



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 08
25 November 2014



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WALKER OF THE WEEK

Walker of the Week this time around goes to Collingwood Harriers walker **Michelle Laufer** who celebrated her 45th birthday earlier this month by setting a new Victorian W45 women's 3000m track record of **14:49.4** in Athletics Victoria Shield competition at Aberfeldie on Sunday. Michelle's time broke Pam Tindal's State record by 3 secs and continues her recent good form.



Michelle competing in the Victorian 10km roadwalk championship in July 2014

WHAT'S COMING UP

Our **VRWC summer season competition** continues on Wednesday 26th November (that's tomorrow evening!) with track walks scheduled at the Collingwood Harriers track in Clifton Hill. The timetable is shown below – note that this year we have also included 10,000m walks for those who want something a bit tougher!

Wed 26 November 2014, VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	10,000m, 5000m and 3000m	Open
7.15pm	1500m	Open

We have a rest from **Athletics Victoria Shield** competition next weekend and it resumes on Saturday 6th December with round 7. The Australian All Schools Track & Field Championships will also be held that same weekend in Adelaide

We will be closing entries very soon for our annual **Falls Creek training camp** which will run from Sunday 28 December 2014 to Saturday 10 January 2015. You can register at <http://www.vrwc.org.au/vrwc-falls-creek.shtml> and you can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

A reminder that entries close for the **Australian 50km championship** meet at Fawkner Park in Melbourne next Monday 1st Dec. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1376&OrgID=887.

AV SHIELD COMPETITION, SUNDAY 26 NOVEMBER

Talking AV Shield, Athletics Victoria last week launched its new athlete ranking platform. The advertising page says that the AV Rankings is an online, interactive ranking system that captures over 4000 weekly results from Athletics Victoria's Shield competition and ranks these based on age, gender and performance. These performances will be used to determine eligibility into the AV Knockout competition with Round 1 kicking off on Sunday 14 December 2014 for the top ranked 60 members in selected track and field events. Check it out at <http://athsvic.org.au/generalnews/athletics-victoria-launch-athlete-rankings/>.

And now onto last weekend's AV Shield. First to compete were the Victorian Country walkers who were at their usual 3 venues on Saturday afternoon.

AV Shield Round 6, Ballarat Zone, Llamberis Reserve, Ballarat, Saturday 22 November

3000m Walk

1.	McLennan, Phillip	WEN	M46	18:20.88
2.	Kilmartin, John	BHA	M63	18:28.42
3.	Mclennan, Stephen	WEN	M50	20:00.41
	Ruddick, Kevin	BHA	M64	DNF

AV Shield Round 6, Bendigo Zone, la Trobe University, Bendigo, Saturday 22 November

3000m Walk

1.	Carter, John	SBE	40+	21:47.23
2.	Minchin, Lisa	SBE	40+	23:32.06

1500m Walk

1.	Hayes, Zahra	SBE	U14	7:21.09
2.	Whiley, Ebony	EAG	U20	8:32.72
3.	Hill, Madison	SBE	U16	8:36.91

AV Shield Round 7, Geelong Zone, Landy Field, Geelong, Saturday 22 November

2000m Walk

1.	James Christmass	COR	M	9:24.95
2.	Geoffrey Wiffen	GLG	M	14:02.59
3.	Thomas Mirarchi	COR	M	14:31.41

And now onto Sunday afternoon when the four metropolitan regions met for two Zone vs Zone competitions. I was at Aberfeldie for the Red vs Yellow meet and it was a great success with a huge turnout of athletes and officials – and it finished on time!

AV Shield Round 6, Red Zone vs Yellow Zone, Aberfeldie Athletic Track, Moonee Ponds, Sunday 23 November

The combined walks were big affairs with 60 walkers overall. We witnessed a great battle early between young guns Emmet Brasier, Roos Darlow and Adam Garganis. Emmet eventually cleared out to win with a PB 12:44.7 and Ross held on gamely for a big PB of 12:51.6. Eliza Clarke was the first woman home, the young 14 year old walking a PB of 14:15.0. Further back Shae Wellington recorded a bit PB of 14:36.7 to finish just ahead of Michelle Laufer who set a new Victorian Masters W45 record of 14:49.6. All in all, a very impressive set of results.

3000m Walk

1.	Brasier, Emmet	M16	DIAMOND VALLEY AC	12:44.7	PB 0:06
2.	Darlow, Ross	M16	EUREKA ATHLE	12:51.6	PB 0:27
3.	Garganis, Adam	M17	COLLINGWOOD	13:48.0	
4.	Clarke, Eliza	W14	DIAMOND VALLEY AC	14:15.0	PB 0:01
5.	Christmass, James	M47	CORIO ATHLETIC CLUB	14:30.5	
6.	Wellington, Shea	M17	KEILOR ST BE	14:36.7	PB 0:20
7.	Laufer, Michelle	W45	COLLINGWOOD	14:49.4	W45 Vic rec
8.	Hawkins, Trenton	M35	PRESTON AC	15:04.1	
9.	Taylor, Michael	M14	UNNATCHED	15:19.9	
10.	Donahoo, Mark	M56	ATHLETICS ESSENDON	15:30.7	
11.	Peart, Jemma	W13	BALLARAT YCW	16:10.3	
12.	Kondogonis, John	M53	KEILOR ST BE	16:20.8	
13.	Kennedy, Paul	M57	KEILOR ST BE	16:34.0	
14.	Keirl, Bernie	M51	DIAMOND VALLEY AC	16:34.7	
15.	Clarke, Patrick	M46	DIAMOND VALLEY AC	16:50.8	
16.	Knox, Duncan	M55	ATHLETICS ESSENDON	17:26.6	
17.	Campbell, Caitlin	W20	ATHLETICS ESSENDON	17:27.7	
18.	Noonan, Emily	W14	COLLINGWOOD	17:49.5	
19.	Dunstone, Phillip	M46	WESTERN ATHL	18:21.6	
20.	Walshe, Kerry	W52	DIAMOND VALLEY AC	18:26.3	
21.	Elms, Donna-Marie	W53	PRESTON AC	18:42.5	

22.	Gardiner, Robert	M78	COLLINGWOOD	19:02.6
23.	Shaw, Robyn	W53	WESTERN ATHL	19:06.0
24.	Irons, Julia	W16	KEILOR ST BE	19:37.3
25.	Close, Linda	W49	WILLIAMSTOWN AC	19:50.1
26.	Kapetanovic, Tania	W47	KEILOR ST BE	19:52.3
27.	Campbell, Rebecca	W17	ATHLETICS ESSENDON	20:27.3
28.	Garganis, Clare	W44	COLLINGWOOD	20:48.7
29.	Quinn, Karen	W50	DIAMOND VALLEY AC	21:06.6
30.	Murphy, Stephen	M53	ATHLETICS ESSENDON	21:42.2
31.	Hodgart, Janice	W51	WESTERN ATHL	21:47.7
32.	Colley, Jamee-Leig	W24	PRESTON AC	22:03.5
33.	Ireland, Roslyn	W31	BRUNSWICK AC	22:04.2
34.	Spiteri, Kelly	W41	COBURG HARRIERS AC	22:05.0
35.	Gunn, Nicole	W35	KEILOR ST BE	24:13.6
36.	Lazar, Dennis	M58	DIAMOND VALLEY AC	24:13.9
37.	Cashin, Brenda	W50	WESTERN ATHL	24:57.0
38.	Davey, Louise	W48	COBURG HARRIERS AC	25:32.5
39.	Rickard, Ian	M58	BRUNSWICK AC	27:43.0
40.	Lamb, Heather	W50	BRUNSWICK AC	DQ
41.	McKenzie, Andrew	M49	DIAMOND VALLEY AC	DQ
42.	Ireland, Olive	W54	BRUNSWICK AC	DQ

The 1500m saw Taylor Langford was very impressively to be first over the finish line with 7:45.9 ahead of Hugh Collis 7:49.6.

1500m Walk

1.	Langford, Taylor	W13	DIAMOND VALLEY AC	7:45.9
2.	Unknown, Athlete 1	W24	UNNATACHED	7:46.0
3.	Collis, Hugh	M14	DIAMOND VALLEY AC	7:49.6
4.	Dawson, Thomas	M13	COLLINGWOOD	8:08.0
5.	Collis, Bede	M11	DIAMOND VALLEY AC	8:30.8
6.	Matthews, Rhiannon	W13	KEILOR ST BE	8:34.8
7.	Noonan, Claire	W10	COLLINGWOOD	8:35.4
8.	Laufer, Josephine	W15	COLLINGWOOD	8:55.8
9.	Collis, Frances	W13	DIAMOND VALLEY AC	9:44.1
10.	Camilleri, Rhianyn	W9	DIAMOND VALLEY AC	10:33.5
11.	Carroll, Dale	M15	COLLINGWOOD	10:39.9
12.	Nicola, Naomi	W9	IVANHOE HARRIERS AC	10:41.8
13.	Rudston-Brown, Caitlyn	W13	WHITTLESEA CITY AC	10:44.2
14.	Dawson, Christina	W12	COLLINGWOOD	12:26.9
15.	Sheedy, Evan	M11	DIAMOND VALLEY AC	12:39.9
16.	Clifford, Elsie	W10	DIAMOND VALLEY AC	13:07.7
17.	picioane, lanarose	W11	UNNATACHED	10:35.9
18.	Davey, Phoenix	M11	COBURG HARRIERS AC	DQ

AV Shield Round 6, Blue Zone vs White Zone, Casey Fields, Sunday 23 November

The second of the two combined meets saw the Blue and White zones competing against each other. Reese Walmsley 13:50.43 and Jemima Montag 13:54.61 (both 16 years of age) had a great battle and were not far ahead of Kyle Bird with 13:54.31 and an improving Megan Szirom 15:08.74.

Mixed 3000m Walk

1.	Walmsley, Reese	M16	KNOX AC	13:50.43
2.	Montag, Jemima	W16	MACCABI ATHL	13:53.61
3.	Bird, Kyle	M18	MORNINGTON P	13:54.31
4.	Szirom, Megan	W37	FRANKSTON AC	14:08.74
5.	Billington, Tayla-Paige	W17	BOX HILL AC	14:26.32
6.	Jamieson, Andrew	M68	OLD SCOTCH C	14:45.99
7.	Swan, Kyle	M15	ATHLETICS NU	15:41.98
8.	Evans, Simon	M54	BOX HILL AC	16:02.46
9.	Geisler, Sandra	W37	RINGWOOD AC	16:17.54
10.	Taylor, Lucas	M18	YARRA RANGES	16:19.04
11.	Bennett, Ralph	M73	VICTORIAN MA	17:16.56
12.	Van Dongen, Rupert	M40	CASEY CARDIN	17:31.23
13.	Hunter, Pia	W48	BOX HILL AC	18:35.60
14.	McCann, Adam	M38	ATHLETICS NU	20:15.62
15.	Steed, Gwen	W72	VICTORIAN MA	20:15.88
16.	Sofianos, Gerald	M65	ST KEVINS AC	22:14.23
17.	Molnar, Jo	W53	ATHLETICS WAVERLEY	23:20.40
18.	Petrakos, Anna	W37	MENTONE AC	26:26.9h
	Doran, Anthony	M62	GLENHUNTLY AC	DQ
	Barrow, Geoff	M65	MENTONE AC	DQ

A very good 1500m walk win to Joseph Rickard with 7:13.87 ahead of Hayden Walmsley and Nikola Mandic.

Mixed 1500m Walk

1.	Rickard, Joseph	M13	MORNINGTON P	7:13.87
2.	Walmsley, Hayden	M13	KNOX AC	7:18.33
3.	Mandic, Nikola	M11	CASEY CARDIN	7:48.63
4.	Clark, Madison	W11	UNNATACHED	7:51.55
5.	Richardson, Brodie	W14	KNOX AC	8:27.76
6.	Hodges, Mikhala	W13	KNOX AC	8:39.91
7.	Taylor, Lee	W13	YARRA RANGES	9:58.65
8.	Hodges, Anaya	W14	KNOX AC	10:49.46
	Eldridge, Ben	M11	ST KEVINS AC	DQ
	Guy, Rachael	W15	CASEY CARDIN	DQ

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 20 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. The younger walkers showed the way in both the 3000m and 1500m walks with Zoe Hunt 14:55 and Callum Burns 4:40 taking line honours.

3000m Walk

1.	Zoe Hunt	14:55
2.	Gabby Hunt	14:58
3.	Connor Frew	15:44
4.	Tom Hunt	16:19
5.	Mitchell Baker	16:19
6.	Peter Baker	17:14
7.	Elizabeth Henderson	17:33
8.	Kate Black	17:56
9.	Helena Bialecki	18:06
10.	Robin Whyte	18:47
11.	Bryan Thomas	20:44
12.	Rod Gilchrist	21:11
13.	Jennifer Gilchrist	21:36
14.	Doug Fitzgerald	23:13
15.	Margaret McSpadden	23:48
16.	Robert Kennelly	24:56
17.	Val Chesterton	26:27
18.	Edna Dundas	28:17
19.	Spencer Burns	DNF

1000m Walk

1.	Callum Burns	4:40
2.	Laura Burns	5:28
3.	Venesser Rogic	6:56
4.	John Donovan	7:20

SAMA TRACK WALKS, SA STADIUM, ADELAIDE, WEDNESDAY 19 NOVEMBER

Thanks to Colin Hainsworth for the latest from the South Australian Masters walkers in Adelaide. Colin commented: Both walks scratch events. Warm, humid evening.

1500m Walk

1.	Jake Vidler	07:04		
2.	Rhiannon Lovegrove	07:15		
3.	George White	08:06	M69	88.06%
4.	Marie Maxted	09:03	W54	72.38%
5.	Geoff Byham	09:08	M68	77.18%
6.	Rodger Barber	10:34	M76	73.81%
7.	Des Mulqueen	10:39	M68	66.19%
8.	Leigh Smith	10:52	M79	74.91%
9.	Roger Lowe	11:10	M71	65.44%
10.	Julia Lycett	11:30	W50	55.03%
11.	Jan Layng	11:45	W66	62.95%
12.	Christine Thomas	12:11	W49	51.51%

3000m Walk

1.	George White	16:40	M69	87.26%
2.	John Leydon	17:11	M52	71.32%
3.	Geoff Byham	19:19	M68	74.41%
4.	Marie Maxted	20:05	W54	67.36%
5.	Mary-Anne Siebert	21:03	W41	57.62%
6.	Des Mulqueen	21:39	M68	66.39%
7.	Rodger Barber	21:54	M76	72.68%

8.	Leigh Smith	22:18	M79	74.53%
9.	Colin Hainsworth	23:34	M84	76.33%
10.	Doug Smart	23:38	M71	63.05%
11.	Christine Thomas	23:55	W49	54.11%
12.	Roger Lowe	24:06	M71	61.83%
13.	Edna Bates	25:15	W61	57.56%
14.	Paul Boyce	26:16	M78	62.35%

BENDIGO WALKERS CLUB ROUNDUP

Thanks to Paul Rance for the results from the last couple of weeks racing at Rosalind Park in Bendigo.

Bendigo Walkers Club Road Walks, Rosalind Park, Bendigo, Wednesday 12 November

1km and 5km sealed handicap events were held, with Sheridan Commons securing her 6th win of the Year in the 1km event as she defeated Caitlyn Tozer and Madison Hill with Sheridan and 4th placegetter Carissa Brook producing personal best efforts. In the 5km event newcomer Jenny Payne took a comfortable victory with John Carter 2nd and Norm West in 3rd place.

5km Walk

1.	Jenny Payne	38.06
2.	John Carter	35.42
3.	Norm West	40.57
4.	Annette Curtis	37.37
5.	Barb Bryant	30.44
6.	Peter Curtis	30.28

1km Walk

1.	Sheridan Commons	6.56
2.	Caitlyn Tozer	8.31
3.	Madison Hill	5.26
4.	Carissa Brook	5.11
5.	Zahra Hayes	4.47

Bendigo Walkers Club Road Walks, Rosalind Park, Bendigo, Wednesday 19 November

2km and 4km handicap races were held with Zahra Hayes and Barb Bryant taking first and fastest honours in their respective events. Zahra took victory in the 2km event with a personal best time with Sheridan Commons in 2nd place and Carissa Brook 3rd while the 4km race saw Barb Bryant produce her fastest 4km time for more than 2 years as she raced to an emphatic victory with Peter Curtis 2nd and Norm West in 3rd place.

4km Walk

1.	Barb Bryant	23.10
2.	Peter Curtis	23.19
3.	Norm West	32.19
4.	Annette Curtis	29.59
5.	John Carter	28.56
6.	Jenny Payne	30.34

2km Walk

1.	Zahra Hayes	9.51
2.	Sheridan Commons	14.59
3.	Carissa Brook	11.13
4.	Madison Hill	11.57
5.	Caitlyn Tozer	17.57

GEELONG WALKERS CLUB ROUNDUP

Thanks to Michelle de Graaf for results from the last couple of Geelong Walkers Club races.

Geelong Walkers Club Trackwalks, Corio Athletics Track, Thursday 6 November

2000m Handicap	Age	Time	H'cap	Difference	Place	
1.	Michelle de Graaf	VET F	14.22	14.58	36	1
2.	Jessikah Tidd	U/12 F	21.37	22.11	34	2
3.	Barbara Fairbrother	VET F	21.37	22.11	34	2
4.	Wayne Carmichael	VET M	16.33	17.06	33	4
5.	Mark Wiffen	VET M	15.30	15.32	-2	5
6.	Colin Silcock-Delaine	VET M	16.22	16.26	-4	6
7.	Carla de Graaf	VET F	20.32	20.38	-6	7
8.	Jenny Larkins	VET F	19.12	18.53	-19	8
9.	Renee Van Dreumel	VET F	19.12	18.53	-19	8
10.	Jennie Van Dreumel	VET F	17.54	17.33	-21	10
11.	Gayle Jepson	VET F	17.54	17.33	-21	10
12.	Rinie Van Dreumel	VET M	18.36	18.14	-22	12
13.	James Christmass	VET M	10.40	9.50	-30	13

Geelong Walkers Club Roadwalks, Ripponside, Thursday 13 November

This week, club members raced over 1100m twice, placings being determined by how close their times were.

2 x 1100m Walks		Age	1 st Time	2 nd Time	Difference	Place
1.	Mark Wiffen	VET M	8.17	8.17	0	1
2.	Michelle de Graaf	VET F	7.17	7.18	1	2
3.	James Christmass	VET M	5.17	5.18	1	2
4.	Jenny Larkins	VET F	9.41	9.36	5	4
5.	Wayne Carmichael	VET M	10.10	10.03	7	5
6.	Sandra Lorton	VET F	10.12	10.04	8	6
7.	Colin Silcock Delaine	VET M	8.50	8.42	8	6
8.	Barbara Fairbrother	VET F	12.03	11.52	11	8
9.	Jessikah Tidd	U/12 G	12.03	11.52	11	8
10.	Carla de Graaf	VET F	11.11	10.58	13	10
11.	Gayle Jepson	VET F	9.21	8.51	30	11
12.	Jennie Van Dreumel	VET F	9.21	8.51	30	11
13.	Mackenzie Mielczarek	U/12 G	6.05	6.35	30	11
14.	Rinie Van Dreumel	VET M	9.41	9.08	33	14
15.	Mackayla Davison	U/14 G		5.38		

SA INTERCLUB WALKS, ASA STADIUM, MILE END, ADELAIDE, SAT 22 NOVEMBER

Good times by the young Adelaide walkers on Saturday with 14 year olds Jake Vidler 14:25.70 and Rhiannon Lovegrove 14:36.06 leading the way.

3000m Walk

1.	Jake Vidler	M14	SOUTHERN	14:25.70
2.	Rhiannon Lovegrove	W14	PORT ADELAIDE	14:36.06
3.	Anna Cross	W15	PEMBROKE	14:50.81
4.	Danielle Walsh	W18	PORT ADELAIDE	14:51.76
5.	Joe Cross	M12	PEMBROKE	14:58.29
6.	Jayden Goode	M14	SALISBURY	15:57.54
7.	Bethany Cross	W14	PEMBROKE	16:17.00
8.	Peter Crump	M54	SAINTS	16:57.09
9.	John Leydon	M52	UNITED COLLEGIANS	17:11.43
10.	Tristan Camilleri	M13	COAST DISTRICTS	17:12.20
11.	Chloe Upton	W12	SOUTHERN	17:57.91
12.	Samantha Findlay	W17	SOUTHERN	18:13.44
13.	James Hoare	M68	PORT ADELAIDE	21:10.50
14.	Alix Harlington	M15	SALISBURY	DNF

1500m Walk

1.	Nicholas Dallimore	M14	FLINDERS	7:56.18
2.	Ayeisha Wallace	W13	SOUTHERN	8:16.80
3.	Sarah Damin	W14	SAINTS	8:23.01

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 16 NOVEMBER

Thanks to John Back for the latest walk results from the Western Australian Racewalkign Club in Perth.

3km Walk

1.	Tiahna Ruane	17.01
2.	Karen Tolardo	18.06
3.	Amy Holland	18.48
4.	S Saville	19.22
5.	N Pivac	20.46
6.	Aimee Reid	22.52
	Ben Reid	DNF
	Z Pivac	DNF

10km Walk

1.	Declan Tingay	52.03
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5km Walk

1.	Brenda Gannon (GBR)	26:58
2.	Emily Pivac	30:08

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 21 NOVEMBER

5000m Walk

1.	Tingay, Declan	M99	AWA	23:21.30
2.	Gannon, Brenda	W74	AWA	23:21.70
	Hennighan, Dale	M93	RW	DNF

AACT 2014-15 SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, FRIDAY 21 NOVEMBER

5000m Walk

1.	Zoe Hunt	U18	NCG	26:47.60
2.	Alexandra Durr	U20	Queanbeyan	26:47.60

22ND CENTRAL AMERICAN AND CARIBBEAN GAMES, VERACRUZ, MEXICO, 14-30 NOVEMBER

The 22nd Central American and Caribbean Games (see <http://veracruz2014.mx>) are currently taking place in Veracruz in Mexico and the gala event, held every four years, sees 31 countries taking part this time around. The Games feature 36 sports, with most competitions taking place in Veracruz, but with some occurring in Boca del Río, Xalapa, Córdoba, Tuxpan, and Coatzacoalcos. The athletics component kicked off on Sunday 23 November with the 20km racewalks which were held along Avenida Salvador Diaz Miron in Veracruz.

20 km women, Sunday 23 November, 9AM

The main pack of Mirna Ortiz, Mayra Herrera, Monica Equihua, Ingrid Hernandez and Sandra Arenas stayed together for the first 10km (47:51), but by 15km the group was reduced to two with Arenas (1:11:52) leading Ortiz (1:11:53) and Hernandez back in third (1:12:00). The Guatamalan Ortiz held on well to take the win in 1:35:43 ahead of the the two Colombians Aranas and Hernandez. For Ortiz, it was a new meet record and the official website quoted her as winning the first ever Guatamalan CAC Games gold medal. That's a big effort.

1.	ORTIZ Mirna Sucely	GUA	28 FEB 1987	1:35:43
2.	ARENAS Sandra Lorena	COL	17 SEP 1993	1:36:29
3.	HERNANDEZ Ingrid Jhoana	COL	19 NOV 1988	1:37:11
4.	EQUIHUA Monica	MEX	23 SEP 1982	1:38:07
5.	HERRERA Mayra Carolina	GUA	20 DIC 1988	1:40:51
6.	CABALLERO Yanelli	MEX	29 MAY 1993	1:40:54
7.	LOPEZ Cristina Esmeralda	ESA	19 SEP 1982	1:57:00
	UBEDA Glenda Lucelia	NCA	17 SEP 1987	AB



Ortiz crosses the finish line in a new Games record (photo <http://veracruz2014.mx>)

20 km men, Sunday 23 November, 9:12AM

The main contenders - Horacio Nava (MEX), Jose Montana and Eider Arevalo (COL), Erick Barrondo (GUA) and Richard Vargas (VEN) - soon formed a leading pack that did not eventually split until well into the second half the race. Shortly after the 15km mark, Barrondo tried to forced the pace and eventually fought out the finish with Nava, both recording the same final time of 1:25:05. Barrondo was then advised he had been disqualified for a third late red card for contact. This meant the final placings went to Nava 1:25:05, Aravelo 1:26:03 and Montana 1:27:30.

1.	NAVA Horacio	MEX	20 ENE 1982	1:25:05
2.	AREVALO Eider Orland	COL	9 MAR 1993	1:26:03
3.	MONTAÑA Jose Leonardo	COL	21 MAR 1992	1:27:30
4.	VARGAS Richard	VEN	28 DIC 1994	1:32:13
5.	CALVO Gabriel Mauricio	CRC	20 ABR 1991	1:32:57
6.	GOMEZ Pedro Daniel	MEX	31 DIC 1990	1:40:45
7.	PAAU Anibal Eduardo	GUA	12 ENE 1987	1:50:26
	BARRONDO Erick Bernabé	GUA	14 JUN 1991	DQ



The men's 20km walk podium (photo <http://veracruz2014.mx>)

The final racewalk event, the 50km, will be held next Saturday 29 November, starting at 7AM.

ALPE ADRIA RACE WALKING CUP 2014 ROUND 8, ZAGREB, CROATIA, SATURDAY 15 NOVEMBER

The Alpe Adria Race Walking Cup (AARWC) finished on Saturday 15th November with the Ivan Starek meet in Zagreb, Croatia. The competition has run since March with 8 meets spread between Slovenia, Austria, Croatia and Italy as follows

23.03.2014	Sezana, Slovenia
05.04.2014	Trzic, Slovenia
26.04.2014	Pernitz, Austria
11.05.2014	Zagreb, Croatia
13.07.2014	Wolfsberg, Austria
26.10.2014	Gorizia, Italy
02.11.2014	Muggia, Italy
15.11.2014	Zagreb, Croatia

Thanks to Slovenian walker Fabio Ruzzier for the final meet results and confirmation of the overall results.

5km Men – Ivan Starek Meet

1.	Erent Bruno	AK Agram	HR	24	24:51
2.	Haubrih Zelimir	AK Dinamo Zrinjevac	HR	51	25:02
3.	Graberec Ivan	AK Svetice	HR	50	25:59
4.	Graberec Mario	AK Svetice	HR	18	25:59
5.	Ruzzier Fabio	AK Koper	SLO	61	26:19
6.	Dorigo Silvio	Atl. Triveneto	IT	52	26:31
7.	Bahcic Igor	AK Koper	SLO	52	27:46
8.	Tesovnik Anze	MASS Ljubljana	SLO	16	28:02
9.	Colonna Alessio	Trieste Atletica	IT	16	29:02
10.	Brulc Matjaz	AK Koper	SLO	46	29:06

5km Women – Ivan Starek Meet

1.	Raia Elisa	CUS Trieste	IT	36	26:25
2.	Marasovic Slavica	AK Svetice	HR	18	27:27
3.	Golobic Antonela	AK Agram	HR	17	27:52
4.	Hajsok Hana	AK Agram	IT	20	28:44
5.	Erceg Mateja	AK Dinamo Zrinjevac	HR	17	31:01
6.	Poklar Andreja	AK Koper	SLO	48	31:13
7.	Jureta Ana	AK Dinamo Zrinjevac	HR	41	34:19

U16 Girls 3km

1.	Colacicco Valentina	Trieste Trasporti CRAL	IT	2000	16:01
2.	Gubertini Martina	Trieste Trasporti CRAL	IT	2000	16:02
3.	Canadi Eva	AK Koper	SLO	2000	16:18
4.	Pongracic Sonja	AK Sloboda VZ	HR	2000	19:52
5.	Breskovic Katarina	AK Agram	IT	2000	21:21

U16 Boys 3km

1.	Lubiana Federico	Trieste Trasporti CRAL	IT	1999	15:28
2.	Medimorec Maksimilijan	AK Agram	HR	2000	16:27
3.	Jurica Stanko	AK Agram	HR	1999	16:30

U14 Girls 3km

1.	Cah Klara	AK Koper	SLO	2002	17:19
2.	Krenek Klara	AK Agram	HR	2001	19:45

U14 Boys 3km

1.	Rozman Bruno	AK Agram	HR	2001	15:42
2.	Modolo Gabriele	Trieste Trasporti CRAL	IT	2002	16:29
3.	Kriznik Filip	AK Stajerska	SLO	2001	17:20
4.	Lubiana Riccardo	Trieste Trasporti CRAL	IT	2001	17:43
5.	Bello Matteo	Trieste Trasporti CRAL	IT	2001	18:15
6.	Hartl Kresimir	AK Agram	HR	2002	18:49

U12 Girls 1km

1.	Reicht Tamara	AD Stajerska	SLO	2005	06:12
2.	Milenovic Sasa	AK Koper	SLO	2007	07:26
3.	Prasch Catherine	TUS Feldbach	AUT	2004	07:45

U12 Boys 1km

1.	Brulc Matija	AK Koper	SLO	2005	05:20
2.	Brulc Andrej	AK Koper	SLO	2006	05:29
3.	Schrapf Rafael	TUS Feldbach	AUT	2004	06:33
4.	Smrdel Damej	AK Koper	SLO	2005	06:54

Overall placings – first 5**Open Women**

1.	Poklar Andreja	AK Koper	SLO	282
2.	Schwantzer Monika	UAB Athletics	AUT	269
3.	Raia Elisa	CUS Trieste	IT	236
4.	Marasovic Slavica	AK Aviokarte.hr	HR	224
5.	Cinca Elena	Atl. Brugnera	IT	177

Men

1.	Ruzzier Fabio	AK Koper	SLO	284
2.	Versec Vladimir	AK Koper	SLO	284
3.	Haubrih Zelimir	AK Dinamo-Zrinjevac	HR	272
4.	Dorigo Silvio	Marathon Trieste	IT	252
5.	Bahcic Igor	AK Koper	SLO	236

U16 M

1.	Lubiana Federico	Trieste Trasporti CRAL	IT	103
2.	Haubrih Ivan	AK Dinamo Zrinjevac	HR	61
3.	Erceg Andrej	AK Dinamo Zrinjevac	HR	41
4.	Medimorec Maksimilijan	AK Agram	HR	29
5.	Menis Luca	Libertas Majano	IT	27

U16 W

1.	Colacicco Valentina	Trieste Trasporti Cral A.	IT 1	80
2.	Canadi Eva	AK Koper	SLO	79
3.	Silli Laura	Trieste Trasporti Cral A.	IT	60
4.	Oblach Alice	Fincantieri A. Monfalcone	IT	47
5.	Gubertini	Martina Trieste Trasporti	IT	41

U14 M

1.	Lubiana Riccardo	Trieste Trasporti CRAL	IT	83
2.	Modolo Gabriele	Trieste Trasporti CRAL	IT	56
3.	Silli Giovanni	Trieste Trasporti CRAL	IT	52
4.	Bello Matteo	Trieste Trasporti CRAL	IT	50
5.	Petrouchev Nicola	Atletica Monfalcone	IT	49

U14 F

1.	Cah Klara	AK Koper	SLO	106
2.	Cassanella Michela	Trieste Trasporti Cral A.	IT	49
3.	Krenek Klara	AK Agram	HR	34
4.	Amendola Giada	Atl. Malignani Libertas	IT 1	28

5.	Pevec Eli	AK Agram	HR	20
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U12 M

1.	Brulc Andrej	AK Koper	SLO	106
2.	Brulc Matija	AK Koper	SLO	88
3.	Schrapf Rafael	ATUS Feldbach	AUT	75
4.	Smrdel Damej	AK Koper	SLO	65
5.	Cafagna Thomas	Sportiamo Ts	IT	27

U12 F

1.	Prasch Catherine	ATUS Feldbach	AUT	92
2.	Milenovic Sasa	AK Koper	SLO	75
3.	Razem Sara	Trieste Trasporti	IT	60
4.	Bonazza Beatrice	Fincantieri A. Monfalcone	IT	32
5.	Petris Camilla	Libertas Casarsa	IT	30

Thanks also to Fabio for the following photos of the Slovenian walkers. Well done everyone.



Start of the junior races (photo Fabio Ruzzier)



Matija and Andrej Brulc of Slovenia in action in the U12 Boys 1km



The Slovenian team

OUT AND ABOUT

- The entry standards for the IAAF World Championships, Beijing 2015 have been officially published. See <http://www.iaaf.org/news/iaaf-news/world-championships-qualification-system-2015>
- Based on the IAAF Council's approval during the July 2014 meeting, the Council confirmed last week that the new name of the competition formerly known as the IAAF World Race Walking Cup will now be the **IAAF World Race Walking Team Championships**.
- The LOC website for the Beijing 2015 World Champs is now online: <http://www.iaafbeijing2015.com/>
- The Enfield Race Walking League in London now has its own website: <http://enfieldleague.weebly.com/>
- I mentioned a couple of weeks ago that Jared Tallent and a number of other international walkers have been utilising the AIS Altitude House and taking part in a nutrition study during their time at the AIS in Canberra. Some photos at <https://www.facebook.com/theAIS>.
- If you were wondering what Aneska Drahotova has been doing lately, the following Czech newspaper article sheds some light on things: <http://www.atletika.cz/aktuality/drahotova-budu-vic-poslouchat-telo/>. It seems she pulled up very badly from a 10km run in Prague earlier this year and was diagnosed with a severe bacterial infection, perhaps exacerbated by her rigorous training regime. This forced her to bypass the cycling world champs and opt instead for a holiday in Rome and then some time at a health resort. She now feels ready to train once again and will have her usual dilemma next year whether to run or cycle or walk or compete in all three sports. She is looking towards the 2015 IAAF World Champs in Moscow where she is hoping once again for a top 8 finish in the 20km walk.

And finally to Marciadalmondo which has been very busy this week with 5 articles

- Enrico Lang's excellent report on Iliotibial Band Syndrome: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1925
- The IAAF's new qualification strategy for the 2015 World Championships http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1926
- The new IAAF Judging panel for 2015-2018 http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1927
- A preview of the XXII Central American and Caribbean Sports Games http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1928
- The results of the 20km races at the Central American and Caribbean Sports Games http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1929

2015-2018 IAAF JUDGING PANEL ANNOUNCED

Exams were held in London in late October and the IAAF Council has now approved the Panel of International Race Walking Judges for 2015 - 2018. Of the 49 international and area judges who attended, the new panel of 25 is as shown below. Congratulations to new Australian IAAF judges Zoe Eastwood-Bryson and Kirsten Crocker.

Asia		Europe	
Fei Jian (Colin)	CHN	Barbosa Dias José, Julio	POR
Fung Wang Tak	HKG	Bianchi, Frederic	SUI
Khoo Chong Beng	MAS	Carmody, Noel	GBR
Yeung Man Chun (Echo)	HKG	Dahm, Jean-Pierre	FRA
		Estruch, Valero Jordi	ESP
Oceania		Froberg, Anne	FIN
Crocker, Kirsten	AUS	Maggio, Nicola	ITA
Eastwood-Bryson, Zoe	AUS	Muller, Rolf	GER
		O'Callaghan, Pierce	IRL
NACAC (North America, Central America and the Caribbean)		Ramos da Graça, Joaquim Daniel	POR
Barrios, Casasola Carlos Alberto	GUA	Rojas Suarez, Maria Dolores	SPA
Daniel, Maryanne	USA	Taylor, Steven	GBR
Michaud, Daniel	CAN	Van Der Knaap, Hans	NED
Velez de Jesus, Candido	PUR		
Weissglas, Reginald	USA	Africa	
		Jola, Moonkess	MRI

THE LATEST ON THE RUSSIAN RACEWALK DOPING SCANDAL

It was announced last week that Viktor Kolesnikov, the head of Russia's controversial race walking center in Saransk, has been banned for four years following an investigation into claims of systematic doping. The New Zealand Herald reported it as follows (see http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11360801&ref=rss).

Russia race walking chief banned over doping Wednesday Nov 19, 2014

The head of Russia's race walking center was banned for four years on Tuesday following an investigation into claims of systematic doping. Viktor Kolesnikov was found in possession of "banned substances and banned methods," the Russian Anti-Doping Agency (RUSADA) said.

Russia is the dominant power in world race walking, and has won six Olympic medals at the last two games. However, its reputation has been tarnished by at least 17 doping bans for athletes from the national elite race walking center in Saransk. Olympic and world women's champion Elena Lashmanova was banned in July for two years, sparking a RUSADA investigation into "multiple disqualifications of athletes," which resulted in Kolesnikov's punishment. His ban was backdated to Aug. 21. RUSADA did not specify what was found in his possession.

There was no word on possible punishment for Russia head coach Viktor Chegin, who trains all of Russia's top walkers at Saransk, whereas Kolesnikov was believed to have more of an administrative role. Australian Olympic walking medalist Jared Tallent has founded an online campaign lobbying the IAAF to ban Chegin for repeated doping cases in his squad. Chegin was dropped from the team for the European championships in August in connection with the anti-doping probe, but has continued to train athletes.

There were conflicting reports on Tuesday as to whether Chegin could yet face charges from the RUSADA investigation. The Russian Sports Ministry said on Tuesday the doping probe into the Saransk center was finished, and mentioned no other suspects apart from Kolesnikov. However, Russian athletics chief Valentin Balakhnichev said investigations were "continuing," when asked about possible charges against Chegin, according to Russian news agency R-Sport.

The investigation has not stopped the flow of positive tests among Russian walkers. Andrei Ruzavin, who won World Cup bronze in July, was suspended after testing positive last month, while the Saransk center was under investigation.

Where does this leave things. Is Kolesnikov a sacrificial lamb? Surely if you are a coach who has had nearly 20 of your athletes banned for drug related offences, there should be nowhere to hide! In Australia, you would be potentially in trouble if ONE of your athletes failed a drug test and you would be out if it happened again. But nearly 20 and still going – come on!

QATAR AWARDED 2019 IAAF WORLD CHAMPIONSHIPS

The tiny Gulf state of Qatar was awarded another major global sporting event when track and field's governing body chose Doha as the host city of the 2019 IAAF World Championships. Of the 3 bidding cities, Barcelona went out first and then Doha defeated Eugene in the second ballot in voting. IAAF spokesman Nick Davies said it was the closest vote in the history of the championships.

Qatar, with a population of about 2.2 million, has also been selected as the site for the soccer World Cup in 2022. That choice has generated widespread debate because of allegations of corruption in the bidding process and concerns about human rights issues related to foreign workers imported to work on construction projects. The same concerns are now being raised about this winning bid. See further discussions at

- http://www.nytimes.com/2014/11/19/sports/qatar-picked-to-host-2019-world-track-championships.html?partner=rssnyt&emc=rss&_r=0
- <http://bluefoottv.com/projects/e60-qatars-world-cup/>
- <http://www.theguardian.com/world/2014/nov/18/qatar-host-2019-athletics-world-championships>
- <http://www.bbc.com/sport/0/athletics/30148322>

2015 IAAF RACEWALKING CHALLENGE DATES NOW CONFIRMED

The IAAF has now confirmed the dates and venues for the 2015 IAAF Racewalking Challenge series – and it kicks off with round one in Adelaide when we host the Australian and Oceania 20km roadwalk championships on 22nd February next year.

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

VWRC CLUB RECORD UPDATE

A couple of new VRWC club records to acknowledge this week - one from Michelle Laufer last weekend and one from Claire Noonan a week previously. Congrats Claire and Michelle.

Claire Noonan	U11 Girls 2000m Track Walk	12.48.9	AV Shield, Doncaster	15/11/2014
Michelle Laufer	W45 Women 3000m Track Walk	14:49.4	AV Shield, Aberfeldie	23/11/2014

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.

2014/2015 Australian/Victorian Summer Season Key Dates

Dec 5-7, 2014	Australian All-Schools Championships, Adelaide, SA
Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See https://www.facebook.com/groups/726992100645163/
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks)
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA
Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

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Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com

July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Nairobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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