 - 1600m & 3200m Handicaps, Rosalind Park

The 1600m event saw victory go to Zahra Hayes in a personal best time with Jeremiah Jones 2nd and fastest and Carissa Brook 3rd Ebony Whiley took 1st and fastest in the 3200m event with Norm West 2nd and Colin Cleary 3rd

1600m Zahra Hayes 1st 8.28, Jeremiah Jones 2nd 8.15, Carissa Brook 3rd 10.40
 3200m Ebony Whiley 1st 17.28, Norm West 2nd 25.18, Colin Cleary 3rd 24.00, Annette Curtis 4th 22.59, Barb Bryant 5th 19.57, Madison Hill 6th 21.27

Wednesday 24 October 2012 - 10 Minutes & 30 Minutes Sealed Handicaps, Rosalind Park

Zahra Hayes scored a fine victory in the 10 minute walk and also secured the fastest walker award while Carissa Brook was 2nd and Jeremiah Jones produced a personal best effort to claim 3rd place. In the 30 minute event Norm West scored a strong win with Barb Bryant 2nd while Ebony Whiley took 3rd place and took the fastest walker award.

10 minutes Zahra Hayes 1st 1867m, Carissa Brook 2nd 1568m, Jeremiah Jones 3rd 1800m
 30 minutes Norm West 1st 3758m, Barb Bryant 2nd 4941m, Ebony Whiley 3rd 5160m, Colin Cleary 4th 3840m, John Carter 5th 4281m

Wednesday 31 October 2012 - Bendigo Cup 2400m Handicap, Flora Hill Athletics Track

The Bendigo Walkers Club's Annual Bendigo Cup event is held on the same day as our City's horse racing Cup and held over the same distance 2400m handicap. This Years event saw 9 year old Carissa Brook score a brilliant victory as she held off the fast finishing Zahra Hayes with Barb Bryant taking 3rd place. Carissa's winning time of 14.32 also broke the Club under 10 2400m record while 2nd placegetter Zahra Hayes took fastest time honours and recorded a personal best with her time of 12.53 just 2 seconds outside Ebony Whiley's Club under 12 record.

2400m Carissa Brook 1st 14.32, Zahra Hayes 2nd 12.53, Barb Bryant 3rd 14.12, Annette Major 4th 14.25
 Madison Hill 5th 15.06, John Carter 6th 16.09, Colin Cleary 7th 18.40

Wednesday 7 November 2012 - 1500m & 3000m Nominated Time, Rosalind Park

In the 1500m Jeremiah Jones was 1st across the line from Zahra Hayes with Zahra winning the nominated time section of the event from Carissa Brook 2nd and Madison Hill 3rd with Carissa and Madison producing personal best performances. The 3000m event saw Annette Major take line honours and in the nominated time section just 7 seconds separated the 4 competitors with Norm West winning the nominated time by 5 seconds from Colin Cleary with Annette Major and John Carter finishing just 2 seconds away in equal 3rd place.

1500m Zahra Hayes 1st 8.10, Carissa Brook 2nd 9.10, Madison Hill 3rd 8.55, Jeremiah Jones 4th 8.07
 3000m Norm West 1st 24.57, Colin Cleary 2nd 23.42, John Carter equal 3rd 20.04, Annette Major equal 3rd 18.24

Wednesday 14 November 2012 - 2000m & 4000m Sealed Handicaps, Rosalind Park

Just 2 competitors lined up in the 2km race with Zahra Hayes 11.14 winning from Carissa Brook 12.59. The 4km race was won by John Carter from Barb Bryant in 2nd place and Norm West taking 3rd place.

4km John Carter 1st 26.55, Barb Bryant 2nd 24.12, Norm West 3rd 32.34, Paul Rance 4th 21.51, Annette Curtis 5th 29.14

Wednesday 21 November 2012 - 1000m & 5000m Sealed Handicaps, Rosalind Park

This was our 29th and last point scoring competition for 2012. The 1000m sealed handicap was taken out by Carissa Brook with

Madison Hill 2nd and Zahra Hayes finishing 3rd and recording fastest time with all 3 athletes producing personal best efforts. The 5km race saw Barb Bryant produce a strong victory with John Carter and Annette Curtis claim the minor placings.

1000m Carissa Brook 1st 5.30, Madison Hill 2nd 5.22, Zahra Hayes 3rd 5.14
5000m Barb Bryant 1st 30.34, John Carter 2nd 34.01, Annette Curtis 3rd 36.54, Paul Rance 4th 27.12, Colin Cleary 5th 41.31

USATF MASTERS INDOOR 5,000M CHAMPIONSHIPS, RO CHESTER, M NY, SATURDAY 29 DEC

No local Australian results to report this week but we do have a couple of walk sets from the USA. First to the USATF Masters Indoor championships.

Masters Men 5000m

1.	Allen James	23:13.02
2.	Dave Swarts	23:28.92
3.	Dave Talcott	24:16.14
4.	Ed O'Rourke	26:14.88
5.	Vince Peters	29:09.66
6.	Jim Miner	29:19.83
7.	Bruce Logan	29:21.90
8.	Charles Boyle	45:12.57

Masters Women 5000m

1.	Susan Randall	24:33.48
2.	Carol Bendall	34:25.10
3.	Jill Behr-Medved	40:04.34

Open Men 5000m

1.	Michael Mannozi	22:31.31
2.	Dan Serianni	22:31.63
3.	Jonathan Hallman	22:47.66
4.	Joel Pfahler	24:23.45

Open Women 5000m

1.	Erin Taylor-Talcott	23:58.16
2.	Katie Burnett	24:43.27
3.	Erika Shaver	25:30.56

Open 10,000m Walk

1.	Dan Serianni	45:32.09
2.	Jonathan Hallman	46:49.50

USA JUNIOR TEAM PAN AMERICAN CUP TRIALS, PHARR, TEXAS, DECEMBER 29

And now to the USA Junior Pan American Cup trials, held the same day in Pharr, Texas. This report composed by Gary Westerfield.

The South Texas Walking Club, in Pharr, Texas, conducted the USA Junior Pan American Cup Trials today on the Ridge Road 2km course. The junior men's and women's team will include up to three members each for the Pan Am Race Walking Cup to be held in Lima, Peru, May 25 & 26, 2013. Seniors, over 20, will also compete at longer distances. The senior team selection will be concluded on March 17, 2013 in California.

Held in conjunction with the Seventh Annual Winter Race Walking Camp, open competitors joined the juniors for the 10 kilometer (6.2 mi.) race walk, competing for separate awards and recognition. Leading all finishers were Nicholas Christie and Nirvana Zalba of the strong NAIA Missouri Baptist University race walking team from suburban St. Louis.

Molly Josephs, Brittany Collins and Brenda McCollum will make up the USA junior women's team in Peru. The three will be joined by Steven Washburn, and Alex Peters, the USA junior men's team.

USA Junior Pan American Cup Trials 10K Race Walk-Men

1.	Steven Washburn	18	California/Australia	49:34
2.	Alex Peters	16	Elgin Sharks- Illinois	49:52
3.	Anthony Peters	16	Elgin Sharks- Illinois	50:41
4.	Geraldo Flores	M-15	STWC-Texas	53:06
5.	Ian Rixon	M-18	Maine	1:00:20
6.	Matias Serna	14	STWC-Texas	1:01:05

USA Junior Pan American Cup Trials 10K Race Walk-Women

1.	Molly Josephs	18	Missouri Baptist Univ (MBU)-New York	53:49
2.	Brittany Collins	18	WalkUSA-New York	54:24
3.	Brenda McCollum	17	Kansas	54:29
4.	Holly Lindoe	17	WalkUSA- New York	58:26
5.	Cassandra Delgado	17	Elgin Sharks-Illinois	1:00:12
6.	Fiona Dunleavy	16	Rockwall Mustangs-Texas	1:00:12
7.	Alexa Klueptel	16	WalkUSA-New York	1:01:07
8.	Jennifer Lopez	16	Elgin Sharks-Illinois	1:01:51
9.	Moriah Cionelo	16	Cougar T.C.- New Mexico	1:04:37
10.	Sarah La Porta	17	WalkUSA-New York	1:04:37

Open 10K Race Walk-Men

1.	Nicolas Christie	21	MBU-California	43:33
2.	Tim Seaman		NYAC-California	43:33
3.	Alejandro Chavez	19	MBU-Texas	43:44

Open 10K Race Walk-Women

1.	Nirvana Zalba	19	MBU-Mexico	50:01
2.	Jessica Ching	25	MBU-Hong Kong	50:43
3.	Natalia Alfonzo	18	Venezuela	52:10
4.	Rachel Seaman	26	Canada	54:48
5.	Leann Young	23	St. Louis RWC-Missouri	59:55
6.	Mercedes Mancha	20	Ill	1:02:00
7.	Aadrian McCollum	F-19	Kansas	1:05:28
8.	Silvia Cardiel	F-60	Mexico	1:18:28

Youth Boys 10 K Race Walk

1.	Nehemiah Cionelo	12	Cougar TC-New Mexico	59:55
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EVEN MORE RACEWALKING STAMPS

Following on from last week's edition, I include more racewalking stamps and related philatelic bits and pieces from Dutch walker Alex Wijsman. As usual, these will all be added to our stamps page at <http://www.vrwc.org.au/vrwcstamps.shtml>.

**PAKISTAN – 1988**

To commemorate the 1988 Olympics being held in Seoul from September 17 to October 2, 1988, the Pakistan Post Office Department issued a set of 10 stamps, each of value Rs 10, on September 17, 1988. The stamps represented different events, sports and games of the XXIV OLYMPICS. This one featured a collage which included a racewalker.

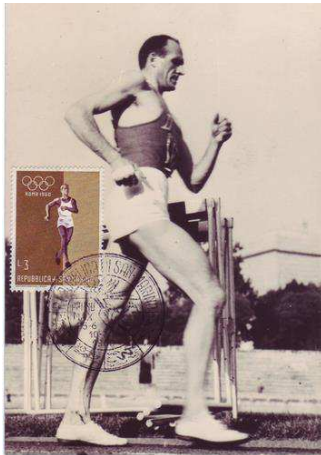
**PORTUGAL – 2002**

This Portuguese stamp, designed by José Luis Tinoco (his name is in the bottom left corner), is one of a set of 8 stamps issued by that country in 2002 to celebrate sport.



SAN MARINO STAMPS – 1954 AND 1960

Yes, I have these San Marino stamps documented already but First Day postal cards are an additional philatelic item so they get a second viewing. I have looked at a few old photos and I think this photo shows Italian walker Giuseppe "Pino" Dordoni (1926-1998) who won the 1952 Olympic 50km gold medal in Helsinki and who was Italian national champion an amazing 26 times from 1946 to 1957. San Marino, although a republic, is of course closely tied to Italy, being completely surrounded by it. I note the date stamp on the postal card is 28 June 1955. But the various bits of info that I can find seem to imply that this stamp was issued in 1954. Hmmmm....



SAN MARINO STAMPS – 1954 AND 1960

Again, I think this 1960 First Day postal card also shows Italian walker Giuseppe "Pino" Dordoni. The postal mark shows the Olympic torch and is dated 10-7-1960. The Rome Olympic Games ran from August 26 to Sept 11 so this stamp was obviously released in the leadup to the Games.



1949 – CZECHOSLOVAKIA

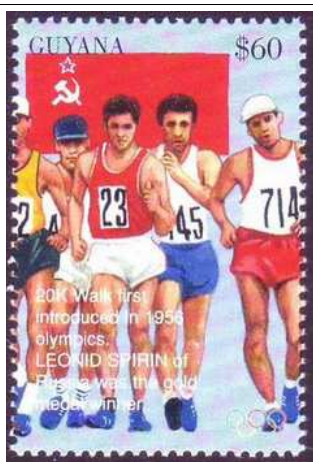
Poděbrady is a historical spa town in the Central Bohemian Region of the Czech Republic. Starting in 1929, a 50km racewalk from Prague to Poděbrady was held annually. In the early 1990s, because of safety concerns, the event was moved to the ring road in Poděbrady but it is still held every year as a large international racewalking carnival. Events for women were added in 1982 (5km initially, then 10km and now 20km) and the meet now includes international matches for Junior and Youth walkers.

The postal mark on this First Day cover, dated 1949, specifically mentions the MEZINARODNI ZAVOD V CHUZI 50KM (INTERNATIONAL 50KM RACE WALK) from PRAHA (PRAGUE) TO PODEBRADY and features a walker. The stamp is not racewalking related but the postmark is. I think this is the oldest racewalking related philatelic item.



Russia - 1980

We have seen this stamp before but this is the official First Day Cover from the Moscow Olympics. This was passed onto me some time ago by Ray Smith and I only just found it.



Guyana - 1996

I featured this stamp last week and I commented that, even though it was in honour of Leonid Spirin who won the 1956 Olympic 20km event, the walking sketch was of more recent times. Michael Harvey has emailed me to say that he thinks it is from a photo taken during the 1980 Olympic 20km walk in Moscow. I think he is right as that particular Olympics featured these very large numbers without any further motif on them.

WALKING SHORTS

MADRID (ESP): Walker Miguel Ángel López and high jumper Kirani James have been voted 2012 Spanish Athletes of the Year in a National Federation poll.

SOCIALIZING THE RACEWALKING AUSTRALIA POSTAL CHALLENGE DATES FOR 2013

Mark Donahoo has asked me to socialise the tentative date of the 2013 Racewalking Australia Postal Challenge. He recommends it should be scheduled into the programs of clubs between Sat July 6th and Sunday July 21st. You can chat with Mark at mdonahoo@optusnet.com.au if you want to discuss the dates.

2012 AUSTRALIAN RANKING LISTS – 5000M / 5KM

As we celebrate the new year, it is time to review the year and to call up some ranking lists. This week I have extracted the 5000m / 5km ranking lists for 2012 from my <http://www.racewalkaustralia.com> website. Note that this ranking list does not differentiate between track and road performances. I know this is not really correct but it is the way the website does it so so that is what we get. All track times are rounded off for the sake of simplicity.

Men's 2012 Ranking List - 5000m / 5km

1.	Jared Tallent	SM	00:18:47	VIC	18/02/2012
2.	Dane Bird-Smith	U20M	00:19:02	QLD	18/02/2012
3.	Adam Rutter	SM	00:19:10	NSW	18/02/2012
4.	Chris Erickson	SM	00:19:26	VIC	18/02/2012
5.	Rhydian Cowley	U23M	00:19:29	VIC	05/08/2012
6.	Ian Rayson	SM	00:20:12	NSW	18/02/2012
7.	Jesse Osborne	U18M	00:20:23	QLD	18/02/2012
8.	Brandon Dewar	U20M	00:20:40	QLD	18/02/2012
9.	Brendon Reading	SM	00:20:40	ACT	18/02/2012
10.	Nathan Brill	U16M	00:20:44	VIC	18/02/2012
11.	Blake Steele	U20M	00:21:09	SA	18/02/2012
12.	Nick Dewar	U20M	00:21:19	QLD	06/05/2012
13.	Brad Aiton	U18M	00:21:22	QLD	10/06/2012
14.	Kim Mottrom	SM	00:21:27	SA	03/11/2012
15.	Kyle Malone	U23M	00:22:28	NSW	15/07/2012
16.	Paul Van Kopplen	M40	00:22:33	VIC	18/03/2012
17.	Jay Felton	U18M	00:22:44	NSW	01/12/2012
18.	Josh Dillon	U18M	00:22:57	VIC	10/06/2012
19.	Daniel Coleman	SM	00:23:04	TAS	02/11/2012
20.	Tyler Jones	U15M	00:23:06	NSW	03/11/2012
21.	Jason Kozica	SM	00:23:14	VIC	14/04/2012
22.	Kyle Bird	U17M	00:23:24	VIC	14/04/2012
23.	Zac Partington	U16M	00:23:32	WA	14/03/2012
24.	Thomas Doyle	U16M	00:23:36	NSW	26/08/2012
25.	Bradley Simpson	U20M	00:23:38	VIC	02/06/2012
26.	Harry Bates	U17M	00:23:40	ACT	18/02/2012
27.	Billy Allamby	U15M	00:23:47	VIC	07/07/2012

28.	Steven Washburn	U18M	00:23:48	NSW	31/03/2012
29.	Justin Hill	U23M	00:23:48	SA	16/06/2012
30.	Ignatio Jimenez	M45	00:23:49	QLD	10/11/2012
31.	Dean Nipperess	M40	00:23:49	QLD	06/04/2012
32.	Joshua Kaiser	U20M	00:23:49	VIC	27/05/2012
33.	Adam Garganis	U15M	00:23:51	VIC	26/08/2012
34.	Mark Donahoo	M50	00:23:57	VIC	08/02/2012
35.	Andrew Jamieson	M65	00:24:07	VIC	05/05/2012
36.	Jordan Mulhearn	U20M	00:24:25	NSW	31/03/2012
37.	Mark Thomas	M45	00:24:28	VIC	06/04/2012
38.	Carl Gibbons	U17M	00:24:34	NSW	01/12/2012
39.	Danny Hawke	SM	00:24:34	VIC	09/03/2012
40.	Simon Evans	M50	00:24:44	VIC	09/03/2012
41.	Michael Nicolaidis	U15M	00:24:44	SA	28/07/2012
42.	Peter Bennett	M55	00:24:46	QLD	10/11/2012
43.	James Christmass	M40	00:24:47	VIC	14/04/2012
44.	Aaron McDonough	M35	00:24:49	VIC	14/04/2012
45.	Reese Walmsley	U15M	00:24:51	VIC	09/12/2012
46.	Duane Cousins	M35	00:24:56	VIC	13/01/2012
47.	Kyle Swan	U14M	00:24:59	VIC	05/05/2012
48.	Kurtis Birch-Ward	U18M	00:25:03	NSW	22/12/2012
49.	Louis Rose	U16M	00:25:26	TAS	26/08/2012
50.	Garry Hastie	M50	00:25:26	WA	22/03/2012

Women's 2012 Ranking List - 5000m / 5km

1.	Tanya Holliday	SW	00:21:21	SA	18/02/2012
2.	Beki Lee	SW	00:21:23	NSW	18/02/2012
3.	Claire Tallent	SW	00:21:29	SA	18/02/2012
4.	Regan Lambie	U23W	00:22:06	VIC	18/02/2012
5.	Kelly Ruddick	W35	00:22:18	VIC	14/04/2012
6.	Cheryl Webb	W35	00:22:23	NSW	03/03/2012
7.	Nicole Fagan	U23W	00:22:23	NSW	18/02/2012
8.	Rachel Tallent	U20W	00:22:50	VIC	18/02/2012
9.	Jessica Pickles	U20W	00:23:30	QLD	18/02/2012
10.	Lyn Ventris	W55	00:23:57	WA	22/03/2012
11.	Jemima Montag	U15W	00:23:59	VIC	18/02/2012
12.	Amy Bettiol	U17W	00:24:10	NSW	18/02/2012
13.	Kirsty Klein	U20W	00:24:17	NSW	22/12/2012
14.	Lauren Bourke	U23W	00:24:18	NSW	03/11/2012
15.	Megan Szirom	SW	00:24:34	SA	14/04/2012
16.	Zoe Boldiston	U16W	00:24:38	VIC	26/08/2012
17.	Sarah Raycanovski	SW	00:24:42	NSW	03/11/2012
18.	Stephanie Stigwood	U23W	00:24:44	SA	18/02/2012
19.	Clara Smith	U15W	00:24:46	QLD	26/08/2012
20.	Melissa Hayes	U23W	00:24:49	NSW	10/06/2012
21.	Kristie Goznic	U20W	00:24:52	SA	31/03/2012
22.	Shannon Jennings	U20W	00:24:55	NSW	31/03/2012
23.	Jasmyn McDonald	U14W	00:24:56	NSW	29/07/2012
24.	Tayla-Paige Billington	U16W	00:25:09	NSW	14/10/2012
25.	Amelia Finnegan	U18W	00:25:11	VIC	14/03/2012
26.	Stephanie George	U17W	00:25:13	VIC	05/05/2012
27.	Katya Martin	U16W	00:25:22	QLD	15/07/2012
28.	Pam Tindal	W50	00:25:28	VIC	06/04/2012
29.	Michelle Laufer	W40	00:25:32	VIC	09/03/2012
30.	Jasmine Irshad	U16W	00:25:45	VIC	10/06/2012
31.	Jmara Hockley-Samon	U17W	00:25:49	VIC	14/03/2012
32.	Jasmine Dighton	U16W	00:25:50	NSW	03/11/2012
33.	Jemma Potezny	U16W	00:25:53	SA	14/03/2012
34.	Yvette Becker	SW	00:26:08	SA	10/06/2012
35.	Ashleigh Resch	U16W	00:26:08	ACT	01/12/2012
36.	Lucinda Francis	U14W	00:26:11	NSW	29/07/2012
37.	Kirstin Shaw	U23W	00:26:20	VIC	05/05/2012
38.	Jessica Cobb		00:26:20	VIC	22/12/2012
39.	Kenza Benzenati	U15W	00:26:20	QLD	21/01/2012
40.	Jayde Hill	U16W	00:26:27	NSW	03/11/2012
41.	Holly Hughes	U15W	00:26:28	WA	26/08/2012
42.	Tahlia Hunt	U15W	00:26:35	TAS	01/12/2012
43.	Rachelle Taylor	U16W	00:26:36	TAS	14/03/2012

44.	Kate Holt	U16W	00:26:40	WA	02/03/2012
45.	Amanda Heard	U18W	00:26:43	VIC	01/12/2012
46.	Allegra Steele	U23W	00:26:50	SA	25/09/2012
47.	Sarah Brennan	W35	00:26:53	VIC	09/03/2012
48.	Breanna Brown	U17W	00:26:56	WA	26/08/2012
49.	Sandra Geisler	SW	00:27:12	VIC	09/03/2012
50.	Amanda Barendregt	U17W	00:27:14	NSW	03/11/2012

THE FALLS CREEK CAMP IS UNDERWAY

A large group of walkers arrived at Falls Creek on Saturday 29th December for 2 weeks of high altitude training. It's a bit of a shifting population with some doing one week and some doing shortened visits but the majority will do a full 2 weeks of altitude training. It is Day 4 so far and I can report that all is going well. The list includes

Walkers: Stephanie George, Hayley George, Brad Simpson, Kate Holt, Tanya Holliday, Nathan Brill, Jasmine Dighton, Tom Doyle, Brad Aiton, Jesse Osborne, Jasmine Irshad, Adam Garganis, Harry Bates, Katya Martin, Emily Hamilton, Jason Kozica, Lucas Taylor, Billy Allamby, Kirsty Klein, Shannon Jennings, Kyle Bird, Simone McInnes and Amanda Heard.

Coaching Staff: Tim Erickson, Megan Szirom, Cheryl Webb and Duane Cousins

Parents: Sabrina George, Graham George, Kathy Hamilton, Trelean Cousins, Catherine Heard and Kylie Irshad

And a few photos to mark the first few days of camp activity.



Up to the top of the range via chairlift



Out for a walk – Emily, Tom, Lucas, Brad, Katya, Tom, Jasmine, Cheryl, Adam and Nathan



**Amanda, Duane and Cheryl training
Katya and Jasmine – do they know what Billy is doing!
It's cold in the water – Emily, Simone, Kate, Katya, Jasmine and Stephanie
Stephanie helps on the feed station
Billy, Lucas, Emily, Tom, Kate, Brad and Jasmine lead the pack out for a road session**

SAVING THE COMMONWEALTH GAMES WALKS

As readers probably know, racewalks are not currently scheduled as part of the 2014 Commonwealth Games in Glasgow. Although the wider walking community has done its best to convince the organizers to reinstate the walks, current remonstrations have not been successful. IAAF racewalking judge and senior walking figure Peter Marlow is

Subject: Last chance to save the walks in the Commonwealth in Glasgow

Can you circulate the attached file to all your readers. Please write to the Commonwealth Games CE 2014 DavidGrevenberg@Glasgow2014.com with a copy to the Technical Delegate of Athletics Bill Bailey wfb Bailey@bigpond.com, signing it Commonwealth Games medallist / competitor / athlete / coach / Association / Club.

If we have 100 signed letters from the UK I hope the Commonwealth Games Association will consider their decision to exclude walks from Glasgow.

Please do not hesitate to contact me should you require information.

Best wishes,
Peter Marlow

We Australians should also follow suit and add our voices to any such process. I have uploaded the letter to our VRWC website at <http://www.vrwc.org.au/documents/Commonwealth%20Games%20letter.docx>.

ENTRIES NOW OPEN

Quite a few online entries are now open.

- AV has now opened its online entry panel for the **Victorian 5km Teams Championships** which will be held on **Sunday 20 January** at Middle Park. See <http://www.athsvic.org.au/events/detail/2013-av-walks-series-5km-team-walk>. As mentioned last week, now is the time to start socializing the date and organizing your team of 3 walkers. We hope that this event can grow to be one of our major Victorian walk fixtures. Alas, the panel seems to be wrongly setup as it only allows you to enter a Cross Country event at zero cost! We have to wait for the AV office to open to get it fixed so keep checking it.
- Entries have now also opened for the **Victorian Country T&F Championships**, to be held in Geelong on the weekend of **26 January**. See <http://athsvic.org.au/events/detail/victorian-country-athletics-championships>
- Entries have also opened for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24 February**. See http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887

Events to be conducted are:

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

Entries close: Monday 11th February, 2013

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 12 Jan, 2013	AV Shield re-commences with Round 10
Jan 16-20, 2013	Australian Youth Olympic Festival, Sydney
Sat 19 Jan, 2013	AV Shield Round 11
Sun Jan 20, 2013	Victorian 5km Teams Championships, Middle Park
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Sat Feb 2, 2013	AV Shield Round 12
Sun Feb 3, 2013	VRWC Road Walks, Middle Park
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
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, 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 http://www.australianmastersgames.com

2013 International Fixture

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

2013 IAAF Race Walking Challenge

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

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	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
2015	9th World Youth T&F Championships, Cali, Colombia
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
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)