



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AROUND THE TRACKS

Lots of activity on the local front over the last week with the Athletics Victoria Shield season coming to a finish. The week kicked off on Tuesday evening with the North West and South East regions completing catch-ups for Round 8 which was washed out before Christmas. Both venues included 2000m walks in the program

North West Zone Shield Round 8, Aberfeldie Athletics Track, Tuesday 27 January 2009

Tom Barnes was in a class of his own, recording 8:00.9 after his 8:00.4 last week. His MUAC team mate Paul Kennedy missed the start so we were all able to record a victory over Paul after he gave us nearly 2 laps head start. But a victory is a victory so there you go. Trenton Hawkins showed that he can still walk pretty well without much training as he was second with 10:01. Murray James, walking invitation from Geelong, was next with 10:13 ahead of a much improved Duncan Knox (10:21) and Justi Roseman (10:24).

2000m Walk

1.	Tom BARNES	MUU	MOP	8:00.9
2.	Trenton HAWKINS	PTN	MOP	10:01.2
3.	Murray JAMES	INV	M40+	10:13.1
4.	Duncan KNOX	ATE	M40+	10:21.5
5.	Justijana ROSEMAN	ATE	FOP	10:24.8
6.	Arron MCDONOUGH	PTN	MOP	10:31.7
7.	Nardene HAMMOND	ATE	FOP	10:43.6
8.	Tim ERICKSON	COB	M40+	10:53.4
9.	Caitlin CAMPBELL	ATE	F16	11:39.8
10.	Paul KENNEDY	MUU	MOP	12:03.4
11.	Anna WALLACE	ATE	FOP	12:14.0
12.	Donna ELMS	PTN	FOP	12:22.9
13.	Robyn SHAW	WES	FOP	12:24.8
14.	Rebecca CAMPBELL	ATE	F14	13:15.0
15.	Georgia BERTRAND	KSB	F14	13:16.0
	Brent TURNER	WES	M20	DQ
	Jason ELMS	PTN	MOP	DNF

South East Zone Shield Round 8, Knox Athletic Track, Knoxfield, Tuesday 27 January 2009

Wow, 38 walkers were in action at Knox as clubs tried to ensure that they had sufficient qualified athletes for the finals. It was a fast race with the first 7 walkers all under 10 minutes. Beth Alexander continued her excellent form with yet another PB, 9:19. Kylie Irshad continued her fine return with 9:20, her best time in quite a while. Amy Burren, Bradley Simpson and Michael O'Mahony were next in with what must have been PBs for all of them. And not to forget Clyde Riddoch who might be 50+ but still recorded an excellent 9:39.

2000m Walk

1.	Alexander, Beth	KNA	F18	9:19.10
2.	Irshad, Kylie	KNA	FOP	9:20.50
3.	Burren, Amy	MAL	F16	9:25.50
4.	Simpson, Bradley	KNA	M16	9:32.90
5.	O'Mahony, Michael	KNA	M16	9:35.50
6.	Riddoch, Clyde	AWA	M40+	9:39.50
7.	Collins, Ayla	MAL	F18	9:52.50
8.	Albert, Ashley	MAL	F14	10:08.40
9.	Burren, Sarah	MAL	F14	10:11.10
10.	Attard, Tamara	KNA	F20	10:16.60
11.	Holmes, Janet	VMA	M40+	10:17.90
12.	Hallett, Nicole			10:25.90
13.	Steed, Gwen	VMA	M40+	10:33.30
14.	Vella, Anthony		M16	11:12.50
15.	Stadus, Lauren	KNA	F14	11:13.20
16.	Barrow, Geoff	MEN	M40+	11:29.90
17.	Attard, Bianca	KNA	F14	11:34.00
18.	Sanders, Jade			11:54.20
19.	Doran, Anthony	GHY	M40+	11:58.70
20.	Osmand, Kym	OAK	MOP	12:19.80
21.	Hutton, Phillip	GHY	M40+	12:20.60
22.	Maudsley, Fiona	AWA	F18	12:24.60
23.	Goodings, Liana	AWA	F18	12:32.10
24.	Morrison, John	SAN	MOP	12:35.90
25.	Ventura, Amy	MAL	F14	12:38.70
26.	McInnes, Simone	GHY	FOP	12:41.20
27.	Vella, Lewis		M14	12:43.50

28.	Eastwood, Jessie		F14	12:48.70
29.	Buller, Peter	GHY	M40+	13:01.90
30.	Eastwood, Jemma			13:13.90
31.	Caulfield, Sharyn	AWA	FOP	15:10.20
32.	Wright, Jeffrey	KNA	M40+	15:48.30
33.	Van Dongen, Rupert	CCA	MOP	15:48.50
34.	Varigos, Gregory	GHY	M40+	15:48.80
	Orenstein, Nathan	MAC	M16	DQ
	Harrison, Lindsay	AWA	M40+	DQ
	Nomikoudis, Maria	GHY	F14	DQ
	Muthia, Uma	AWA	FOP	DQ

With record temperatures across Victoria, forced changes were required for Round 12. The Western and South East zones were rescheduled to Saturday evening, the East and Ballarat Regions were pushed back to next Tuesday evening and the Bendigo Region final round was cancelled. Hence there are only two rounds to report on from the weekend.

Western Zone Shield Round 12, Aberfeldie Athletics Track, Saturday 31 January 2009

It was still pretty warm at 6:10PM when the 2000m walk started so most walkers were content with conservative races. Numbers were down in all events and only 9 walkers fronted. Tom Barnes was first as usual in what was for him a slow 12:22. Trenton Hawkins easily saw off all other challengers with his 15:19. And Duncan Knox beat me in the M40+ as usual.

300m Walk

1.	Tom BARNES	MUU	MOP	12:22.23
2.	Trenton HAWKINS	PTN	MOP	15:19.31
3.	Aaron MCDONOUGH	PTN	MOP	16:16.49
4.	Duncan KNOX	ATE	M40+	16:24.81
5.	Tim ERICKSON	COB	M40+	16:43.63
6.	Jason ELMS	PTN	MOP	18:05.78
7.	Donna ELMS	PTN	FOP	19:01.51
8.	David LONG	PTN	MOP	22:08.82
9.	Haley ARNOLD	PTN	FOP	26:11.10

South East Zone Shield Round 12, Duncan MacKinnon Reserve, Murrumbidgee, Saturday 31 January 2009

Just as at Aberfeldie, the field size was small and the times were generally slow as walkers completed Round 12 at Murrumbidgee. Tamara Attard was the best 3000m walker with 16:09, ahead of Masters walkers Ralph Bennett and Terry O'Neill. The one big time to talk about was that of Beth Alexander who just goes from strength to strength – yet another PB with 6:47 for the 1500m walk.

3000m Walk

1.	Attard, Tamara	KNA	F20	16:09.50
2.	Bennett, Ralph	VMA	M40+	16:52.80
3.	O'Neill, Terry	GPA	M40+	17:14.70
4.	Holmes, Janet	VMA	M40+	17:40.70
5.	Steed, Gwen	VMA	M40+	18:18.70
6.	Osmand, Kym	OAK	MOP	18:40.20
7.	Barrow, Geoff	MEN	MOP	19:07.50
8.	Doran, Anthony	GHY	M40+	19:20.20
9.	Hutton, Phillip	GHY	MOP	19:47.00
10.	Morrison, John	SAN	MOP	20:36.20
11.	Buller, Peter	GHY	MOP	21:38.20
12.	Maudsley, Fiona	AWA	F18	22:16.00
13.	Van Dongen, Rupert	CCA	MOP	23:56.60
	Wright, Jeffrey	KNA	M40+	DQ
	Varigos, Gregory	GHY	MOP	DQ

1500m Walk

1.	Alexander, Beth	KNA		6:47.00
2.	Mann, Stephanie	KNA	F14	10:02.00

Queensland Under 16 & Under 20 Championships, Queensland Sport & Athletics Centre, Nathan, 30-31 January 2009

And to our final Australian result for the week. Various Queensland State championships were on offer last Saturday, including Open and Under 20 10000m and Under 16 3000m walks. Results were as follows

Women 10000 Metres Race Walk Under 20

1.	Tesch, Samantha	18	STRATHPINE	56:08.38
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Women 10000 Metres Race Walk Open

1.	Jackson, Roslyn	20	THOMPSON EST.	77:46.18
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Women 3000 Metres Race Walk Under 16

1.	Goschnick, Breanne	15	QEII TRACK CLUB	15:42.27
2.	Pickles, Jessica	15	JIMBOOMBA	16:16.10
3.	Sims, Casey	15	ATHLETICS NTH	19:05.46

Men 3000 Metres Race Walk Under 16

1.	Aiton, Brad	15	QEII TRACK CLUB	15:03.37
2.	Osborne, Jesse	14	STRATHPINE	15:09.12
3.	Buckler, Corey	15	STRATHPINE	15:13.25
4.	Tesch, Benjamin	13	STRATHPINE	15:22.40

VALE ANDREW LUDWIG, 24.06.1966 - 27.01.2009

It is indeed tragic to lose one of our most well known walkers at only 42 years of age and so it was with much anguish that we heard last week of the untimely death of Queensland athlete Andrew Ludwig. I start with the following short obituary, put together by Queensland Racewalking Club president Peter Bennett.

It is a very sad day for the race walking community as we try to come to terms with the news of the tragic death of Andrew Ludwig in a car accident on Tuesday night January 27th. Most of us are still in shock at the news and we feel for Andrew's loving wife Sue and his three children Tyla, Jade and Mike. We send our deepest condolences to Sue and the family for the loss of a devoted husband and Dad who will not be coming home.

Andrew was a young 42 and still a picture of health and fitness courtesy of a lifetime of hard work as a dairy farmer. He was involved in race walking from his days as a junior athlete right up until his untimely passing. He was entered for the Queensland track 10,000 metres championships this weekend. Andrew was looking forward to the Caboolture Dusk to Dawn 12 Hour walk in a fortnight in which he hoped to cover over 100km and was set to compete in the Coburg 24 Hour race in Victoria in April in which his goal was to achieve his third Centurion mark (100 miles in 24 hours). Later in the year he wanted to better his 2008 performance in the 48 Hour Track Championships. I have been fortunate enough to travel and compete in some overseas ultra races. I would have loved to have taken Andrew to an overseas race to see what he really could have achieved.

Andrew first starting winning the club Open road walk championships back in 1986 and soon starting winning the first of a record number of Queensland 50km road walk titles. He was the most respected of athletes by his peers, by officials and with everyone with whom he came into contact. Andrew never had a disparaging word to say about anyone and his impeccable sportsmanship was backed up by a tough and dogged competitor who just never gave up. Even if he had not been able to do a lot of training before a big race no one could discount Andrew when they got to the business end of the race.

It has often been the subject of discussion to surmise what Andrew could have achieved as an athlete if he had been able to put in the hours of training required to become a top walker. In his twenties Andrew undoubtedly had the same level of talent as his peers and he certainly had the strength and courage to make it to the top. Andrew put his race walking ambitions aside to run the family farm and to raise a family. With a loving and caring wife and children who adored him no one can argue with his choice.

Many people freely use the term 'legend' to describe virtually anyone who competes in or wins a number of races. For someone who raced for over 25 years and won more Queensland Open State titles than any other walker (over distances of 5,10,20,30 & 50km) represented the State at National level over two decades, won National medals, competed in a large number of 12, 24 & 48 hour races and with it set numerous Age National records Andrew deserves that mantle. What made Andrew's achievements even more astonishing is that he often lined up at the start line for a Championship or ultra distance race after doing a full day of hard manual labour. Andrew never used this as an excuse even when he had suffered some severe injuries during the course of his working day. We will never forget the fairly regular sight of Andrew jumping out of his car and putting on his shoes as everyone else was on the start line. A few quick stretches for a warm up and Andrew was ready to race.



Andrew, far right, contesting the 2003 Australian 50 km championship in Melbourne

In my years involved with race walking I have met a lot of wonderful people and made many life long friends of what we affection call the "racewalking family". I feel honoured and privileged to have been able to call Andrew a friend. We have lost a good mate.

If you wish to send any tributes to Andrew please feel free to send them to me and I will pass them on to the family. If you wish to pass on personal condolences. Sue's contact details are:

Sue Ludwig
"Patona Park"
Four Mile Lane, Boyland
Via Canungra QLD 4275
075 -5430294

Take care. All the best.
PETER
Racewalking Queensland – President

From my own perspective, I first came into direct contact with Andrew when he came down to Melbourne in October 1992 to try the Centurion race at Clifton Hill; he was in fact the only serious starter. He made his intentions clear from the start, covering the first 50 km in 6:04:56, reaching the 50 mile mark in 10:06:47 and passing the 100 km mark in 13:13:53. The weather was atrocious with intermittent rain, especially tough for a Queenslander used to warm conditions. Due to the combination of cold wet weather and lack of support, Andrew retired in the early hours of the Sunday morning after completing 110.8 km (approximately 68 miles).

He was back two years later, prepared and determined to finish. As it turned out, he needed all this determination to help him through what turned out to be a tough hundred. A sore ankle soon spread to general leg problems, a sore knee and other sundry pains and he was forced to forsake any game-plan and just concentrate on surviving a torrid second half. He adjusted this pace to vary between 03:00 and 03:30 per lap and had frequent short breaks to help him survive (for it was a survival effort at this stage). To his credit, he never contemplated pulling out or giving up and eventually stormed home as one of three walkers to complete the hundred, in a time of 22:26.09. The other two finishers were QRWC president Peter Bennett (19:42.54) and Victorian Ken Walters (22:28:31).

We saw nothing further from him on the ultra front for many years until, in January 2007, he fronted for the Gosford 12 Hour event. Coming off a very limited preparation, he started with his trademark early fast pace, covering the first 50 km in 5:12:42. Although suffering mid race, he held on for a winning distance of 103.335 km, setting a new race record and finishing 5 km ahead of fellow Queenslander Peter Bennett who was second.



**Left: the new Gosford 12 Hour record holder Andrew Ludwig and the old event record holder Robin Whyte
Right: Andrew in the 48 Hour event at Caboolture in August 2008**

This race seemed to rekindle his ultra walking ambitions. In January 2008, he came second to Peter Bennett in the Caboolture 12 Hour walk with 93.026 km, finished his second hundred mile walk at Coburg in April 2008 with 22:34:20, and then followed in August 2008 with his first ever 48 Hour walk, completing a massive 240.033 km km in Caboolture. He was planning a big 2009 but, alas, this was not to be.

Personally, I have lost a good mate and a longstanding friend and walking has lost a great ambassador. To Sue and to the family, we offer our deepest condolences. We will remember Andrew as a true and honest competitor and as a wonderful person.

JANE SAVILLE ANNOUNCES HER RETIREMENT FROM RACEWALKING – MONDAY 1 FEBRUARY 2009

Yesterday, Jane Saville announced her retirement from the sport of racewalking with a press release on her website (see <http://janesavilleneeds.blogspot.com/2009/02/here-is-press-release-about-my.html>). The local newspapers have been quick to pick up on Jane's announcement and the following article by Nicole Jeffrey, in this morning's Australian newspaper (see http://www.theaustralian.news.com.au/story/0,,24993190-2722,00.html?from=public_rss) is typical of the response from the Australian media. Well done on a fantastic career Jane. May your next ventures be just as outstanding.



Saville finishes her long walk

JANE Saville has walked the circumference of the Earth at least twice in her 20-year quest for excellence.

Her routine for the past 12 years has involved covering between 130km and 140km a week (some 80,000km in total), and she has worn out a pair of shoes every three weeks.

But at 34, Australia's queen of the walk has decided her battered feet deserve a rest. The four-time Olympian and triple Commonwealth Games gold medallist announced her retirement from competitive athletics yesterday.

A nagging foot injury, which impeded her performance at the Beijing Olympics, finally convinced her that she had reached the end of the line.

"In Beijing, I knew it was going to be my last Olympics but I was thinking maybe I would do one more year and go to (the) worlds (championships in Berlin in August) and finish on a high note," she said.

"My last worlds wasn't very good and my Olympics wasn't very good. But I am still injured, I haven't been able to walk more than 10km since then, I am 34, I've had a good go at it and Matt (White, her husband, the former professional cyclist) and I want to start a family."

Saville developed tendinitis in her left shin a month before the Beijing Games and needed a pain-killing injection to get through the 20km race there. The injury then graduated down to her foot and she has found no relief.

"I have been radioactive for months, I've had so many scans," she said. "Sometimes your body says enough."

The agony on Saville's face in the moment she was disqualified just 150m from winning the 20km walk at the Sydney Olympics will remain in Australia's collective sporting memory.

But she got her reward four years later when she became the first Australian woman to win an Olympic race-walking medal (bronze) at the Athens Games. The same year, she was ranked No1 in the world by the IAAF.

That Athens triumph remains her favourite memory of a long and admirable career.

"It was just amazing," she said. "To hit your peak on the one particular day is very difficult, more so for someone like me because I wouldn't call myself a super-talented athlete. "Another highlight was when I beat (former world record-holder) Kerry Saxby at the 1998 Commonwealth Games. That gave me confidence that I could mix it with the best in the world."

Contrary to expectations, she does not regard that devastating moment in the tunnel of the Sydney Olympic stadium as the low point. Saville revealed that she had reached her darkest hour 12 months later.

"It was probably after the 2001 world titles, when I was disqualified for the third time in a year, first in Sydney, then at the 2001 nationals, then at the worlds, after I had worked so hard to improve my technique. "Then I thought I was only going to be known as the girl who gets disqualified, and I couldn't see the light at the end of the tunnel."

But that made Athens all the sweeter. "If I had won in Sydney, I may have retired, because you couldn't do better than an Olympic gold medal in your home country, and I wouldn't have had Athens, or have carried the flag at the opening ceremony of the Commonwealth Games," she said.

Saville has stopped walking to win, but she won't be putting her feet up. She has already moved on to her next venture, a community health and indigenous athletics initiative in her local area of La Perouse in Sydney. She is organising the first Yarra Bay fun run and walk on March 1, to encourage her local community to keep active.

"I wanted to organise something to take athletics to the community," she said. "I grew up in La Perouse and there were a lot of kids who were more talented than me in the indigenous community there, but I was the one who went to the Olympics."

She has also organised a coaching clinic for indigenous children on February 28, which will include free tickets and transport to the Sydney Track Classic at Sydney Olympic

Park that night.

Proceeds of her fun run (details at www.janesville.com)

will go to Ian Thorpe's Fountain for Youth charity, which supports indigenous health and education projects. She plans to make it an annual event

SOUTHERN AUSTRALIA SIZZLES IN RECORD TEMPERATURES

For those overseas of northern Australian walkers, the weather has been the main point of discussion in southern Australia states over the past week or so. Here is an article that was published on Wed Jan 28th January in the local Age newspaper:

Tom Saunders, Wednesday January 28, 2009 - 19:43 EDT
The heatwave scorching the southeast of the country is reaching unprecedented levels with temperatures soaring to nearly 50 degrees in some parts of South Australia.
Murray Bridge had the states high on Wednesday, reaching an unbearable 48 degrees, 19 above the mid summers average and their hottest day on record.
Other towns to climb above 45 included Keith, Kyancutta,

Cleve, Naracoorte, Port Augusta, Snowtown, Wudinna and Ceduna. Even Encounter Bay on the southern coast hit 46, a remarkable 22 degrees above average.
Darkness is bringing little relief with overnight minimums hovering near 30 degrees, around 15 above average.
Unfortunately the heatwave is still only in its early stages with 40 degree temperatures set to continue over much of South Australia into the weekend.

Although that article focused on South Australia, Victoria has not been spared from the heat with our Melbourne temperatures peaking as follows in an all-time 3 day heatwave record

Wed 28/01	43.5 (that's 110.3°F)
Thurs 29/01	44.3 (that's 111.7°F)
Fri 30/01	45.1 (that's 113.2°F)

Of course, it was potentially even hotter inland with the 7 day forecast for Mildura (inland Victorian city) on Wed 28/01 reading as follows:

43, 43, 43, 44, 46, 47, 50, 49

This sent me to the old scrapbooks to find the hottest conditions I ever raced and it was an easy one to document as it is still clear in my mind. The date was Australia Day, **26 January 1981** and the occasion was a Victoria vs SA vs NSW vs Tasmania Track and Field Match at Olympic Park in Melbourne. The first event to be contested was the 3000m walk, the temperature was **42°C** and a very strong and hot northerly wind was blowing. I remember standing under a shower for 5 mins before the race started and then standing on the start line dripping wet. Within 2 laps, my racing uniform was dry. The race results showed

1.	Tim Erickson	VIC	12:18
2.	Michael Woods	NSW	12:30
3.	Bill Dyer	VIC	12:34

Actually, the mighty David Smith (VIC) was first to cross the finish line in an amazing time (considering the conditions) of 11:47 but he was subsequently DQ'd.

The next event to get underway was a 2000m Junior Steeplechase and a number of the competitors collapsed in the heat. The organisers then announced that all longer events would be shortened – of course, we were all pretty vocal about how weak they all were, given that we had contended with the conditions and completed our 3000m walk!

The newspaper the next day documented the day and the month as follows

The hottest since 1908

The weather Bureau confirmed yesterday what most Victorians have suspected: this is one of the hottest Januarys in memory. Since New Year's Day, the State has had 11 days with temperatures above 35 degrees.

In this century, only 1908 had more 35-plus days – 12 of them – and 1981 has 4 days left in which to break the record.

Yesterday afternoon's cool change dropped the temperature 15 degrees in half an hour from 40 at 5pm to 25 at 5.30pm. It brought relief from the heat – and destructive winds.

Trees and power lines came down in several suburbs, including Greensborough and Ivanhoe, and winds of 110 kmh were registered at Tullamarine and at Point Lonsdale.

The mighty 1908 heat wave was also around Australia Day and also saw continuous days of temperatures well in excess of 100°F. Once again, just like in 1908 and 1981, the Australia Day week has seen extraordinary temperatures and intolerable conditions.

One final piece of Melbourne weather trivia – the highest temperature ever recorded in Melbourne was on the famous 'Black Friday' (13 January 1939) when the temperature peaked at **114.1°F (45.6°C)** and hundreds of fires that had been burning spasmodically over a large part of the State gathered into a series of vast conflagrations that swept the forest areas, destroying millions of acres, destroying homes and small townships and killing 71 people. The fires were accompanied by record temperatures across Victoria and winds that reached velocities estimated at over 100 miles an hour. The other interesting fact about this infamous day is that the humidity in Melbourne was measured at an unbelievable 8%, meaning that the air was nearly completely devoid of moisture. Hopefully we will never see another 'Black Friday' in our lifetimes.

But at least it doesn't snow in Melbourne in the winter!

SIZZLING TIMES IN JAPANESE WALK CHAMPIONSHIPS, KOBE, SUNDAY 25 JANUARY 2009

Ken Nakamura for the IAAF (<http://www.iaaf.org/WRC09/news/kind=100/newsid=49050.html>) reports on what were an impressive couple of walks in the Japanese National 20 km championships on Sunday January 25th.

Fuchise sets 1:28:03 national 20km Race Walk record



Musami Fuchise in action in the 2007 World Champs (<http://www.iaaf.org>)

Masumi Fuchise, who finished 27th in the 20km Race Walk in the 2007 World Championships, won the national 20Km walk championships in Kobe on Sunday 25 January. Fuchise's winning time established a new national record of 1:28:03, eclipsing the previous record of 1:28:56 set by Mayumi Kawasaki in 2007.

On Sunday it was Kawasaki, eleventh at 20Km Walk in the Beijing Olympics, who set a blazing pace. Kawasaki passed the 5km checkpoint in 22:03, at which point she was 13 seconds ahead of Fuchise. The gap between Kawasaki (43:55) and Fuchise (44:34) grew to 39 seconds by 10km. But then the gap started to narrow and by 15km Fuchise was only 20 seconds behind Kawasaki. Fuchise passed Kawasaki around 17km and then went on to win unchallenged in the last 3km.

It was the second national record for Fuchise, who set her previous record of 1:29:36 in 2007. Kawasaki was second in 1:28:49, also under the previous national record. As the

national champion, Fuchise clinched a spot on the 2009 World Championships team.

Koichiro Morioka, 16th at 20km Race Walk in the 2008 Olympics, won the men's 20km in 1:21:16. It was a personal best for Morioka. In the early going Yuki Yamazaki led from Morioka and Yusuke Yachi. They passed 5km in 20:21 but by 10km (40:31) the leaders were reduced to the pair, Morioka and Yamazaki, 7th at the 50Km Walk in the Beijing Olympics. They were still together at 15km (1:01:15), but at the end Morioka proved to be stronger and won in 1:21:16, as Yamazaki faded to fourth.

"Since it was a World Championships qualifying race, I wanted to win the race," wrote Morioka in his team's website. Like Fuchise, Morioka also clinched a spot on the team for the World Championships. "I hope to finish in the top eight in Berlin," wrote Morioka.

Men 20 km walk

1.	Koichiro Morioka	1:21:16	(20:21, 40:31, 1:01:15)
2.	Yusuke Suzuki	1:22:08	(20:39, 41:09, 1:01:36)
3.	Isamu Fujisawa	1:22:10	(20:39, 41:09, 1:01:36)
4.	Yuki Yamazaki	1:22:16	(20:21, 40:31, 1:01:15)
5.	Yusuke Yachi	1:23:46	(20:21, 40:50, 1:01:57)

Women 20 km walk

1.	Masumi Fuchise	1:28:03	(22:16, 44:34, 1:06:32)
2.	Mayumi Kawasaki	1:28:49	(22:03, 43:55, 1:06:12)
3.	Sachiko Konishi	1:29:49	(22:07, 44:32, 1:06:55)
4.	Kumi Otoshi	1:32:17	(22:36, 45:32, 1:08:46)

USA 1 MILE WALK TITLES DECIDED AT MILLROSE GAMES, NEW YORK, FRIDAY 30 JANUARY 2009

The 102nd Millrose Games was held on the evening of Friday 30th January 2009 at Madison Square Gardens in New York. The Millrose Games, the oldest invitational indoor track-and-field meet in America, began in 1908 at a local armory the same year its parent, the Millrose Athletic Association, was formed as a recreational club by the employees of the John Wanamaker Department

Store. "Millrose" was the name of the country home of Rodman Wanamaker. In 1914, after overflowing its capacity the year before, the Millrose Games moved to Madison Square Garden, and is the oldest continuous sporting event held there.

The New York Athletic Club's very own Tim Seaman won his fifth career title in the Susan M. Rudin Men's 1 mile race walk, finishing in 6:02.58 to defeat his training partner, Andreas Gustafsson of Sweden (6:04.54), with Mike Tarantino in third (6:08.58). With the race serving as a national championship event, Seaman tallied the 34th national title of his career. Teresa Vaill won her second consecutive national title in the women's 1 mile race walk, finishing as the first American in the race in 6:51.33. Rachel Lavallee of Canada won the overall race in a Millrose Games record 6:47.45, with Vaill second and Solomiya Login third in 7:09.21.

Event 1 Women 1 Mile Race Walk

1.	Rachel Lavallee	CAN	6:47.45
2.	Teresa Vaill	USA	6:51.33
3.	Solomiya Login	USA	7:09.21
4.	Tina Peters	USA	7:35.12
5.	Erin Taylor	USA	7:43.09
6.	Diana Rado	USA	7:47.58
7.	Maryanne Daniel	USA	7:51.53
8.	Melissa Moeller	USA	7:57.82
9.	Catie Davis	USA	7:58.08
10.	Molly Josephs	USA	8:09.48
	Susan Randall	USA	DQ Lane Violation

Event 6 Men 1 Mile Race Walk USA Champs

1.	Tim Seaman	USA	6:02.58
2.	Andreas Gustafsson	SWE	6:04.54
3.	Mike Tarantino	USA	6:08.58
4.	Trevor Barron	USA	6:14.12
5.	Tyler Sorenson	USA	6:37.44
6.	Richard Luettchau, II	USA	6:39.50
7.	Ricardo Vergara	USA	6:41.69
8.	Roberto Vergara	USA	6:44.24
9.	Alejandro Chavez	USA	6:52.90
10.	Curt Clausen	USA	6:54.62
11.	Michael Kazmierczak	USA	7:05.95
12.	Don Lawrence	USA	7:31.69

For full results from the Games, see <http://www.millrose-games.com/>

CRYPTIC CROSSWORD

Last week's cryptic crossword clue was quite popular with 3 correct answers coming in the first couple of hours – from Margaret Beaumont, Russ Dickenson and Janet Holmes. The clue and answer were as follows:

Clue: Unhappy, about the gramophone record being played at midnight
 Answer: DISCONSOLATE

Stan Miskin has provided me with some more for this week and he advises that these are ones which would normally be regarded as 'easy' so I should simply advise the word length but not provide any of the actual letters. These would generally be the first ones that people would solve to start the process of filling.

Heavily struck wood in bed (6)
 As dim as a gold getter (5)
 Uncle from America and graduate dance (5)
 Go back to the French and cast amorous glances (4)
 I'm upset by the momentum (7)

Gosh, these things are infuriating. I can see the answer when Stan tells me!

WHAT'S COMING UP

On Tuesday evening, we have two final Round 12 competitions (3000m walks) and then on Saturday, we see the Shield Region finals where 2000m walks will be contested.

Tue 3 Feb	AV Shield - Round 12 (EAST REGION)	Hagenauer's Reserve, Box Hill
Tue 3 Feb	AV Shield - Round 12 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 7 Feb	AV Shield - Region Final (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 7 Feb	AV Shield - Region Final (SOUTH EAST REGION)	Knox Athletic Track, Knoxfield
Sat 7 Feb	AV Shield - Region Final (BENDIGO REGION)	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 7 Feb	Av Shield - Region Final (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 7 Feb	AV Shield - Region Final (NORTH WEST REGION)	Moonee Valley Athletics Centre, Aberfeldie

Meanwhile, next weekend in Brisbane the Australia Cup will be contested. Amongst the events on offer are 5000m track walks for men and women and the event has drawn just about all our top walkers. I can hardly wait to see the walk results.

Sat 7 Feb Australia Cup Grand Prix Series Meet, Brisbane, Queensland

And a reminder that **entries close on Thursday 5th February** for the Victorian Open and Under 20 Track and Field championships (including the Open and Under 20 5000m walks). See <http://www.athsvic.org.au>

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 7 Feb, 2009 AV Shield Competition, Region Finals (2000m walk)
Sat 7 Feb, 2009 Australia Cup GP Series Meet, Queensland (elite 5000m walks for men and women)
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**
Entries close with AV at 5PM on Thursday 5 February
Draft timetable : Open/U20 Women 5000m – Friday 19th, 8:10PM, Open/U20 Men 5000m, Sat 20th 4:10PM
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**
Entries close with AV at 5PM on Thursday 12 February
Sat 7 March, 2009 **2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne**
Entries close with AA at midnight on Thursday 19 February
Draft timetable: 20 km Men/Women – 7:30AM, U20 10 km Men/Women - 8AM
Sun 22 Mar, 2009 VRWC and VMA Track races, Mentone Athletics Track
Mar 28-29, 2009 **Victorian Masters T&F Championships, Box Hill**
This is an AV Overage and VMA combined championship with all Masters categories.
Entries close with AV at 5PM on Thursday 12 March
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, Parramatta Park, Sydney, NSW

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 **6th IAAF World Youth Championships, Bressanone, Italy** - <http://www.iaaf.org/wyc09/preview.html>
July 28 – Aug 8, 2009 **18th World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
Aug 15-23, 2009 **12th 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, 2009 Rio Maior, Portugal
Apr 18-19, 2009 Wuxi City, China
May 1, 2009 Sesto San 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 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.**

Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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