



HEEL AND TOE ONLINE

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PACIFIC SCHOOLS T&F CHAMPIONSHIPS, CANBERRA, 29 NOV – 6 DEC 2008

On Saturday 29th November, one of the biggest athletics event for the year kicked off in Canberra. The occasion was the 8th Pacific Schools Games which was run alongside the Australian Schools Track and Field Championships. Fields were big and the walks were no exception with a grand total of 123 starters. The walking medals were shared between the States – VIC 10, NSW 7, QLD 7, WA 5, SA 4, ACT 2 and NZ 1 – indicating the great coaching work going on right across Australia. Congratulations to all our Victorian walkers who did us proud – and a special note to those who took medals in this prestigious competition. Thanks to Chris Erickson and Graham George for the photos.

5000m Walk Boys Age 17	2 nd	Nicholas Mirarchi	25:58.89
	3 rd	Joshua Platt	28:53.03
5000m Walk Girls Age 16	2 nd	Beth Alexander	25:52.83
5000m Walk Girls Age 17	1 st	Regan Lamble	25:06.40
1500m Walk Girls Age 13	2 nd	Amelia Finnegan	7:09.01
5000m Walk Girls Age 18/19	1 st	Tamara Attard	26:27.01
3000m Walk Girls Age 14	1 st	Amy Burren	14:44.19
3000m Walk Girls Age 15	2 nd	Rachel Tallent	15:03.16
3000m Walk Boys Age 14	3 rd	Lewis Clark	14:35.73
3000m Walk Boys Age 15	2 nd	Bradley Simpson	14:20.95



5000m walkers Beth Alexander, Regan Lamble, Dane Bird Smith and Kirstin Shaw



Nicholas Mirarchi, Sean Fitzsimons, Joshua Platt and Paige Hooper

The first walks kicked off on Wednesday 3 December with the 16 and 17 year old walkers testing themselves in 30°C+ temperatures and windy conditions. This meant that times were generally slower than expected but there were still some fine performances. The winners in the boys' events were impressive - **Dane Bird-Smith** (22:30) and New Zealander **Daniel Lord** (23:18). Dane and WA

walker Sean Fitzsimmons headed off with a first lap round the 1:30 mark and passed the first kilometre in around 3:55 before Dane gradually lengthened his lead. His splits show just how fast he went in the first half of the event – 3:55, 8:16, 12:25, 17:38, 22:30. Dane also impressed mightily in the 400m, running 50.53 in his heat of the Boys 16 Years 400m and then backing up as part of the Queensland team that won the 4x400 Metres Relay 18/19 years in 3:19.13. In fact, he was unofficially clocked in under 49 secs for that second 400m run.

Winners in the girls's events were 2006 World Youth 4th placegetter **Paige Hooper** (24:55) and 2008 World Cup representative **Regan Lamble** (25:06). NSW walker Shannon Jennings was contesting the lead with Paige about 900m from the finish when disqualified. Paige's kilometre splits were 4:33, 9:22, 14:32, 19:42, 24:56.

Boys 5000 Metres Race Walk 16 years, Wednesday 3 December, 4.30PM

1.	Dane Bird-Smith	92	QLD	22:30.32
2.	Sean Fitzsimons	92	WA	23:15.03
3.	Jordan Mulhearn	92	NSW	25:04.90
4.	Brandon Dewar	92	QLD	25:44.94
5.	Nicholas Dewar	92	QLD	25:50.06
6.	John Hallam	92	QLD	26:33.75
7.	Kai Maruta	92	NSW	27:05.30
8.	Fraser Nixon	92	NSW	27:15.18
9.	Filip Cosic	92	VIC	29:44.27

Boys 5000 Metres Race Walk 17 years, Wednesday 3 December, 4.30PM

1.	Daniel Lord	91	NZL	23:18.84
2.	Nicholas Mirarchi	91	VIC	25:58.89
3.	Joshua Platt	91	VIC	28:53.03
	Kyle Malone	91	NSW	DQ

Event 292 Girls 5000 Metres Race Walk 16 years, Wednesday 3 December, 5.40PM

1.	Paige Hooper	92	SA	24:55.79
2.	Beth Alexander	92	VIC	25:52.83
3.	Josie Dwyer	92	ACT	27:40.76
4.	Ishka Flynn-Pittar	92	QLD	29:02.79
5.	Natasha Murrhiy	92	NZL	29:06.19
6.	Tori Maxwell	92	NSW	30:18.96
	Shannon Jennings	93	NSW	DQ

Girls 5000 Metres Race Walk 17 years, Wednesday 3 December, 5.40PM

1.	Regan Lamble	91	VIC	25:06.40
2.	Melissa Hayes	91	NSW	25:42.30
3.	Samantha Tesch	91	QLD	26:15.23
4.	Claire Xian	91	SA	26:41.40
5.	Kirstin Shaw	91	VIC	27:21.78
6.	Jessica Bennett	91	NSW	29:10.01
	Nicole McInerney	91	SA	DQ
	Niki Dryden	91	NSW	DQ

Thursday 4 December saw the youngest and oldest age groups in action. First events to kick off were the Age 13 walks and fields were big – 24 girls and 19 boys. Winners **Amy Bettiol** (7:02) and **Jesse Osborne** (7:04) were amongst 11 walkers to break 7:30 – a great standard in continuing warm conditions. **Amelia Finnegan** was not far off gold, taking silver in the Under 13 girls event only 7 secs behind Amy Bettiol. These events were followed by the Age 18/19 walks and winners were **Tamara Attard** (26:27) and **Derek Mulhearn** (23:19).



Amy Bettiol (right) leads Amelia Finnegan (second from right) in the 13 Years Girls 1500m

Girls 1500 Metres Race Walk 13 years, Thursday 4 December, 4.08PM

1.	Amy Bettiol	95	NSW	7:02.32
2.	Amelia Finnegan	95	VIC	7:09.01
3.	Rachel Barker	96	QLD	7:13.85
4.	Ebony Whiley	95	VIC	7:24.11
5.	Shay Southern	95	NSW	7:24.77
6.	Sarah Burren	96	VIC	7:28.37
7.	Ashley Albert	95	VIC	7:32.35
8.	Jmara Hockley-Samon	95	VIC	7:35.03
9.	Lotta Danner	95	SA	7:36.78
10.	Stephanie George	96	VIC	7:41.57
11.	Tabitha Porley	95	NSW	7:45.13
12.	Kate Holt	96	WA	7:47.42
13.	Jasmine Dighton	96	NSW	7:49.07
14.	Rachael Martin	95	NZL	7:54.38
15.	Emma Robson	96	NSW	7:58.40
16.	Isabella Shina	95	NSW	8:00.21
17.	Liesl Gray	95	NSW	8:05.25
18.	Stephanie Andreou	95	NSW	8:05.90
19.	Ajia-Moon Flynn-Pittar	95	QLD	8:06.51
20.	Meghann Griffin	95	ACT	8:06.83
21.	Carly Bertrand	96	VIC	8:07.73
22.	Emily King	95	WA	8:23.34
23.	Jessey Wilson	96	VIC	8:23.40
	Julia Dorrestyn	95	SA	DQ

Boys 1500 Metres Race Walk 13 years, Thursday 4 December, 4.47PM

1.	Jesse Osborne	95	QLD	7:04.51
2.	Jacob Dib	95	WA	7:13.84
3.	Benjamin Tesch	96	QLD	7:14.62
4.	Ryan Antidormi	95	VIC	7:16.30
5.	Billy Allamby	97	VIC	7:19.22
6.	Connor Knight	96	NSW	7:34.75
7.	Kurtis Birch-Ward	95	NSW	7:44.65
8.	Jeremiah Jones	97	VIC	7:49.53
9.	Harry Bates	95	ACT	7:52.24
10.	Matthew Killen	95	NSW	7:56.56
11.	Matthew Ivers	96	QLD	7:58.57
12.	Jason Dredge	96	NSW	7:59.27
13.	Jack Dhu	95	NSW	7:59.35
14.	Andrew Hogan	96	VIC	8:04.14
15.	Lucas Taylor	96	VIC	8:04.48
16.	Dane Heiden	98	VIC	8:04.65
	Jake Archer	95	QLD	DNF
	Matthew Oswald	96	NSW	DQ
	Jay Felton	95	NSW	DQ

Girls 5000 Metres Race Walk 18/19 years, Thursday 4 December, 7.55PM

1.	Tamara Attard	90	VIC	26:27.01
2.	Lauren Bourke	90	NSW	26:55.43
3.	Stephanie Stigwood	90	SA	27:28.67

Boys 5000 Metres Race Walk 18/19 years, Thursday 4 December, 7.55PM

1.	Derek Mulhearn	90	NSW	23:29.77
2.	Michael Reading	90	ACT	24:37.68
3.	James Pisani	90	NSW	25:54.42
4.	Zachary Sinclair	90	NZL	34:15.47

Friday 5 December saw the 14 and 15 year old walkers in action and, once again, the events were staged in the afternoon heat. **Amy Burren** (14:44) and **Kristie Goznic** (14:48) won the girls' events while **Brad Aiton** (14:05) and **Blake Steele** (14:06) won the boys' events. Lots of good performances from the Victorians!

Girls 3000 Metres Race Walk 14 years, Friday 5 December 2008, 5.00PM

1.	Amy Burren	94	VIC	14:44.19
2.	Breanne Goschnick	94	QLD	15:06.78
3.	Tiffany D'Agnone	94	WA	15:07.45
4.	Cassandra Raselli	94	VIC	15:59.72
5.	Emma Bettiol	94	NSW	16:13.49
6.	Hannah Watson	94	WA	16:27.05
7.	Kelsey Knight	94	NSW	16:38.17
8.	Kirsty Klein	94	NSW	16:49.58
9.	Samantha Flood	94	NSW	17:18.63

10.	Ebony Tallent	94	VIC	18:03.12
11.	Tisharlia Abala	94	NT	19:24.21
12.	Hannah Mitchener	94	NT	20:57.47
	Krystal Leinasars	94	WA	DQ
	Jessica Pickles	94	QLD	DQ
	Caitlin Campbell	94	VIC	DQ

Girls 3000 Metres Race Walk 15 years, Friday 5 December 2008, 5.00PM

1.	Kristie Goznik	93	SA	14:48.31
2.	Rachel Tallent	93	VIC	15:03.16
3.	Darcy Gilroy	93	NSW	15:05.98
4.	Hilary Brazel	93	VIC	15:39.22
5.	Alana Hewish	93	QLD	15:51.67
6.	Samara Holliday	93	SA	16:05.89
7.	Lauren Harrington	93	SA	16:20.96
8.	Lucinda Shaw	93	NZL	16:52.23
9.	Emily Payne	93	VIC	16:58.03
10.	Katherine King	93	WA	17:02.90
11.	Ebony Galton	93	NSW	17:17.46
12.	Fran Myers-Baird	93	NZL	17:54.45
13.	Courtney Sorensen	93	QLD	18:30.45
14.	Shekeira Abala	93	NT	19:48.22
	Jacqueline Smith	93	WA	DNF
	Kate Fitzsimons	93	WA	DQ



Hilary Brazel (left) - 15Y 3000m; Amy Burren and Cassie Raselli – 14Y 3000m; Rachel Tallent – 15Y 3000m



The start of the 14-15Y Girls 3000m

Boys 3000 Metres Race Walk 14 years, Friday 5 December 2008, 6.05PM

1.	Brad Aiton	94	QLD	14:05.12
2.	Samuel Dib	94	WA	14:09.96
3.	Lewis Clark	94	VIC	14:35.73
4.	Steven Washburn	94	NSW	14:59.44
5.	Matthew Holcroft	94	NZL	15:42.55
6.	Corey Buckler	94	QLD	15:45.16
7.	Matthew Felton	94	VIC	16:55.10
8.	Daniel Crouch	94	SA	18:44.75

Boys 3000 Metres Race Walk 15 years, Friday 5 December 2008, 6.05PM

1.	Blake Steele	93	SA	14:06.38
2.	Bradley Simpson	93	VIC	14:20.95
3.	Harley Chapman	93	WA	15:16.45
4.	Robert Walsh	93	VIC	15:58.67
5.	Cheyne Egelton	93	NSW	16:47.75
	Christopher Ninyett	93	WA	DQ

VRWC RACES, ALBERT PARK, SUNDAY 7 DECEMBER 2008

We were back at Albert Park again on Sunday for our latest series of club races. It was cool but rather windy – reasonable conditions for racing but not perfect. Most walkers stuck to the 10 km or 5 km distances but Heather Carr and Rudolf Skrucany were the adventurous ones, testing themselves over 15 km. Rudolf's walk was quite noteworthy as he recorded a 7 minute PB! Daniel Payne was the fastest walker on the day and led from the start, recording a fine 48:53 for the 10 km. Nardene Hammond was another to walk well, finishing with 58:08. Stuart Kollmorgen was the fastest of the 5 km walkers with a speedy 25:01. It was good to see Natalie Laurie back in action over the 3 km distance after some time out with injury. And a special mention to Beth Barbour who jumped up from her usual short race to contest the 5 km which she walked in 33:27.



Nardene Hammond, Daniel Payne, Stuart Kollmorgen, Beth Barbour and Natalie Laurie

15 Km Open

1.	Heather Carr	89:59
2.	Rudolf Skrucany	99:29

10 Km Open

1.	Daniel Payne	48:53
2.	Ross Reid	54:39
3.	Ralph Bennett	55:00
4.	Nardene Hammond	58:08
5.	Russ Dickenson	59:26
6.	Pam Tindal	59:27
7.	Bob Gardiner	63:07
8.	Donna Elms	65:53
9.	Stuart Cooper	69:51
10.	Christine Griffiths	8 km in 88:21

5 Km Open

1.	Stuart Kollmorgen	25:01
2.	Gayle McIntyre	27:56
3.	Gwen Steed	30:16
4.	Janet Holmes	31:07
E5	Talie Collins	32:27
E5	Beth Barbour	33:27
7.	Celia Johnson	33:43
8.	Robin Wood	33:54
9.	Barrie Wicks	34:33
10.	Jason Elms	DQ

3 Km Open

1.	Natalie Laurie	16:52
2.	Anthony Doran	19:03
3.	Damien Elms	19:24

With the Little Athletics Region Relays on and with the PSG only just finishing up, most of our younger walkers were otherwise occupied but a small number availed themselves of the opportunity for a walk and walked well.



Amy Ventura, Kristina Collins, Cindy Collins, Sam Candotti and Lauren Stadius

3 Km Under 15

- | | | |
|----|----------------|-------|
| 1. | Lauren Stadius | 18:42 |
| 2. | Cindy Collins | 19:38 |
| 3. | Amy Ventura | 19:39 |

2 Km Under 12

- | | | |
|----|----------------|-------|
| 1. | Gabrielle Crea | 13:43 |
| 2. | Stacey McLaren | 14:04 |

1 Km Under 9

- | | | |
|----|------------------|------|
| 1. | Sam Candotti | 6:47 |
| 2. | Kristina Collins | 7:10 |

JARED TALLENT STARS IN SPANISH 10 KM RACE, SUNDAY 7 DECEMBER 2008

Jared Tallent interrupted his pre-season training at the AIS for a quick trip to Spain last weekend. The occasion was the Gran Premi de Catalunya in Granollers in Spain and high class fields contested the 10 km roadwalk for men and the 5 km roadwalk for women.

The men sauntered through the first 5 km in around 21:30 before Jared and Spanish/European champion Francisco Fernandez threw down the gauntlet and surged to the front. Fernandez eventually won out in 41:07, six seconds clear of Jared (41:13) with third place going to Norwegian walker Erik Tysse (41:19). Former world championship medallist Juan Manuel Molina of Spain finished fourth (41:30) and another home walker Benjamin Sanchez fifth (41:49). Irish record holder Robert Hefferman was sixth (41:57) ahead of former world champion Ilya Markov of Russia (42:11). German Sabine Zimmer was the leading female walker at 5 km (21:51). She beat Olympic silver holder Kjersti Platzer of Norway (22:05) with the main Spanish hope Maria Vasco third (22:11). 2004 Olympic winner Athanasia Tsoumeleka of Greece was 9th (24:01).

10 km Men

- | | | | |
|-----|----------------------|------------|--------------|
| 1. | Francisco Fernandez | ESP | 41:07 |
| 2. | Jared Tallent | AUS | 41:13 |
| 3. | Erik Tysse | NOR | 41:19 |
| 4. | Juan Manuel Molina | ESP | 41:30 |
| 5. | Benjamin Sánchez | ESP | 41:49 |
| 6. | Robert Hefferman | IRL | 41:57 |
| 7. | Ilya Markov | RUS | 42:11 |
| 8. | José David Domínguez | ESP | 42:59 |
| 9. | Luis Manuel Corchete | ESP | 46:06 |
| 10. | Francisco Yuste | ESP | 47:00 |

5 km Women

- | | | | |
|----|----------------------|-----|-------|
| 1. | Sabine Zimmer | GER | 21:51 |
| 2. | Kjersti Platzer | NOR | 22:05 |
| 3. | Maria Vasco | ESP | 22:11 |
| 4. | Beatriz Pascual | ESP | 22:24 |
| 5. | Sonata Milusauskaite | LIT | 22:34 |
| 6. | Susana Feitor | POR | 22:42 |
| 7. | Julia Takacs | ESP | 22:54 |

8.	Olive Loughmane	IRL	23:05
9.	Athanasia Tsoumeléka	GRE	24:01
10.	Raquel González	ESP	24:23

Well done Jared!

LAST WEEK'S MYSTERY PHOTO



Andrew Jamieson came up with the correct answer for this one almost immediately – the photo showed **Robin Whyte (AUST)**, **Gary Little (NZ)** and **George Opsahl (USA)** who placed 2nd, 1st and 3rd respectively in the 2002 World Masters Games M60 20 km roadwalk, held at Albert Park in Melbourne on Saturday 12 October. The 2002 World Masters Games was a huge event, featuring some 25000 athletes representing some 70 countries competing in nearly 100 sports. There were three racewalks on offer – a track 5000m on the Wednesday and a 10 km / 20 km choice on the Saturday. VRWC members were there in abundance and picking up lots of medals. It was a wonderful experience and we were very lucky to have had the chance to host it in Melbourne.

A 1.25 km lap at Albert Park was used for the roadwalks and VRWC members were to the forefront and won the following 12 Gold, 6 Silver and 5 Bronze medals in the 4 events on offer – 20 km for men, 20 km for women, 10 km for men and 10 km for women. To complete the photo, here are the entire results of the 20 km walk.

20Km Walk For Men

1.	40028	Donahoo, Mark	58	Australia	1:39:58	M40-44	1
2.	55143	Jamieson, Andrew	46	Australia	1:41:56	M55-59	1
3.	45184	Barabash, Vladimir	56	Russia	1:43:17	M45-49	1
4.	45162	Tokarev, Volodymyr	56	Ukraine	1:44:08	M45-49	2
5.	60131	Little, Gary	41	New Zealand	1:46:40	M60-64	1
6.	40121	Morgan, Gary	60	Usa	1:47:34	M40-44	2
7.	35006	Thomas, Mark	62	Australia	1:49:05	M35-39	1
8.	50042	Siegele, Johann	48	Austria	1:49:30	M50-54	1
9.	50126	Bunker, John	50	Australia	1:51:37	M50-54	2
10.	50258	Knox, Keith	50	Australia	1:52:28	M50-54	3
11.	40032	Rance, Paul	58	Australia	1:56:12	M40-44	3
12.	60140	Whyte, Robin	42	Australia	1:59:27	M60-64	2
13.	60125	Opsahl, George	41	Usa	2:00:50	M60-64	3
14.	40218	Rowe, Gregory	61	Australia	2:07:36	M40-44	4
15.	70087	Walters, Kenneth	32	Australia	2:09:30	M70-74	1
16.	55006	Pivonka, Milan	42	Czech Republic	2:12:31	M55-59	2
17.	75031	Balcarik, Alois	27	Czech Republic	2:16:20	M55-59	3
18.	45262	Worsnop, Christopher	57	Australia	2:18:07	M45-49	3
19.	75032	O'Neil, Norman	27	Australia	2:19:05	M75-79	1
20.	65050	Major, Geoffrey	36	Australia	2:22:37	M65-69	1
21.	65092	Brooks, Fred	34	Australia	2:24:26	M65-69	2
22.	70016	Chandra, De Narayan	29	India	2:27:13	M70-74	2
23.	50094	Wood, Robin	50	Australia	2:28:04	M50-54	4
24.	70079	Doyle, John	32	Australia	2:28:35	M70-74	3
25.	70019	Sidhu, Bhagsingh	29	Usa	2:31:17	M70-74	4

We are lucky in that the 2009 World Masters Games will be held in Australia once again, being scheduled in Sydney on 10-18 October 2009. Lots of us will be going up to compete once again. See <http://www.2009worldmasters.com>

And as an extra bonus, entries are being held open until Christmas Eve for the Australian Masters Games, to be held in Geelong in February 2009. See <http://www.australasianmasters.com>

THIS WEEK'S MYSTERY PHOTO

OK..off we go again. This was one of our Racewalking World Cup Teams from the 1990's. The question this week is simple – what year and who were they all?



THIS WEEK'S WALKING CARTOON

Russ Dickenson has been busy again with more cartoons..here is one of them. Thanks Russ.....and well done.



Coincidences often come into play and this was the case with the current newsletter. Last week's mystery photo featured Gary Little who won the 2002 World Masters M60 20 km road walk. Gary is very active on a number of fronts and puts out a monthly fitness newsletter from his website at <http://www.profitness.net.nz/>

I always read it and find lots of interesting and informative bits and pieces to ponder. Yesterday, the current issue arrived and it contained the following excellent summary piece on ageing athletes and sports performance. With Gary's permission, I am reproducing it here. It reports on recent research done at the Peak Performance Institute.

AGEING AND DISTANCE RUNNING

Speed and power are close cousins, both relying on the ratio of fast twitch to slow twitch fibres within the muscles. As Craig Sharp points in his article on ageing and distance running in the latest issue of Peak Performance, aging muscle has been shown to contain higher proportions of slow twitch fibres, which might be good news for marathon runners, but is less so for any athlete in search of speed and power.

Sharp presents a grim catalogue of the normal manifestations of age-related deterioration, with body fat rising, lean mass declining, height falling, cardiorespiratory capacity diminishing and muscles atrophying.

Nevertheless, the extraordinary marathon performances of very elderly runners set out in an accompanying table proves that such losses are reversible to a greater or lesser extent.

His tentative conclusion is that an estimated 20-40% - or maybe even more – of the physiological deterioration associated with ageing is not inevitable but is due to a 'detraining effect' of decreased exercise, often coupled with an increase in body fat.

Never has the athlete's motto of 'use it or lose it' seemed more apt!

Nourishment for ageing joints

Regular PP contributor Andrew Hamilton is even more upbeat in his detailed account of nutritional strategies to protect the joints from age-related degeneration.

As time goes by, he explains, joints tend to become less flexible, full-range movement more difficult and pain and stiffness ever more apparent. It is these mechanical limitations, more than anything else, that can scupper the best-laid plans of even the most determined veteran athletes.

Nutrients of particular importance for older athletes and should be well supplied in their diets are:

- Vitamin C for collagen formation;
- Omega-3 oils (from nuts, seeds, oily fish and wheat germ) for anti-inflammatory effects;
- Sulphur-containing amino acids (from some vegetables, meat, poultry, fish and dairy products) for joint cartilage health;
- Bioflavonoids (from all fruit and vegetables, and buckwheat) for anti-inflammatory effects and improved local circulation;
- Antioxidants (selenium and vitamin E) for protection against the damaging 'free radicals' that proliferate in the body with age;
- Zinc and copper for a range of protective benefits.

Additionally, Hamilton recommends the following supplements:

- Glucosamine sulphate for reducing pain and stiffness, increasing mobility and offsetting the joint space narrowing that typically occurs in degenerative conditions;
- Chondroitin sulphate, which appears to promote cartilage water retention and elasticity;
- S-adenosylmethionine (SAME), which plays similar roles to those of glucosamine and may also work as a 'natural' antidepressant.

In summary, 'despite the fact that older athletes are more vulnerable to chronic joint pain and stiffness, you are not powerless to act. While it is obviously vital to get your training right and to incorporate any other rehab/injury prevention techniques deemed necessary...there is also a place for nutrition'.

Articles taken from: www.pponline.co.uk

WHAT'S COMING UP

Next Saturday sees the final round of competition before the Christmas break. Walks are scheduled at all 6 venues and I expect a good turnout as usual.

Sat 13 Dec	AV Shield - Round 8 (SOUTH EAST REGION)	Duncan MacKinnon Reserve (Glenhuntly), Murrumbeena
Sat 13 Dec	AV Shield - Round 9 (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 13 Dec	AV Shield - Round 9 (GEELONG REGION)	Landy Field (Geelong), South Geelong
Sat 13 Dec	AV Shield - Round 8 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
Sat 13 Dec	AV Shield - Round 8 (NORTH WEST REGION)	Newport Park Athletics Facility (Williamstown)
Sat 13 Dec	AV Shield - Round 8 (EAST REGION)	Reischiek's Reserve (Doncaster), Doncaster

And to top off a top weekend of walking, **Sunday** sees the **2008 Australian 50 km Championship** at **Fawkner Park in Melbourne**. As well as the 50 km event, Athletics Australia is hosting 20 km Open and 10 km Junior events to give our top walkers the chance to get qualifying performances on the board over these shorter international distances. The entry lists read very impressively

Event 1 Men50 Km Race Walk Open - 7:00 AM

1	Tom Barnes	Victoria
2	Duane Cousins	Victoria
3	Chris Erickson	Ais
4	Michael Harvey	Victoria
5	Andrew Jamieson	Old Scotch C
6	Tony Sargisson	Bays Cougars (NZ)
7	David Sim	Bays Cougars (NZ)

Event 2 Men 20 Km Race Walk Open - 8:00 AM

1	Ralph Bennett	Victoria
2	Stuart Kollmorgen	Vrwc
3	Ian Rayson	Mingara
4	Brendon Reading	North Canber
5	Adam Rutter	Ais
6	Jared Tallent	Ais

Event 3 Women 20 Km Race Walk Open - 8:00 AM

1	Fiona Alldis	Uts North
2	Jillian Hosking	Act
3	Megan Szirom	Victoria
4	Claire Tallent	Ais
5	Lynette Ventris	Bunbury

Event 4 Men 10 Km Race Walk Junior - 8:30 AM

1	Dane Bird-Smith	Queensland
2	Daniel Coleman	TIS
3	Rhydian Cowley	Victoria
4	Sean Fitzsimons	WA
5	Daniel Payne	Victoria

Event 5 Women 10 Km Race Walk Junior - 8:30 AM

1	Tamara Attard	Victoria
2	Regan Lamble	Victoria
3	Rachel Tallent	Victoria

Note that it is not possible to enter on the day – walkers have had to pre-enter with Athletics Australia. I recommend that all Melbourne based walkers come along for a watch – most of our top Australian walkers from all our States will be racing. It is not often we get the chance to see all our top walkers racing on one day.

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 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk), Round 9 (3000m/1500m 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**

Victorian & National Fixture – Winter 2009

Sunday 7 June, 2009 Lake Burley Griffin Carnival, Canberra
 July 11-12, 2009 Racewalking Australia Winter Postal Challenge
 Sun Aug 30, 2009 Australian Roadwalking Championships, NSW (Sydney?)

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>

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