



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 7  
13 November 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
Telephone: 03 9817 3503  
Hours : Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
Website: <http://www.runnersworld.com.au/>  
Facebook: <http://www.facebook.com/pages/Runners-World/23564945988840>

### TIM'S WALKER OF THE WEEK

We have witnessed more great performances around Australia this week and I have picked three of them for us to vote on. Here they are in date/time order.

- 17 year old Queensland walker **Jesse Osborne** bettered the Queensland U18 1500m track walk record (held by Anthony Miles with 5:47) by 8 secs last Thursday evening with a superb time of **5:39.71**. This is a 5 sec PB and was not far off the State U20 record of 5:37. With 2 more years still to go as a Junior, I am sure that Jesse has more record breaking walks to come.
- 15 year old Victorian walker **Adam Garganis** was in fine form on Saturday at the Victorian Schools Championships at Lakeside Pavilion in Melbourne, winning the U16 Pole Vault with a big PB of **3:85** and then rushing to the U16 3000m walk start line - and he won that title also, in a 25 sec PB time of **13:44.88**.
- 14 year old Victorian walker **Jemima Montag** was also in top form on Saturday at the Victorian Schools Championships, winning the U15 3000m walk in **13:59.46** and breaking 2 Victorian records into the bargain - bettering her own Victorian U15 3000m (which was 14:04.4) and also breaking the Victorian U16 3000m record, held by Ballarat walker Catherine Ranger (14:00.49, 1999).

As usual, you can vote at [www.vrwc.org.au](http://www.vrwc.org.au)

### AACT 2012-2013 SUMMER SERIES MEET NUMBER 4, AIS TRACK, BRUCE, FRIDAY 2 NOVEMBER

Canberra Interclub continues and is held on Friday evenings at the AIS track in Bruce. This is a catchup result from the previous week where 3000m and 1500m walks were contested. 15 year old Ashleigh Resch recorded a big PB in the 3000m with her time of 14:53.32 while Zoe Hunt won the 1500m with 7:12.45

#### 1500m Walk

1.	Hunt, Zoe	WU16	INV	7:12.45
2.	Hunt, Gabby	WU14	INV	7:38.60

#### 3000m Walk

1.	Resch, Ashleigh	WU16	SCT	14:53.32	PB 0:16
----	-----------------	------	-----	----------	---------

### SAMA MASTERS TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 NOV

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide - cool evening with just a slight breeze.

#### 3000m Yacht Handicap

1.	M76	Paul Boyce	24:50	64.09%
2.	W59	Edna Bates	25:20	56.13%

#### 5000m Yacht Handicap

1.	W64	Jan Layng	38:14	67.85%
2.	W70	Elaine MacFarlane	41:46	67.47%
3.	M69	Roger Lowe	36:48	67.24%
4.	W58	Linda Whitelaw	38:20	63.04%
5.	M82	Colin Hainsworth	38:23	77:38%
6.	M67	George White	27:39	87.41%
7.	W52	Zoe Eastwood-Bryson	35:48	63.50%
8.	M60	Jack Russell	31:17	71.71%

## INTRAINING 1500M CLASSIC MEET, UQ ATHLETICS CENTRE, BRISBANE, THURSDAY 8 NOV

Well done to Jesse Osborne who bettered the Queensland U18 1500m track walk record (held by Anthony Miles with 5:47) by 8 secs last Thursday evening with a superb time of 5:39.71. This is a 5 sec PB and was not far off the State U20 record of 5:37. With 2 more years still to go as a Junior, I am sure that Jesse has more record breaking walks to come. Now trained by AIS Chief Walks Coach Brent Vallance, he continues to improve and looks set for a great summer.

### 1500 Metre Walk Open

1.	Osborne, Jesse	Unattached	5:39.71
2.	Martin, Katya	Unattached	6:46.49
3.	Boardman, Lucy-Rose	Unattached	8:18.59
4.	Sims, Jesse	Unattached	8:37.21
5.	Sims, Riley	Unattached	8:58.09

And I see from the same result set that Dane Bird-Smith won the Division 2 1500m run in 3:57.39. So a big night for both boys.

## SA PREMIERSHIP CUP WEEK 3, SANTOS STADIUM, MILE END, FRIDAY 9 NOVEMBER

It must have been good conditions on Friday evening in Adelaide as the PBs were flowing thick and fast. Kim Mottrom was in dominant form with a 17 sec PB time of 12:16.76 (Kim is PBing every time he steps up to the start line). Others to PB in the 3000m included Justin Hill 13:39.41, Peter Crump 16:10.98, Julia Potezny 16:17.20 and Danielle Walsh 16:18.35. Anna Cross was the fastest in the 1500m, equalling her PB with 6:56.01.

### 3000m Walk Open

1.	Kim Mottrom	M	AH	12:16.76	PB 0:17
2.	Justin Hill	M	AH	13:39.41	PB 0:04
3.	Kristie Goznic	W	PA	14:53.30	
4.	Peter Crump	M	SPC	16:10.98	PB 0:22
5.	Julia Potezny	W	HILL	16:17.20	PB 0:08
6.	Danielle Walsh	W	ATHL	16:18.35	PB 0:20
7.	Amber Tuscharski	W	WD	16:23.02	
8.	Bethany Cross	W	PEM	16:41.79	
9.	Troy Hooker	M	SAL	17:23.38	

### 1500m Walk U14

1.	Anna Cross	W	PEM	6:56.01	Eq PB
2.	Alix Harlington	M	SAL	7:24.93	
3.	Rhiannon Lovegrove	W	PA	8:16.81	
4.	Rhiana Hooker	W	SAL	8:39.57	
5.	Sarah Damin	W	SPC	8:50.55	

## VICTORIAN ALL SCHOOLS T&F CHAMPS, LAKESIDE STADIUM, ALBERT PARK, NOV 9-11, 2012

I was at Lakeside Stadium last weekend for the Victorian Schools T&F Championships, in particular to see the walks which were held on Saturday. I have uploaded some photos to our VRWC gallery - see <http://www.vrwc.org.au/coppermine>.

The first walks to kick off were the U17/U18 5000m events and it was Nathan Brill who dominated with a time of 21:12.13. Many of the U17/U18 athletes are in the throes of school final exams and quite a number were definitely underdone, not having done much training since the road nationals in August in Adelaide. Zoe Boldiston was definitely in this boat but she still won the girls' U18 walk comfortably with 25:21.21. Lucas Taylor 25:32.28 and Stephanie George 27:22.59 were the other two gold medallists from this first event.

### Women 5000m Walk U18

1.	Boldiston, Zoe	Notre Dame	25:21.21	
2.	Heard, Amanda	Goulburn Val	26:52.52	PB 0:07

### Men 5000m Walk U18

1.	Taylor, Lucas	Lilydale Hig	25:32.28	Track PB 0:05
----	---------------	--------------	----------	---------------

### Women 5000m Walk U17

1.	George, Stephanie	Yarra Valley	27:22.59	
2.	McNicol-Davidson, Chloe	Flinders Chr	30:23.83	
3.	Bertrand, Carly	Maribyrnong	33:09.67	

### Men 5000m Walk U17

1.	Brill, Nathan	Rosebud Seco	21:12.13	
2.	Bird, Kyle	Padua Colleg	24:59.15	
3.	McShanag, Connor	St Bernard's	30:23.83	



**Amanda Heard, Zoe Boldiston, Lucas Taylor, Nathan Brill and Stephanie George**

The U14 3000m was next to go with Kyle Swan 15:48.03 and Rachael Guy 16:15.81 the two winners.

**Women 3000m Walk U14**

1.	Guy, Rachael	Haileybury Col	16:15.81	
2.	Hayes, Zahra	Our Lady of	17:38.44	PB 0:01
3.	Hodges, Mikhala	Parkridge PS	18:15.88	
4.	Lillie, Jessica	Rowville Sec	18:34.70	
5.	Matthews, Rhiannon	St Therese's	20:41.79	First ever
6.	Irons, Elaine	St Therese's	20:56.44	PB 2:02
	Eastwood, Jemma	Mater Christ	DQ	

**Men 3000m Walk U14**

1.	Swan, Kyle	The Knox Sch	15:48.03
2.	Walmsley, Hayden	Karoo Primar	18:20.23
3.	Wright, Ethan	Viewbank Pri	19:55.67



**Zahra Hayes, Mikhala Hodges, Rachael Guy and Kyle Swan**

The final walk events were the U15/U16 3000m and it was a case of leaving the best to last as Adam Garganis, Emmet Brasier and Billy Allamby headed out fast, chased by Jemima Montag. With the early pace, fast times looked assured and so it turned out with Adam 13:44.88 (23 sec PB), Emmet 13:48.76 (1:04 PB), Jemima 13:59.46 (5 sec PB) and Billy 14:11.15 all keeping their form throughout the race. Behind them, Jasmine Irshad stormed home in the best walk I have ever seen from her, her time of 14:33.17 also a PB. Overall, a fantastic race. And to top it off, Adam Garganis's win came directly after his U16 Pole Vault win (a PB of 3:85) and Jemima's time broke her Victorian U15 3000m record (which was 14:04.4) as well as the Victorian U16 3000m (held by Ballarat walker Catherine Ranger - 14:00.49, 1999). And a special mention to Emily Hamilton who lost a shoe, dropped right to the back of the field when she stopped to put it on and then worked her way back up to take silver in the U15 event.

**Women 3000m Walk U16**

1.	Irshad, Jasmine	Wantirna Col	14:33.17	PB 0:02, track PB 0:23
2.	Sanders, Jade	Berwick Seco	16:13.41	
3.	Eastwood, Jessie	Victorian Co	16:41.73	
4.	Walker, Megan	Clonard Coll	17:05.33	
5.	Swan, Emily	The Knox Sch	17:44.88	

**Men 3000m Walk U16**

1.	Garganis, Adam	Thornbury Hi	13:44.88	PB 0:23
2.	Allamby, Billy	St Joseph's	14:11.15	

**Women 3000m Walk U15**

1.	Montag, Jemima	Wesley College	13:59.46	PB PB 0:05, New Vic Record
2.	Hamilton, Emily	Mater Christ	16:03.02	
3.	Collis, Lauren	Our Lady of	16:36.54	PB 0:12
4.	Irons, Julia	St Columba's	18:20.44	PB 0:17

**Men 3000m Walk U15**

1.	Brasier, Emmet	Viewbank College	13:48.76	PB 1:04
2.	Walmsley, Reese	Rowville Sec	15:10.40	Track PB 0:35
3.	Darlow, Ross	Ballarat Hig	15:22.64	PB 0:11
4.	Owen, Cooper	Viewbank College	15:35.43	
5.	McNicol-Davidson, Cody	Flinders Chr	17:53.12	PB 0:12



**Adam Garganis, Jemima Montag, Emmet Brasier and Jasmine Irshad**

<b>VRWC CLUB RECORD UPDATE</b>
--------------------------------

Yes, another 2 new VRWC Club Records this week, both compliments of Jemima Montag:

Jemima Montag	U15 3000m Track Walk	13:59.46	Vic Schools Champs	Lakeside Stadium	09/11/2012
Jemima Montag	U16 3000m Track Walk	13:59.46	Vic Schools Champs	Lakeside Stadium	09/11/2012

And to celebrate the new season, Emily Swan has updated our records certificates and changed the backgrounds to show our Winter Season Runners World Award winners Simon Evans and Michelle Laufer. Check them out next time you are at Middle Park. Thanks Emily - great job!

<b>ATHLETICS TASMANIA INTERCLUB, HOBART, SATURDAY 10 NOVEMBER</b>
---

And another round of interclub from Hobart where Tahlia Hunt and Sarah Guy were in action over the 5000m distance.

**5,000 Metres Walk**

1.	Tahlia Hunt	OVA	20	27:52.34
2.	Sarah Guy	OVA	13	37:19.90

## BRWC WILLI SAWALL 3KM HANDICAP, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 11 NOV

Daryl Biggin reports on the latest Ballarat Racewalking Club races, held last Sunday at Lake Wendouree.

Today's race was conducted as a Sealed Handicap and the winner was Olivia Davis who walked extremely well to win by 28 seconds from equal second placed Sarah Brennan and Rodney Davis, and with Alanna Peart in third place. The Conditions were perfect as usual (that is a joke for those who don't know Ballarat - it is always cold! - editor) and fastest time went to Sarah Brennan with 15.52.

Also the BRWC presented our 2012 Trophy Aggregate winners and held our AGM. It was excellent to see we had a change in all Executive positions. The new President is Debra Darlow, Secretary Sarah Brennan and Treasurer Kerrie Peart.

### 3km Willi Sawall Handicap

1.	Olivia Davis	24.24
2.	Rodney Davis	19.07
3.	Sarah Brennan	15.52
4.	Alanna Peart	18.53
5.	Emily Crowley	19.28
6.	Jemma Peart	17.50
7.	Lee Govan	20.08
8.	Ross Darlow	19.16

### 1km Walk

1.	Bailey Ohlsen	8.20
2.	Scott Peart	9.06
3.	Rex Brennan	9.13

### 2km walk

1.	Josh Dillon	10.18
2.	Mia Darlow	16.42



Winner Olivia Davis with the silverware!

## JAPANESE LONG DISTANCE WALK CHAMPIONSHIPS, TAKAHATA, JAPAN, SUNDAY 28 OCTOBER

Hirooki Arai won the Japanese 50km championship, held as part of the Japanese Distance Championships on 28<sup>th</sup> October in Takahata. His time of 3:47:08 saw him some 16 minutes ahead of second placed Takafumi Higuma. Arai's split times were as follows: 44.59, 1:29:49 (44.50), 2:14:44 (44.55), 3:00:09 (45.25), 46.59. 23 walkers participated. In other championship events, King Inoue (1:35:42) won the women's 20km (24 athletes), Yusuke Suzuki (1:22:30) won the men's 20km (75 athletes), Massumi Fuchise (46.46) won the junior women's 10km (19 athletes) and Ryota Shiojima (44.30) won the junior men's 10km (31 athletes).

### 50 km Men

1.	Hirooki Arai	3.47.08
2.	Takafumi Higuma	4.03.10
3.	Kento Tamura	4.15.39
4.	Yuta Kotobuki	4.19.21
5.	Toru Yamamoto	4.21.36
6.	Takahiro Sakuma	4.24.38
7.	Takahito Otsubo	4.25.51
8.	Tomohiro Araki	4.26.12
9.	Hitoshi Warita	4.29.34
10.	Koki Ishikawa	4.30.05
11.	Koifhi Niwa	4.33.57
12.	Hideto Kusaka?	4.35.50

13.	Hiroki Mori	4.39.02
14.	Toshiharu Sasaki	4.55.23
15.	Takuya Takahashi	4.56.40
16.	Taku Dempoya	5.01.32
17.	Itaru Murakami	5.03.04
DNF: Arata Saito, Kohei Kawahara, Takuro Kawasaki, Taihei Hamade		
DQ: Hiroki Kamatsuka, Shota Hirahara		

### IVAN STAREK RACEWALKING MEET, ZAGREB, CROATIA, SATURDAY 10 NOVEMBER

Last Saturday saw the 6<sup>th</sup> edition of the Ivan Starek racewalking meet in Croatia's capital Zagreb. It also incorporated the Croatian Open 5km Road Championships, the 8<sup>th</sup> and final race in the Alpe Adria Race Walking Cup and the fourth of five races in the Alpe Adria Junior Race Walking Cup. Thanks to Fabio Ruzzier of Slovenia who has forwarded the result set through to me.

First to the Open 5km roadwalk which saw Željko Konosić and Ivana Renić win the Croatian National titles with 24:50 and 27:30 respectively. As this was the final race of the Alpe Adria Cup, it included quite a number of walkers from other European countries. The first 5 from each race follows

#### 5km Open Men

1.	Srp, Miklos	Honved Budapest	HUN	1993	21:43
2.	Ruzzier, Fabio	AK Koper	SLO	1953	23:48
3.	Veršec, Vladimir	AK Koper	SLO	1963	24:09
4.	Konosić, Željko	AK Jastrebo 99	CRO	1972	24:50
5.	Andelić, Matej	AK Agram	CRO	1996	25:20

#### 5km Open Women

1.	Recsei, Petra	Honved Budapest	HUN	1990	25:26
2.	Renić, Ivana	AK Mladost	CRO	1996	27:30
3.	Raia, Elisa	CUS Trieste	ITA	1978	27:54
4.	Ferluga, Fulvia	Atl. Brugnera	ITA	1973	28:38
5.	Marasović, Slavica	AK Aviokarte.hr	CRO	1996	31:09

The 8 races of the Alpe Adria Race Walking Cup were as follows

	Country	Place	Date	Women	Men
1.	Slovenia	Sežana	25.03	3,000 m Track	3,000 m Track
2.	Austria	Pernitz	28.04	10 km Road	10 km Road
3.	Croatia	Krasic	05.05	10 km Road	20 km Road
4.	Slovenia	Tržič	25.05	7 km Road	10 km Road
5.	Austria	Wien	05.08	3,000 m Track	5,000 m Track
6.	Italy	Gorizia	27.10	5,000 m Track	5,000 m Track
7.	Italy	Koper-Trieste	28.10	11.2 km Road	11.2 km Road
8.	Croatia	Zagreb	10.11	5 km Road	5 km Road

Final placings in the 2012 Alpe Adria Cup are based on walkers' best 5 point scores from the 8 meets. Now that it is all done and dusted, the placings can be published - congratulations to Fabio Ruzzier of Slovenia and Monika Schwantzer of Austria who took overall honours.

<b>Men</b>		<b>Country</b>	<b>25/3</b>	<b>28/4</b>	<b>5/5</b>	<b>25/5</b>	<b>5/8</b>	<b>27/10</b>	<b>28/10</b>	<b>10/11</b>	<b>TOTAL</b>
1.	Ruzzier, Fabio	SLO	60	3	3	60	60	3	59	59	307
2.	Veršec, Vladimir	SLO		3		57	54	55	59	57	285
3.	Haubrih, Želimir	CRO	56	3	59	55	3	3	52	50	281
4.	Tsukrov, Semen	RUS		40	56		44	51	52		243
5.	Strieder, Hermann	AUT		3		54	36	44	46	41	224
6.	Lacković, Boris	CRO	50		56	51	35				192
7.	Dorigo, Silvio	ITA					38	49	52	50	189
8.	Andreotti, Piergiorgio	ITA		38				41	51	41	171
9.	Devčić, Berislav	CRO		41	56	52					149
10.	Michelfeit, Rudolf	AUT	48			49	21				118
<b>Women</b>		<b>Country</b>	<b>25/3</b>	<b>28/4</b>	<b>5/5</b>	<b>25/5</b>	<b>5/8</b>	<b>27/10</b>	<b>28/10</b>	<b>10/11</b>	<b>TOTAL</b>
1.	Schwantzer, Monika	AUT	56	56		60	54		60	3	289
2.	Ferluga, Fulvia	ITA	55					57		54	166
3.	Raia, Elisa	ITA	55					55		54	164
4.	Michelfeit, Karmella	AUT	53			57	45				155
4.	Čufer, Valentina	SLO	51			57				47	155
6.	Menis, Giorgia	ITA	60					59			119
7.	Grolig, Dorothea	AUT		56			56				112
8.	Rošić-Bali, Selma	CRO			50					44	94
9.	Cah, Mojca	SLO	46					44			90

It certainly sounds like a fantastic concept.

There were lots of other races contested on Saturday and a brief summary follows:

3km Students M	1.	Ribar, Domagoj	KIF Zagreb	CRO	1993	17:52
3km Students W	1.	Sebešić, Petra	KIF Zagreb	CRO	1993	23:21
3km U16 Men	1.	Vučković, Jan	AK Agram	CRO	1997	15:35
3km U16 Women	1.	Golobić, Antonela	AK Agram	CRO	1997	16:02
3km U14 Boys	1.	Lubiana, Federico	Trieste Trasporti Cral A.	ITA	1999	15:52
3km U14 Girls	1.	Silli, Laura	Trieste Trasporti Cral A.	ITA	1999	16:09
1km U12 Boys	1.	Silli, Giovanni	Trieste Trasporti Cral A.	ITA	2002	05:22
1km U12 Girls	1.	Cassanella, Michela	Trieste Trasporti Cral A.	ITA	2001	05:26
5km U18 Women	1.	Renić, Ivana	AK Mladost	CRO	1996	27:30
5km U18 Men	1.	Anđelić, Matej	AK Agram	CRO	1996	25:20
5km Open Women	1.	Recsei, Petra	Honved Budapest	HUN	1990	25:26
5km Open Men	1.	Srp, Miklos	Honved Budapest	HUN	1993	21:43
5km Masters Women	1.	Ferluga, Fulvia	Atl. Brugnera	ITA	F35 - 1.	28:38
	2.	Schwanzer, Monika	1.LC Parndorf	AUT	F55 - 1.	31:33
	3.	Čufer, Valentina	Burja Vipava	SLO	F45 - 1	35:15
	4.	Rošić - Bali, Selma	AK Podravski list	CRO	F35 - 1.	35:46
5km Masters Men	1.	Ruzzier, Fabio	AK Koper	SLO	M55 - 1.	23:48
	2.	Veršec, Vladimir	AK Koper	SLO	M45 - 1.	24:09
	3.	Konosić, Željko	AK Jastreb 99	CRO	M35 - 1.	24:50
	4.	Grabec, Ivan	AK Martin Dugo selo	CRO	M45 - 2.	26:14
	5.	Haubrih, Želimir	AK Dinamo Zrinjevac	CRO	M45 - 3.	26:18
	6.	Dorigo, Silvio	Marathon Trieste	ITA	M50 - 1.	26:21
	7.	Jagatić, Mijo	AK Žumberak	CRO	M45 - 4.	27:11
	8.	Andreotti, Piergiorgio	MCCL R. Toscanelli	ITA	M70 - 1.	34:05
	9.	Strieder, Hermann	Spitaller TV 1872	AUT	M70 - 2.	35:15
	10.	Dobrota, Arsen	AK Veteran	CRO	M60 - 1.	35:48

#### BRAZILIAN U16 TRACK CHAMPIONSHIPS, PORTO ALEGRE, BRASIL, SATURDAY 3 NOVEMBER

Linará Zancanela da Cunha and Admilson Rubens de Pontes won the Brazilian U16 Track Walk championships a week ago in Porto Alegre.

##### 3000m U16 Girls

1.	Linará Zancanela da Cunha	1997	AABLU	15:39.94
2.	Debora Natalia dos Santos	1997	ORCAMPI UNIMED	16:30.16
3.	Milena Francisca de Souza	1997	GR BARUERI	16:31.21
4.	Marta Alencar da Silva	1997	GR BARUERI	18:06.39
5.	Isabela Cristini Menezes dos Santos	1999	IEMA	19:02.15
6.	Larissa Santos de Oliveira	1998	ADECO	19:09.64
7.	Beatriz Nunes Zorzetti	1997	IEMA	19:19.42
8.	Jeniffer Rodrigues de Santana	1997	ADECO	19:21.91
9.	Gabrielly Cristina Moreira da Silva	1998	IDEAL BRASIL	19:39.77
10.	Leticia Pereira de Santana Vaz	1998	C.A.Aramaçan	19:59.11
11.	Bruna Narcizo de Melo	1999	FECAM	20:27.76
12.	Michelle Rossoni	1998	UCS	20:41.92

##### 5000m U16 Boys

1.	Admilson Rubens de Pontes	1997	ORCAMPI UNIMED	26:41.30
2.	Cauê David Joaquim de Oliveira	1997	ORCAMPI UNIMED	29:01.28
3.	Luis Gabriel da Silva	1999	IEMA	29:31.86
4.	Frank de Castilho de Souza	1997	CURITIBA-SMELJ	30:11.62

#### OVERSEAS SHORTS

MUKACHEVO (UKR, Nov 2-3): Andriy Kovenko 39:14.6 and Lyudmila Olyanovska 45:26.3 (she was also the top junior) were the winners of the Ukrainian Cup 10000m track walks a week ago. Andriy Grechkovskiy was the fastest male junior with 43:49.3.

And a great article on London Olympic silver medallist Erick Barrondo of Guatemala  
<http://www.iaaf.org/news/news/focus-on-athletes-erick-bernabe-barrondo-gu>

And finally, the second European Race Walking Conference was held at the National Race Walking Centre at Leeds Metropolitan

University last weekend. The conference forms part of the European Athletics Coaching Summit Series and attracted 65 delegates from Europe, USA, South Africa and New Zealand. The three day conference, which was supported by European Athletics, UK Athletics, England Athletics, Leeds Metropolitan University and the Ron Pickering Memorial Fund, focused on performance and development. The conference included practical sessions and covered a number of different features of race walking including specialisation, event investment, peak performance and career maintenance. You can read about it at

[http://www.european-athletics.org/coaching-summit-series-news/11564-performance-and-development-key-focus-at-race-walking-conference.html?fb\\_action\\_ids=551254641567145&fb\\_action\\_types=og.likes&fb\\_ref=s%3DshowShareBarUI%3A%3Dfacebook-like&fb\\_source=other\\_multiline&action\\_object\\_map=%7B%22551254641567145%22%3A416912205041118%7D&action\\_type\\_map=%7B%22551254641567145%22%3A%22og.likes%22%7D&action\\_ref\\_map=%7B%22551254641567145%22%3A%22s%3DshowShareBarUI%3A%3Dfacebook-like%22%7D](http://www.european-athletics.org/coaching-summit-series-news/11564-performance-and-development-key-focus-at-race-walking-conference.html?fb_action_ids=551254641567145&fb_action_types=og.likes&fb_ref=s%3DshowShareBarUI%3A%3Dfacebook-like&fb_source=other_multiline&action_object_map=%7B%22551254641567145%22%3A416912205041118%7D&action_type_map=%7B%22551254641567145%22%3A%22og.likes%22%7D&action_ref_map=%7B%22551254641567145%22%3A%22s%3DshowShareBarUI%3A%3Dfacebook-like%22%7D)

## JUDGING REFRESHER COURSE NOW ON IN MELBOURNE ON SATURDAY 8<sup>TH</sup> DECEMBER

Since our current IAAF Level 3 Judge Wayne Fletcher is going to be in Melbourne on the weekend of 8-9 December for a couple of other activities (Judging Seminar on the Sat morning and the Australian 50km on the Sun morning), he has decided to add a third item to his list and is now organising a refresher course for all Victorian Racewalking Judges on the afternoon of Saturday 8<sup>th</sup> December in Melbourne. So that weekend now promises to be a big one for Victorians with the following activities

- **Saturday 8 Dec, 9:30AM Judging Seminar (for grading purposes)**  
See <http://www.vrwc.org.au/documents/2012%20VIC%20Walk%20Judges%20Seminar%2010%20December.pdf>
- **Saturday 8 Dec, 1PM Judging Refresher Course**  
See <http://www.vrwc.org.au/documents/AA%20Walks%20Judge%20Update%20Course.pdf>
- **Sunday 9 Dec, 7AM Australian 50km Carnival at Fawkner Park in Melbourne**  
See [http://www.athletics.com.au/home/competition/events/2012\\_australian\\_50km\\_race\\_walk](http://www.athletics.com.au/home/competition/events/2012_australian_50km_race_walk)

Here is the flyer regarding the additional Judging Refresher course. Since our AV Shield is on the Thursday evening that week, hopefully all our judges will be free to come along on the Saturday afternoon for the Refresher.

### **AA Walks Judge Update Course**

Date: **Saturday 8<sup>th</sup> December 2012**  
Venue: **The AA Boardroom, Lakeside Stadium, Albert Park**  
Time: **1.30pm**

IAAF Level 3 Walks Judge Wayne Fletcher will be conducting a Walks Judge Update Course in Melbourne on Saturday 8<sup>th</sup> December at Lakeside Stadium.

There has been much discussion within the IAAF Level 3 Panel on the YELLOW PADDLE RULE.

All Judges should come along and participate in this Update with Wayne to keep themselves abreast of the current trends. As well as discussing the Yellow Paddle Rule, Wayne will schedule other activities as part of the short Course to help keep our Judges up to date.

Please advise Lowden or Wayne Fletcher of your attendance by Thursday 6<sup>th</sup> December.

[waynejock@hotmail.com](mailto:waynejock@hotmail.com) or [dilowden@virginbroadband.com.au](mailto:dilowden@virginbroadband.com.au)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Current Walks Grading: \_\_\_\_\_

Please bring current IAAF hand book and pens



## WHAT'S COMING UP

Athletics Victoria Shield competition resumes next Saturday with our walkers contesting 2000m track walks in all 6 regions:

AV Shield Round 5 - East Zone	Rieschick's Reserve, Doncaster
AV Shield Round 5 - South East Zone	Duncan McKinnon Reserve, Glenhuntly
AV Shield Round 5 - North West Zone	Newport Park Athletics Facility, Williamstown
AV Shield Round 5 - Bendigo Zone	La Trobe University Track, Bendigo
AV Shield Round 5 - Geelong Zone	John Landy Athletic Field, Geelong
AV Shield Round 5 - Ballarat Zone	Llanberris Reserve, Ballarat

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

Next Sunday sees our VRWC Summer Championships and AGM. Note that any 10km walkers who want to start earlier can start with our 20km walkers at 8:30AM. If not, you can start at the more socially acceptable time of 9:30AM.

Sunday 18 <sup>th</sup> November 2012, VRWC Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

The AGM is where we vote in next year's committee and set our future direction for the club. If you want to see the current committee, check out <http://www.vrwc.org.au/vrwccommittee.html>. I think we are all intending to stand again for our various portfolios but there is always room for new blood so email me for a chat if you want to discuss.

Note that one of our committee positions is currently vacant - **Social Secretary**. This is our fundraising arm and hence the reason why the club does not ever seem to do any fund raising of socialising apart from gathering for our races. A number of our ladies used to handle this side of things but they eventually decided to call it quits after many years of valuable work. The committee is currently reviewing **automated chip systems for race results**. If we do decide to embark on this path, it will be a major cost expenditure so we may well need to dust off our fundraising and put ourselves to work. I might say more in a future newsletter on this. Volunteers always welcome!

## 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.

### 2012/2013 Victorian/Australian Summer Season Key Dates

Sun Nov 18, 2012	VWRC Summer Roadwalk Championships and AGM, Middle Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sat Dec 8, 2012	Australian Racewalk Judge Seminar and Updates, Melbourne
Sun Dec 9 2012	Australian 50km Championship, Fawkner Park, Melbourne
Jan 16-20, 2013	Australian Youth Olympic Festival, Sydney
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2013 International Fixture

July 6-17, 2013	<b>27<sup>th</sup> Summer Universiade, Kazan, Russia</b> (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
October 15-27, 2013	<b>World Masters Athletic Championships, Porto Alegre, Brazil.</b> See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

### 2013 European Athletics Permit Meets

March 17, 2013	Mario Alibisetti Memorial Meet, Lugano, Switzerland
March 23, 2013	Dudinska 50km, Dudince, Slovakia

April 6, 2013 Rio Maior Grand Prix, Rio Maior, Portugal  
April 13, 2013 Podebrady Meet, Podebrady, Czech Republic  
June 29, 2013 Dublin Grand Prix, Dublin, Ireland

**2014 International Fixture**

5-6 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

**Looking even further forward**

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>  
2017 **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017 **16<sup>h</sup> IAAF World Championships in Athletics, London, UK**  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)