



HEEL AND TOE ONLINE

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VICTORIAN OPEN AND U20 T&F CHAMPIONSHIPS, MELBOURNE, 20-22 FEBRUARY 2009

The Victorian Open and U20 Track and Field Championships were held last weekend at Olympic Park in Melbourne and 5000m walks were on offer.

The women raced first, at 6:30PM on the Friday evening. Conditions were just about perfect and the fast times flowed. Jess Rothwell, still only 19, took first place with a 9 sec PB of 21:03 and a new Victorian Open record. It was a dominant display by Jess, coming only a week after her 44:01 for 10km at Albert Park. Megan Szirom bounced back from a number of niggling injuries with a fine 22:36 for second place. Under 20 winner Regan Lamble, only 17, obliterated her personal best time by over a minute to come in next with 23.14. At the other end of the age spectrum, 36 year old Kelly Ruddick, back in top shape now after having her 4th child, took 30 seconds off her best time with 23.27. Kelly proved a perfect pacer for 16 year olds Rachel Tallent (in fact it was Rachel's birthday) and Beth Alexander. They stuck to her like glue throughout most of the race and were rewarded with huge PBs (Rachel with 23:42 and Beth with 23:44). Even better, their times shattered the World Youth Qualifying standard of 24:25 and put them in firm contention for their first Australian vests later this year. What an amazing race!

Women 5000 metres Race Walk Open

1.	Rothwell, Jessica	89	EAGLEHAWK YM	21:03.33 (Victorian Record, PB)
2.	Szirom, Megan	77	FRANKSTON AT	22:36.34
3.	Ruddick, Kelly	73	BALLARAT HAR	23:27.47 (PB)
4.	Tallent, Rachel	93	BALLARAT YCW	23:42.03 (PB)
5.	Wallace, Anna	82	ATHLETICS ES	29:57.84 (PB)

Women 5000 metres Race Walk Under 20

1.	Lamble, Regan	91	ATHLETICS NU	23:15.73 (PB)
2.	Alexander, Beth	92	KNOX ATHLETI	23:44.54 (PB)
3.	Brazel, Hilary	93	ATHLETICS NU	27:03.88
4.	Shaw, Kirstin	91	WESTERN ATHL	27:45.43
5.	Payne, Emily	93	CORIO ATHLET	29:12.97
	Burren, Amy	94	MALVERN HARR	DNF



Jess Rothwell, Beth Alexander, Rachel Tallent, Kelly Ruddick, Megan Szirom and Regan Lamble

The men had to wait until 5:50PM on the Saturday evening before getting their chance to show their stuff and we were not disappointed. 2008 Olympians Jared Tallent and Chris Erickson shot to the lead with a 1:28 first lap. Chris pulled back the pace, realising this was just too fast for him, but Jared surged on, covering the first 2km in 7:31. He was never headed, finishing in a season best time of 19:09. Unfortunately he had accumulated enough red cards during the course of the event to be subsequently disqualified and that left Chris to take the title with a 7 sec PB of 19:25. This makes 5 golds and 1 silver from Chris in this particular event in the last 6 years. Not a bad effort! Tom Barnes took second place in a very good time of 20:57 ahead of Stuart Kollmorgen who was very pleased to finally win a Victorian track medal after some 8 years of trying – his time a season best of 23:51. The U20 race was won by Rhyddian Cowley (22:03) who is getting back into good shape now after his final school year. Daniel Payne was not far behind with a PB time of 20:20 while 15 year old Brad Simpson took third with a PB of 25:54.

Men 5000 metres Race Walk Open

1.	Erickson, Chris	81	ATHLETICS ES	19:25.98 (PB)
2.	Barnes, Tom	82	MELBOURNE UN	20:57.68
3.	Kollmorgen, Stuart	69	COLLINGWOOD	23:51.05
4.	Reid, Ross	54	COLLINGWOOD	25:30.71
5.	McDonough, Aaron	72	PRESTON ATHL	27:07.28
6.	Blood, Andrew	74	BALLARAT YCW	27:53.57
	Tallent, Jared	84	BALLARAT YCW	DQ

Men 5000 metres Race Walk Under 20

1.	Cowley, Rhydian	91	GLENHUNTLY A	22:03.01
2.	Payne, Daniel	90	CORIO ATHLET	22:20.79 (PB)
3.	Simpson, Bradley	93	KNOX ATHLETI	25:54.86 (PB)
4.	Elms, Jason	90	PRESTON ATHL	29:12.84



Jared Tallent, Chris Erickson, Tom Barnes, Stuart Kollmorgen and Rhydian Cowley



Daniel Payne, Bradley Simpson and a final couple of shots of perfect double phase contact being demonstrated by Rachel Tallent and Kelly Ruddick

A quick update to the Australian All Time Top 10 follows. For the women, Jess consolidates her number 2 spot and gets a bit closer to Kerry's outstanding 20:03, done in 1996. For the men, Chris stays in number 10 but is now within striking distance of both his own AIS coach Brent Vallance and Simon Baker. Next week's 5000m at the Sydney Grand Prix meeting could be telling!

1	20:03.0	Kerry Saxby-Junna	N	20/06/1961	1	Sydney	11/02/1996	34
2	21:03.33	Jess Rothwell	V	18/06/1989	1	Melbourne	20/02/2009	19
3	21:19.19	Cheryl Webb	N	03/10/1976	2	Sydney	14/02/2009	32
4	21:25.6	Anne Pembroke-Manning	N	13/11/1959	mix	Sydney	12/02/1994	34
5	21:32.26	Jane Saville	N	05/11/1974	1	Melbourne	01/03/1997	26
6	21:34.23	Natalie Saville	N	07/09/1978	2	Melbourne	01/03/1997	18
7	21:38.57	Cheryl Webb	N	03/10/1976	2	Brisbane	07/02/2009	32
8	21:45.16	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	20/02/2000	37
9	21:46.70	Kellie Wapshott	V	23/03/1981	mix	Melbourne	10/02/2008	26
10	21:47.6	Gabrielle Blythe	V	09/03/1969	mix	Canberra	12/03/1993	24

1	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2005	27
2	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
3	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
4	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
5	18:59.43	Luke Adams	N	11/10/1976	1	Melbourne	24/02/2007	30
6	19:01.94	Jared Tallent	V	17/01/1984	1	Brisbane	02/02/2008	24
7	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
8	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
9	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27

QUEENSLAND OPEN AND U18 T&F CHAMPIONSHIPS, BRISBANE, 20-22 FEBRUARY 2009

Queenslanders contested their State championships last weekend at the State Athletics Facility in Nathan with 5000m walks being held on Saturday 21st. Dane Bird Smith was the standout walker with a fine 22:31. This comes on top of his 20:22 in the Australia Cup meet in Brisbane 2 weeks ago.

Women 5000 Meter Race Walk Under 18

1.	Breanne Goschnick	Qeii Track Club	28:48.59
2.	Jessica Pickles	Jimboomba	30:37.62
3.	Tayla Langley	Gold Coast Victory	33:40.70

Men 5000 Meter Race Walk Under 18

1.	Dane Bird-Smith	Qld Race Walking	22:31.38
2.	Brad Aiton	Qeii Track Club	26:09.51
3.	Nicholas Dewar	Qld Race Walking	27:25.14
4.	Corey Buckler	Strathpine	DNF
5.	Brandon Dewar	Qld Race Walking	DQ

Women 5000 Meter Race Walk Open

1.	Samantha Tesch	Strathpine	26:19.47
2.	Natarsha Oldham	Gold Coast Victory	33:05.85
3.	Roslyn Jackson	Thompson Estate	35:29.18

NSW OPEN ALL COMERS MEET, SYDNEY, SATURDAY 21 FEBRUARY 2009

5000m walks were on offer in a NSW All Comers meet last Saturday at the Sydney Olympic Park Athletic Centre. In the women's event, Cheryl Webb continued her fine form with an outstanding 21:36, not far behind her PB 21:19 done at the NSW championships recently. Nicole Fagan did a 1 min PB for second while 16 year old Shannon Jennings recorded yet another World Youth qualifier with 24:24. In the mens event, Deryck Mulhearn (21:56), Kyle Malone (22:37) and Jordan Mulhearn (23:25) all recorded PBs. We certainly have more than our fair share of talented young walkers out there.

Women 5000 Meter Race Walk

1.	Webb, Cheryl	33	Blacktown Ci	21:36.06
2.	Fagan, Nicole	20	Sydney Pacif	23:31.12 (PB)
3.	Jennings, Shannon	16	Nepean Distr	24:24.38
	Heazlewood, Brianna	24	Sydney Unive	DNF

Men 5000 Meter Race Walk

1.	Mulhearn, Derek	19	Parramatta C	21:56.39 (PB)
2.	Malone, Kyle	18	Nepean Distr	22:37.93 (PB)
3.	Mulhearn, Jordan	17	Parramatta C	23:25.59 (PB)
4.	Nixon, Fraser	17	Cherrybrook	26:51.92

AUSTRALIAN MASTERS CHAMPIONSHIPS, GEELONG, 21-25 FEBRUARY 2009

The Australian Masters Games kicked off on Saturday 21st February in Geelong, Victoria's premier provincial city. The first walks to kick off were the 10 km roadwalks on the Saturday morning. The course was a 2 km out and back loop alongside the Barwon River and conditions were cool.

Men 10 km roadwalk, 8AM, Saturday 21 February 2009

1990 Australian Commonwealth Games representative Paul Van Kopplen showed that he has lost little of his form in the intervening 19 years, winning easily with 46:24. Not to be outdone, 1996 New Zealand Olympian Scott Nelson was next to finish with 48:55. It was great to see two former international walkers leading from the front.

Men 35-39	1	Scott Nelson	48:55
Men 40-44	1	Paul Van Kopplen	46:24
	2	Paul Nunn	57:47
	3	David Long	1:18:44

	4	Darren Shiels	1:19:19
		Mal Grimmett	DQ
Men 45-59	1	Bernard Keirl	1:00:13
Men 50-54	1	Frank Dunshea	1:11:06
	2	Steve Jordan	1:14:06
Men 55-59	1	Tim Erickson	58:29
		Stuart Cooper	DNF
Men 65-69	1	Robin Whyte	1:00:44
	2	Graham Harrison	1:05:23
	3	Bryan Thomas	1:07:09
	4	James O'Dea	1:26:02
Men 70-74	1	Kevin Biggs	1:07:23
	2	Geoff Major	1:11:49
	3	Sean O'Hara	1:44:37
Men 75-79	1	Colin Silcock-Delaney	1:16:08
Men 80-84	1	Ron O'Neill	1:17:02

Women 10 km roadwalk, 10AM, Saturday 21 February 2009

Gayle McIntyre stormed home to catch and pass Heather Carr in the last lap, Gayle recording 56:29 against Heather's 56:54. Of course, the battle did not effect the results as Gayle was in the W40 and Heather in the W55 division. Overall, all the women won medals, a fitting result.

Women 35-39	1	Nardene Loveday	1:04:22
Women 40-44	1	Gayle McIntyre	56:29
	2	Karen Shiels	1:17:00
Women 45-49	1	Annette Major	1:03:22
	2	Donna-Marie Elms	1:07:34
Women 50-54	1	Barbara Bryant	58:23
Women 55-59	1	Heather Carr	56:54
	2	Janet Holmes	1:02:26
	3	Heather Marshall	1:34:56
Women 60-64	1	Katrina Cole	1:34:56
Women 65-69	1	Gwen Steed	1:02:51
Women 70-74	1	Patricia McAulay	1:38:34



The 10km walk – Heather Carr, Donna Elms, Nardene Hammond, Gayle McIntyre, Annette Makor and Barbara Bryant

The 1500m track walks were next cabs off the rank, being contested on the Sunday afternoon.

Women 1500m track walk, Sunday 22 February, 3:30PM

Nardene Hannond caused a bit of an upset, taking overall fastest time with an excellent 7:32. She edged past Heather Carr and Gayle McIntyre in the final lap to record easily her best time since returning to racewalking last year. Of course, Heather had done the Victorian triathlon in the morning (coming second in her age group) and had just finished running an 800m so her time of 7:34 was actually pretty good in the circumstances. Gayle's time of 7:35 must have been a PB so all 3 ladies were in excellent form.

Women 35-39	1	Hammond, Nardene	7:32.55
Women 40-44	1	McIntyre, Gayle	7:35.67
Women 45-49	1	Elms, Donna-marie	8:30.58
	2	Engeler, Deborah	10:40.37
	3	Waterhouse, Lesley	11:17.85
		Brunton, Kathleen	DQ
Women 50-54	1	Bryant, Barbara	8:05.05
Women 55-59	1	Carr, Heather	7:34.64

	2	Holmes, Janet	8:13.80
	3	Leitch, Mary	13:23.65
Women 65-69	1	Steed, Gwen	8:35.35
	2	Bahr, Marion	16:53.88
Women 70-74	1	McAulay, Patricia	14:21.01
Women 75-79	1	Partridge, Dot	13:58.36

Men M55-M75 1500m track walk, Sunday 22 February, 3:50PM

The first of the men's 1500m saw Clyde Riddoch storm home in an excellent 7:22 and then complain about how badly he was feeling. Is there no justice in the world!

Men 55-59	1	Riddoch, Clyde	7:22.41
	2	Erickson, Tim	8:08.72
	3	Chapman, Grant	12:54.47
Men 60-64	1	Buller, Peter	10:33.43
Men 65-69	1	Whyte, Robin	8:40.12
	2	Harrison, Graham	9:12.53
	3	Thomas, Bryan	9:27.07
Men 70-74	1	Biggs, Kevin	9:13.89
	2	Major, Geoff	9:27.12
	3	Nathan, Kanaga	12:13.19
	4	O'Hara, Sean	13:37.37
Men 75-79	1	Silcock-Delaney, Colin	10:41.45
	2	Ince, Arthur	13:37.31

Men M30-M50 1500m track walk, Sunday 22 February, 4:10PM

The second of the men's 1500m saw the younger men in action and Scott Nelson was outstanding once again with a sizzling 6:20 ahead of local Geelong walker James Seid who recorded 7:19. Paul Nunn (7:41) and Bernie Keirl (7:42) also walked fast.

Men 30-34	1	Hazel, Michael	10:30.16
Men 35-39	1	Nelson, Scott	6:20.98
	2	Whetton, Darren	10:15.25
	3	Kingston, Brett	10:34.53
Men 40-44	1	Seid, James	7:19.74
	2	Nunn, Paul	7:41.59
	3	McKinnon, Christopher	9:26.77
	4	Long, David	9:52.79
	5	Grimmett, Mal	10:01.18
Men 45-49	1	Keirl, Bernard	7:42.57
Men 50-54	1	White, Norman	10:37.46
	2	Jordan, Steve	12:58.14
	3	Prasad, Ganga	13:14.15

The 5000m walks will be contested on Tuesday so stay tuned for the results.

PROCLAMATION PARK WALKERS, KNOX, WEDNESDAY 18 FEBRUARY 2009

Thanks to Simon Baker for the weekly update from the Proclamation Park mid week walks at Knox

1500m Girls	Samantha Duval	U16	8:55
	Jess Callaway	U14	9:00
	Bianca Attard	U13	7:54
	Jessi Eastwoods	U11	10:34
1500m Boys	Daniel Duval	U12	12:32
	Reese Walmsley	U11	8:38
1100m Girls	Kirstin Wallburg	U10	7:05
	Jemma Eastwood	U10	9:07
1100m Boys	Kyle Swan	U10	6:43
	Simon Duval	U9	6:27
700m Boys	Hayden Walmsley	U8	6:29

AIS WALKS CAMP REVIEW

As readers know, a large number of our elite senior and junior walkers (and some overseas walkers) attended a walking camp at the AIS in January (juniors for 9 days and seniors for 28 days). AIS walks coach Brent Vallance has been tracking everyone's performance since the camp and, as of last weekend, 19 of the camp walkers had subsequently improved their 5000m track walk PBs, some more than once. And there have been 3000m and 10km PBs as well as two new World Youth qualifiers. A quick breakdown reads as follows

Name	New PB	Improvement	Number of 5000m PBs since camp
Daniel Payne	22:20.79	41.21	2
Derek Mulhearn	21:56.39	55.62	1
Kyle Malone	22:37.93	19.07	2
Blake Steele	22:22.71	1:21.29	1
Beth Alexander	23:44.54	51.46	1
Rachel Tallent	23:42.03	1:07.97	1
Lauren Harrington	25:23.77		1
Claire Xian	25:46.49		1
Johanna Jackson	20:46.58	44.17	2
Cheryl Webb	21:19.19	45.20	2
Jessica Rothwell	21:03.33	52.07	2
Jillian Hosking	23:36.42		1
Bekki Lee	22:50.36		1
Nicole Fagan	23:31.12	1:00.46	1
Regan Lambie	23:15.73	1:20.17	1
Adam Rutter	18:54.65	31.99	1
Chris Erickson	19:25.98	6.66	1
Ian Rayson	20:27.14	11.81	1
Dane Bird-Smith	20:22.81	14.09	2

This shows why this training camp is such a good investment in time and money. Brent is to be commended for the huge job he does in gathering the necessary funding – it's a lot like extracting blood from a stone!

WORLD RESULTS

Andalusian Championships, Jaen, Spain, Sunday 15 February 2009

European walking champion Francisco Fernandez won the Andalusian championships at 10 km with good 39:42. Irish record holder Robert Heffernan was second in 42:12.

Ukrainian National Indoor Championships, Sumy, Ukraine, Friday 20 February 2009

Andriy Kovenko achieved the fastest 10000 m walk of the season indoors with 39:49.28. Junior winner Igor Yashchenko, who is only 15 years old, clocked 44:16.17.

Italian Indoor Championships, Torino, Saturday 21 February 2008

Ivano Brugnetti burned up the indoor track in Torino with a huge time of 18:23 for the 5000m while team mate Elisa Rigauda won the women's walk with 12:40. A good standard overall with lots of depth.

5000m Walk Men

1.	BRUGNETTI Ivano	1976	FIAMME GIALLE	18:23.47
2.	NKOULOUKIDI Jean Jacques	1982	FIAMME GIALLE	19:27.92
3.	PRIVITERA Dario	1979	AERONAUTICA MILITARE	19:56.21
4.	GANDELLINI Alessandro	1973	FIAMME ORO PADOVA	20:21.63
5.	ADRAGNA Andrea	1989	ATL. BERGAMO 1959 CREBERG	20:56.36
6.	SABINO Pasquale	1979	CARABINIERI SEZ. ATLETICA	20:58.42
7.	ROMANELLI Andrea	1986	TOSCANA ATLETICA CARIPIT	21:41.76
8.	MERCALDO Andrea	1976	ATLETICA LEGGERA PRATO	23:07.51
	D'ONOFRIO Fortunato	1981	AERONAUTICA MILITARE	DQ
	PALUMBO Gian Piero	1981	LIB. POL. AMAT. ATL. BN	DQ

3000m Walk Women

1.	RIGAUDO Elisa	1980	FIAMME GIALLE	12:40.75
2.	DI VINCENZO Sibilla	1983	ASSINDUSTRIA SPORT PADOVA	12:55.72
3.	GIORGI Eleonora Anna	1989	ATL. LECCO-COLOMBO COSTRUZ.	13:14.39
4.	GAROFALO Valentina	1984	C.S. ESERCITO	13:38.69
5.	BASSETTO Patrizia	1976	C.U.S. CAGLIARI	13:57.86
6.	FACCHINELLI Patrizia	1984	GS VALSUGANA TRENTO	14:02.87
7.	GALLI Ilaria	1987	C.U.S. PERUGIA	14:04.71
8.	CRESPO Elodie	1986	ATLETICA ASI VENETO	14:07.19
9.	PRUNER Serena	1986	S G AMSICORA	14:12.20
10.	GRANGE Francesca	1989	ATLETICA CANAVESANA	14:13.90
11.	PITTAU Carla	1981	S G AMSICORA	14:15.75
12.	MEGLI Milena	1966	ASSI BANCA TOSCANA FIRENZE	15:10.60
	MARCOLINI Marta	1983	A.S. ROMA - CUS ATLETICA	DQ
	ORSINI Gisella	1971	G.S. FORESTALE	DQ

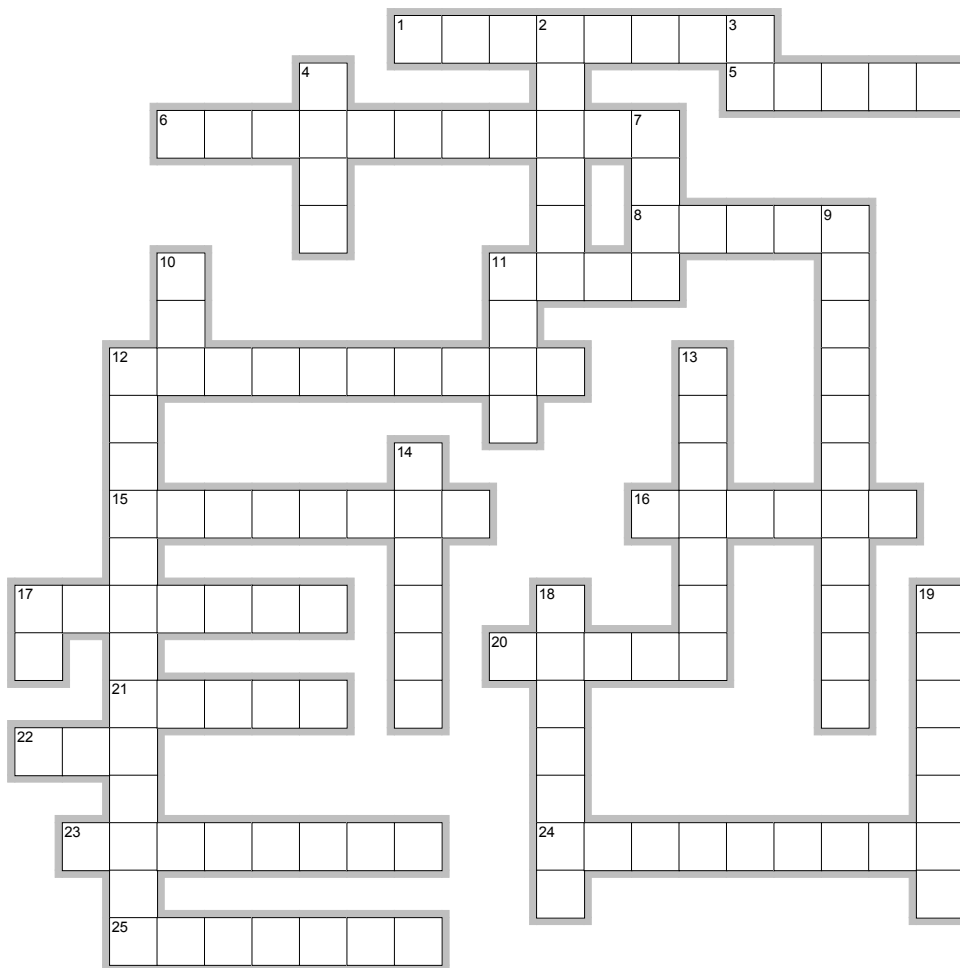
CRYPTIC CROSSWORD

Stan Miskin was the only reader to correctly figure out all 5 of Tony Johnson's cryptic crossword clues. Here are the answers

- | | | |
|--|---------------|---------------------------------|
| Why Kent's been sidelined (4,5) | bent knees | anagram of kent's been |
| Great PB made a tart demur! (4,6) | adam rutter | anagram of a tart demur |
| Isn't it time Rick's only dream was realised? (3,8) | tim erickson | consecutive letters within clue |
| Did you hear Jan consumed residences while puzzling? (5,6) | janet holmes | phonetic-jan eat homes |
| Stan had a keen eye for a real champ (6,6) | nathan deakes | anagram of stan had a keen |

And this week, Russell McFarlane has put together a crossword with all answers to be found in 2009 editions of the Heel and Toe newsletter. Nearly all are the names of Australian former or current walkers and the rest are walking related.

Across	Down
1. can be seen running up Mt Stromlo	2. shares a surname with a famous cricketer (H&T #20)
5. an early morning trade	3. initials of the youngest person in the AIS camp photo
6. recent retired elite Australian walker	4. spider's place of residence
8. before kilometers	7. Jason, Damien and Donna
11. you can open doors with these	9. former NZ Olympian, now living in Geelong
12. his name sake was a tough guy on tv (H&T #15)	10. 14yr old Chinese walker
15. nearly a mobile phone	11. a suburb of Melbourne
16. shares surname with 1 st name of a major aussie store	12. runs 48.5 for 400
17. you can find his surname in northern Queensland	13. former high profile Australian tennis player (H&T #15)
20. you can get this in the backside (Geelong walker)	14. is popular in the mornings
21. venue of next Commonwealth Games	17. a cartoon sketch was done of him (initials)
22. held world records in M90 age group	18. it runs deep in this Ballarat family
23. joined the centurian club at 16	19. my uncle's siblings live in Bendigo
24. a well known golfer (former NSW walker)	
25. an old tv star who was happy	



Created with EclipseCrossword — www.eclipsecrossword.com

WHAT'S HE SAYING



Best caption for the above photo came from Bob Gardiner: "Yes officer, I can walk a straight line, I've only been drinking water."

FROM THE ARCHIVES – 50 YEARS AGO THIS YEAR

The following photograph shows the team that represented Victoria at the 1959 Australian 10,000m track walking championship of Australia at the E.S. Marks Athletics Field in Sydney on Saturday 10th October 1959.



This photo was passed onto me by club member Bernie Keirl and comes from his father's album. The walkers are **Ted Allsopp, Don Keane, Noel Freeman, Alan Hancock, Laurie Hehir, Noel Norris and Jim Gleeson.**

The championship results were

1.	Ted Allsopp	VIC	47:07.8
2.	Noel Freeman	VIC	47:58.7
3.	Don Keane	VIC	50:37.5
4.	Noel Norris	VIC	51:02
5.	William Kirby	NSW	51:40
6.	Alan Hancock	VIC	52:06
7.	R. Chicanowski	NSW	53:01
8.	Logan Irwin	NSW	53:29
9.	Jim Gleeson	VIC Indiv.	53:33
10.	K. Jolly	QLD	53:45
11.	E. Edwards	NSW	53:55
12.	Laurie Hehir	VIC	54:03
13.	Ron Crawford	NSW	DQ
14.	E. Franchesci	NSW	DQ

The Teams event was easily won by Victoria with NSW second

Teams	1	VIC	Allsopp 1, Freeman 2, Keane 3, Norris 4	10 pts
	2	NSW	Kirby 5, Chicanowski 6, Irwin 7, Edwards 8	26 pts.

The weather was described as warm and sunny with a moderate wind. The places were as expected. Earlier that season, Allsopp and Freeman had dominated the Victorian 10,000m track championship with season leading times of 45:59 and 46:51 respectively and were rated at least 2 minutes faster than anyone else in the field. The dominance of these two walkers can be seen in the Victorian championship results for that calendar year. Between them, they won 9 of the 15 medals on offer – all 5 golds, 3 silvers and a bronze.

31 Jan	2 Mile Walk	Noel Freeman	14:17.7	Ted Allsopp	14:21.8	Harry Summers	15:03
23 May	10,000m Walk	Ted Allsopp	45:59.6	Noel Freeman	46:51.8	Alan Hancock	49:31.4
29 June	10 Mile Walk	Noel Freeman	1:14:39.4	Alan Hancock	1:20:47	Laurie Hehir	1:31:39
4 July	20 km Walk	Noel Freeman	1:33:39	Alan Hancock	1:39:17	Ted Allsopp	1:40:12
26 Sept	50 km walk	Ted Allsopp	4:22.37	Noel Freeman	4:30.06	Jim Gleeson	4:51:17

They also dominated the only other Australian championship on offer that year, the 2 Mile track championship.

1959	Noel Freeman	VIC	14.13.0	Ted Allsopp	VIC	14.28.6	Frank Leonard	NSW	14.38.2
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These photos show Allsopp (51) and Freeman (66) in that Australian Track championship with VRWC president Harry Summers (88) during the early stages of the race. It was a case of youth versus experience. Allsopp, the 33 year old veteran the 1956 Olympic Games and Freeman, the 20 year old prodigy who would go on to win an Olympic silver medal the next year in the Olympic 20 km walk.

WHAT'S COMING UP

It's certainly a busy time at the moment on the Australian walking scene.

- **The Australian Masters Games** continue in Geelong with 5000m walks scheduled for Tuesday.
- **The Australian Masters 4x800m walk relays** are to be held on Thursday evening at the East Burwood Athletics Track at 7PM. It is enter on the night so you still have a chance to get your team together and join us for a fun event.
- **The Victorian Youth Track and Field championships** will be held next weekend in Melbourne and our U14, U16 and U18 walkers will be in action.
- And finally **the Sydney Track Classic** is on next Saturday evening. Just about all of our elite walkers will be in action in the 5000m walks. Will Jess Rothwell break 21 mins. Who will win the men's event – Jared Tallent, Adam Rutter or Luke Adams?

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

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
Sat 28 Feb, 2009	Sydney Track Classic (5000m walk), Sydney Olympic Park Aths Centre
Sat 7 March, 2009	2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne Entries closed with AA at midnight on Thursday 19 February Draft timetable: 20 km Men/Women – 7:30AM, U20 10 km Men/Women - 8AM
19-21 March, 2009	Australian T&F Champs – includes U18 Interstate Youth Match which has U18 5000m walks.
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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