



HEEL AND TOE ONLINE

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AUSTRALIAN UNIVERSITY GAMES, MELBOURNE, 30 SEPT – 2 OCT 2008

The 2008 Australian University Games were held in Melbourne last week and, amongst the events on offer in the Track and Field program were 5000m walks for men and women. **Tom Barnes**, representing Melbourne University, was the star performer, breaking his own Australian University Games record of 21:20.43, set in 2006. Tom's time of 21:09.13 is not his fastest ever but does indicate that he is in good form. University of Sydney walker Jessica Heazlewood was the winner of the women's walk in 24:10.92.

5000 Meter Race Walk Men

1.	Barnes, Thomas	Melb	21:09.13
2.	Humphrey, Aaron	Utas	27:38.71
3.	Rohwedder, Arno	Uwa	32:21.16
4.	Carlton, Joseph	UQ	34:53.11
5.	Atkinson, Cody	Une	34:53.12
6.	Hall, Thomas	UQ	40:36.48
	Smith, Andrew	Csu	DQ

5000 Meter Race Walk Women

1.	Heazlewood, Jessica	Usyd	24:10.92
2.	Fagan, Nicole	Mqu	24:50.12
3.	Lee, Rebecca	Acpe	25:04.51
4.	Alldis, Fiona	Uts	25:24.61
5.	Holloway, Tanya	Mdu	27:03.95
6.	Tonti-Filippini, Justi	Ecu	27:49.75
7.	Simmons, Emma	Ecu	29:12.89
8.	Smith, Kimberly	Unda	32:18.63
9.	Brunton, Caitlin	Mon	33:45.91
	Knapton, Susan	Uws	DNF

NAME THE MYSTERY WALKER

This week, I present a photo that I am sure not many people will have seen so it is a chance to lay down a challenge to name the mystery walker on the left, with spectacles. To be correct, you have to name the walker, the year and the meet. I will publish the first correct email response (or the best effort if no one gets all three answers correct). Hint – he became one of our greatest ever male walkers.



AA RELEASES ITS SELECTION CRITERIA FOR THE 2009 WORLD YOUTH GAMES

The IAAF World Youth Games are held in odd numbered years so 2009 sees the next scheduling in Bressanone in Italy on July 8-12. The Games are an Under 18 competition and include a 10,000m track walk for boys and a 5000m track walk for girls. The AA walks qualification standards have been set at

5000m Walk Girls	24:25.00
10000m Walk Boys	45:20.00

The Boys standard is the same as in 2007 and the Girls standard has been brought down 20 secs from 24:45. I regard the standards as quite fair and I think that we will have a number of young walkers who can reach the required standards. In fact, we already have 2 male qualifiers in Dane Bird-Smith (QLD)45.00 and Sean Fitzsimons (WA) 45.10.

You can read the full details at http://www.athletics.com.au/community/412/high_performance_news/world_youth/selection_policy
Here is a quick summary

The walks qualifying period extends from 1 August 2008 until 5 April 2009.

The qualifying standards must be achieved in competitions accepted and certified by Athletics Australia. Qualifying performances in mixed events will not be accepted. For the avoidance of any doubt, achievement of the required number of qualifying performances within the qualifying period will not give an athlete a right to selection. Selection criteria are set out in clause 5 below.

There will be no selection trials for Athletics Australia's Team. Selection of the Team will be at the discretion of the Selectors. In exercising their discretion the Selectors will consider performances by athletes at the following events:

- Pacific School Games/Australian All Schools Athletics Championships, Canberra, 29 November - 6 December 2008
- Australian Youth Olympic Festival (Sydney, 14-18 January 2009)
- Athletics Grand Prix Series (2009)
- Australian Athletics Championships (Brisbane, 19-21 March 2009)
- Australian Under 20-All Schools Under 20 Championships (Adelaide, 03-05 April 2009)
- Australian U18 Combined Events Championships (Hobart, 31 Jan ? 01 Feb 2009)
- The Athlete's Member Association State Championship, as long as those championships are within the qualifying period
- Australian Youth (U18) Match (Brisbane, 20-21 March 2009)
- For the Men's 10,000m Walk only, the 2009 Australian U20 Championships (Adelaide April 3-5, 2009) and one of the following approved qualifying opportunities for the Men's 10,000m Walk:
- Australian Winter Walking Championships August 24, 2008
- National 50km Championships Melbourne Dec 14, 2008 (10km U20 race)
- National 20km Championship March 9, 2009 (10km U20 race)

The Team will be selected the week commencing 13 April 2009 and announced as soon as practical thereafter.

Good luck to all our Under 18 walkers over the summer.

CALLING ALL VICTORIAN MASTERS WALKERS

The Victorian Masters website (now administered by webmaster extraordinaire Ralph Bennett) is a wealth of information. One of my favourite sections is the Records section (<http://www.vicmastersaths.org.au/records.html>) where Clyde Riddoch's current list of Victorian, Australian and World Masters records can always be found. Clyde's latest listings, as of August 2008, are now online. Amongst the recent records are three Australian/World bests – well done to Andrew Jamieson and Margaret Beaumont for their new world standards

M60 20km Road Walk	Andrew Jamieson	1:35:38.9	98.5% WB
M60 30km Road Walk	Andrew Jamieson	2:29:45.7	96.9% WB
W70 20km Road Walk	Margaret Beaumont	2:45:11	76.9% AB

And a special note from Alan Lucas:

With the summer season due to start soon I thought it might be timely to remind VMA members that 15k records were added to the list of records at this year's VMA AGM. Clyde is collecting claims and will issue certificates for the best performances next April when the distance will be added to the normal list of official record distances.

There are some good opportunities over the next 5 months for walkers to register a time for the distance and all divisions are open. In addition anyone who has recorded a time for 15k in a championship event in the past and was a member of VMA/VVAC at the time is also welcome to submit that for consideration as well.

What better way to kick off the summer season than to walk the 15 km events on offer at Albert Park. Our first 15 km event is on Sunday 19th October. See you then!

And finally, here are a subset of the Victorian Masters walking records. An * indicates that the performance is also the Australian Masters record. An # indicates that it is the World best. These are pretty impressive by any standard! I can hardly wait to see that the inaugural 15 km list looks like when it is published in Apri..

10k ROAD WALK (BEST ON RECORD)

M30	Adam Patterson	67.06	07/04/2007	Hobart
	*David Smith	38.20.9	15/09/1985	Sydney
M35	Mark Donahoo	43.45	09/04/1994	Box Hill

M40	*Mark Donahoo	43.47.9	26/06/1999	Middle Park
M45	*Mark Donahoo	46.40.4	21/06/2003	Middle Park
M50	*Andrew Jamieson	45.41	26/06/1999	Middle Park
	*Willi Sawall	44.10.1	05/01/1992	Albert Park
M55	*Andrew Jamieson	46.32.8	30/07/2005	Middle Park
M60	#Andrew Jamieson	46.22.1	21/07/2007	Middle Park
M65	*Ralph Bennett	51.56	18/08/2007	Middle Park
M70	*Tom Daintry	54.17	09/05/1981	Christchurch
M75	*Tom Daintry	64.39	22/07/1990	Mulgrave
M80	*Tom Daintry	64.23	25/04/1993	Knox
M85	*George Knott	88.29	31/03/1997	Olympic Park
M90	#Gus Theobald	77.52	22/01/1990	

20k ROAD WALK (BEST ON RECORD)

M30	unclaimed			
	*David Smith	1.19.22	19/07/1987	
M35	*Willi Sawall	1.24.04.3	23/03/1980	Sydney
M40	#Willi Sawall	1.21.36	04/07/1982	Albert Park
M45	*Willi Sawall	1.25.03	27/08/1988	Canberra
M50	*Andrew Jamieson	1.34.38	18/07/1999	Middle Park
M55	*Andrew Jamieson	1.35.12.7	18/08/2001	Coburg
M60	#Andrew Jamieson	1.35.38.9	24/06/2008	Middle Park
M65	*Ralph Bennett	1.50.54	16/12/2007	Middle Park
M70	*Tom Daintry	2.00.16	08/04/1985	Hobart
M75	*Tom Daintry	1.59.20	22/06/1986	Murrumbena
M80	*Gus Theobald	2.11.54.4	13/08/1977	Swedon
M85	#Gus Theobald	2.26.07	21/08/1982	
M90	#Gus Theobald	2.34.01	21/04/1987	NSW

10k ROAD WALK (BEST ON RECORD)

W30	Kylie Bonney	53.01	17/01/2002	Geelong
	Lorraine Jachno	45.25	16/06/1990	Grasseau
W35	Heather McDonald	50.51	7/89	Eugene USA
W40	Heather McDonald	49.37	16/06/1990	Grasseau
W45	Heather McDonald	50.35	04/06/1995	Geelong
W50	Heather Carr	52.26	26/05/2001	Middle Park
W55	#Heather Carr	53.41.1	21/07/2007	Middle Park
W60	#Brenda Riley	55.12	19/09/2004	Middle Park
W65	#Brenda Riley	55.31.8	13/11/2005	Middle Park
W70	*Jean Albury	62.31	24/04/2000	Hobart
W75	Jean Knox	74.27	12/10/2002	Olympic Park
W80	*Nance Jeffreys	77.32	10/89	Adelaide
W85	*Nance Jeffreys	92.41	08/10/1995	Olympic Park

20k ROAD WALK (BEST ON RECORD)

W30	Justijana Roseman	1.56.56	13/01/2008	Middle Park
	Simone Wolowiec	1.34.49	31/4/05	
W35	Heather McDonald	1.52.12	08/05/1988	Melbourne
W40	Heather McDonald	1.42.22	20/08/1989	Melbourne
W45	Kathy Woodward	1.48.01	08/05/1994	Knox
W50	Celia Johnson	1.53.05	16/08/1998	Middle Park
W55	*Heather Carr	1.54.17	19/08/2006	Middle Park
W60	unclaimed			
W65	#Brenda Riley	1.57.39	17/12/2006	Middle Park
W70	*Margaret Beaumont	2.45.11	24/03/2008	Blacktown

WHAT'S COMING UP

The Summer Season is now upon us so there's no excuse for resting on your laurels any longer!

- The various Victorian Little Athletics centres have now started and our young walkers will be contesting 1500m track walks on the weeks when they are scheduled.
- The Bendigo and Geelong Regions kicked off their Athletics Victoria Shield competition last Saturday and Geelong will have Round 2 (with walks) this coming Saturday 11th October.
- The Geelong Walkers Club season starts on the 9th Oct (Thursday) at 6.15pm with a 1600m handicap race at the Corio Track.
- The Melbourne based Athletics Victoria Regions and the Ballarat Region kick off their Shield competitions on Saturday 18th October
- VRWC kicks off its summer season with road walks at Albert Park on Sunday 19th October.

FROM THE ARCHIVES

The following photo, taken in 1969 at the Paddington Track in central London, shows a group of walkers relaxing with a beer after a Wednesday night walking race. What is extraordinary about this photo is that the majority of these walkers were international representatives at one time or another. In other words, a Wednesday night club race saw the cream of England's walkers come together to race each other.

This was one of the reasons why England was at the top of world walking at that time. The club system was so incredibly strong and National championships boasted fields of well over 100 walkers with incredible depth of performance. Any environment that throws a lot of talented walkers together to train and race against each other is going to bring out the best in everyone – and this was certainly the case in England at that time.

Back Row Left to Right: Alan Callow, Bob Dobson, Julian Hopkins, John Lees, Jackie Lord, Colin Young, Carl Lawton, Roger Mills, Bill Sutherland, Charlie Fogg, Shaun Lightman, Ray Middleton, Peter Marlowe, Ken Carter
Front Row: Len Duquemin, Peter Hodgkinson

What a list of names!

On this particular occasion, Peter Hodgkinson was first to finish and he is shown holding the bouquet of flowers awarded to the winner.



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

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 Krakow, 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>)