



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 16
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VRWC ROAD RACES, ALBERT PARK SUNDAY 10 JANUARY 2010

We were very pleased to see 61 walkers in action in what turned out to be a very hot and sunny Melbourne Sunday morning. There were lots of big performances, ably led by our 20km walkers. **Tamara Attard** and **Caitlin Brunton** had walked their first 20km events at Fawkner Park in November and their second outings showed considerable improvement. Tamara's time of 2:00:49 was nearly 6 minutes faster than previously done and Caitlin improved by just over 8 minutes for her time of 2:13:44. Not to be outdone, **Heather Carr** produced a new Victorian W60 15km record of 1:32:52.

Thanks to **Terry Swan** for his usual collection of top photos which he has uploaded to <http://www.vrwc.org.au/coppermine>. I have used some of his photos as well as some of mine for this report.

20km Open

1.	Attard, Tamara	59:32	2:00:49	
2.	Brunton, Caitlin	1:03:33	2:13:44	
	Beaumont, Margaret	1:19:44	DNF	16km in 2:08:33
	Wood, Robin	1:19:43	DNF	16km in 2:08:33
	O'Neill, Terry		DNF	8km in 0:47:37

15km Open

1.	Carr, Heather	1:00:35	1:32:52	New Victorian W60 record
2.	O'Neill, Karyn	1:12:55	1:50:16	



Tamara Attard, Heather Carr, Caitlin Brunton and Karyn O'Neill – successfully attacking the long distances in the heat

The 10km event was a beauty with lots of our young walkers contesting this classic distance for the first time. **Rhydian Cowley** led from the front with a 5 sec PB time of 44:41. Others to do PBs were **Lewis Clark** – a 7 min PB of 52:03, **Emily Payne** – a 2 min PB of 1:01:53 and **Georgia Gatens** – a 4 min PB of 1:17:05. **Michael O'Mahony**, **Filip Cosic**, **Bianca Attard**, **Lucas Taylor** and **Aaron Tam** all walked their first ever 10km events and all competed strongly. And a special farewell to **Anand Thillaisundaram** who soon travels back to Scotland to finish his studies. Anand – we look forward to seeing you continue your walking in the UK and will see you in 18 months when you return.

10km Open

1.	Cowley, Rhydian	44:41
2.	Clark, Lewis	52:03
3.	O'Mahony, Michael	54:59
4.	McDonough, Aaron	57:14
5.	Cosic, Filip	57:29
6.	Donahoo, Mark	57:32
7.	Boddy, Tyne	1:01:33
8.	Thillasiundaram, Anand	1:01:39
9.	Payne, Emily	1:01:53
10.	Attard, Bianca	1:02:50
11.	Taylor, Lucas	1:03:53
12.	Tam, Aaron	1:06:21
13.	Elms, Donna	1:08:13
14.	Gatens, Georgia	1:17:05
	Felton, Matthew	DQ



10km walkers Lewis Clark, Georgia Gatens, Anand Thillasiundaram, Michael O'Mahony and Lucas Taylor

Amy Burren 25:46 and **Josh Dillon** 25:47 (walking his first event at Albert Park) were the best over 5km, ahead of **Simon Evans** 25:55 and **Pam Tindal** 25:57. Young walkers **Kyle Swan** and **Reese Walmsley** moved up to the 5km distance and did it well while **Noeline Wooles** also had her first walk with us and enjoyed a pleasant 5km stroll with a group of our stalwarts.

5km Open

1.	Burren, Amy	25:46
2.	Dillon, Josh	25:47
3.	Evans, Simon	25:55
4.	Tindal, Pam	25:57
5.	Burren, Sarah	28:16
6.	Dickenson, Russ	29:03
7.	McIntyre, Gayle	30:02
8.	Albert, Ashley	30:46
9.	Swan, Kyle	31:34
10.	Stadus, Lauren	31:35
11.	Wallace, Anna	32:40
12.	Doran, Anthony	33:05
13.	Walmsley, Reese	39:36
14.	Beaumont, Ian	39:38
15.	Wooles, Noeline	39:40

Beth Alexander was certainly in fine form with a great 3km time of 13:53 ahead of **Hilary Brazel** who was not far outside her PB with 15:06. **Amelia Finnegan** won the 3km U15 with a fast 15:00 while **Connor McShanag** took second with a 26 sec PB time of 15:38. **Paul Tremigliozi** also walked well for a PB time of 19:32 while **Justin McLaren** had his first walk with the club, recording 22:39. Beth has now joined our top walkers training in Canberra for the rest of January.

3km Open

1.	Alexander, Beth	13:53
2.	Brazel, Hilary	15:06
3.	Riddoch, Clyde	16:41
4.	Irshad, Kylie	16:45
5.	Steed, Gwen	18:13

6.	Summers, Harry	19:30
7.	Morrey, Jan	20:00
8.	Wicks, Barrie	21:00
9.	Stanway, Marlaine	21:23
10.	Onley, Gordon	24:11

3km Under 15

1.	Finnegan, Amelia	15:00
2.	McShanag, Connor	15:38
3.	Hockley-Samon, Jmara	15:58
4.	Irshad, Jasmine	17:00
5.	Owen, Cooper	19:13
6.	Tremigliozi, Paul	19:32
7.	McLaren, Stacey	20:24
8.	Gerlich, Annemaree	20:40
9.	McLaren, Justin	22:39



Aaron Tam, Noeline Wooles, Ian and Margaret Beaumont, Amy Burren, Bianca Attard, Amelia Finnegan and Josh Dillon

A small number of U12 and U9 walkers contested 2km and 1km events. **Kath O'Mahony** walked a 90 sec PB time of 6:22 while **Hayden Walmsley** was also a big improver with a PB time of 6:42.

2km Under 12

1.	Burren, James	12:44
2.	Crea, Gabriella	13:00

1km Under 9

1.	Owen-Smith, Chelsea	06:21
2.	O'Mahony, Kath	06:22
3.	Walmsley, Hayden	06:42
4.	Taylor, Lee	07:01



Cooper Owen, Kyle Swan, Paul Tremigliozi, Reese Walmsley, Chelsea Owen-Smith and Kath O'Mahony



Gabriella Crea, Hayden Walmsley, James Burren and Lee Taylor

Officials: Tim Erickson, Harry Summers, Rod Felton, Lee Simpson, Don McLaren, Matt Owen, Rob Cowley, Celia Johnson, Anna Wallace

Judges: Peter Vysma (Chief), Judy Mason, Lloyd Nicholls, Stuart Cooper, Frances Attard, Brenda Felton

A.V. SHIELD COMPETITION, SATURDAY 9 JANUARY 2010

Our Victorian competition resumed last weekend with Athletics Victoria competitions at our three country venues on Saturday 9th January. It must have been hot at all venues as it was pretty hot in Melbourne!

AV Shield Round 10, Ballarat Region, Llanberris Reserve, Ballarat

Kelly Ruddick did her usual excellent walk at Ballarat with 9:02.44 while Andrew Blood also showed good form with 10:22. Kelly then packed her bags and is now in Canberra for this week doing some training with our elite walkers. This is great news.

2000 Meter Race Walk

1.	Ruddick, Kelly	M	BALLARAT HAR	9:02.44
2.	Blood, Andrew	M	BALLARAT YCW	10:22.34
3.	Nunn, Paul	M	WENDOUREE	11:07.59
4.	Jones, Peter	M	BALLARAT HAR	14:08.87
5.	Ruddick, Kevin	M	BALLARAT HAR	15:28.51
6.	O'Meara, Michael	M	BALLARAT HAR	19:01.65
	Baker, Nathaniel	M	BALLARAT HAR	DNF

AV Shield Round 11, Bendigo Region, La Trobe University Athletics Complex, Bendigo

I believe that it was so hot in Bendigo that the walk was reduced to 1500m. John Carter took the overall line honours with 9:42.

1500 Meter Race Walk

1.	CARTER, JOHN	M	SOUTH BGO	9:42.49
2.	WATSON, JOHN	M	BENDIGO YMCA	10:57.16
3.	ROWAN, EDDIE	M	BENDIGO YMCA	11:10.47

AV Shield Round 11, Geelong Region, Landy Field, South Geelong

The youngsters were in control at Geelong with Josh Dillon Jared Walker and Jmara Hockley-Samon well ahead of the rest.

2000 Meter Race Walk

1.	Dillon, Joshua	M	CORIO	10:13.66
2.	Walker, Jared	M	CORIO	10:19.07
3.	Hockley Samon, Jmara	W	ATHLETICS CH	10:20.42
4.	Boddy, Tye	W	CORIO	11:03.44
5.	Mirarchi, Nicholas	M	CORIO	11:36.33
6.	Walker, Megan	W	CORIO	12:16.28
7.	Smith, Emma	W	BELLARINE AT	12:33.80
8.	Dillon, Nathan	M	CORIO	12:43.43
9.	Lockwood, Jade	W	CORIO	15:29.89

INTERSTATE RESULTS, QUEENSLAND

Thanks to Peter Aiton who has forwarded the following results to me from Queensland. Note that in the 3000m event on January 2nd, Dane Bird-Smith recorded a super fast time of 12:10.65 shortly after running a 48.99 400m race.

Gold Coast PB Series #8, Gold Coast City Athletics Track, 19/12/2009

Women 2000 Metre Race Walk

1.	Jessica Pickles	10:43.22
2.	Kenza Benzenati	11:16.70
3.	Eloise Jackson	11:50.50
4.	Tess Carroll	11:51.24

Women 4000 Metre Race Walk

1.	Kenza Benzenati	23:52.24
2.	Shannon Czislowski	25:49.50

Men 2000 Metre Race Walk

1.	Brad Aiton	8:48.64
2.	Nick Dewar	9:00.94
3.	Jesse Osborne	9:16.73
4.	Brandon Dewar	9:23.96

Men 4000 Metre Race Walk

1.	Brad Aiton	19:39.96
2.	Jesse Osborne	20:43.87
3.	Brandon Dewar	20:58.13
4.	Nick Dewar	21:04.63

Gold Coast PB Series #9, Gold Coast City Athletics Track, 2/01/2010

Women 1500 Metre Race Walk

1.	Woodward, Mikaela	11	Unattached	8:04.28
2.	Carroll, Tess	14	Redlands	8:47.96

Women 3000 Metre Race Walk

1.	Pickles, Jessica	16	Jimboomba	16:32.80
2.	Martin, Katya	13	Gold Coast Victory	17:34.74

Men 3000 Metre Race Walk

1.	Bird-Smith, Dane	18	Qld Race Walking Club	12:10.65
2.	Dewar, Brandon	18	Qld Race Walking Club	13:41.83
3.	Dewar, Nick	18	Qld Race Walking Club	13:55.99
4.	Aiton, Brad	16	Gold Coast Victory	14:31.95
	Osborne, Jesse	15	Strathpine	DNF

A FOLLOWUP FROM LAST WEEK'S ARTICLE ON T. E. HAMMOND

Following on from last week's article on T. E. Hammond, David Armstrong has forwarded the following link to me - some fantastic video clips from the 1926 London to Brighton classic: <http://www.britishpathe.com/record.php?id=14763>

LATEST UPDATE ON THE AUSTRALIAN 20KM CHAMPIONSHIPS IN HOBART

AA has now updated its website for the National roadwalking championships in Hobart.

See http://www.athletics.com.au/competition/events/australian_20k_race_walk_iaaf_

Entry procedures are also now available online.

See http://www.clubsonline.com.au/site/index.cfm?fuseaction=display_main&OrgID=887

All those interested in racing in any of the following should now complete their entries as soon as practicable

- Australian 20km championships for men and women
- Australia U23 vs New Zealand 20km Match Race
- Australian U20 10km World Cup Trial for men and women.

Entries close on **1st February** (3 weeks time). Selections in the U23 Australian U23 team for the match against New Zealand will be announced by A.A. Immediately after entries close.

Note that a final decision has still not yet been agreed as to the timetable (whether the races will be on the Saturday evening or the Sunday morning) but AA expects to be able to announce this by 15th January (1 week time).

VRWC ANNOUNCEMENT - 3000M HANDICAP WALK CONFIRMED FOR SATURDAY 30 JANUARY 2010

Discussions with the Victorian Athletic League have now been completed and VRWC is very excited to announce that a 3000m handicap racewalk will be held in conjunction with the V.A.L. meet at St Albans (Melbourne) on Saturday 30 February 2010.

See <http://www.vrwc.org.au/VAL-3000m.pdf> for full details of the event as well as an entry form. Monetary prizes of \$200, \$100 and \$50 are to be awarded to the first 3 walkers in the handicap event. I forgot to mention on the entry form that entries should be made payable to V.R.W.C.

This is an exciting venture for us and gives us a chance to showcase our sport in front of a new audience.

TALKING WEATHER

Everyone in Australia has no doubt been following news of the record cold weather in Europe. Spare a thought for two of my Belgian walking friends **Rudy Schoors** and **Caroline Mestdagh** who emailed me with some photos of their 33km training walk last weekend.

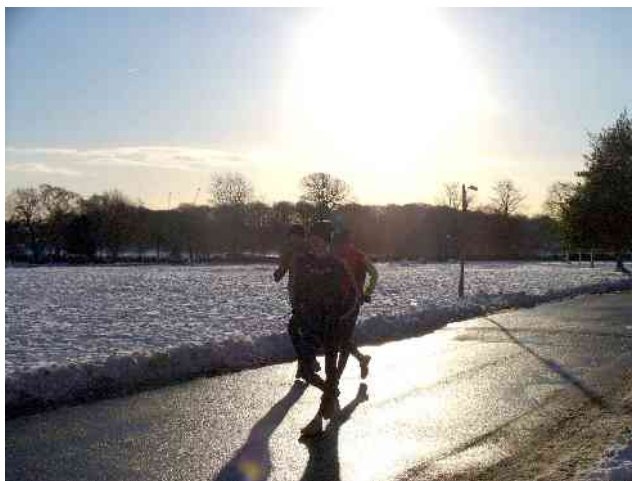
Today we walked 33km in temperatures of -5°C and winter conditions. It's really winter fun at this time at our place. It's very nice to walk in these conditions apart from the slippery moments on the roads. Last week and the week before we had the same conditions.



Rudy and Caroline get their weekend walking in regardless of the snow

And what of the English walkers training at Leeds University. Carnegie Director of Race Walking **Andi Drake** explained

We've had unusually cold weather and lying snow, which has challenged training a little here. We have a clear 750 m loop on campus and they're digging the track out on Thursday, so we're unaffected in the most part – the ground staff have helped us create one of the few tarmac surfaces in Yorkshire free from snow! What a winter though to choose not to come over to the AIS. We have a different season, with the European Champs to include and the group and programme needs to be in here. It's working very nicely and there's definitely been a big training camp effect for all involved, which justifies staying put. That said this time next year it is my plan to be back with the guys + Johanna.



Brendan Boyce (IRL), Tom Bosworth and Alex Wright train at Leeds University – using a path cleared of snow

And finally to Swedish walkers **Ato Ibáñez** and **Mari Olssen** who left Sweden in temperatures around -30°C and arrived at the AIS in Canberra on Tuesday afternoon in temperatures around 40°C – a differential of 70°C!



Swedish walkers Ato Ibáñez and Mari Olssen contermplate life in the hot zone

I left Melbourne on Monday, leaving behind a forecast top temperature of 43°C. Arriving in Canberra in the late afternoon, it was 38°C, had been the day before and was forecast again for Tuesday and again on Wednesday. I will be there for the next 3 weeks helping with the large group of walkers who will converge on the AIS for the summer. Training is already in full swing with Ato and Mari joining 21 of our best walkers. Those training in Canberra at the moment include AIS walkers **Jared Tallent, Chris Erickson, Claire Tallent** and **Kellie Wapshott** along with **Ian Rayson, Brendon Reading, Sean Fitzsimons, Dane Bird-Smith, Derek Mulhearn, Michael Reading, Jillian Hosking, Jess Rothwell, Kelly Ruddick, Megan Szirom, Nicole Fagan, Beki Lee, Jess Heazlewood, Regan Lamble, Claire Xian, Beth Alexander** and **Rachel Tallent**. **Rhydian Cowley** and **Blake Steele** will join us next week. The only big names currently missing are **Nathan Deakes, Luke Adams** and **Adam Rutter** who are all at Threadbo doing an altitude training block. What a collection of talent (and Tallents!)

I captured a few shots as the group headed off for a road session early this morning (Wednesday)



Dane, Claire, Sean, Ato, Derek, Jillian, Brendon, Nicole, Regan and Beki set off on their morning training session



And again – Brendon, Derek, Jillian, Regan, Ato, Beki, Nicole, Sean, Dane, Claire, Kelly, Ian and Chris

For the record, Chris did 25km, Ian and Brendon did 20km and the rest did a 14km loop. This followed on from a road session on Monday morning and a track session on Monday afternoon, a road session on Tuesday morning and a weights and conditioning session on Tuesday afternoon. It is indeed a case of making the most of your time in such a highly charged training atmosphere.

WHAT'S COMING UP

AV Shield competition continues on Thursday evening at Murrumbena and Moonee Ponds and on Saturday at the other 4 Victorian venues. Note that the Eastern Region competition at Box Hill is a Saturday evening meet starting at 4:30PM

Thurs 14/01	AV Shield - Round 10 (SOUTHEAST REGION)	Duncan MacKinnon Reserve, Murrumbena
Thurs 14/01	AV Shield - Round 10 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Sat 16/01 4.30pm	AV Shield - Round 10 (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 16/01	AV Shield - Round 12 (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
Sat 16/01	AV Shield - Round 12 (GEELONG REGION)	Landy Field, South Geelong
Sat 16/01	AV Shield - Round 11 (BALLARAT REGION)	Llanberris Reserve, Ballarat

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

22-24 Jan 2009	Victorian Country Championships, Newborough
Thurs 28 Jan 2010	Invitational VMA 5000m/3000m walks at East Burwood Masters, East Bwd Aths Track, 7:50PM
Sat Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks 3000m handicap walk at the Victorian Athletic League meet at St Albans, Melbourne.
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, venue TBC
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

2010 International Highlights

May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico. See http://www.iaaf.org/wrc10/preview.html
July 3-10, 2010	Oceania Masters Championships, Tahiti
July 19-25, 2010	World Junior Championships, Moncton, Canada

14-26 Aug, 2010 **World Youth Olympics, Singapore** (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Series (dates now confirmed)

Apr 10, 2010 IAAF Race Walking Challenge, Rio Maior, POR
May 1, 2010 IAAF Race Walking Challenge, Sesto san Giovanni, ITA
May 15-16, 2010 IAAF World Racewalking Cup, Chihuahua, MEX
May 29, 2010 IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
June 19, 2010 IAAF Race Walking Challenge, La Coruna, ESP
Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2010 – Other International Opportunities

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)

2011 International Fixture

July 7-17, 2011 **World Masters T&F Championships, Sacramento, California, USA**
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea**
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
July 7-17, 2011 **19th World Masters Athletics Championships Stadia, Sacramento, USA**

2012 International Fixture

May 2012? IAAF World Race Walking Cup, Saransk, Russia
July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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