



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 22 NOVEMBER 2008

Last weekend, a huge low pressure system settled over the Eastern Australian seaboard and the weather was wild and wintry. Shield competition was cancelled at the Aberfeldie venue and may have been cancelled at most other venues as no results are up on the AV website except for Glenhuntly.

South East Region, Duncan MacKinnon Reserve, Glenhuntly, Saturday 22 November

Shield did go ahead at Glenhuntly with a small number of walkers contesting the 2000m walk. Gayle McIntyre continued her great season with yet another win ahead of Bianca Attard, one of the two Under 14 walkers in the field.

2000m Walk

1.	McIntyre, Gayle	VMA	FOP	10:33.80
2.	Attard, Bianca	KNA	F14	11:00.70
3.	Holmes, Janet	VMA	FOP	11:36.60
4.	Steed, Gwen	VMA	FOP	11:48.10
5.	Barrow, Geoff	MEN	MOP	11:57.50
6.	Stadus, Lauren	KNA	F14	12:07.30
7.	Doran, Anthony	GHY	M40+	12:21.30
8.	Osmand, Kym	OAK	MOP	12:45.20
9.	O'Connor, Gerrard	KNA	M40+	13:21.70
10.	Kirwan, Georgina	KNA	FOP	13:24.90

E.M.H JUNIOR T&F MEET, OLYMPIC PARK, SUNDAY 23 NOVEMBER 2008

The East Melbourne Harriers Junior Track and Field meet was contested on Sunday at Olympic Park and a small number of walkers contested the 800m, 1500m and 2000m walks on offer. Special mention to the standout performances by Stephanie George, Jasmine Irshad, Amelia Finnegan, Kirstin Shaw, Lewis Clark and Nicholas Mirarchi.

Girls 800 Meter Race Walk Under 12

1.	Irshad, Jasmine	Boronia West	3:55.71
2.	Guy, Rachel	Berwick PS	4:23.57

Girls 800 Meter Race Walk Under 13

1.	George, Stephanie	Kilsyth PS	3:36.41
2.	Madge, Georgia	TIN	4:18.82
3.	Barbour, Bethanie	Bell PS	4:23.37

Girls 1500 Meter Race Walk Under 14

1.	Finnegan, Amelia	MAT	7:11.07
2.	Hockley Samon, Jmara	Clonard College	8:11.31
3.	Gelov, Lauren	Rosehille SC	8:52.33

Girls 2000 Meter Race Walk Under 16

1.	Payne, Emily	KAI	11:10.94
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Girls 2000 Meter Race Walk Under 17

1.	Shaw, Kirstin	Westbourne Grammar	9:43.92
2.	Gage, Mykaela	SAG	12:37.22

Boys 800 Meter Race Walk Under 12

1.	Coleman, Harry	Unattached	4:10.44
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Boys 1500 Meter Race Walk Under 14

1.	Gardner, Aaron	Maribyrnong College	7:56.97
2.	Hogan, Andrew	Amsleigh Park PS	8:15.47
	McShanag, Connor	SCT	DNF
	Antidormi, Ryan	Emmaus College	DQ

Boys 1500 Meter Race Walk Under 15

1.	Clark, Lewis	Grovedale College	6:46.33
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Boys 2000 Meter Race Walk Under 16

1.	Walsh, Robert	Mt Waverley SC	9:59.95
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Boys 2000 Meter Race Walk Under 17

1.	Cosic, Filip	MHS	10:45.90
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Boys 2000 Meter Race Walk Under 18

1.	Mirarchi, Nicholas	St Joseph's College	9:29.34
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HELLO FROM THREADO

This week's newsletter comes from the Threadbo Alpine resort in southern NSW where Chris and I are spending the week (Chris training seriously and me pottering around as chief drink bottle attendant). Saturday and Sunday saw us snowed in but never fear, Chris managed to train anyway and the weather has now cleared to beautiful blue skies.



LAST WEEK'S MYSTERY PHOTO



Last week's mystery photo, supplied by Stuart Cooper, was taken at the start of the 1967 Australian 20 km championship, held at Albert Park on Sunday 22 July. Here's what Stu thought of the lineup: **Bob Steadman, Bob Gardiner, Sid Bray, anon, Noel Norris, anon, anon, Harry Summers, anon, Graeme Nicholls, anon, Varel Newmark, Ted Allsopp, No 8 anon, Robin Whyte, Geoff Laycock, 2 anon WA's, Don Keane, 22 anon, 24 anon, Ross Haywood. Frank Clark won it, but I think he's behind No 8.**

Justin Coxhead (former VAWC walker, resident in WA), thought much the same as Stu but had a couple of differences. His list read: **Bob Steadman, Bob Gardiner, Sid Bray, Noel Norris, Harry Summers, Graeme Nicholls, Varel Newmark (head down but not in the characteristic "out in front at the start" position), Logan Irwin, Robin Wood, Geoff Laycock, Justin Coxhead, Don Keane, Lloyd Davies, Ross Haywood, #24 possibly Frank Clark.**

So between the two of them, we seem to have most boxes ticked but I'll leave it open until I can chat with Harry Summers and Bob Gardiner for some second opinions. Well done to Stu and Justin.

The photo appeared on the front cover of the June 1968 edition of 'The Australian Race Walker', a national newsletter that was the official magazine of the Federation of Australian Race Walking Clubs. It was issued monthly, starting with a November 1967 edition. John McDougall was the editor (John had previously been publishing the NSW Walking Club magazine 'the Walker') and the new magazine contained contributions from NSW, Victorian, Canberra, Queensland and South Australian walking clubs. In all, 13 editions of this magazine were issued with the final one dated Feb 1969. At that stage, John McDougall was forced to stand down due to family and study pressures and, with no replacement editor forthcoming, the concept petered out. Anyway, onto the results of the race which the VAWC 'Heel and Toe' magazine reported as follows:

Frank Clark scored a brilliant win to take his first Australian championship, beating one of the classiest fields seen in Australia. Amongst the starters were representatives from five States and five past and present Australian champions. There was a strong and cold north wind blowing which made conditions very hard for racing. Frank took the lead from the gun and after 5 km, held a good lead over Victorians Bob Gardiner, Ted Allsopp and Ross Haywood. There was a gap to Peter McCullagh and a further distance to a large bunch which included Bob Mee and Frank Leonard from S.A., Don Keane from

W.A., Noel Norris from Queensland, Robin Whyte from N.S.W. and Varel Newmark, Robin Wood and Harry Summers from Victoria. The position remained the same at the half way mark, except the second bunch had been reduced to the three Victorians and Robin Whyte. At this stage of the race, Gardiner and Allsopp stepped up the pace a little and Peter McCullagh moved through to second place and looked to have a good chance of winning when he was disqualified. Bob Gardiner made up a lot of ground in the closing stages of the race but the winner was too good and held an advantage of 12 seconds at the finish with a further 9 seconds to Ted Allsopp in third place. The teams race was won by Victoria after a good struggle with N.S.W. South Australia finished third.

1.	Frank Clark	N.S.W.	95:13.6
2.	Bob Gardiner	VIC	95:25
3.	Ted Allsopp	VIC	95:34
4.	Ross Haywood	VIC	97:50
5.	Harry Summers	VIC	100:37
6.	Robin Whyte	N.S.W.	100:39
7.	Robin Wood	VIC	102:50
8.	Noel Norris	QLD	103:43
9.	Logan Irwin	N.S.W.	104:01
10.	Lloyd Davies	W.A.	104:27
11.	Bob Steadman	VIC (Indep.)	104:52
12.	Rod Bamby	VIC (Indep.)	105:23
13.	G. Balharry	S.A.	105:41
14.	Graeme Nicholls	VIC (Indep.)	106:09
15.	Brian Carmen	S.A.	106:42
16.	Frank Leonard	S.A.	106:42
17.	Eddie Folland	S.A.	107:25
18.	Don Keane	W.A.	109:44
19.	L. Wade	N.S.W. (Indep.)	110:21
20.	John Sheard	VIC (Indep.)	111:43
21.	A. Crombie	N.S.W.	113:50
22.	Sid Bray	QLD	113:51
23.	Varel Newmark	VIC	115:04
24.	Frank Overton	N.S.W. (Indep.)	116:26
25.	Peter Witham	S.A.	115:51
26.	John Smyth	S.A. (Indep.)	118:47
27.	L. Smith	QLD	119:48
28.	M. Wall	W.A.	120:12
29.	D. Bennett	QLD	127:14

Teams Race 1 VIC 14 pts, 2 N.S.W. 37 pts, 3 S.A. 61 pts, 4 QLD 86 pts

THIS WEEK'S MYSTERY PHOTO

This week's photo is a much more recent one. Your job is to name the event, the age group, the date and the walkers in question. There are some Victorians in there as well as some interstaters. The banner in the background might help identify in which State this event was held.



THIS WEEK'S WALKING CARTOON

This week's cartoon is another by VRWC club member Russ Dickenson and features one of our well known VRWC judges pondering the walking style of a certain 3 legged walker. Now any Aussie knows that that 3 legged walker could be none other than Rolf Harris in the guise of his famous 'Jake the Peg'. For those too young to have seen this fantastic performance, point your browser to <http://www.youtube.com/watch?v=KJleJbn9G6Y>
Thanks again Russ!



WHAT'S COMING UP

Athletics Victoria shield competition continues this week with most venues running Program 6 which features 3000m and 1500m walks. Note that the North West Region competed on Tuesday evening while all other venues are scheduled on Saturday.

Sat 29 Nov	AV Shield - Round 6 (EAST REGION)	Hagenauer's Reserve (Box Hill), Box Hill
Sat 29 Nov	AV Shield - Round 6 (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Sat 29 Nov	AV Shield - Round 7 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 29 Nov	AV Shield - Round 7 (GEELONG REGION)	Landy Field (Geelong), South Geelong
Sat 29 Nov	AV Shield - Round 6 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat

On Saturday 29th November, the 8th Pacific School Games kick off in Canberra. Good luck to all our Victorian walkers. And congratulations to **Rebecca Guy** who has been named as Vice Captain of the Victorian hockey team for the PSG competition. The walks are being held on Wednesday,, Thursday and Friday as follows:

Day Four - Wednesday 3 December 2008	4:30 PM	5000 metres Walk	16 Years Boys
	4:30 PM	5000 metres Walk	17 Years Boys
	5:40 PM	5000 metres Walk	16 Years Girls
	5:40 PM	5000 metres Walk	17 Years Girls
Day Five - Thursday 4 December 2008	4:08 PM	1500 metres Walk	13 Years Girls
	4:47 PM	1500 metres Walk	13 Years Boys
	7:55 PM	5000 metres Walk	18-19 Years Girls
	7:55 PM	5000 metres Walk	18-19 Years Boys
Day Six - Friday 5 December 2008	5:00 PM	3000 metres Walk	14 Years Girls
	5:00 PM	3000 metres Walk	15 Years Girls
	6:05 PM	3000 metres Walk	14 Years Boys
	6:05 PM	3000 metres Walk	15 Years Boys

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 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>
 Entries close 5 December 2008 so get to it! Time is running out.
 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)
 Apr 10-13, 2009 **Australian Masters T&F Championships, Adelaide**

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 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 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>

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au

Home: 03 90125431 Mob: 0412 257 496

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