



HEEL AND TOE ONLINE

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

As the Athletics Victoria season fast approaches its conclusion, the final Shield rounds were completed last Tuesday evening at Box Hill and Ballarat. But from then on, it was a mess with the Region Finals on last Saturday in jeopardy with a projected top temperature of 43°C and gale force hot northerly winds forecast. As we all know now, this forecast was drastically inadequate and Melbourne reached an all time record of 46.1°C and Victoria burnt. We are all effected, with most of us knowing one or more people in the areas ravaged by the worst bushfires in Australian history. We can only sit back and watch as the situation unfolds – to all our country based readers, we hope that you have been spared the worst and that you and your families are safe. We are thinking of you all.

AV Shield Round 12, East Region, Hagenauer's Reserve, Box Hill, Tuesday 3 February

Once again, big fields were the order of the day at Box Hill with 3000m and 1500m walks scheduled. The Collingwood double of Stuart Kollmorgen (13:54) and Ross Reid (14:31) led from the front as usual ahead of Simon Evans who showed a healthy bit of speed with 15:18. Hilary Brazel was the first lady to finish with an excellent 15:19 (I think this may well be a PB?). In the 1500m walk, Cassie Raselli and Ryan Antidormi had a great battle with Cassie just getting the upper hand to win by 0.4sec in 7:11.0.

3000m Walk

1.	Kollmorgen, Stuart	COL	MOP	13:54.60
2.	Reid, Ross	COL	MOP	14:31.00
3.	Evans, Simon	BOH	MOP	15:18.60
4.	Brazel, Hilary	ANW	F18	15:19.60
5.	Dyer, Mitchell	BOH	MOP	15:51.50
6.	Keirl, Bernie	DIV	M40+	16:22.20
7.	Hammett, Gary	DIV	MOP	16:39.90
8.	Walsh, Robert	ANW	MOP	16:59.30
9.	Johnsen, Matthew	DON	MOP	17:06.40
10.	Benke, Geza	OLM	MOP	17:08.40
11.	Hallet, Nicole	ANW	F16	17:12.70
12.	Jack, Clarence	RIC	MOP	17:13.70
13.	Dyer, Chelsea	BOH	F16	17:36.50
14.	Gardiner, Robert	COL	MOP	17:47.20
15.	Mason, E		F16	17:48.60
16.	Sofianos, Gerald	STK	MOP	18:22.50
17.	Mah, Lincoln	STK	MOP	19:46.90
18.	Kozica, Jason	STK	MOP	20:28.40
19.	Coleman, Harry	RIC	M16	20:56.50
20.	Ellis, Bob	RIC	MOP	20:58.60
21.	Lyon, Kelly	RIC	FOP	21:16.50
22.	Cowell, Jacqueline	DIV	F16	21:16.80
23.	Summers, Harry	BOH	M40+	21:37.50
24.	Forno, Patrick	DON	M20	20:28:00.00

1500m Walk

1.	Raselli, Cassandra	SCA	F16	7:11.00
2.	Antidormi, Ryan	ANW	M14	7:11.40
3.	Taylor, Lucas	SCA	M14	8:20.80
4.	Garganis, Adam	COL	M14	9:09.80
5.	Dyer, Mitchell	BOH	M14	9:14.90
6.	Walburg, K		F14	9:52.50
7.	Cowell, Lachlan	DIV	M14	11:00.90

AV Shield Round 12, Ballarat Region, Llanberris Reserve, Ballarat, Tuesday 3 February

I'm not sure what happened here but the AV website shows this final round as downgraded to a non-Shield meeting and hence no results are available.

AV Shield Region Final, East Region, Hagenauer's Reserve, Box Hill, Saturday 7 February

The Region Final scheduled for Saturday, at Box Hill was cancelled due to the forecast extreme heat. As a result, the top two teams on the ladder for the respective Divisions and Age Groups now go onto the Shield Final the following Saturday. The teams finishing on top of the ladder are also to be declared the Region Premiers.

AV Shield Region Final, Bendigo Region, La Trobe University Bendigo Athletics Centre, Bendigo, Saturday 7 February

Like the East Region, the Bendigo Region Final was cancelled. As a result, the top two teams on the ladder for the respective Divisions and Age Groups now go onto the Shield Final the following Saturday. The teams finishing on top of the ladder are also to be declared the Region Premiers.

AV Shield Region Final, Ballarat Region, Llanberris Reserve, Ballarat, Saturday 7 February

The Ballarat Region decided to delay their program by 4 hours but to keep it on the Saturday if possible. Results have not yet been posted on the AV website so I am unsure if it actually went ahead.

AV Shield - Region Final , North West Region, Williamstown, Sunday 8 February

The Region Final scheduled for Saturday at Aberfeldie was rescheduled to Williamstown on the Sunday afternoon. The cooler and overcast conditions were ideal for walking and Danny Hawksworth was the pick of the walkers with his 9:21.2 Further back in the field, we saw great walks from Duncan Knox (10:19.2 – finally training!), Nardene Hammon (10:30.2 – easily her best walk since returning to the sport) and Jason Elms (10:33.2 for a 1 minute PB). On a personal note, I must point out that I beat Aaron McDonough but he will probably try to tell you that he was not going flat out. Anna Wallace was so enthusiastic that she did an extra lap but her finish time was adjusted to show her approximate correct finish time. All in all, a great race!

2000m Walk

1.	Danny HAWKSWORTH	ATE	MOP1	09:21.2
2.	Trenton HAWKINS	PTN	MOP1	09:44.3
3.	Duncan KNOX	ATE	M40+	10:19.2
4.	Nardene HAMMOND	ATE	FOP1	10:30.2
5.	Jason ELMS	PTN	MOP2	10:33.2
6.	Tim ERICKSON	COB	M40+	10:34.6
7.	Aaron MCDONOUGH	PTN	MOP1	10:40.0
8.	Kirstin SHAW	WES	FOP2	11:07.3
9.	Aaron GARDNER	PTN	M14	11:10.2
10.	Anna WALLACE	ATE	FOP1	11:50.0
11.	Donna ELMS	PTN	FOP1	11:57.5
12.	Robyn SHAW	WES	FOP2	11:59.0
13.	Lauren GELOV	PTN	F14	12:13.3
14.	Connor MCSHANAG	ATE	M14	12:25.0
15.	Rebecca CAMPBELL	ATE	F14	12:25.8
16.	Damien ELMS	PTN	M18	12:38.3
17.	David LONG	PTN	MOP2	14:35.1
18.	Madison ARNOLD	PTN	F16	14:51.5

AV Shield Region Final, South East Region, Knox Athletic Track, Knoxfield, Tuesday 10 February

The South East Region was rescheduled from Saturday afternoon to the following Tuesday evening. I will report on this walk in next week's newsletter.

Proclamation Park Walk, Wednesday 4 February 2009

Thanks to Simon Baker for these results from the Proclamation Park walkers at Knox last Wednesday.

1500m U14 Girls	Jessica Callaway	8:24
1500m U13 Girls	Bianca Attard	7:55
1500m U14 Boys	Sam Dun	8:18
1500m U13 Boys	Reece Walmsley	8:21
1100m U10 Girls	Jessica Lillie	7:23
1100m U10 Boys	Kyle Swan	6:54
1100m U9 Girls	Jessica Morotta	7:58
1100m U9 Boys	Simon Duvall	6:43
700m U8 Boys	Hayden Walmsley	8:08
700m U7 Girls	Brianna Lillie	5:19

VALE HARRY MASON

I am very sad to report that long time VRWC supporter **Harry Mason** died early on the morning of Tuesday 10th February after a tough battle with cancer. Harry, along with his wife Judy who is one of our senior walking judges, was a regular official at most major racewalking events in Victoria. He was active on many fronts, being a senior AV official (he looked after the equipment shed at Olympic Park for many years) and Merit Award holder, a life member of Collingwood Harriers and a senior Athletics Australia course measurer. In fact, most of our courses at Albert Park over the last 15-20 years have all been measured and certified by Harry.

We pass on our deepest condolences to Judy and to the family. A number of us will be attending the funeral and we will remember Harry as a consummate official and as a wonderful person.

MORE ON THE BUSHFIRES

There are a number of athletics and walking supporters who have been caught up in the dreadful Victorian bushfires. I am pleased to report that Collingwood Harriers president Steve Griffiths is safe. Steve's farm at Kinglake was somehow spared (one of the few) and he is reported as ok.

AUSTRALIAN CUP GRAND PRIX MEET, BRISBANE, SATURDAY 7 FEBRUARY 2009

The Australia Cup was held last Saturday evening in Brisbane with 5000m walks amongst the events on offer. The walk fields were small but the results were fantastic as our top walkers had their first hitout for the summer.

In the men's event, Adam Rutter took the field apart with 18:54.65, the 4th fastest 5000m ever walked by an Australian (behind Nathan Deakes, Nick A'Hern and Dave Smith). Fellow Olympians Jared Tallent, Luke Adams and Chris Erickson were all pretty slick themselves but had to play second fiddle to the 22 year old NSW speedster. Further back, 16 year old Dane Bird-Smith recorded 20:22.81 for a huge PB, setting new Queensland U18 and U20 records. I hear that Adam headed off on 1:30 laps and gradually dropped the others until he was left on his own – and he then maintained the pace through to the end. Impressive indeed!

In the women's event, English walker Jo Jackson was first overall in a PB time of 21:01.24 while 19 year old Victorian Jess Rothwell walked the second fastest ever 5000m by an Australian (second only to Kerry Saxby) with a time of 21:12.63. Cheryl Webb was also in great form with a big PB of 21:38.57.

Event 22 Men 5000 Metres Race Walk Invitation Open

1.	Adam Rutter	INV	18:54.65 (PB by 34 secs)
2.	Jared Tallent	ACT/AIS	19:12.81
3.	Luke Adams	NSW	19:28.03
4.	Chris Erickson	VIC	20:02.82
5.	Dane Bird-Smith	QRWC	20:22.81 (new QLD U18/U20 records)

Event 23 Women 5000 Metres Race Walk Invitation Open

1.	Johanna Jackson	ENG	21:01.24 (PB?)
2.	Jessica Rothwell	VIC	21:12.63 (PB 54 secs)
3.	Cheryl Webb	INV	21:38.57 (PB 26 secs)
4.	Natalie Saville	NSW	22:55.56
5.	Jillian Hosking	INV	23:36.42
	Claire Tallent	ACT/AIS	DNF
	Megan Szirom	VIC	DNF

The walkers have come off a solid month training at the AIS and are obviously in great shape. The next big contest will be a 5000m walk at the NSW Grand Prix in 3 weeks time when the walk fields should be bigger and the pace may be even hotter. Then it's onto Melbourne in early March for the 20 km roadwalk titles where, weather permitting, we can expect to see some interesting contests and some great times.



Training in Canberra in January – Jess Rothwell, Jillian Hosking, Jo Jackson, Jared Tallent and Adam Rutter

And to finish off this report, let's look at what that does to the All-Time lists.

5,000 METRES WALK FOR WOMEN - ALL TIME RANKING LIST - ALL UNDER 23 MINUTES

1.	20.03.0	Kerry Saxby-Junna	N	20661	1	Sydney	11/02/96
2.	21.12.63	Jess Rothwell	V	180689	1	Brisbane	07/02/09
3.	21.25.6	Anne Pembroke-Manning	N	131159	mix	Sydney	12/02/94
4.	21.32.26	Jane Saville	N	51174	1	Melbourne	01/03/97
5.	21:34.23	Natalie Saville	N	70978	2	Melbourne	01/03/97
6.	21:38.57	Cheryl Webb	N	31076	2	Brisbane	07/02/09
7.	21.45.16	Lisa Sheridan-Paolini	N	101262	1	Sydney	20/02/00

8.	21.46.70	Kellie Wapshott	V	230381	mix	Melbourne	10/02/08
9.	21.47.6	Gabrielle Blythe	V	90369	mix	Canberra	12/03/93
10.	21:57.26	Claire Woods	S	60781	1	Adelaide	13/02/08
11.	21.59.0	Teresa Letherby	Q	50472	3	Sydney	11/02/96
12.	22.01.50	Linda Coffee	N	310777	2	Sydney	18/02/96
13.	22.04.42	Sue Orr-Cook	V	230458	1	Melbourne	01/04/84
14.	22.05.76	Michelle French	N	10482	2	Melbourne	19/02/06
15.	22:07.50	Tanya Holliday	S	210988	mix	Adelaide	26/11/05
16.	22:08:00	Megan Szirom	V	180877	1	Melbourne	23/06/07
17.	22.08.5	Jenny Jones-Billington	Q	200467	4	Brisbane	06/03/93
18.	22.13.0	Simone Wolowiec	V	120274	mix	Melbourne	20/11/97
19.	22.15.0	Sally Pierson	V	100363	1	Melbourne	27/01/84
20.	22.15.5	Jane Lewry-Barbour	S	270766	1	Adelaide	16/02/94
21.	22.17.32	Lorraine Young-Jachno	V	210959	4	Sydney	04/01/90
22.	22.24.9	Wendy Muldoon	V	270571	mix	Melbourne	09/03/95
23.	22:31.18	Lisa Grant	N	260485	3	Sydney	70106
24.	22.34.30	Jo Strangman	A	171175	mix	Canberra	17/02/95
25.	22.36.6	Jantien Saltet	N	240172	mix	Sydney	28/11/92
26.	22.37.8	Bev Wilkins-Hayman	N	90561	1	Sydney	05/11/88
27.	22.40.3	Sharon Schnyder	V	10764	1	Bendigo	25/01/92
28.	22.41.2	Louise Nicholson	V	261266	1	Melbourne	05/01/92
29.	22.44.6	Celia Massie-Bertei	V	180166	mix	Melbourne	14/01/91
30.	22.44.66	Renee McAskili	N	110382	3	Sydney	07/03/96
31.	22.49.3	Jill Barrett-Maybir	Q	130764	7	Sydney	10/03/96
32.	22.52.70	Laura Johnson	N	310884	1	Darwin	28/06/02
33.	22.59.19	Rachel Thompson	N	211162	2	Sydney	24/02/85

5,000 METRES WALK FOR MEN - ALL TIME RANKING LIST – ALL UNDER 21 MINUTES

1.	18:45.19	Nathan Deakes	V	17/08/77	1	Melbourne	09/03/05
2.	18.51.39	Nick A'Hern	N	06/01/69	1	Auckland,NZ	21/02/98
3.	18.52.87	Dave Smith	V	24/07/55	1	Canberra	21/02/86
4.	18.54.65	Adam Rutter	N	24/12/86	1	Brisbane	07/02/09
5.	18:59.43	Luke Adams	N	11/10/76	1	Melbourne	24/02/07
6.	19.01.94	Jared Tallent	V	17/01/84	1	Brisbane	02/02/08
7.	19.09.74	Andrew Jachno	V	13/04/62	2	Sydney	23/02/91
8.	19.20.87	Brent Vallance	N	30/04/72	1	Sydney	20/02/00
9.	19.24.12i	Simon Baker	V	06/02/58	7	Budapest	05/03/89
10.	19:35.71	Chris Erickson	V	01/12/81	1	Melbourne	10/02/08
11.	19.36.84	Dion Russell	V	08/05/75	3	Hobart	14/02/97
12.	19.38.22	Troy Sundstrom	N	30/05/84	3	Sydney	19/02/00
13.	19.45.65	Willi Sawall	V	07/11/41	2	Melbourne	31/03/84
14.	19.46.91	Steve Beecroft	V	14/03/71	2	Melbourne	09/02/92
15.	19:48.57	Michael McCagh	W	16/04/86	2	Geelong	17/12/05
16.	19.56.9	Jon Gawley	N	09/05/80	2	Sydney	06/03/99
17.	19.57.9	Paul Copeland	V	25/04/57	2	Melbourne	14/12/89
18.	19.58.65	Doug Connolly	N	30/10/82	1	Sydney	09/12/99
19.	20:00.50	Darren Bown	S	30/06/74	1	Adelaide	16/03/05
20.	20:06.54	Noel Wooler	Q	19/05/75	1	Brisbane	16/02/96
21.	20:08.62	Duane Cousins	V	13/07/73	5	Melbourne	09/03/06
22.	20:12.20	Liam Murphy	S	05/06/79	5	Adelaide	28/01/00
23.	20:14.90	Michael Harvey	V	05/12/62	1	Melbourne	26/11/91
24.	20:16.26	Damian O'Mara	N	03/10/75	4	Melbourne	20/02/97
25.	20:22.50	Dariusz Wojcik	V	24/09/59	3	Melbourne	26/11/91
26.	20.22.81	Dane Bird-Smith	Q	15/07/92	5	Brisbane	07/02/09
27.	20:30.10	Rob McFadden	S	15/03/66	1	Adelaide	21/03/92
28.	20:30.87	Matt O'Donnell	N	18/11/74	4	Sydney	12/03/94
29.	20:34.00	Ian Rayson	N	04/02/88	1	Sydney	08/10/05
30.	20:34.90	Daniel Thorne	V	19/12/79	1	Melbourne	13/03/03
31.	20:36.73	Tom Barnes	V	22/09/82	4	Melbourne	24/02/07
32.	20:38.00	Mark Donahoo	V	27/05/58	2	Melbourne	22/11/90
33.	20:40.80	Jason Moore	Q	19/03/74	1	Brisbane	12/02/93
34.	20:41.45	Greg Robertson	T	23/12/69	4	Sydney	23/02/91
35.	20:42.90	Craig Brill	V	10/11/67	1	Melbourne	06/12/90
36.	20:44.40	Brad Malcolm	V	07/08/78	1	Melbourne	11/02/00
37.	20:45.92	Paul Kennedy	V	03/04/57	5	Sydney	12/03/94
38.	20:47.74	Mark Thomas	V	23/12/62	7	Melbourne	20/02/97
39.	20:48.00	Anthony Miles	Q	30/11/71	1	Brisbane	15/10/89
40.	20:51.18	Rohan Best	T	24/02/73	1	Hobart	06/01/91
41.	20:54.56	Michael Woods	N	11/06/62	3	Sydney	23/02/85
42.	20:54.70	Marcus Dwyer	V	26/03/77	1	Melbourne	19/11/98
43.	20:59.10	Scott Holliday	W	22/12/83	1	Perth	06/01/02

IRISH INDOOR TRACK AND FIELD CHAMPIONSHIPS, BELFAST, 7-8 FEBRUARY 2009

Nearly 1000 athletes participated in the 2009 Irish Indoor Athletics Championships at the Odyssey Arena in Belfast. Athletes were competing for medals as well as places on the Irish Team for the European Indoor Championships to be held in Torino. The walkers were amongst the many athletes testing themselves on the 200m track, with the men competing over 5000m (25 laps) and the women over 3000m (15 laps). Full results may be seen at <http://www.athleticsireland.ie/content/?p=5706>

The outstanding walker was definitely Robert Heffernan, 8th place in the Beijing 20 km event and now coached by Robert Korzenioski. Although he was well outside his all time best of 18:51, he was still a big winner with his very fast 19:23.27. For a fuller profile of Heffernan, see http://www.indoorathletics.net/athletes_robertheffernan.html

Senior Men's 5km Walk

1.	Robert Heffernan	Togher A.C.	19.23.27
2.	Alberto Contu	Italy	20.24.49
3.	David Kidd	St. L. O'Toole A.C.	21.08.58
4.	Michael Doyle	Tara A.C.	21.14.36
5.	John Egan	Bree A.C.	21.28.27
6.	Brendan Boyce	Milford A.C.	21.36.73
7.	Paul Fitzpatrick	Shercock A.C.	21.36.73
8.	Timothy Healy	Togher A.C.	22.41.79
9.	Owen Mc Cabe	North Belfast Harriers	25.40.31
	Fortunato D'Onofrio	Italy	DNF

Senior Women's 3 km Walk

1.	Laura Reynolds	Mohill A.C.	13.52.3
2.	Donna Carolan	Sli Cualann A.C.	14.49.9
3.	Emma Doherty	North Belfast Harriers	15.13.2
4.	Emma Farrell	Slaney Olympic A.C.	15.48.9
5.	Aobhinn Gissane	Monaghan Phoenix A.C.	17.33.8
6.	Lucy O'Sullivan	Cushinstown A.C.	18.17.3

AUSTRALIAN MASTERS CHAMPIONSHIPS, GEELONG, 21-25 FEBRUARY 2009

The starting lists for the Australian Masters Championships have now been posted on the Athletics Victoria website and the three walks (1500m, 5000m and 10 km road) see relatively small fields in most age groups. This is a disappointment but I am sure that those who have chosen to enter will still have a great time.

Event 572 Women 1500m Walk 30-34	Hutchings, Ann	Event 450 Women 5000m Walk 65-69	Bahr, Marion
Event 329 Women 1500m Walk 35-39	Hammond, Nardene		Steed, Gwen
Event 330 Women 5000m Walk 35-39	Hammond, Nardene	Event 541 Women 10km Walk 65-69	Steed, Gwen
Event 535 Women 10km Walk 35-39	Hammond, Nardene	Event 469 Women 1500m Walk 70-74	McAulay, Patricia
Event 349 Women 1500m Walk 40-44	McIntyre, Gayle	Event 470 Women 5000m Walk 70-74	McAulay, Patricia
Event 350 Women 5000m Walk 40-44	McIntyre, Gayle	Event 542 Women 10km Walk 70-74	McAulay, Patricia
Event 536 Women 10km Walk 40-44	McIntyre, Gayle	Event 571 Women 1500m Walk 75-79	Partridge, Dot
	Richards, Leonie	Event 587 Women 5000m Walk 75-79	Partridge, Dot
Event 369 Women 1500m Walk 45-49	Brunton, Kathleen	Event 570 Women 1500m Walk 85-89	Lorensini, Mary
	Elms, donna-marie	Event 586 Women 5000m Walk 85-89	Lorensini, Mary
	Engeler, Deborah	Event 50 Men 1500m Walk 35-39	Kingston, Brett
	Major, Annette		Kollmorgen, Stuart
Event 370 Women 5000m Walk 45-49	Brunton, Kathleen		Melton-Agbohlah, Keith
	Elms, donna-marie		Nelson, Scott
	Major, Annette	Event 51 Men 5000m Walk 35-39	Whetton, Darren
Event 537 Women 10km Walk 45-49	Elms, donna-marie		Kingston, Brett
	Major, Annette		Kollmorgen, Stuart
Event 389 Women 1500m Walk 50-54	Bryant, Barbara		Melton-Agbohlah, Keith
Event 390 Women 5000m Walk 50-54	Bryant, Barbara		Nelson, Scott
	Hewadipathy, Rukmani		Whetton, Darren
Event 538 Women 10km Walk 50-54	Bryant, Barbara	Event 543 Men 10km Walk 35-39	Kollmorgen, Stuart
Event 409 Women 1500m Walk 55-59	Carr, Heather		Nelson, Scott
	Holmes, Janet	Event 70 Men 1500m Walk 40-44	Grimmett, Mal
	Leitch, Mary		Long, David
	Marshall, Heather		Mason, Robert
Event 410 Women 5000m Walk 55-59	Carr, Heather		McKinnon, Christopher
	Holmes, Janet		nunn, paul
	Marshall, Heather	Event 71 Men 5000m Walk 40-44	Seid, James
Event 539 Women 10km Walk 55-59	Carr, Heather		Grimmett, Mal
	Holmes, Janet		Long, David
	Marshall, Heather		Mason, Robert
Event 540 Women 10km Walk 60-64	Cole, Katrina		McKinnon, Christopher
Event 49 Women 1500m Walk 65-69	Bahr, Marion		nunn, paul
	Steed, Gwen		Van Kopplen, paul

Event 544 Men 10km Walk 40-44	Grimmett, Mal Long, David McKinnon, Christopher nunn, paul Shiels, Darren Shiels, Karen Van Kopplen, paul	Event 150 Men 1500m Walk 60-64 Event 151 Men 5000m Walk 60-64 Event 548 Men 10km Walk 60-64 Event 170 Men 1500m Walk 65-69	Riddoch, Clyde Buller, Peter Buller, Peter Buller, Peter Flanigan, Gary Harrison, Graham Thomas, Bryan Whyte, Robin
Event 90 Men 1500m Walk 45-49 Event 91 Men 5000m Walk 45-49 Event 545 Men 10km Walk 45-49 Event 110 Men 1500m Walk 50-54	Keirl, Bernard Keirl, Bernard Keirl, Bernard Cochrane, Andrew Donahoo, Mark Jordan, Steve Prasad, Ganga White, Norman Wilkins, David Worsnop, Christopher	Event 171 Men 5000m Walk 65-69	Flanigan, Gary Harrison, Graham O'Dea, James Thomas, Bryan Whyte, Robin Flanigan, Gary Harrison, Graham O'Dea, James Thomas, Bryan Whyte, Robin
Event 111 Men 5000m Walk 50-54	Cochrane, Andrew Donahoo, Mark Dunshea, Frank Jordan, Steve White, Norman Worsnop, Christopher	Event 190 Men 1500m Walk 70-74	Biggs, Kevin Major, Geoff Nathan, Kanaga O'Hara, Sean Biggs, Kevin Major, Geoff O'Hara, Sean Biggs, Kevin Major, Geoff O'Hara, Sean
Event 546 Men 10km Walk 50-54	Donahoo, Mark Dunshea, Frank Jordan, Steve Worsnop, Christopher	Event 191 Men 5000m Walk 70-74	O'Hara, Sean Major, Geoff O'Hara, Sean Biggs, Kevin Major, Geoff O'Hara, Sean
Event 130 Men 1500m Walk 55-59	Chapman, Grant Cooper, Stuart Erickson, Tim Riddoch, Clyde	Event 210 Men 1500m Walk 75-79	Heywood, Wesley Ince, Arthur Johnson, Ronald Silcock-Delaney, Colin
Event 131 Men 5000m Walk 55-59	Cooper, Stuart Erickson, Tim Riddoch, Clyde	Event 211 Men 5000m Walk 75-79	Heywood, Wesley Silcock-Delaney, Colin Silcock-Delaney, Colin O'Neil, Ron
Event 547 Men 10km Walk 55-59	Cooper, Stuart Erickson, Tim	Event 551 Men 10km Walk 75-79 Event 552 Men 10km Walk 80-84	

CRYPTIC CROSSWORD

Janet Holmes has proved herself our resident Cryptic Crossword specialist with correct answers for all five of last week's clues. Here are the correct answers with an explanation of the explanation behind each.

Heavily struck wood in bed (6)	bashed	B ash ED
As dim as a gold getter (5)	Midas	anagram of "as dim"
Uncle from America and graduate dance (5)	samba	Sam BA
Go back to the French and cast amorous glances (4)	ogle	go backwards =og le, French for "the"
I'm upset by the momentum (7)	impetus	anagram of "I'm upset"

Stan had produced a few more for this week

He gets to work on new digs (13)	A --- A ----- T
Better to favour the gifted (10)	P -----
They let us in and how it bewitches us (9)	E --- A ----
Play back some terrific scenes of futuristic fantasy (3-2)	S ----
In a way, reclaims the supernatural (8)	--- A ----

And a challenge to everyone now that you have know how cryptic crosswords work. **Can anyone come up with one or more cryptic crosswords that are are related in some way to the sport of walking?**

WHAT'S COMING UP

Next weekend sees the AV Shield Finals at Meadowglen Athletics Centre in Epping as well as the Little Athletics Region Championships. Also on Sunday, we have our last Albert Park walking races for the summer season. The timetable reads as follows

Sunday 15 th February 2009, VRWC Events		Albert Park
9.00am	20km, 15km, 10km	Open
10:30am	5km, 3km	Open
	3km	Under 15
11.00am	2km	Under 12
	1km	Under 9

And a reminder to our elite walkers that **entries close** with Athletics Australia on **Thursday 19 February** for the **Australian 20 km championships**, scheduled for Fawkner Park on Saturday 7th March. Junior walkers intending to walk in the 10 km events on this day also need to meet this entry closure date. Use the online entry form on the AA website. Point your browsers to http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=343&OrgID=887&cfid=27683966&cftoken=94400229&dts=92200953949

SPECIAL ADVERTISEMENT

If you are not doing anything on Sunday 22 February, here is a chance to do something really worthwhile and do some training at the same time. The Unity Foundation, which supports homeless Indigenous youth, has a funrun on at Melbourne's famous "Tan". Further details are available from website <http://www.unityfoundation.org.au>



The poster features a large, stylized runner silhouette composed of small circles, set against a background of a winding ribbon that curves across the page. The ribbon contains the event title and date. The Unity Foundation logo is in the top right corner. At the bottom, there are logos for major and premium sponsors.

Unity Foundation
www.unityfoundation.org.au

Unity Foundation FUN-RUN

Fun Run and Family Fun Day
Sunday 22nd February 09

"Around the Tan"
Botanical Gardens,
Melbourne

Melways Ref 2F J9
(Map on Unity Website)

8km Run or 4km Run/Walk:
Individual and Family Events

For More Information visit:
unityfoundation.org.au

Major Sponsor:  city of Melbourne

Premium Sponsors:   
  

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 14 Feb, 2009 AV Shield Competition, Shield Final (2000m walk), Meadowglen Athletics Centre, Epping
 Sun 15 Feb, 2009 VRWC events, Albert Park
 Feb 19-22, 2009 **Victorian Open and U20 T&F Championships, Olympic Park, Melbourne**
 Entries closed 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 28 Feb, 2009 Sydney Track Classic (5000m walk), Sydney Olympic Park Aths Centre. Entries close Tues 17 Feb 2009
 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
 21-22 March, 2009 **Victorian Little Athletics State Championships, Olympic Park, Melbourne.**
 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>)