



HEEL AND TOE ONLINE

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2009 WORLD CHAMPIONSHIP SELECTIONS ANNOUNCED

The following selections have now been confirmed for the 2009 World Championships:

| | | |
|-----------------------|------------------------------|--|
| Steve Hooker | Pole Vault | Pre-Selection |
| Jared Tallent | 20km & 50km walks | Pre-Selection |
| Sally McLellan | 100m Hurdles | Pre-Selection |
| Youcef Abdi | 3000m Steeplechase | Pre-Selection |
| Luke Adams | 20km walk | Pre-Selection |
| Jarrod Bannister | Javelin | Pre-Selection |
| Chris Erickson | 50km walk | Automatic selection as trial winner under A standard |
| Luke Adams | 50km walk | Selectors' discretion |
| Nathan Deakes | 50km walk | Reigning World Champion – wildcard entry |

For the 50 km road walk event, we have a team of 4 with Jared, Luke and Chris joining reigning world champion Nathan Deakes who is an automatic entry. This is a very strong event for us! In the men's 20 km walk, Jared and Luke have also been confirmed so only one spot remains – and my pick for that spot would be Adam Rutter based on form. All 3 spots are still open for the women's 20 km walk. See http://www.athletics.com.au/fanzone/380/from_beijing_to_berlin for the full press release.

IAAF END OF YEAR REVIEW – RACEWALKING

The IAAF produces a yearly end of year review for each Track and Field discipline. Last week, the walks were featured, with the following highlights summary by respected track and field statisticians, A. Lennart Julin and Mirko Jalava. See <http://www.iaaf.org/news/kind=100/newsid=48711.html>

20km Race Walk Men

The men's 20km race walking season started as usual with extremely fast times in Russia. 22-year-old Valeriy Borchin, 2006 European Championships silver medallist, set a personal best of 1:17:55 in February in Adler. Borchin even challenged Spanish favourite Francisco Javier Fernández at the World Cup in Cheboksary with Fernández just able to pull off a win in 1:18:15 and Borchin close behind in second clocking 1:18:21.

In Beijing, Fernández was once more looking for that first worldwide gold medal, but it was not to be this time either with the Spaniard finishing in seventh place.

Instead it was 34-year-old 1996 Olympic gold and 2004 silver medallist Jefferson Pérez (ECU), the 2003, 05 and 07 World champion, who looked to be on his way to another Olympic title before Borchin came and stole the show. The young Russian was sharp in the latter parts of the race winning the gold comfortably in 1:19:01 with Pérez second in 1:19:15.

Jared Tallent just edged Chinese junior Wang Hao, who turned 19-years-old on the day of the race, for the bronze medal 1:19:42 to 1:19:47.

China has 26 athletes in the world top 100 and Russia 13 in second place. Japan and Belarus are tied for the third with seven both.

50km Race Walk Men

The fast times at the World Cup in Cheboksary promised a good race for the 50km gold in Beijing too. 28-year-old Russian Denis Nizhegorodov set a World record winning the World Cup in 3:34:14 with Italian Alex Schwazer finishing in second with a 3:37:04 personal best.

Schwazer, who had got a bronze medal from both 2005 and 2007 World Championships, was known to be stronger than those results showed but the way he took the gold in Beijing was rampant. The Italian made his move early winning by more than two minutes in 3:37:09 having the time to wave to the crowd on his way to the Olympic gold.

Australian surprise Jared Tallent, 24-years-old, took his second medal of the Olympics with a 3:39:27 personal best ahead of Nizhegorodov who was third this time following his 2004 silver medal in 3:40:14.

1993 World Champion Jesus Angel Garcia (ESP), 39, competing in his fifth Olympics, found an Olympic medal still eluded him, but did get his best Olympic performance with fourth place in 3:44:08.

China has 15 athletes in the world top 100. Russia is second with nine and Spain third at six.

20km Race Walk Women

23-year-old Olga Kaniskina is already firmly established as the undisputed No 1 walker. The 2007 World champion this year competed three times, set the World leading time of 1:25:11 in February (faster than the World record but the result could not be registered as a new record as only Russian and no international judges were present, click here for full story), won the World Cup in May, and took the Olympic gold in August.

The 20km Race Walk is probably the event where the correlation between statistics and championship outcome is the weakest as the world list usually is dominated by just a couple of competitions. This year the Russian Winter championship in Adler

provided all the fastest times creating a world list where Russian athletes occupy the top six positions.

But in Beijing that statistical map was not very relevant. Of the three Russians only winner Olga Kaniskina figured prominently, the other two ended up 12th and disqualified. The remaining two medals instead went to Norwegian super-veteran (turned 36 in January!) Kjersti Tysse Plätzer and Italian Elisa Rigauda.

Within the top-9 no less than eight different nations were represented. Despite the fear for heat and humidity the times turned out quite fast with the top-9 dipping under 1:28 and all but the winner Kaniskina recording their best time of the year! Four of them even set new national records!

Rather than take the IAAF ranking lists which simply focus on each walker's best time, I prefer to use the ranking lists maintained in <http://www.world-rankings.net/> because these take the top 3 times during the last 12 months for each walker and give bonus points for positions achieved in major competitions. After all, that is what really counts on the international stage.

The men are thrown together into one list with 20 km and 50 km walkers amassing points against each other. Not surprisingly, this sort of combined analysis shows Jared Tallent ranked number 1 ahead of both Borchin and Schwazer due to his elite standing in both 20 km and 50 km distances. The top 10 includes two Australians - Jared Tallent (1) and Luke Adams (10) - and Chris Erickson rounds off the list at number 50.

| | | | | |
|------------|----------------------------|-----------|------------|-------------|
| 1. | Jared TALLENT | 84 | AUS | 1360 |
| 2. | Valeriy BORCHIN | 86 | RUS | 1342 |
| 3. | Denis NIZHEGORODOV | 80 | RUS | 1330 |
| 4. | Alex SCHWAZER | 84 | ITA | 1317 |
| 5. | Francisco Javier FERNÁNDEZ | 77 | ESP | 1316 |
| 6. | Jefferson PÉREZ | 74 | ECU | 1306 |
| 7. | Erik TYSSE | 80 | NOR | 1303 |
| 8. | Eder SÁNCHEZ | 86 | MEX | 1285 |
| 9. | Hao WANG | 89 | CHN | 1279 |
| 10. | Luke ADAMS | 76 | AUS | 1278 |
| 50. | Chris ERICKSON | 81 | AUS | 1157 |

The 3 performances which scored the points for each of the 3 Australian men were

Jared

| Jared | Competition | Cnt. | Cat. | Event. | Pl. | Result | Pts | Bonus | Final |
|----------|-------------------------------------|------|------|-----------|-----|---------|------|-------|-------|
| 22.08.08 | Beijing Olympic Games | CHN | OW | 50km Walk | 2 | 3:39:27 | 1226 | 200 | 1426 |
| 16.08.08 | Beijing Olympic Games | CHN | OW | 20km Walk | 3 | 1:19:42 | 1203 | 180 | 1383 |
| 18.04.08 | Beijing IAAF Race Walking Challenge | CHN | A | 20km Walk | 1 | 1:20:11 | 1193 | 80 | 1273 |

Luke

| | | | | | | | | | |
|----------|--|-----|----|-----------|----|---------|------|-----|------|
| 16.08.08 | Beijing Olympic Games | CHN | OW | 20km Walk | 6 | 1:19:57 | 1198 | 130 | 1328 |
| 10.05.08 | Cheboksary IAAF World Race Walking Cup | RUS | GW | 20km Walk | 7 | 1:19:15 | 1212 | 60 | 1272 |
| 22.08.08 | Beijing Olympic Games | CHN | OW | 50km Walk | 10 | 3:47:45 | 1176 | 60 | 1236 |

Chris

| | | | | | | | | | |
|----------|--|-----|----|-----------|----|---------|------|----|------|
| 14.12.08 | Melbourne Australian Race Walking Ch. | AUS | B | 50km Walk | 1 | 3:55:28 | 1130 | 60 | 1190 |
| 18.04.08 | Beijing IAAF Race Walking Challenge | CHN | A | 20km Walk | 11 | 1:23:29 | 1128 | 15 | 1143 |
| 10.05.08 | Cheboksary IAAF World Race Walking Cup | RUS | GW | 20km Walk | 31 | 1:22:55 | 1139 | - | 1139 |

The top women are shown below. Aussies Jane Saville (22) and Claire Woods (44) are both in the top 50 as well deserved entries.

| | | | | |
|------------|-----------------------|-----------|------------|-------------|
| 1. | Olga KANISKINA | 85 | RUS | 1335 |
| 2. | Kjersti TYSSE-PLÄTZER | 72 | NOR | 1294 |
| 3. | María VASCO | 75 | ESP | 1258 |
| 4. | Tatyana SIBILEVA | 80 | RUS | 1244 |
| 4. | Ana CABECINHA | 84 | POR | 1244 |
| 6. | Olive LOUGHNANE | 76 | IRL | 1243 |
| 7. | Susana FEITOR | 75 | POR | 1239 |
| 8. | Athanasia TSOUMELEKA | 82 | GRE | 1236 |
| 8. | Vera SANTOS | 81 | POR | 1236 |
| 10. | Beatriz PASCUAL | 82 | ESP | 1210 |
| 22. | Jane SAVILLE | 74 | AUS | 1179 |
| 44. | Claire WOODS | 81 | AUS | 1116 |

The 3 performances which scored the points for each of the 2 Australian women were

Jane

| Date | Competition | Cnt. | Cat. | Event. | Result | Pts | Bonus | Final | |
|----------|--|------|------|-----------|--------|---------|-------|-------|------|
| 11.05.08 | Cheboksary IAAF World Race Walking Cup | RUS | GW | 20km Walk | 7 | 1:29:27 | 1165 | 60 | 1225 |
| 24.05.08 | Krakow Na Rynek Marsz | POL | A | 20km Walk | 6 | 1:32:59 | 1117 | 40 | 1157 |
| 21.08.08 | Beijing Olympic Games | CHN | OW | 20km Walk | 20 | 1:31:17 | 1140 | 15 | 1155 |

Claire

| | | | | | | | | | |
|----------|--|-----|----|-----------|----|---------|------|----|------|
| 23.02.08 | Melbourne Australian Race Walking Ch. | AUS | B | 20km Walk | 3 | 1:33:02 | 1117 | 45 | 1142 |
| 21.08.08 | Beijing Olympic Games | CHN | OW | 20km Walk | 28 | 1:33:02 | 1117 | - | 1117 |
| 11.05.08 | Cheboksary IAAF World Race Walking Cup | RUS | GW | 20km Walk | 31 | 1:35:01 | 1090 | - | 1090 |

TIM'S TOP PERFORMERS OF 2008

Now that the IAAF has had its say, I thought it appropriate to zoom in on the top Australian walking performers/performances of 2008. Here is my list, in order of merit (my view only!).

1. Jared Tallent

It goes without saying that Jared is the top of my list. His 2008 performances include

- First in the Australian 20 km championship in February in a PB time of 1:19:41
- First in the IAAF Grand Prix 20 km event in Beijing in April in 1:20:11 and the first person to win a gold medal in the Birds Nest stadium
- 10th in the IAAF World Racewalking Cup 20 km in 1:19:48
- His third win in 4 years in the tough Canberra 20 Miler in June in 2:20:31
- Third in the Olympic 20 km walk and second in the Olympic 50 km walk
- First in the prestigious IAAF Race Walking Challenge Series for 2008
- Number 1 ranked male racewalker at the end of 2008

2. Peter Bennett

Peter, the President of Queensland Race Walking Club and a long time national walker, is a surprise second on my list. Regarded for some years now as our top Australian ultra distance walker, Peter decided in 2008 to test himself out against the top Europeans on their own home turf. His first race was the the Stages Race, held as part of the annual Paris-Colmar classic in June. Racing 6 stages over the 3 days and covering a total distance of 173 km, he took second place in 19:30:00. Two weeks later, he won the prestigious 24 Heures de Rouen in France with an amazing distance of **214.65 km** (or 133 miles for those of old enough to remember). Now putting that into perspective, Peter's Australian 100 km walk record is 10:51:25, Ian Jack's Australian 100 miles walk record is 17:59:30 and Jim Gleeson's 24 Hours Australian walk record is 196.490 km. Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Further, his distance of 214 km was the top 24 hour distance for the year by a big margin.

3. Jess Rothwell

What a year it has been for Jess Rothwell – and the good news is that she looks set to do build on this in 2009. Highlights were

- Walking her first ever 20 km in January in Canberra, winning the National Series event in 1:37:34
- Winning the Victorian U20 5000m championship in February with a new Victorian record of 22:08.76
- Winning the Australian U20 10,000m walk title in March in an Australian U20 record time of 46:15.17
- 5th place in the IAAF World Racewalking Cup Under 20 10 km roadwalk in May in a PB time of 46.44
- 4th place in the IAAF World Junior Championships in Poland in July in the 10000m walk in a PB time of 44:44.22

4. Luke Adams

Luke has already had a long and illustrious career but 2008 saw him rise to the occasion with a series of superb walks. The overall 2007 IAAF Race Walking Challenge winner had his best ever Olympics with a superb double. Highlights included

- 7th place in the IAAF World Racewalking Cup 20 km in May in a PB time of 1:19:15
- 6th place in the Olympic 20 km walk in 1:19:57, only 15 secs behind the medals.
- 10th place in the Olympic 50 km walk in a PB time of 3:47:45, after only being added very late in proceedings and walking without any real 50 km preparation. It was only in the final 10 km that he dropped off the pace – up till then he had threatened for a top 5 finish.

5. Men's 20 km team, IAAF World Racewalking Cup

Even without the services of Nathan Deakes, our men's 20 km team finished 3rd in the teams competition in the IAAF World Racewalking Cup in Cheboksary in May, with the following fine performances being recorded

| | | | |
|------------------|----------------|---------|----|
| 7 th | Luke Adams | 1:19.15 | PB |
| 10 th | Jarred Tallent | 1:19.48 | |
| 31 st | Chris Erickson | 1:22.55 | PB |
| 44 th | Adam Rutter | 1:24.57 | |

6. Andrew Jamieson

Competing in the 2008 Australian 50 km road walking championship at Fawcner Park in Melbourne on Sunday 14 December, Andrew Jamieson finished third behind his much younger fellow medallists in a performance that left most of us speechless. Andrew, the 2007 IAAF Masters Athlete of the Year, had his own personal goal – to break the one Masters M60 World record had had thus far alluded him. It was perhaps the toughest one in the books, a time of 4:23:29 set by the great German walker Gerhard Weidner in 1993. And take it he did with a final time of **4:23:16**. He now holds every M60 World Masters Association walking record on offer but I am sure that this is now his favourite one! For the record, his M60 world records read as follows:

| | | |
|-------|-----------|------|
| 3000m | 13:24.07 | 2007 |
| 5000m | 22:38.7 | 2007 |
| 10 km | 46:22.1 | 2007 |
| 20 km | 1:35:38.9 | 2007 |

30 km 2:29:45.7 2008
 50 km 4:23:16 2008



Jess Rothwell, Andrew Jamieson, Luke Adams and Jared Tallent in action in 2008



Peter Bennett (number 1) in the Rouen 24 Hour and the third place Australian team in the World Cup 20 km event

LAST WEEK'S MYSTERY PHOTO



Last week's photo was taken at Albert Park last year and featured a lot of our current walkers. Fran Attard was the best of the guesses, correctly picking 15 while Susan Taylor was also on the mark with 13. Here is the full list of the 19 that I can name, from left to right.

Nicholas Mirarchi, Alison Thompson, Yolanda Russell, Adrianna Crea, John Morrison, Filip Cosic, Anika Peachey, Beth Alexander, Janet Holmes, Russ Dickenson, Ayla Collins, Tamara Attard, Alan Lucas, Nicole Hallett, Heather Carr, Robert Walsh, Jacob Wright, Megan Szirom and Tom Barnes.

YOUNG ACHIEVER

Having just written about Jess Rothwell's superb year, it is perhaps no coincidence that the Melbourne Age newspaper featured her as one of the year's young achievers in the following article on Sunday 28 December.

YOUNG ACHIEVERS

JESSICA ROTHWELL - ATHLETICS

IT'S FAIR to say that if Jessica Rothwell was a car, prospective buyers may well shy away after a quick peek at her odometer. For a 19-year old, still a relatively new model, Rothwell has travelled more kilometres, either during or on her way to competitions, than most teenagers would care to imagine.

But where the added miles would put off most car buyers, the distances and importantly the times in which Rothwell covers them, has seen the young walker become hot property.

Originally from Katunga, just north of Shepparton, Rothwell was treading the tarmac from the age of 14 thanks to her involvement with the Shepparton Little Athletics Club. Because of the distance from the nearest major training venue in Ben-



Jessica Rothwell on track.

digo, much of Rothwell's early training took place on the roads around the family property rather than a designated training venue. "A lot was done with my coaches by correspondence," she said.

In 2003 Rothwell smashed her previous personal best for the five-kilometre walk to take the Australian under-16 title, and capture the attention of national coaches, and her results have continued to improve as a

result of her involvement in AIS programs. "The blocks at the institute have really helped, with body development and also training regimes," she said.

At her first attempt over 20 kilometres in January this year, Rothwell walked an Olympic B-qualifying time. In Russia at the world race walking championships, she finished fifth, the best ever result for an Australian junior, and also smashed the Australian under-20 10-kilometre record.

These results and her continued development under new coach Simon Baker, have Rothwell eyeing off an Olympic berth in London, possibly alongside role model Jane Saville. "London is definitely on the cards if things keep going the way they are," said Rothwell."

Young achiever - Melbourne Age, Sunday 28 December 2008

FROM THE ARCHIVES - THE 1991 WORLD VETERANS CHAMPIONSHIPS, TURKU, FINLAND

Throughout the 1960s, veteran athletes in many countries were forming their own organizations and conducting their own competitions. After the 1972 Olympics at Munich, groups from America, Australia and Canada competed in the first truly International Veteran Track and Field meet at Crystal Palace, London, organised by Woodford Green AC. Following this, the group visited other European Countries. Everywhere, the tour touched off tremendous enthusiasm and lasting fellowships.

Now that international contact had been made, a World Championships was touted. The Canadian Masters, headed by Don Farquharson, carried the mammoth meet in style in Toronto 1975. Men and women from 32 Countries participated in five days of exciting competition. A meeting was held at the University of Toronto to which all participants were invited to offer their views on the formation of a World Veterans (Masters) Track and Field Body. The name "World Association of Veteran Athletes" was proposed.

In 1977, a second Championships was held in Gothenburg in Sweden and, on day two of the meet, WAVA was officially founded and the first WAVA Executive was elected. That was the beginning of what we now know as the World Masters Athletics (WMA) - see <http://www.world-masters-athletics.org>. WMA holds its own World Championships every two years, in odd numbered years. It even came to Australia in 1987 (Melbourne) and 2001 (Brisbane) when I was lucky enough to compete. So far there have been 17 Masters Track and Field Championships as follows

| | |
|-------------------|------------------------------|
| Toronto, CAN | August 11-16, 1975 |
| Gothenburg, SWE | August 8-13, 1977 |
| Hannover, GER | July 27-August 2, 1979 |
| Christchurch, NZL | January 7-14, 1981 |
| San Juan, PUR | September 23-30, 1983 |
| Rome, ITA | June 22-30, 1985 |
| Melbourne, AUS | November 29-December 6, 1987 |
| Eugene, USA | July 27-August 6, 1989 |
| Turku, FIN | July 18-28, 1991 |
| Miyazaki, JAP | October 7-17, 1993 |
| Buffalo, USA | July 13-23, 1995 |
| Durban, RSA | July 17-27, 1997 |
| Gateshead, GBR | July 29-August 8, 1999 |
| Brisbane, AUS | July 1-14, 2001 |
| Carolina, PUR | July 1-13, 2003 |

San Sebastian, ESP
Riccione, ITA

Aug. 22-Sep. 3, 2005
Sep 4-15, 2007

World Masters Indoor championships were established in 2004 and they are now held in even years.

Sindelfingen, GER March 10-14, 2004
Linz, AUT March 15-20, 2006
Clermont-Ferrand FRA March 17-22, 2008

The next WMA championships are scheduled for Lahti in Finland in July/August 2009 (see <http://english.wma2009.org/>) so I thought it appropriate to report on the Australian walkers who competed when the champs were last held in Finland – in Turku in 1991. This report is taken from the August/September 1991 edition of 'The Veteran Athlete'.

Dickinson and McDonald show the way in world titles

Australians capture gold in womens teams events

A relatively small contingent of Australian walkers (nine men and nine women) acquitted themselves well in this year's World Titles, in Turku Finland.

Medal successes went to National Champions Heather McDonald (silver in the 5000m and 10 km walks), Murray Dickinson (silver in the 5000m and 20 km walks) and Lee Osborne (silver in the 10 km walk).

Both Australian women's teams (W40-44 and W45-49) won the gold medal in their respective categories which was a personal triumph for most.

In the younger combination, McDonald teamed up with fellow Victorians Kathy Woodward and Celia Kelly and in the W45 category, Osborne led the way with the help of Pam Newnham and Judy Farrell.

South Australian champion George White (M45) posted an exceptional time of 22.42 in a torrential downpour which left the track inches deep in water, but still managed to finish on well for fifth place in the event.

In the women's 5000m, McDonald built up a substantial lead over reigning US champion Viisha Sedlak, but had to

be content with the silver medal after Sedlak finished the stronger.

Victorians Kath Woodward (26:19 for 5th) and Celia Kelly (28:18 for 8th) ensured the team their rightful success in the team's event, winning gold ahead of the Fins and Spaniards.

Osborne, Newnham and Farrell easily took their division to make it a clean sweep for the Australians.

Croydon's Tony Johnson, making his World Games debut, finished a creditable 10th in the 5000m (24:08) and 9th in the arduous 20 km (1:47:33) while Adelaide's Col Hainsworth also put stirring efforts together in both events.

With the influx of European walkers, competition in most age groups was tougher than ever in these games and medals hard to come by.

Dickinson's 5000m (22:59) in atrocious conditions was particularly meritorious and only the brilliance of Germany's ace walker Dieter Szchiesche (22:33.7) relegated him to the runner up position.

| | | | |
|----------------|----------------|--------------------|---------|
| 5000 Metres | M45 | G. White (5) | 22:42 |
| | | T. Thompson (27) | 28:40 |
| | | P McWilliams (28) | 28:54 |
| | M50 | M Dickinson (2) | 22:59 |
| | | T. Johnson (10) | 24:08 |
| | M55 | C. Silcock (32) | 31:44 |
| | M60 | C. Hainsworth (17) | 29:39 |
| | | G. Williams (20) | 30:07 |
| | M65 | A. Jones (23) | 37:28 |
| | W40 | H. McDonald (2) | 24:39 |
| | | K. Woodward (5) | 26:19 |
| | | C. Kelly (9) | 28:18 |
| | W45 | L. Osborne (5) | 28:39 |
| P. Newnham (7) | | 29:05 | |
| J. Farrell (9) | | 30:45 | |
| W70 | I. Rogers (16) | 36:47 | |
| | G. Smith (6) | 40:54 | |
| 10 Km Women | W40 | H. McDonald (2) | 50:42 |
| | | K. Woodward (6) | 54:37 |
| | | C. Kelly (8) | 58:59 |
| | W45 | L. Osborne (2) | 58:28 |
| | | P. Newnham (4) | 58:40 |
| | W70 | J. Farrell (11) | 62:42 |
| | | G. Smith (5) | 81:43 |
| 20 Km Men | M45 | T. Thompson (25) | 2:08:31 |
| | M50 | M. Dickinson (2) | 1:38:09 |
| | | T. Johnson (9) | 1:47:33 |
| | M60 | C. Hainsworth (24) | 2:11:05 |
| | | G. Williams (24) | 2:11:05 |
| M65 | A. Jones (15) | 2:36:02 | |

And many of these walkers are still going strong today – Heather Carr (McDonald), Celia Johnson (Kelly), Murray Dickinson, Tony Johnson and Col Silcock-Delaney still compete in the Victorian Masters competition and at Albert Park in our club races.



Heather McDonald (W40).



Murray Dickinson (M50).

THIS WEEK'S WALKING CARTOON

Is one from Ray Smith from many years ago (taken from his scrapbook in the 1950's). Thanks Ray.



YOUTUBE OLYMPIC WALKS

Russ Dickenson has pointed out that short vides of the 2008 Olympic racewalks are now on YouTube:

The Womens 20K
 The Mens 20K
 The Mens 50K

<http://au.youtube.com/watch?v=KOvDC7aJyDQ&NR=1>
<http://au.youtube.com/watch?v=Id9FszJEUAs&feature=channel>
<http://au.youtube.com/watch?v=fsl53ft0byo&NR=1>

WHAT'S COMING UP

Our Victorian Shield competition kicks off on Saturday at Geelong (2000m walk at 3:10PM) and then fires up at all other venues a week later. The next competition dates are as follows

| | | | |
|------------|----------------------|-------------------|---|
| Sat 3 Jan | AV Shield - Round 10 | GEELONG REGION | Landy Field, South Geelong |
| Sat 10 Jan | AV Shield - Round 9 | SOUTH EAST REGION | Duncan MacKinnon Reserve, Murrumbena |
| Sat 10 Jan | AV Shield - Round 9 | EAST REGION | Hagenauer's Reserve, Box Hill |
| Sat 10 Jan | AV Shield - Round 9 | NORTH WEST SHIELD | Harold Stevens Athletic Track, Coburg North |
| Sat 10 Jan | AV Shield - Round 10 | BENDIGO REGION | La Trobe University Bendigo Athletics Centre, Bendigo |
| Sat 10 Jan | AV Shield - Round 11 | GEELONG REGION | Landy Field, South Geelong |
| Sat 10 Jan | AV Shield - Round 9 | BALLARAT REGION | Llanberris Reserve, Ballarat |

And a reminder that entries close with Athletics Victoria on Thursday 8 January for the Victorian Country Track and Field Championships, to be held on 24-26 January in Geelong.

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 10 Jan, 2009 | AV Shield Competition, Round 9 (3000m/1500m walks) |
| Jan 14-18, 2009 | Australian Youth Olympic Festival, Sydney (5000m walk) |
| Sat 17 Jan, 2009 | AV Shield Competition, Round 10 |
| Sun 18 Jan, 2009 | VRWC races – RWA Summer Postal Races, Clifton Hill athletics track |
| Thur 22 Jan, 2009 | AV Shield Competition, Round 11 (2000m walk) |
| Jan 24-26, 2009 | Victorian Country Championships, Landy Field, Geelong (entries close Thurs 8 Jan 2009) |
| Thur 29 Jan, 2009 | VRWC track races, Olympic Park, 6PM |
| 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) |
| Sun 15 Feb, 2009 | VRWC events, Albert Park |
| 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 |
| Sun 22 Mar, 2009 | VRWC and VMA Track races, Mentone Athletics Track |
| 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

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|-----------------|------------------------------------|
| 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

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|---------------|---------------------------|
| 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

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|------------------|--|
| 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

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