



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2007/2008 Number 7
10 November 2008



VICTORIAN ALL SCHOOLS U14-18 TRACK AND FIELD CHAMPIONSHIPS

The first walks on the Saturday morning were the Under 15 and Under 16 3000m. Brad Simpson and Rachel Tallent took an early lead, followed by Amy Burren and Lewis Clark. This sorted out the four winners and it was then just a case of seeing how it all panned out. Brad was too strong and walked away to be the first finisher in 14:21. Lewis Clark came through strongly and was next to finish in 14:28. Rachel Tallent held on for 14:33, a little ahead of Amy Burren with 14:37. Matthew Felton, Hilary Brazel and Cassie Raselli were the next to finish, all well inside the 15:30 mark. Overall, a very good race and quite a high standard.



Girls 3000 Meter Race Walk Under 15

Table with 4 columns: Rank, Name, Age, School, Time. Lists top 5 girls for the 3000m race walk under 15.

Girls 3000 Meter Race Walk Under 16

Table with 4 columns: Rank, Name, Age, School, Time. Lists top 3 girls for the 3000m race walk under 16.

Boys 3000 Meter Race Walk Under 15

Table with 4 columns: Rank, Name, Age, School, Time. Lists top 3 boys for the 3000m race walk under 15.

Boys 3000 Meter Race Walk Under 16

Table with 4 columns: Rank, Name, Age, School, Time. Lists top 4 boys for the 3000m race walk under 16.



Winners Rachel Tallent, Brad Simpson, Amy Burren and Lewis Clark

The second walking event on Saturday was the Under 14 1500m and this saw big fields with walkers aged from 11 upwards. Amelia Finnegan was boxed in early but, when she broke clear, she was unstoppable. Passing the 400m mark in 1:40, she powered through to a final time of 7:10. The race for the minor medals in the girls event was very exciting with Stephanie George passing Ebony Whiley and getting what looked like a definitive break before Ebony fought back to win the final straight with 7:17 as against 7:19. The boys event was more clearcut with Ryan Andidormi, Aaron Gardner and Jeremiah Jones well ahead of the others. In what was a very fast and high quality event, most of the walkers recorded PBs, some by as much as 30 seconds. Thanks to Simon Baker for all Saturday photos.



Stephanie George and Ebony Whiley chase winner Amelia Finnegan in the Under 14 Girls 1500m



The Under 14 boys medallists – Ryan Antidormi, Aaron Gardner and Jeremiah Jones

Girls 1500 Meter Race Walk Under 14

1.	Finnegan, Amelia	95	MAT	7:10.91
2.	Whiley, Ebony	95	CCB	7:17.41
3.	George, Stephanie	96	Kilsyth PS	7:19.86
4.	Burren, Sarah	96	St Marks Primary	7:25.59
5.	Hockley Samon, Jmara	95	Clonard College	7:31.47
6.	Albert, Ashley	95	Killester College	7:37.37
7.	Heard, Amanda	95	GVG	7:40.28
8.	Guy, Rebecca	95	Berwick PS	7:52.05
9.	Wilson, Jessey	96	SJP	7:53.42
10.	Bertrand, Carly	96	Killara PS	7:57.83
11.	Irshad, Jasmine	97	Boronia West	7:58.41
12.	Campbell, Grace	95	WEE	7:59.73
13.	Gelov, Lauren	95	Rosehill SC	8:41.60
14.	Madge, Georgia	96	TIN	8:49.70
15.	Campbell, Rebecca	97	SYD	8:53.86
16.	Barbour, Bethanie	96	Bell PS	8:54.33

Boys 1500 Meter Race Walk Under 14

1.	Antidormi, Ryan	95	Emmaus College	7:24.71
2.	Gardner, Aaron	95	Maribyrnong College	7:33.60
3.	Jones, Jeremiah	97	St Thereses	7:43.48
4.	Taylor, Lucas	96	Mt Evelyn PS	7:55.92
5.	Heiden, Dane	97	SJP	7:58.03

6.	Maskell, Benjamin	96	Bouchier St PS	8:23.81
7.	McShanag, Connor	96	SCT	8:23.84
	Hanson, Mathew	95	Beaconhills SC	DNS
	Hogan, Andrew	96	Amsleigh Park PS	DNS

The Under 17 and Under 18 5000m walks were not held until 4PM on Sunday and by then conditions were every hot and oppressive. Times were obviously effected as walkers tried to cope with a track temperature that was quite high. Regan Lamble was in a class of her own as she led from start to finish with 25:08. As usual, Nicholas Mirarchi started slowly but worked his way though the field to finish next with 25:24. Beth Alexander, Rachel Tallent and Amy Burren had a great battle but it was Beth who was the strongest of the group, moving away towards the end to record 25:37. Rachel was next with 25:48, a good effort after her 3000m walk win the previous day. Amy Burren was below par on this occasion and was forced to retire at around the 3km mark but still had her gold from the Saturday so did not finish empty handed. Filip Cosic was the other winner, taking the Under 17 boys event with 27:25.



Regan Lamble, Filip Cosic, Rachel Tallent, Beth Alexander, Nicholas Mirarchi and Amy Burren

Girls 5000 Meter Race Walk Under 17

1.	Alexander, Beth	92	Brentwood SC	25:37.35
2.	Tallent, Rachel	93	Ballarat HS X	25:48.39
3.	Maskell, Katrina	92	Shepparton HS	33:45.72
	Burren, Amy	94	Killester College	DNF
	Gage, Mykaela	92	SAG	DNS
	Trew, Keely	92	Eaglehawk SC	DNS

Girls 5000 Meter Race Walk Under 18

1.	Lamble, Regan	91	Strathcona Bggs	25:08.43
2.	Shaw, Kirstin	91	Unattached	29:04.91
	Laurie, Natalie	91	Kingswood College	DNS

Boys 5000 Meter Race Walk Under 17

1.	Cosic, Filip	92	MHS	27:25.73
2.	Evans, Rhys	92	Lynhurst SC	31:54.74

Boys 5000 Meter Race Walk Under 18

1.	Mirarchi, Nicholas	91	St Joseph's College	25:24.99
2.	Platt, Joshua	91	Mt Clear SC	29:46.50
	Cowley, Rhydian	91	MHS	DNS

Results from Proclamation Park Walking Club races, Wednesday 5th November 2008

Simon Baker passed on the results from last Wednesday's Proc Park walking. He took his training group out for a final hitout before the Schools champs and times were fast by the look of things.

U9 1100m Walk	Simon Duval	6:32
U10 1100m Walk	Kirstin Walburg	7:04
U12 1500m Walk	Bianca Attard	8:17
U14 1500m Walk	Jess Callaway	7:44
U16 1100m Walk	Brad Simpson	5:30
U16 1500m Walk	Beth Alexander	7:39
U20 1500m Walk	Tamara Attard	7:44
Open 2000m Walk	Noella Bannon	10:55

LAST WEEK'S MYSTERY PHOTO



This photo had been supplied by AIS Coach **Brent Vallance** so, of course, he knew all the walkers and was quick to put in the correct answer. A second correct answer was also supplied by **Nathan Deakes** who was also a competitor. Well done by both the boys! The event was the Adelaide Grand Prix 20 km walk, held on the Australia Day weekend in January 1998.

Left to right - **Darren Bown, Liam Murphy, Troy Sundstrom, Duane Cousins, Dion Russell, Brent Vallance, Nick A'hern, Nathan Deakes, Christian Bone, Craig Barrett.**

Brent explained the photo as follows

The race started and finished inside the new Santos Stadium, and competitors walked 19 laps in the car park, laps being an odd distance (about 990m). We even finished at the top of the straight, and not at the finish line. I remember it as the day Cathy Freeman was named Australian of the Year, and then came and ran the 400m later that afternoon. This was Nathan's first race as an AIS Athlete. Nathan walked 80:15 on the same course the following year beating Nick for the first time and they both broke 81:00 (a very fast race, but something that we've become accustomed of late).

Full results record Nick as the winner ahead of Craig Barrett (who walked a NZ national record) and Brent in third place.

1.	Nick A'Hern	AIS (NSW)	1:21:40
2.	Craig Barrett	NZ	1:22:20
3.	Brent Vallance	NSWI	1:25:00
4.	Nathan Deakes	AIS/VIC	1:26:49
5.	Troy Sundstrom	NSWI	1:28:19
6.	Dion Russell	AIS/VIC	1:29:56
7.	Darren Bown	SA	1:30:44
8.	Duane Cousins	AIS/VIC	1:32:09
9.	Christian Bone	WAIS	1:37:51
	Liam Murphy	SA	DNF

A women's 10,000m track walk was also on offer and Kerry Saxby-Junna was a dominant winner.

1.	Kerry Saxby-Junna	AIS/NSW	43:56.2
2.	Jane Saville	AIS/NSW	45:19.7
3.	Anne Manning	NSWI	46:37.6
	Natalie Saville	NSWI	DNF
	Cheryl Webb	NSW	DNF
	Rinnah Tanner	NSW	DNF

VICTORIAN MASTERS WALK INFO

VMA Secretary Alan Lucas advises as follows on two important events on the Victorian Masters Summer calendar:

Just a note to confirm that the 2009 Victorian Masters T&F titles will be held on **March 28-29** and the venue will be **Box Hill**. These events will be a combined AV/VMA competition and only one set of medals will be awarded for each event and division. All events per past VMA Championships will be held using VMA specifications and for all divisions in 5 year age groups. AV will be handling entries so VMA members need to be aware to follow correct entry requirements which will be published by AV nearer the time. VMA will be publicising the events fully when all information is available.

AMA is again conducting **Postal Relay Championships** and the walk relays will be held at the **East Burwood** venue on **Thursday 26 February 2009 at 7.00pm**. As was the case this year, teams are divided into decade age groups and an older competitor can step down to a younger division. Teams must compete in the age group of their youngest member on the night. It is ok to have more than one team in a division if there are enough competitors. The event is again a **4 x 800 metres** race and this year all Victorian teams were successful in winning their respective divisions.

NEXT WEEK'S MYSTERY PHOTO

It's time for a tough one, at least for us Aussies. This photo shows two walkers who competed in multiple Olympic Games for their respective countries in the sixties and seventies. As usual first correct entry!



WAVERLEY LITTLE ATHLETICS CENTRE OPEN DAY, SUNDAY 30 NOVEMBER 2008

A special "plug" for the Waverley Little Athletics Centre Open Day on Sunday 30th November. Since many of our best walkers will be in Canberra for the Pacific School Games, the door is opened for other walkers to step up and compete for the 40th Anniversary medals on what is a premier grass track. We all raced on grass tracks in my heyday and a good fast grass track is a great surface on which to walk fast. See the link at <http://www.waverleylittleaths.org/Intranet/Pages/OpenDay2008.htm>

Entry is available "on-line" and includes a FREE 40th Anniversary drink bottle to all entrants. The walks are usually on at around 3:30pm and the organisers have plenty of entertainment for other family members. VRWC member Lindsay Harrison is one of the main organisers. Mark it in your season calendar.

LIZ FELDMAN SETS NEW AUSTRALIAN MASTERS RECORD

Liz Feldman, competing by invitation at the AV shield at Glenhuntly on Saturday, 1st November recorded a time of **16:34** for the 3000m. This set new **Australian and Victorian W60 Masters records** by substantial margins. The previous Australian record, set by SA walkers Sandy Brunner in 2006, had been 16:50. The previous Victorian record, set by Gween Steed in 2002, had been 17:22. Well done on a great walk Liz.



Liz in action at Albert Park last winter season

THIS WEEK'S WALKING CARTOON



This week's cartoon is by our own Russ Dickenson. Russ...I think you have a new career in the media after this superb effort.

2008 PAN PACIFIC MASTERS GAMES, GOLD COAST, QUEENSLAND, 1-4 NOVEMBER 2008

The 2008 Pan Pacific Masters Games were held at the Gold Coast Athletics Centre in Southport earlier this month and VRWC member Pam Mews was one of the gold medallists. Well done Pam. Walk results were

1500m Track Walks, Saturday 1 November

W40	1	Lake, Michelle	W41	QLD	8:19.07
W45	1	Pimm, Lynette	W48	VIC	9:46.56
	2	Tillman, Annette	W48	NSW	11:45.66
W50	1	Lingley, Jenny	W52	NSW	10:34.56
W55	1	Wales, Robyn	W56	QLD	11:01.05
W65	1	Lynch, Sally	W65	QLD	9:36.22
	2	McKinven, Noela	W66	QLD	10:41.53
W70	1	Mews, Pam	W73	VIC	16:22.09
W75	1	Dauphinet, Christiane	W77	QLD	11:11.12
W80	1	Thompson, Lorna	W81	QLD	11:12.83
M35	1	Chand, Dip	M39	QLD	8:41.03
	2	Kingston, Brett	M36	NSW	10:46.69
M45	1	Blanchard, Michael	M47	USA	7:48.32
M50	1	Bennett, Peter	M52	QLD	7:29.70
	2	Worsnop, Christopher	M51	VIC	9:18.19
M55	--	Chapman, Grant	M58	QLD	DQ
M60	1	Heness, Keith	M62	QLD	8:51.25
	--	Philp, Bernard	M62	QLD	DQ
M65	1	Sela, Patrick	M69	QLD	9:48.43
M70	1	Megas, George	M72	QLD	10:58.34
M75	1	Bellette, Ernest	M79	QLD	12:10.92
M80	1	O'Neil, Ron	M81	SA	10:51.07
	2	Grigg, Russell	M81	QLD	12:35.10
M85	1	Keatinge, Dick	M85	NSW	11:07.00

10 km Road Walks, Sunday 2 November

W40	1	Lake, Michelle	W41	QLD	1:02:23
W45	1	Pimm, Lynette	W48	VIC	1:13:23
	2	Tillman, Annette	W48	NSW	1:27:18
W50	1	Lingley, Jenny	W52	NSW	1:23:20
W55	1	Woodward, Lynda	W55	QLD	1:09:21
W65	1	McKinven, Noela	W66	QLD	1:17:48
W75	1	Dauphinet, Christiane	W77	QLD	1:19:31
W80	1	Thompson, Lorna	W81	QLD	1:21:35
M35	1	Chand, Dip	M39	QLD	1:01:05
M45	1	Blanchard, Michael	M47	USA	57:55
M50	1	Bennett, Peter	M52	QLD	54:42

	2	Worsnop, Christopher	M51	VIC	1:07:54
M55	1	Coleman, Robert	M57	QLD	1:02:34
M60	1	Heness, Keith	M62	QLD	1:08:26
M65	1	Sela, Patrick	M69	QLD	1:09:18
	2	Biggs, Kevin	M69	NSW	1:09:48
M70	1	Megas, George	M72	QLD	1:16:48
	--	Laracy, Jack	M72	QLD	DQ
M75	--	Janes, Bert	M75	NSW	DQ
M80	--	O'Neil, Ron	M81	SA	DQ
M85	1	Keatinge, Dick	M85	NSW	1:18:52

3000m Track Walks, Monday 3 November

W40	1	Lake, Michelle	W41	QLD	17:34.81
W45	1	Tillman, Annette	W48	NSW	24:09.99
W50	1	Lingley, Jenny	W52	NSW	22:43.21
W55	1	Wales, Robyn	W56	QLD	22:38.60
W65	1	Lynch, Sally	W65	QLD	19:29.92
	2	McKinven, Noela	W66	QLD	22:02.91
W75	1	Dauphinet, Christiane	W77	QLD	22:57.67
M35	1	Chand, Dip	M39	QLD	16:18.22
	2	Kingston, Brett	M36	NSW	23:55.65
M45	1	Blanchard, Michael	M47	USA	16:13.35
M50	1	Bennett, Peter	M52	QLD	14:43.54
	2	Worsnop, Christopher	M51	VIC	19:29.89
M55	--	Coleman, Robert	M57	QLD	DQ
M60	1	Heness, Keith	M62	QLD	18:30.65
M65	1	Sela, Patrick	M69	QLD	19:31.83
	--	Biggs, Kevin	M69	NSW	DQ
M70	1	Megas, George	M72	QLD	21:58.83
M75	1	Bellette, Ernest	M79	QLD	26:39.94
M80	1	Grigg, Russell	M81	QLD	26:54.36
M85	1	Keatinge, Dick	M85	NSW	22:56.65

The next big event for Masters is the Australian Masters Games in Geelong in February. A lot of the Victorian walkers are intending to enter and hopefully it will see some great walking. See <http://www.AustralianMastersGames.com>

**** If your name is on this list there are photos of you in our 2008 Photo Archive**

Most of the photos in the newsletter are produced by club photographer Stuart Cooper. Like last year, Stu has sorted through the huge number of photos he has taken and and is making them available for people. Read on....

** If your name is on this list there are photos of you in our 2008 Photo Archive

AARONGARDNER	BETHBARBOUR	DUNCANKNOX	IANBEAUMONT
AARONMCDONOUGH	BIANCAATTARD	DYLANSLAN	INTERSTATE WALKERS
ADAMRUTTER	BILLYALLAMBY	EBONYJADEJONES	JACKALLAMBY
ADRIANNACREA	BOBGARDINER	EBONYTALLENT	JACOBWRIGHT
ALANLUCAS	BRADLEYSIMPSON	EBONYWHILEY	JADESANDERS
ALANNAHGLOURY	CAITLINCAMPBELL	EMILYHAMILTON	JANETHOLMES
ALISONTHOMPSON	CARLYBERTRAND	EMILYMCDONOUGH	JAREDTALLENT
AMANDAHEARD	CASSANDRARASSELLI	EMILYPAYNE	JASMINEIRSHAD
AMELIAFINNEGAN	CATHERINERUTHERFORD	EMMAMASON	JASONELMS
AMYBURREN	CELIAJOHNSON	ERINADAMCEWICZ	JAYDEFRANK
AMYCALLAWAY	CHARLEEHARRISON	ERINBRUNTON	JEMIMAMONTAG
AMYVENTURA	CHELSEADYER	ETHANMCSHANAG	JEREMIAHJONES
ANDREWBLOOD	CHLOEMCNICOL-DAVIDSON	FILIPCOSIC	JESSICACALLAWAY
ANDREWHOOGAN	CHRISERICKSON	GABRIELLACREA	JESSROTHWELL
ANDYJAMIESON	CHRISTINEGRIFFITHS	GAYLEMACINTYRE	JMARAHOCKLEYSALMON
ANNALISEHARRISON	CINDYCOLLINS	GEOFFBARROW	JOHNBUNKER
ANNAWALLACE	CLARRIEJACK	GEOFFMAJOR	JOHNMORRISON
ANNEMARIEGERLICH	CLYDERIDDOCH	GEORGIABERTRAND	JOJACKSON(UK)
ANTHONYDORAN	CODYMCNICOL-DAVIDSON	GORDONONLEY	JOSHUAPLATT
ASHLEYALBERT	CONNORMCSHANAG	GWENSTEED	JUDYMASON
AUST20KCSHIPFAWKNERPK	DAMIENELMS	HARLENEHERCULES	JULIACHALLEN
AYLACOLLINS	DANEHEIDEN	HARLEYMCNICOLDAVIDSON	JUSTIROSEMAN
BARBARABRYANT	DANIELPAYNE	HAROLDBODDY	KARENONEILL
BARRIEWICKS	DAVIDARMSTRONG	HARRYCOLEMAN	KEELYTREW
BENGREEN	DEBLENEHAM	HAYLEYGEORGE	KELLIEWAPSHOTT
BERNIEKEIRL	DONNAELMS	HEATHERCARR	KIRSTINSHAW
BETHALEXANDER	DUANECOUSINS	HILARYBRAZEL	KRISTINACOLLINS

KYLESWAN
 KYLIEIRSHAD
 LANABODDY
 LAURENGELOV
 LAURENSTADUS
 LEETAYLOR
 LEWISCLARK
 LINDSAYHARRISON
 LIZFELDMAN
 LUCASTAYLOR
 LUKEADAMS
 LYNETTEBANNISTER
 MARGARETBEAUMONT
 MARKDONAHOO
 MARYANNEHARRISON
 MATTHEWFELTON
 MEGANSZIROM
 MICHAELGREEN

MITCHELLGREEN
 MURRAYDICKINSON
 MYKALAHGAGE
 NATALIELAURIE
 NICHOLASMIRARCHI
 NICOLEHALLETT
 PAIGEDELISEN
 JASONELMS
 PAMTINDALL
 PAULKENNEDY
 PAULNUNN
 PETERCURTIS
 PRESENTATIONS
 RACHAELGUY
 RACHELTALLENT
 RALPHBENNETT
 REBECCACAMPBELL
 REBECCAGUY

REESEWALMSLEY
 REGANLAMBLE
 RHYDIANCOWLEY
 ROBERTWALSH
 ROBINWOOD
 ROSELENEHAM
 ROSSREID
 RUDOLFSKRUCANY
 RUSSDICKENSON
 RYANANTIDORMI
 SAMANTHADUVAL
 SAMCANDOTTI
 SARAHBURREN
 SHAUNBURGESS
 SHIRLEYCOPPOCK
 SOPHIEANTIDORMI
 STACEYMCLAREN
 STARTS

STEPHANIEGEORGE
 STUARTKOLLMORGEN
 STUCOOPER
 SYLVIAMACHIN
 TALIECOLLINS
 TAMARAATTARD
 TERRYONEILL
 TIMGIRGIN
 TOMBARNES
 UNKNOWN
 VETERANS
 YOLANDARUSSELL
 Z-MISCELLANEOUS
 Z-MULTIPLEWALKERS
 ZOEBOLDISTON

If you would like copies, you may:

- leave your email address at the desk (or email Stu Cooper at stuwalks@yahoo.com.au) and we will mail them to you;
- request a CD hard copy at the desk;
- bring a memory stick or similar device and we will download your images.

(NOTE: Requests for images of subjects aged under 16 will be granted only if made by parents or coaches.)



WHAT'S COMING UP

Athletics Victoria Shield competition resumes this weekend with all six venues contesting program 1, the non-walks week. The good news is that Bendigo has 3000m/1500m walks at 2:30PM and Williamstown has a 1500m walk at 1:35PM so there are at least a couple of options. Note also that Victorian Olympic walker **Chris Erickson** will be at the North West region at Williamstown at around 2:30PM to sign his swap cards and say hello. AV is organizing for each of the Victorian Olympians to attend at least one round of Shield competition at his/her home venue – a great initiative.

Sat 15 Nov	AV Shield - Round 4 (SOUTH EAST REGION)	Ballam Park Athletic Track, Frankston
Sat 15 Nov	AV Shield - Round 6 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 15 Nov	AV Shield - Round 6 (GEELONG REGION)	Landy Field, South Geelong
Sat 15 Nov	AV Shield - Round 4 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 15 Nov	AV Shield - Round 4 (NORTH WEST REGION)	Newport Park Athletics Facility, Williamstown
Sat 15 Nov	AV Shield - Round 4 (EAST REGION)	Proclamation Park, Ringwood

Sunday sees our VRWC Summer Championships and Annual General Meeting. Championships are on offer for Open Men, Masters Women, Under 20, Under 15, Under 12 and Under 9 boys and girls. Age for our club championships is age as on 1 October 2008. Medals will be on offer for first, second and third place getters in all championship events. AIS based Olympians **Chris Erickson** and **Adam Rutter** will be contesting the 20 km walk so it is a good chance to see two of our top walkers in action.

Sunday 16th November 2008, VRWC Events, Albert Park		
9:00am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
10.00am	10km Heather Carr Trophy	Masters Women
	10km	Open
11.00am	5km VRWC Championship	Under 20 M & W
	5km	Open
	3km	Open
	3km VRWC Championship	Under 15 B & G
11.15am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
12:20pm	Presentations	
12:40pm	Annual General Meeting	

Since some of our younger walkers have to be at the Melbourne Sports and Aquatic center later in the morning for PSG Team Presentations, we don't mind if those walkers come and race earlier. So, for instance, if you are scheduled to contest the Under 15 club championship at 11AM and need to race earlier, you can start with at 10AM with the 10 km walkers.

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 15 Nov, 2008	AV Shield Competition
Sun 16 Nov, 2008	VRWC Summer Championships and AGM, Albert Park
Sat 22 Nov, 2008	AV Shield Competition, Round 5 (2000m walk)
Sat 22 Nov, 2008	Knox Little Athletics Centre 40 th anniversary day – http://www.klac23.org.au/KLAC1968-2008.htm
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
Sun 30 Nov, 2008	Waverley Little Athletics Open Day - http://www.waverleylittleaths.org/Intranet/Pages/OpenDay2008.htm
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 (20 km and 10 km walks also)
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)
Jan 14-18, 2009	Australian Youth Olympic Festival, Sydney (5000m walk)
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
Thur 26 Feb, 2009	AMA Postal Relay events (4 x 800m walk), East Burwood, 7PM
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, Box Hill
Apr 3-5, 2009	Australian U20 All Schools, U20 & U23 Championships, SA (includes 10,000m walk)

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 - http://www.iaaf.org/wyc09/preview.html
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 - http://www.iaaf.org/wch09/index.html
Oct 10-18, 2009	World Masters Games, Sydney - 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 28, 2009 Dublin, Ireland

2010 International Fixture

May 15-16, 2010 IAAF World Race Walking Cup, Chihuahua, Mexico
July 20-25, 2010 World Junior Championships, Moncton, Canada
Oct 3-14, 2010 Commonwealth Games, Delhi, India. See <http://www.cwgdelhi2010.com/>

2011 International Fixture

Aug 24-Sept 4, 2011 IAAF World Championships in Athletics, Daegu, Porea. See <http://www.iaaf.org/wch09/index.html>

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