



HEEL AND TOE ONLINE

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VICTORIAN YOUTH T&F CHAMPIONSHIPS, MELBOURNE, 27 FEBRUARY – 1 MARCH 2009

Firstly a final couple of words on the Victorian Open and U20 Track and Field Championships which were held last weekend at Olympic Park in Melbourne. Rachel Tallent, in recording 23:42.03 for the 5000m, actually set a new Victorian Under 17 State and Country record. The previous record of 24:31.32 was held by Regan Lamble. And a mention that Rhydian Cowley, the morning after winning the U20 5000m walk in 22:03.01, won a silver medal in the U20 5000m run with a PB time of 15:38.51.

And now onto the Victorian Youth Track and Field Championships which were held this weekend at Olympic Park. The first event to kick off was the U18 5000m on Saturday morning in cool conditions. Rachel Tallent and Beth Alexander went straight to the front and walked well to record their second World Youth qualifiers, Rachel winning in 24:01 and Beth second in 24:21. Brad Simpson won the U18 boy's event with a very good PB time of 25:18.

Boys 5000 metres Race Walk Under 18 , Saturday 28 February, 9:30AM

- 1. Simpson, Bradley 93 KNOX ATHLETIC CLUB 25:18.03 (PB)
2. O'Mahony, Michael 93 KNOX ATHLETIC CLUB 28:56.60 (PB)

Girls 5000 metres Race Walk Under 18 , Saturday 28 February, 9:30AM

- 1. Tallent, Rachel 93 BYC 24:01.29
2. Alexander, Beth 92 KNOX ATHLETIC CLUB 24:21.37
3. Brazel, Hilary 93 ANW 27:24.80
4. Payne, Emily 93 CORIO ATHLETIC CLUB 28:49.65 (PB)



World Youth qualifiers Rachel Tallent and Beth Alexander



Brad Simpson, Michael O'Mahony, Emily Payne and Hilary Brazel

The Under 14 and Under 16 championships were held in cool and overcast conditions on the Sunday morning. These championships also featured appearances by the Little Athletics Junior Development Squad members and hence the fields were even bigger than normal. Stephanie George was an all the way winner in the Girls U14 event with the overall fastest time of 7:15.21 ahead of Sarah Burren and Jemima Montag. Jeremiah Jones, with still another year of U14 to go, won the Boys event with 7:40.38 ahead of Andrew Hogan and Lucas Taylor. There were a lot of PBs amongst the field as walkers made the most of the conditions. The Little Athletics walkers will be back in 3 weeks time for their own State Championships. Thanks to Stuart Cooper for the following photos.

Boys 1500 metres Race Walk Under 14, Sunday 1 March, 10:15AM

1.	Jones, Jeremiah	97	EAG	7:40.38
2.	Hogan, Andrew	96	MAL	7:45.54
3.	Taylor, Lucas	96	SCA	7:47.73
4.	Maskell, Ben	96	LA BENDIGO	8:14.01
5.	Dyer, Mitchell	96	BOH	8:15.00
6.	Vella, Lewis	97	LA CASEY	8:58.80
7.	Green, Benjamin	98	SCA	9:22.67
	Coleman, Harry	98	RICHMOND HARRIERS	DQ

Girls 1500 metres Race Walk Under 14 , Sunday 1 March, 10:15AM

1.	George, Stephanie	96	SCA	7:15.21
2.	Burren, Sarah	96	MAL	7:21.31
3.	Montag, Jemima	98	LA CAULFIELD	7:31.21
4.	Guy, Rebecca	96	SCA	7:32.68
5.	Hockley Samon, Jmara	95	LA GEELONG	7:32.70
6.	Heard, Amanda	95	LA BENDIGO	7:33.55
7.	Stadus, Lauren	96	KNOX ATHLETIC CLUB	7:45.65
8.	Dunn, Samantha	95	LA KNOX	7:51.27
9.	Irshad, Jasmine	97	SCA	7:56.11
10.	Boldiston, Zoe	97	LA SHEPPARTON	8:08.89
11.	Plumb, Sadie	96	SCA	8:10.72
12.	Wilson, Jessey	96	EAG	8:21.07
13.	Guy, Rachel	99	SCA	8:31.52
14.	Sanders, Jade	96	LA CASEY	8:33.09



Jeremiah Jones, Andrew Hogan, Lucas Taylor, Stephanie George and Sarah Burren



Jemima Montag, Rebecca Guy and Jmara Hockley-Samon and the U14 girl medallists – Sarah, Rebecca, Stephanie and Jemima

The Under 16 walks were also high quality affairs with Lewis Clark a long way in front for his winning time of 14:56.45. Matthew Felton and Ryan Antidormi filled the minor places, both well under the 16 minute mark. Amy Burren easily won the girls event with 15:47 while a great battle for the minor medals was played out behind her between Ashley Albert, Ebony Tallent and Bianca Attard . Eventually Ashley and Ebony won out. Again, PBs were the order of the day.

Boys 3000 metres Race Walk Under 16 , Sunday 1 March, 10:25AM

1.	Clark, Lewis	94	LA GEELONG	14:56.45
2.	Felton, Matthew	94	KNOX ATHLETIC CLUB	15:37.82
3.	Antidormi, Ryan	95	ANW	15:52.10
4.	Fiddes, Aaron	95	SSH	18:26.48
5.	Vella, Anthony	94	LA CASEY	18:31.07
	Gardner, Aaron	95	PTN	DQ

Girls 3000 metres Race Walk Under 16 , Sunday 1 March, 10:25AM

1.	Burren, Amy	94	MAL	15:47.37
2.	Albert, Ashley	95	MAL	15:58.02
3.	Tallent, Ebony	94	BYC	16:07.42
4.	Attard, Bianca	95	KNOX ATHLETIC CLUB	16:16.93
5.	Callaway, Jessica	95	LA KNOX	16:33.35
6.	Hallett, Nicole	94	LA CASEY	16:38.98
7.	Gerlich, Annemaree	94	LA DIAMOND VALLEY	17:57.13
8.	Jones, Ebony - Jade	94	EAG	20:12.27



Lewis Clark, Matthew Felton, Ryan Antidormi, Amy Burren, Ashley Albert and Ebony Tallent



. Bianca Attard and finally the medallists from the two U16 events – Ryan, Matthew, Lewis, Ashley, Amy and Ebony

And one final photo from Sabrina George – one group of very happy Under 14 Girls after the medal presentation



SYDNEY TRACK CLASSIC, SYDNEY OLYMPIC PARK ATHLETICS CENTRE, SATURDAY 28 FEBRUARY, 6:35PM

The long awaited 5000m walk at the Sydney Track Classic on Saturday night certainly lived up to expectations. Mexican Eder Sanchez and Victorian Jared Tallent raced neck and neck the whole way with Eder eventually prevailing in 18.40.11. **Jared's time of 18.41.83 took over 3 seconds off the Australian 5000m race walk record of 18:45.19, set by Nathan Deakes in 2006 and is a huge PB by some 20 secs.** A leading group of four (Eder, Jared, Adam Rutter and Chris Erickson) powered through the first kilometre in 3:41 before Chris started to tail off. Adam led the remaining three through the 2 km mark in around 7:26 before he too fell off the pace. Then it was left to Eder and Jared to power on to the final great result. Adam (19:27) and Chris (19:39) were both well under 20 mins but down on previous race times this summer. David Mejia, the other Mexican training out here, was next in with 20:00.32. Further back in the field, young Brendon Reading and Derek Mulhearn were rewarded with good PBs of 20:58.15 and 22:02.35 respectively. And a quick mention of Dane Bird-Smith whose 3000m split of 12:03.53 was a Queensland U18 record.

Men 5000 metre Race Walk

1.	Sánchez, Eder	MEX	18:40.11 (PB)
2.	Tallent, Jared	AIS	18:41.83 (PB)
3.	Rutter, Adam	AIS	19:27.63
4.	Erickson, Chris	AIS	19:39.69
5.	Mejia, David	MEX	20:00.32
6.	Rayson, Ian	NSW	20:36.31
7.	Bird-Smith, Dane	QLD	20:55.72
8.	Reading, Brendon	ACT	20:58.15 (PB)
9.	Mulhearn, Derek	NSW	22:02.35 (PB)

Jared's lap times in his new National record are absolutely fantastic and show a fastest last lap of 1:24.78. Ouch!

Lap Time 43.84, 2:12.35, 3:41.85, 5:10.98, 6:41.77, 8:12.90, 9:43.09, 11:13.77, 12:45.65, 14:17.48, 15:47.61, 17:17.05, 18:41.83
Lap Split 43.84, 1:28.51, 1:29.50, 1:29.13, 1:30.79, 1:31.13, 1:30.19, 1:30.68, 1:31.86, 1:31.83, 1:30.33, 1:29.44, 1:24.78

And finally the updated All Time Ranking List now shows Jared as the new leader and a total of 6 walkers under the 19 minute mark.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:59.43	Luke Adams	N	11/10/1976	1	Melbourne	24/02/2007	30
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,Hungary	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27

The women's event saw Jess Rothwell, who crossed the line first in 21:13, subsequently disqualified. That left Cheryl Webb as the winner with another great 5000m time of 21:30.90. Claire Tallent did a 1 sec PB to take second with 21:56.58. Natalie Saville also seems to be coming into form just in time for the National 20 km with her time of 22:28.16. Only 5 of the 9 women made it through unscathed, with 1 DNF and 3 DQs.

Women 5000 metre Race Walk

1.	Webb, Cheryl	NSW	21:30.90
2.	Tallent, Claire	AIS	21:56.58 (PB)
3.	Saville, Natalie	NSWIS	22:28.16
4.	Lee, Beki	NSW	23:18.22
5.	Heazlewood, Jess	NSW	24:06.23
	Szirom, Megan	VIC	DNF
	Fagan, Nicole	NSW	DQ
	Hosking, Jillian	ACT	DQ
	Rothwell, Jessica	VIS	DQ

AUSTRALIAN MASTERS CHAMPIONSHIPS, GEELONG, 21-25 FEBRUARY 2009

The 500m track walks were the final of the three walks to be contested at the Australian Masters Games in Geelong. The contest of the day was between Scott Nelson and Paul Van Kopplen. Scott led early but Paul came over the top to record an excellent 22:16 as against 22:27 for Scott. Stuart Kollmorgen also had his best walk for the season to finish next with 23:06. In the women's walk, super-vet Heather Carr walked wonderfully to record 27:40. Others to break 30 minutes were Barb Bryant (28:19), Janet Holmes (29:31) and Nardene Hammond (29:31) and Gwen Steed walked an excellent W65 time of 30:08. It is disappointing that more of our Masters walkers did not avail themselves of the great racing on offer over the 3 days.

Men 500m track walk, Tuesday 24 February, 9AM

Men 5000 Meter Race Walk 35-39	1	Nelson, Scott	22:27.99
	2	Kollmorgen, Stuart	23:06.90
	3	Whetton, Darren	35:30.53
Men 5000 Meter Race Walk 40-44	1	Van Kopplen, Paul	22:16.87
	2	Nunn, Paul	28:27.31
	3	McKinnon, Christopher	34:23.57
Men 5000 Meter Race Walk 50-54	1	Worsnop, Christopher	32:54.48
	2	Dunshea, Frank	34:33.98
	3	White, Norman	36:59.90
Men 5000 Meter Race Walk 55-59	1	Erickson, Tim	27:49.86
	2	Riddoch, Clyde	29:45.90
Men 5000 Meter Race Walk 65-69	1	Whyte, Robin	29:49.81
	2	Thomas, Bryan	31:55.46
	3	Harrison, Graham	32:00.65
Men 5000 Meter Race Walk 70-74	1	Biggs, Kevin	33:05.14
	2	Major, Geoff	33:53.41
	3	O'Hara, Sean	48:58.55
Men 5000 Meter Race Walk 75-79	1	Silcock-Delaney, Colin	36:55.86

Women 500m track walk, Tuesday 24 February, 12:30PM

Women 5000 Meter Race Walk 70-74	1	McAulay, Patricia	48:46.83
Women 5000 Meter Race Walk 65-69	1	Steed, Gwen	30:08.08
	2	Bahr, Marion	57:23.29
Women 5000 Meter Race Walk 55-59	1	Carr, Heather	27:40.48
	2	Holmes, Janet	29:31.37
	3	Leitch, Mary	49:44.75
Women 5000 Meter Race Walk 50-54	1	Bryant, Barbara	28:19.81
Women 5000 Meter Race Walk 45-49	1	Elms, Donna-Marie	32:33.12
	2	Brunton, Kathleen	48:41.24
Women 5000 Meter Race Walk 35-39	1	Hammond, Nardene	29:33.38

AUSTRALIAN MASTERS WALK RELAYS, EAST BURWOOD, THURSDAY 26 FEBRUARY 2009

The Victorian Masters conducted their 4x800m walk relays last Thursday evening at the Burwood track. Seven teams walked in total with Paul Kennedy and Simon Baker the fastest men and Pam Tindal and Heather Carr the fastest women. Like last year, the fastest time was done by the M50 team of Simon Baker, Tim Erickson, Clyde Riddoch and Paul Kennedy and their team time was almost identical to last year – at least deterioration is being held at bay for the moment! Results as follows

TEAM	NAMES AND TIMES	TEAM TIME
W30	Nardene Hammond 3:57 Pam Tindal 3:43 Gayle McIntyre 3:54 Heather Carr 3:57	15:30:39
W40	Donna Elms 4:35 Gayle McIntyre 3:54 Pam Tindal 3:54 Kerrin Braithwaite 4:38	17:01:54
W50	Alison Thompson 4:05 Janet Holmes 4:07 Heather Carr 3:45 Marlene Gourlay 4:23	16:20:44
W60	Liz Feldman 4:12 Gwen Steed 4:25 Jan Morrey 5:05 Sylvia Machin 5:06	18:47:67
W70	Maureen Seedsman 5:31 Nancy Wallace 7:03 Shirley Coppock 6:10 Margaret Beaumont 5:51	24:53:90
M50	Simon Baker 3:32 Tim Erickson 3:59 Clyde Riddoch 3:42 Paul Kennedy 3:13	14.25.85
M60	Alan Lucas 4:13 Terry Dunn 4:50 Russ Dickenson 3:58 Ralph Bennett 3:39	16.40.04

Alan Lucas has advised me that W30 team cannot be credited with a finish because the rules do state that competitors can only compete in one team per event. I will leave the ladies to chat with Alan themselves to clarify.

And a special thank you to Alison Thompson's husband Colin for handling the check in and getting everyone's individual times, not an easy task. Other States will also be conducting their relays around now and the results of the Australian wide competition will be announced at the Australian Masters Championships at Easter.

WORLD RESULTS

French indoor championships, Day 2, 22 February 2009, Liévin, France

Johann Diniz was the standout walker in the French Indoor championships, held recently in Liévin, his time of 18:40.26 putting him on a par with the performances last weekend of Eder Sanchez and Jared Tallent. The IAAF website wrote

Also well advanced in his plans is race walker Yohann Diniz. The 2007 World silver medallist at 50km decided to start his 5000m race very fast. After the first kilometre, he was eight seconds ahead of the French record held by his former coach Denis Langlois (18:43.20 in 1994). By 2km (7:17.77), his margin was reduced to six seconds. Diniz, not at ease in the 25 lap race format, managed to shave three seconds from the record, winning his first indoor title in **18:40.26**.

“Thanks to the public’s encouragement, I tried to do finish well in spite of my fast start,” Diniz said. “I wasn’t prepared for indoors and didn’t have a time in mind. But of course, anytime I line up I want to give my all. I also wanted to prove that I was able to do well with my new coach Pascal Chirat. I felt the stress and the pressure was there, but I took pleasure today.”

The walker, now 25th in the all-time world indoor list, will fly to Portugal for a training camp from 26 February to 18 March. He plans to resume competition in March in Slovakia.

“It will be a training race with no time target. However, I will go for a time at the European Cup Race Walking in Metz on 24 May. The big challenge for me is to double 20km and 50km at World Championship.”

3 000m Walk Women

1	13:12:21	KORZENIOWSKA Sylwia (POL)	Lille Metropole Athletisme
2	13:19:09	GUINAUDEAU Christine	Amiens Uc
3	13:32:16	MITROVIC Sandra	Lagardere Paris Racing
4	13:39:32	CARTIER Melissa	Amiens Uc
5	13:52:99	BOUZIDI Yaimara (CUB)	Vga Compiegne
6	13:53:76	RETOUT Anne-gaelle	Caen Athletic Club
7	14:19:60	LORIOU Mandy	Us St Berthevin
8	14:20:50	BAUDOIN Corinne	Montpellier Uc
9	14:41:09	AVEROUS Violaine	Ca Balma
10	14:56:85	MARCOU Amandine	Sa Merignac
11	15:01:70	PASTORINO Ines	Nice Cote D:azur Athletisme

5 000m Walk Men

1	18:40:26	DINIZ Yohann	Efs Reims A.
2	19:28:98	BOYEZ Antonin	Ca Montreuil
3	19:44:40	HOUSSAYE Cedric	Olympique De Marseille Athle
4	20:50:80	MOLMY Damien	Lille Metropole Athletisme
5	21:03:10	BOUFRAINE Mehdi	Ca Montreuil
6	21:05:80	DELAUNAY Sebastien	Ca Du Pays Saumurois
7	21:06:67	GARIN Yvonnick	Haute Bretagne Athletisme
8	21:06:70	LE COZ Xavier	Franconville Athletisme Val D
9	21:21:19	BLANC Louis-guillaume	Aj Blois-onzain
10	21:38:99	VANOOSTHUYSE Jean-franck	Correze Athle

Polish Indoor Championships, Spala, Poland 21-22 February 2009

Poland also conducted its Indoor Championships on the same weekend and the men's times were also excellent, the first two walkers breaking the 20 minute barrier.

3000 m walk Women

1.	Paulina BUZIAK	14:05.67	86	OTG Sokół Mielec(PDK)
2.	Agnieszka SZWARNÓG	14:06.23	86	AZS-AWF Kraków(MLP)
3.	Katarzyna GOLBA	14:36.81	89	AZS-AWF Kraków(MLP)
4.	Justyna ŚWIERCZYŃSKA	14:48.82 PB	87	PLKS Gwda Piła(WLP)
5.	Weronika RYBAK	15:35.22	89	AZS-AWF Kraków(MLP)

5000 m walk Men

1.	Rafał AUGUSTYN	19:23.41 PB	84	AZS-AWF Kraków(MLP)
2.	Jakub JELONEK	19:47.97 PB	85	AZS-AWF Kraków(MLP)
3.	Rafał FEDACZYŃSKI	20:14.56 SB	80	AZS-AWF Katowice(SLK)
4.	Dawid TOMALA	21:00.38 PB	89	AZS-AWF Katowice(SLK)
5.	Rafał SIKORA	21:18.34	87	AZS-AWF Kraków(MLP)
6.	Grzegorz SUDOŁ	DQ	78	AZS-AWF Kraków(MLP)
7.	Kamil PIÓREK	DQ	89	MKS Stal Nowa Dęba(PDK)
8.	Beniamin KUCIŃSKI	DNF	82	KS Piętka Katowice(SLK)

Canada gets its act together

Canada, once an athletics power but recently a minnow, has decided to follow the successful English model and has announced a series of new High Performance Training Centres. The press release reads

OTTAWA (CAN): Athletics Canada announced the confirmation of six National High Performance Training Centres that will pave the way to London 2012. They are Edmonton for the sprints (Tyler Christopher, Adam Kunkel, Carlene Muir), Ottawa for Relays, Victoria for middle-distance (Gary Reed, Achraf Tadili), Kamloops for Throws (Dylan Armstrong), Calgary for an outreach programme for targeted athletes not currently based at one of the other centres (Jessica Zelinka) and Sherbrooke for Para-Athletics. The Centres Lead Coaches will report directly, and fall under the supervision of National Team Head Coach Alex Gardiner.

USA Indoor Track and Field Championships, Boston, Mass., February 28 - March 1, 2009

The Reggie Lewis Track & Athletic Center at Roxbury Community College in Boston hosted the 2009 USA Indoor Track & Field Championships on Feb. 28 - March 1. The concluding event of USATF's Indoor Visa Championship Series, the USA Indoor Track & Field Championships is the world's oldest indoor track championship, with the first meet being held in 1888 in New York. Tim Seaman was a clear winner in the men's 5000m walk with 19:59.06 (his 11th win in this event) while Joanna Dow won the women's 3000m walk with 13:04.28.

Men 5000 Meter Race Walk , Saturday February 28, 3:55PM

1.	Tim Seaman	New York AC	19:59.06
2.	Patrick Stroupe	Unattached	20:32.26
3.	Michael Tarantino	World Class RW	21:19.78
4.	Christopher Tegtmeier	Concordia Coll.	22:09.90

Women 3000 Meter Race Walk , Sunday March 1, 4:20PM

1.	Joanne Dow	Unattached	13:04.28
2.	Teresa Vaill	Walk USA	13:14.07
3.	Solomiya Login	S En Pa A C	13:45.53
4.	Miranda Melville	Wisconsin-Parkside	14:37.22
5.	Susan Randall	Miami Valley	14:58.97
	Erin Taylor	South Texas W C	DQ

Fernandez takes Spanish 50 km Championship with a first up time of 3:41:02

Francisco Fernández, three time World silver medallist at 20km, raced his first 50km on Sunday 1st March in the Spanish Championships. After being prepared by his coach Robert Korzeniowski, he made his long awaited debut in the town of San Pedro de Pinatar and what a debut it was - a final time of 3:41:02. Now he has qualified for both the 20 km and the 50 km at this year's IAAF World Championships and looks set to do both.



Fernandez wins his first 50 km (<http://www.rfea.es/>)

Fernandez walked with his training partner Robbie Heffernan for the first 30 km which they passed in 2:12:42. Then Fernandez picked up the pace to around 4:15 kilometres between the 35 and 40 km mark and set up his final winning time. His next race will be in Ibiza in March before leaving for a training stint in South Africa. The other 50 km places were taken by Santiago Perez and Mikel Odriozola. Full results and a comprehensive photo display of the championships may be sourced from the Spanish Athletics Assn <http://www.rfea.es/>. The first few places from the major events are reproduced below

Senior Men 50 km

1.	FRANCISCO JAVIER FERNANDE	77	Agrupaejido	3:41:02
2.	SANTIAGO PEREZ ALONSO	78	Ourense-Ac.Postal	4:01:56
3.	MIKEL ODRIOZOLA DOMINGUEZ	78	Atletico Renteria	4:06:02

4.	DAVID SANCHEZ FERRER	78	Medilast Lleida	4:09:49
5.	FERRAN COLLADOS LOPEZ	78	FC Barcelona	4:10:59
6.	RAFAEL BALLESTEROS GARCIA	78	CAI GC CajaCanarias	4:21:58

Senior Men 20 km

1.	JUAN MANUEL MOLINA MOROT	79	UCAM-Athleo Cieza	1:23:26
2.	BENJAMIN SANCHEZ BERMEJO	85	UCAM-Athleo Cieza	1:25:55
3.	FRANCISCO ARCILLA ALLER	84	Universidad de León	1:28:50
4.	DAVID JIMENEZ PEREZ	85	Univ. Pais Vasco	1:34:43
5.	ENRIQUE MORET HUERTA	74	Fent Cami Mislata	1:39:22

Senior Women 20 km

1.	BEATRIZ PASCUAL RODRIGUEZ	82	Valencia Terra i Mar	1:34:22
2.	ROCIO FLORIDO FLORIDO	76	At. Malaga	1:37:35
3.	LORENA LUACES BARRIL	84	Ourense-Ac.Postal	1:38:02
4.	EVA MARIA IGLESIAS GONZALE	85	Bidezabal Atletismo	1:43:59
5.	TERESA DE JESUS LINARES HE	78	TenerifeCajaCanarias	1:44:30

Junior Men 10 km

1.	FRANCISCO YUSTE MARTINEZ	90	AA Catalunya	45:22
2.	VICTOR PALOMA HUERTAS	91	Pto. Alicante OHL	45:51
3.	RUBEN CASTRILLO GONZALEZ	90	Anta Bodegas FDR	46:06
4.	MANUEL VAQUERO HERNANDE	90	Vino Toro CajaRural	46:56
5.	MARIO SILLERO MESONERO	90	CajaRural Salamanca	47:18

Junior Women 10 km

1.	SARA ALONSO CASTELO	91	Pto. Alicante OHL	49:46
2.	SANDRA YERGA VALDEMORO	91	CAP Alcobendas	52:35
3.	SORAYA MEDINA PLAZA	91	Juventud Guadix	54:31
4.	EVA MARIA TUR PALAU	90	Atme. Sa Raval	56:24
5.	REBECA DEL CORTE SUÑER	91	Esp. Vinaros	57:21

Russian Race Walking Championships, Adler, 28 Feb - 1 March

The Russian Winter racewalking championships have just been completed in Adler. Of course, the amazingly fast times must be viewed in the context of the large number of drug convictions against Russian walkers over the last 12 months. In a country with what looks suspiciously like institutionalised drug abuse, it is up to Russia to prove to the rest of the world that it has cleaned up its act and that it is now rigorously monitoring its athletes and coaches. The IAAF website is quoted as saying of the various World and European records set in these races ... *"none of the times are likely ever to gain official status as at least 3 international judges have to be present for records to be ratified."*

Men 10 km Race Walk

1.	Stanislav Yemelyanov	RUS	38.43
2.	Denis Strelkov	RUS	39.53
3.	Valeriy Filipchuk	RUS	39.55

Men 20km Race Walk

1.	Valeri Borchin	RUS	1:17.38
2.	Piotr Trofimov	RUS	1:19.02
3.	Andrey Krivov	RUS	1:19.55

Women 10 km Race Walk

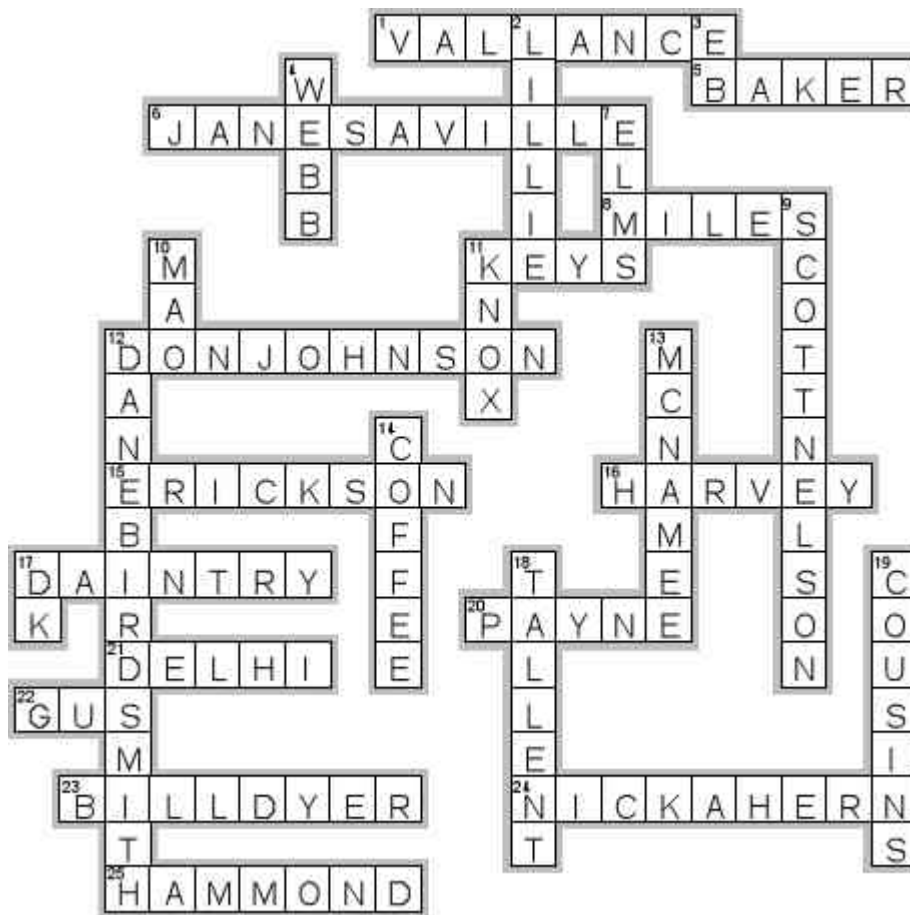
1.	Tatyana Mineyeva	RUS	42.36
2.	Ksenia Trifonova	RUS	42.44
3.	Tatyana Kalmykova	RUS	42.49

Women 20km Race Walk

1.	Olga Kaniskina	RUS	1.24.56
2.	Vera Sokolova	RUS	1:25.26
3.	Anisiya Kirdyapkina	RUS	1:25.26

LAST WEEK'S CROSSWORD

Here are the answers from last week's walking crossword, put together by ozwalker discussion group founder Russell McFarlane. As mentioned last week, all answers were to be found in 2009 editions of the Heel and Toe newsletter and nearly all were the names of Australian former or current walkers. Thanks Russell. Alas, there were no fully correct entries. That finishes the crosswords for the time being.



VRWC OLYMPIANS HONOUR BOARD UPDATED

Bob Gardiner has arranged for our VRWC Olympians Honour Board to be updated to include our latest Olympians Jared Tallent, Chris Erickson and Kellie Wapshott. It certainly looks good to see a new set of names up in lights. A perusal of the board shows that VRWC has had representatives in every Olympic Games from 1948 onwards. What a fantastic effort!



WHAT'S COMING UP

Next weekend sees the culmination of the summer season for our elite walkers with the staging of the **Australian 20 km Summer Roadwalking Championships at Fawcner Park in inner Melbourne on Saturday 7th March**. The 20 km events kick off at 7:30AM and Junior 10 km events start at 8AM. With all of our top walkers in action, this promises to be a huge show. The weather forecast looks good and hopefully conditions will be perfect for fast times.

The men's 20 km championship will see a head to head between 2008 Olympians Jared Tallent, Luke Adams, Adam Rutter and Chris Erickson. There is one final 20 km spot on offer for the 2009 IAAF World Champs and Adam will be keen to sew it up with a big walk. Further back in the field, Tom Barnes and Ian Rayson will be going head to head to try to cement selection in the 2009 World

University Games. Add in the likes of Andrew Jamieson, Darren Bown, Rhydian Cowley (walking his first 20 km), Stuart Kollmorgen, Kim Mottram and Brendon Reading and a great race is guaranteed.

The women's 20 km championship is the official selection trial for the 2009 IAAF World Champs and our main contenders – Jess Rothwell, Cheryl Webb, Claire Tallent, Natalie Saville and Megan Szirom – should all be there and looking for solid A qualifiers. Add in a sprinkling of talented young walkers like Jess Heazlewood, Jillian Hosking and Susan Knapton and you have the recipe for a great race.

And finally, Victorian Master secretary Alan Lucas has asked me to mention that there will be the usual "Wonky Knees" 1500m walk at the East Burwood Athletics Track at 7:25PM next Thursday 5th March. Basically it's for VMA members 55year and over and you don't really have to have wonky knees to compete!

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