



HEEL AND TOE ONLINE

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

Last week's Walker of the Week was **Jared Tallent** for his great second place in the IAAF Challenge Series event in Mexico.

This week it will require a vote to separate our two contenders for my Walker of the Week and both are very worthy candidates.

- 65 year old **Andrew Jamieson** recorded a time of 24:46.05 in coming 6th in the Victorian 5000m walk championship on Friday evening at the Lakeside Stadium in Melbourne. More significantly, Andrew's time bettered both the current M65 5000m walk World Record and the more recent M65 record breaking times recorded by French ace Jean-Paul Masselin. The eventual face-off between these two fantastic walkers will be worth waiting for.
- 43 year old **Michelle Thompson** continued her wonderful ultra distance walking over the weekend at the Coburg 6 Hour Track Championships in Melbourne, not only winning the women's walk division but beating all her male counterparts at the same time. Her final 6 Hour distance of 54.636km bettered her own Australian Residential record of 53.874km and also bettered English walker Sandra Brown's All-Comers record of 54.180km.

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



Andrew and Michelle in action last weekend in their respective events

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 7 MARCH

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 1km and 5km handicap events in Rosalind Park on Wednesday evening in fine but windy conditions. The 1km saw Bree Heiden defeat Madison Hill in a close tussle with both girls recording personal bests while 8 year old Carissa Brook took 3rd place and was a little unlucky not to be closer to the leaders after going the wrong way. Josh Savage took fastest time. Annette Curtis equalled her best ever time in the 5km event to score a clear victory with Geoff Major 2nd and Colin Cleary in 3rd place.

5km Handicap

1.	Annette Curtis	35.17
2.	Geoff Major	36.54

1km Handicap

1.	Bree Heiden	5.57
2.	Madison Hill	5.45

3.	Colin Cleary	37.06	3.	Carissa Brook	6.26
4.	Paul Rance	27.04	4.	Ebony-Jade Jones	6.58
5.	Barb Bryant	30.36	5.	Josh Savage	5.37
6.	John Carter	33.37			
7.	Jeremiah Jones	DNF			

This Wednesday evening 1.2km and 2.4km sealed handicap events will be held commencing at 6pm in Rosalind Park.

ACT WALKING CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 8 MARCH

Thanks to Robin Whyte for the weekly results from the ACT Race Walking Club in Canberra. Some great 1500m times by young walkers Thomas Hopkins (7:01), Ashleigh Resch (7:04) and Callum Burns (7:15) and masters walker Ann Staunton-Jugovic (7:15).

1500m Handicap		Act. Time	Start Time
1.	Trish Thomas	14:56	(00:45)
2.	Kate Wainwright	09:21	(06:25)
3.	Emily Hopkins	07:53	(08:40)
4.	Spencer Burns	07:57	(08:45)
5.	Ashleigh Resch	07:04	(09:40)
6.	Thomas Hopkins	07:01	(09:45)
7.	Peter Baker	07:29	(09:20)
8.	Karina Hopkins	07:49	(09:00)
9.	Rod Gilchrist	09:30	(07:20)
10.	Jordan Bardsley	08:06	(08:45)
11.	Zoe Hunt	06:57	(10:00)
12.	Callum Burns	07:23	(09:35)
13.	John Donovan	10:08	(06:50)
14.	Brett Kingston	09:01	(08:00)
15.	Gabby Hunt	07:27	(09:35)
16.	Jennifer Gilchrist	10:33	(06:30)
17.	Robin Whyte	09:04	(08:00)
18.	Bryan Thomas	09:50	(07:15)
19.	Kara Baker	08:39	(08:30)
20.	Ruth Baussmann	10:44	(06:25)
21.	Val Chesterton	12:00	(05:10)
22.	Geoff Barker	09:31	(07:40)
23.	Ann Staunton-Jugovic	07:15	(10:00)

VICTORIAN OPEN 5000M C'SHIPS, LAKESIDE STADIUM, ALBERT PARK, FRIDAY 9 MARCH

Last weekend saw the Victorian T&F Championships at the Lakeside Stadium in Albert Park. Conditions were just about perfect for the Open 5000m walks on Friday evening and we saw some great walking and two worthy winners.

In the men's race, Rhydian Cowley was untroubled to win in a good 20:48.00. Behind him, two of our up and coming young walkers in Jason Kozica and Josh Kaiser battled it out for the minor medals, Jason eventually taking silver with 23:45.77 and Josh taking bronze in 24:11.34, both big PBs. Aaron McDonough was also in great form for yet another season PB, this time with 25:02.80. But the walk of the night went to 65 year old Andrew Jamieson whose time of 24:46.05 bettered both the current M65 5000m walk World Record and the more recent M65 record breaking times recorded by French ace Jean-Paul Masselin. I chatted with Andrew after the event, expecting him to say how he had been training hard but he has in fact only just recently returned from a 5 week overseas trip and is not yet in top shape. This omens well for the next few rounds of Masters championships.

The women's championship was easily won by Ballarat walker Kelly Ruddick, her time of 23:03.47 only a few seconds outside her PB. Behind her, Michelle Laufer continued her fine season, taking silver with yet another PB of 25:32.49, while Jmara Hockley-Samon took bronze with 26:19.49. Ballarat walker Sarah Brennan was also in fine form with a PB of 26:53.66. And of course, one must always mention W60 world record holder Heather Carr who walked her usual fine race, finishing in 27:31.47.

Open Men 5000m Walk, 6:20PM, Friday 9 March

1.	Cowley, Rhydian	91	GHY	20:48.00	
2.	Kozica, Jason	87	STK	23:45.77	PB 0:37
3.	Kaiser, Joshua	93	SCA	24:11.34	PB 0:23
4.	Hawksworth, Danny	79	ATE	24:34.87	
5.	Evans, Simon	60	BOH	24:44.01	
6.	Jamieson, Andrew	46	OSC	24:46.05	Better current M65 World Record
7.	McDonough, Aaron	72	PTN	25:02.80	PB 0:08
8.	Christmas, James	67	COR	25:31.27	
9.	McShanag, Connor	96	ATE	29:11.03	

Open Women 5000m Walk, 6:20PM, Friday 9 March

1.	Ruddick, Kelly	73	BHA	23:03.47	
2.	Laufer, Michelle	69	COL	25:32.49	PB 0:18
3.	Hockley-Samon, Jmara	95	CHI	26:19.49	
4.	Brennan, Sarah	76	BYC	26:53.66	PB 0:37
5.	Geisler, Sandra	77	RWD	27:12.14	
6.	Carr, Heather	49	EAG	27:31.47	
7.	Shaw, Kirstin	91	WES	28:17.49	
8.	Attard, Tamara	90	KNA	28:38.89	
9.	McInnes, Simone	91	GHY	29:11.99	
10.	Gourlay, Marlene	51	VMA	29:54.01	
11.	Elms, Donna-marie	61	ATE	31:44.59	
12.	Steed, Gwen	42	VMA	33:34.90	
	Alexander, Beth	92	KNA	DNF	



Open Men medallists – Rhydian Cowley, Jason Kozica and Josh Kaiser



Open Women medallists Kelly Ruddick, Michelle Laufer and Jmara Hockley-Samon

ATHLETICS SA ALL COMERS MEET, SANTOS STADIUM, MILE END, SATURDAY 10 MARCH

The South Australian walkers were also in action last weekend with an All-Comers meet in Adelaide. Allegra Steele was in good form, winning the 1500m with 7:10.05, but the 3000m was a much closer affair with Kristie Goznic 14:34.86 just winning from Jemma Potezny 14:35.36 (a 35 sec PB).

1500m Walk

1.	Allegra Steele	TTG	7:10.05
2.	Danielle Walsh	ELIZ	7:49.35

3.	Rhiannon Lovegrove	ELIZ	8:08.37
4.	Rhiana Hooker	ELIZ	8:49.50

3000m Walk

1.	Kristie Goznik	ELIZ	14:34.86	
2.	Jemma Potezny	HILL	14:35.36	PB 0:35
3.	Anna Cross	PEM	15:53.57	
4.	Julia Potezny	HILL	17:05.68	
5.	Megan Szirom	ELIZ	DNF	

SAMA TRACK WALKS

SAMA Track Walks, Santos Stadium, Mile End, Adelaide, Wednesday 7 March

There were two sets of South Australian Masters walks in Adelaide this week. Firstly, the regular Wednesday evening events were held at the Santos Stadium where Colin Hainsworth tells me that conditions were good. As usual, SARWC walkers Kim Mottrom 22:49 and Justin Hill 24:15 joined their older compatriots and produced fast times. George White 27:55 and Gloria Holliday 29:26 were the best of the Masters walkers

5000m walk

	Kim Mottrom	22.49	
	Justin Hill	24.15	
M66	George White	27.55	85.60%
W51	Gloria Holliday	29.26	76.51%
M60	Kevin Finn	31.25	71.40%
M69	Bill Starr	34.57	70.80%
M65	James Hoare	35.07	67.29%
M73	Rodger Barber	36.32	71.23%
M68	Roger Lowe	36.41	66.66%
M76	Leigh Smith	36.57	73.37%
M82	Colin Hainsworth	38.38	76.88%
W63	Gill White	?	64.34%
W57	Linda Whitelaw	40.21	59.24%

3000m walk

W59	Edna Bates	25.57	54.80%
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SAMA 10000m track Championships, Santos Stadium, Mile End, Adelaide, Sunday 11th March

The South Australian Masters walkers were back in action again on Sunday morning with their annual 10,000m track walk championships. Colin tells me that conditions were perfect for the 8AM start and Gloria Holliday 59:16, George White 55:59 and Leigh Smith 74:36 were all in top form, setting new SAMA age group records. Wow!

SAMA 10,000m track championships

W50	1	Gloria Holliday	59.16	SAMA record
	2	Marie Maxted	68.42	
M65	1	George White	55.59	SAMA record
	2	Lawrie Marsh (Tas)	62.23	
	3	James Hoare	71.09	
M70	1	Rodger Barber	74.35	
M75	1	Leigh Smith	74.36	SAMA record
M80	1	Colin Hainsworth	77.51	

COBURG 6 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, SUNDAY 11 MARCH 2012

Last Sunday saw the annual Coburg 6 Hour Track Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. This annual event is a prelude to the Coburg 24 Hour Championships which are always in April and it always sees strong run and walk fields and a lot of our top ultra competitors in action. Field size is restricted to 45 so that the track is not too congested and this year we had 43 starters (there are always a few who enter but who fail to make it to the start line for various reasons), 31 runners and 12 walkers. Conditions were good – cool for the 8AM start and still only in the low twenties by event end at 2PM. This probably helped us achieve such an excellent overall set of results.

I will restrict my report to the walk divisions. For a fuller review of the complete run/walk results, check out http://www.coburgharriers.org.au/joomla1/component/option.com_docman/task.doc_view/gid,635/Itemid,28/. You can also see plenty of race photos at <http://www.rwa.org.au/coppermine/thumbnails.php?album=4>.

The walk was dominated by local Melbourne walker/runner **Michelle Thompson**. A previous winner of the Coburg 24 Hour event in both run division (2010) and walk division (2011) and the fastest ever woman in Australia over the 50km racewalk distance (5:13:14 in 2011), she added yet another record to her ever increasing supply with her 6 Hour walk distance of 54.636km. This broke the Australian All-Comers record, set by Sandra Brown of England in 1999 (54.180km). Michelle led from the start, with fellow VRWC team mates **Terry O'Neill** and **Clarrie Jack** close on her heels. But they could not match her unrelenting pace and gradually fell

behind. Terry held on his own PB distance for 53.379km, just outside Peter Bennett's Australian M55 record, while Clarrie finished with 49.845km, not bad for M65. NSW runner **Kim Cook** was next in with a very impressive inaugural walk of 47.613km. He tells me he has had some advice from NSW walker Frank Overton and it certainly did the trick. **Karyn O'Neill** was next in with 45.779km to take second in the women's event while **Sandra Howorth** was third with 38.422km. Most of these walkers will be back in 5 weeks time for the Coburg 24 Hour event and I look forward to more great walking over the longer timeframe event.

6 HOUR WALK MEN

1.	O'NEILL, Terry	VIC	53.379 km
2.	JACK, Clarrie	VIC	49.845 km
3.	COOK, Kim	NSW	47.613 km
4.	JORDAN, Steve	VIC	44.492 km
5.	SHARP, Philip	NZ	43.940 km
6.	TIMMS, John	VIC	43.021 km
7.	POORE, Alex	VIC	39.027 km
8.	CARTER, Ken	VIC	29.459 km
9.	SKRUCANY, Rudolf	VIC	29.444 km

6 HOUR WALK WOMEN

1.	THOMPSON, Michelle	VIC	54.636 km
2.	O'NEILL, Karyn	VIC	45.779 km
3.	HOWORTH, Sandra	VIC	38.422km



Michelle Thompson, Karyn O'Neill and Sandra Howorth last Sunday at Coburg



Terry O'Neill, Clarrie Jack and Kim Cook at Coburg



Terry O'Neill, Clarrie Jack, Kim Cook, Steve Jordan, Philip Sharp, John Timms, Alex Poore and Ken Carter

WA T&F INTERCLUB, WAAS, PERTH, FRIDAY 9 MARCH

It was good to see Zac Partington back in action on Friday evening in Western Australia – he won the 3000m walk at the Western Australian Athletics Stadium in Perth in 13:49.1. Kate Holt was the only other walker and she recorded a good 16:13.0.

3000m Walk

- | | | | | |
|----|-----------------|---|--------------|---------|
| 1. | Partington, Zac | M | Athletics WA | 13:49.1 |
| 2. | Holt, Kate | W | Melville | 16:13.0 |

RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 11 MARCH 2012

Thanks to RWCWA coach Rick Cattermole for further Western Australian results. Rick's comments say it all: *What a hot day!!!!!! 40c!! And they reckoned it was hot in Tassie last week!! Our club walkers struggled through this morning in the hottest period for 115 years. But no-one pulled out, although as you can probably work out, our times were not too flash.*

10km Open

- | | | |
|----|-----------------------|-------|
| 1. | Vanessa Brown | 58.54 |
| 2. | Mathilde LaCaze (FRA) | 60.28 |
| 3. | David Smyth | 60.37 |

5km Open

- | | | |
|----|--------------------|-------|
| 1. | Daniel Lowe | 30.14 |
| 2. | Sara Cattermole | 31.54 |
| 3. | Caitlin Gerken | 32.01 |
| 4. | Christopher Gerken | 44.46 |

3km Open

- | | | |
|----|--------------------|-------|
| 1. | Simeon Leatherland | 16.26 |
| 2. | Breanna Brown | 16.58 |
| 3. | Summer Brown | 18.55 |

ASIAN WALKING CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 11 MARCH 2012

In recent years the All-Japan Race Walking competitions in Nomi have incorporated the Asian 20km Race Walking Championships and that was also the case with the 36th edition of the competition which was held last Sunday morning. Being a recognised Area competition conducted under the supervision of the Asian Athletics Association, the Nomi event also served as an Olympic qualification race so it attracted a diverse field from across Asia. Overall, Chinese walkers won both men's and women's titles. My report is drawn from the IAAF report of Ram. Murali Krishnan and Tatsumi Senda.

20km Walk Open Men

Little known Chinese walker Zhu Chundong came home with line honours in the men's 20km event with a PB time of 1:21:22. India's national record-holder Gurmeet Singh, after leading most part of the race, finished in second place, nine seconds behind with 1:21:31. Singh was 19 seconds ahead of Chundong in the half-way mark and still 8 seconds in front at the 15km mark. However fatigue took its toll with the Chinese snatching the lead in the final kilometre. Korean walker Byun Young Jun finished third for the bronze medal in 1:21:42, just 1 sec ahead of Japan's Isamu Fujisawa.

Although only one athlete from a country is allowed to compete in each category at the Asian race walking championships, India and Iran obtained special permission to field additional entries as the Nomi event was one of the pre-designated qualifying races for the London Olympics. And it worked with Indian Baljinder Singh taking 5th place overall with an Olympic A qualifier of 1:22:12. He should now hopefully join compatriot Gurmeet Singh in London later this year. Further down the field, National records were recorded by Ebrahim Rahimian of Iran, Nguyen Thanh Ngung of Vietnam and Hendro of Indonesia.

1.	Zhu Chundong	CHN	1 Jan 90	1:21:22	PB
2.	Gurmeet Singh	IND	1 Jul 85	1:21:31	
3.	Byun Young-Jun	KOR	20 Mar 84	1:21:42	PB
4.	Isamu Fujisawa	JPN	12 Oct 87	1:21:43	
5.	Baljinder Singh *	IND	18 Sep 86	1:22:12	PB
6.	Surender Singh *	IND		1:23:53	PB
7.	Ebrahim Rahimian	IRI	28 Jul 81	1:24:01	NR
8.	Vahid Sepahibadjani *	IRI		1:26:16	PB
9.	Nguyen Thanh Ngung	VIE	92	1:27:57	NR
10.	Abbal Singh Rana *	IND		1:27:50	PB
11.	Lo Choon Sieng	MAS	16 Nov 85	1:29:13	
12.	? Hendro	INA		1:30:10	NR

* Non-championship finishers

The event also included a Japanese national competition with a large number of additional competitors. Other Japanese finishers included Takumi Saito 1:21:44, Sasakawa 1:24:52, Takuya Yoshida 1:24:55, Matsuzaki 1:26:21, Kento Tamura 1:26:26, Osamu 1:26:43, Okuma Samurai 1:26:53 and Tsukasa 1:27:12.

20km Walk Open Women

In the women's race, Chinese walker Ding Huiquin took line honours in 1:30:14 in her first-ever competition outside her homeland. Rei Inoue of Japan officially took the silver position in 1:34:06 although two other Japanese, Masumi Fuchise (1:30:36) and Mayumi Kawasaki (1:30:51), finished well ahead of her in the concurrently held national competition. Nguyen Thi Thanh Phuc of Vietnam was a happy walker when she achieved an Olympic B qualifying time of 1:35:13 and a new National record in winning the bronze medal. It was only her second-ever international competition besides her gold medal winning South East Asian Games at Palembang, Indonesia, last year. National records also went to Khushbir Kaur of India (NJR) and Chang Chia-Feng of Chinese Taipei.

1.	Ding Huiqin	CHN	5 Feb 90	1:30:14	PB
2.	Rei Inoue	JPN	23 Jul 91	1:34:06	
3.	Nguyen Thi Thanh Phuc	VIE	90	1:35:13	NR
4.	L. Deepmala Devi	IND	3 Jul 82	1:42:01	
5.	Khushbir Kaur *	IND	9 Jul 93	1:44:30	NJR
6.	Chang Chia-Feng	TPE	93	1:45:32	NR NJR
7.	Jessica Ching Siu Nga	HKG	87	1:45:57	
8.	Norliana Binti Mohd Rusni	MAS	26 Oct 89	1:48:46	

* Non-championship finisher

Other leading Japan competitors in the associated Japanese competition included Masumi Fuchise 1:30:36, Mayumi Kawasaki 1:30:51, Hiroi Maeda 1:35:01, Ai Michiguchi 1:35:51 and Fumiko Okabe 1:36:33.

THE ASCOT HOTEL MANX HARRIERS OPEN MEETING, ISLE OF MAN, SATURDAY 3 MARCH 2012

The Isle of Man has long been a sporting powerhouse on the UK front and it has produced more than its fair share of top walkers. In fact, the 1985 IAAF World Race Walking Cup was held in the streets of St John's, Isle of Man. And of course, the huge Parish Walk each year attracts thousands of competitors who circumnavigate the island, visiting all the Parish churches in a huge 85 mile extravaganza. Saturday 3rd March 2012 saw yet another top event being staged there, this time in Douglas, when the Ireland v England junior racewalking match was held in conjunction with the Ascot Hotel Manx Harriers Open Meet. Here is the meet report:

Manx Harriers were hosts to visiting race walkers at the National sports centre roadway on Saturday with the staging of the Ascot Hotel open walks meeting. This year the meet also had added interest as the Ireland v England junior walks match was incorporated into it. A total of 7 races made it an action packed day starting with 1 mile for under 11's through to the finale of a veterans 3km. In the International match England were too strong taking 5 wins in the 6 races and overall a score of 39 points as against Ireland's 30.

Local interest in the match was on 3 selections to the England team in the 5km U17 event, Alex Eaton, Danielle Oates and Alexandra Ross. Alex had an excellent battle with England team mate Cameron Corbishley and only a charge by Cameron decided the issue, coming home to win in 23:41. Alex was pleased with his personal best time of 23:54 in second place. Also racing in the open 5km event was local Richard Creer who has made great technical improvements in his walking and was rewarded with a fine sub 27 minute time. The girls race was a close battle for placings throughout. England's Ellie Dooley was eventually a clear winner, with Alexandra coming through the field with a strong finish to take 3rd place in a big lifetime best of 27:43. Danielle similarly rose to the occasion with a best ever time of 2:37 in 6th place and this despite being held back in the latter stages with an aggravation of a shoulder injury. Walking as an individual and at the bottom end of the age group was a tough task for Rebecca Greatbatch, after months of injury where she has not been able to train properly, yet she toughed it out for a personal best of 34:57.

The match included 2km (U13) and 3km (U15) races. In the 2km there was interest in the shape of Jason Turner of Northern A.C. who kept his head in this first experience at this level of competition finishing inside 13 minutes. Also racing at 2km was Stephen Waddington and though he stepped up an age group as he has one more year as under 11 he still impressed with his second best time of 13 min 23 secs. A non match junior mile saw 2 local walkers take part with Tom Partington winning in 11:26 from under 9 walker Jessica Wild who finished in 16:15.

The senior and juniors (U20) raced in a combined 20km/10km race. The 10km was won by fast improving Irish junior James Traenor who clocked an excellent 44:36. Local junior Adam Cowin was prominent, for over 8km but was disqualified when in line for a personal best. Sally Walker of Manx Harriers was a clear winner of the ladies section in a solid 59:25. Over 20km, Irish title holder David Kidd again put in a fine display to take his 4th win at this meeting, coming home a lap clear of Michael George in 2nd place who walked a strong race with 100:54, just outside his 100 minute target. The strong wind on the back straight probably cost him and others time especially in the energy sapping 20km event. Richard Gerrard was strong throughout coming home in an excellent 109:52. Michelle Turner continued her winter league form into the double distance and walked a well judged 20km with 2:01:47.

The 'finale' was the open vets race where Michael George and Jock Waddington loosened up after efforts in the 20km and gave International judge Steve Taylor a race to remember as they pushed him hard over the first half. While Steve did not prevail he showed some of the style that took him to British International level in his younger days. Marie Jackson in winning the ladies race, subject to ratification, set a new W50 manx record in a fine 16:49.

Subsequent to his fine personal best walk in the Nihill Shield, Alex Eaton received an email from the England Athletics notifying him of his selection to the England team to race in the U18 junior 10km event at the European Grand Prix meeting in Lugano, Switzerland on March 14th. This should prove to be a great experience for him in a International level competition.

The first 5 in each event are shown below. You can check out the full results at www.manxharriers.com and see photos <http://isleofman.in/p463045564>.

1 Mile Walk

1.	Tom Partington	Manx Harriers	U13B	11:26
2.	Jessica Wild	Manx Harriers	U9G	16:15

2km Walk

1.	Jack Leversidge	City of Sheffield A.C	U13B	11:02
2.	Ana Garcia	City of Sheffield A.C	U13G	11:07
3.	Jason Turner	Northern A.C	U13B	12:56
4.	Laura Achurch	Leicester Walking Club	U13G	13:11
5.	Stephen Waddington	Manx Harriers	U13B	13:23

3km Walk

1.	Matthew Redfern	Nuneaton Harriers	U15B	14:25
2.	Aaron Egan	Clonmel	U15B	14:26
3.	Heather Butcher	Cambridge Harriers	U15G	15:22
4.	Andrew Bell	Castlebar	U15B	15:53
5.	Luc Legon	Bexley A.C	U15B	16:50

5km Walk

1.	Cameron Corbishley	Medway & Maidstone A.C	U17M	23. 41
2.	Alex Eaton	Manx Harriers	U17M	23. 54
3.	Rory Barry	Donore	JM	25. 25
4.	Emma Prendiville	Farranfore Maine Valley	JW	25. 38
5.	Ellie Dooley	Leeds City A.C.	U17W	25. 55

10km Walk

1.	James Traenor	Shercock A.C.	JM	44. 36
2.	Patrick Bell	Castlebar	U20M	50. 09
3.	Ryan Cleary	Clonliffe	U20M	52. 56
4.	Sally Walker	Manx Harriers	W40	59. 25
5.	Dave Mackey	Manx Harriers	M40	61. 02

20km Walk

1.	David Kidd	St. Laurence O'Toole	SM	1:36:07
2.	Michael George	Manx Harriers	M45	1:40:54
3.	Richard Gerrard	Isle of Man Veterans	M35	1:49:52
4.	Vinny Lynch	Isle of Man Veterans	M50	1:57:44
5.	Michelle Turner	Northern A.C.	W35	2:01:47

Veteran 3km Walk

1.	Michael George	Manx Harriers	M45	15:50
2.	Jock Waddington	IOMVAC	M45	15:51
3.	Steve Taylor	Manx Harriers	M45	16:15

4.	Richard Gerrard	IOMVAC	M35	16:35
5.	Marie Jackson	Manx Harriers	W50	16:49

CLUB RECORD UPDATE

Andrew Jamieson's M65 World Best 5000m walk last Friday night was of course a new VRWC record, breaking the great Tom Daintry's 1977 M65 time of 25:44. When I reviewed Kelly Ruddick's winning time from Friday evening, I realised that she had an even faster 5000m time which dated from January 2011. We had missed this one so I can now retrospectively announce it as a new W35 VRWC record. So two new VRWC club records to announce this week.

Andrew Jamieson	M65 5000m	24:46.05	Victorian 5000m Championship, Albert Park	09/03/2012
Kelly Ruddick	W35 5000m	22:58.0	Victorian Country Champs, Ballarat	22/01/2011

See <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2012-03-11.pdf> for the full listing of all VRWC records.

AV 5KM TEAMS EVENT – FORWARD PLANNING REQUIRED

Victorian walkers need to start planning for the Athletics Victorian 5km Teams Championships which will be contested on Saturday 5th May at Middle Park. The winter fixture entry reads as follows:

Saturday 5th May 2012, Middle Park

VRWC EVENTS & AV TEAMS EVENTS

2.15pm	5km AV Teams Championship*	Open Men
2.15pm	5km AV Teams Championship*	Open Women
2.15pm	5km	Open
2.25pm	3km	Open
2.25pm	3km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12

* Rules for AV Teams Championships:

A Male Team will consist of 3 or more male walkers currently registered with the same AV Club. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club. Mixed teams are not possible.

The first 3 walkers to finish will be designated as the first finishing team for that club.

The next 3 walkers to finish for that club will be designated as their second team and so on.

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.

All entries must be completed on the proper entry form as issued by Athletics Victoria.

Now is the time to get your AV team together and lock everyone in. If you do not have 3 walkers, now is the time to recruit additional members to complete your team. This will be the third year we have held this event and it is a very competitive concept.

WHAT'S COMING UP

Next weekend sees the **Australian Junior T&F Championships** in Sydney. This covers U14-U20 age groups and has 3000m, 5000m and 10,000m walks on offer. The U20 10,000m walks are also the official trials for the 2012 World Junior Championships so we can expect all our top juniors in action. Good luck everyone.

For those Victorian walkers not travelling to Sydney, we have our final VRWC summer season races on at Mentone. The fixture reads as follows

Sunday 18th March 2012, VMA Championships & VRWC Events Mentone

Venue: Dolamore Reserve, cnr First Street & Queen Street, Mentone - Melway 87 B6

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

VMA competitors should provide their own lap scorers if possible but we can probably cover it for those who can't. VMA walkers also need to wear official VMA uniform. Entries for all events will be taken on the day.

Next Sunday also sees the next IAAF Challenge Series event in Lugano, Switzerland. This will be big!

The following weekends promise more championship action with key Victorian based dates as follows:

24-25 Mar	Victorian Masters Track & Field Championships	Reischick's Reserve, Doncaster
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24-25 Mar	LAVic State T&F Championships	Bendigo
5-9 Apr	Australian Masters Track & Field Championships	Lakeside Stadium, Albert Park

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.

2011/2012 Australian/Victorian Summer Season Key Dates

15-19 Mar 2012	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone
24-25 Mar 2012	Victorian Masters T&F Championships , Rieschiek's Reserve, Doncaster. Entries close Fri 16 March.
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships , Jyvaskyla, Finland
Sun 22 Apr 2012	43 rd International Race Walking Meet, Naumburg, Germany
May 12-13, 2012	25th IAAF World Race Walking Cup , Saransk, Russia
July 10-15, 2012	14th World Junior Championships , Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games , London. See http://www.london2012.com/

Remaining 2012 IAAF Race Walking Challenge Dates

Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN	

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics , Moscow, Russia
July 10-14, 2013	8th World Youth T&F Championships , Donetsk, Ukraine
October 15-27, 2013	World Masters Athletic Championships , Porto Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup , Taicing, China
Mar/Apr 2014	World Masters Indoor Championships , Budapest, HUN
July 22-27, 2014	15th World Junior T&F Championships , Eugene, Oregon, USA
July 23 – Aug 3, 2014	20th Commonwealth Games , Glasgow. See http://www.glasgow2014.com/

Looking even further forward

August 22-30, 2015	15th IAAF World Championships in Athletics , Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia , Lyon, France
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 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)