



## HEEL AND TOE ONLINE

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### AUSTRALIAN ROADWALKING CHAMPIONSHIPS, FAWKNER PARK, MELBOURNE, SATURDAY 7 MARCH

AthsVic TV guru David Armstrong has posted his video production from last week's Australian 20 km championships at Fawkner Park and it is without doubt the best production to date. Point browsers to <http://www.youtube.com/watch?v=9vJjirLm-AA> and enjoy. Well done to David and to commentator Paul Jenes on a great job. As an aside, one of David's 2008 productions (the one which focused on the Victorian based Olympic throwers) was a featured video in a local short film festival held late last year in Melbourne.

And now onto the local scene. It was a relatively quiet week last week with only a couple of major events on which to report.

### WESTERN AUSTRALIAN T&F CHAMPIONSHIPS, PERRY LAKES STADIUM, PERTH, 13-15 MARCH 2009

The last of the State based Track and Field titles were held last weekend in Perth and the usual sprinkling of walk events were on offer. The best walks were from Sean Fitzsimons (U18 5000m – 22:31.7) and Lyn Ventris (Open 5000m – 24:42.8 – Lyn is actually a W50 masters walker so that is a great time).

#### Women 1500 Meter Race Walk U14

1.	Holt, Kate	MLV	7:56.3
2.	Sexton, Andrea	MLV	8:03.8
3.	Bond, Kellie	NDW	8:12.3
4.	Evans, Raqeema	NDW	8:17.1
5.	Sexton, Jessica	MLV	9:00.0
6.	Holt, Georgia	MLV	9:01.0

#### Men 1500 Meter Race Walk U14

1.	Anderson, Triston	AWA	8:08.6
2.	MacLennan, Iain	CUT	9:29.9

#### Men 3000 Meter Race Walk U16

1.	Dib, Samuel	NDW	14:46.0
2.	Dib, Jacob	NDW	17:01.2

#### Women 5000 Meter Race Walk U18

1.	Watson, Hannah	CUT	27:28.2
2.	Hahn, Andrea	AWA	29:29.5
	Smith, Jacqueline	CUT	DNF

#### Men 5000 Meter Race Walk U18

1.	Fitzsimons, Sean	CUT	22:31.7
2.	Dib, Samuel	NDW	24:55.5
3.	Dib, Jacob	NDW	28:27.6
	Ninyett, Christopher	CUT	DQ

#### Women 5000 Meter Race Walk Open

1.	Ventris, Lynette	BNY	24:42.8
2.	Clauson, Emily	CUT	27:27.4
3.	Hollaway, Tanya Maree	CUT	27:53.5

#### Men 5000 Meter Race Walk Open

1.	Hastie, Gary	MAWA	25:06.3
2.	Smyth, David	NDW	28:36.5

### COBURG 6 HOUR CHAMPIONSHIPS, HAROLD STEVENS TRACK, COBURG, SUNDAY 15 MARCH 2009

I spent last Sunday at Coburg helping run the annual Coburg 6 Hour Run and Walk championships which this year saw record fields and very strongly contested events. 6 Hours is really the shortest of the ultra distance categories and provides an avenue for athletes to dip a finger into this most demanding of sports. The event was extended in concept this year to include an elite 100 km run category to allow elite ultra runners a further qualifying opportunity for this year's IAU World 100 km championship. While full results can be viewed on website <http://www.coburgharriers.org.au>, I will just concentrate on the two walk events which both saw very close contests.

In the men's 6 Hour Walk Championship, VRWC members Terry O'Neill and Clarrie Jack swapped the lead on several occasions before Terry eventually established his winning break. Terry's winning distance of 53.191km was a new Australian M50 record while Clarrie's second place distance of 52.505km was a new Australian M60 record. VRWC member Rudolf Skrucany also walked well, recording a PB distance of 44.183km in taking 5<sup>th</sup> place.

### 6 Hour Walk C'ship Men

1.	Terry O'Neill	VIC	53.191 km
2.	Clarrie Jack	VIC	52.504 km
3.	Steve Jordan	VIC	46.201 km
4.	Alex Poore	VIC	45.246 km
5.	Rudolf Skrucany	VIC	44.183 km
6.	Doug McKay	VIC	44.124 km
7.	Deryck Skinner	VIC	43.836 km
8.	Gary Turner	VIC	41.671 km
9.	Ken Carter	VIC	30.122 km

The women's 6 Hour Walk Championship saw a great battle between Dawn Parris and Karyn O'Neill with the two ladies never more than a lap or two apart. Eventually Dawn got up to win narrowly with 45.719km, a new Australian W55 record. Karyn was close behind in second place with 45.320km while former VRWC member Sandy Howorth was third with 36.317km.

### 6 Hour Walk C'ship Women

1.	Dawn Parris	VIC	45.719 km
2.	Karyn O'Neill	VIC	45.320 km
3.	Sandy Howorth	VIC	36.317 km
4.	Janet Hunter	VIC	19.118 km
5.	Jean MacDonald	VIC	15.807 km



Terry O'Neill, Clarrie Jack, Rudolf Skrucany, Dawn Parris and Karyn O'Neill

### IAAF RACE WALKING CHALLENGE EVENT, CHIHUAHUA, MEXICO, 14-15 MARCH 2009

Four of our top walkers raced last weekend in the first IAAF Race Walking Challenge event for the year. The venue was the Mexican city of Chihuahua, the city that will host the 2010 World Racewalking Cup and the walkers were **Jared Tallent**, **Adam Rutter**, **Luke Adams** and **Claire Tallent**. They were amongst a large contingent of international walkers (a record 196 athletes from 25 countries registered for the weekend events) who converged on the Mexican city to test out the course and see how they were going to fare at an altitude of 1285m. I have been able to put race reports together with help from the IAAF website (<http://www.iaaf.org>), the Athletics Australia website (<http://www.athletics.org.au>) and the Challenge event website (<http://www.walkingchihuahua.com/>).

#### 20 km Women

The women's race, which was flagged off half an hour after the opening ceremony and two hours before the men's event, marked a good start for Norwegian Kjersti Plätzer's farewell season. Plätzer and Inés Henriques of Portugal led a group of eight women through the first five km in 23:35 but by the half way mark, reached in 46:44, the two leaders had broken clear. Henriques walked right on her more experienced rival's heels, but could not sustain the pace in the last laps as the Plätzer cruised to victory in 1:33:34 hours.

"I am very happy to have won here in Chihuahua. This is the type of course I like, with a bit of incline as it helps me aim for the victory", Plätzer told the local media in perfect Spanish.

At 37, the mother of two also reflected on her last competitive season. "This is my last year and I am happy about it. I am trying to do my best in every competition and I could not have started in a better way than winning here", said Plätzer, who showed her desire to return to Chihuahua to accompany her younger brother Erick and husband-coach Stephan Plätzer for the 2010 World Cup.

Henriques (1:34:02) was rewarded with her best Challenge finish, better than her third placing in Mexico in 2008. Italy's Olympic bronze medallist and 2004 Challenge champion Elisa Rigauda (1:35:41) was third in her Mexican debut.

Unfortunately **Claire Tallent**, the sole Australian walker, was disqualified between 10km and 15km when well placed. The main places were as follows:

1.	Kjersti Plätzer	Norway	1:33:34
2.	Inés Henriques	Portugal	1:34:02
3.	Elisa Rigaud	Italia	1:35:41
4.	Beatriz Pascual,	Spain	1:36:04
5.	Susana Feitor	Portugal	1:36:52
6.	Elena Ginko	Belarus	1:38:47
7.	Johana Ordoñez	Ecuador	1:38:53
8.	Claudia Stef	Romania	1:39:04
9.	Tatyana Korotkova	Russia	1:39:22
10.	Tatyana Gudkova	Russia	1:40:01

## 20 km Men

Twenty-two year old Mexican champion Eder Sanchez pleased the home crowd with his second consecutive win in Chihuahua after a 1:22:21-hour effort, half a minute faster than last year. Colombia's CAC Games champion Luis Lopez (1:23:06) and Australia's defending overall Challenge champion and 2008 dual Olympic medallist **Jared Tallent** (1:23:44) flanked him on the podium.

Walking at a slow pace on a cool and windy afternoon on the 2km 'Pancho Villa' course, Sanchez led over a dozen men through the halfway mark in 42:25. When he made his move soon after, only Lopez and Tallent could respond and they passed the 15km mark well clear in 1:02:50. But when the Mexican launched his decisive attack in the last two laps (his last 5km was 19:31), they had no answer.

"It was a very technical race. I was hoping for the competition to really start around the 15km mark, but it happened at the 13<sup>th</sup>. I am not in my best shape yet. I am training to be 100% fit for the World Championships in Berlin", said Sanchez.

It was his second victory of the season after setting a CAC record over 5000m (18:40:11) in Sydney, on February 28, ahead of Tallent.

Lopez, ninth in the Beijing Olympics, was happy to produce his best Challenge performance so far. It was his second podium finish in the history of the Challenge - he finished third in the Mexican leg two years ago.

One week after claiming his second consecutive national title, Jared improved from ninth to third here, compared to 2008.

It was an excellent breakthrough on the international circuit for **Adam Rutter**, who clocked 1:24:24 to finish fifth. **Luke Adams** (1:24:53) had the misfortune of being sick in the final stages of the race but he continued to battle home for the final 4km, the hamstring he tore three weeks ago holding up to the test.

It was a fantastic effort by the Australian trio to back up after last weekend's national championships, travel to the other side of the world, race at altitude, and still defeat quality international athletes. Top placings were as follows

1.	Eder Sanchez	Mexico	1:22:21
2.	Luis F. Lopez	Colombia	1:23:06
3.	<b>Jared Tallent</b>	<b>Australia</b>	<b>1:23:44</b>
4.	Erik Tysse	Norway	1:23:56
5.	<b>Adam Rutter</b>	<b>Australia</b>	<b>1:24:24</b>
6.	David Mejia	Mexico	1:24:30
7.	<b>Luke Adams</b>	<b>Australia</b>	<b>1:24:53</b>
8.	Bernardo Segura	Mexico	1:25:00
9.	Adrian Herrera	Mexico	1:25:10
10.	Robert Heffernan	Ireland	1:25:32

## 50 km Men

This event also had a strong international flavour with 26 entrants from 7 countries flagged off at 8:00am on Sunday morning. Defending champion and local favourite Jesús Sánchez set the early tempo and he and Norwegian Trond Nymark had established a clear lead by the 5km mark. The duo shared the lead until the 25km mark, when Sanchez moved ahead and built up a five-second lead, which he increased to 19 seconds at the 35km mark. However, his cushion began to shrink as he slowed and the Norwegian caught up with him with 6km to go. Nymark sealed his victory with 24:46 minutes in the final 5km, to the Mexican's 26:32.

"The first 25km were easy and the second half became harder and I increased the tempo and the pressure. I took advantage of the good weather. I realized the Mexican was slowing his pace and then overtook him at the right time," said Nymark after hugging his coach. "From the very beginning, I told myself I could win this race. I kept that mentality until the end. I always remained positive, aiming for the win."

Nymark holds the fastest 50km on Mexican soil in the seven-year history of the Challenge, when he completed the distance in 3:46:05 hours in Tijuana 2005.

"I got excited and did to respect my pace. It took its toll on me. I changed the strategy and it did not work. I realized I was slowing the pace. The Norwegian caught up with me and eventually won," Sanchez explained. Nevertheless, the 2008 Olympian was satisfied to secure a slot in the Mexican squad for the 2009 IAAF World Championships. Top places were

1.	Trond Nymark	Norway	3:51:06
2.	Jesús Sánchez	Mexico	3:53:17
3.	Omar Zepeda	Mexico	3:55:45
4.	Edgar Hernández	Mexico	3:55:45
5.	Daniel García	Mexico	4:05:45
6.	Mario Iván Flores	Mexico	4:08:47
7.	Cristián Berdeja	Mexico	4:09:16
8.	Álvaro Nava	Mexico	4:13:54

9.	Luis Bustamante	Mexico	4:18:22
10.	José Sánchez	Mexico	4:19:18

**10 km Junior Men and Women**

The final events to be contested were Junior 10km walks and they were exclusively Mexican affairs with 20 competitors in each race. Adrián Ochoa and his sister Adriana Ochoa took their respective races with 42:16 and 49:58.

**Under 20 Men 10 km**

1.	Adrián Ochoa	42:16
2.	Ever Palma	42:42
3.	Isaac Palma	43:32

**Under 20 Women 10 km**

1.	Adriana Ochoa	49:58
2.	Angélica Arrieta	50:30
3.	Erandi Uribe	50:51

Chihuahua also saw a big mix of present and past race walking stars. Ecuador’s Jefferson Perez, Italy’s Maurizo Damilano and Mexico’s first Olympic champion Daniel Bautista and 1984 Olympic champion Raul Gonzalez were among the distinguished guests. Others were Spain’s José Marín and Jordi Llopart, and Jerzy Hausleber, considered as the father of race walking in Mexico.

Under the guidance of Miguel Ángel Rodríguez, the 1997 World Championships 50km bronze medallist and current director of the Chihuahua Institute of Sports, the capital of the largest Mexican state will now prepare to host the 2010 Race Walking World Cup in May next year. This will be the first World Cup held in Mexico since 1993 and it will be BIG! Mexico, for many years the strongest walking country in the world, now seems to be turning the clock back and regaining both depth and quality. The IAAF event saw 117 Mexican walkers in action – 18 in the 20km women, 35 in the 20km men, 24 in the 50km men, 20 in the 10km junior men and 20 in the 10km junior women. Very few countries can boast such depth in racewalking.

The IAAF Race Walking Challenge will now cross the Atlantic with the second leg scheduled in Rio Maior, Portugal on 4 April.

Full results, including all splits, and lots of photos can be found on the event website at [www.walkingchihuahua.com/2009](http://www.walkingchihuahua.com/2009) . I have picked out a few of the website photos for readers



**Eder Sanchez (1) leads the mens 20 km with Luke Adams (3) on the right. Kjersti Platzer wins the womens 20km event**



**Jared, Claire and Adam out training with AIS walks coach Brent Vallance**

## FROM THE ARCHIVES – THE 1988 AUSTRALIAN ROADWALKING CHAMPIONSHIPS

The 1988 Australian Roadwalking championships, held in Canberra on 27<sup>th</sup> August 1988, are well worth revisiting because of the excellent performances of a number of walkers.

### 20 km Open Men

With the Seoul Olympic scheduled to start in late September, these championships were a final pre-Olympic hitout for Simon Baker and Andrew Jachno. Simon and Andrew had confirmed their Olympic spots in the official 20 km trial, held earlier in the year, and once again they walked dominantly in this race, recording 81:29 (this remains Simon's PB) and 82:29 respectively. Willi Sawall, at 46 years of age, finished third in 85:02. With the Olympic standard set at 85:00, a small margin of 2 seconds separated him from a possible third Olympic Games. Over 20 years down the track, this time still stands as the World Masters M45 world best for 20 km. Interestingly, Paul Copeland had recorded this same time of 85:02 in coming third in the Olympic trial earlier in the year.

The story of fourth place finisher, Michael Harvey, is also interesting. Chasing Simon and Andrew, who both walked under 40 minutes for the first 10 km, Michael passed the half way mark in a PB time of 40:50, a minute clear of Willi, but was unable to sustain the pace in the second half, slowing to finish in 88:05. For Michael, it was a double blow. Earlier that year, he had won the Australian 50 km championship and Olympic selection trial in 4:09:10, just outside the Olympic qualifying standard. So a second Olympics eluded him in both Olympic walk events. Final results read as follows

1.	Simon Baker	VIC	81:19
2.	Andrew Jachno	VIC	82:29
3.	Willi Sawall	VIC	85:02
4.	Mick Harvey	VIC	88:05
5.	Rob McFadden	SA	88:25
6.	Rod Huxley	NSW	93:04
7.	Duncan Knox	VIC	96:06
8.	Keith Knox	NSW	96:58
9.	Bruce Dudon	VIC	96:58
10.	Mark Wall	VIC Ind.	91:11
11.	Bob Mee	ACT	98:18
12.	John Mison	NSW	99:41
13.	Mark Dredge	NSW	100:36
14.	Robin Whyte	ACT	102:03
15.	Tim Thompson	SA	102:10
16.	Keith Law	NSW	105:13
17.	Klaus Maurer	QLD	105:21
18.	Robert Lillie	NSW	106:56
19.	Ron Foster	TAS	107:57
20.	Bob Chapman	ACT	108:47
21.	Ian Richardson	QLD	112:42
22.	Trevor Vogler	ACT	113:13
23.	Mike McDermott	QLD	115:17
24.	Steve Iselin	QLD	118:53
25.	Frank Overton	NSW Ind.	120:04
26.	David Thomson	ACT	DQ
27.	Anthony Michelsen	NSW	DQ

Teams:	1	VIC	Baker, Jachno, Sawall, Harvey	10 pts
	2	NSW	Huxley, Knox, Mison, Dredge	28 pts
	3	ACT	Mee, Whyte, Chapman, Vogler	43 pts
	4	QLD	Maurer, Richardson, McDermott, Iselin	55 pts

The course was a 1.25 km loop around the outside of the main AIS stadium and was flat and fast. The 5 km splits of the first few finishers tell the story of the race

Simon Baker	19:51	39:50	60:24	81:19
Andrew Jachno	19:57	39:53	61:17	82:29
Willi Sawall	20:34	41:48	63:29	85:02
Michael Harvey	20:01	40:50	64:43	88:05

### 10 km Open Women

The Australian 10 km Championship for Open Women was just as memorable but for an even more significant reason. Kerry Saxby stormed to the front from the gun and won by over a kilometre. Her final time of 41:29.71 was rounded up to 41:30 and broke her own world record by an amazing 82 secs. This world mark would stand until 1995, at which time it was finally bettered by the narrowest of margins – 1 second! This remains Kerry's PB and is the fastest time ever walked by an Australian woman. Alas, a walk for women was not introduced into the Olympics until 1992 and, by that stage, other women had bridged the gap to Kerry.

1.	Kerry Saxby	NSW	41:30	World Record
2.	Lorraine Jachno	VIC	47:41	
3.	Beverley Hayman	NSW	49:28	
4.	Celia Massie	VIC	49:43	
5.	Michelle Keys	NSW	50:18	
6.	Carolyn Vanstan	VIC	50:52	

7.	Leanne Robinson	SA	51:04
8.	Miriam Harding	ACT	52:19
9.	Karen Iselin	QLD	52:29
10.	Cathy Leslie	NSW	54:00
11.	Gwen Vines	ACT	56:07
12.	Trish Dalziel	ACT	59:12
	Chris Mahe	ACT	DQ

Teams:	1	NSW	Saxby, Hayman, Kaye	10 pts
	2	VIC	Jachno, Massie Vanstan	12 pts
	3	ACT	Harding, Vines, Dalziel	24 pts

### Under 20 Men 10 km Championship

Nick A'Hern was the undisputed number one junior male walker and his winning time of 42:37 was just a few seconds outside his Australian Junior record. Like Kerry, it was a case of winning by over a kilometre.

1.	Nick A'Hern	NSW	42:37
2.	Julian Weller	QLD	47:57
3.	Mark Davidson	VIC	48:30
4.	Peter Vanstaaan	VIC	48:32
5.	Mathew Dowell	NSW	49:23
6.	Graham Huxley	NSW	49:32
7.	Andrew Mitchell	NSW	53:07
8.	Adam Patterson	VIC	53:28

Teams:	1	NSW	A'Hern, Dowell, Huxley	10 pts
	2	VIC	Davidson, Vanstan, Patterson	11 pts



**Simon Baker, Andrew Jachno, Kerry Saxby and Nick A'Hern**

The Under 18 8 km championships round off the results. The names in this list clearly illustrate the fact that, of the many good younger walkers produced in Australia, few go on to have long and productive careers as senior walkers. This can certainly be said for most of the following walkers.

### Under 18 Girls 8 km Championship

1.	Natalie McKean	NSW	40:30
2.	Wendy Muldoon	VIC	40:49
3.	Karen Francis	NSW	41:36
4.	Sandra Webb	NSW	42:07
5.	Nat Davidson	VIC	43:49
6.	Jantien Saltet	ACT	44:08
7.	Karen Willoughby	NSW	44:10
8.	Nicole Mitchell	NSW Ind.	44:56
9.	Heather Darby	NSW Ind.	45:17
10.	Michelle Doyle	NSW	45:35
11.	Justine Young	VIC	45:49
12.	Lisa Heintz	VIC	47:27
13.	Sharon Willoughby	NSW	51:42
	Nicole Edwards	WA	DQ

Teams:	1	NSW	McKean, Francis, Webb	8 pts
	2	VIC	Muldoon, Davidson, Young	13 pts

### Under 18 Boys 8 km Championship

1.	Andrew Brown	NSW	36:15
2.	Colin Ward	NSW	38:24
3.	Brad Hallworth	NSW Ind.	39:05
4.	Craig Webb	NSW	39:45
5.	Rohan Best	TAS Ind.	40:04
6.	Steve Frost	NSW	40:48
7.	Gary Vogler	ACT	41:36
8.	Adam Patterson	VIC	42:26
9.	Darian Law	NSW	42:38
10.	Gary Creek	VIC	43:15
11.	Andrew Leigh	NSW Ind.	44:18
12.	Peter Lowden	VIC	45:24
13.	Dean Nipperess	QLD	45:24

Teams:	1	NSW	Brown, Ward, Webb	6 pts
	2	VIC	Patterson, Creek, Lowden	15 pts

### INSIDE ATHLETICS – A WEBSITE TO REMEMBER

I recommend you bookmark website <http://www.insideathletics.com.au> as it is absolutely full of great information for any athletics follower. Amongst other things, it produces its own ezine (electronic magazine) dedicated to athletics. The magazine was launched in September 2007 as a pro bono custom publication by The Rusty Cage on behalf of Athletics NSW. Through the collaboration of publisher David Byrne and editor Tim McGrath (then the Communication Manager with Athletics NSW) the work quickly attracted a strong following within the athletics community in NSW and throughout Australia. Inside Athletics gradually broadened its scope from its NSW centric origins to become what is now a national publication. It also provides a coverage of the best athletics material produced in the mass media and photography from athletics events around Australia.

As an example of the high quality photos on the website, the following is from the 5000m walk at the recent Sydney Track Classic and it is reproduced here with permission. This event was won by Mexican Eder Sanchez in 18:40.11, a new Mexican National record. In second place was Australian Jared Tallent in 18:41.83, a new Australian National record.



Left to right: David Mejia (MEX), Chris Erickson (AUS), Jared Tallent (AUS), Eder Sanchez (MEX) and Adam Rutter (AUS)  
Reproduced with permission from <http://www.insideathletics.com.au>

## VRWC WINTER SEASON FIXTURE NOW FINALISED

The VRWC Winter Fixture has now been finalised, along with full details of all AV and VMA winter championships. You can download an online copy of the fixture on our website <http://www.vrwc.org.au> and I am now preparing our winter season mailout which you should receive in the next week or so.

AV has now an completed entry form for the AV Schools Roadwalk Championships and has also completed an AV Winter Season Entry form. Both are online at the VRWC website so help yourself.

## WHAT'S COMING UP NEXT?

Next weekend is a big one in Australia and Victoria from a walking perspective. Events are discussed below

### **19-21 March 2009, Australian T&F Champs, Brisbane – includes U18 Interstate Youth Match which has U18 5000m walks**

The National roadwalking championships have already been held for Open and Under 23 so there are no championship walks scheduled in this meet. However this meet hosts a rather strange event called the U18 Interstate Youth Match which features 5000m walks. States can select up to 1 competitor per event for this State vs State Under 18 competition and hence normally some walkers get the chance to compete while others miss out. Luckily, as this year is the World Youth year, States can nominate up to two competitors in an event, provided they have both already qualified for World Youths. Thus Victoria has nominated both Rachel Tallent and Beth Alexander for the 5000m walk – this is great news for our two top girls. Their main opposition is expected to come from South Australian walker Paige Hooper who represented Australia in the 2007 World Youth Championships walk and is a quality walker. It will be great to see the three top girls finally meet for the first time this year. The finishing places in this event may well decide the makeup of the World Youth walks team. Good luck also to Brad Simpson who represents us in the U18 5000m walk for boys. Fields are

#### **Women 5000 Metres Race Walk Under 18**

Beth Alexander	92	VIC
Breanne Goschnick	94	QLD
Paige Hooper	92	SA
Shannon Jennings	93	NSW
Rachel Tallent	93	VIC

#### **Men 5000 Metres Race Walk Under 18**

Dane Bird-Smith	92	QLD
Jordan Mulhearn	92	NSW
Bradley Simpson	93	VIC

### **Sun 22 Mar, 2009, VRWC and VMA Track races, Mentone Athletics Track**

Our last VRWC events for the summer season are to be held on Sunday morning at the Mentone Athletics Track, Dolamore Reserve, Queen St, Mentone (Melways Ref 87 B6). Events are as follows

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

VMA Competitors should try to provide their own lap scorer to help proceedings. VMA competitors should also wear proper VMA uniform since this is an official VMA championship.

### **21-22 March, 2009, Victorian Little Athletics State Championships, Olympic Park, Melbourne.**

It has been a long season for our youngest athletes and it all culminates this weekend with the VLA State Championships at Olympic Park. Walks are scheduled for all age groups from U9 to U15 and walkers have had to qualify via venue and region to get this far. Fields will be big and the walking will be of the highest calibre. The VLA website shows start times as follows for the walks

Saturday	8:49am	U14 Boys 1500 M Walk	Sunday	9:35am	U11 Girls 1500 M Walk
	9:20am	U14 Girls 1500 M Walk		10:03am	U11 Boys 1500 M Walk
	9:55am	U15 Boys 1500 M Walk		10:33am	U9 Boys 1100 M Walk
	10:26am	U15 Girls 1500 M Walk		10:58am	U9 Girls 1100 M Walk
	11:40am	U13 Girls 1500 M Walk		11:27am	U10 Girls 1100 M Walk
	12:09pm	U13 Boys 1500 M Walk		11:55am	U10 Boys 1100 M Walk
	3:15pm	U12 Boys 1500 M Walk			
	3:48pm	U12 Girls 1500 M Walk			

When you are coming to any of the Melbourne based events this weekend, please be advised that there will be major roadworks that may cause delays to motorists wanting to move in and around central Melbourne. Delays can be expected on all roads affected and major detour routes that will be in place. Please be aware of the closure information and suggested detour routes and plan your trips accordingly - for more information please click on the following link: <http://www.mcwupgrade.com.au/>. Closures include:

- M1 - includes both tunnels being closed Saturday 9pm and not open again until Sunday 9am.
- West Gate Bridge lane closures Saturday 5.30am till 11.00am
- West Gate Freeway, near Power St, closed Saturday 9pm and not open again until Sunday 9am.
- Swan St Bridge - Closed Westbound, Single lane operational Eastbound 9 pm Friday - 5 am Monday.

Long delays are expected so give yourselves plenty of time to reach your destination!

## 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**

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 **25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>  
July 8-12, 2009 **6<sup>th</sup> IAAF World Youth Championships, Bressanone, Italy** - <http://www.iaaf.org/wyc09/preview.html>  
July 28 – Aug 8, 2009 **18<sup>th</sup> World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>  
Aug 15-23, 2009 **12<sup>th</sup> 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 – Remaining IAAF Race Walking Challenge Events**

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 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 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.**  
Aug 12-22, 2011 **26<sup>th</sup> 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 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**

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