



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

It's a vote this week with some fine performances on the Victorian front

- 18 year old **Jesse Osborne** set the fastest AV Shield time of the year with a sizzling **7:38.3** 2000m walk at the Moonee Valley Athletics track in Aberfeldie. It was a 7 sec PB and set new VRWC club records for U20, U23 and Open divisions. In fact, he wasn't even going for a record time but felt so good after 3 laps that he kicked for home and increased his pace to sub 1:30's to set the time. Then on Sunday morning he backed with a good second to Chris Erickson in the Victorian 5km Teams Roadwalk championship. A good weekend's work.
- 10 year old **Nikola Mandic** walked his first ever 5km roadwalk at Middle Park on Sunday and he sure did it in style, his time of **28:35** setting new VRWC U11 and U12 club records for that category. And he wouldn't have blown out a candle at the end!
- 35 year old American walker **Erin Talcott**, spending her summer training in Melbourne, won the VRWC 20km walk at Middle Park on Sunday in a 53 sec PB time of **1:41:05**. Apart from the satisfaction of setting a big PB, this time also bettered the USA World Cup women's 20km qualification standard so puts her in contention for a 2014 World Cup berth. Erin will be walking in Hobart in 2 weeks time and hoping for an even better time.

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



Jesse, Erin and Nikola in action - maximum effort for maximum results

WHAT'S COMING UP

The **Victorian Country T&F Championships** are in Ballarat over this coming weekend (24-26 January) and I will be there on Friday evening to watch the Open 5000m walk. The other walks take place later in the weekend.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. Event entry has now closed and AA advises that the entry list will read as follows - wow, these are strong fields.

<p>U20 10km Men Invitation</p> <p>Bird, Kyle VIC Brill, Nathan VIC Felton, Jay NSW Garganis, Adam VIC Gibbons, Carl NSW Jones, Tyler NSW Osborne, Jesse VIC Rose, Louis TAS Swan, Kyle VIC Walmsley, Reese VIC</p>	<p>U20 10km Women Invitation</p> <p>Billington, Tayla-Paige VIC Boldiston, Zoe VIC Dighton, Jasmine NSW George, Stephanie VIC Hosking, Elizabeth ACT Hunt, Tahlia TAS Montag, Jemima VIC Porley, Tabitha NSW Potezny, Jemma SASI Smith, Clara QLD Southern, Shay NSW</p>
<p>Open and U23 Men 20km Aust Champ</p> <p>Bird-Smith, Dane QLD Cowley, Rhydian VIC Dewar, Brandon QLD Dewar, Nick QLD Erickson, Chris VIC Hill, Justin SA Malone, Kyle NSW Mottrom, Kim SA Nipperess, Dean QLD Rayson, Ian NSW Reading, Brendon ACT Rutter, Adam NSW Simpson, Bradley VIC Tallent, Jared SASI Washburn, Steven NSW</p>	<p>Open and U23 Women 20km Aust Champ</p> <p>Alexander, Beth VIC Bourke, Lauren NSW Fagan, Nicole NSW Holliday, Tanya SA Hosking, Jill ACT Klein, Kirsty NSW Lambie, Regan VIC Olsson, Mari SWE Pickles, Jessica QLD Ruddick, Kelly VIC Stigwood, Stephanie TAS Tallent, Rachel VIC Taylor-Talcott, Erin USA Webb, Cheryl NSW</p>

The AA website has been updated to show the start time for the events which now read

7:30am	Men 20km
7:35am	Women 20km
7:45am	Men/Women 10km

This event also hosts the **Oceania Racewalking Cup** in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The proposed Australian team is currently with Athletics Australia and I am hoping for an announcement asap.

The NZ team was announced some time ago and sees the following 6 walkers in action

Senior Men 20km	Mike Morresey
Senior Women 20km	Kate Newitt, Courtney Ruske, Rozie Robinson, Julie Edmunds
Junior Men 10km	Jonathon Lord

Looking further ahead, entries are now open for the **Victorian Underage T&F Championships** which will be held on the weekend of **14-15 February**- see <http://www.athsvic.org.au/events/detail/2014-victorian-junior-tf-championships>. The draft timetable shows the walks as follows

Fri 14 Feb	7:20PM	U17, U18 and U20 5000m Walk Men and Women
Sat 15 Feb	11:10AM	U14 3000m Boys and Girls
	11:40AM	U15 and U16 3000m Walk Boys and Girls

ACT RACEWALKING CLUB TRACK WALKS, AIS STADIUM, THURSDAY 16 JANUARY

Thanks to Robin Whyte for his latest report from Canberra. It was a super hot day across southern Australia so numbers were understandably small.

3000m Walk

1.	Zoe Hunt	16:08
2.	Gabby Hunt	17:37
3.	Jennifer Gilchrist	22:09
4.	Doug Fitzgerald	23:10

1500m Walk

1.	Thomas Hopkins	7:34
2.	Peter Baker	8:10
3.	Karina Hopkins	8:37
4.	Emily Hopkins	8:46
5.	Jordan Bardsley	8:54
6.	Elizabeth Henderson	9:34
7.	Chelsea Rogic	9:53
8.	Sophie Rogic	12:30

ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 18 JANUARY
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Thanks to Kim Mottrom for the latest Adelaide walking results. He commented: We had our regulars out yesterday for an open 2000m walk, as well as a first timer in Marie Maxted from the SA Masters.

2000m Walk

1.	Kim Mottrom	8:23.36
2.	Justin Hill	9:07.06
3.	Jemma Potezny	9:45.44
4.	Alix Harlington	10:34.66
5.	Peter Crump	10:41.45
6.	Danielle Walsh	10:48.59
7.	Rhiannon Lovegrove	10:59.18
8.	George White	11:03.27
9.	Samantha Findlay	11:36.37
10.	Marie Maxted	12:42.83
11.	James Hoare	14:16.49

AV SHIELD COMPETITION, AROUND VICTORIA, SATURDAY 18 JANUARY 2014

Athletics Victoria Shield competition continued last weekend with Round 7 (2000m walks) contested in all 7 zones. The trend of big numbers continued with a season best 126 walkers in action. Not too bad at all! With the Victorian 5km teams championships to be contested in Melbourne the next day, not everyone was prepared to hit out 100% but we still saw a number of top performances.

AV Shield Blue Zone Round 7, Lakeside Stadium, Albert Park

16 year old Reese Walmsley walked very fast at Lakeside Stadium with his 8:40.4 PB. Others to do PB included Nikola Mandic (10:09.2), Paige De Lisen (10:12.0) and Simone McInnes (10:14.6).

2000m Walk Men

1.	Reese Walmsley	U16	KNA	8:40.4	PB 0:08
2.	Nikola Mandic	U14	CCA	10:09.2	PB 0:01
3.	Aaron Tam	U20	KNA	10:24.9	
4.	Michael O'Mahony	OP	KNA	10:31.5	
5.	Kym Osmand	OP	OAK	11:00.2	
6.	Hayden Walmsley	U14	KNA	11:27.7	
7.	Ralph Bennett	60+	VMA	11:29.2	
8.	Geoff Barrow	OP	MEN	12:40.4	
9.	Anthony Doran	OP	GHY	12:45.6	
10.	Philip Hutton	OP	GHY	13:17.4	
11.	John Morrison	OP	SAN	13:25.8	
	Peter Buller	OP	GHY	DQ	
	Christopher Murphy	40+	GHY	DQ	
	Corey Dickson	U14	KNA	DQ	
	Zach Lane	U14	FKN	DQ	

2000m Walk Women

1.	Paige De Lisen	U16	KNA	10:12.0	PB 0:01
2.	Simone McInnes	OP	GHY	10:14.6	PB 0:02
3.	Heather Carr	60+	EAG	10:51.6	
4.	Brodie Richardson	U14	KNA	11:31.3	
5.	Jessica Lillie	U16	KNA	12:11.5	

6.	Bianca Attard	U20	KNA	12:13.1
7.	Gwen Steed	60+	VMA	12:36.1
8.	Kuniko Bowden	OP	MEN	13:31.2
9.	Frances Halton	OP	CCA	13:37.8
10.	Rebekah Lyness	OP	CCA	13:45.6
	Helen Bryan	OP	MEN	DQ

AV Shield Red Zone Round 7, Meadowglen International Athletics Track, Epping

Adam Garganis and Aaron McDonough were fastest at Epping but neither was in top gear with a 5km road race to be contested the next day. Diamond Valley Athletics Club is a huge walks club, due to the hard work of club walks coach Matt Owen.

2000m Walk Mixed

1.	Garganis, Adam	M16	COLLINGWOOD	9:16.6
2.	McDonough, Aaron	M41	PRESTON AC	9:25.9
3.	Hawkins, Trenton	M34	PRESTON AC	9:44.6
4.	Galbraith, Jordan	M16	DIAMOND VALLEY AC	10:35.0
5.	Brasier, Emmet	M15	DIAMOND VALLEY AC	11:32.8
6.	Clarke, Eliza	W13	DIAMOND VALLEY AC	11:35.0
7.	Armstrong, David	M58	DIAMOND VALLEY AC	11:42.2
8.	Keirl, Bernie	M50	DIAMOND VALLEY AC	11:52.7
9.	Patti, Adrian	M33	DONCASTER AC	11:53.8
10.	Owen, Cooper	M15	DIAMOND VALLEY AC	11:54.8
11.	Clarke, Patrick	M45	DIAMOND VALLEY AC	11:55.7
12.	Elms, Donna-Marie	W52	PRESTON AC	12:04.7
13.	Walshe, Kerry	W51	DIAMOND VALLEY AC	12:12.2
14.	Gardiner, Robert	M77	COLLINGWOOD	12:14.6
15.	Walburg, Kirsten	W15	DONCASTER AC	13:09.4
16.	Noonan, Emily	W13	COLLINGWOOD	13:13.1
17.	Laufer, Josephine	W14	COLLINGWOOD	13:16.6
18.	Humphrys, Bronwyn	W21	SOUTH MELBOURNE AC	13:32.3
19.	Valladares, Yasmin	W21	PRESTON AC	14:03.7
20.	Grenade, Christopher	M11	PRESTON AC	14:13.3
21.	McAdam, Hilary	W16	COLLINGWOOD	14:40.8
22.	Fisher, Sarah	W26	DIAMOND VALLEY AC	14:52.1
23.	Lui, Yuan Chow	M14	DONCASTER AC	14:56.6
24.	Tuck, Keisha	W12	PRESTON AC	15:34.9
25.	Paton, Amber	W12	PRESTON AC	16:02.3
26.	Brasier, Caitlin	W23	DIAMOND VALLEY AC	16:04.9
27.	Campbell, Jessica	W14	PRESTON AC	16:44.5
28.	Paton, Bianca	W14	PRESTON AC	16:44.9
29.	Tunnecliffe, Maree	W19	DONCASTER AC	16:48.0
30.	Campbell, Donna	W23	PRESTON AC	18:37.7
	Erwin-Keirl, Riley	M13	DIAMOND VALLEY AC	DQ

AV Shield White Zone Round 7, Bill Sewart Aths Track, Burwood

Good times for the first 4 walkers at Burwood with Jason Kozica 9:18.0, Kyle Swan 9:25.5, Stephanie George 9:27.3 and Lucas Tylor 9:35.1 all walking controlled races.

2000m Walk Mixed

1.	Kozica, Jason	M26	ST KEVINS AC	9:18.0
2.	Swan, Kyle	M14	ATHLETICS NU	9:25.5
3.	George, Stephanie	W17	SOUTH COAST	9:27.3
4.	Taylor, Lucas	M17	YARRA RANGES	9:35.1
5.	Geisler, Sandra	W36	RINGWOOD AC	10:03.5
6.	Evans, Simon	M53	BOX HILL AC	10:29.2
7.	Irshad, Kylie	W42	SOUTH COAST	10:51.2
8.	Cochrane, Andrew	M58	OLD SCOTCH C	10:56.2
9.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	11:25.5
10.	Swan, Emily	W16	ATHLETICS NU	12:05.5
11.	Garside, Emilie	W18	CROYDON AC	12:11.2
12.	Benke, Geza	M57	OLD MELBURNI	12:26.6
13.	Clarke, Monica	W16	OLD XAVERIANS AC	13:25.8
14.	Wright, Jacob	M19	ATHLETICS NU	14:29.7
15.	Laurie, Natalie	W22	ATHLETICS NU	14:31.3
16.	Sofianos, Gerald	M64	ST KEVINS AC	14:48.3
17.	Molnar, Jo	W52	ATHLETICS WAVERLEY	14:49.7
18.	Cobb, David	M49	SOUTH MELBOURNE AC	15:33.6
19.	Seeley, Brigitte	W23	ATHLETICS NU	17:42.4

20.	Finnerty, Laura	W19	ATHLETICS NU	17:43.1
21.	Van Der Westhuizen, Laua	W16	ATHLETICS NU	17:47.9
22.	Albiston, Simone	W47	ATHLETICS WAVERLEY	18:03.3

AV Shield Yellow Zone Round 7, Mooney Valley Athletics Centre, Aberfeldie

Jesse Osborne walked a superb 7:38.3 to rake line honour by the proverbial mile at Aberfeldie. Bianca Share of KSB was the fastest of the girls with a PB time of 11:07.9.

2000m Walk Men

1.	Osborne, Jesse	18	ATHLETICS ESSENDON	7:38.3	PB 0:07
2.	Kennedy, Paul	56	KEILOR ST BE	10:26.8	
3.	Feain, Gerard	50	KEILOR ST BE	10:28.5	
4.	McShanag, Connor	17	ATHLETICS ESSENDON	10:43.3	
5.	Knox, Duncan	54	ATHLETICS ESSENDON	11:07.6	
6.	Wellington, Shea	16	KEILOR ST BE	11:23.3	
7.	Feain, Lachlan	14	KEILOR ST BE	11:23.7	
8.	Dunstone, Phillip	45	WESTERN ATHL	13:11.5	
9.	Keighery, Peter	47	KEILOR ST BE	13:51.7	
10.	Murphy, Stephen	52	ATHLETICS ESSENDON	13:58.7	
11.	Hamer, Brian	61	WESTERN ATHL	15:13.0	
12.	Sykes, Dominic	12	KEILOR ST BE	15:34.7	
13.	Rickard, Ian	57	BRUNSWICK AC	17:28.6	
14.	Wright, Stephen	46	COBURG HARRIERS AC	18:17.1	

2000m Walk Women

1.	Share, Bianca	29	KEILOR ST BE	11:07.9	PB 0:06
2.	Campbell, Rebecca	16	ATHLETICS ESSENDON	12:19.9	
3.	Shaw, Robyn	52	WESTERN ATHL	12:20.4	
4.	Irons, Julia	15	KEILOR ST BE	12:27.3	
5.	Bertrand, Carly	17	KEILOR ST BE	12:43.4	
6.	Matthews, Rhiannon	12	KEILOR ST BE	12:56.2	
7.	Feain, Madeleine	15	KEILOR ST BE	13:07.3	
8.	Irons, Elaine	13	KEILOR ST BE	14:04.9	
9.	Close, Linda	48	WILLIAMSTOWN AC	14:20.0	
10.	Ireland, Roslyn	30	BRUNSWICK AC	14:39.9	
11.	Hodgart, Janice	50	WESTERN ATHL	15:08.7	
12.	Gunn, Nicole	34	KEILOR ST BE	15:42.6	
13.	Ireland, Olive	53	BRUNSWICK AC	16:43.6	
14.	Smith, Kylie	30	WESTERN ATHL	17:14.8	
15.	Rickard, Tess	20	BRUNSWICK AC	17:20.2	
	Crea, Gabriella	14	ATHLETICS ESSENDON	DQ	
	Tonelli, Ashley	9	KEILOR ST BE	DQ	

AV Shield Ballarat Zone Round 7, Llanberris Reserve, Ballarat

And now to our country regions. Andrew Blood made his first appearance this summer at Ballarat with a very good 10:10.82.

2000m Walk Mixed

1.	Andrew Blood	MOP	BYC	10:10.82
2.	Amy Canavan	WU14	EKA	12:48.68
3.	Kevin Ruddick	MOP	BHA	14:10.80
4.	Karelia Giselle Darracott	WOP	EKA	14:53.13
	Ross Darlow	MU16	EKA	DQ

AV Shield Bendigo Zone Round 7, La Trobe University Bendigo

Zahra Hayes was the best of the walkers in Bendigo with a very good 10:19.64.

2000m Walk Mixed

1.	HAYES, ZAHRA	W12	SOUTH BENDIGO	10:19.64
2.	COUSINS, DUANE	M40	EAGLEHAWK YMCA	11:38.14
3.	HEARD, AMANDA	W18	EAGLEHAWK YMCA	11:44.37
4.	HILL, MADISON	W13	SOUTH BENDIGO	12:55.48
5.	CARTER, JOHN	M63	SOUTH BENDIGO	14:34.95
6.	MAJOR, GEOFFREY	M77	EAGLEHAWK YMCA	15:21.78

AV Shield Geelong Zone Round 7, Landy Field, Geelong

Josh Dillon 9:11.23 and Nicholas Mirarchi 10:12.38 added depth to the walks field at Geelong.

2000m Walk

1.	Dillon, Joshua	M19	CORIO ATHLETIC CLUB	9:11.23
2.	Mirarchi, Nicholas	M22	CORIO ATHLETIC CLUB	10:12.38
3.	Davison, Mackayla	W13	CORIO ATHLETIC CLUB	11:28.05
4.	Mirarchi, Thomas	M13	CORIO ATHLETIC CLUB	14:57.82
5.	Mielczarck, Mackenzie	W10	UNNATACHED	12:42.02

VICTORIAN AND VRWC RACES, MIDDLE PARK, SUNDAY 19 JANUARY 2014

Just about perfect conditions greeted the 53 walkers at Middle Park on Sunday for the annual Victorian 5km Teams Championships and associated VRWC roadwalks. With work already underway in preparation for the Australian Motor Racing Grand Prix next month, we used our AIMS certified 1km loop rather than our usual 2km loop and it certainly made for a much more exciting event with the road full of walkers. And club photographer Terry Swan was busy with the camera as usual - you can check out the results at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=155>.

The Victorian 5km teams championships saw the Athletics Essendon team of Chris Erickson, Jesse Osborne and Connor McShanag win the men's team title and the Ballarat zone team of Sarah Brennan, Jemma Peart and Kobie Somerfield win the women's team title. Overall, Chris Erickson led the men home with 21:50 to finish ahead of Jesse Osborne 22:14 and Brad Simpson 22:21 while 13 year old Eliza Clarke was the fastest of the women with her first ever 5km time of 25:36. It was great to see so many young walkers attacking their first ever longer race and all performed well. And special mentions to Brad Simpson 22:21, Adam Garganis 22:37, Ryan Antidormi 26:03, Cooper Owen 27:23, Sarah Brennan 26:33, Kobie Somerfield 28:45, Lauren Collis 29:55 and Karyn O'Neill 33:18 who all walked PBs.

Victorian 5km Teams Race Men

				Team Points	
1.	Chris Erickson	ATE	21:50	1	
2.	Jesse Osborne	ATE	22:14	3	
3.	Bradley Simpson	ANW	22:21	4	PB 0:01
4.	Adam Garganis	COL	22:37	5	PB 0:44
5.	Emmet Brasier	DIV	23:03	6	First ever
6.	Kyle Swan	ANW	24:02	7	
7.	Stuart Kollmorgen	COL	24:08	8	
8.	Aaron McDonough	PTN	24:43	-	
9.	Ryan Antidormi	ANW	26:03	9	PB 0:24
10.	David Smyth	COL	27:03	10	
11.	Cooper Owen	DIV	27:23	11	PB 0:18
12.	Hugh Collis	DIV	28:54	12	First ever
13.	Connor McShanag	ATE	29:09	13	
14.	Terry O'Neill	CCA	29:16	14	
15.	David Armstrong	DIV	30:07	-	
16.	Bob Gardiner	COL	31:07	-	
17.	Rupert Van Dongen	CCA	31:28	15	First one
18.	Patrick Clarke	DIV	31:47	-	First one
19.	Robert Ryan	CCA	46:09	16	First one
20.	Mark Donahoo	ATE	DNS	-	
21.	Brian Hamer	WES	DNS	-	

Teams Race Points	1	ATE	17	C Erickson, J Osborne, C McShanag
	2	ANW	20	B Simpson, K Swan, R Antidormi
	3	COL	23	A Garganis, S Kollmorgen, D Smyth
	4	DIV	29	E Brasier, C Owen, H Collis
	5	CCA	45	T O'Neill, R Van Dongen, R Ryan

Victorian 5km Teams Race Women

				Team Points	
1.	Eliza Clarke	DIV	25:36	1	First one
2.	Sarah Brennan	BYC-Ball	26:33	3	PB 0:20
3.	Rebecca Henderson	CCA	27:39	-	First one
4.	Jemma Peart	BYC-Ball	28:15	4	First one
5.	Kobie Somerfield	BHA-Ball	28:45	5	PB 1:17
6.	Lauren Collis	DIV	29:55	6	PB 0:30
7.	Taylor Langford	DIV	31:32	7	First one
8.	Karyn O'Neill	CCA	33:18	-	PB 0:14
9.	Heather Carr	EAG	DNS	-	
10.	Karla Bulte	CCA	DNS	-	

Teams Race Points	1	BALL	12	S Brennan, J Peart, K Somerfield
	2	DIV	14	E Clarke, L Collis, T Langford

A variety of additional VRWC races were on offer and there were some impressive results. USA walker Erin Talcott beat her PB by nearly 1 minute with her 20km time of 1:41:05. More importantly, it was well under the USA World Cup Standard and now puts her in the mix with their trial scheduled for March. It was a very even paced walk in which she was in control throughout. We also saw two of our elite women in action with Kelly Ruddick (a quick 22:40) and Regan Lamble (an easy 25:24) strutting their stuff. 16 year old Reese Walmsley walked a big PB with 23:11 and 10 year old Nikola Mandic walked his first ever 5km with 28:35 and set new VRWC U11 and U12 club records. What an effort!

VRWC 20km Roadwalk

1.	Erin Talcott	50:10	1:41:05	PB 0:53
2.	Simon Evans	55:45	1:59:31	
3.	Michelle Thompson	1:00:38	2:02:05	

VRWC 10km Roadwalk

1.	Zoe Boldiston	53:38	First ever
2.	Russ Dickenson	58:29	
3.	Kylie Irshad	59:45	
4.	Simone McInnes	DNF	

VRWC 5km Roadwalk

1.	Kelly Ruddick	22:40	
2.	Reese Walmsley	23:11	PB 0:43
3.	James Christmass	24:41	
4.	Regan Lamble	25:24	
5.	Sandra Geisler	27:18	
6.	Nikola Mandic	28:35	First ever, VRWC U11, U12 records
7.	Donna Elms	31:54	
8.	Liz Feldman	32:05	
9.	Barrie Wicks	39:53	

VRWC 3km Roadwalk

1.	Jason Kozica	14:08
2.	Lucas Taylor	14:51
3.	Jade Sanders	17:14
4.	Carly Bertrand	19:53
5.	Pam Mews	29:44
	Jim Crawford	DQ

VRWC U12 2km Roadwalk

1.	Alanna Peart	11:39	
2.	Amber Henderson	17:56	First ever

VRWC U9 1km Roadwalk

1.	Freya Evans	07:22
2.	Zara Irshad	08:11



The teams race gets underway



Erin Talcott, Jesse Osborne, Chris Erickson, Adam Garganis, Brad Simpson and Kelly Ruddick in action



Nikola Mandic, Sarah Brennan, Eliza Clark, Zoe Boldison and Rebecca Henderson in action



Our youngest walkers Amber Henderson, Zara Irshad, Alanna Peart and Freya Evans



The Women's 5km Teams Champions - Kobie Somerfield, Sarah Brennan and Jemma Peart from Ballarat

Thanks to our many officials and judges and helpers. Sorry if I have missed anyone.

- Officials: Tim Erickson (manager), Harry Summers, Ralph Bennett, Mark Donahoo, Damien Elms, Bob Gardiner, Kirstin Shaw, Jason Elm (bike)
- Judges: Peter Vysma (Chief), Gordon Loughnan, Stuart Cooper, Brenda Felton, Suzanne Callaway
- Refreshment Table: Marlaine Stanway, Jason Elms
- Canteen: Wendy Cooper, Marlaine Stanway
- Photos: Terry Swan
- Course: 1km Road Loop (AIMS Certified)
- Conditions: Overcast, slight breeze, 18C

VRWC CLUB RECORD UPDATE

We had two very impressive new VRWC club record walks last weekend, compliments of Nikola Mandic and Jesse Osborne.

Jesse Osborne	U20, U23 & Open 2000m Track	7:38.3	AV Shield, Aberfeldie	18/01/2014
Nikola Mandic	U11 & U12 5km Roadwalk Men	28:35	VRWC Races, Middle Park	19/01/2014

2014 ENFIELD RWL MEETING 1, LVAC, LONDON, SATURDAY 18 JANUARY

Ron Wallwork reports on the latest Enfield Race Walking League walk in London last Saturday

The 2014 series got off to a cracking start with 48 walkers representing eleven clubs taking part over a four lap course in damp, but mild conditions. EHAC's young star Callum Wilkinson set the pace, closely followed by Fransisco Reis (M50) and Ian Richards (M65). The latter was forced to give ground early on, but Reis, preparing for the forthcoming World Masters Indoor Championships, refused to let the leader go and dogged him most of the way, forcing Wilkinson to a pb by over two minutes. In seventh place, John Hall used the race to celebrate his 65th birthday and his family turned up to cheer him on, whilst Helen Middleton and David Kates received warm welcomes, upon returning to competition after breaks away from race walking.

5 Miles Walk - Men

Callum Wilkinson	Enfield & H AC	38.54	U17
Fransisco Reis	Ilford AC	39.41	M50
Ian Richards ©	Steyning AC	40.21	M65
Trevor Jones	Steyning AC	42.51	M55
Steve Uttley	Ilford AC	43.23	M55
Jim Ball	Steyning AC	43.27	M50
John Hall	Belgrave H	44.49	M65
Steve Allen	Barnet & DAC	45.48	M55
John Ralph	Enfield & H AC	46.15	M55
Malcolm Martin	Surrey WC	47.08	M55
Stuart Bennett ©	Ilford AC	47.44	M55

Andy Cox	Hillingdon AC	47.46	M60
Arthur Thomson	Enfield & H AC	47.50	M75
Dan Maskell	Surrey WC	49.03	M65
Ken Bobbett	Hillingdon AC	49.08	M65
Shaun Lightman	Surrey WC	49.28	M70
Paul King ©	Belgrave H	50.37	M60
Steve Kemp ©	Eastern Vets	50.43	M50
Gary Smith ©	Enfield & H AC	51.00	M55
David Kates ©	Ilford AC	52.30	M65
David Delaney	Surrey WC	52.52	M70
John Borgars	Loughton AC	53.01	M65
Russell Vroobel	Hillingdon AC	53.44	M50
Peter Crane	Surrey WC	55.24	M65
Sean Pender ©	Enfield & H AC	55.47	M60
Richard McKenzie	Hillingdon AC	56.07	M45
John Brock	Southend AC	56.12	M60
Trevor Sliwerski	Surrey WC	57.17	M60
Mick Barnbrook ©	Ilford AC	58.29	M70
Len Ruddock	Ilford AC	60.32	M60
Dave Ainsworth ©	Ilford AC	66.46	M65

5 Miles Walk - Women

1. Maureen Noel	Belgrave H	49.36	W50
2. Anne Jones	Steyning AC	51.20	W55
3. Helen Middleton	Enfield & H AC	51.53	W50
4. Fiona Bishop	Wokijg AC	53.11	W50
5. Sue Barnett	Enfield & H AC	53.37	W60
6. Angela Martin	Surrey WC	54.47	W45
7. Jo Miles	Hillingdon AC	56.01	W55
8. Linda Spinks	Enfield & H AC	57.42	W45
9. Norma Grimsey	Enfield & H AC	57.45	W55
10. Cath Duhig (C)	Ryston R	58.15	W55
11. Kathy Crilley ©	Surrey WC	61.05	W65
12. Jennie McDonald	Hillingdon AC	61.45	W45

Under 13 1km Walk

1. George Wilkinson	Enfield & H AC	6.22
2. Daniel Spinks	Enfield & H AC	7.05

4km Walk

1. Briony Fane	LondHeathside	28.28	W55
2. Ramesh Kuharajan	Hillingdon AC	31.11	M35
3. Ken Livermore ©	Enfield & H AC	34.53	M80

Thanks to **Mark Easton** for the following photos. For more, check out his gallery at <http://markeaston.zenfolio.com/p724707442>.





Francisco Reis, Callum Wilkinson, Ian Richards and John Hall (photos Mark Easton)



Maureen Noel, Anne Jones and Helen Middleton (photos Mark Easton)

WINTER RACEWALKING GAMES, ATHENS, SATURDAY 18 JANUARY

Over 80 walkers participated in the Greek Winter Racewalking Games in Athens last weekend as reported by oMarchador (see <http://omarchador.blogspot.pt/2014/01/jogos-de-inverno-de-marcha-em-atenas.html>). The program included races over various distances and age groups and even included a 30km for women. Alexandros Papamihail, who walked in the 2012 Olympics (PBs of 1.21.12 and 3.49.56) set a new national record for the Open 5km with 19:30 while promising 17 year old Zacharias Tsamoudakis set a new Greek junior record with 20:27.

5 km male

- | | | | |
|----|-----------------------|------|-------|
| 1. | Alexandros Papamihail | 1988 | 19:30 |
| 2. | Zacharias Tsamoudakis | 1996 | 20:27 |

10 km women

- | | | | |
|----|------------------------|------|---------|
| 1. | Angeliki Trifle | 1995 | 58:10 |
| 2. | Chrisi Pelekanou-Maria | 1997 | 59:00 |
| 3. | Theochari Theodora | 1996 | 1:01:25 |

10 km men

- | | | | |
|----|-----------------|------|-------|
| 1. | George Andrians | 1995 | 45:00 |
|----|-----------------|------|-------|

2.	Nickos Samouridis	1997	48.06
20 km men			
1.	Savvas Kravariotis	1996	1:33:54
2.	Ioannis Vaitsis	1995	1:36:28
20 km women			
1.	Spiridoula Stavrou	1988	1:49:00
2.	Fytili Panagiota	1969	2:16:32
30 km men			
1.	Konstantinos Ntentopoulos	1994	2:25:13
30 km women			
1.	Angeliki Makri	1978	2:51:58
2.	Marta Mikhaylova	1993	2:57:37
3.	Evangelia Vaitsi	1994	3:06:01
Other winners	5 km women:	Vaitsi Athanasia	1998 26.04
	3 km women:	Kontogianni Alik	1999 15:07
	2 km men:	Karanikas Thanasis	2002 13:33
	2 km women:	Seferiadi Maria	2001 10:20

INDOOR MEET, KAUNAS. LITHUANIA, TUESDAY 14 JANUARY 2014

Fast walking by Marius Savelskis of Lithuania in an indoor meet in Kaunas last week.

Men's 5000m Race Walk indoor

1.	Marius SAVELSKIS	LTU	94	20:19.62
2.	Normantas PETRISA	LTU	94	21:34.77
3.	Martynas JARUSEVIČIUS	LTU	96	22:51.60

Women's 3000m Race Walk indoor

1.	Aušrinė KUZMICKAITĖ	LTU	98	15:59.86
2.	Greta KVIKLBYTĖ	LTU	96	17:10.56

OUT AND ABOUT

- Thanks to Alison Thompson for alerting me to the following photo gallery from the Oceania Masters 10km roadwalk which was held on Sunday 5th January in Bendigo. Alas there were no photos of the 3,000m or the 5,000m on the other days. See <http://www.bendigoadvertiser.com.au/story/2005923/gallery-oceania-masters-athletics-championships-day-two/?cs=2602#slide=5>
- The IAAF 2014 Racewalking World Cup mascot, called Jincangwa, has been unveiled for Taicang 2014. See <http://omarchador.blogspot.pt/2014/01/apresentada-mascote-da-taca-do-mundo-de.html>



- Michael Drapac, owner of the rapidly rising professional Drapac cycling team, is critical of the new Australian 'Winning Edge' system that has been espoused by our major Olympic sporting codes. How, asks the wealthy Australian businessman, have government sport policy makers got it all so wrong? "In this model, athletes' whole identity and sense of identity depends on winning," Drapac says. "The federal government needs to take responsibility for the horrible human cost that has already been left behind from their sporting programs." (Samantha Lane, The Sydney Morning Herald). See <http://www.smh.com.au/sport/cycling/system-failing-athletes-grinds-drapacs-gears-20140110-30mkc.html>
- AIS boss Matt Favier has hit back after Drapac's attack on 'the ruthless' roadmap for Australian sport. While acknowledging room for improvement in athlete welfare programs - and forecasting imminent announcements in the area, Favier said Drapac's description of a "ruthless, treacherous, win-at-any-cost system" was disappointing and false. See <http://www.theage.com.au/sport/cycling/matt-favier-hits-back-after-michael-drapacs-attack-on-ruthless-roadmap-for-australian-sport-20140116-30xqi.html>. No doubt the argument will rage and the new system will eventually be judged further down the track by either the rise or fall in Australian elite standards.
- Walk Central discusses Alex Wright's decision earlier this month to switch allegiance from GB & NI to Ireland. See <http://www.walkcentral.com/alex-wright-switches-allegiance.php>

2013 AUSTRALIAN RACEWALKING SERIES PLACEGETTERS ANNOUNCED

I have now calculated the 2014 Australian Racewalking Series points earned at Fawkner Park and hence calculated the Final Points for the competition and the placegetters in each division (provisional). Event webpage <http://www.rwa.org.au/aevents-1.shtml> has now been updated to reflect this. The placegetters in this competition are provisionally as follows

Open Men	1	Dane Bird-Smith	QLD	Open Women	1	Lauren Bourke	NSW
	2	Rhydian Cowley	VIC		2	Tanya Holliday	SA
	3	Kim Mottrom	SA		3	Kelly Ruddick	VIC
U23 Men	1	Dane Bird-Smith	QLD	U23 Women	1	Rachel Tallent	VIC
	2	Rhydian Cowley	VIC		E2	Shannon Jennings	NSW
	3	Nick Dewar	QLD		E2	Natalie Laurie	VIC
U20 Men	1	Jesse Osborne	VIC	U20 Women	1	Jessica Pickles	QLD
	2	Nathan Brill	VIC		2	Kirsty Klein	NSW
	3	Brad Aiton	QLD		3	Tabitha Porley	NSW
U18 Men	1	Nathan Brill	VIC	U18 Women	1	Stephanie George	VIC
	2	Tyler Jones	NSW		2	Tayla-Paige Billington	NSW
	3	Adam Garganis	VIC		3	Katya Martin	QLD

A prize pool to the value of \$3750 has been arranged with AA/RWA, to be spread amongst the placegetters in each division with gift vouchers or equivalent to be awarded - AA has advised that monetary payment is not to be made. We will be contacting walkers once everyone has had a chance to review the results.

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

Jan 24-26, 2014 Victorian Country T&F Championships, Ballarat
 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 8-10, 2014 Australian Masters T&F Championships, Hobart. See <http://www.amahobart2014.com.au>
 Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
 May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
 May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
 July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
 Aug 16-28, 2014 **Youth Olympic Games, Nanjing, China.** See <http://www.nanjing2014.org/en/>

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 31, 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

July 2015 **28th Summer Universiade, Gwanju, South Korea**
 July 2015 **9th World Youth T&F Championships, Cali, Colombia**
 Aug 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
 July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
 May 2016 **27th IAAF World Race Walking Cup, Cheboksary, Russia**
 July 2016 **16th World Junior T&F Championships, ?**
 Oct 26 -Nov 6, 2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
 Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>
 July 2017 **10th World Youth T&F Championships, ?**
 July 2017 **29th Summer Universiade, Taipei, Taiwan**
 August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
 May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**
 July 2018 **16th World Junior T&F Championships, ?**
 Apr 4-15, 2018 **Commonwealth Games, Gold Coast, Queensland (racewalks on the program).** See <http://www.gc2018.com/>
 2019 **17th IAAF World Championships in Athletics, ?**
 July 2019 **11th World Youth T&F Championships, ?**
 July 2019 **30th Summer Universiade, Brasilia, Brazil**
 July 2020 **32nd Olympic Games, Tokyo**

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