



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 16  
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### TIM'S WALKER OF THE WEEK

Yes, it's time to vote again, now that our Christmas break has ended and the walkers are back on the track chasing PBs. This week I have identified two of our Victorian walkers who are fast making inroads into their PBs and who are both having great summer seasons

- 39 year old **Kelly Ruddick** was amongst my Top 10 Women last year and she reinforced that last Saturday in AV Shield competition, recording a 24 sec PB time of **13:02.10** in winning at Geelong. This is also a VRWC W35 club record and pushes her into the top 20 of my Australian All-Time list.
- 16 year old **Kyle Bird** has only been racewalking for 18 months but in that short timeframe, he has shown himself a very capable athlete. Competing in the AV Shield Competition at Ballam Park on Saturday, his winning time of **13:27.4** was a 29 sec PB.

As usual, you can cast your vote at <http://www.vrwc.org.au/vrwcWOW.php>.

### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 9 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters walkers. Colin commented: *Cooler evening with gusty wind at times.*

#### 5km Handicap Walk

1.	W52	Marie Maxted	31:42	71.71%
2.	M69	Roger Lowe	37:09	66.61%
3.	M67	George White	27:33	87.73%
4.	M62	Phil Coles	37:46	60.61%
5.	M69	Graham Harrison	33:28	73.94%
6.	M66	Geoff Byham	31:29	75.90%
7.	M70	Bill Starr	36:19	68.97%
8.	W58	Linda Whitelaw	38:59	61.99%
9.	M83	Colin Hainsworth	39:10	77.09%
10.	W64	Gill White	41:23	62.69%
11.	M79	David Robertson	43:21	65.35%
	M60	Jack Russell	DNF	

#### 3km Handicap Walk

1.	W61	Helen Suridge	20:36	70.55%
2.	M74	Rodger Barber	22:23	69.19%
3.	M76	Paul Boyce	25:06	63.41%

### ACT WALKING CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 10 JANUARY

Thanks to Robin Whyte for the latest results from Canberra.

#### 3000m Walk

1.	Thomas Hopkins	15:35
2.	Callum Burns	16:00
3.	Peter Baker	16:46
4.	Karina Hopkins	18:48
5.	Emily Hopkins	19:16
6.	Rod Gilchrist	20:13
7.	Mick Saunders	20:31
8.	Jennifer Gilchrist	21:51
9.	Doug Fitzgerald	22:02

#### 1500m Walk

1.	Spencer Burns	07:46
2.	Laura Burns	11:44

## ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 12 JANUARY

It was another big round of Athletics Victoria Shield competition on Saturday with 110 walkers in action across our 6 regions. After a very hot week, conditions were better and some great times were seen.

### AV Shield Round 10 - East Zone, Rieschieck's Reserve, Doncaster

Nathan Brill led the way at Doncaster with 12:27.2 but the walk of the day probably went to Brad Simpson with his PB time of 13:30.9. Michelle Laufer won the women's division with 14:53.7 in the big combined field. Emmet Brasier 6:36.5 and Adam Garganis 6:37.5 led the way in the 1500m with another great battle while Eliza Clarke was the top girl with 7:48.7.

#### Mixed 3000m Walk

1.	Brill, Nathan	M	BOX HILL AC	12:27.2	
2.	Simpson, Brad	M	ATHLETICS NU	13:30.9	PB 0:21
3.	Jamieson, Andrew	M	OLD SCOTCH C	14:47.3	
4.	Laufer, Michelle	W	COLLINGWOOD	14:53.7	
5.	Taylor, Lucas	M	YARRA RANGES	15:05.6	
6.	Keirl, Bernie	M	DIAMOND VALLEY AC	15:51.8	
7.	Geisler, Sandra	W	RINGWOOD AC	16:13.1	
8.	Irshad, Kylie	W	SOUTH COAST	16:50.4	
9.	Dyer, Bill	M	BOX HILL AC	16:53.0	
10.	Patti, Adrian	M	DONCASTER AC	17:07.4	
11.	Evans, Simon	M	BOX HILL AC	17:08.0	
12.	Dickenson, Russ	M	SOUTH COAST	17:29.9	
13.	Gardiner, Bob	M	COLLINGWOOD	17:34.6	
14.	Hammett, Gary	M	DIAMOND VALLEY AC	17:50.0	
15.	Clarke, Patrick	M	DIAMOND VALLEY AC	18:59.4	
16.	Olden, Graeme	M	BOX HILL AC	19:20.1	
17.	Benke, Geza	M	OLD MELBURNIANS AC	19:31.4	
18.	Garside, Emilie	W	CROYDON AC	20:28.1	
19.	Sofianos, Gerald	M	ST KEVINS AC	20:35.0	
20.	Watson, Nick	M	DONCASTER AC	20:42.2	
21.	Martini, David	M	OLD XAVERIANS AC	21:14.0	
22.	Worsnop, Christopher	M	OLD XAVERIANS AC	21:30.1	
23.	Garganis, Clare	W	COLLINGWOOD	21:48.5	
24.	McCann, Adam	M	ATHLETICS NU	22:11.6	
	Iacono, Thomas	M	COLLINGWOOD	DQ	

#### Mixed 1500m Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	6:36.5	
2.	Garganis, Adam	M	COLLINGWOOD	6:37.5	
3.	Clarke, Eliza	W	DIAMOND VALLEY AC	7:48.7	
4.	Schwerkolt, Zoe	W	BOX HILL AC	8:25.6	
5.	Owen, Cooper	M	DIAMOND VALLEY AC	8:56.6	
6.	Lui, Yuan Chow	M	DONCASTER AC	9:32.7	
7.	Derby, Lachlan	M	COLLINGWOOD	9:35.7	
8.	Walburg, Kirsten	W	DONCASTER AC	9:37.6	
9.	Noonan, Emily	W	COLLINGWOOD	9:43.3	
10.	Taylor, Lee	W	YARRA RANGES	10:07.7	
11.	Thompson, Riley	M	DONCASTER AC	12:19.4	

### AV Shield Round 10 - South East Zone, Ballam Park Athletics Track, Ballam

Kyle Bird led the way at Ballam with a 29 sec PB time of 13:27.4 in what was a solo walk as he lapped the entire field. Simone McInnes was the fastest of the women with 16:25.2 while Jessica Lillie was the only 1500m walker, her time being 9:19.7.

#### Mixed 3000m Walk

1.	Bird, Kyle	M	MORNINGTON P	13:27.4	PB 0:29
2.	McInnes, Simone	W	GLENHUNTLY AC	16:25.2	
3.	Vasiljevic, Taylor	W	CASEY CARDIN	16:43.8	
4.	Sanders, Jade	W	CASEY CARDIN	16:49.1	
5.	Bennett, Ralph	M	VICTORIAN MA	16:53.1	
6.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	17:09.0	
7.	Gourlay, Marlene	W	VICTORIAN MA	17:39.1	
8.	Thillaisundaram, Anand	M	MENTONE AC	18:44.2	
9.	Steed, Gwen	W	VICTORIAN MA	19:25.9	
10.	Hutton, Philip	M	GLENHUNTLY AC	19:49.7	
11.	Barrow, Geoff	M	MENTONE AC	20:04.9	
12.	Johnson, Celia	W	VICTORIAN MA	20:07.2	
13.	Buller, Peter	M	GLENHUNTLY AC	20:37.1	
14.	Morrison, John	M	SANDRINGHAM AC	21:07.8	

**Mixed 1500m Walk**

1.	Lillie, Jessica	W	KNOX AC	9:19.7
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**AV Shield Round 10 - North West Zone, Moonee Valley Athletics Track, Aberfeldie**

Aaron McDonough 14:34.3 and Mark Donahoo 14:41.6 led the way at Aberfeldie while Kirstin Shaw was the fastest of the women with 15:41.8. I don't know who won the 1500m but the best of the regulars were Brooklyn Utber with 8:48.0 and Gabriella Crea with 8:51.4.

**3000 metres Race Walk**

1.	McDonough, Aaron	M	PRESTON AC	14:34.3
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	14:41.6
3.	Hawkins, Trenton	M	PRESTON AC	15:08.8
4.	Shaw, Kirstin	W	WESTERN ATHL	15:41.8
5.	Erickson, Tim	M	COBURG HARRIERS AC	16:10.1
6.	McShanag, Connor	M	ATHLETICS ESSENDON	16:49.2
7.	Knox, Duncan	M	ATHLETICS ESSENDON	17:28.3
8.	Elms, Donna-Marie	W	ATHLETICS ESSENDON	18:09.2
9.	Shaw, Robyn	W	WESTERN ATHL	18:21.5
10.	Ryan, Maeve	W	WILLIAMSTOWN AC	21:32.3
11.	Abfalter, Maria	W	KEILOR ST BE	22:25.0
12.	Ireland, Roslyn	W	BRUNSWICK AC	22:35.1
13.	Hodgart, Janice	W	WESTERN ATHL	23:12.9
14.	Cashin, Brenda	W	WESTERN ATHL	24:35.3
15.	Gunn, Nicole	W	KEILOR ST BE	24:46.4
16.	Ireland, Olive	W	BRUNSWICK AC	25:34.1
17.	Rickard, Ian	M	BRUNSWICK AC	26:33.7
18.	Arnold, Madison	W	PRESTON AC	28:27.0
19.	Arnold, Hayley	W	PRESTON AC	28:27.7

**1500 metres Race Walk**

1.	?		INVITES	8:20.8
2.	Utber, Brooklyn	W	WESTERN ATHL	8:48.0
3.	Crea, Gabriella	W	ATHLETICS ESSENDON	8:51.4
4.	Wellington, Shea	M	KEILOR ST BE	9:50.0
5.	Matthews, Rhiannon	W	KEILOR ST BE	9:54.0
6.	Irons, Julia	W	KEILOR ST BE	10:00.2
7.	Grenade, Christopher	M	PRESTON AC	10:55.0
8.	Sykes, Dominic	M	KEILOR ST BE	11:13.3
9.	Irons, Elaine	W	KEILOR ST BE	11:15.4
10.	Tonelli, Ashley	W	KEILOR ST BE	12:33.2
	Lamb, Lachlan	M	WHITTLESEA CITY AC	DQ
	Lumakovski, Sasho	M	WHITTLESEA CITY AC	DQ

**AV Shield Round 10 - Bendigo Zone, La Trobe University Track, Bendigo**

Amanda Heard and Duane Cousins walked together in the 5000m, both crossing in 26:16 (which was a big PB for Amanda). This is the only venue which schedules a 5000m walk in this program.

**Mixed 5000m Walk Open**

1.	HEARD, AMANDA	W17	EAGLEHAWK YMCA	26:16.18	PB 0:27
2.	COUSINS, DUANE	M39	EAGLEHAWK YMCA	26:16.60	
3.	MINCHIN, LISA	W48	SOUTH BENDIGO	38:30.50	

**Mixed 3000m Walk Open**

1.	SAVAGE, JOSHUA	M17	EAGLEHAWK YMCA	19:10.67
2.	CARTER, JOHN	M62	SOUTH BENDIGO	20:46.86
3.	WATSON, JOHN	M63	BENDIGO HARRIERS	23:08.28

**Mixed 1500m Walk Open**

1.	HILL, MADISON	W12	SOUTH BENDIGO	9:09.00
2.	MAJOR, GEOFFREY	M76	EAGLEHAWK YMCA	11:09.66
3.	WEST, NORM	M71	SOUTH BENDIGO	11:52.47

**AV Shield Round 10 - Geelong and Ballarat Zones , John Landy Athletic Field, Geelong**

The Geelong and Ballarat regions joined forces to compete at Geelong on Saturday and Kelly Ruddick made the most of the opportunity, storming to a 24 sec PB time of 13:02.10. Behind her, Josh Dillon 13:37.19 was also in good form. Megan Walker was the fastest of the 1500m walkers with 7:50.99.

**Mixed 3000m Walk**

1.	Ruddick, Kelly	W39	BALLARAT HAR	13:02.10	PB 0:24
2.	Dillon, Josh	M18	CORIO AC	13:37.19	
3.	Christmass, James	M45	CORIO AC	14:47.56	

4. Blood, Andrew M38 BALLARAT YCW 14:49.55

**Mixed 1500m Walk**

1. Walker, Megan W15 CORIO AC 7:50.99  
 2. Davison, Mackayla W12 CORIO AC 7:55.85  
 3. Hockley-Samon, Har M12 ATHLETICS CH 10:00.21  
 4. Mirarchi, Thomas M12 CORIO AC 10:56.67  
 5. Hockley Samon, Tom M10 A THLETICS CH 13:39.24

Kelly's great time propels her up my Australian All-Time list to 20<sup>th</sup> place. The list now reads as follows

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	11:51.26	Kerry Saxby-Junna	N	20/06/1961	1	Melbourne	07/02/1991	29
2	12:22.09	Gabrielle Blythe	V	09/03/1969	2	Melbourne	24/02/1994	24
3	12:26.87	Anne Pembroke-Manning	N	13/11/1959	3	Melbourne	24/02/1994	34
4	12:27.74	Jane Saville	N	05/11/1974	2	Melbourne	25/02/1993	28
5	12:36.21	Natalie Saville	N	07/09/1978	1	Sydney	09/12/1995	17
6	12:40.84	Teresa Letherby	Q	05/04/1972	2	Melbourne	29/02/1996	25
7	12:42.10	Sue Orr-Cook	V	23/04/1958	1	Canberra	10/03/1984	25
8	12:43.00	Michelle French	N	10/04/1982	mix	Sydney	08/11/1997	15
9	12:45.95	Beki Lee	N	25/11/1986	mix	Sydney	18/02/2012	25
10	12:46.13	Tanya Holliday	S	21/09/1988	mix	Sydney	18/02/2012	23
11	12:46.76	Jenny Jones	Q	20/04/1967	mix	Brisbane	14/11/1992	25
12	12:48.40	Cheryl Webb	N	03/10/1976	mix	Sydney	22/11/1997	21
13	12:48.76	Lorraine Jachno	V	21/09/1959	2	Melbourne	25/02/1992	32
14	12:48.87	Claire Tallent	S	06/07/1981	mix	Brisbane	07/02/2009	27
15	12:49.20	Linda Coffee	N	31/07/1977	mix	Sydney	13/01/1996	18
16	12:51.56	Wendy Muldoon	V	27/05/1971	3	Melbourne	29/02/1996	24
17	12:51.60	Louise Nicholson	V	26/12/1966	mix	Melbourne	20/02/1992	25
18	12:56.60	Jane Lewry Barbour	S	27/07/1966	mix	Adelaide	05/03/1994	27
19	12:59.40	Bev Wilkins Hayman	N	09/05/1961	mix	Sydney	21/01/1989	27
20	13:02.10	Kelly Ruddick	V	19/04/1973	mix	Geelong	12/01/2013	39
21	13:02.71	Sally Pierson	V	10/03/1963	1	Melbourne	21/02/1982	18
22	13:03.99	Jantien Saltet	N	24/01/1972	4	Brisbane	31/01/1993	21
23	13:04.68	Kellie Wapshott	V	23/08/1981	mix	Sydney	27/02/2010	28
24	13:05.95	Nicole Fagan	N	24/07/1989	mix	Sydney	18/02/2012	22
25	13:06.03	Simone Wolowiec	V	12/02/1974	4	Melbourne	24/02/1994	20
26	13:06.97	Regan Lamble	V	14/10/1991	mix	Sydney	18/02/2012	20
27	13:10.80	Laura Johnson	N	31/08/1984	1	Nassau,Bahamas	12/07/2002	17
28	13:12.9	Megan Szirom	V	18/08/1977	mix	Melbourne	07/01/2006	28
29	13:13.70	Sharon Schnyder	V	01/07/1964	mix	Melbourne	14/11/1991	25
30	13:14.00	Tracy Rosengrave	V	28/08/1977	mix	Melbourne	04/03/2000	22

**NSW CLUB CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 12 JANUARY**

Another great turnout and lots of PBs. Fastest times went to Kyle Malone 12:33.10 and Cheryl Webb 13:18.77. Others to excel included Kirsty Klein 14:02.78, Lauren Bourke 14:10.94, Jasmine Dighton 14:45.83, Sarah Raycanovski 14:10.99, Jessica Cobb 14:25.89, Derek Mulhearn 13:10.59 and Jay Felton 13:18.16. And it was great to see Jess Heazlewood back in action and walking well with 15:05.17.

**Women 3000 Meter Race Walk A Race Open**

1. Webb, Cheryl 37 Blacktown City 13:18.77  
 2. Klein, Kirsty 19 Asics Wests Track 14:02.78 PB 0:15  
 3. Bourke, Lauren 23 Mingara Athl 14:10.94 PB 0:35  
 4. Dighton, Jasmine 17 Illawong 14:45.83 PB 0:07  
 5. Heazlewood, Jess 22 Sydney University 15:05.17  
 6. DeLaine, Eliza 13 Uts Norths 16:37.71  
 7. Brown, Kylie 41 Nepean Distr 16:54.49  
 8. Crichton, Sophie 13 Sydney Pacific 17:42.97  
 9. Cowie, Genevieve 18 Cherrybrook Senior 21:25.44

**Women 3000 Meter Race Walk B Race Open**

1. Raycanovski, Sarah 30 Mingara Athl 14:10.99 PB 1:08  
 2. Cobb, Jessica 23 Blacktown City 14:25.89 PB 2:06  
 3. Southern, Shay 18 Asics Wests Track 15:47.36  
 4. Brown, Suzanne 48 Uts Norths 20:11.69  
 5. Ragus, Gillian 23 Sydney University 20:11.90

**Women 3000 Meter Race Walk C Race Open**

1. Parker, Carmel 48 Uts Norths 19:33.36

**Men 3000 Meter Race Walk A Race Open**

1.	Malone, Kyle	22	Nepean Distr	12:33.10	PB
2.	Mulhearn, Derek	23	Sydney University	13:10.59	
3.	Felton, Jay	18	Mingara Athl	13:18.16	PB 0:30
4.	Mavin, Harrison	12	Sydney Pacific	16:28.34	
5.	Mylonas, Adam	16	Hills District	16:45.31	
6.	Dowling, Frazer	34	Uts Norths	18:53.58	
7.	O'Connell, Declan	14	South Sydney	20:44.75	
	Henry, Benjamin	18	Cherrybrook Senior	DQ	

**Men 3000 Meter Race Walk B Race Open**

1.	Mulhearn, Jordan	21	Sydney University	13:48.00	
2.	Bedford, Kyle	13	Nepean Distr	15:20.13	
3.	Walker, Nick	27	Uts Norths	17:41.74	
4.	Yabsley, Mitchell	19	Cherrybrook Senior	21:55.52	
	Raupach, Ken	52	Sydney Pacific	DQ	

**Men 3000 Meter Race Walk C Race Open**

1.	Osborne, Robert	58	Nepean Distr	16:22.16	
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**QA ALL COMERS MEET, UQ ATHLETICS CENTRE, ST LUCIA, SATURDAY 12 JANUARY**

Queensland walkers were also back in action last weekend with a meet scheduled in Brisbane. The fastest of the walkers was definitely Brad Aiton with his 3000m time of 12:52.65.

**Mixed 5000m Walk**

1.	Woodward, Mikaela	W14	UNQ	28:57.22
2.	Wright, Jessica	W19	JIM	40:10.50
	Martin, Katya	W16	GCV	DNF

**Mixed 3000m Walk**

1.	Aiton, Brad	M19	GCV	12:52.65
2.	Sims, Riley	W13	ATN	21:24.85

**LOVELOCK CLASSIC, AORANGI PARK, TIMARU, SATURDAY 5 JANUARY**

Thanks to David Sim for this New Zealand result.

**3000m Walk Open Open**

1.	Lord, Jonathon	M	Scan	13:18.52
2.	Robinson, Roseanne	W	Hill City	14:50.90
3.	Newitt, Kate	W	Prhl	17:12.29
4.	Meikle, Jenny	W	Canu	17:50.93
5.	Meikle, Ben	M	Canu	20:03.00
6.	Meikle, Rowena	W	Canu	20:38.68
	Meikle, Philip	M	Canu	DNF
	Meikle, Sarah	W	Canu	DNF

**MUNSTER AAI INDOOR CHAMPIONSHIPS, NENAGH, SUNDAY 6 JANUARY 2013**

Robert Heffernan (Togher AC), fourth in the 50k walk at the Olympics, was back in action recently at the Munster Indoor championships in the Nenagh Olympic stadium. On this occasion he competed in the 5,000m and recorded a comfortable win in a time of 19:13.82, some thirty seconds faster than he has done in any previous season's opener. Heffernan's training partner Brendan Boyce (Letterkenny AC), who also competed in the Olympic 50k walk and is now based in Cork where he is coached by Heffernan, chased him home in a time of 19:39.11 to take over twenty seconds off his indoor best. Cian McMenaman (Westport AC), who has also changed his base to Cork to train with Heffernan, was third in 20:18.96 taking over twenty seconds off his indoor best. Another of Heffernan's squad, Luke Hickey (Leevale AC) won the junior 5,000m race, held in conjunction with the seniors, in 21:28.56, 47 seconds faster than his previous best.

**Junior Women 3K**

1.	Claudia Loughnane	Marian	17.14.19
2.	Jodie Cusack	Liscarroll	18.41.41
3.	Sarah Ryan	Templemore	18.45.00

**Senior Women 3K**

1.	Linda Hayes	Templemore	21.46.70
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**Junior Men 5K**

1.	Luke Hickey	Leevale	21.28.56
2.	Evan Lynch	Clonmel	21.44.61
3.	Aaron Egan	Clonmel	26.12.94
4.	Nicholas Dunphy	K.C.H.	31.36.72
5.	Anthony Tobin	Clonmel	DNF

**Senior Men 5K**

1.	Robert Heffernan	Togher	19.13.82
2.	Brendan Boyce	Letterkenny	19.39.11
3.	Cian McManamon	Westport	20.18.96
4.	Sean McMullin	Mullingar Harriers	32.33.11

<b>44<sup>TH</sup> DARTMOUTH RELAYS, DARTMOUTH COLLEGE, HANOVER, NH, SUNDAY 13 JANUARY</b>
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And now to USA for one mile races which were won by Erin Taylor-Talcott 7:12.52 and Dan Serianni 6:26.30. Gosh, I remember racing 1 Mile walks in my youth!

**Women 1 Mile Race Walk**

1.	Taylor-Talcott, Erin	Shore AC	7:12.52
2.	Burnett, Katie	Unattached	7:18.27
3.	Barret, Kelsey	Lancaster RW NY HS	9:06.25
4.	Turner, Laura	Gorham ME HS	9:08.59
5.	Vaitones, Valentina	Golden Spikes NH HS	9:16.04
6.	Gray, Kayla	Lake Region	9:23.47
7.	Roach, Mandy	Rive-Sud CAN	9:29.85
8.	Sipior, Christina	Lancaster RW NY HS	9:34.28
9.	Luthart, Briona	Lancaster RW NY HS	9:45.41
10.	Staskiewicz, Morgan	Lancaster RW NY HS	10:18.64

**Men 1 Mile Race Walk**

1.	Serianni, Dan	Team ACE	6:26.30
2.	Adamowicz, Marek	Rive-Sud CAN	6:34.48
3.	Talcott, Dave	Shore AC	7:17.50
4.	O'Rourke, Edward	New England Walkers	7:43.60
5.	Dunn, Spencer	Maine Racewalker ME HS	7:43.67
6.	Chartier, Dominic	Unattached CAN	8:38.84
7.	Epstein, Larry	New England Walkers	9:14.65

<b>ELENA RODIONOVA MEMORIAL TRACK MEET, CHELYABINSK, RUSSIA, SUNDAY 6 JANUARY</b>
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Thanks to Portugese site Omarchador (see <http://omarchador.blogspot.pt/2013/01/olga-shargina-16-anos-com-12382-em.html>) for these results from Russia. 16 year old Russian walker Olga Shargina was one of a number of walkers to excel in the Elena Rodionova Memorial Indoor Track Meet, held just over a week ago in Chelyabinsk, a city of 1 million inhabitants in the Ural Mountains. Her time of 12:38.2 in the Youth 3000m was outstanding. Natalia Makarova (21:53.0) and Iuriy Andronov (19:44.8) were the winners in the 5000m walks. The meet saw a total of 92 walkers in the various events. Unfortunately we only have the results from the 5000m walk.

**5000m Men**

1.	Iuriy Andronov	1971	19.44.8
2.	Aleksandr Zhigalov	1990	20.12.6
3.	Dimitryi Solovjov	1993	20.36.4
4.	Nikita Lifanov	1989	22.44.3
5.	Ildar Subeev	1993	22.56.4

**5000m Junior Men**

1.	Aleksandr Kazantsev	1995	22.24.9
2.	Pavel Rodionov	1994	23.53.8
3.	Leonid Balabanov	1994	24.01.5
	Ivan Vychegzhanin	1994	DQ
	Maksim Krasnov	1996	DNF

**5000m Women**

1.	Natalia Makarova	1987	21.53.0
2.	Lina Bikulova	1988	22.09.8
3.	Natalia Holodilina	1989	22.16.4
4.	Vilena Shaimardanova	1992	25.15.9
	Rufina Muchametova	1991	DNF

**5000m Junior Women**

1.	Irina Michailova	1994	23.51.3
2.	Julia Shamratova	1994	24.58.7
3.	Zilia Garipova	1995	25.05.1
4.	Marina Ignatova	1995	25.47.7
5.	Ksenia Krikunova	1994	26.14.7
	Anastasia Graber	1995	DNF

<b>PORTUGESE ROUNDUP</b>
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And finally some results from Portugal, again compliments of OMarchador.

Vera Santos (3000m 13:47.27) and João Vieira (5000m 20:30.85) were crowned Lisbon winter track walk champions last weekend.

**3000m Women**

1.	Vera Santos	Sporting CP	13.47,27
2.	Alexandra Lamas	CA Galinheiras	15.45,87
3.	Maria Orlete Mendes	CA Galinheiras	17.56,11
4.	Raquel Botelho	ACR Mealhada	18.25,68
5.	Eugénia Fernandes	CA Galinheiras	19.42,17

**5000m Men**

1.	João Vieira	Sporting CP	20.30,85
2.	Sérgio Vieira	SL Benfica	20.36,30
3.	Pedro Isidro	SL Benfica	20.37,11
4.	Nuno Santos	Sporting CP	23.20,23
5.	Pedro Santos	SL Benfica	24.21,03

Ana Cabecinha (3000m 13:09.45) and Grigore Navin (5000m 23:59.71) won the first round of the Algarve Regional Winter Track Championships last Saturday in the city of Quarteira. Cabecinha then powered through to 5000m, recording 21:48.05 to be close to her PB.

**3000m Women**

1.	Ana Cabecinha	CO Pechão	13.09,45
2.	Filipa Ferreira	CO Pechão	14.17,24
3.	Edna Barros	CO Pechão	15.11,82
4.	Laura Leal	CO Pechão	15.57,21
5.	Marta Leal	CO Pechão	17.00,75

**5000m Women (extra distance)**

1.	Ana Cabecinha	CO Pechão	21.48,05
2.	Filipa Ferreira	CO Pechão	24.11,06
3.	Edna Barros	CO Pechão	25.46,09

**5000m Men**

1.	Grigore Navin	NDE Tomás Cabreira	23.59,71
2.	Daniel Sousa	CO Pechão	25.55,87
3.	Fábio Dias	CO Pechão	26.55,40
4.	Artur Domingos	CD Quarteira	27.10,46
5.	Ricardo Castro	CD Quarteira	30.51,63

And finally, the indoor track in Pombal was the venue last weekend for Portugese district championships for the districts of Leiria, Santarém, Coimbra and Castelo Branco. Inês Henriques (CN Rio Maior, Santarém) won the women's 3000m in a very fast time of 12.43,35 while Junior walker Miguel Carvalho (CN Rio Maior, Santarém) prevailed in the 5,000 meters with 21.36,90.

**3000m Women**

1.	Inês Henriques	CN Rio Maior	12.43,35
2.	Sandra Silva	Gira Sol/RC	14.08,71
3.	Liliana Martins	GCA Donas	14.32,23
4.	Mara Ribeiro	CN Rio Maior	14.43,82
5.	Marisa Soares Pereira	J Vidigalense	15.54,57

**5000m Men**

1.	Miguel Carvalho	CN Rio Maior	21.36,90
2.	Bruno Pedro	GA Casais Vento	21.52,06
3.	Cristiano António	AC Vermoil	22.09,65
4.	Luís Silva	J Vidigalense	22.20,62
5.	Tiago Miguel	CA Ferreira Zêzere	24.01,24

## WALKING SHORTS

KYIV (UKR, Jan 11-12): On the first day of the All-Ukrainian Indoor meet at Kyiv, 19-year-old World Junior Championship 4<sup>th</sup> place getter Liudmyla Olyanovska showed impressive speed in winning the women's 3000m race walk with a time of 12:38.43. Ihor Hlavan won men's 5000m walk with 19:24.37.

## TALLEN AND LASMANOVA WALKERS OF THE YEAR

Last week All-Athletics.com (<http://www.all-athletics.com/>) announced the 2012 Race Walkers of the Year for the World, as well as for the different geographic areas.

All-Athletics.com Race Walkers of the Year 2012 in the World:	Male: Jared Tallent (Australia) Female: Yelena Lashmanova (Russia)
All-Athletics.com Race Walkers of the Year 2012 in Africa:	Male: Marc Mundell (South Africa) Female: Grace Wanjiru Njue (Kenya)
All-Athletics.com Race Walkers of the Year 2012 in Asia:	Male: Zhen Wang (China) Female: Hong Liu (China)
All-Athletics.com Race Walkers of the Year 2012 in Europe:	Male: Sergey Kiryapkin (Russia) Female: Yelena Lashmanova (Russia)
All-Athletics.com Race Walkers of the Year 2012 in North and Central America:	Male: Erick Bernabé Barrondo (Guatemala) Female: Jamy Franco Nunez (Guatemala)
All-Athletics.com Race Walkers of the Year 2012 in Oceania:	Male: Jared Tallent (Australia) Female: Claire Tallent (Australia)
All-Athletics.com Race Walkers of the Year 2012 in South America:	Male: Eider Arevalo (Colombia) Female: Anabelly Orjuela (Colombia)

The Athletes of the Year are based on the All-Athletics.com Overall Rankings dated 01 January 2013. The All-Athletics.com Rankings are published weekly and can be viewed at <http://www.all-athletics.com/en-us/current-world-rankings>.

## VRWC CLUB RECORD UPDATE


Kelly Ruddick has done it again, breaking her W35 3000m Track Walk club record.

Kelly Ruddick                      3000m Track Walk W35                      13:02.10                      Ballam Park                      12/01/2012

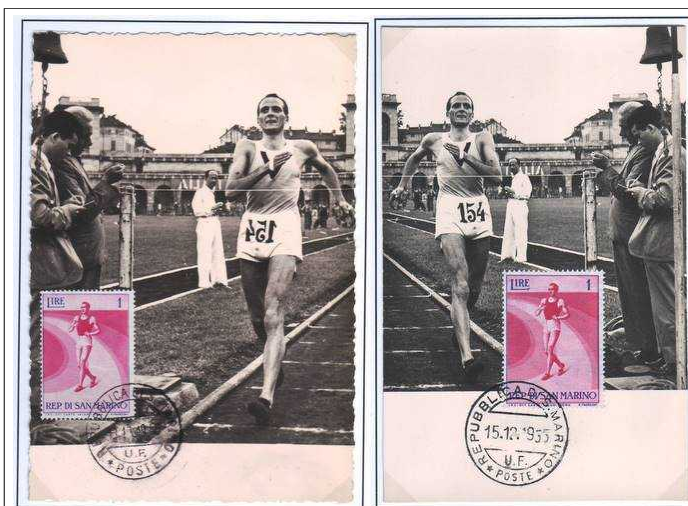
You can see the current club record listings at <http://www.vrwc.org.au/vrwc-records.shtml>.

## EVEN MORE RACEWALKING STAMPS

Our stamp related theme continues this week with further items of interest, again from Alex Wijsman of Holland. In fact, I now have so much racewalking philatelic information that I have split it across two pages - <http://www.vrwc.org.au/vrwcstamps.shtml> and <http://www.vrwc.org.au/vrwcpostmarks.shtml>.

	<p><b>1957 - Dominican Republic : 1956 Olympic Champions</b></p> <p>We have seen this set of 8 stamps before but this partial copy of the stamp set is of special significance as it is signed by Norman Read, the 1956 Olympic 50km champion featured on the walks stamp. Owner Alex Wijsman explains:</p> <p><i>This cover was signed by Norman Read when he was in Europe. Harold ven Beek arranged it for me. Norman was surprised and liked it very much. He said: "This is the first time that I have signed such a thing." A few months later he died.</i></p>
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### 1954 - San Marino

Again, we have seen this stamp before - it was one of the two very first stamps to feature the sport of racewalking, being issued by San Marino in 1954.

Alex has shown me two more Postal Cards featuring this stamp. Each picture on the Photo Cards again features Giuseppe Dordoni. The photo with start number 154 is the original and the second is a negative photo. Interesting stuff!



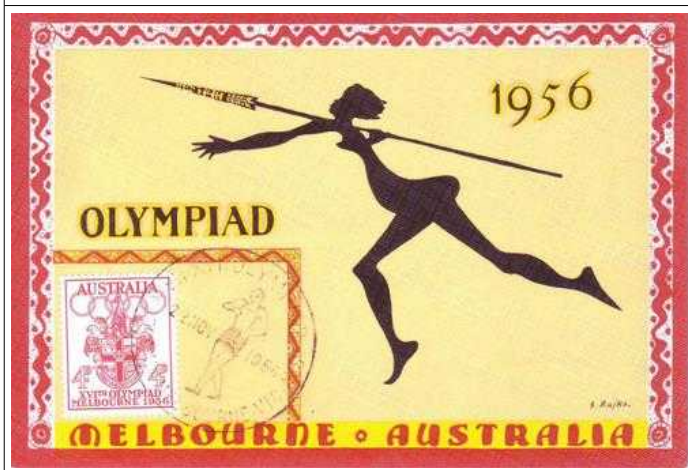
### 1957 - Dominican Republic

Again, although we have reviewed this stamp before, Alex has provided further information about it so it gets a second look.

The Ugo Frigerio stamp was issued twice more, each time with a different overprint.

The first re-issue featured the words 'Asistencia Refugiados Hungaros 1957' - Help to the people from Hungary 1957. Leaflets were also issued in the Dominican Republic at the same time.

The second re-issue was in 1959 and featured the words 'III Juegos Deportivos Panamericanos' - III Pan American Games.



### 1956 - Australia

And finally an Australian postcard which was released during the 1956 Olympics in Melbourne. The 1956 Olympic postmark, although faint, definitely shows a racewalker. It is dated 22 Nov 1956 - the 50km walk was on Nov 24 and the 20km walk was on Nov 28 so it must have been released at the start of the athletics program. I wonder if other sporting related postmarks were also released during these Games?

## THE FALLS CREEK CAMP IS DONE FOR ANOTHER YEAR

Our VRWC Falls Creek camp came to an end last Friday as we packed up bags and set out for home after our stay in the Victorian High Country. Falls Creek is at 1600m altitude so our 13 days of training there should definitely produce some beneficial racing effect in the next few weeks and it certainly looks to be paying dividends already with PBs recorded last weekend by camp participants Brad Simpson (13:30.9), Kyle Bird (13:27.4), Amanda Heard (26:16.18), Kirsty Klein (14:02.78) and Jasmine Dighton (14:45.83).

We had 31 camp participants, our biggest ever, and our 13 day stay was our longest ever. So well done to everyone on big effort. One final set of photos to paint the picture a little more!



**Megan Szirom talks to the girls - from left to right: Kirsty Klein, Stephanie George, Shannon Jennings, Katya Martin, Kate Holt, Hayley George, Tanya Holliday and Megan**



**Training makes you so hungry! - Shannon Jennings, Kirsty Klein and Brad Simpson**



**Starting a 1km rep - Billy Allamby, Kyle Bird, Brad Aiton, Lucas Taylor, Jasmine Irshad, Brad Simpson, Kirsty Klein, Shannon Jennings and Kate Holt**





**Left: Contemplating the task ahead - Brad Simpson, Tanya Holliday and Jesse Osborne  
Right: What a backdrop for training - Tanya and Brad**



**Left: Where are they, I've got the drink bottles ready!  
Right: The sign may say SLOW DOWN but Kirsty Klein has other ideas**



### ENTRIES NOW OPEN

Quite a few online entries are now open.

- Entries have 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 are open for the **Victorian Youth T&F Championships** at Lakeside Stadium from **8-10 February**....the draft timetable is also available. See <http://www.athsvic.org.au/events/detail/victorian-junior-track-field-championships>

- Entries have 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](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887)

Events to be conducted in Hobart include:

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

Entries for this carnival close: Monday 11<sup>th</sup> February, 2013

## WHAT'S COMING UP

- **Athletics Victoria Shield Competition** continues this Saturday with regions contesting Round 11 (2000m walks). See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

AV Shield Round 11 - East Zone	Bill Sewart Athletics Track, East Burwood
AV Shield Round 11 - South East Zone	Duncan McKinnon Reserve, Murrumbidgee
AV Shield Round 11 - North West Zone	Moonee Valley Athletics Track, Aberfeldie
AV Shield Round 11 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 11 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 11 - Ballarat Zone	Llanberris Reserve, Ballarat

- Then on Sunday 20<sup>th</sup> January we host the **Victorian 5km Teams Championships** at Middle Park. The timetable reads

Sunday 20 <sup>th</sup> January 2013, AV and VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	<b>AV 5km Teams Championship</b>	<b>Open Men</b>
	<b>AV 5km Teams Championship</b>	<b>Open Women</b>
	5km, 3km	Open
10.00am	3km	Under 15
	2km	Under 12
	1km	Under 9

**AV Entries close at midnight on Wednesday** - see <http://www.athsvic.org.au/events/detail/2013-av-walks-series-5km-team-walk> - so get busy and get your team organized.

- Finally, the **Australian Youth Olympic Festival** will be held in Sydney from 16-20 January and it will be huge - 1700 athletes from 30 nations competing in 17 sports. The athletics competition will be conducted on January 18 and 19 at the Sydney Olympic Park Athletic Centre at Homebush and four walkers will be in action - **Nathan Brill, Adam Garganis, Zoe Boldiston and Tayle-Paige Billington**. Their 5000m walk is scheduled for 6PM on Saturday 19 January and you should be able to pick up the results from the AYOF website <http://ayof2013.olympics.com.au>.

## 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

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 <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2013 International Fixture

July 6-17, 2013 **27<sup>th</sup> Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)

July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
 Aug 10-18, 2013 **14<sup>th</sup> 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° 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	<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

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