



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 04
28 October 2014



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WALKER OF THE WEEK

My Walker of the Week this time around goes to 16 year old Diamond Valley walker **Emmett Brasier** who walked his first ever 10km at Middle Park on Sunday, winning in an excellent **46:49**. In Round 1 of AV Shield competition 2 weeks ago, he recorded a 2000m time of 8:41.2., A week ago in Round 2 of AV Shield, he won the 3000m in a PB 12:50.9. What a great start to the season – he has shown that he will be in the mix come the 2015 World Youth trials next year.



Emmett (in the green vest) leads out from the start in the VRWC 10km at Middle park on Sunday

WHAT'S COMING UP

AV Shield continues next Saturday with round 4 of competition at all 7 venues around Victoria (1500m / 3000m walks). Check out the AV Shield handbook at http://athsvic.org.au/wp-content/uploads/AV_Summer-Handbook.pdf for further details.

The **Victorian All Schools Track & Field Championships** will be held at Lakeside Stadium the following weekend (7-9 November) - <http://athsvic.org.au/event/2014-victorian-all-schools-track-field-championships>.

Entries have now opened for our annual **Falls Creek training camp** which will run from Sunday 28 December 2014 to Saturday 10 January 2015. Numbers are building nicely and our first camp newsletter is now out - see <http://www.vrwc.org.au/documents/2015FallsCreekCampNewsletter1.pdf>. You can register at <http://www.vrwc.org.au/vrwc-falls-creek.shtml> and you can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

Entries are now open for this year's **Australian 50km championship**, to be held at Fawkner Park in Melbourne on Sunday 14 Dec. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1376&OrgID=887. The timetable reads as follows

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 minutes
9:00am	10km Walk: U20 Men and Women	Cut-off: Men 56 minutes, Women 60 minutes
10:00am	5km Walk: U18 Men and Women	Cut-off: Men 28 minutes, Women 30 minutes

Entries close with Athletics Australia at 5:00pm on the Monday 1st December 2014

ATHLETICS VICTORIA SHIELD COMPETITION

First a catchup from last week's AV Shield with the belated results from the metropolitan Blue and White Zones

AV Shield Round 2, Blue Zone, Casey Fields, Sunday 19 October

Reese Walmsley 14:49.9 and Megan Szirom 14:50.3 obviously had a good battle at Casey Fields in the 3000m while Rebecca Henderson won out in the 1500m with 7:42.2, ahead of Hayden Walmsley 7:50.7.

3000m Walk

1.	Reese Walmsley	KNA	MU18	14:49.9
2.	Megan Szirom	FKN	WOP	14:50.3
3.	Kyle Bird	MPA	MOP	16:44.1
4.	Simon Baker	OAK	M40+	18:44.7
5.	Gwen Steed	VMA	W40+	19:56.5
6.	Glennis McPherson	MEN	WOP	21:06.9
7.	Geoff Barrow	MEN	MOP	21:11.9
8.	John Morrison	SAN	MOP	23:17.1
9.	Anthony Doran	GHY	MOP	23:22.8
10.	Kuniko Bowden	MEN	WOP	23:41.7

1500m Walk

1.	Rebecca Henderson	CCA	WU14	7:42.2
2.	Hayden Walmsley	KNA	MU14	7:50.7
3.	Heather Carr	EAG	W40+	7:52.3
4.	Karla Bulte	CCA	WU16	8:09.4
5.	Mikhala Hodges	KNA	WU14	9:08.6
	Corey Dickson	KNA	MU14	DQ

AV Shield Round 2, White Zone, Proclamation Park, Ringwood, Sunday 19 October

I couldn't find any 1500m walk results from Ringwood so I assume that there were only 3000m competitors. Jason Kozica was fastest with 14:43.3 while Masters champion Pam Tindal was the fastest of the women with 16:07.4.

3000m Walk Women

1.	Pam Tindal	ANW	OP	16:07.4
2.	Natalie Laurie	ANW	OP	17:35.1
3.	Pia Hunter	BOH	40+	19:21.7
4.	Carolyn Rosenbrock	ANW	OP	19:23.3
5.	Cassandra Knight	BOH	OP	19:58.5
6.	Simone Albiston	AWA	40+	27:39.8

3000m Walk Men

1.	Jason Kozica	STK	OP	14:43.3
2.	Lucas Taylor	YRA	U20	16:21.5
3.	Simon Evans	BOH	OP	16:30.8
4.	Clyde Riddoch	AWA	40+	18:44.5
5.	Geza Benke	OLM	OP	19:30.1
6.	Adam McCann	ANW	OP	22:06.9

7.	Mark Beavis	YRA	40+	23:26.1
8.	Steven Williams	MAL	OP	24:48.3

And now onto last Saturday when all regions were back in action and contesting 3000m and 5000m walks. Numbers were down a bit but still 95 walkers overall. I was a bit concerned that the 5000m distance might scare more walkers off and our numbers might have been significantly down. This does not seem to have been the case. There is one more 5000m walk scheduled in Shield later in the season.

AV Shield Round 3, Blue Zone, Knox, Saturday 25 October

Rhydian Cowley was fastest overall in Shield this week with a quick 22:16.6 at Knox, finishing ahead of Reese Walmsley 25:01.4 and Simone McInnes with a big PB time of 25:55.0. In the shorter 3000m race, Hayden Walmsley walked a good PB time of 15:45.9 in coming in second behind Rebecca Henderson 15:17.9.

5000m Walk

1.	Rhydian Cowley	GHY	MOP	22:16.6	
2.	Reese Walmsley	KNA	MU18	25:01.4	
3.	Simone McInnes	GHY	WOP	25:55.0	PB 0:32
4.	Kyle Bird	MPA	MOP	27:55.1	
5.	Paige De Lisen	KNA	WU18	28:57.2	
6.	Rupert Van Dongen	CCA	M40 +	33:44.0	
7.	Glennis McPherson	MEN	WOP	34:28.8	
8.	Geoff Barrow	MEN	MOP	35:12.1	
9.	Anthony Doran	GHY	MOP	36:25.5	
10.	Philip Hutton	GHY	MOP	36:49.4	
11.	Kuniko Bowden	MEN	WOP	37:34.4	
12.	John Morrison	SAN	MOP	39:16.8	

3000m Walk

1.	Rebecca Henderson	CCA	WU14	15:17.9	
2.	Hayden Walmsley	KNA	MU14	15:45.9	PB 0:06
3.	Corey Dickson	KNA	MU14	15:53.2	
4.	Heather Carr	EAG	W40+	16:52.8	
5.	Simon Baker	OAK	M40+	18:06.8	
6.	Russ Dickenson	SCA	M40+	18:15.0	
7.	Marlene Gourlay	VMA	W40+	18:18.9	
8.	Rachael Guy	CCA	WU16	18:29.7	
9.	Jessica Lillie	KNA	WU16	18:30.1	
10.	Gwen Steed	VMA	W40+	19:32.4	
	Victorino Rodrigues	GHY	M40+	DQ	

AV Shield Round 3, Red Zone, Clifton Hill, Saturday 25 October

Adam Garganis was in top form on his home track at Clifton Hill, winning the 5000m with 22:26.3 ahead of team mate Stuart Kollmorgen 23:46.6. In the 3000m, 14 year old Eliza Clarke walked fantastically to win with a 20 sec PB time of 13:56.7. James Christmass was up from Geelong and walked by invitation, finishing second with 14:43.8.

5000m Walk

1.	Garganis, Adam	M17	COL	22:26.3
2.	Kollmorgen, Stuart	M45	COL	23:46.6
3.	McDonough, Aaron	M42	PTN	24:44.0
4.	Hawkins, Trenton	M35	PTN	26:40.8
5.	Patti, Adrian	M34	DAC	31:30.5
6.	Elms, Donna-Marie	W53	PTN	32:28.4
7.	Walburg, Kirsten	W16	PTN	36:48.9

3000m Walk

1.	Clarke, Eliza	W14	DIV	13:56.7	PB 0:20
2.	Christmass, James	M47	COR	14:43.8	
3.	Laufer, Michelle	W45	COL	15:05.0	
4.	Reid, Ross	M60	COL	16:51.2	
5.	Keirl, Bernie	M51	DIV	16:53.2	
6.	Noonan, Emily	W14	COL	17:20.9	
7.	Clarke, Patrick	M46	DIV	17:35.5	
8.	Dawson, Thomas	M13	COL	17:49.4	
9.	Gardiner, Robert	M78	COL	18:13.5	
10.	Walshe, Kerry	W52	DIV	19:11.2	

11.	Laufer, Josephine	W15	COL	20:07.8
12.	Quinn, Karen	W50	DIV	20:52.8
13.	Garganis, Clare	W44	COL	21:01.8
	Jarvis, Heather	W50	COL	DQ
	Lazar, Dennis	M58	DIV	DQ

AV Shield Round 3, White Zone, Nunawading, Saturday 25 October

Smaller numbers at Nunawading with Brad Simpson winning the 5000m with 25:17.0 and 2014 World Juniors rep Tayla-Paige Billington winning the 3000m with 15:05.3.

5000m Walk

1.	Simpson, Bradley	M21	ANW	25:17.0
2.	Tindal, Pam	W55	ANW	27:06.7
3.	Evans, Simon	M54	BXH	27:50.5
4.	Geisler, Sandra	W37	RWD	28:32.3
5.	Wright, Jacob	M20	ANW	32:20.0
6.	Rosenbrock, Carolyn	W52	ANW	32:39.7
7.	McCann, Adam	M38	ANW	38:01.4
	Beavis, Mark	M58	YRA	DQ
	Benke, Geza	M58	OLM	DQ

3000m Walk

1.	Billington, Tayla-Paige	W17	BXH	15:05.3
2.	Swan, Emily	W17	ANW	18:23.1
3.	Knight, Cassandra	W20	BXH	18:30.8
4.	Hunter, Pia	W48	BXH	21:22.5
5.	Molnar, Jo	W53	AWA	23:14.0

AV Shield Round 3, Yellow Zone, Williamstown, Saturday 25 October

Distance runner Danny Hawksworth made one of his rare walk appearances, winning the 5000m walk at Williamstown with 23:57.0. I am guessing that is just ticking off his qualification for the Vic 5000m walk early next year. Mark Donahoo was in the 40+ division and won the 3000m with 15:18.0, then walked on to also record a 5000m time, coming second to Danny with 25:52.1.

5000m Walk

1.	Danny Hawksworth	ATE	MOP	23:57.0
2.	Mark Donahoo	ATE	M40+	25:52.1
3.	Paul Kennedy	KSB	MOP	27:55.3
4.	Gerard Feain	KSB	MOP	28:35.4
5.	Connor McShanag	ATE	MU20	29:39.9
6.	Caitlin Campbell	ATE	WOP	32:17.7
7.	Julia Irons	KSB	WU18	33:17.7
8.	Madeleine Feain	KSB	U18	33:27.5
9.	Linda Close	WTN	WOP	33:58.5
10.	Kelly Spiteri	COB	WOP	37:40.2
11.	Roslyn Ireland	BWK	WOP	38:19.9
12.	Nicole Gunn	KSB	WOP	38:31.4
13.	Olive Ireland	BWK	WOP	42:39.4

3000m Walk

1.	Mark Donahoo	ATE	M40+	15:18.0
2.	John Kondogonis	KSB	M40+	16:23.0
3.	Rhiannon Matthews	KSB	WU14	16:30.3
4.	Lachlan Feain	KSB	MU16	16:41.0
5.	Duncan Knox	ATE	M40+	17:34.0
6.	Robyn Shaw	WES	W40+	18:43.0
7.	Phillip Dunstone	WES	M40+	18:46.0
8.	Thomas Glover	MU14		20:16.2
9.	Janice Hodgart	WES	W40+	21:52.3
10.	Dominic Sykes	KSB	MU14	22:11.8
11.	Brenda Cashin	WES	W40+	24:28.3
12.	Stephen Wright	WES	M40+	24:29.1
13.	Ethan Kapetanovic	KSB	MU14	25:28.3

And finally to our three country venues where fields were small. Note that Bendigo chose to race over 2000m rather than the 5000m/3000m combination in place at the other venues. Best walk by Ross Darlow (5000m in 24:08.61 in Ballarat).

AV Shield Round 3, Bendigo Zone, La Trobe University, Bendigo, Saturday 25 October

2000m Walk

1.	ZOE BOLDISTON	SBE	U18	09:57.8
2.	ZAHRA HAYES	SBE	U14	09:58.1
3.	EBONY WHILEY	EAG	U20	11:29.2
4.	MADISON HILL	SBE	U16	12:16.8
5.	ANNETTE CURTIS	SBE	40+	14:24.4
6.	JOHN WATSON	BYM	40+	15:14.8

AV Shield Round 3, Geelong Zone, Landy Field, Geelong, Saturday 25 October

5000m Walk

1.	Schlicht, Kate	W55	CHI	37:28.27
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AV Shield Round 3, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 25 October

5000m Walk

1.	Darlow, Ross	16	EKA	24:08.61
	Ruddick, Kevin	64	BHA	DNF

3000m Walk

1.	Brennan, Sarah	38	BYC	28:16.97
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VRWC ROAD RACES, MIDDLE PARK, SUNDAY 26 OCTOBER

Our VRWC summer season kicked off on Sunday with our usual selection of roadwalks on offer at Middle Park. I wasn't able to be there but Peter Vysma tells that that it was a cool and cloudy morning with a little wind, the sun finally breaking through the clouds as the 20km finished. Numbers were very small but there were some good times overall, especially since some of the walkers had competed in either the 5000m or 3000m Shield walks the day before. Terry Swan has loaded his usual selection of great photos to our photo gallery – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=187>. Thanks Terry!

Simon Evans was our only 20km walker, recording 2:03.54, but the action was all going on over the shorter 10km and 5km distances. 16 year old Diamond Valley walker Emmett Brasier walked his first ever 10km for an excellent 46:49, showing that he will be in the mix come the 2015 World Youth trials next year. 17 year old Adam Garganis was not far behind, recording his own good time of 47:36. Team mate Stuart Kollmorgen also broke the 50 minute barrier with 49:36 for third. Megan Szirom is also in good form following her move from Adelaide back to Melbourne, recording 51:42. It was also good to see Russ Dickenson back on the road after his long European holiday. Welcome back Russ!

In the 3km walk, it was great to see 16 year old Jemima Montag back on the road after a big competition break after this year's World Cup in Taicang, way back in May. She recorded a time of 23:39, just outside the 2015 World Youth standard, and is expected to fight out the trial with Queenslander Clara Smith next March.

20km Open

1.	Simon Evans	2:03:54
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10km Open

1.	Emmett Brasier	46:49	First one
2.	Adam Garganis	47:36	
3.	Stuart Kollmorgen	49:36	
4.	Megan Szirom	51:42	
5.	Mark Donahoo	56:55	
6.	David Smyth	57:25	
7.	Heather Carr	1:00:09	
8.	Bernie Keirl	1:01:30	
9.	Donna Elms	1:07:23	

5km Open

1.	Jason Kozica	23:39
2.	Kyle Swan	29:40
3.	Russ Dickenson	31:30
4.	Celia Johnson	35:32

3km Open

- | | |
|--------------------|-------|
| 1. Jemima Montag | 13:58 |
| 2. Philippa Huse | 15:40 |
| 3. Liz Feldman | 18:16 |
| 4. Claire Garganis | 20:58 |

2km

- | | |
|------------------|-------|
| 1. Charlotte Hay | 12:04 |
|------------------|-------|

Thanks to our officials and judges – sorry if I missed anyone.

Judges: Peter Vysma (C), Lloyd Nichols, Michael Bodey, Stuart Cooper
Officials: Bob Gardiner, Marlane Stanway, Mark Donahoo, Damien Elms



Stuart Kollmorgen, Megan Szirom, Adam Garganis, Charlotte Hay and Emmett Brasier



Philippa Huse, Mark Donahoo, Jemima Montag and David Smyth (photos Terry Swan)

SAMA TRACKWALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 22 OCTOBER

Thanks to Colin Hainsworth for the latest results from Adelaide. Colin explains: There were large fields because the walks were part of the SAMA athletics meet and a number of runners took part, especially in the shorter walks.

2000m Walk

1.	George White	11:03	M69
2.	Jack Russell	11:12	M62
3.	Geoff Byham	12:25	M68
4.	Hailey Siebert	13:06	
5.	Gil McIntosh	13:13	M64
6.	Mary Anne Siebert	13:42	
7.	Bill Starr	14:02	M72
8.	James Hoare	14:11	M68
9.	Rodger Barber	14:19	M76
10.	Leigh Smith	14:56	M79
11.	Roger Lowe	15:01	M71
12.	Valmai Padget	15:02	W70
13.	Steve Taylor-Hull	15:56	
14.	Colin Hainsworth	16:01	M84
15.	Doug Smart	16:05	M71
16.	Gill White	16:30	W66
17.	Margaret McIntosh	16:32	W61
18.	Jill Rogers	16:32	W69
19.	Kate White	16:46	W49
20.	Christine Thomas	16:55	W49

1000m Walk

1.	Jake Vidler	3:24	
2.	Rhiannon Lovegrove	4:43	
3.	Sarah Damin	5:01	
4.	George White	5:11	M69
5.	Jack Russell	5:12	M62
6.	Geoff Byham	5:57	M68
7.	John Hore	6:47	M66
8.	Rodger Barber	6:57	M76
9.	Stephen Thomas	7:07	M58
10.	Leigh Smith	7:12	M79
11.	James Hoare	7:13	M68
12.	Roger Lowe	7:24	M71
13.	Valmai Padget	7:38	W70
14.	Colin Hainsworth	7:45	M84
15.	Harry Hayford	7:54	M62
16.	Kate White	8:05	W49
17.	Jill Rogers	8:07	W69
18.	Christine Thomas	8:19	W49
19.	Edna Bates	8:20	W61

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 22 OCTOBER

Thanks To Paul Rance for his latest report from the Bendigo Walkers Club who conducted handicap races over 1.6km and 4km last Wednesday evening. Front markers Caitlyn Tozer and Norm West used their handicaps very well, leading from start to finish to win their respective events. Caitlyn raced to an impressive victory in the 1.6km with Sheridan Commons taking 2nd place ahead of youngster Carissa Brook while Peter Curtis claimed fastest time honours. The 4km saw Norm West also leading all the way to win convincingly with Barb Bryant 2nd and Annette Curtis in 3rd place with Zahra Hayes producing the fastest time for the event.

1.6km Handicap

1.	Caitlyn Tozer	13.50
2.	Sheridan Commons	11.52
3.	Carissa Brook	8.41
4.	Geoff Major	12.48
5.	Peter Curtis	8.31
6.	Madison Hill	9.35

4km Handicap

1.	Norm West	32.17
2.	Barb Bryant	23.54
3.	Annette Curtis	29.31
4.	Zahra Hayes	22.11
5.	John Carter	30.00
6.	Ebony Whiley	25.40

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BELCONNEN, THURSDAY 23 OCTOBER

Thanks to Robin Whyte for the results of the first summer season walks for the ACT Walkers Club in Canberra.

	3000m Handicap	Time	Start
1.	Val Chesterton	25:14	(02:00)
2.	Kate Black	18:29	(09:20)
3.	Robin Whyte	18:43	(09:10)
4.	Peter Baker	17:04	(11:00)
5.	Ruth Baussmann	21:35	(06:30)
6.	Rod Gilchrist	21:11	(07:00)

7.	Gabby Hunt	15:12	(13:00)
8.	Doug Fitzgerald	22:47	(05:30)
9.	Zoe Hunt	15:03	(13:15)
10.	Jennifer Gilchrist	22:20	(06:00)
11.	Geoff Barker	21:04	(07:30)
12.	Mitchell Baker	17:26	(11:30)
13.	Sheryl Greathead	24:42	(05:00)

1000m Walk

1.	Tom Hunt	05:16
2.	Bob Banens	07:39
3.	Lorna England	08:14
4.	Terri Jones	08:15

QUEENSLAND SCHOOLS T&F CHAMPS, QSAC, BRISBANE, 23-26 OCTOBER

Last weekend saw the Queensland Schools T&F Championships at the main athletics track in suburban Brisbane. Official results have not been posted yet but Robyn Wales was there and took photos of most of the walks results sheets and I have typed them out – thanks Robyn! She reported:

The weather was hot and windy so not really the best conditions. Best result was **Clara Smith** winning the 5000m in **23:08** which is well under the WYQ! I don't have the official 5000m results but Katya, Jesse Sims and Kenza were 2nd, 3rd and 4th. The latter 3 walked like girls with Year 12 as their priority. **Luke McCutcheon** was the only entrant in the boys 5000m race and he did well with an injured foot. **Katie Hayward** walked very well finishing in 14:21 in the girls 3000m and **Jamie McCutcheon** was first in the boys 3000m. The U14 winners, **Tenyka Chapman** and **Jamison Stovin** were both from the Gold Coast. The 1500m and 3000m results are below.

Men 16-18 5000m Walk

1. Luke McCutcheon

Men 14-15 3000m Walk

1.	Jamie McCutcheon	ME 5312	15:37.13
2.	Mitchell Mellor	MW 2222	17:29.96
3.	Ben Mingin	MB 5406	17:31.36
4.	Callum Haig	SU 2109	17:46.57
	Jeremy Bassard	ME 5295	DQ

Men 13 Years 1500m

1.	Jamison Stovin	SC 5378	7:05.36
2.	Alex Dando	CA 374	8:26.48
	Kyle Rasmussen	MW 5364	DQ
	Saxon Charles	DD 2015	DQ
	Ethan Clarke	ME 2070	DQ

Women 16-18 5000m

1.	Clara Smith		23:08
2.	Katya Martin		
3.	Jesse Sims		
4.	Kenza Benzenati		

Women 14-15 Years 3000m

1.	Katie Hayward	SC 5771	14:21.77
2.	Mikaela Woodward	MW 5345	16:10.77
3.	Aiimie Brackin	MN 2173	17:02.82
4.	Chloe Truernich	ME 597	19:11.19
5.	Riley Sims	MN 5347	19:34.85
6.	Clancy Smith	SU 5520	19:35.05
7.	Chelsea Keong	SU 2188	19:57.21
8.	Emily Schonfisch	SC 2265	22:43.56

Women 13 Years 1500m

1.	Tenyka Chapman	SC 5811	7:35.00
2.	Jenna Lawrence	MW 5554	7:52.17
3.	Jade Pearson	MN 2148	8:31.50

4. Zanthie Verrall
5. Jade Hardy-Synott
6. ? Grech

DD 5395	8:47.58
MW 2105	8:49.43
CA 353	9:24.83



Open walkers Luke McCutcheon, Katya Martin, Clara Smith and Jesse Sims (all photos by Shaun Stovin)



U14 walkers - Tenyko Chapman, Alex Dando and Jamison Stovin



Left: Tenyka Chapman, Jamison Stovin and and Katie Hayward



Right: Katie in action

Robyn also sent me one further photo for good measure. She explains that there was a "Runners Hot Lap" at the Gold Coast 600 on Sunday. The distance was 3000m and you had to be able to complete it in under 30mins so the Masters Walkers entered to try and win the \$2000 community group prize. They didn't win but here's Kay Shaw and Debbie Lindenberg walking to the start.



Runners Hot Lap at the Gold Coast 600 - Kay Shaw and Debbie Lindenberg (photo Jo Buchanan)

ATHLETICS SA ALL SCHOOLS T&F CHAMPS, SAATHLETICS STADIUM, MILE END, 25-26 OCTOBER

Now to Adelaide for the South Australian Schools T&F champs – a good 5000m/3000m double to Alix Harlington and a good time of 14:49.54 to Rhiannon Lovegrove in the U16 3000m.

Girls 3000m Walk U16

1.	Rhiannon Lovegrove	00	Salisbury Hi	14:49.54
2.	Anna Cross	99	St Peters Gi	15:22.17
3.	Bethany Cross	00	St Peters Gi	16:03.34
4.	Sarah Damin	00	Wilderness School	17:16.24

Girls 3000m Walk U14

1.	Ayeisha Wallace	01	Mitcham Girl	17:42.72
2.	Chloe Upton	02	Southern Val	18:38.03

Boys 5000m Walk U18

1.	Alix Harlington	99	St Columba College	25:55.16
2.	Jake Vidler	00	Cardijn College	26:11.48

Boys 3000m Walk U16

1.	Alix Harlington	99	St Columba College	14:54.33
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Boys 3000m Walk U14

1.	Joe Cross	02	Pembroke School	16:08.46
2.	Tristan Camilleri	01	Sacred Hart College	17:38.28

RWC WA ROADWALKS. WILSON, PERTH, SUNDAY 26 OCTOBER

Thanks to Rick Cattermole for the results from the Racewalking Club of Western Australiasummer walk opener last Sunday in Wilson. Rick commented: Newcomers Ryan Jessen and Haley Jackson were welcomed with a 3km and both walkers finished well. Young Lily Reynolds who turns 9 tomorrow did exceptionally well in her 2k.

5km Walk

1.	Breanna Brown	29.20
	Chris Gerken	DNF

3km Walk

1.	Ryan Jessen	14.19
2.	Summer Brown	17.33
3.	Tim Kezic	19.35
4.	Haley Jackson	20.45
5.	E5 Tina Kezic	21.24
6.	E5 Ryan Kezic	21.24

2km Walk

1.	Lily Reynolds	11.25
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SSV STATE SECONDARY CHAMPS, LAKESIDE STATIDUM, ALBERT PARK, FRIDAY 17 OCTOBER
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And to complete our Australian roundup, back a week to the School Sport Victoria T&F Championships which were contested at Lakeside Stadium on Friday 17th October. This meet is restricted to Government run secondary schools and is normally of a high standard. This year saw wins to Rebecca Henderson (6:54.94), Emily Swan (7:45.70), Hayden Walmsley (7:39.93) and Adam Garganis (6:07.24). The senior boys' 1500m was a high quality event with Adam finishing ahead of Ross Darlow (6:12.54) and Reese Walmsley (6:44.79).

Girls 12-15 1500m Walk

1.	Bec Henderson	Berwick SC	6:54.94
2.	Zahra Hayes	Rochester SC	7:18.01
3.	Jemma Peart	Ballarat HS	7:25.54
4.	Karla Bulte	Casey Grammar	7:43.96
5.	Chloe Karagiorgos	Wantirna C	8:04.76
6.	Madison Hill	Crusoe College	8:30.61
7.	Lee Taylor	Lilydale HS	8:38.46
8.	Lucinda Derrett	Viewbank C	9:25.67
9.	Bree Ferguson	Grovedale C	9:46.63
10.	Evie Rosa	University HS	10:08.85
11.	Matilda Hill	Ballarat HS	10:47.47

Girls 16-20 1500m Walk

1.	Emily Swan	John Monash	7:45.70
2.	Marly Bernsten	Mentone Girls SC	7:46.67
3.	Jade Sanders	Berwick SC	8:23.60
4.	Rebecca Campbell	Copperfield C	8:57.77

5.	Emily Crowley	Beaufort SC	9:22.38
6.	Olivia Cameron	Northcote HS	9:45.00
7.	Maddie Carman	Melbourne GC	9:53.54
	Sally Blain	Ringwood SC	DQ
	Neve Goodrem	Red Cliffs SC	DQ
	Melissa Sambrooks	Kerang Ths	DQ

Boys 12-15 1500m Walk

1.	Hayden Walmsley	Rowville SC	7:39.93	PB 0:24
2.	Joseph Rickard	Mornington SC	7:56.82	
3.	Sam Candotti	Buckley Park C	8:17.77	
4.	Tim O'Brien	Norwood SC	8:27.47	
5.	Aiden Smith	Frankston HS	8:29.34	
6.	Ethan Wright	Viewbank C	8:35.06	
	Nicholas Kemp	Belmont HS	DQ	
	Declan Smith	Princes Hill SC	DQ	

Boys 16-20 1500m Walk

1.	Adam Garganis	Thornbury HS	6:07.24	PB 0:17
2.	Ross Darlow	Ballarat HS	6:12.54	
3.	Reese Walmsley	Rowville SC	6:44.79	Eq PB
4.	Lucas Taylor	Lilydale HS	6:59.93	
5.	Cody McNicol	Mt Erin SC	7:30.11	
	Lochlan McDougall	Grovedale C	DNF	
	Emmet Brasier	Viewbank C	DQ	
	Leigh Ashmore	Melbourne HS	DQ	



Adam Garganis shows off his gold medal from the SSV championships

STEYNING OPEN 10 KILOMETRE ROAD WALK, STEYNING, UK, SATURDAY 25 OCTOBER

Thanks to Peter Ryan for the results from the Steyning Open 10km walk in London last Saturday. Ian Richards was an easy winner with 51:03.

10km Walk

1.	I Richards	Steyning	51-03
2.	T Jones	Steyning	53-05
3.	P Ryan	Ilford	53-30
4.	J Ball	Steyning	53-38
5.	P Cummings (F)	Aldershot	60-23
6.	M Culshaw	Belgrave	61-12

7.	D Maskell	Surrey	62-33
8.	S Lightman	Surrey	63-07
9.	S Pender	Enfield	64-17
10.	P Gaston	Surrey	64-52
11.	M Harran	Surrey	65-27
12.	S Maidment	Steyning	65-42
13.	J Killick	Steyning	66-04
14.	P Hannell	Surrey	67-01
15.	F Bishop (F)	Woking	70-28
16.	D Hoben	Surrey	70-33
17.	C Killick (F)	Steyning	74-24

FRENCH 100KM CHAMPIONSHIP, LIGNY-EN-BARROIS, FRANCE, SUNDAY 26 OCTOBER

The French 100km championship was held over a 2km loop in Ligny-en-Barrois in north eastern France last Sunday with a start time of 5AM and a cutoff time of 12 hours. A 50km for women was also contested, with a later start time of 9AM. Fabien Lombard went to an early lead in the 100km but was never far ahead of the next group which included eventual winner Fabrice Henry. By the 40km mark, Henry had bridged the gap but it took a long time before he could eventually break clear, going on to win in the impressive time of 9:58:14. Lombard held on well to take second with 10:04:23 ahead of Remi Bonnotte 10:26:25.

The women's 50km saw a good win to Myriam Nicolas in 5:36:59, ahead of Virginie Barthelemy 5:45:16 and Emilie Courgoureux-Auge 5:48:16.

100km Men

1.	HENRY Fabrice	As Saint-junien	VEM/66	9:58:14
2.	LOMBARD Fabien	Asm Bar-le-duc	VEM/72	10:04:23
3.	BONNOTTE Remi	Dijon Uc*	VEM/65	10:26:25
4.	LETOURNEAU Florian	Ac Chateau Thierry	SEM/88	10:50:51
5.	TOURNOIS Pascal	Asm Bar-le-duc	VEM/54	11:04:38
6.	BUNEL Pascal	Neuilly Sur Marne Athletisme	VEM/64	11:30:49
7.	MAUREL Eric	Athle 55 *	VEM/62	11:43:14
8.	GUENEAU Jean-claude	Dijon Uc*	VEM/69	12:04:30
9.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	VEM/62	12:15:17
10.	FAUQUEUR Raymond	Entente Littoral Athletisme No	VEM/57	98km in 12:04:03
11.	TOUTAIN Eric	As Culturelle Francophone	VEM/63	98km in 12:08:34
12.	BANO Jean-michel	Ajs La Garde	VEM/55	94km in 12:10:39
13.	SIMON Yannick	Ga Meusien	VEM/69	94km in 12:15:27
14.	LE GARGASSON Patrick	Ua Des Cotes D'armor*	VEM/64	92km in 12:10:32
15.	HARTMANN Emmanuel	Ga Meusien	VEM/68	90km in 12:00:46
	ERARD Christophe	Asm Bar-le-duc	VEM/70	AB (70km)
	THIRIOT Louis	Asm Bar-le-duc	VEM/50	AB (70km)
	PENKALLA Patrick	Athle 55 *	VEM/65	AB (40km)
	BUNEL Dominique	Neuilly Sur Marne Athletisme	VEM/68	DQ at 22km

50km Women

	NICOLAS Myriam	BEL - Additional Competitor	VEF/63	5:36:59
1.	BARTHELEMY Virginie	Dijon Uc*	VEF/72	5:45:16
2.	COUGOUREUX-AUGE Emilie	Stade Rodez Athletisme*	SEF/80	5:48:51
3.	PIERRE Florence	Athle 55 *	VEF/66	6:00:22
4.	LEMOINE Annie	Neuilly Sur Marne Athletisme	VEF/64	6:15:45
5.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	VEF/62	6:18:48
6.	QUINQUETON Bernadette	A Marcheurs St Thibault Des Vi	VEF/61	6:43:13
7.	LAGABE Corinne	Athle 55 *	VEF/67	6:53:48
8.	ARNAULT Françoise	Neuilly Sur Marne Athletisme	VEF/48	6:56:17
9.	SALOMEZ Emeline	Neuilly Sur Marne Athletisme	SEF/90	7:11:30
	HALLOY Nathalie	BEL - Additional Competitor	VEF/67	AB



Fabrice Henry, Fabiane Lombard and the final podium of Lombard, Henry and Remi Bonnotte

17TH ST PETERSBURG 6 HOUR WALK, RUSSIA, SATURDAY 12 OCTOBER

I missed this one completely so thanks to omarchador blogspot for their report on this year's St Petersburg 6 Hour walk (see <http://omarchador.blogspot.pt/2014/10/6-horas-de-marcha-em-sao-petersburgo.html>). The event, which was held on the island of Krestovski in St. Petersburg, is a traditional event which is now in its seventeenth year and honors the figure of Yuri Shulgin, a 50km walker in the 60s and 70s and the first Soviet athlete to participate in the Lugano 100km classic which he won. This year's event was organized by St Petersburg walks coach Mikhail Sokolovskiy.

Sergey Lukiyianov won the men's event with an impressive 63 km, covered in 6:01:21, while Olga Borisova won the women's event with an equally impressive 62 km, completed in 6:05:40. Note that Borisova was the women's winner in this year's Paris-Colmar classic.

The program included endurance tests for younger walkers, with the 2 Hour U18 women's event won by 15 year old Kseniya Ivanova, (20 km, 2:04:18) and the U16 10km going to 11 year old Denis Macafeev (1:11:43) and 13 year old Viktoria Banit (57.20).

6 Hour Men (11 walkers)

1.	Sergey Lukiyianov	1956	63 km	6.01.21
2.	Andrey Ponomariov	1989	62 km	6.04.20
3.	Semion Snigur	1997	61 km	6.06.56
4.	Dmitriy Michailov	1983	56 km	6.00.48
5.	Aleksandr Semionov	1987	52 km	6.05.40
6.	Viktor Izotov	1977	50 km	6.01.10

6 Hours Women (12 walkers)

1.	Olga Borisova	1986	62 km	6.05.40
2.	Viktoria Galliamova	1994	59 km	6.04.10
3.	Kristina Elishevskaja	1996	58 km	6.06.40
4.	Zanna Putinceva	1981	53 km	6.01.34
5.	Anna Tropariova	1988	51 km	6.00.30
6.	Elena Slinkina	1985	51 km	6.00.31
7.	Daria Guseva	1995	50 km	6.02.10
8.	Yana Boiko	1976	49 km	6.02.40
9.	Aliona Moshkina	1991	49 km	6.02.11

2 Hours U18 Women (10 participants)

1.	Kseniya Ivanova	1999	20 km	2.04.18
2.	Maria Malhanova	1999	20 km	2.04.18
3.	Liza Malysheva	1998	19 km	2.02.56

BLOIS FRENCH U23 CLUB CHAMPIONSHIPS, BLOIS, FRANCE, SATURDAY 26 OCTOBER

Men 5000m Race Walk

1.	Aurelien QUINION	FRA	93	21:05.57
2.	Come MARTIN	FRA	95	23:15.24
3.	Quentin GAUCHET	FRA	93	23:35.95
4.	Amaury LAMIAUX	FRA	96	23:35.97

Women 3000m Race Walk

1.	Ines PASTORINO	FRA	92	14:05.34
2.	Emilia GREZIAK	POL	98	15:06.02
3.	Charlotte SANCHEZ	FRA	94	16:01.61
4.	Alisson KOWALSKI	FRA	97	16:55.92

BITS AND PIECES

One final set of results, from the Italian U16 trackwalk championships which were held on Saturday 11th October in Borgo Valsugana. It was an opportunity to test the new Pit Lane rule. In the Boys' 5000m, Alfonso Alberga won in 22:48.46, in front of Nicolas Fanelli (22:58.05) and Davide Marchesi (23:11.26). In the Girls' 3000m, Anthea Mirabello won in 14:30.50 in front of her twin sister Angelica Mirabello (14:47.31) and Francesca Gritti (14:52.20). See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1908 for full results and some videos of the races.

The IAAF held a racewalk judging seminar in London last weekend (25-26 October) to evaluate the new international panel of 25 judges to oversee major competition over the next 4 year period 2015-2018. 49 candidates, including **Australia's Kristen Crocker, Zoe Eastwood-Bryson and Wayne Fletcher**, took part in the activities. The team of examiners, comprising Maurizio Damilano, Luis Saladie, Peter Marlow and Lamberto Vacchi, now have the big job of making the final decision. See the full list of participants at http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1911.

Olympic racewalker **Neringa Aidietyte** is one of the finalists in the 2014 Lithuanian track female athlete of the year. You can vote for her at <http://www.balsas.lt/naujiena/812552/isrinkite-geriausia-2014-metu-lietuvos-lengvaatleti>.

England's National Volunteer Award winners were announced on Monday 19 October at their annual Hall of Fame and National Volunteer Awards gala evening and I am very pleased to be able to advise that former Box Hill and Victorian walker and administrator **Mark Wall** got the prestigious gong as Volunteer of the Year - see <http://www.englandathletics.org/england-athletics-news/national-volunteer-award-winners-2014>. Here is the extract from the website:

Mark has always been willing to put in time and hard work in to the sport. Mark has travelled all over the Midlands and the South West to coach or promote race walking and coaches athletes across a range of age groups from Under 13 to veterans as well as officiating throughout the country for Track & field, Road Running, Cross Country and Race walking events and is also a qualified road race adjudicator. Mark has worked to set up a school-based Satellite Athletics Club. He told us, "The true volunteers are the spouses and partners who don't get to choose what they do."



Mark gets his award (photo <http://www.englandathletics.org/england-athletics-news/national-volunteer-award-winners-2014>)

NATHAN DEAKES WINS THE 2014 EDWIN FLACK AWARD

Athletics Australia acknowledges distinguished service to the sport by athletes through the Edwin Flack Award. Named in honour of Australia's first ever Olympian and gold medallist, it has been awarded annually since 1982. At last Saturday evening's Athletics Australia gala awards dinner in Melbourne, the 2014 recipient was announced - it was **Nathan Deakes**. Well done to Nathan whose feats in the world of walking are known to all. A bronze medal in the 1996 World Junior championships marked the start of his stellar international career. His ongoing excellence saw him rarely outside the top 5 in major competition and his resume included 4 Commonwealth Games gold (2002 and 2006) and one bronze (1998) medals, a Goodwill Games gold medal (2001), a Racewalking World Cup bronze medal (2004), an Olympic bronze medal (2004) and an IAAF World Championship gold medal (2007) - a grand total of 9 medals in major international races. His 20km PB of 1:17:33 stands far ahead of any other Australians and his 50km World Record of 3:35:47 (2006) was an astonishing performance on a tough Geelong course and adverse weather. The ultimate competitor!

Both **Jared Tallent** and **Dane Bird-Smith** were also in the mix on the night, being finalists in the Male Athlete of the Year. Alas, they both missed out to marathoner Michael Shelley but it is a great honour to make the short list. You can read about all the awards at www.athletics.com.au/News/ArtMID/7243/ArticleID/1106565/ATHLETE-OF-THE-YEAR.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2014/2015 Australian/Victorian Summer Season Key Dates

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

Other 2014 Races of Interest

Sun 26 Oct, 2014	MTR 10km International Walk, Hong Kong. See http://www.hkaaa.com/page.php?pid=1328&mid=147&ac_id=6&type=%
Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, ?
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, ?
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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