



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 11  
10 December 2013



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### TIM'S WALKER OF THE WEEK

While the other Athletics Victoria Shield venues had a day off last weekend, the Bendigo region went ahead with their scheduled competition and 12 year old **Zahra Hayes** starred over the 3000m distance and with a time of **15.14.30**. It broke Jess Rothwell's 2003 Athletics Bendigo U14 Girls record by 1.6 seconds and was a 27 second PB. I think that deserves Walker of the Week!



Launceston in September - the Victorian U14 girls team - Madison Hill, Zahra Hayes, Tegan Miller and Jemma Peart

### BRWC WILLI SAWALL 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 1 DECEMBER

Thanks to Sarah Brennan for the latest results from the Ballarat Race Walking Club.

It was a sunny but windy day for the annual Willi Sawall 3km Handicap which was held in conjunction with the KIDS Foundation / Best O Lake 3km Fun Run. This provided a great opportunity for our walkers to strut their stuff amongst the fun runners, and they beat quite a few to the finish line! A lot of PBs were recorded as a result. The handicap win went to young Kayla Bridges, who walked a big 1:12 PB of 20:52. Line honours went to Sarah Brennan in 15:34.

#### 3km Sealed Handicap

1.	Kayla Bridges (8)	20:52	PB 1:12
2.	Mia Darlow (8)	21:19	PB 0:57
3.	Fraser Saunder (9)	19:40	PB 1:06, U10 M Record
4.	Jemma Peart (12)	16:01	U14 W Record
5.	Kasey Bishop (10)	20:13	PB 0:54
6.	Ruby Saunder (9)	20:35	PB 0:06
7.	Kobie Somerfield (17)	17:45	U18 W Record
8.	Sarah Brennan (37)	15:34	Open W Record
9.	Jessika Bridges (11)	21:41	
10.	Alanna Peart (10)	18:01	

Following the race, the annual BRWC Presentations were held with the 2012/13 Aggregate Winners listed as follows. Full results can be found on the BRWC website [www.ballaratracewalkers.com](http://www.ballaratracewalkers.com).

Best Club Person	Wayne Peart
U10 Girls	Kasey Bishop
U10 Boys	Fraser Saunder
U15 Girls	Olivia Davis
U15 Boys	Rodney Davis
Open Men / Women	Sarah Brennan

The AGM saw the unopposed re-election of Deb Darlow as President, Sarah Brennan as Secretary and Kerrie Peart as Treasurer.



**Willi Sawall 3km Handicap winner Kayla Bridges with the man himself - the great Willi Sawall**

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 DECEMBER**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. A return to winter!

**800m Walk**

1.	Jemma Potenzny	5:43	
2.	Rhiannon Lovegrove	5:55	
3.	George White	6:02	M68
4.	Marie Maxted	6:04	W53
5.	Leigh Smith	6:04	M78
6.	John Hore	6:05	M65
7.	Graham Harrison	6:07	M70
8.	Felicity Henderson-Wilson	6:07	
9.	Roger Lowe	6:10	M70
10.	Gill White	6:11	W65

**3km Walk Yacht handicap**

1.	Paul Boyce	24:40	65.43%	M75
2.	David Robertson	25:38	65.82%	M80

**5km Walk Yacht handicap**

1.	Graham Harrison	35:21	70.86%	M70
2.	Jemma Potenzny	24:22		
3.	Bill Starr	35:10	72.11%	M71
4.	Leigh Smith	37:23	74.65%	M78
5.	Colin Hainsworth	39:28	76.51%	M83
6.	Marie Maxted	31:50	72.10%	W53

7.	Peter Crump	27:34	76.31%	M53
8.	Roger Lowe	38:12	65.57%	M70
9.	Linda Whitelaw	38:39	63.22%	W59

### AUSTRALIAN ALL-SCHOOLS CHAMPIONSHIPS, TOWNSVILLE, QLD, 6-8 DECEMBER

A staging in the far north Queensland city of Townsville combined with expected hot conditions mean that overall numbers were down at the 2013 Australian All-Schools championships but there was no lack of quality overall, with a number of outstanding performances and a number of records broken. Full results at [http://www.nswathletics.info/liveresults/2013/aa\\_as/](http://www.nswathletics.info/liveresults/2013/aa_as/).

The walk fields were small but still keenly contested. The first walks, for U14 and U18, were held on Friday evening, a blessing given the hot conditions during the day. Ryan Thomson (NSW) and Raquel Roukos (NSW) won the U14 events while Tayla-Paige Billington (VIC) and Kyle Bird (VIC) won the U18 walks.

#### Boys 3000m Walk 14, 8:10PM, Friday 6 November

1.	Thomson, Ryan	NSW	16:02.81
2.	Vidler, Jake	SA	16:10.33
3.	Hockley Samon, Harry	VIC	16:34.23
4.	Mead, Jonah	QLD	16:49.03
5.	Goode, Jayden	SA	17:01.65
6.	Bassard, Jeremy	QLD	17:55.25
7.	Gerken, Christopher	WA	18:01.24
8.	Kezic, Tim	WA	20:20.41
	Burns, Callum	ACT	DQ
	Millican, Hayden	NSW	DQ

#### Girls 3000m Walk 14, 8:10PM, Friday 6 November

1.	Roukos, Raquel	NSW	14:47.59
2.	Hayward, Katie	QLD	14:48.88
3.	Cross, Bethany	SA	15:21.09
4.	De Laine, Eliza	NSW	15:25.82
5.	Hunt, Gabby	ACT	15:41.54
6.	Smith, Clancy	QLD	18:05.59
	Kezic, Tina	WA	DNF

#### Girls 5000m Walk U18, 8:40PM, Friday 6 November

1.	Billington, Tayla-Paige	VIC	24:01.25
2.	Resch, Ashleigh	ACT	25:09.93
3.	Hunt, Zoe	ACT	25:27.71
4.	Walsh, Danielle	SA	26:03.86
5.	Dighton, Jasmine	NSW	26:13.83
6.	Hill, Jayde	NSW	26:44.59
7.	Grujoski, Stephanie	NSW	28:35.02
8.	Sims, Jesse	QLD	29:19.98
9.	Benzenati, Kenza	QLD	29:43.64
10.	Gerken, Caitlin Louise	WA	30:25.89
11.	Boardman, Lucy-Rose	QLD	31:26.22

#### Boys 5000, Walk U18 , 8:40PM, Friday 6 November

1.	Bird, Kyle	VIC	24:18.27
2.	Tingay, Declan	WA	26:03.65
3.	Mylonas, Adam	NSW	26:42.70
4.	Jobson, Luke	NSW	27:40.03

The U16 walks were held on the Saturday afternoon in hotter conditions but the winning times were still good - Victorians Emmet Brasier 13:49.35 and Jemima Montag 13:14.42 took overall honours. In fact, Jemima's time was a new meet record and only 1 second outside her PB - it was no doubt the walk of the meet. And a special mention to WA walker Declan Tingay who took silver in U16 and U18 events.

#### Boys 3000m Walk U16, 5:10PM, Saturday 7 December

1.	Brasier, Emmet	98	VIC	13:49.35
2.	Tingay, Declan	99	WA	13:56.83
3.	McCutcheon, Luke	98	QLD	14:10.92
4.	Kerr, Aidan	98	NSW	15:24.33
5.	Clay, James	99	NSW	15:53.98
6.	Goode, Jayden	00	SA	16:53.99
7.	Mingin, Ben	99	QLD	17:18.86

Brown, Nathan	98	NSW	DQ
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**Girls 3000m Walk U16, , 5:10PM, Saturday 7 December**

1.	Montag, Jemima	98	VIC	13:14.42
2.	Smith, Clara	98	QLD	14:03.90
3.	McDonald, Jasmyn	99	NSW	14:41.39
4.	Cross, Anna	99	SA	15:02.92
5.	Hunt, Gabby	00	ACT	15:28.96
6.	Francis, Lucy	99	NSW	15:28.98
7.	Cross, Bethany	00	SA	15:42.64
8.	Huse, Philippa	99	VIC	15:45.36
9.	Woodward, Mikaela	99	QLD	15:51.80
10.	Minett, Rhiannon	98	NSW	15:59.77
11.	Henderson, Emma	98	QLD	17:02.47



**Left: U16 - Clara Smith, Jemima Montag and Jasmyn McDonald  
Right: U16 - Declan Tingay, Emmet Brasier and Luke McCutcheon**



**U14 Boys' winner Ryan Thomson with coach Cheryl Webb**

## AV SHIELD ROUND 8, LA TROBE UNIVERSITY TRACK, BENDIGO, FRIDAY 5 DECEMBER

While the other Athletics Victoria Shield venues had a day off last weekend, the Bendigo region went ahead with Round 8 (don't ask me why it was round 8 - I just report the results!) and 12 year old **Zahra Hayes** starred over the 3000m distance and with a time of **15.14.30**. It broke Jess Rothwell's 2003 Athletics Bendigo U14 Girls record by 1.6 seconds and was a 27 second PB. She was able to chase Zoe Boldiston the whole way as Zoe powered through to her time of 14:56.43. Bendigo racewalks coach Paul Rance also dusted off the racing shoes with a good 15:26.68. Madison Hill was the sole 1500m walker with her 8:41.75.

### Mixed 3000m Race Walk

1.	BOLDISTON, ZOE	W16	SOUTH BENDIGO	14:56.43
2.	HAYES, ZAHRA	W12	SOUTH BENDIGO	15:14.30 PB 0:27
3.	RANCE, PAUL	M55	SOUTH BENDIGO	15:26.68
4.	WHILEY, EBONY	W18	EAGLEHAWK YMCA	17:34.90
5.	CURTIS, ANNETTE	W57	SOUTH BENDIGO	22:19.13

### Mixed 1500m Race Walk

1.	HILL, MADISON	W13	SOUTH BENDIGO	8:41.75
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## KURRAWA2DURANBAH ULTRA, KURRAWA, QUEENSLAND, SUNDAY 8 DECEMBER

With no local competition on offer last weekend, some hardy Queensland Race Walking Club members travelled to Kurrawa on the Gold Coast to compete in the Kurrawa2Duranbah races last Sunday (see <http://www.kurrawa2duranbah.com/>). The route follows the footpaths and roadways from Kurrawa to Duranbah and back, along one of the world's most iconic beaches and distances on offer ranged from 15km to 50km.

While technically a running race, the walkers did walk so I can report on their performances, albeit unofficially. Peter Bennett completed the 50km event and the others completed the 15km event. Their times were as follows:

50km	Peter Bennett	80 <sup>th</sup>	5:17:58
15km	Nyle Sunderland	108 <sup>th</sup>	1:36:45
	Paul Lindenberg	122 <sup>nd</sup>	1:41:12
	Kay Shaw	127 <sup>th</sup>	1:49:56
	Deb Lindenberg	139 <sup>th</sup>	1:52:18



In action at Kurrawa - Deb and Paul Lindenberg, Nyle Sunderland, Kay Shaw and Peter Bennett (photo Robyn Wales)

## ATHLETICS SA SHIELD COMPETITION, SANTOS STADIUM, MILE END, ADELAIDE, SAT 7 DEC

Thanks to Kim Mottrom for his weekly report from Adelaide. He commented: We had a small field here due to All Schools and a 28C day which felt much warmer on the track. I don't think we had any PBs in this race, but good walks from Troy Hooker again and Peter Crump at the front of the field.

## Open 2000m Walk

1.	Troy Hooker	10:09.20
2.	Peter Crump	10:31.79
3.	Rhiannon Lovegrove	10:39.07
4.	George White	10:48.06
5.	Jack Russell	11:03.60
6.	Felicity Henderson Wilson	11:19.99
7.	Barbara Cain	14:10.89
	Erin Dallimore	DQ
	James Hoare	DQ

## HONG KONG 20KM NATIONAL ROADWALKS, HONG KONG, SUNDAY 1 DECEMBER

I reported last week on the Hong Kong National 20km roadwalk championships. Results are now available on their website (see <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>) and the first few in each division are reported below.

### Women's Senior 20km

1.	KEUNG OI YAN	2:45:51
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### Men's Senior 20km

1.	TSE CHUN HUNG	1:41:01
2.	CHIN MAN KIT	1:41:44
3.	SIU MAN SHUN	2:03:01

### Men's Junior 5km

1.	YUNG SUI TING	31:58
2.	CHAN KA HEI	32:11
3.	TSANG CHUNG YIN	34:53

### Men's Junior 10km

1.	CHONG HIU FUNG	1:01:06
2.	CHU HO TING	1:11:16

### Men's Master 20km

1.	CHEUNG WING HIN DANIEL	2:03:32
2.	GREGOIRE PETER JOHN	2:03:33
3.	CHAN KA CHUN BILLY	2:04:35
4.	FUNG FOR YAU	2:09:28
5.	LIU HAK MING	2:11:08
6.	FU CHI WING JAOON	2:11:54
7.	FONG SAI HO	2:10:43
8.	LEUNG TING KIN	2:13:09
9.	CHIM YIU CHEUNG	2:19:08
10.	CHAN WAI ON	2:20:46

### Women's Master 20km

1.	KWOK CHIK HA	2:07:00
2.	CHENG IP MING	2:10:24
3.	CHAN CHUN FUNG	2:13:53
4.	KWAN SIU YIN	2:15:58
5.	TAI SAU KING IRENE	2:16:09
6.	IP CHEUNG SAU	2:20:44
7.	SUEN WAI HA	2:20:59
8.	SIU WING SHEUNG	2:24:05
9.	CHOI KIN YUNG	2:28:30
10.	LI SIU YING	2:29:33

## MKH PUTRAJAYA INTERNATIONAL 12 HOUR WALK, PUTRAJAYA, MALAYSIA, DECEMBER 7-8, 2013

The annual MKH Putrajaya International 12 Hour Walk was held last weekend in Putrajaya, the administrative capital of Malaysia, just south of Kuala Lumpur (see <http://www.racewalkermalaysia.com/12-hour-walk.php>). It is always a mass participation event and Australians often compete. This year Sydney based ultra walker **Saul Richardson** waved the Aussie flag on our behalf so I chatted with him post event to get his perspective on the event and his own performance:

I got in to Putrajaya a few days early to acclimatise and relax a bit before the race. A nice excuse to be away from work for a couple of days! It is a very clean, modern planned city like Canberra. It is also where all the government administration is

done, in lots of ornate and grandiose buildings. It is on a lake and is a very nice spot. Excellent for walking too, flat and great footpaths.

Before I started, I set myself to goal of 80km and a top ten finish, both of which I managed. There were 700 walkers, mostly Malaysians, but a bunch from other countries too. The biggest other contingent was from Hong Kong. There were three from France including Claudine, who has walked the Paris-Colmar race a number of times.

It was quite hot, not too bad though for me coming from Sydney. However it was extremely humid so I was careful to drink plenty throughout the race. I got off to a good start, aiming for 8 minute laps on the 1km loop. I did 44km in the first 6 hours, a 6 hour PB for me. I then took a very short break to change my shoes but found it hard to get moving again. The second half was noticeably slower. I got to 80km in 11:53 and was 10m short of the line when the hooter went to signal the end of the race. As they only log complete laps in this race, my official total was 80km. However the actual distance was 80.99. It got a little confusing at the end as the race clock was still showing a minute left. Either way, for me it was a 6 and 12 hour PB, and 9<sup>th</sup> place. I'm delighted!

It was a brilliantly organised event with a great atmosphere. Being at an ultra walk with so many people was exciting. Also, 700 people plus their supporters and organizers there for over 12 hours, and not a bit of litter, no one spitting all over the course, and people even made sure to vomit into garbage bins if they'd overdone things a bit. Timing was by computer chip, was accurate and the results processed really quickly. Also, there is prize money for the top 15 places. I'd really recommend this event, it really is excellent. Putrajaya is very, very easy to get to with lots of great accommodation options and cheap flights too.



**Saul Richardson in action in the Putrajaya 12 Hour ultra walk - a PB of 80.99km (photo Emmanuel Tardi)**

He wasn't the only one there - the intrepid Emmanuel Tardi was also participating and shared his thoughts on the event.

I was in Putrajaya (Malaysia) last weekend for their annual 12 hours racewalk event. Putrajaya is a very new city that will become the capital of Malaysia in the next 10 years. The race was on a 1km lap in the middle of the city on the main avenue. The start time was 8pm on the Saturday evening and the end time was 8am on the Sunday morning. The event saw more than 1000 starters but, as usual, lots of them walked only a few hours before stopping. There were a number of foreign walkers, from Hong Kong, from France, from Australia.

In the men's race, Mohd Khair Ahmad and Mohd Rahman Bin Abu Bakar were well in front after the first 2 hours. After about 6 hours, Ahmad sped up and cleared away to become a sole leader. While Ahmad's style was perfect, Bakar's was suspect and he received two red cards as the race progressed. In this event, you are docked one lap for each red card so overall, Bakar had 2 laps subtracted from his final total. That meant that Ahmad won with 98 laps (98km) ahead of Bakar with 94 laps (94 km). Singapore Peter Back who came 3<sup>rd</sup> (91 laps) is an Australian who has lived in Singapore for about 16 years and is a race walker.

In the women's race, marathon runner Chooi Fern (age 23 - 2<sup>nd</sup> with 3:30 in the last Kuala Lumpur Marathon) started fast with perfect style and was untroubled to win with 87 laps (87km). French ultra star Claudine Anxionnat started slower and could not catch her, eventually finishing third with 84 laps (84km).

For myself, as usual ...., I have big problems with sleeping and I stopped the race after 9 hours for a long rest :(

See [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10202004597710663.1073741840.1657411914&type=1](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10202004597710663.1073741840.1657411914&type=1) for a large selection of photos that Emmanuel has placed on Facebook. Emmanuel's next race will be the "Coupe de Noel " in Yverdon, Switzerland, next Sunday. Talk about no rest for the wicked!

12 Hour Walk Men		Country	Laps	Red Cards	Final Distance	Time
1.	Mohd Khair B. Ahmad	MALAYSIA	98	0	98km	11:58:41
2.	Mohd Rahman Bin Abu Bakar	MALAYSIA	96	2	94km	11:58:41
3.	Peter James Back	SINAGAPORE	91	1	90km	11:52:28
4.	Leung Ting Kin	HONG KONG	90	0	90km	12:00:52
5.	Michael Charles Campaniello	MALAYSIA	85	1	84km	11:52:25
6.	Foong Fatt Heng	MALAYSIA	83	0	83km	11:54:27
7.	Sivu Subramanian	MALAYSIA	82	0	82km	12:00:01
8.	Krishnan A/L Rengasamy	MALAYSIA	81	0	81km	11:53:31
9.	Saul Richardson	AUSTRALIA	80	0	80km	11:53:31
10.	Eng Hup Boh	MALAYSIA	80	1	79km	11:26:19

12 Hour Walk Women		Country	Laps	Red Cards	Final Distance	Time
1.	Loh Chooi Fern	MALAYSIA	88	1	87km	11:55:27
2.	Norazilah Binti Osman	MALAYSIA	85	1	84km	11:53:29
3.	Claudine Anxionnat	FRANCE	84	0	84km	11:57:46
4.	Nor Zalika Binti Mohd Asri	MALAYSIA	82	0	82km	12:00:20
5.	Tai Sau King, Irene	HONG KONG	82	1	81km	11:56:46
6.	Chu Chee Ning	MALAYSIA	77	2	75km	11:48:34
7.	Tan Boon Gaik	MALAYSIA	75	3	72km	12:00:32
8.	Winnie Wong	MALAYSIA	72	0	72km	11:59:27
9.	Pon Sew Peng	MALAYSIA	71	0	71km	11:55:20
10.	Lin Wing Yee	MALAYSIA	71	0	71km	12:00:58



Mohd Rahman Bin Abu Bakar, Mohd Khair Ahmad and Chooi Fern (photos Emmanuel Tardi)

## OUT AND ABOUT

- Great IAAF website article on Australian **Jared Tallent**  
<http://www.iaaf.org/news/feature/jared-tallent-iaaf-world-race-walking-cup-tai>
- Want to live to an old age - brisk walking is your recipe.  
See [http://well.blogs.nytimes.com/2013/12/04/why-a-brisk-walk-is-better/?\\_r=1&](http://well.blogs.nytimes.com/2013/12/04/why-a-brisk-walk-is-better/?_r=1&)
- Former Italian racewalker and triple Olympian **Annarita Sidoti** is facing her biggest battle yet - read all about it in <http://www.omarchador.blogspot.pt/2013/12/sidoti-nao-quer-perder-batalha.html>



- Thanks to WalkCentral (see <http://www.walkcentral.com/november-athlete-of-the-month.php>) for letting us know about this one. European athlete of the month nominations for November has been announced and two racewalkers have made the shortlist in the mens category. **Alvaro Martin** of Spain finished 3<sup>rd</sup> at this summer's European Junior 10,000m Walk championships and in November recorded a Spanish senior best over 5km on the road with 20:03 at the 26<sup>th</sup> edition of the March Toledana. At just 19 and having also competed in an Olympic Games over 20km is certain to have a bright future. The 2<sup>nd</sup> walker in contention is Russias **Pyotr Trofimov**. He represented Russia at the world championships in Deagu in 2009 and in November took to the road around Taihu in Wuzhong, China, to take on a new form of racewalking competition that takes some inspiration from the Tour de France. Over 4 consecutive days of competition Pyotr performed well over all days and finished the tour in 2<sup>nd</sup> place overall. Anyone can vote so help the walkers - vote at [https://www.facebook.com/EuropeanAthletics/app\\_651633448222375](https://www.facebook.com/EuropeanAthletics/app_651633448222375).
- Former Polish racewalker and coach **Bohdan Bulakowski** will be the new head coach of Guatemala. This week he visited the Estadio Mateo Flores to meet with athletes Erick Barrondo, Mirna Ortiz, Jaime Quiyuch, Mayra and Anibal Herrera Paa and 23 walkers. Bulakowski will take up his position on the 1<sup>st</sup> January 2014. Read all about it at <http://www.walkcentral.com/new-head-coach-guatemala.php>.



**Caught by the camera at the London Olympic 50km - English walker Peter Ryan with Bohdan Bulakowski. They had both trained together in Mexico in their heyday as international walkers (photo Tim Erickson)**

- This also comes as **Erick Barrondo** wins overall athlete of the year for Guatemala and **Mirna Ortiz** takes senior women's athlete of the year. It was a Polish coach that revolutionized Mexican walking back in the 60's and 70's and its clear that Guatemala are willing to invest in there racewalkers as an event that can give global success to the country. After winning athlete of the year Erick Barrondo commented: "Athletes have to be compared to me, they have to work as an athlete because an athlete must bring joy to their country."
- New Zealand walker **Quentin Rew**, now based in Leeds in England, was the first walker to finish in the Syd Quirk Half-Marathon which was held on Sunday 24 November on the Isle of Man - his time a fast 1:32:48.
- Sydney distance running coach Ken Green talks about how the Sydney Running Academy is hoping for team, and individual success, over the coming years. An interesting article about how one event group is taking it upon themselves to develop their discipline in Australia, given the diminishing role of Athletics Australia in the development field. See <http://www.insideathletics.com.au/distance/14033-is-asics-sydney-running-academy-a-model-for-athletics-future>

#### 2014 SUMMER FALLS CREEK CAMP

There have been 4 VRWC camps held at Falls Creek over the last few years with the 2013 summer camp our most ambitious venture yet - 32 people living and training for up to 13 days at 1600m altitude. The next VRWC Falls Creek camp will be held from **Saturday 28<sup>th</sup> December 2013 until Friday 10<sup>th</sup> January 2014** (13 nights) and time is running out.

To apply for a camp spot before they all disappear, go the camp page (<http://www.vrwc.org.au/vrwc-fallscreek.shtml>) and fill in the Camp Registration form.

## 2014 NZ OCEANIA RACE WALKING TROPHY ANNOUNCED

The Oceania Race Walking Trophy is a bi-annual race-walking match which was first held in February 2010 between Australia and New Zealand. As the competition grows, it is envisaged that it will eventually encompass the wider Oceania region - hence the name.

The 2014 Oceania Racewalking Trophy will be held in conjunction with the Australian 20km Championships and World Cup trials in Hobart on Sunday 2<sup>nd</sup> February 2014. Australia will select a team of up to 4 U23 men and 4 U23 women and up to 3 U20 men and 3 U20 women. Selections will be made based on performances in ratified events since 1<sup>st</sup> January 2013. To be eligible for selection, athletes must enter the competition (**entries will open on the AA website on Friday 13<sup>th</sup> December**) and have reached the designated qualifying times. You can read all about it at <http://www.rwa.org.au/aevents-2.shtml>.

Athletics New Zealand has already announced its Team and Management for the Oceania Race Walking Trophy. They are

Team Manager:	Graeme Jones
Senior Men 20k	Mike Morresey
Senior Women 20k	Julie Edmunds, Rozie Robinson, Courtney Ruske, Kate Newitt
Junior Men 10k	Jonathon Lord

## RACEWALKING SEMINAR, SOPAC, SYDNEY, SUNDAY 12 JANUARY 2014

Perhaps, like me, you were lucky enough to attend Regal Racewalkers' very successful Racewalking Seminar at the AIS on the LBG weekend last June. We are very excited to announce that Regal Racewalkers have now organised another Racewalking Coaching Seminar, to be held at SOPAC in Sydney on Sunday 12<sup>th</sup> January 2014 between 10am and 1pm.

Coordinator Anne Saville advises they have invited coaches, athletes and judges as well as Olympic and Commonwealth Games athletes to attend to assist with all facets of racewalking.

The Seminar has been advertised through Athletics NSW, Little Athletics NSW, and Masters NSW and their various media outlets but this email is to make the wider Australian racewalking audience aware of this important forthcoming event. And what's more, it's free!

For queries or to register your attendance, you are invited to phone or email Anne Saville as per the contact details below.

Email: [asaville@ihug.com.au](mailto:asaville@ihug.com.au)  
Mobile: 0417240609

## WHAT'S COMING UP

Athletics Victoria Shield Round 5 competition continues this Saturday with all 7 regions in action and 2000m walks being contested:

BLUE ZONE	Knox Athletic Track, Scoresby
RED ZONE	Meadowglen International Athletics Track, Epping
WHITE ZONE	Bill Sewart Aths Track, Burwood
YELLOW ZONE	Newport Park Athletics Facility, Newport
BALLARAT REGION	Llanberis Reserve, Ballarat
BENDIGO REGION	La Trobe University Bendigo Athletics Centre, Bendigo
GEELONG REGION	Landy Field, Geelong

Then Sunday sees our Australian 50km Championship meet at Fawkner Park. The timetable reads as follows

7.00am	Australian 50km Road Walking Championship
8.00am	20km Walk: Open Men and Women
9.00am	10km Walk: U20 Men and Women
10.00am	5km Walk: U18 Men and Women

## 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.

### 2013/2014 Australian/Victorian Summer Season Key Dates

Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (VIC) - 2014 World Cup 50km trial
Sun Jan 12, 2014	Regal Racewalkers Racewalking Seminar, SOPAC, Sydney
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (TAS) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km

Mar 12-16, 2014 5<sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)  
Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks  
April 3-6, 2014 92<sup>nd</sup> Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

#### 2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au>  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
May 3-4, 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
May 18, 2014 Naumburg International Racewalks, Naumburg, Germany  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**

#### 2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland  
Mar 22, 2014 Dudinska 50, Dudince, Slovakia  
Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal  
Apr 12, 2014 Podebrady, Podebrady, Czech Republic  
Jun 8, 2014 British Grand Prix of Racewalking, York, England  
Jun 13, 2014 International Festival of Alytus, Lithuania  
Aug 31, 2014 Voronovo Cup, Moscow, Russia

#### 2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

#### Looking even further forward

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
2015 **9<sup>th</sup> World Youth T&F Championships, Cali, Colombia**  
August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
May 2016 **27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>  
2017 **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017 **16<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
May 2018 **28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia**  
2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**  
July 2020 **32<sup>nd</sup> Olympic Games, Tokyo**

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