



HEEL AND TOE ONLINE

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JARED TALLENT RADIO INTERVIEW

Thanks to Jim Leppik for pointing us to this 4 minute radio interview with our newest walking start, Jared Tallent.
<http://www.sportsmad.com.au/viewMusic.php?fileID=81>

FIVE RUSSIAN WALKERS GET TWO YEAR BANS

The following brief news item announces what we all expected. At the time of the Olympic Games, three of the five walkers named below had been named for tampering with drug tests. Then a further two of the favourites just did not front for the Olympic walks – 20 km world record holder (yet to be ratified) Morozov was a non-starter in the 20 km and Yerokhim was a non starter in the 50 km. Now they join the other three in receiving 2 year bans for testing positive to EPO. This is on top of the fact that the winner of the 20 km event, Borchin, has already served a one-year ban in 2005 for taking the stimulant ephedrine and is part of the same Russian stable from which these 5 walkers came. While Borchin must be assumed clean at this stage, the whole episode stinks of institutionalised drug abuse and surely the axe must be taken to Saransk coach Viktor Chegin who also serves as Russia's chief race walking coach. Anyway, read about it for yourself.

MOSCOW, Sept 23 (Reuters) - Five leading Russian race walkers, including a world record holder, have been banned for doping, the Russian athletics federation (RAF) said on Tuesday. Sergei Morozov, who holds the world record in the 20km walk, Vladimir Kanaikin, Viktor Burayev, Alexei Voevodin and Igor Yerokhin were banned for two years each after testing positive for EPO. "They all had failed a test for EPO and after a hearing by our federation's anti-doping board on Sept. 9, each of the five athletes was banned for two years," RAF secretary general Vladimir Usachyov was quoted as saying by the All Sport news agency.

"Both samples A and B of all five athletes came out positive and we had no other choice but to ban them for two years."

All five were forced to miss last month's Olympics. Kanaikin, 23, and Morozov, 20, had been favourites for the gold in the 20km in Beijing after setting world records over the distance in the past 12 months. Kanaikin shaved five seconds off the record at last year's Grand Prix final in his home town of Saransk before Morozov shattered it by more than 30 seconds at the Russian national championships in Saransk earlier this year.

Yerokhin, 23, and Burayev, 25, have also achieved good results either in world or European championships in recent years, while Voevodin, 27, won the 50km bronze at the 2004 Athens Olympics. All five live in Saransk and were trained by Viktor Chegin, who also serves as Russia's chief race walking coach.

(Reporting by Gennady Fyodorov; editing by Pritha Sarkar)

WILL THERE BE A FUTURE FOR THE STATE INSTITUTE OF SPORT TRACK AND FIELD PROGRAMS?

Today I received the following email from Simon Baker – it contains some very disturbing information about what seems, on the surface, to be a unilateral decision by Athletics Australia that may have some wide ranging implications for athletics in Australia.

Subject: Will there be a future for the State Institute of Sport track and field programs?

Date: 01/10/2008

Dear Friends

In case you were not aware, AA has determined to cease funding to SAS/SIS track and field programs.

This email below from Michael Poulton has announced the AA will no longer provide funding support (money they get from ASC) for institute programs. This means most institutes will now stop having an athletics program, (the loss of contribution by the government to the track and field program in Victoria is \$200000 alone. NSWIS has already announced this action (see Penny Gillies note at bottom). AA does not seem to understand the contribution that supplements the AA funding that is used by institute based athletes around the states.

If any of you think you benefited from the Institute based programs, or know any of your fellow athletes who benefited from going to SIS/SAS/AIS, and the co-funding that will be lost, read on.

The Herb Elliott report recommended that the AA HP program should consult with the Institutes. This has not been done. QIS has been disbanded, NSWIS will close its track and field program. VIS will probably follow. Do you think this is a good outcome?

I ask you to consider this urgently. There has been no consultation, no research to show why this is a better model than the current (successful) one, and we are about to lose the basis of the most successful Olympic result for decades.

This decision is not consistent with recommendation 73 of the Herb Elliott report - excerpt added at the bottom.

If you are concerned, now is the chance to request information from AA, and query the basis for the decision.

Regards

Simon Baker

Here is the email from Athletics Australia from 2 weeks ago that announced this news

Subject: Athletics Australia & the state Institutes and Academies

Date: 19/09/2008

Dear Athlete or Coach

Athletics Australia is keen to ensure that athletes and coaches are informed about the future position of funding of state institutes and academies for 2009 and beyond.

Athletics Australia has advised the State Sports Institutes and Academies around the country of changes to the Athletics funding arrangements effective 31 December 2008.

As from 1st January 2009, Athletics Australia will focus its funding more directly to athletes, coaches and programs that are specially aligned to the national program objectives. Athletics Australia will ensure we deliver timely and accurate advice regarding the details of the funding to all athletes and coaches who will be impacted.

Athletics Australia is continuing to talk with the State Sports Institutes and Academies and the possibility of them being further involved with our national programs. We are confident that any changes that may result, will only improve the support we can offer the sport, athletes and coaches.

We appreciate this decision may result in some uncertainty in the short term, though believe we can work with our athletes and coaches to ensure the high performance goals for London and beyond are achievable.

National High Performance Manager Max Binnington is on leave until Monday 29 September. In the meantime, if you would like to talk with Danny Corcoran (CEO), please hesitate to call or contact me via email as I will also be out of the office until Monday 29 September.

Best wishes,

Michael Poulton

National Coaching Co-ordinator

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And here is the issue in question from the Elliot Report and the ensuing recommendation

Issue # 14 High Performance Athlete Support

High performance athletes require support in the areas of funding (training, equipment, etc), science, medicine, coaching, competition and career and education counselling. The current support system is fragmented, making it difficult for athletes when attempting to access

support. Communication from AA to the athlete is sometimes unclear, while athletes have not always been responsive to attempts to improve the level of communication. Athletes in receipt of support must be accountable. They need to understand and accept personal responsibility for their performances and the management of their daily lives, as well as the obligations placed on them as a consequence of their acceptance of assistance from AA, Institutes and other supporters.

The Steering Committee felt that the Athletes' Commission could play a greater role in facilitating communication from AA to athletes, as well as in providing advice to AA about athlete support policies. In turn, the Athletes' Commission must take responsibility for, and be accountable for its role in the provision of advice.

The range of support opportunities available to elite athletes needs to be clearly defined and communicated. This support includes access to direct funding, coaching, sports science, sports medicine, education, vocation, counselling and domestic and international travel.

Recommendation

73. That direct financial support to athletes is commensurate with their needs and stage of progression along the athlete pathway. That to better coordinate this support AA consults the AIS and SIS/SAS to establish an integrated support system, led by AA.

And the response from NSWIS

From Penny (NSWIS):

Hi Simon,

Many thanks for your email. At present NSWIS has decided to drop the athletics program from the institute in December 08. This means that a number of elite athletes previously assisted by NSWIS in many of the areas you mentioned will no longer receive any help.

We do not know how this funding and assistance will be replaced and whether or not AA will become more involved. It is indeed a problem and I hope that we are given some information soon.

I agree that the Athlete's commission needs to look into these issues.

Cheers, Penny Gillies, NSWIS

And the response from VIS Performance Coordinator Derek Boothroyd

Dear Athlete

Last week I was advised by Athletics Australia that their funding support for the VIS Track and Field program will cease as of December 31st 2008. At this stage, what this means is that for the 2008 / 09 financial year, VIS will receive only 50% of its annual funding figure for the period July 1 2008 to December. Obviously this means that there will be less money in the

overall VIS Track and Field budget.

Over the coming week I shall be re-working my 2008 - 09 budget as all expenditures for this financial year was forecast on VIS receiving the full annual amount from Athletics Australia.

The reality of this situation for athletes is that we will be needing to make funding cuts in some areas where we have traditionally been able to support athletes.

Next week I should be able to give you a much clearer indication of exactly what areas we will be able to provide support to you.

Please feel free to give me a call if you require any clarification.

Regards

Derek Boothroyd
State Performance Coordinator Track and Field
Victorian Institute of Sport
Wed, 24 Sep 2008

For my own sixpence worth, a State Institute is worth a lot more than a just a grant of a few thousand dollars of individual funding. When my son Chris was at the VIS, he had access to

- top coaches and physical conditioning staff and the chance for an individual program geared to his unique situation
- access to the full VIS facilities (which for him included ice baths after all his long walks as well as gym and pool facilities)
- regular (weekly) massages
- free access to physio and doctors as required
- free guidance on things like diet and sports psychology and career/training
- funding to National championships and key targeted events
- the pride of being a VIS athlete and wearing the VIS uniform when competing

These sorts of benefits go far beyond simple monetary funding. Monetary funding does not make you part of a team, nor does it give an athlete the support and sense of belonging that can only come with being part of a shared vision.

I await further developments.

AND NOW A MOMENT OF TRIVIA

Thanks to Len Duquemin for this little gem

Q: Are the medals won at the Olympic Games actually made of the metals described – bronze, silver and gold?

A: Gold and silver medals are made mainly of silver. In fact, the regulations say they must contain at least 92.5 per cent silver, while at least six grams of 24-carat gold must coat each gold medal. Bronze medals are most made of copper. Gold medals made of pure gold have not been awarded since 1912.



2009 IAAF WORLD CHAMPIONSHIPS – IAAF QUALIFYING STANDARDS RELEASED

IAAF World Championships, Berlin, Germany, 15-23 August 2009

The IAAF has now published the A and B standards it will impose for next year's IAAF World Athletics Championships and the requirements are almost identical to 2007. See <http://www.iaaf.org/statistics/standards/newsid=47761.html>

Men 20 Km	A	1:22:30	B	1:24:20
Women 20 Km	A	1:33:30	B	1:38:00
Men 50 Km	A	3:58:00	B	4:09:00

- Each country is entitled to enter 2,3 or 4 competitors per event, as follow: - 1, 2, 3 or 4 athletes with "A" standard; - 1 athlete with the "B" and 1, 2 or 3 athletes with the "A" standard ; in both cases a maximum of three athletes will be allowed to compete.
- Each country is entitled to enter two competitors per event who have both reached the "B" standard for that event but only one will be permitted to compete.
- Countries that have no male and/or no female qualified athletes whom they wish to enter in any event may enter one unqualified male athlete and/or one unqualified female athlete in one event.
- In addition to the above, Member Federations are entitled to enter the Reigning World Champion regardless of whether he / she has achieved the corresponding entry standard.
- Performances must be achieved during competitions organised or authorised by the IAAF, its Area Associations or its National Member Federations.
- Performances achieved in mixed events between male and female participants, held completely in the Stadium, shall not normally be accepted (see Rule 147).
- Performances must be achieved during the qualification period of 1 January 2008 (3 September 2007 for the Marathons, Race Walking and Combined Events) to 3 August 2009 (midnight Monaco time).

In summary, if the times are good enough, Australia can enter up to 3 walkers in the Men's 20 km and the Women's 20 km and up to 4 walkers in the Men's 50 km, because reigning world champion Nathan Deakes gets a wild card entry. And of course, qualifying performances will only be recognised if done in major designated meets like Australian championships or IAAF Challenge events.

Now we wait to see whether Athletics Australia follows the published standards as they did in 2007.

We are also waiting for Athletics Australia to release the entry requirements for the other two major internationals to be held in 2009, namely

- **The Summer Universiade (WSG), Belgrade, Serbia, July 1-12, 2009**
- **The IAAF World Youth Games, Bressanone, Italy, July 8-12, 2009**

AUSTRALIAN WOMEN – WALKING RECORDS AND RANKINGS

Over the last few weeks, I have been focusing on the Australian men and their progress over the 20 km and 50 km distances. To complete the picture, it is time to have a look at our women.

The first time that the Australian Amateur Athletics Union Yearly Handbook listed Australian women's records was in 1978. The inaugural list showed Melbourne walkers Sue Orr and Kerrie Neville as the two record holders and I will use that year as the starting point for my analysis. Australian records had been maintained before this by the Women's Associations and there were, in the period leading up to this, many fine record breaking performances by such walkers as Anne Pembroke, Lillian Harper and Alison Nicholls. But you have to start somewhere and it's 1978 for me.

5000m Open track walk	24:21.2	Sue Orr (VIC)	16/03/1978	Brisbane, QLD
3000m Junior track walk	14:10.1	Kerrie Neville (VIC)	12/11/1977	Melbourne, VIC

By the following year, 15 year old Sally Pierson had arrived on the scene and taken the Junior record, signalling the start of her meteoric rise

3000m Junior track walk	14:05.0	Sally Pierson (VIC)	09/12/1978	Melbourne, VIC
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With women's walking finally being recognised on the international stage in the late seventies and Australia sending its first international team to the Eschborn Cup in 1979, the stage was set for times to start tumbling and Sue Orr (now married to Queensland walker Bruce Cook and competing under her married name of Sue Cook) was the early trend setter. By early 1980 she had reduced her 5000m time by nearly 1 minute. Such was her dominance that in the Australian rankings lists for 1979/1980 she had the 5 fastest 3000m times and the 2 fastest 5000m times, all ahead of Sally Pierson. That year, the 1500m and 3000m walk distances were given Australian record status and Sue became the inaugural record holder for the two new categories with times of 6:19.0 and 13:20.7. She now held all three officially recognised Australian records.

1500m Open track walk	6:19.0	Sue Cook (VIC)	08/11/1980	Melbourne, VIC
3000m Open track walk	13:20.7	Sue Cook (VIC)	08/03/1980	Melbourne, VIC
5000m Open track walk	23:32.8	Sue Cook (VIC)	09/02/1980	Ringwood, VIC

Once again it was a case of Sue and no one else within cooe as the ranking lists for 1980/1981 showed that she had 4 of the 5 fastest 3000m times and 9 of the 10 fastest 5000m times within Australia. She confirmed her international credentials in New York in August 1980, defeating Sue Broddock (USA) and Anne Peel (Canada) to win the IWF World 5,000m walk championship in 23:39 and a place in history as the first Australian walker to win a world title. It was a memorable day for Australian race walking and for the temperature (36°C).

In fact by early December 1980 Sue's name appeared 12 times in Palle Lassen's and Egon Rasmussen's World Race Walking Statistics Book. According to that publication, she held five world records at the end of 1980: the 3,000m in 13:20.7 (March 8), the 10 km road in 46:48 (May 11), the 15 km road in 73:59 (July 13), the 1500m in 6:19 (November 8) and the 1 mile in 6:57.1 (November 12,1980).

The following season, now into the second year of an athletics scholarship at the newly opened AIS in Canberra, she chipped away with further records, reducing the 3000m and 5000m as shown below.

3000m Open Track walk	13:20.6	Sue Cook (VIC)	10/02/1982	Canberra, ACT
5000m Open Track walk	22:53.20	Sue Cook (VIC)	21/03/1981	Adelaide, SA

But Sue did not have things all her own way. The diminutive Sally Pierson had finally bridged the gap after chasing Sue for some 5 years. On January 27 1982, Sally recorded a world leading 22:15 for a road 5 km walk in Melbourne. Then on February 21 at Olympic Park in Melbourne, she beat Sue, recording 13:02.5 for a new Australian Open record. Then she beat Sue again to win the Australian 5,000m track title in 23:14. But Sue came back with a vengeance to beat Sally on 22 May in a 5,000m track walk in Melbourne. Sue recorded 22:32.4 for a new World record while Sally's time of 22:43 was an Australian Junior record. Then 20 hours later on May 23, Sue recorded 45:42.6 in a 10,000m walk at the Olympic Sports Field in Adelaide for yet another World record, breaking Swedish walker Ann Janson's time by 1 min 15 secs (the 10,000m track walk had been added as a further Australian record category in 1982/1983 so Sue became the inaugural record holder with her 46:42.6). Sue then won the Australian 5000m road title in July in an even faster 22:27. Two weeks later in Bergen, she was triumphant in retaining her World 5000m championship in 23:03. In December 1982 in Melbourne, in one of her very few longer races, she walked a world best of 1:36:32 for the 20 km road. Thus Sue now held three of the Australian records (1500m, 5000m and 10000m) while Sally held one (3000).

3000m Open Track walk	13:02.5	Sally Pierson (VIC)	21/02/1982	Melbourne, VIC
5000m Open Track walk	22:32.4	Sue Cook (VIC)	22/05/1982	Melbourne, VIC
10,000m Open Track walk	46:42.6	Sue Cook (VIC)	23/05/1982	Adelaide, SA



Sally Pierson and Sue Cook – world leading Australian record holders – pictured in action on the track in 1982

But Sally was not to be outdone and she showed her versatility in winning the 1982 Australian 10 km road running title in Sydney. This was her first major running championship and for the remainder of her career she mixed walking and running with great success. On May 8 1982 in a VRWC 10 km handicap race at Albert Park, Sally set a new World best time for the 10 km road walk with 45:38. So it is fair to say that at this time, the walking honours were pretty much evenly shared between Sue and Sally.

Sue responded superbly to the challenge laid down by Sally. First she set her third World 10,000m record of 45:47 and a World 1 hour record in Leicester in England in September 1983. She scored a comfortable win over Lorraine Young in the Victorian 10 km title that same year and then won the National 10 km title, beating Sally. Her continuing status at the top of world walking was confirmed with 3rd place in the 1983 Eschborn Cup 10 km in Bergen (45:26), one place ahead of Sally Pierson. The first 4 all broke the previous World road best time and Australia came third in the womens competition.

1984 started as usual with more records, including a world best 1500m of 6:10 in January before recording the fastest ever 5000m time in Australia to regain her national track championship in 22:04.4. Sally was 2nd as usual. The only record that continued to elude Sue was Sally's 3000m track time of 13:02.5.

1500m Open Track Walk	6:10.8	Sue Cook (ACT)	21/01/1984	Canberra, ACT
5000m Open Track Walk	22:16.3	Sue Cook (ACT)	17/02/1984	Canberra, ACT
5000m Open Track Walk	22:06.34	Sue Cook (ACT)	03/03/1984	Melbourne, VIC
5000m Open Track Walk	22:04.42	Sue Cook (ACT)	01/04/1984	Melbourne, VIC
10000m Open Track Walk	45:47.0	Sue Cook (ACT)	14/09/1983	Leicester, ENG

In the 1985 ranking lists, a new name emerged – a young NSW athlete by the name of Kerry Saxby. Sue was by this stage suffering with the effects of some long term injuries and Sally Pierson had retired, all of 22 years of age. Kerry filled the void and topped the Australian ranking list that year over 3000m (13:12.64) and was second to Sally over 5000m with 22:56.1.

Sue finally got back on the track after a long spell and set yet another record in June 1985 - the 1 Hour track walk had been added to the Australian record categories that year and Sue set the inaugural record with a distance of 12.553m in Melbourne. But just as she set yet another Australian record, Kerry signalled her impending dominance, breaking Sue's 5000m record with a sizzling 21:53.36.

1 Hour Open Track Walk	12,553.22m	Sue Cook (ACT)	29/06/1985	Melbourne, VIC
5000m Open Track Walk	21:53.36	Kerry Saxby (NSW)	12/02/1986	Melbourne, VIC

It should be noted at this stage that Sue, Sally and Kerry often set faster track times in mixed races but such times were not eligible for record consideration. For instance, in 1984 Sue recorded 12:42.1 in a mixed 3000m race Canberra, some 20 seconds faster than Sally's record. Similarly in 1985, Kerry recorded 12:49.9 in a mixed race in Sydney.

Kerry was a great all rounder as was evidenced by her 20 km road time of 1:33:29.9 in July 1986 – an Australian best by some 3 minutes. But road records were not yet recognised so this remained simply a 'best on record'.

By 1987, Kerry had taken all before her, breaking her own 5000m record and breaking Sue's 10,000m record.

5000m Open Track Walk	21:31.06	Kerry Saxby (NSW)	29/03/1987	Sydney, NSW
10,000m Open Track Walk	45:08.13	Kerry Saxby (NSW)	09/07/1986	Moscow, RUS

In mixed racing, she was even faster, having recorded 12:20.07 (3000m) in Canberra in January 1987 , 21:16.0 (5000m) in Sydney in April 1987 and 44:53.0 (10000m) in Canberra in May 1987.

Never had Australia seen such a prolific breaker of Australian, Commonwealth and World records as Kerry. Seemingly, records fell every time she hit the track. Finally in February 1988, she got the one final one she had been after – the 3000m. And what a time it was – a new world record of 12:14.48. She also shattered her 5000m record a month later in March with a world leading 20:45.32.

3000m Open Track Walk	12:14.48	Kerry Saxby (NSW)	20/02/1988	Sydney, NSW
5000m Open Track Walk	20:45.32	Kerry Saxby (NSW)	27/03/1988	Perth, WA

Her road times were even faster with her 10 km road best standing at 42:52.0 and her 20 km road best reduced to 1:32:51.0.



1987 – Kerry races to 2nd place in the IAAF World Championship 10 km roadwalk in Rome

The 1988/1989 season saw her walking even faster with a whole swag of new records. At the end of the season, the new standards read

3000m Open Track Walk	12:13.75	Kerry Saxby (NSW)	02/02/1989	Sydney, NSW
5000m Open Track Walk	20:32.75	Kerry Saxby (NSW)	19/03/1989	Brisbane, QLD
10000m Open Track Walk	42:46.45	Kerry Saxby (NSW)	14/01/1989	Sydney, NSW

But once again, she had faster times that were not eligible - her indoor 3000m track time of 12:01.65, done in Budapest in March 1989, her 10 km road time of 41:29.7, done in Canberra in August 1988 and her 20 km road time of 1:29:40, done in Varnamo in May 1988.

Many of her Australian records were also World records. This was certainly the case in 1990 with her new new 5000m track time of 20:17.19

5000m Open Track Walk	20:17.19	Kerry Saxby (NSW)	14/01/1990	Sydney, NSW
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One record had sat quietly unchallenged all this time, namely Sue Cook's 1984 1500m time of 6:10. Kerry saw to it in no uncertain terms in January 1991, recording a new standard of 5:50.41. She also reduced her 3000m World Record to 11:51.36 in March 1990 and broke the 10000m world record with 41:57.22 in July 1990 in the Goodwill Games (although failing to win that particular race by 1 second – a rare loss on the international stage).

1500m Open Track Walk	5:50.41	Kerry Saxby (NSW)	20/01/1991	Sydney, NSW
3000m Open Track Walk	11:51.26	Kerry Saxby (NSW)	07/02/1991	Melbourne, VIC
10000m Open Track Walk	41:57.22	Kerry Saxby (NSW)	24/07/1990	Seattle, USA

I well remember her 11:51 as it beat my best ever track 3000m of 11:53. It was a shattering experience!

That year, the Australian record lists were extended to include the 10 km and 20 km road walks and Kerry was, of course, awarded the inaugural records with performances as follows

10 km Open Road Walk	41:30	Kerry Saxby (NSW)	27/08/1988	Canberra, ACT
20 km Open Road Walk	1:29:40	Kerry Saxby (NSW)	13/05/1988	Sweden

Kerry now held 6 of the 7 Australian walking records on offer – 1500m, 3000m, 5000m, 10000m, 10 km and 20 km. The only one she had not broken was Sue Cook's 1 Hour track.

In 1992, one further record category was added – the 2 Hour Track walk. The inaugural record went to Carolyn Vanstan of Victoria.

2 Hour Open Track Walk	22,747.10m	Carolyn Vanstan (VIC)	20/06/1992	Melbourne, VIC
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In 1994, the 1 Hour track walk record fell, this time to another Victorian in Wendy Muldoon but this was simply a case of a record category that Kerry did not bother to attack. She still dominated the rankings over all the major distances and was still ahead of all her opposition by the proverbial mile.

1 Hour Open Track Walk	12,805.20m	Wendy Muldoon (VIC)	25/06/1994	Melbourne, VIC
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It was amazing to see Kerry maintain such a high level of performance over so many years – it was now over 10 years since she had taken her first Australian record but in 1996, at nearly 35 years of age, she showed that she still had plenty of petrol left in the tank with a new Australian 5000m track record – 20:03.0!

5000m Open Track Walk	20:03.0	Kerry Saxby (NSW)	11/02/1996	Sydney, NSW
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In 1997/1998, the 1500m, 3000m and 1 Hour Track Open Record categories were dropped. That left Kerry holding the 5000m track, 10000m track, 10 km road and 20 km road and Carolyn Vanstan holding the 2 Hour Track.

In 1999, Victorian walker Simone Wolowiec broke the 2 Hour Track walk record with a distance of 23,496.50m

2 Hour Open Track Walk	23,496.50m	Simone Wolowiec (VIC)	03/07/1999	Box Hill, VIC
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In 2000, one further record category was added with the 15 km road and it was awarded to Victorian Wendy Muldoon for her 1999 time of 1:14:49.9

15 km Open Road Walk	1:14:49.9	Wendy Muldoon (VIC)	05/05/1999	VIC
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Jane Saville had first defeated Kerry in the 1998 Commonwealth Games 10 km road walk in Kuala Lumpur and she had continued to steadily reduce her times in the next couple of years. In 2000 she took her first Australian record, namely the 20 km road.

20 km Open Road Walk	1:28:56	Jane Saville (NSW)	06/05/2000	Copenhagen, DEN
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In 2002, the 20,000m track walk was also added to the record list but this time it was Kerry who was awarded the inaugural honour with her time of 1:33:40 in the 2001 Goodwill Games in Brisbane – done at 40 years of age!

20,000m Open Track Walk	1:33:40.2	Kerry Saxby (NSW)	06/09/2001	Brisbane, QLD
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The most recent Australian Open record was set by Jane Saville in May 2004 when she recorded a Commonwealth record time of 1:27:44 in the World Racewalking Cup. Her time was just over 1 minute outside the world record.

20 km Open Road Walk	1:27:44	Jane Saville (NSW)	02/05/2004	Naumburg, GER
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In summary, there are now 7 Open records for women and the holders are as follows

5000m Open Track Walk	20:03.0	Kerry Saxby (NSW)	11/02/1996	Sydney, NSW
10000m Open Track Walk	41:57.22	Kerry Saxby (NSW)	24/07/1990	Seattle, USA
20000m Open Track Walk	1:33:40.2	Kerry Saxby (NSW)	06/09/2001	Brisbane, QLD
2 Hour Open Track Walk	23,496.50m	Simone Wolowiec (VIC)	03/07/1999	Box Hill, VIC
10 km Open Road Walk	41:30	Kerry Saxby (NSW)	27/08/1988	Canberra, ACT
15 km Open Road Walk	1:14:50	Wendy Muldoon (VIC)	05/05/1999	VIC
20 km Open Road Walk	1:27:44	Jane Saville (NSW)	02/05/2004	Naumburg, GER



Jane Saville wins the 2006 Commonwealth Games 20 km roadwalk – her Australian record distance

And to finish off, a selection of Australian All-Time top twenty for 3 of the key distances – 5000m track, 10 km road and 20 km road.

Australian Women All Time – 5000m track walk

1.	20.03.0	Kerry Saxby-Junna	N	20661	1	Sydney	11/02/96
2.	21.25.6	Anne Pembroke-Manning	N	131159	mix	Sydney	12/02/94
3.	21.32.26	Jane Saville	N	51174	1	Melbourne	01/03/97
4.	21:34.23	Natalie Saville	N	70978	2	Melbourne	01/03/97
5.	21.45.16	Lisa Sheridan-Paolini	N	101262	1	Sydney	20/02/00
6.	21.46.70	Kellie Wapshott	V	230381	mix	Melbourne	10/02/08
7.	21.47.6	Gabrielle Blythe	V	90369	mix	Canberra	12/03/93
8.	21:57.26	Claire Woods	S	60781	1	Adelaide	13/02/08
9.	21.59.0	Teresa Letherby	Q	50472	3	Sydney	11/02/96
10.	22.01.50	Linda Coffee	N	310777	2	Sydney	18/02/96
11.	22:04.39	Cheryl Webb	N	31076	3	Brisbane	03/03/06
12.	22.04.42	Sue Orr-Cook	V	230458	1	Melbourne	01/04/84
13.	22.05.76	Michelle French	N	10482	2	Melbourne	19/02/06
14.	22:07.50	Tanya Holliday	S	210988	mix	Adelaide	26/11/05
15.	22:08.00	Megan Szirom	V	180877	1	Melbourne	23/06/07
16.	22.08.5	Jenny Jones-Billington	Q	200467	4	Brisbane	06/03/93
17.	22.08.76	Jess Rothwell	V	180689	mix	Melbourne	10/02/08
18.	22.13.0	Simone Wolowiec	V	120274	mix	Melbourne	20/11/97
19.	22.15.0	Sally Pierson	V	100363	1	Melbourne	27/01/84
20.	22.15.5	Jane Lewry-Barbour	S	270766	1	Adelaide	16/02/94

Australian Women All Time – 10 km road walk

1.	41.30	Kerry Saxby-Junna	N	20661	Ath Aust Website	27/08/1988
2.	42.15	Jane Saville	N	51174	Eisenhutzenstadt	8/05/1999
3.	43.28	Gabrielle Blythe	V	90369	Hawkesbury	10/07/1993
4.	44.27	Anne Pembroke Manning	N	131159	Melbourne	21/01/1996
5.	45.10	Natalie Saville	N	70978	Melbourne	27/02/1997
6.	45.15	Lisa Sheridan Paolini	N	101262	Sydney	17/08/2000
7.	45.18	Jill Barrett-Maybir	NT	130764	Melbourne	27/02/1997
8.	45.19	Sue Cook	V	230458	Brisbane	28/06/1987
9.	45.20	Cheryl Webb	N	31076	World Cup 20km	2/05/2004
10.	45.22	Wendy Muldoon	V	270571	Melbourne	19/07/1998
11.	45.25	Lorraine Young Jachno	V	210959	Melbourne	19/05/1991
12.	45.38	Sally Pierson	V	100363	Melbourne	8/05/1982
13.	45.40	Simone Wolowiec	V	120274	Melbourne	14/12/1997
14.	45.45	Jess Rothwell	V	180689	Melbourne	23/02/2008
15.	45.51	Jane Lewry Barbour	S	270766	Melbourne	21/01/1996
16.	46.06	Jenny Jones Billington	Q	200467	Canberra	28/08/1993
17.	46.06	Teresa Letherby	Q	50472	Melbourne	17/12/1995
18.	46.30	Megan Szirom	V	180877	Melbourne	2/06/2007
19.	46.35	Lyn Ventris	W	21056	Canberra	8/02/2002
20.	46.50	Bev Wilkins Hayman	N	090561	Richmond	24/05/1986

Australian Women All Time – 20 km road walk

1.	1:27.44.0	Jane Saville	N	51174	4	Naumburg,Germany	2-May-04
2.	1:29.36.0	Kerry Saxby-Junna	N	20661	2	Naumburg,Germany	30-Apr-00
3.	1:31.34.0	Natalie Saville	N	70978	25	Naumburg,Germany	2-May-04
4.	1:31.43.0	Cheryl Webb	N	31076	26	Naumburg,Germany	2-May-04
5.	1:32.57.0	Kellie Wapshott	V	230881	2	Melbourne	23-Feb-08
6.	1:33.02.0	Claire Woods	S	60781	3	Melbourne	23-Feb-08
7.	1:33.00.0	Lisa Sheridan-Paolini	N	101262	1	Sydney	8-Jul-00
8.	1:34.27.0	Anne Pembroke-Manning	N	131159	1	Hawkesbury	10-Jul-93
9.	1:34.35.0	Wendy Muldoon	V	270571	1	Melbourne	16-Aug-98
10.	1:34.44.0	Simone Wolowiec	V	120274	1	Canberra	16-Jan-00
11.	1:34.44.0	Lyn Ventris	W	21056	1	Melbourne	16-Dec-01
12.	1:36.16.0	Jenny Jones-Billington	Q	200467	2	Hawkesbury	10-Jul-93
13.	1:36.19.0	Sally Pierson	V	100363	1	Melbourne	15-Jul-84
14.	1:36.23.0	Sue Orr-Cook	V	230458	1	Canberra	7-Jul-84
15.	1:36.37.0	Megan Szirom	V	180877	5	Melbourne	23-Feb-08
16.	1:36.40.0	Lisa Grant	N	260485	4	Sydney	4-Feb-06
17.	1:37.32.0	Michelle French	N	10482	3	Melbourne	2-Dec-06
18.	1:37.34.0	Jess Rothwell	V	180689	1	Canberra	27-Jan-08
19.	1:37.34.0	Teresa Letherby	Q	50472	2	Adelaide	3-Sep-95
20.	1:37.48.0	Jill Barrett-Maybir	NT	130764	1	Sydney	7-Sep-97

WHAT'S COMING UP

The VRWC summer season fixture has now been mailed out to all those on the mailing list. One additional date has been added, namely Thursday 29 January when we will host 5000m walks at Olympic Park. See our website (<http://www.vrwc.org.au>) for full details of all events. In summary, we will hold 7 events over the summer with dates as follows

Sunday 19 October 2008,	VRWC Events, Albert Park
Sunday 16 November 2008	VRWC Events, Albert Park
Sunday 7 December 2008	VRWC Events, Albert Park
Sunday 18 January 2009	RWA Summer Postal Race, Clifton Hill
Thursday 29 January 2009	VRWC events, Olympic Park
Sunday 15 February 2009	VRWC Events, Albert Park
Sunday 22 March 2009	VMA Championships & VRWC Events, Venue to be confirmed

DATES...DATES...DATES

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

Victorian & National Fixture – Summer 2008/2009

Sept 30 – Oct 2, 2008	Australian University Games, Melbourne (the 5000m walks are on October 2 nd at Olympic Park)
Sat 18 Oct, 2008	AV Shield Competition, Round 1
Sun 19 Oct, 2008	VRWC road races, Albert Park
	VLAA Racewalking Clinic and Walk Judging Seminars, George Knott Reserve, Clifton Hill, 10:30AM-12:30PM. See Shane Bertrand (shane.bertrand@vlaa.asn.au)
Sat 25 Oct, 2008	AV Shield Competition, Round 2 (2000m walk)
Sat 1 Nov, 2008	AV Shield Competition, Round 3 (3000m/1500m walks)
Nov 7-9, 2008	Victorian All Schools T&F Championships, U14-U18, Olympic Park, Melbourne
Sat 15 Nov, 2008	AV Shield Competition, Round 4
Sat 22 Nov, 2008	AV Shield Competition, Round 5 (2000m walk)
Sun 23 Nov, 2008	E.M.H's Super Sunday (Junior T&F Meet) Olympic Park, Melbourne 800m Walk U12 U13, 1500m Walk U14 U15, 2000m Walk U16 U17 U18
Sat 29 Nov, 2008	AV Shield Competition, Round 6 (3000m/1500m walks)
Nov 29 – Dec 6, 2008	8th Pacific School Games, Canberra
Sat 6 Dec, 2008	AV Shield Competition, Round 7
Sat 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk)
Sun 14 Dec, 2008	2008 Australian 50 km championship, Fawkner Park, Melbourne
Sat 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Sat 10 Jan, 2009	Canberra GP Series Meet (probably no walks this year due to early scheduling)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	Victorian Country Championships, Landy Field, Geelong
Sat 31 Jan, 2009	AV Shield Competition, Round 12 (3000m/1500m walks)
Sat 7 Feb, 2009	AV Shield Competition, Region Finals (2000m walk)
Sat 7 Feb, 2009	Australia Cup GP Series Meet, Queensland (elite 5000m walk?)
Sat 14 Feb, 2009	AV Shield Competition, Shield Final (2000m walk)
Feb 19-22, 2009	Victorian Open and U20 T&F Championships, Olympic Park, Melbourne
Feb 21-25, 2009	2009 Australian Masters Games, Geelong - http://www.AustralianMastersGames.com

Feb 27-Mar 1, 2009 **Victorian Youth T&F Championships, Olympic Park, Melbourne**
Sat 7 March, 2009 **2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne**
Mar 28-29, 2009 AV Overage & Victorian Masters T&F Championships, venue TBC
Apr 3-5, 2009 **Australian U20 All Schools, U20 & U23 Championships, SA (includes 10,000m walk)**

2008 IAAF Race Walking Challenge (remaining races)

Sept 21, 2008 IAAF Race Walking Challenge Final, Murcia, Spain

2009 International Fixture

May 24, 2009 EAA Race Walking Cup, Metz, France
July 1-12, 2009 **25th World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>
July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy**
July 28 – Aug 8, 2009 **XVIII World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **IAAF World Championships in Athletics, Berlin, Germany.** See <http://www.iaaf.org/wch09/index.html>
Oct 10-18, 2009 **World Masters Games, Sydney.** See <http://www.2009worldmasters.com>

2009 IAAF Race Walking Challenge

Mar 14-15, 2009 Chihuahua, Mexico
Apr 4-5, 2009 Rio Major, Portugal
Apr 18-19, 2009 Wuxi, China
May 1, 2009 Sesto S Giovanni, Italy
May 30, 2009 Krackow, Poland
June 20, 2009 La Coruna, Spain
Aug 15-23, 2009 IAAF World Championships, Berlin
Sept 19, 2009 IAAF Challenge Final, Saransk, RUS

EAA Permit Walks 2009

Mar 8, 2009 Lugano, Switzerland
Mar 28, 2009 Dudince, Slovakia
Mar 28, 2009 Ibiza, Spain
Apr 25, 2009 Podebrady, Czech Republic
June 12, 2009 Altyus, Lithuania
June 28, 2009 Dublin, Ireland

2010 International Fixture

TBA **World Junior Championships, Moncton, Canada**
May 8-9, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

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