



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 19
4 February 2014



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TIM'S WALKER OF THE WEEK

There were plenty of good performances at the Australian 20km Summer Championship meet in Hobart on Sunday but none better than those of **Jemima Montag** and **Jesse Osborne** who won the Junior 10km events so it was an easy task to decide on them as joint winners of this week's Walker of the Week.

- 15 year old Jemima Montag was dominant in the Junior Women's race, going straight to the lead and passing through the 5km mark in just over 22 mins for a big 5km PB. She did understandably slow from there on but her finishing time of **47:00** was a 2:22 PB. It is a shame that she is too young for this year's World Junior Champs but she is eligible to contest the World Cup and, like Jesse, is an automatic selection as winner of the trial.
- 19 year old Jesse also strode straight to the lead in the Junior Men's race and was on target for a sub-41 at the 6km mark before fading slightly in the warming morning conditions. His final time of **41:27** was a 51 sec PB and saw him finish over a minute clear of second place. It was a dominant performance and omens well for World Cup and World Juniors later this year.



Jemima and Jesse on their way to decisive PB victories in Hobart

WHAT'S COMING UP

Weather permitting (it's another super hot week coming up for Victorians), **Athletics Victoria Shield** competition will continue next Saturday with Round 9 to be contested in all zones. I think the venues read as follows but always check with your club to be sure.

- AV Shield BLUE ZONE Round 9, P2, Lakeside Stadium, Albert Park
- AV Shield RED ZONE Round 9, P2, Meadowglen Athletics Facility, Epping
- AV Shield WHITE ZONE Round 9, P2, Bill Sewart Aths Track, Burwood

- AV Shield YELLOW ZONE Round 9, P2, Newport Park Athletics Facility, Newport
- AV Shield BALLARAT REGION Round 9, P2, Llanberris Reserve, Ballarat
- AV Shield BENDIGO REGION Round 9, P2, La Trobe University Athletics Centre, Bendigo
- AV Shield GEELONG REGION Round 9, P2, Landy Field, Geelong

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>. **Entries close TODAY Tuesday 4 February, 2014 so don't delay.** This is a required meet for Victorians wanting to compete in the Australian Underage T&F Champs in March in Sydney.

OCEANIA & AUSTRALIAN 20KM ROADWALK CHAMP S, HOBART, TAS, SUNDAY 2 FEBRUARY

The Australian Summer 20km roadwalk champs were contested on Sunday morning in Hobart. The races also doubled as Oceania Championships and as the official Australian World Cup trials. 10km Junior invitational events were also on offer and doubled as the official Australian World Cup trials for that age group. To round out what was a big morning's racing, the carnival also featured the Oceania Racewalking Challenge, an Australia vs New Zealand challenge event contested every second year.

First to the men's 20km championship which was a great race but which ended in rather controversial circumstances. The race pace was quite slow early (8:48 first lap) as a large lead group formed. As expected after such a conservative start, the pace gradually quickened over the next few laps as Chris Erickson took up the role of pacemaker. By 6km, only Dane Bird-Smith, Jared Tallent and Rhydian Cowley were still there with him. The group was down to 3 by the time that Chris, Jared and Dane passed the half way mark (42:43). At that stage, Jared surged to the front and put in a sub 8 minute lap with Dane on his shoulder and Chris now dropping back. Jared continued to apply the pressure and eventually, with around 3km to go, the vital break occurred. Jared surged on, opening up a significant gap to Dane with 1km to go. Dane came back at him but could not bridge the gap as Jared crossed the finish line in 1:22:34 with Dane 5 secs in arrears - see the finish on facebook at <https://www.facebook.com/photo.php?v=10152158573945600>. Both walkers had walked under 40 minutes for their second 10km, an indication of just how hard Jared came home. Jared was soon advised that a third red card had been put in against him in the final lap and so he was disqualified, meaning that the title now went to Dane. And this is where it gets interesting. Never before have I seen so many red cards recorded in this standard of meet. The pile was so big that at one stage it looked like the DQ board would fill and the recorders would be looking for a second one! It is just lucky that the cards were so well shared out amongst all the walkers or we might have had many more DQs than we saw. I was not impressed! To get to this standard, you have to be a good walker. I could see no possible justification for the huge number of reds submitted and I hope that this will be reviewed to ensure that in future championship meets, the judging is more in line with international expectations and standards.

Chris Erickson walked strongly to take second in 1:25:23 ahead of Rhydian Cowley 1:26:49 and Adam Rutter 1:27:31. The first 4 all bettered the Australian World Cup standard of 1:28:00 so Rhydian and Adam will be hoping for good news in the next week or so. Chris and Jared have already been selected in the 50km event so the race was not as significant for them from a WC perspective. Special mentions to Nick Dewar 1:29:29 and Kyle Malone 1:31:04 both walked PBs in taking the next 2 places

Men 20km Race Walk Open , 7:30AM

1.	Dane Bird-Smith	QLD	1:22:39	
2.	Chris Erickson	VIC	1:25:23	
3.	Rhydian Cowley	VIC	1:26:49	
4.	Adam Rutter	NSW	1:27:31	
5.	Nick Dewar	QLD	1:29:29	PB 1:32
6.	Kyle Malone	NSW	1:31:04	PB 0:26
7.	Kim Mottrom	SA	1:31:23	
8.	Brendon Reading	ACT	1:35:39	
9.	Brandon Dewar	QLD	1:36:50	
10.	Steven Washburn	NSW	1:39:44	
11.	Dean Nipperess	QLD	1:41:41	
12.	Justin Hill	SA	1:45:33	
13.	Mike Morresey	NZL	1:52:21	
	Jared Tallent	SA	DQ	
	Ian Rayson	NSW	DQ	
	Bradley Simpson	VIC	DQ	

The women's race was one of changing fortunes. Like the men, the opening lap was very slow (around 9:45) and a large group formed. A rejuvenated and super fit looking Nicole Fagan was right up there with them and doing a fair bit of the lead work, along with Rachel Tallent and Tanya Holliday. By the time the halfway mark was reached in 47:55 the lead pack had been reduced in size to our two top ranked women - Kelly Ruddick and Tanya Holliday, with Rachel Tallent a few seconds behind and with the others stretched out behind them on ones and twos. Side by side, Kelly and Tanya ticked off the remaining laps until, around the 16km mark, Tanya had what looked like a winning break. But Kelly was not to be denied and worked her way back and then passed Tanya as they entered the final 2km lap. Sensationally, Tanya was then flagged off the course by the chief judge, having taken a third red card, so it was left to Kelly to come home for her second National Open Championship (she won in Launceston in September). Her time of 1:34:44 guaranteed her a World Cup spot - at 40 years of age! What a wonderful achievement.

Stephanie Stigwood held on well to take second in a PB time of 1:37:39 but Nicole Fagan, who was walking so strongly and definitely in medal contention with 5km to go, faded badly and eventually retired. Rachel Tallent took third with 1:38:38 ahead of Swedish walker Mari Olsson whose time of 1:38:58 continued her improvement since her win at Fawkner Park in December. Special mention to 19 year old Kirsty Klein who signalled her arrival in the Open ranks with a very good 1:42:17

Women 20km Race Walk Open , 7:30AM

1.	Kelly Ruddick	VIC	1:34:44	
2.	Stephanie Stigwood	TAS	1:37:39	PB 0:54
3.	Rachel Tallent	VIC	1:38:38	
4.	Mari Olsson	SWE	1:38:58	
5.	Jill Hosking	ACT	1:39:50	
6.	Regan Lamble	VIC	1:40:49	
7.	Kirsty Klein	NSW	1:42:17	PB 6:58
8.	Lauren Bourke	NSW	1:45:33	
9.	Beth Alexander	VIC	1:50:37	First finish
10.	Jessica Pickles	QLD	1:52:34	First finish
11.	Courtney Ruske	NZL	1:52:38	
12.	Kate Newitt	NZL	1:53:10	
13.	Nicole Fagan	NSW	DNF	
14.	Erin Taylor-Talcott	USA	DNF	
15.	Tanya Holliday	SA	DQ	
	Julie Edmunds	NZL	DQ	
	Rozie Robinson	NZL	DQ	

The two Junior 10km races saw some serious times recorded by the younger walkers. 19 year old Jesse Osborne strode straight the lead and was on target for a sub-41 at the 6km mark before fading slightly in the warming morning conditions. His final time of 41:27 was a 51 sec PB and saw him finish over a minute clear of 17 year old team mate Nathan Brill who was only 13 secs outside his PB with a fine time of 42:46. The biggest improver in the boys' race was 16 year old Adam Garganis whose time of 46:19 was him take 4th place behind 15 year old NSW walker Tyler Jones who recorded 45:39. All 4 boys were under the Australian World Cup qualifying standard of 46:30.

Men 10km Race Walk Under 20 , 7:45AM

1.	Jesse Osborne	VIC	41:27	PB 0:51
2.	Nathan Brill	VIC	42:46	
3.	Tyler Jones	NSW	45:39	
4.	Adam Garganis	VIC	46:19	PB 1:47
5.	Jay Felton	NSW	47:00	
6.	Carl Gibbons	NSW	47:32	PB 0:30
7.	Kyle Swan	VIC	48:01	PB 0:06
8.	Reese Walmsley	VIC	48:05	PB 0:53
9.	Kyle Bird	VIC	48:55	PB 1:33
10.	Jonathon Lord	NZL	49:32	
	Louis Rose	TAS	DNF	

The girls' event saw 15 year olds Jemima Montag and Clara Smith take the first two places. In fact, Jemima went through the 5km mark in just over 22 mins for a big 5km PB. She did understandably slow from there on but her finishing time of 47:00 was a 2:22 PB. For Clara, it was her first ever 10km and her time of 48:17 was also outstanding. 17 year old Jasmine Dighton walked a huge PB to take third with 49:11 to also better the Australian World Cup qualifying standard of 51:00. So we seem assured of full junior teams in Taicang later this year.

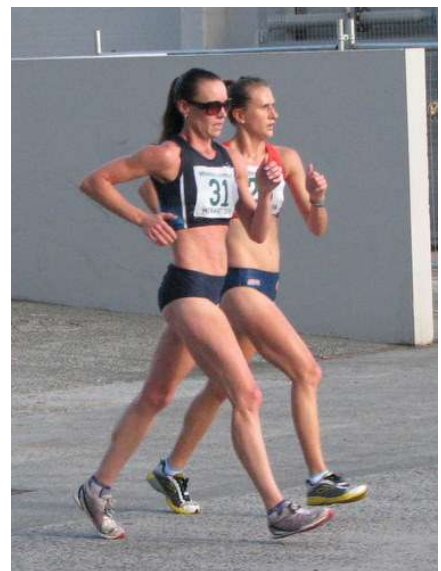
Women 10km Race Walk Under 20 , 7:45AM

1.	Jemima Montag	VIC	47:00	PB 2:22
2.	Clara Smith	QLD	48:17	First finish
3.	Jasmine Dighton	NSW	49:11	PB 2:55
4.	Jemma Potezny	SA	51:04	PB 2:33
5.	Amy Bettiol	NSW	52:51	
6.	Elizabeth Hosking	ACT	53:25	
7.	Stephanie George	VIC	54:00	
8.	Tahlia Hunt	TAS	55:43	First finish
9.	Tabitha Porley	NSW	58:55	
10.	Shay Southern	NSW	62:17	
	Tayla-Paige Billington	VIC	DNF	
	Zoe Boldiston	VIC	DNS	

Other reports can be found at WalkCentral - see <http://www.walkcentral.com> - and on the AA website - see <http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/5766/Bird-Smith-and-Ruddick-are-national-champions> - and on the MarciaItaliana website - see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1679. AA has also posted some great photos at <https://www.facebook.com/media/set/?set=a.10152202336844301.1073741957.264338589300&type=1>.



Stephanie Stigwood, Kelly Ruddick, Rachel Tallent, Nicole Fagan, Tanya Holliday, Rhydian Cowley, Jared Tallent, Chris Erickson and Dane Bird-Smith in action



**20km medallists Stephanie Stigwood, Kelly Ruddick, Rachel Tallent, Chris Erickson, Dane Bird-Smith and Rhydian Cowley
Kelly Ruddick and Tanya Holliday are mirror images as they race the final laps of the women's 20km**



Junior Women placegetters Jemima Montag, Clara Smith and Jasmine Dighton



Junior Men placegetters Jesse Osborne, Nathan Brill and Tyler Jones

The meet also included the Oceania Racewalking Cup with teams from New Zealand and Australia contending for the perpetual shield on offer. Australia had won it on the two previous occasions, in 2010 and 2012, and it was the same again in 2014. Final results show that Australia won overall with 56 points to 13.

Australia U23 vs NZ Open Men				Points
1.	Dane Bird-Smith	AUS	1:22:39	7
2.	Nick Dewar	AUS	1:29:29	5
3.	Brandon Dewar	AUS	1:36:50	4
4.	Steven Washburn	AUS	1:39:44	-
5.	Mike Morresey	NZL	1:52:21	3

Australia U23 vs NZ Open Women				Points
1.	Rachel Tallent	AUS	1:38:38	7
2.	Kirsty Klein	AUS	1:42:17	5
3.	Courtney Ruske	NZL	1:52:38	4
4.	Kate Newitt	NZL	1:53:10	3
	Julie Edmunds	NZL	DQ	
	Rozie Robinson	NZL	DQ	

Australia U20 vs NZ U20 Men				Points
1.	Jesse Osborne	AUS	41:27	7
2.	Nathan Brill	AUS	42:46	5
3.	Tyler Jones	AUS	45:39	4
4.	Jonathon Lord	NZL	49:32	3

Australia U20 vs NZ U20 Women				Points
1.	Jemima Montag	AUS	47:00	7
2.	Elizabeth Hosking	AUS	53:25	5
	Tayla-Paige Billington	AUS	DNF	

Hobart marked the end of the Australian qualifying period for the 2014 World Racewalking Cup and we have plenty of walkers in the mix. Some places are already filled. Any athlete who finished in the top 24 at the 2013 IAAF World Championships is automatically selected for that event. This means Jared Tallent and Chris Erickson (50km) and Dane Bird-Smith (20km) are automatics. Kim Mottrom won the 50km trial and has already been named in the 50km team alongside Jared and Chris. Finishing first or second in the trials in Hobart and having a qualifier also guarantees a spot - thus Kelly Ruddick, Jesse Osborne, Nathan Brill, Jemima Montag and Clara Smith are also automatics in their respective events. The full list of qualifiers at the close of period read as follows:

Open Men 50km	Jared Tallent	29	SA	3:40:03	Moscow, 14/08/13	Automatic Selection
	Chris Erickson	31	VIC	3:49:41	Moscow, 14/08/13	Automatic Selection
	Kim Mottrom	29	SA	4:28:12	Melbourne, 15/12/13	Trial Winner - automatic
Open Men 20km	Dane Bird-Smith	21	QLD	1:22:39	Hobart, 02/02/14	Trial Winner - automatic
	<i>Dane Bird-Smith</i>	21	QLD	1:23:06	Moscow, 11/08/13	Automatic Selection
	<i>Dane Bird-Smith</i>	21	QLD	1:24:07	Zuzhou, 11/11/13	

	Chris Erickson	31	VIC	1:25:23	Hobart, 02/02/14	2 nd in Trial - automatic
	<i>Chris Erickson</i>	31	VIC	1:25:27	Zuzhou, 11/11/13	
	<i>Dane Bird-Smith</i>	21	QLD	1:25:41	Launceston, 01/09/13	
	Brendon Reading	24	ACT	1:26:29	Melbourne, 15/12/13	
	Rhydian Cowley	23	VIC	1:26:49	Hobart, 02/02/14	
	Jared Tallent	29	SA	1:27:23	Melbourne, 15/12/13	
	Adam Rutter	27	NSW	1:27:31	Hobart, 02/02/14	
	<i>Brendon Reading</i>	24	ACT	1:27:51	Launceston, 01/09/13	
Open Women 20km	Kelly Ruddick	40	VIC	1:33:15	Launceston, 01/09/13	Trial Winner - automatic
	<i>Kelly Ruddick</i>	40	VIC	1:34:44	Hobart, 02/02/14	
	Tanya Holliday	25	SA	1:35:18	Moscow, 13/08/13	
Junior Men	Jesse Osborne	19	VIC	41:27	Hobart, 02/02/14	Trial Winner - automatic
	<i>Jesse Osborne</i>	18	VIC	42:16	Melbourne, 15/12/13	
	Nathan Brill	17	VIC	42:46	Hobart, 02/02/14	2 nd in Trial - automatic
	<i>Nathan Brill</i>	17	VIC	43:34	Launceston, 01/09/13	
	<i>Nathan Brill</i>	17	VIC	43:43	Melbourne, 15/12/13	
	<i>Nathan Brill</i>	17	VIC	43:58	Auckland, NZ, 16/11/13	
	<i>Jesse Osborne</i>	18	VIC	44:32	Launceston, 01/09/13	
	Tyler Jones	15	NSW	44:47	Melbourne, 15/12/13	
	Jay Felton	18	NSW	45:21	Melbourne, 15/12/13	
	<i>Tyler Jones</i>	16	NSW	45:39	Hobart, 02/02/14	
	<i>Tyler Jones</i>	15	NSW	46:01	Launceston, 01/09/13	
	Adam Garganis	16	VIC	46:19	Hobart, 02/02/14	
Junior Women	Jemima Montag	15	VIC	47:00	Hobart, 02/02/14	Trial Winner - automatic
	Clara Smith	15	QLD	48:17	Hobart, 02/02/14	2 nd in Trial - automatic
	Tayla-Paige Billington	16	VIC	49:08	Melbourne, 15/12/13	
	Jasmine Dighton	17	NSW	49:11	Hobart, 02/02/14	
	<i>Jemima Montag</i>	15	VIC	49:22	Melbourne, 15/12/13	
	Elizabeth Hosking	18	ACT	49:43	Melbourne, 15/12/13	



Oceania Trophy Presentations (alas, some representatives missing)

U20: Jonathan Lord, Nathan Brill, Jesse Osborne and Tyler Jones

Open/U23: Kate Newitt, Mike Morresey, Courtney Ruske, Julie Edmunds, Rozie Robinson, Brandon Dewar, Nick Dewar, Kirsty Klein and Dane Bird-Smith

VRWC CLUB RECORD UPDATE

A number of new VRWC club records from Hobart. Well done to Nathan and Jemima.

Nathan Brill	U18 Men 10km Roadwalk	42:46	Australian 20km Meet	Hobart	02/02/2014
Jemima Montag	U16-U18 10km Roadwalks	47:00	Australian 20km Meet	Hobart	02/02/2014

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 29 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - another warm/hot evening at SANTOS Stadium.

5000m yacht handicap

1.	Rodger Barber	37:09	71.96%	M75
2.	Colin Hainsworth	38:49	79.13%	M84
3.	Edna Bates	42:21	59.04%	W61
4.	Kim Mottrom	22:17		
5.	Justin Hill	24:28		
6.	Leigh Smith	38:18	72.86%	M78
7.	Marie Maxted	33:15	69.02%	W53
8.	Roger Lowe	39:18	63.74%	M70
9.	Gloria Holliday	30:13	75.94%	W53
10.	Linda Whitelaw	40:08	60.88%	W59
11.	Jack Russell	30:42	73.80%	M61

3000m yacht handicap

1.	Paul Boyce	25:15	63.92%	M77
2.	Jill Rogers	25:20	63.35%	W69
3.	Gill White	25:44	59.20%	W65
4.	George White	17:29	82.21%	M68

800m walk

1.	Karen Hooker	05:07		
2.	Graham Harrison	05:28	M70	
3.	David Robertson	06:31	M80	
4.	Mathew Anderson	06:33	M42	

4x800Mtrs Walk Relay

1.	Justin Hill, Kim Mottrom, Justin Hill, Kim Mottrom	13:05
2.	Jake Vidler, Sarah Damin, Felicity Henderson-Wilson, Rhiannon Lovegrove	15:59
3.	Gill White W65, Margaret Trengove W65, Gloria Holliday W50, Marie Maxted W50	19:48
4.	Rodger Barber M75, Leigh Smith M75, Colin Trengove M75, Roger Lowe M70	22:51

ACT RACEWALKING CLUB TRACK RACES, AIS TRACK, BRUCE, THURSDAY 30 JANUARY

Thanks to Robin Whyte for the latest results from Canberra where Zoe Hunt took line honours with 6:57.

1500m

1.	Zoe Hunt	06:57
2.	Thomas Hopkins	07:04
3.	Ally Durr	07:05
4.	Callum Burns	07:06
5.	Ann Staunton-Jugovic	07:19
6.	Gabby Hunt	07:24
7.	Spencer Burns	07:28
8.	Peter Baker	08:08
9.	Emily Hopkins	08:20
10.	Mitchell Baker	08:20
11.	Karina Hopkins	08:27
12.	Kate Black	08:51
13.	Jordan Bardsley	08:54
14.	Dylan Eddowes	08:59
15.	Helena Bialecki	09:09
16.	Robin Whyte	09:11
17.	Brett Kingston	09:47
18.	Rod Gilchrist	09:54
19.	Chelsea Rogic	10:06
20.	Jennifer Gilchrist	10:27
21.	Doug Fitzgerald	10:34
22.	Barbara Eddowes	10:37
23.	Venesser Rogic	11:06
24.	Colby Eddowes	11:07
25.	Val Chesterton	12:13

26. Sharon Kingston 13:00

700m

1. Laura Burns 03:45
2. Sophie Rogic 04:26
3. She Hawke 06:39

NSW CLUB CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 1 FEBRUARY

A good turnout for the NSW Club Championships in Sydney last Saturday. With the top walkers in Hobart, it gave the others a chance to shine.

1500 Meter Race Walk Under 14

1. Blaskett, Hayden 12 Hills Distri 8:01.37
2. Rigney, Paige 12 Wyong Athlet 8:26.53
3. Rigney, Lachlan 10 Wyong Athlet 8:31.17
Sanday, Niamh 12 Parramatta C DQ

3000 Meter Race Walk Women

1. McDonald, Jasmyn 15 Parramatta C 15:27.4
2. Francis, Lucy 15 Sydney Pacif 15:48.9
3. Brown, Samantha 13 Parramatta C 15:53.6
4. DeLaine, Eliza 14 Sydney Pacif 16:38.8
5. Fletcher, Jasmine 13 South Sydney 18:26.3
6. Grujoski, Ally 15 South Sydney 18:55.5

3000 Meter Race Walk Men

1. Mavin, Harrison 13 Sydney Pacif 16:43.4
2. Millican, Hayden 14 Sydney Pacif 16:57.4
3. Bedford, Kyle 14 Nepean Distr 16:58.4
4. Osborne, Robert 59 Nepean Distr 17:04.5
5. Glover, Jordan 15 Hills Distri 18:53.1
6. Seymon, Jim 77 U.T.S. North 18:58.2
7. Williams, Dennis 66 Hills Distri 20:59.0

5000 Meter Race Walk

1. Kerr, Aidan 16 Sydney Pacif 25:01.2
2. Mulhearn, Derek 24 Sydney Unive 25:48.3
3. Brown, Nathan 16 Parramatta C 25:59.3
4. Grujoski, Stephanie 17 South Sydney 28:23.5
5. Beasley, Bryony 17 Nepean Distr 29:19.9
Bartlett, Simon 47 Balmain Athl DQ

ATHLETICS VICTORIA SHIELD ROUND 8, SATURDAY 1 FEBRUARY

With temperatures in the high thirties or low forties throughout Victoria, it looked for a while as if AV Shield competition might be cancelled. Eventually it went ahead but, with the temperatures very high and with our top walkers in Hobart, numbers were a little down but still around 100 overall. Well done to all those walkers who braved the elements and competed! And well done to the officials who laboured all afternoon in the heat.

AV Shield BLUE ZONE Round 8, Knox Athletic Track, Scoresby

Definitely very hot in Scoresby. The times tell the tale.

3000M Walk Men

1. Kym Osmand MOP OAK 17:12.8
2. Terrence O'Neill M40+ GPA 17:26.3
3. Rupert Van Dongen MOP CCA 18:15.7
4. Geoff Barrow MOP MEN 19:59.9
5. Anthony Doran MOP GHY 20:07.8
6. Philip Hutton MOP GHY 20:21.1
7. John Morrison MOP SAN 21:57.8
8. Jessie Eastwood MU20 OAK 22:03.7

3000M Walk Women

1. Emily Hamilton WU16 KNA 15:51.5
2. Simone McInnes WOP GHY 16:32.4

3.	Jade Sanders	WU18	CCA	17:16.7
4.	Marlene Gourlay	W40+	VMA	17:50.3
5.	Gwen Steed	W40+	VMA	21:20.4
6.	Kuniko Bowden	WOP	MEN	22:38.5
7.	Karyn O'Neill	W40+	GPA	23:22.2

1500m Walk Men

1.	Corey Dickson	MU14	KNA	8:00.3
2.	Hayden Walmsley	MU14	KNA	9:41.7
3.	Jasper Hayes	MU14	FKN	10:02.8
4.	John Zeleznikow	M40+	GHY	15:00.3
5.	Joseph Zeleznikow	MU14	GHY	15:00.3
	Samuel Torey	MU14	FKN	DQ

1500m Walk Women

1.	Philippa Huse	WU16	SAN	7:37.0
2.	Paige De Lisen	WU16	KNA	7:50.3
3.	Brodie Richardson	WU14	KNA	8:40.6
4.	Mikhala Hodges	WU14	KNA	8:59.0
5.	Jessica Lillie	WU16	KNA	9:01.6
6.	Jemma Eastwood	WU14	OAK	10:40.3
	Georgina Torey	WU14	FKN	DQ
	Annabel Hayes	WU14	FKN	DQ

AV Shield RED ZONE Round 8, Lakeside Stadium, Albert Park

Still our strongest zone with Emmet Brasier firing home in 14:03.2 ahead of Aaron McDonough 14:31.3 and Eliza Clarke 14:50.5.

Mixed 3000m Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY AC	14:03.2
2.	McDonough, Aaron	M41	PRESTON AC	14:31.3
3.	Clarke, Eliza	W13	DIAMOND VALLEY AC	14:50.5
4.	Hawkins, Trenton	M34	PRESTON AC	15:23.9
5.	Collis, Lauren	W15	DIAMOND VALLEY AC	16:26.5
6.	Keirl, Bernie	M50	DIAMOND VALLEY AC	16:36.8
7.	Burgess, Liam	M14	DIAMOND VALLEY AC	18:18.4
8.	Collis, Hugh	M13	DIAMOND VALLEY AC	18:24.0
9.	Langford, Taylor	W12	DIAMOND VALLEY AC	18:42.8
10.	Elms, Donna-Marie	W52	PRESTON AC	18:58.8
11.	Walshe, Kerry	W51	DIAMOND VALLEY AC	19:03.3
12.	Laufer, Josephine	W14	COLLINGWOOD	19:35.9
13.	Quinn, Karen	W49	DIAMOND VALLEY AC	20:54.1
14.	Derby, Lachlan	M16	COLLINGWOOD	21:20.0
15.	Watson, Nick	M18	DONCASTER AC	23:17.6
16.	Tunnecliffe, Maree	W19	DONCASTER AC	26:04.1
17.	Campbell, Donna	W23	PRESTON AC	28:37.4

Mixed 1500m Walk

1.	Owen-Smith, Chelsea	W13	DIAMOND VALLEY AC	8:54.0
2.	Noonan, Emily	W13	COLLINGWOOD	9:16.6
3.	Walburg, Kirsten	W15	DONCASTER AC	9:37.4
4.	Lui, Yuan Chow	M14	DONCASTER AC	10:04.0
5.	Laufer, Beatrice	W11	COLLINGWOOD	10:51.2
6.	Noonan, Claire	W9	COLLINGWOOD	11:05.9
7.	Camilleri, Brent	M12	DIAMOND VALLEY AC	11:55.3

AV Shield WHITE ZONE Round 8, Bill Sewart Aths Track, Burwood

Good to see Andrew Jamieson back in action at Burwood, finishing second to Jason Kozica (14:59.8). There are no 1500m walk times posted for this venue on the AV website so not sure if that race was held.

Mixed 3000m Walk

1.	Kozica, Jason	M26	ST KEVINS AC	14:59.8
2.	Jamieson, Andrew	M67	OLD SCOTCH C	15:09.7
3.	Taylor, Lucas	M17	YARRA RANGES	15:27.5
4.	Laurie, Natalie	W22	ATHLETICS NU	15:48.0
5.	Geisler, Sandra	W36	RINGWOOD AC	16:22.1
6.	Wright, Jacob	M19	ATHLETICS NU	18:16.0
7.	Dyer, William	M52	BOX HILL AC	18:20.8
8.	Olden, Graeme	M49	BOX HILL AC	18:26.0

9.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	18:29.2
10.	Dyer, Chelsea	W20	BOX HILL AC	18:56.9
11.	Rosenbrock, Carolyn	W51	ATHLETICS NU	19:10.4
12.	Benke, Geza	M57	OLD MELBURNI	19:34.6
13.	Powell, Paris	W15	RUYTON ATHLE	20:23.6
14.	Wen, Kim	W37	SOUTH MELBOURNE AC	21:48.0
15.	Albiston, Simone	W47	ATHLETICS WAVERLEY	23:45.4

AV Shield YELLOW ZONE Round 8, Mooney Valley Athletics Centre, Essendon

The Yellow zone officials decided to reduce the 3000m to 1500m so all walkers contested a single 1500m walk. Paul Kennedy was fastest man with 6:56.7 while Brooklyn Utber was the fastest woman with 8:16.9.

1500m Men

1.	Paul Kennedy	MOP	KSB	6:56.7
2.	Connor McShanag	MU18	ATE	7:33.2
3.	Shea Wellington	MU18	KSB	8:07.8
4.	Peter Keighery	M40+	KSB	8:09.9
5.	Duncan Knox	M40+	ATE	8:23.8
6.	Phillip Dunstone	M40+	WES	9:49.3
7.	Declan Macaulay	MU14	WES	10:35.7
8.	Brian Hamer	M40+	WES	11:07.6
9.	Dominic Sykes	MU14	KSB	11:57.4
10.	Ian Rickard	MOP	BWK	13:07.7
11.	Stephen Wright	MOP	COB	13:32.1

1500m Women

1.	Brooklyn Utber	WU14	WES	8:16.9
2.	Kirstin Shaw	WOP	WES	8:27.9
3.	Gabriella Crea	WU16	ATE	8:40.7
4.	Rebecca Campbell	WU18	ATE	8:52.6
5.	Robyn Shaw	W40+	WES	9:26.8
6.	Rhiannon Matthews	WU14	KSB	9:41.1
7.	Roslyn Ireland	WOP	BWK	10:42.2
8.	Olive Ireland	WOP	BWK	12:17.4
9.	Kelly Spiteri	WOP	COB	11:48.9
10.	Joanne Francken	W40+	WES	11:45.8

AV Shield BALLARAT REGION Round 8, Llanberris Reserve, Ballarat

Alas, no results posted yet from Ballarat.

AV Shield GEELONG REGION Round 8, Landy Field, Geelong

John Dillon won the 3000m with 15:51.93 and Mackayla Davison won the 1500m with 8:35.94 in Geelong.

Mixed 3000m Walk

1.	Dillon, Joshua	M19	CORIO ATHLETIC CLUB	15:51.93
2.	Christmass, James	M46	CORIO ATHLETIC CLUB	16:41.37
3.	Mirarchi, Nicholas	M22	CORIO ATHLETIC CLUB	16:44.09
4.	Wiffen, Geoffrey	M48	GEELONG GUIL	21:17.08

Mixed 1500m Walk

1.	Davison, Mackayla	W13	CORIO ATHLETIC CLUB	8:35.94
2.	Ferguson, brady	M10	UNNATACHED	9:43.48
3.	Mirarchi, Thomas	M13	CORIO ATHLETIC CLUB	11:14.95

SOUTH QUEENSLAND REGIONAL CUP #1, SAF, BRISBANE, SATURDAY 1 FEBRUARY

A good field of walkers attended the South Queensland Regional Cup meet at the State Athletics Centre (SAF) in Brisbane on Saturday, including a nice representation from the Gold Coast (a credit to Robyn Wales). Fastest times went to Luke McCutcheon 13:40.35 and Katya Martin 14:17.87, both walkers just outside their PBs. Overall, there were some good PBs recorded, as well as a few debuts by some of the younger walkers to the more senior level of QA competition.

Girls 3000m Walk U14

1.	Lawrence, Jenna	13	BSR	17:58.15
2.	Wales, Amelia	12	GCR	24:30.39
	Chapman, Tenyka	13	GCR	DQ

Boys 3000m Walk U14

1.	Jeffrey, Ben	12	BSR	19:10.66
	Hinton, Kobe	12	GCR	DQ
	Stovin, Jamison	13	GCR	DQ
	McCutcheon, Nelson	12	BSR	DQ

Girls 3000m Walk U16

1.	Hayward, Katie	14	BCR	14:55.54
2.	Woodward, Mikaela	15	BSR	16:07.16
3.	Sims, Riley	14	BNR	19:16.61

Boys 3000m Walk U16

1.	McCutcheon, Jamie	15	BSR	15:47.92
2.	Mead, Jonah	14	BCR	16:45.01
3.	Haig, Callum	14	SCCR	20:32.65

Girls 3000m Walk U18

1.	Martin, Katya	17	GCR	14:17.87
2.	Sims, Jesse	17	BNR	17:37.65

Boys 3000m Walk U18

1.	McCutcheon, Luke	16	BSR	13:40.35
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Women 3000m Walk U20

1.	Jackson, Eloise	19	BCR	15:45.45
2.	Boardman, Lucy-Rose	18	BNR	17:01.81
	Haig, Jessica	18	SCCR	DNF

Women 3000m Walk Open

1.	Sunderland, Nyle	47	GCR	16:43.09
2.	Sims, Casey	20	BNR	19:23.24
	Wales, Robyn	62	GCR	DNF



Kobe Hinton in action last weekend on the Gold Coast (photo Robyn Wales)

BENDIGO WALKERS CLUB ROUNDUP

Thanks to Paul Rance for the results from the last couple of Bendigo Walkers Club walks.

Bendigo Walkers Club Roadwalks, Rosalind Park, Bendigo, Wednesday 22 January

The Bendigo Walkers Club 2014 racing year commenced in Rosalind Park on Wednesday 22nd January with 1.5km and 3km handicap events. The 1.5km saw a deadheat between the limit marker and the backmarker with Caitlyn Tozer and Zahra Hayes hitting the line locked together, both athletes produced personal best efforts with Ebony Whiley close up in 3rd place. In the 3km, backmarker Barb Bryant raced to the front with 300m to go and came away for a strong victory with limit marker Norm West 2nd and Geoff Major 3rd.

1.5km Handicap Walk

E1.	Caitlyn Tozer	13.11
E1.	Zahra Hayes	7.06
3.	Ebony Whiley	8.13
4.	Madison Hill	8.33
5.	Carissa Brook	8.36
6.	Sheridan Commons	11.37
7.	Colin Cleary	14.06

3km Handicap Walk

1.	Barb Bryant	17.52
2.	Norm West	23.26
3.	Geoff Major	23.16
4.	John Carter	21.52
5.	Annette Curtis	24.10

Bendigo Walkers Club Roadwalks, Rosalind Park, Bendigo, Wednesday 29 January

On Wednesday 29th January, 1.2km and 2.4km handicap events were held at Rosalind Park. In the 1.2km, Sheridan Commons secured a comfortable victory with a personal best effort with Colin Cleary holding off the fast finishing Zahra Hayes to take 2nd place with Zahra in 3rd place and taking fastest time with a personal best. The 2.4km saw Geoff Major take victory over Norm West with Barb Bryant in 3rd place.

1.2km Handicap Walk

1.	Sheridan Commons	8.19
2.	Colin Cleary	10.26
3.	Zahra Hayes	5.47
4.	Carissa Brook	6.45

2.4km Handicap Walk

1.	Geoff Major	17.57
2.	Norm West	18.31
3.	Barb Bryant	14.17
4.	John Carter	17.06
5.	Ebony Whiley	15.15
6.	Annette Major	

PORTUGUESE RACE WALKING CHAMPIONSHIPS, QUARTEIRA, SATURDAY 1 FEBRUARY

Luis Gil 4:11:40, Ana Cabecinha 1:30:36 and João Vieira 1:26:02 won their respective National Championships in Quarteira last Saturday. The women's 20km was a very strong event with the first five all under 1:35. In a very competitive race, it was eventually Cabecinha who broke away just after the half way mark. Special mention to fifth placed Susana Feitor, 1:34:03 at 39 years of age. In the men's 20km, it was a case of the Vieira brothers sharing top spots with João Vieira first and this twin brother Sérgio second. In the 50km championship, Luís Gil was untroubled to win by some 4 minutes. Thanks to the oMarchador blog website for the results (see <http://www.omarchador.blogspot.pt/2014/02/gil-cabecinha-e-vieira-revalidam.html> for the senior events and <http://omarchador.blogspot.pt/2014/02/mariana-e-edna-fazem-marcas-para-taca.html> for the junior and masters events. The senior events are reproduced below.

20km Open Women

1.	Ana Cabecinha	CO Pechão	1.30.36
2.	Vera Santos	Sporting CP	1.31.29
3.	Inês Henriques	CN Rio Maior	1.32.10
4.	Kristina Saltanovic	Lithuania	1.33.11
5.	Susana Feitor	individual	1.34.03
6.	Sandra Silva	Greece	1.42.09
7.	Filipa Ferreira	CO Pechão	1.43.50
8.	Vitória Oliveira	J Vidigalense	1.47.44
9.	Liliana Martins	GCA Donas	1.56.23
10.	Márcia Silva	J Vidigalense	1.58.36
11.	Marisa Pereira	J Vidigalense	1.59.35
12.	Anabela Moreira	CO Pechão	2.09.05
13.	Andreia Francisco	CB Faro	2.11.50

20km Senior Men

1.	João Vieira	Sporting CP	1.26.02
2.	Sérgio Vieira	SL Benfica	1.27.26
3.	Pedro Isidro	SL Benfica	1.27.59
4.	Miguel Carvalho	CN Rio Maior	1.31.34

5.	Pedro Santos	CA Seia	1.33.20
6.	Rui Coelho	CA Seia	1.36.37
7.	Fábio Conceição	CO Pechão	1.36.47
8.	Bruno Pedro	GA Casais do Vento	1.36.52
9.	Pedro Santos	SL Benfica	1.41.57
10.	Samuel Pereira	CA Seia	1.42.19
11.	Nuno Santos	Sporting CP	1.44.27
12.	Ricardo Castro	CD Quarteira	2.21.49

50 km

1.	Luís Gil	GD Estreito	4.11.40
2.	Pedro Martins	CA Seia	4.15.11
3.	Rafael Ballesteros	Spain	4.25.39
4.	Cristiano António	AC Vermoil	4.40.28
5.	Amaro Texeira	GCA Donas	5.11.01

THE LONDON OPEN WALKS, VICTORIA PARK, LONDON, SUNDAY 2 FEBRUARY

Large walk fields in the London Open Walks last Sunday and some good times. The 10km event saw Dan King (44:56) victorious over Cameron Corbishley (48:17) and Callum Wilkinson (48:45) with Emma Achurch (50:20) next in and the first of the women.

Boys 2km

1.	Chris Snook (U15)	Aldershot, Farnham & District A.C.	10:44
2.	Benjamin Allen (U15)	Leicester W.C.	11:31
3.	Felix Brooks (U13)	Tonbridge A.C.	12:34

Girls 2km

1.	Alana Zeidler (U15)	City of Sheffield A.C.	11:06
2.	Evie Butcher (U15)	Cambridge Harriers	11:33
3.	Lucy Lewis Ward (U13)	Cambridge Harriers	11:35
4.	Laura Achurch (U15)	Leicester Walking Club	11:40
5.	Molly Meleady-Hanley (U13)	City of Sheffield A.C.	12:21

Combined 5km

1.	Emma Achurch (JW)	Leicester Walking Club	25:09
2.	Luc Legon (U17M)	Cambridge Harriers	25:10
3.	Grazina Narviliene (SW)	Belgrave Harriers	25:25
4.	Tim Snook (U17M)	Aldershot, Farnham & District A.C.	26:09
5.	Heather Butcher (U17W)	Cambridge Harriers	27:06
6.	Sophie Lewis Ward (U17W)	Cambridge Harriers	27:25
7.	Penny Cummings (SW)	Aldershot, Farnham & District A.C.	29:21
8.	Colin Zack (U17M)	Aldershot, Farnham & District A.C.	30:23
9.	Maureen Noel (SW)	Belgrave Harriers	31:06
10.	Noël Blatchford (SW)	Abingdon A.C.	32:40
11.	Angela Martin (SW)	Surrey Walking Club	32:58
12.	Fiona Bishop (SW)	Woking A.C.	33:02
13.	Indigo Burgin (U17W)	Cambridge Harriers	33:30
14.	Anna Vroobel (SW)	Hillingdon A.C.	33:47
15.	Geraldine Legon (SW)	Bexley A.C.	34:48
16.	Jo Miles (SW)	Hillingdon A.C.	34:54
17.	Pamela Abbott (SW)	Enfield & Haringey A.C.	35:29
18.	Norma Grimsey (SW)	Enfield & Haringey A.C.	35:30
19.	Sandra Campbell (SW)	Surrey Walking Club	38:10

Combined 10km

1.	Daniel King (SM)	Colchester Harriers & A.C.	44:56
2.	Cameron Corbishley (JM)	Medway & Maidstone A.C.	48:17
3.	Callum Wilkinson (JM)	Enfield & Haringey A.C.	48:45
4.	Emma Achurch (JW)	Leicester Walking Club	50:20*
5.	Steve Uttley (SM)	Ilford A.C.	55:13
6.	Steve Allen (SM)	Barnet & District A.C.	55:59
7.	John Hall (SM)	Belgrave Harriers	57:00
8.	Malcolm Martin (SM)	Surrey Walking Club	57:53
9.	Colin Turner (SM)	Nuneaton Harriers	57:59
10.	Stuart Bennett (SM)	Ilford A.C.	59:53
11.	Arthur Thomson (SM)	Enfield & Haringey A.C.	60:18
12.	Ken Bobbett (SM)	Hillingdon A.C.	60:22

13. Shaun Lightman (SM)	Surrey Walking Club	62:23
14. Dan Maskell (SM)	Surrey Walking Club	63:03
15. Maureen Noel (SW)	Belgrave Harriers	63:55*
16. Paul King (SM)	Belgrave Harriers	64:36
17. Peter Hannell (SM)	Surrey Walking Club	65:16
18. Glyn Jones (SM)	Coventry Godiva Harriers	65:24
19. Mick Harran (SM)	Surrey Walking Club	65:29
20. Chris Flint (SM)	Surrey Walking Club	65:32
21. John Borgars (SM)	Loughton A.C.	66:45
22. Seán Pender (SM)	Enfield & Haringey A.C.	68:16
23. Anna Vroobel (SW)	Hillingdon A.C.	69:45*
24. Edmund Shillabeer (SM)	Ilford A.C.	69:54
25. Russell Vroobel (SM)	Hillingdon A.C.	70:35
26. Bob Dobson (SM) I	Ilford A.C.	70:40
27. Mick Barnbrook (SM)	Ilford A.C.	72:55
28. David Hoben (SM)	Surrey Walking Club	74:16

* 5k competitor continuing to 10k

Mark Easton has produced his usual excellent photo studio from the event - see <http://markeaston.zenfolio.com/f106333954>. He advises the best way to view the photos is to click the Show All link near the bottom of the page. Thanks to Mark for letting me reproduce some of them here.



Cameron Corbishly and Callum Wilkinson walking on the weekend (photos Mark Easton)



Dan (82) and Dom King (82) lead out in the 10km race

COLOMBIAN NATIONAL RACE WALKING CUP, BOGATA, COLOMBIA, 25-26 JANUARY

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/01/omar-sierra-ivan-garrido-e-sandra.html>) for the results of the Colombian National Race Walking Cup, held a week ago over a 2k circuit in Bogata, the nation's capital (at an altitude of 2,625m). In the 35 km men, Omar Sierra won with a time of 2:44:10, just over 3 minutes ahead of Daegu 20km bronze medallist Luis Lopez. In the men's 20km, 2013 junior 10km winner Iván Garrido transitioned well to the senior ranks with a winning time of 1:32:18. In the women's 20km race, 2012 World Cup Junior 10km winner Sandra Arenas won with a time of 1:43:45 ahead of Sandra Galvis (1:43:54) and Arabelly Orjuela with 1:45:28. The championships, which honored Fernando Rozo who died two years ago, was the selection trial for the South American Cup, to be held in Cochabamba (Bolivia) in March.

35km Men

1.	Omar Daniel Sierra Morales	1988	Bogota	2.44.10
2.	Luis Fernando Lopez Erazo	1979	Fuerzas Armadas	2.47.15
3.	Jhon Alexander Castañeda Ángulo	1992	Bogota	2.54.01
4.	Rodrigo Moreno Munar	1966	Bogota	3.01.25

20km Women

1.	Sandra Lorena Arenas Campuzano	1993	Antioquia	1.43.45
2.	Sandra Viviana Galvis Gomez	1986	Cundinamarca	1.43.54
3.	Arabelly Orjuela Sanchez	1988	Bogota	1.45.28
4.	Yeseina Carrillo Torres	1993	Cundinamarca	1.48.02
5.	Nidia Diner Moreno	1978	Boyaca	1.49.15
6.	Carolina Mariño Fonseca	1994	Boyaca	1.55.23
7.	Luz Andrea Rodriguez	1986	Valle	1.56.40
8.	Milena Restrepo Agudelo	1994	Antioquia	2.00.06
9.	Andry Julith Rojas Guzmán	1991	Bogota	2.21.08

20km Men

1.	Ivan Gabriel Garrido Triana	1994	Fuerzas Armadas	1.32.18
2.	Jorge Estiven Diaz Pineda	1987	Fuerzas Armadas	1.34.16
3.	Ferney Alexis Rojas Mesa	1987	Boyaca	1.34.22
4.	Andrés Giovanni Cardona	1993	Antioquia	1.36.32
5.	Santiago Bustamante Jaramillo	1992	Antioquia	1.38.38
6.	Keny Martin Pérez Parra	1994	Risaralda	1.40.39
7.	Julián Vargas Jaramillo	1992	Antioquia	1.42.53
8.	Esneyder Parra Ardila	1989	Cundinamarca	1.46.50
9.	Santiago Gómez Salazar	1993	Antioquia	1.49.36

UP AND RUNNING WINTER WALKING LEAGUE, NSC ROADWAY, ISLE OF MAN, SUNDAY 2 FEB

The Isle of Man showcased its considerable participation depth last Sunday in Round 5 of its Up and Running Winter Walking League (see <http://www.manxathletics.com/>). Overall fastest time in the 10km handicap event went to Alex Eaton (47:49) ahead of Adam Cowin (49:42) and Manx Telecom Parish Walk record holder Richard Gerrard (49:39) set a personal best for 10km.

Senior 10km

			Finish Time	Actual Time	
1.	Stewart Jones	M40	MH	1:34:25	59:23
2.	David Walker	M40	MH	1:35:13	52:23
3.	Stuart Gibson	M40	UA	1:35:22	1:04:38
4.	Sandra Halpin	W45	UA	1:35:26	1:08:35
5.	Sally Walker	W40	MH	1:35:26	1:00:53
6.	Danielle Oates	JL	MH	1:35:28	1:00:26
7.	Vinny Lynch	M50	IOMVAC	1:35:42	55:15
8.	Sharon Cain	W40	WAC	1:36:00	1:09:52
9.	Kath Black	SL	UA	1:36:14	1:08:26
10.	Andrew Dawson	M40	UA	1:36:16	1:05:03
11.	William Brown	SM	UA	1:36:29	1:06:26
12.	Sally Rothwell-Caley	W40	UA	1:36:35	1:12:23
13.	Jane Farquhar	SL	UA	1:36:36	1:07:53
14.	Richard Gerrard	M40	IOMVAC	1:36:40	49:39
15.	Darren Oldham	M45	UA	1:36:52	1:03:23
16.	Tony Mackintosh	M40	UA	1:36:59	1:01:20
17.	Ralph Peake	M50	UA	1:37:01	1:15:03
18.	Marie Jackson	W50	MH	1:37:04	57:41
19.	Janette Morgan	W50	IOMVAC	1:37:13	59:38
20.	Colin Moore	M50	IOMVAC	1:37:17	1:07:00
21.	Dudley Butt	M65	UA	1:37:26	1:09:28

22.	Janette Kneale	W40	UA	1:37:31	1:14:43
23.	Gordon Erskine	M70	UA	1:37:37	1:11:44
24.	Paul Sayle	SM	UA	1:37:39	1:10:29
25.	Alex Eaton	U20	MH	1:37:49	47:49
26.	Adam Cowin	SM	MH	1:37:51	49:42
27.	Craig Fletcher	JM	UA	1:37:55	1:08:00
28.	Brian Kneale	M40	UA	1:38:11	1:10:00
29.	Steph Quayle	W45	MH	1:38:17	1:03:26
30.	Ed Walter	SM	MH	1:38:18	1:04:49
31.	Mark Denton	M50	UA	1:38:27	1:11:36
32.	Dermott O'Toole	M60	UA	1:38:31	1:09:54
33.	Tony Artz	M50	UA	1:38:55	1:10:14
34.	Jock Waddington	M45	IOMVAC	1:39:03	54:27
35.	Louise Hollings	SL	UA	1:39:08	1:11:05
36.	Dave Wilkinson	M70	MH	1:39:44	1:11:07
37.	Terry Bates	M60	IOMVAC	1:39:51	1:04:12
38.	Rebecca Greatbatch	JL	MH	1:40:09	1:06:40
39.	Brian Wade	M45	MH	1:40:13	57:23
40.	Yvonne Moore	W40	UA	1:40:15	1:16:08
41.	Adie Corlett	M50	UA	1:40:15	1:14:47
42.	Norbert Will	M75	NIVAC	1:40:45	1:13:33
43.	John Watterson	M60	MFR	1:41:56	1:11:18



Richard Gerrard sets a 10km PB at IOM races last weekend (photo Murray Lambden - <http://www.manxathletics.com/>)

Senior 5km			Finish Time	Actual Time	
1.	Lauren Kinnin	U17G	UA	43:05	37:33
2.	Jane Artz	W40	UA	43:36	36:13
3.	Louise Smith	SL	NAC	44:04	33:27
4.	Tom Partington	U17B	MH	44:21	26:45
5.	Mary Tait	W40	UA	44:32	39:51
6.	Caroline Walter	W40	MH	44:34	39:58
7.	Angela Corkish	W65	IOMVAC	44:47	36:25
8.	Sarah Goldsmith	W65	IOMVAC	44:54	40:05
9.	Sue Partington	W70	UA	45:06	40:41
10.	Enid Watson	W65	IOMVAC	45:07	35:37
11.	Jill Wild	W65	NAC	45:25	45:25
12.	Simon Spencer	M40	UA	45:34	36:40
13.	Sharon Kinnin	W45	UA	47:33	39:33
14.	Ron Ronan	M70	MH	49:16	41:53

Junior 2km				
1.	Archie Walter	U13B	MH	13.05
2.	Stephen Waddington	U13B	MH	13.29
3.	Leah Goddard	U13G	NAC	13.37

4.	Georgie Clegg	U13G	UA	18.52
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Junior 1km

1.	James Read	U11B	NAC	05:59
2.	Tom Brennan	U13B	MH	06:29
3.	Isaac Quayle	U11B	MH	06:53
4.	Toby Young	U13B	MH	07:20
5.	Matthew Young	U11B	MH	07:33
6.	Scarlett Walter	U9G	MH	07:37

INTERNATIONAL ROUNDUP

Botnia Games, Mustasaari, Finland, Saturday 1 February

Women's 3000m Race Walk indoor

1.	Mikaela LÖFBACKA	FIN	90	14:07.01
2.	Vera RAUHALA	FIN	97	14:57.93
3.	Venla LAIHO	FIN	95	16:05.75

Lithuanian Indoor Club Championships, Vilnius, Lithuania, Saturday 1 February

Women's 3000m Race Walk indoor

1.	Brigita VIRBALYTĖ-DIMSIENĖ	LTU	85	12:20.32
2.	Neringa AIDIETYTĖ	LTU	83	13:04.50
3.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	13:55.89
4.	Inga MASTIANICA	LTU	89	14:04.20
5.	Monika VAICIUKEVIČIŪTĖ	LTU	96	14:18.67
6.	Agne KLEBAUSKAITE	LTU	92	14:20.61
7.	Rita ANDREJEVA	LTU	91	16:42.52
8.	Aušrinė KUZMICKAITĖ	LTU	98	16:58.32
	Greta KVIKLBYTĖ	LTU	96	DQ

Samara Region Cupm Samara, Russia, Thursday 30 January

Fast walking in Russia with Andrey Ruzavan (18:15.54) and Anisiya Kirdyapkina (11:57.66) winning their indoor races in Samara.

Men's 5000m Race Walk indoor

1.	Andrey RUZAVIN	RUS	86	18:15.54
2.	Mikhail RYZHOV	RUS	91	19:09.86
3.	Yuriy ANDRONOV	RUS	71	19:40.17

Women's 3000m Race Walk indoor

1.	Anisiya KIRDYAPKINA	RUS	89	11:57.66
2.	Vera SOKOLOVA	RUS	87	12:12.97
3.	Sofiya BRODATSKAYA	RUS	94	12:52.72
4.	Tatyana AKULINUSHKINA	RUS	94	13:09.40
5.	Margarita KOLESNICHENKO	RUS	98	13:13.80
6.	Anastasiya YEVACHEVA	RUS	97	13:21.77

Ukrainian U18 Indoor Championships, Zaporozhye, Thursday 30 January

Men's 5000m Race Walk indoor

1.	Eduard ZABUZHENKO	UKR	98	21:43.77
2.	Oleksandr ZHOLOB	UKR	97	22:21.38
3.	Dmytro HARNYK	UKR	98	22:21.93
4.	Volodymyr MYTSYK	UKR	97	23:11.49
5.	Stanislav MASHTAL	UKR	98	23:11.60
6.	Volodymyr TKACHENKO	UKR	97	23:50.14

Women's 5000m Race Walk indoor - 31.01.2014

1.	Dariya KHUSAYNOVA	UKR	98	25:41.73
2.	Olesya KNYSHYK	UKR	99	26:08.74

Ukrainian Club Championships, Zaporozhye, Monday 27 January

Men's 5000m Race Walk indoor

1.	Ihor LYASHCHENKO	UKR	93	19:45.66
2.	Oleksandr VENHLOVSKIY	UKR	85	20:04.04

3.	Serhiy SVITLYCHNIY	UKR	94	21:17.93
4.	Oleksiy SHELEST	UKR	73	21:29.15
5.	Mykola KALASHNIK	UKR	92	22:30.53
6.	Ihor PUZANOV	UKR	93	22:45.52
7.	Nazariy STEPANYUK	UKR	94	23:23.29
8.	Volodymyr YUKHYMCHUK	UKR	96	23:31.94

Women's 5000m Race Walk indoor

1.	Nataliya KONTSEVICH	UKR	84	22:53.65
2.	Halina YAKOVCHUK	UKR	92	22:58.19
3.	Valentyna MYRONCHUK	UKR	94	23:08.36
4.	Olha KISIL	UKR	91	23:14.75
5.	Marharyta PASYUK	UKR	94	23:50.35
6.	Oksana TROFIMOVICH	UKR	92	24:19.75
7.	Viktoriya BOKUN	UKR	95	25:15.39
8.	Olha HARNYK	UKR	96	25:31.63
9.	Vira ZOZULYA	UKR	70	25:37.67
10.	Olesya KALENSKA	UKR	89	26:11.56
11.	Khrystyna MYKHAYLYSHYN	UKR	92	27:45.09
	Lyudmyla SHELEST	UKR	74	DQ

Athlone Irish Junior Indoor Championships, Athlone, Ireland, Sunday 26 January

Men's 3000m Race Walk indoor

1.	Evan LYNCH	IRL	95	12:42.48
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Women's 3000m Race Walk indoor

1.	Sinead BURKE	IRL	97	14:47.72
2.	Alicia BOYLAN	IRL		15:14.52

Turkish Indoor Championships, Istanbul, Saturday 1 February

Men's 5000m Race Indoor

1.	Ersin TACİR	TUR	85	20:19.85
2.	Sahin ŞENODUNCU	TUR	94	20:20.21
3.	Pamuk OZGUR OZAN	TUR	93	20:41.89
4.	Mert ATLI	TUR	93	21:25.28
5.	Serkan DOGAN	TUR	92	21:55.04

Junior Men 5000m Walk Indoor

1.	Muratcan KARAPINAR	TUR	96	20:35.71
2.	Süleyman BAYTAR	TUR	95	22:30.09

Junior Women 5000m Walk Indoor

1.	Fatma ALMA	TUR	96	26:35.26
2.	Nergiz ADAŞ	TUR	95	27:00.78
3.	Derya KARAKURT	TUR	96	27:24.31
4.	Hülya FANSA	TUR	96	27:54.10

Athletics Ireland Indoor Open Games, Athletics Ireland Indoor Open Games, Sunday 2 February

The results for this one say that the times are for 3200m so I am not sure if they are correct as shown below. Did they walk an extra lap?

3000m Walk Indoors

1.	WRIGHT Alex	Calry A.C.		12:08.22
2.	Brendan Boyce	Letterkenny		12:39.89
3.	HICKEY Luke	Leevale A.C.		12:41.45
4.	WHELAN Lauren	Leevale A.C.		14:29.04

OUT AND ABOUT

- The January issue of the British Racewalking record is now out. I note a comment on the webpage that, due to technical difficulties, the editors will stop sending email notifications from now on. Future issues will be available by 5th of each month on the website. See the current issue at <http://racewalkingrecord.co.uk/january-2014-issue-now-available>.
- English walker Tom Bosworth has his own blog. Check it out at <http://www.junior-sport.co.uk/athletics/athlete-blogs/sen/tom-bosworth/>

- Olympic 20km walk champion Chen Ding celebrates a 100 day countdown to the World Racewalking Cup in Taicang in May. See <http://www.iaaf.org/news/news/world-race-walking-cup-taicang-100-days>

PONDERING THE NEW AIS LOGO

The Australian Institute of Sport has done away with its current logo of over 30 years and has adopted a new logo - see <http://www.smh.com.au/sport/ais-adopts-new-logo-20140203-31vlh.html>. To quote from the newspaper article:

Gold was chosen to signify the pursuit of increased success under the Winning Edge program, a 10-year strategic plan that was instigated after Australia's poor performance at the London Games in 2012. Australian Sports Commission chief executive Simon Hollingsworth said the new logo was more relevant to the organisation's goals. "The analysis told us that the current brand was not contemporary and lacked relevance for our key stakeholders, including potential sponsors and commercial partners," Hollingsworth said. "This new brand takes into a new age for Australian high performance sport."

Unfortunately, while it might be a new age for Australian High Performance Sport, it is a poor 'brave new world' for Australia's walkers. After 30 years of consistent success on the international stage, where almost all our medal winning walkers were on an AIS scholarship program, which has offered a performance driven daily training environment to provide a long term investment in our best walkers, we are expected to continue to deliver with little or no support to reach international level - any monetary help from AA only kicks in once you get there! The AIS based walkers have left, and are now back to the old days of amateur athletics, working part time or full time and training when they can. If you want to see what this means, compare the results for the Open 20km walkers in Hobart in 2014 compared to any of the previous 5 years. The standard has already dropped considerably, barely 12 months after the AIS residential program was closed.

And talking of Hobart last weekend, Jesse Osborne is probably ranked 3rd in the world with his U20 10km PB but is currently unfunded under the Athletics Australia National Athlete Support Scheme, and no financial support (other than family) to help him prepare for the World Walking Cup in early May. 15 year old Jemima Montag won her Junior 10km race in a time better than the world best U18 last year (a world youth championships year) and has her 16th birthday next week. Like Jesse, she will be preparing for her World Walking cup appearance unfunded and without support.

Victoria again demonstrated its dominance of the walks events with wins in 3 of the 4 events on offer and 4 World Cup Junior 10km qualifying performances yet no Victorian walks coaches receive any support from AA. Victorian coaches do it hard without any funding or recognition by AA but they produce the goods anyway - against the odds!

This is the sad reality of the new age for Australian high performance sport.

If there are any millionaires out there interested in sponsoring our walkers we'd be happy to talk to you!

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

Feb 14-15, 2014	Victorian Junior T&F Champs, Lakeside Stadium, Albert Park
Mar 8-10, 2014	Australian Masters T&F Championships, Hobart. See http://www.amahobart2014.com.au
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Mar 15-16, 2014	Vic Masters Champs, Burwood, Entries via AV website. Entries close Mon 24 Feb.
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30 2014	WMA Indoor Championships, Budapest, Hungary - https://www.facebook.com/WMABudapest2014
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)