



HEEL AND TOE ONLINE

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

This week's Walker of the Week goes to Australian international **Chris Erickson** who convincingly won his third Australian 50km championship at Fawkner Park, Melbourne, on Sunday morning. His finish time of **3:56:38** was yet another sub-4 hour performance by this most consistent of walkers. In winning the event, he cements his place in the Australian team for next year's IAAF World Championships in Beijing. It will be his fourth IAAF World Championship appearance (after races in 2007, 2009 and 2013) and comes of top of 2 Olympic appearances (2008 and 2012), 2 Commonwealth Games appearances (2006 and 2010) and 6 World Cup appearances (2004, 2006, 2008, 2010, 2012 and 2014).



Chris Erickson on his way to victory in Fawkner Park on Sunday

WHAT'S COMING UP

The **Athletics Victoria Shield competition** continues with one more round before Christmas and two further rounds in mid January. Key dates read as follows

Tues Dec 16 2014	AV Shield – Round 8 - Red Zone
Thur Dec 18, 2014	AV Shield – Round 8 - Yellow Zone
Sat Dec 20, 2014	AV Shield – Round 8 - Blue Zone, White Zone
Sat Jan 10, 2015	AV Shield – Round 9 - Zone v Zone
Sat Jan 17, 2015	AV Shield - Round 10 - Zone v Zone

Although our **Falls Creek Camp** numbers are now locked in for week one, we have room for 2 more girls in Week 2 so if interested, contact me asap and start chatting. See our camp page at <http://www.vrwc.org.au/vrwc-falls-creek.shtml>.

Our next **VRWC Road Races** are on Sunday 18 January 2015 at Middle Park. This meet also includes the **AV 5km Teams Walks**. Registrations are now open – go to <http://athsvic.org.au/events/calendar/> and click on the registration button for this event. Get busy and get your team organized. This event is often quite open and you never know your chances of scoring a place and being in the medals! The timetable for the day reads as follows:

Sun 18 January 2015, VRWC Road Races (and AV 5km Teams Walks), Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	AV 5km Teams Championship	Open Men / Women
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The rules for the AV Teams Championships read as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed via the proper entry method as advised by Athletics Victoria.

AUSTRALIAN 50KM ROADWALK, FAWKNER PARK, MELBOURNE, SUNDAY 14 DECEMBER

The Australian 50km championship was held next Sunday morning at Fawkner Park, just south of the Melbourne CBD and it proved to be a race of fluctuating fortunes. The 7AM start time was good given the projected top of 29°C. It was certainly hot, sunny and windy early and the stage looked set for a torrid affair but luckily it clouded over in the second half of the race as a cooler change came through. Rather than report on the race myself, I can't do better than reproduce the race report which was published on the Athletics Australia website - see <http://athletics.com.au/News/erickson-wins-50km-walk-99769>.

Victorian Institute of Sport athlete **Chris Erickson** (Vic) has come from behind to take out the Australian men's 50km Road Walking Championship at Melbourne's Fawkner Park today, effectively ensuring his selection for the 2015 IAAF World Championships in Beijing (CHN).

Erickson trailed visiting international **Evan Dunfee** (CAN) for most of the race before surging to the lead with less than four kilometres to go and going on to win by almost two minutes. The 33-year-old Victorian crossed the finish line in a time of 3:56:38, ahead of Dunfee in second with 3:58:34 and **Brendon Reading** (ACT) third in 4:19:30 in his debut at the 50km distance.

A field of six athletes lined up for the event, including triple Olympic medallist **Jared Tallent** (SA). The hot early conditions made the race a war of attrition however and Tallent was forced to pull out after encountering stomach problems and vomiting shortly after the 18km mark. Dual Olympian **Adam Rutter** (NSW) and veteran athlete **Andrew Jamieson** (Vic) both also dropped out of the race not long after, leaving the battle for the placings between Dunfee, Erickson and Reading. The Canadian made the early running and reached the 20km mark in 1:32.00, with a sizeable lead having opened up over Erickson, with Reading further back.

By the 40km mark, Dunfee (3:04:45) still had more than four minutes on Erickson (3:08:46) but the Canadian had started to tire noticeably. Erickson finally made his move shortly after and rapidly made inroads into Dunfee's lead. Six kilometres later, the Australian trailed by just 10 seconds when the leader passed the 46km mark in a time of 3:37:10. Not long afterwards Erickson took the lead for good as he passed the struggling international and quickly built up a solid buffer of his own. By that time Dunfee, who had been eyeing off the Canadian record midway through the race, was spent and could not mount a comeback, leaving Erickson to cross the line and claim his third 50km walks national crown. He previously won the national title at the distance in 2004 and 2008. The win, coupled with his previous 11th placing at the 2014 IAAF World Race Walking Cup in May in a time of 3:49:33 that bettered both the IAAF qualifying standard and the Athletics Australia additional guideline, effectively assures Erickson of a place on the Australian Flame team for the 2015 IAAF World Championships.

Erickson said he concentrated on his own pacing during the race rather than worrying about Dunfee's early break. "We had a fairly steady start and then between about 6km and 8km we went 9:05 or something like that and I thought it was a little too fast for me at that stage," Erickson said. "I thought the conditions were quite tough early and I thought they were too tough to start doing that, so I sort of let him go and settled back into my rhythm of 9:20s. I was just sort of holding that comfortably but I sort of got in a rough spot after about 35 km and started to slow.

"Then conditions started to swing around a bit and it got a lot cooler. I got a second wind at about 40km and started to feel really good and then at that same time I realised that he was starting to struggle. I think courtesy of him having a bright orange shirt he was like a beacon in front of me and I could see him coming back (to me). I went a 10 minute lap and then the next one was 9:30 and then a couple of 9:20s. I was really reeling him in and I knew I had him at that stage."

Erickson now plans to refocus on the 20km event ahead of the official trial at that distance in late February so that he can attempt to qualify in both events for the IAAF World Championships next year.

The race got plenty of publicity including a feature in the sports section of the Melbourne Age newspaper the next day. Links include

- IAAF website article: <http://www.iaaf.org/news/report/australian-50km-walk-chris-erickson-2014>
- VIS website article: <http://www.vis.org.au/Athletics/erickson-wins-national-walking-title.html>
- SEN radio interview with Chris: <https://soundcloud.com/sen1116/sunday-sportsentral-chris-erickson>
- Instagram video of Chris finishing: <http://instagram.com/p/wkORT-xRDK/>

Full results follow. Lapsplits can be seen at http://athletics.com.au/Portals/56/Competition/Documents/2015/walks_results.pdf.

Men 50km Race Walk Australian Championship Open

1.	Chris Erickson	VIC	3:56:38	
2.	Evan Dunfee	CAN	3:58:34	
3.	Brendon Reading	ACT	4:19:30	First one
	Adam Rutter	NSW	DNF	
	Jared Tallent	SA	DNF	
	Andrew Jamieson	VIC	DNF	

The Open 20km events started an hour later at 8AM with international guests **Isamu Fujisawa** (Japan) and **Quentin Rew** (New Zealand) immediately heading off at a blistering pace. It was great to watch the two lap by lap as the lead constantly swapped and it was not until the final 4km when Isamu finally took control, winning by 6 secs in 1:22:05. Quentin was under DQ board pressure with two early red cards but he settled down to the job and continued to shadow his rival all the way, never giving up hope of winning. His final time of 1:22:11 was a 5 sec PB and bettered his own NZ record. Jim Leppik has posted a great video of the two finishing – check out <https://www.facebook.com/video.php?v=10152838945955600>.

The women's 20km was another interesting event with Aussie international **Tanya Holliday** leading out early and looking in control, only to fade slightly in the second half and allow 2012 Olympian **Beki Smith** (nee Lee) to take the win with 1:35:37, some 80 secs ahead of Tanya. Beki's time bettered the required standard for next year's IAAF Champs so she now has a tick in the book and a vital first step on the road to selection.

Men 20km Race Walk Invitation Open

1.	Isamu Fujisawa	JPN	1:22:05	
2.	Quentin Rew	NZL	1:22:11	PB 0:05
3.	Ian Rayson	NSW	1:30:14	
4.	Jason Kozica	VIC	1:47:42	
	Bernie Keirl	VIC	DNF	

Women 20km Race Walk Invitation Open

1.	Beki Smith	NSW	1:35:37	
2.	Tanya Holliday	SA	1:36:57	
3.	Stephanie Stigwood	TAS	1:40:43	
4.	Nicole Fagan	NSW	1:43:01	
5.	Rachel Tallent	VIC	1:43:16	
6.	Kirsty Klein	NSW	1:47:59	
	Megan Szirom	VIC	DNF	
	Cassandra Knight	VIC	DNF	
	Jessica Pickles	QLD	DQ	

NSW walkers **Tyler Jones** 44:13 and **Jay Felton** 45:51 dominated the U20 10km walks, going to an early lead and continuing to walk away from the rest of the field as the race progressed. Tyler's time was a 2015 World Youth qualifier so well done to the talented young 16 year old. Special mention also to Emmet Brasier who is in his first season of 10km walking – third in a good 47:12.

Men 10km Race Walk Invitation Under 20

1.	Tyler Jones	NSW	44:13	PB 0:34
2.	Jay Felton	NSW	45:51	
3.	Emmet Brasier	VIC	47:12	
4.	Adam Garganis	VIC	47:53	
5.	Ross Darlow	VIC	47:58	
6.	Kyle Swan	VIC	50:20	
7.	Dylan Richardson	NSW	53:48	

Women 10km Race Walk Invitation Under 20

1.	Stephanie George	VIC	56:07	
2.	Jasmine Dighton	NSW	58:15	
	Katya Martin	QLD	DNF	

With our younger boys choosing to contest the 10km, the fields in the U18 5km were very small, with Eliza Clarke 25:22 and Reese Walmsley 24:44 the fastest.

Men 5km Race Walk Invitation Under 18

1. Reese Walmsley VIC 24:44

Women 5km Race Walk Invitation Under 18

1. Eliza Clarke VIC 25:22
2. Chelsea Goodhew NSW 26:01

The next big test for all our walkers will be in Adelaide on Sunday 22 February when the Summer 20km roadwalk champs are contested. These will be the official trials for the 2015 World Championship 20km so everyone will be there.



Chris Erickson, Evan Dunfee, Quentin Rew and Isamu Fujisawa



**Left and Right: Tyler Jones and Beki Smith
Centre: Isame Fujisawa, Quentin Rew, Chris Erickson, Brendon Reading and Evan Dunfee**

I have uploaded a few photos to <http://www.vrwc.org.au/coppermine/thumbnails.php?album=31>

AV KNOCK-OUT ROUND 1, LAKESIDE STADIUM, ALBERT PARK, SUNDAY 14 DECEMBER

Eliza Clarke was back in action later Sunday afternoon in the AV Knock-out competition at Lakeside Stadium when she sped through to a PB of 9:13.34. Aaron McDonough was also in good form with 9:22.09, as was Michelle Laufer who powered through to a 7 sec PB time of 9:28.39, bettering her pending W45 Victorian record.

2000m Walk

1.	Clarke, Eliza	WU16	Diamond Valley AC	9:13.34	PB
2.	McDonough, Aaron	MOP	Preston AC	9:22.09	
3.	Laufer, Michelle	WOP	Collingwood	9:28.39	PB, new W45 Vic record
4.	McInnes, Simone	WOP	Glenhuntly AC	10:07.62	
5.	Evans, Simon	MOP	Box Hill AC	10:11.86	
6.	Geisler, Sandra	WOP	Ringwood AC	10:13.08	
7.	Huse, Philippa	WU18	Sandringham AC	10:14.83	
8.	Van Dongen, Rupert	MOP	Casey Cardin	11:12.55	
9.	Noonan, Emily	WU16	Collingwood	11:30.61	
10.	Elms, Donna-Marie	WOP	Preston AC	12:23.52	
11.	Hill, Matilda	WU16	Ballarat Ycw	14:33.50	

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 10 DECEMBER

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide. He advises it was their last competition for the year and that it was a wrm evening with a light drizzle.

1500m Yacht Handicap

1.	Valmai Padget	10:46	W70	72.19%
2.	Roger Lowe	10:47	M71	67.76%
3.	Rhiannon Lovegrove	7:07		
4.	John Hore	10:11	M66	67.67%
5.	Des Mulqueen	10:47	M68	65.37%
6.	George White	7:50	M69	91.06%
7.	Geoff Byham	9:00	M68	78.32%
8.	Jill Rogers	12:12	W70	63.71%
9.	Leigh Smith	10:53	M79	74.79%
10.	Marie Maxted	9:12	W54	71.20%
11.	Mathew Anderson	12:46	M43	43.68%
12.	Doug Smart	12:52	M71	56.79%

3000m Yacht Handicap

1.	Marie Maxted	18:45	W54	72.15%
2.	Doug Smart	22:33	M71	66.08%
3.	Jill Rogers	24:40	W70	65.97%
4.	Paul Boyce	24:49	M78	65.99%
5.	Colin Hainsworth	23:25	M84	76.82%
6.	Geoff Byham	18:38	M68	77.13%
7.	Des Mulqueen	21:50	M68	65.83%
8.	Roger Lowe	22:45	M71	65.50%
9.	Valmai Padget	23:05	W70	70.50%
10.	George White	16:40	M69	87.26%
11.	Leigh Smith	22:46	M79	73.00%
12.	Edna Bates	25:37	W62	57.38%

ACTRWC ROUNDUP, CANBERRA

Thanks to Robin Whyte for the latest results from the ACT Race Walking Club in Canberra.

ACTRWC Track Walks, AIS Track, Bruce, Thurs 4 Dec

2000m

1.	Helena Bialecki	11:33
2.	Ewen Thompson	12:44
3.	Rod Gilchrist	13:35
4.	Ruth Baussmann	13:54
5.	Sue Archer	13:55
6.	Jennifer Gilchrist	14:06
7.	Doug Fitzgerald	15:07
8.	John Donovan	15:30
9.	Margaret McSpadden	15:31
10.	Robert Kennelly	15:38
11.	Lorna England	17:46
12.	Edna Dundas	18:55
	Kate Black	DNF

800m

1.	Tom Hunt	04:07
2.	Laura Burns	04:16
3.	Bob Banens	05:36
4.	Jack Thackray	07:39

ACTRWC Track Walks, AIS Track, Bruce, Thurs 11 Dec

5000m

1.	Gabby Hunt	27:31
2.	Mitchell Baker	28:16
3.	Bryan Thomas	34:47
4.	Rod Gilchrist	35:19
5.	Ruth Baussmann	35:50
6.	Jennifer Gilchrist	36:07
7.	Doug Fitzgerald	39:13
8.	Sheryl Greatehead	39:41
9.	Margaret McSpadden	40:21
10.	Val Chesterton	43:12
11.	Edna Dundas	50:46
	Robin Whyte	DQ
	Robert Kennelly	DQ
	Zoe Hunt	DNF

1000m

1.	Spencer Burns	05:09
2.	Tom Hunt	05:11
3.	Helen Lamour	07:48
4.	Lorna England	08:40

ATHLETICS SA INTERCLUB, MILE END, ADELAIDE, SATURDAY 13 DECEMBER

Our South Australian walkers were in action on Saturday with their last round of Interclub for the year.

5000m Walk

1.	Danielle Walsh	W18	PORT ADELAIDE	27:03.60
2.	Rhiannon Lovegrove	W14	ATHLETICS SA	28:26.10
3.	John Leydon	M52	UNITED COLLEGIANS	29:56.02
4.	Samantha Findlay	W17	SOUTHERN	32:40.38
5.	James Hoare	M68	PORT ADELAIDE	36:47.92

1500m Walk

1.	Ayeisha Wallace	W13	SOUTHERN	9:43.90
2.	Julian Rayner	M6	SALISBURY	10:24.18

ACT ATHLETICS SUMMER SERIES, AIS STADIUM, BRUCE, SUNDAY 14 DECEMBER

Gosh, not many walking in Canberra on Sunday – Callum Burns was on his own by the look of the results.

3000m Walk

1.	Callum Burns	MU16	15:59.5
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ATHLETICS TASMANIA INTERCLUB, DOMAIN, HOBART, SATURDAY 13 DECEMBER

And a small field also in Hobart for their Tasmanian interclub.

5000m Walk

1.	Elizabeth Leitch	ES	32:36.22
2.	Ron Foster	TMA	33:38.43

USA 50KM CHAMPIONSHIP, SANTEE, CALIFORNIA, SUNDAY 14 DECEMBER

Now to our international reports. First to America for the USA 50km championship meet which was held in Santee in California. Probably a good choice of venues given it is winter there and hence pretty cold further north!

The men's race was a high quality affair with the first three all breaking 4 hours. Swedish international Andreas Gustaffson won in a course record 3:51:1. Two years ago, he set his PB of 3:50:47 outside New York with splits of 1:55:57 and 1:54:50. This time around, he started much faster but perhaps paid the penalty – his 2015 splits were 1:52:03 and 1:59:13. After a toilet stop at the 36km mark, he lost momentum. Second place went to Ecuadorian Andres Chocho with 3:57:00 and Canada's debutant Mathieu Bilodeau took third in 3:59:48.

John Nunn was the first of the Americans to finish, taking fourth place and the USA title with a time of 4:04:08 (just outside his 2012 Olympics PB of 4:03:28). The next two USA walkers to finish were Nick Christie at 4:24:44 and Patrick Stroupe at 4:29:43 so they took the minor medals.

The women's race was a high quality affair with three walkers in contention. Susan Randall led early with Katie Burnett moving into second place ahead of American record holder Erin Taylor-Talcott. But Erin was obviously walking her own race and came through to eventually take the lead with one lap to go, winning the USA title in a very good time of 4:37.11. Katie Burnett held on well for 4:39:42 while Susan Randall set a W40 world best time of 4:42:34 to take third. Now that is an impressive set of times!

Photos at <https://twitter.com/RaceWalkTrials>

50km RaceWalk

1.	ANDREAS GUSTAFFSON	M	3:51:16	(Sweden)
2.	ANDRES CHOCHO	M	3:57:00	(Ecuador)
3.	MATHIEU BILODEAU	M	3:59:48	(Canada)
4.	JOHN NUNN	M	4:04:08	
5.	JOSE LUIS ROSALES	M	4:22:35	(Mexico)
6.	NICK CHRISTIE	M	4:24:45	
7.	PATRICK STROUPE	M	4:29:43	
8.	MICHAEL MANNOZZI	M	4:32:14	
9.	ERIN TAYLOR-TALCOTT	F	4:38:11	
10.	KATIE BURNETT	F	4:39:42	
11.	SUSAN RANDALL	F	4:42:34	(W40 World Best)
12.	IAN WHATLEY	M	4:46:49	
13.	RAY SHARP	M	4:51:03	

14.	DAVE TALCOTT	M	4:53:26
15.	DAVID SWARTS	M	5:13:34
16.	OMAR NASH	M	5:23:57
17.	KATHRYN GRIMES	F	5:30:45
18.	STEVE HARPER	M	5:50:40
19.	CARMEN JACKINSKY	F	6:30:23
20.	DARLENE BACKLUND	F	6:47:53

30 Km RaceWalk

1.	STEVEN WASHBURN	M	2:40:48
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25 Km RaceWalk

1.	TREVOR BARRON	M	2:01:38
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20 Km RaceWalk

1.	MAURICIO ARTEAGA	M	1:30:07	(Ecuador)
2.	RACHEL SEAMAN	F	1:36:40	(Canada)
3.	ASHLEY HARTMEIER-PR	F	2:05:24	
4.	JOHN BACKLUND	M	2:32:14	

10 Km RaceWalk

1.	MARIO-ANDRES DE LOS	M	44:30	(Mexico)
2.	JEANNE FORMOSA	F	1:00:08	

CARDIFF MET INDOOR GRAND PRIX, CARDIFF, WALES, SUNDAY 14 DECEMBER

Thanks to Mark Wall for forwarding me this report last Sunday's Indoor GP meet in Cardiff, Wales. The report has been written by Martin Bell.

The Cardiff Met December indoor meet is called the Christmas Cracker, and it produced two crackers of races in the walks, albeit with small fields. First up, the youngsters 1,000m where Jeri-Lynne Grabham led from gun to tape to record her first win in a walks' race with a massive pb of 5:10.6. Daniel Mckerlich chased Jeri all the way and clocked 5:11.87. Behind these Sheffield's Molly Meleadey-Hanley walked a 1km pb of 5:25.43, just reward for traveling a long way to race.

Next up was the 3,000m and an all-female field. It was former Italian international Tatyana Gabellone who led the field of 5 through the opening 1000m with Heather Katie Lewis and last year's winner Bethan Davies close on her heels. From then on it was Heather who put the hammer down to gradually pull away from her rivals to win in 13:11.87 (just 0.07 sec short of her PB from February). Tatyana chased Heather all the way to record a new pb of 13:23.98 with Bethan happy to get a race in after a year written off through injury clocked a satisfying 13:55.40. Jasmine Nicholls looks to be returning to the form she showed this time last year with a solid 15:49.72 clocking, while Megan Stratton-Thomas was close to her pb (17:20 on the road) with a 17:26.47 clocking.

The all-time list prior to this race can be found at

<http://www.thepowerof10.info/rankings/rankinglist.aspx?event=3000W&agegroup=ALL&sex=W&alltime=y&indooronly=y> .

U13-U15-U17 1k Walk

1.	Jeri-Lynne GRABHAM	U15W	Neath	05:10.61
2.	Daniel MCKERLICH	U15M	Cardiff AAC	05:11.87
3.	Molly MELEADY-HANLEY	U13G	City Of Sheffield	05:25.43

U20-SEN 3k Walk

1.	Heather LEWIS	U23W	Pembrokeshire Harriers	13:11.87
2.	Tatyana GABELLONE	SEW	Leicester Walking Club	13:23.98
3.	Bethan DAVIES	SEW	Cardiff AAC	13:55.40
4.	Jasmine NICHOLLS	U20W	Leicester Walking Club	15:49.72
5.	Megan STRATTON-THOMAS	U17W	Swansea Harriers	17:26.47

COUPE DE NOËL, YVERDON LES BAINS, SWITZERLAND, SUNDAY 14 DECEMBER

Thanks to Emmanuel Tardi for who was in Yverdon, Switzerland, on Sunday for the 32nd Coupe de Noël. He reports

There was a great temperature difference compared with last week in Serembam but it was a very nice weather for racewalking . The start was at 10am with the temperature around 10°C . Walkers had 9 laps of 1.111km to complete the 10km race. Around 40 walkers were on the start line. In the men's event, Luis Correia and Come Martin (the 2013 winner) led the race doe the first 3 laps before Correia sped up to win in a very good 44:18 . Correia is a Portuguese citizen living in Switzerland these last 5 years. In the women's event, young french salkers Rigolet, Bailly and Poux led until halfway but then Swiss masters walker Corinne Henchoz, wearing a beautiful costume caught them up and went on to win the race .

10km Men

1.	L-Manuel da Silva Correia	78	CM Cour Lausanne	44'18
2.	Come Martin	95	Annecy H. Savoie	46'04
3.	René Serrano	66	EAA La foulée d'Annemasse	51'50
4.	Régis Brière	68	Doubs Sud Athlé.Pontarlier	53'13
5.	Steve Allen	56	Barnet and District AC	55'37
6.	Bernard Binggeli	46	CM Cour Lausanne	57'17
7.	Jean Pierre Pin	49	EA Bourg en Bresse	59'52
8.	Claude Berner	63	CME La Poste	1.03'54
9.	Daniel Pasche	53	CM Monthey	1.05'28
10.	Claude Greber	57	CME La Poste	1.05'41
11.	Alexis de Coppet	38	CM Yverdon	1.08'15
12.	Emmanuel Tardi	67	LP Longjumeau	1.08'49
13.	Joseph Bianco	41	CM Monthey	1.10'46

10km Women

1.	Corinne Henchoz	64	CM Cour Lausanne	56'47
2.	Marie Rigolet	98	RCHJ Morez Fr.	58'03
3.	Emilie Bailly Bassin	98	RCHJ Morez Fr.	58'25
4.	Tiphaine Poux	87	Club CSSL Alsace	58'37
5.	Sylvie Regnier	62	EA Bourg en Bresse	58'38
6.	Adèle Ropers	80	GuebWiller PCA	59'24
7.	Micaela Benzi	82	Aletica Sandro Calvesi	59'55
8.	Hélène Milliet	56	Chassieu Athlétisme	1.02'14
9.	Heidi Maeder	43	CM Cour Lausanne	1.04'00
10.	Claudine Anxionnat	52	TV Entente Athlé.Vosges	1.04'22
11.	Martine Sonnois	59	RCHJ Morez Fr.	1.06'30
12.	Béatrice Petetin	69	RCHJ Morez Fr.	1.08'05
13.	Raymonde Dumont	46	RCHJ Morez Fr.	1.12'04



Left: Lis Correia leads Come Martin and Béatrice Petetin
Right: Corinne Henchoz gets into the Christmas mode and still wins the women's 10km

SOUTH ISLAND T&F CHAMPS, DUNEDIN, NZ, SATURDAY 13 DECEMBER

Good PB to Courtney Ruske in the New Zealand South Island T&F Champs last Saturday. Great to Rozie Robinson back in action also and walking a fast time.

Women's 3000m Race Walk

1.	Courtney RUSKE	NZL		13:40.45
2.	Roseanne ROBINSON	NZL	90	13:44.35

SWEDISH INDOOR MEET, BORÁS, SWEDEN, SATURDAY 29 NOVEMBER

I missed this one in last week's newsletter but fast walking by Perseus Karlström.

5000m Indoor Men (3000m marks also noted)

1.	Perseus Karlström	Eskilstuna FI	19.36,5	(11.44,0)
2.	Ato Ibáñez	Eskilstuna FI	20.36,0	(12.02,0)
3.	Anders Hansson	SK Svängen	20.55,0	

SPANISH WINTER WALKING CHAMPIONSHIPS, GAUDIX, SPAIN, SUNDAY 7 DECEMBER

Thanks to omarchador (see <http://omarchador.blogspot.pt/2014/12/guadix-acolheu-campeonatos-de-promocao.html>) for the following results.

The Spanish Athletics Federation staged the fourth annual Winter Walking Championships in conjunction with the now traditional Great Guadix Walk. The meet saw 400 walkers from various regions of Spain. Diego Garcia (20:11) and Lidia Sanchez-Puebla (22:30) won the Junior races, Carlos Tur (22:06) and Irene Vázquez (23:21) won the youth races and Isaac Martin (22:39) and Mariona García (14:31) won the Cadet races while the Open winners were Alberto Amezcua (19:39) and Raquel González (21:33).

See the complete results of the championships at http://resultados.rfea.es/2015/resultados/ruta/marcha_criterium_guadix.pdf and http://resultados.rfea.es/2015/resultados/ruta/marcha_guadix.pdf. The Open results (first 10 places) read as follows

Open Women 5km

1.	RAQUEL, GONZÁLEZ CAMPOS	86F	F.C. BARCELONA	21 33
2.	BEATRIZ, PASCUAL RODRIGUEZ	82F	VALENCIA TERRA I MAR	21 40
3.	AMANDA, CANO GÓMEZ	94F	UCAM AHTLEO CIEZA	22 46
4.	MARIA, LARIOS LÓPEZ	91F	AD. MARATHÓN	24 21
5.	LAURA, JIMÉNEZ ELIPE	91F	UCAM-CARTAGENA	24 45
6.	SAMANTA, MULLONI MARTINEZ	90F	RIA FERROL	25 12
7.	Cristina, Palacios Alonso	88F	Clínicas Rincón Vélez	25 30
8.	ORLAITH, DELAHUNT	98F		27 00
9.	CAROLINA, FONTOURA MORENO	96F	BRASIL	28 25
10.	Marina, Rodríguez Hernández	97F	A.D.A. GUADIX	29 33

Open Men 5km

1.	LUIS ALBERTO, AMEZCUA BALBOA	92M	J.A. GUADIX	19 39
2.	ALEX, WRIGH	90M	IRELAND	19 59
3.	FABIAN, BERNABÉ RAMA	95M	CUEVAS DE NERJA	21 16
4.	MARCOS, MONTERRUBIO FERNÁNDEZ	81M	CULB ATLETISMO ALCORCÓN	21 26
5.	CRHISTIAN, CUROPOS COSTA	93M	RC CELTA	21 44
6.	ADRIAN, LOPEZ SANCHEZ	95M	CLUB ATLETISMO ALMENDRALEJ	23 03
7.	JUAN, GARCIA REQUENA	95M	JUVENTUD ATLETICA GUADIX	23 34
8.	ALVARO, DANTA DURAN	97M	CLUB ATLETISMO ALMENDRALEJ	25 04
9.	CARLOS, MORALES VELASCO	86M	CLUB ATLETISMO NARÓN ACORU	25 45
10.	ROBERT, KELLY	99M	IRELAND?	26 14

A NEW JAPANESE 10,000M TRACK WALK RECORD TO EIKI TAKAHASHI (38:18:51)

Thanks to Nicola Maggio (see http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1956) for news of the latest results from Japan who continue to build their credentials as one of the top racewalking nations in the world.

On Sunday 14th December at a racewalk meet in Nagasaki, 22 year old **Eiki Takahashi** set a new Japanese record of 38:18:51 in the 10,000m track walk, breaking the previous record of **38:27.09**. Second place went to Koichiro Morioka with 42:10.70 while third place went to Soichiro Yoshinaga with 43:22.95. Takahashi is the 2014 U23 World Leader in the 20 km road walk with a time of 1:18:41, obtained in Kobe in February when he finished second behind Yusuke Suzuki.

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/15122014362Nagasaki10000mW.pdf> but you have to read Japanese to get the names!

BITS AND PIECES

- Athletics England has published details of the various representative opportunities on offer in 2015 – see <http://www.englandathletics.org/england-athletics/england-athletics-team/race-walking>. The list includes the IAAF World Athletics Championships in August in Beijing, the European Cup in May in May (EAA to confirm venue), the IAAF World Youth Championships in July in Colombia, the European Junior Championships in July in Sweden and the European U23 Championships in July in Estonia. That's a pretty comprehensive list!

- And a bit more on next May's European Cup. It had been allocated to Ukraine but, due to the unrest there, the plug has now been pulled and European Athletics is looking for a new host. Italy has offered to host the meet in conjunction with the Veteran road running and walking Championships in Grosseto on 15-17 May. EAA has not yet formally responded to this offer.
- The Isle of Man holds its own regular Up&Running Winter League walks . In the latest set last weekend, Adam Cowin was fastest with 49:26. See results at https://www.facebook.com/download/485622808278025/141214_winterleague.docx
- The athletics timetable for the 2016 Olympics has been published: See article: <http://goo.gl/eJOFQ3> with link to the actual T&F Timetable. The walks are scheduled as shown below – I think plenty of our top walkers will now consider doubling.

Day 1 - Friday 12 August	14:30	20km race walk Men
Day 8 - Friday 19 August	08:00	50km race walk Men
	14:30	20km race walk Women

- The IAAF has announced that no credence whatsoever should be given to recent unfounded speculation regarding possible changes to the athletics programme within the Olympic Games. While the Olympic Agenda 2020 recommendations were passed at last week's session, no details or specific proposals have yet been made by the IOC as to how they will be implemented.
- Italy announced yesterday that Rome will be a candidate to host the 2024 Olympics, a decision that comes two years after the government scrapped plans to bid for the 2020 Games. See <http://www.supersport.com/athletics/article.aspx?Id=2777894>.

MARCIADALMONDO PRESS RELEASES THIS WEEK

Nicola Maggio continues his big workload in bringing us all the latest walking news each week. This week's articles read as follows:

- Walkers were to the fore in the Spanish Athletes of the Year awards - Miguel Ángel López, Julia Takacs, Álvaro Martín, Marc Tur, Diego Garcia and Laura García-Caro all rank at or near the top of their respective categories while coach José Antonio Quintanam was awarded best coach of the year. Walking positions itself as their top T&F discipline. http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1956
- A new Japanese 10,000m track walk record to Eiki Takahashi (38:18:51): http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1956
- Australian 50km Championship meet, Melbourne http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1955
- World list Youth boys (U18) - track and road walk - year 2014: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1954
- World list Youth girls (U18) - track and road walk - year 2014 http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1953
- Will the European Cup be moved to Italy next May? http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1952
- Seminar for Greek racewalking judges planned for January 2015 http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1951

SAD NEWS ON THE PASSING OF STEVE JORDAN

It is my sad task to pass onto VRWC walkers the news that Steve Jordan died yesterday after a battle with cancer. Steve was well known to us at Middle Park as he was a semi-regular walker in our road races since around 2008 – in fact, his last race was in the 6 Hour event at our 2014 24 Hour Carnival in October. He was already very ill by that stage but wished to participate in the sport that he loved as long as he could.

It is hard to believe that Steve has now left us – it was only in June of last year that he joined the ranks of the Australian Centurions as C-64, walking 100 miles in less than 24 hours in the Sri Chinmoy 24 Hour event in Sydney. At that stage, he was a fit as the proverbial Mallee bull. Who could have guessed what was lurking around the corner. At that stage I published a short biography on Steve what makes for inspirational reading: <http://www.centurions.org.au/centprofiles/64%20steve%20jordan.pdf>.

It makes us realise the fragility of life and the precious nature of our relationships with our friends. I had visited him on a few occasions in hospital over the last couple of weeks and was able to make my goodbyes as best I could.

The funeral is expected to be on Friday of this week or early next week. Our thoughts are with his sister and her husband and children. Steve was an integral part of their family as well as ours in the walking community.



Vale Steve Jordan: 1957 - 2014

MORE ON THE RUSSIAN DOPING ALLEGATIONS

Lots more news to report on the unfolding drugs scandal that has been unleashed compliments of the German TV documentary.

First, here are youtube links to the first of the two documentarise (with English subtitles). The one hour expose has been cut into four youtube videos which should be watched in this order.

- <https://www.youtube.com/watch?v=U1YIKaN3cPs>
- <https://www.youtube.com/watch?v=erDHCgjeHsI>
- <https://www.youtube.com/watch?v=XtJNUUyv9wI>
- https://www.youtube.com/watch?v=B_Pw9JMBZ-s

Next, here is a full transcript of the German TV doco: https://presse.wdr.de/ploungue/tv/das_erste/2014/12/_pdf/English-Skript.pdf

One of the parts of the expose focussed on the large number of athletes accused of producing "suspicious" blood values. The following newspaper article does not name names but it does publish the nationality of the 225 athletes concerned. See <http://www.telegraph.co.uk/sport/othersports/athletics/11285757/Athletics-doping-scandal-where-the-suspected-athletes-come-from.html>

A trio of top IAAF officials, including the IAAF treasurer, have stood down due to their possible implication in the unfolding drugs scandal – see more at <http://www.telegraph.co.uk/sport/othersports/athletics/11288760/Top-IAAF-trio-quit-over-drugs-scandal.html>. Here is a cut and paste from this article:

Athletics' doping and corruption scandal caused three of the world governing body's senior officials to quit on Thursday as it began to wake up to the explosive allegations levelled against it. The son of the president of the International Association of Athletics Federations, its treasurer and one of its legal advisers stood down pending the outcome of an inquiry into claims of a widespread cover-up of positive tests and "suspicious" samples.

The true scale of the alleged scandal has been revealed by The Daily Telegraph following detailed analysis of documents originally exposed by German broadcaster WDR which show a list of 225 athletes claimed by a whistle-blower to have produced abnormal blood values between 2001 and 2008.

The man described as a long-time member of the IAAF's medical commission also alleged the vast majority had not been correctly followed up to establish whether or not doping had taken place.

The documents include three British competitors – one of them a big name – and three London 2012 champions. It also contains 58 athletes from Russia, which a WDR investigation accused of operating an "East German-style" doping programme.

Wow..talk about developing quickly. I can hardly wait for the next installment!

VRWC RECORD UPDATE

Michelle Laufer has done it again with yet another W45 club record with her walk last Sunday at Lakeside Stadium

Michelle Laufer W45 2000m Track Walk 9:28.39 AV All-Comers Meet, Lakeside Stadium, Melb 14/12/14

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 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 14-15, 2015 2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015 Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

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

Looking further forward

July 3-14, 2015 28th Summer Universiade, Gwanju, South Korea
July 15-19, 2015 9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com>
July/Aug 2015 20th 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 27th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
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, Niarobi, Kenya
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 Team Championships, 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, Doha, Qatar
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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