



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2008/2009 Number 26
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AUSTRALIAN U18 INTERSTATE YOUTH MATCH, BRISBANE, SATURDAY 21 MARCH 2009

The Under 18 Interstate Youth Match 5000m walks on Saturday evening in Brisbane proved very interesting. On the boys side, Dane Bird-Smith won by nearly 2 minutes in another excellent performance – 21:29.78. Dane's next appearance is likely to be in the Australian Under 20 10,000 track championship in Adelaide in 2 weeks time where he will move up an age group and race the older juniors. In the girls walk, Paige Hooper and Rachel Tallent, the two top Under 18 girls on times, went out hard, passing the 1000m mark in around 4:20. But then the complexion changed drastically as Rachel faded, leaving Paige on her own in front to walk to yet another sub-24 with 23:58.19. Shannon Jennings walked very strongly to close the gap and finish with 24:02.54. Both Victorian girls walked tired races with Rachel finishing in 25:00.47 and Beth finishing behind her and then being notified after the race that she had been disqualified. It has been a hard season for the large pool of U18 girls seeking selection for the World Youth Champs. With no final selection event, it was up to each walker to put her times on the board in whatever races she could and both Rachel and Beth have been in top form for the past 2 months, doing a succession of times over both 5000m and 10km. Now it is up to the selectors.

Boys 5000 Metres Race Walk U18

1.	Dane Bird-Smith	92	QLD	21:29.78
2.	Jordan Mulhearn	92	NSW	23:25.12
3.	Bradley Simpson	93	VIC 2	5:36.09

Girls 5000 Metres Race Walk U18

1.	Paige Hooper	92	SA	23:58.19
2.	Shannon Jennings	93	NSW	24:02.54
3.	Rachel Tallent	93	VIC	25:00.47
4.	Breanne Goschnick	94	QLD	26:36.21
	Beth Alexander	92	VIC	DQ

VMA AND VRWC RACES, DOLAMORE OVAL, MENTONE, SUNDAY 22 MARCH 2009

Our last VRWC races for the summer were contested on Sunday at the Mentone Athletics Track. The Victorian Masters 5000m track walk championships were also contested with good numbers of masters walkers on hand. In the men's event, Paul Van Kopplen broke away from Stuart Kollmorgen and Andrew Jamieson to be first over the finish line with an excellent 22:49. Andrew belied his M60 status with second fastest time of 23:17 ahead of Stuart with 23:21. Ralph Bennett also walked excellently to win the M65 with 26:15. In the women's event, Kylie Irshad and Pam Tindal walked together early before Kylie broke away to record the fastest time of 25:53 and Pam was not far behind with 26:16. Alison Thompson with 28:38 and Gwen Steed with 30:21 were also in excellent form. Conditions were good and the standard was high overall. Thanks to Stuart Cooper for the many fine photos.

VMA 5000M CHAMPIONSHIP FOR MEN

M35	1	Kollmorgen, Stuart	23:21
	2	McDonough, Aaron	26:54
M40	1	Van Kopplen, Paul	22:49
M50	1	Skrucany, Rudolf	31:22
M55	1	Riddoch, Clyde	28:52
M60	1	Jamieson, Andrew	23:17
	2	Dickenson, Russ	27:36
	3	Lucas, Alan	29:27
	DQ	Barrow, Geoff	DQ
M65	1	Bennett, Ralph	26:15
	2	Wicks, Barrie	35:42
M70	1	Dickinson, Murray	28:25
	DQ	Beaumont, Ian	DQ

VMA 5000M CHAMPIONSHIP FOR WOMEN

W35	1	Irshad, Kylie	25:53
W40	1	McIntyre, Gayle	28:30
W45	1	Tindal, Pam	26:16
	2	Elms, Donna	32:22
W55	1	Thompson, Alison	28:38
	2	Gourlay, Marlene	29:12
	3	Holmes, Janet	30:51
W60	1	Feldman, Liz	31:03
W65	1	Steed, Gwen	30:21
	2	Machin, Sylvia	32:58
	3	Morrey, Jan	34:39
W70	1	Stanway, Marlaine	37:42
	2	Beaumont, Margaret	37:49



Stuart Kollmorgen, Alan Lucas, Paul Van Kopplen, Murray Dickenson, Clyde Riddoch and Andrew Jamieson



Kylie Irshad, Jan Morrey, Gwen Steed, Pam Tindal, Janet Holmes and Alison Thompson

We also put on some VRWC races but with the Little Athletics State Championships on at Olympic Park, only a few made the trip south for our track walks. Special mention to Gabriella Crea who walked a big PB time of 9:21 in the 1500m.



Gabriella Crea

VRWC 5000m

- 1. Elms, Jason 29:50

VRWC 3000m

- 1. Onley, Gordon 25:45

VRWC 1500m

- 1. Crea, Gabriella 9:21
- 2. McLaren, Stacey 9:30



Stacey McLaren

Officials: Alan Lucas, Tim Erickson, Peter McGrath, Stuart Cooper, Adrianna Crea, Alison Thompson, Ian Beamont, Don McLaren
 Judges: Peter Vysma, Gordon Loughnan, Lloyd Nicholls

PROCLAMATION PARK WALKS, KNOX, WEDNESDAY 18 MARCH 2009

Thanks to Simon Baker for these walk results from last Wednesday evening.

1500m	Jess Callaway	U14	7:39
	Bianca Attard	U13	7:56
	Reese Walmsley	U11	7:45
1100m	Kyle Swan	U10	5:44
	Simon Duval	U 9	6:49
	Kirsten Walburg	U10	6:58
700m	Hayden Walmsley	U8	7:09

VICTORIAN LITTLE ATHLETICS CHAMPIONSHIPS, MELBOURNE, 20-22 MARCH 2009

The annual Victorian Little Athletics Track and Field championships were held last weekend at Olympic Park in inner Melbourne and the depth and quality in all events was its usual high standard. I attended on Saturday and was able to watch some great walking contests between our young walkers. Highlights included

- The dominance of the Burrens - James won the U9 Boys, Amy won the U15 Girls and Sarah (with arm in plaster) won the U12 Girls (I think this might be her fourth win in a row). I wonder if we have ever had 3 winners from the one family before?
- Billy Allamby returning from major knee issues last year to win the U11 Boys 11500m walk in an excellent time.
- Georgia Bertrand's win over Georgia Lee in the U9 Girls 1100m with both girls around the 6 minute mark for the 1100m.
- The great battle in the U10 Girls 1100m with Paige DeLisen winning narrowly from Taylor Vasiljevic and Rachael Guy and all girls being well under 6 minutes.
- Andrew Hogan's very impressive win in the U12 Boys 1500m.
- Jmara Hockley Samon's breakthrough win in the U13 Girls 1500m.



Medallists Peter Curtis, Andrew Hogan, Jeremiah Jones, Aaron Gardner, Ryan Antidormi and Lewis Clark



Medallists Jasmine Irshad, Sarah Burren, Ebony Whiley, Amelia Finnegan, Amy Burren and Chelsea Dyer

And now onto the full results.

Boys 9 Under 1100 Metre Race Walk

1.	James Burren	Waverley 34	6:23.07
2.	Corey Fiddes	Box Hill 21	6:28.02
3.	Murray Fahey	Waverley 34	6:28.29
4.	Matthew Gibbons	Lilydale / Yarra	6:50.04
5.	Samuel Candotti	Keilor 46	7:05.02
6.	Jas Corless	Knox 23	7:11.78
7.	Michael Miles	Knox 23	8:00.90
8.	Ethan McShanag	Keilor 46	8:04.29
	Matthew Sporle	Bendigo 2	DQ
	Simon Duval	Croydon 49	DQ

Boys 10 Under 1100 Metre Race Walk

1.	Kyle Swan	Knox 23	6:17.41
2.	Kyle Rollo	Corio 7	6:41.34
3.	Patrick Martin	Coburg 5	6:43.98
4.	Matthew Sullivan	Cranbourne 59	6:57.91
5.	Jason King	Collingwood 10	7:01.92
6.	Tyler Bell	Shepparton 55	7:03.76
7.	Sam Nightingale	Coburg 5	7:18.38
8.	Daniel Bollaart	Knox 23	7:23.14
9.	William Stark	Casey 154	7:40.65
10.	James Dillon	Corio 7	7:49.07
	Joel Cendamo	Waverley 34	DQ
	Michael Gibbons	Lilydale / Yarra	DQ

Boys 11 Under 1500 Metre Race Walk

1.	Billy Allamby	Knox 23	7:43.00
2.	Cooper Owen	Diamond Valley 8	8:02.73
3.	Thomas Houlden	Bendigo 2	8:11.72
4.	Jack Butcher	Ringwood 52	8:20.80
5.	Emmet Brasier	Diamond Valley 8	8:34.60
6.	Lewis Vella	Casey 154	8:53.30
7.	Ben Green	Leongatha 74	9:01.45
8.	Timothy Petersen	Keilor 46	9:18.34
9.	Cody McNicol-Davidson	Seaford 99	9:21.03
10.	Aden Quirk	Cockatoo 123	10:20.19
	Bryce Brockenshire	Corio 7	DQ
	Sean Miles	Knox 23	DQ
	Billy Downs	Corio 7	DQ
	Reese Walmsley	Knox 23	DQ

Boys 12 Under 1500 Metre Race Walk

1.	Andy Hogan	Knox 23	7:31.42
2.	Jeremiah Jones	Bendigo 2	7:55.43
3.	Lachlan Kewley	Ringwood 52	8:02.70
4.	Dane Heiden	Bendigo 2	8:13.90
5.	Jordan Galbraith	Croydon 49	9:02.74
6.	Stephen Lees	Waverley 34	9:49.92
	Adam Garganis	Collingwood 10	DQ

Boys 13 Under 1500 Metre Race Walk

1.	Jared Walker	Corio 7	7:40.47
2.	Lucas Taylor	Lilydale / Yarra	7:45.19
3.	Aaron Fiddes	Box Hill 21	8:00.33
4.	Mitchell Dyer	Box Hill 21	8:19.28
5.	Benjamin Maskell	Bendigo 2	8:50.46
6.	Dale Crawley	Casey 154	8:54.20
	Connor McShanag	Keilor 46	DQ
	Lachlan Dillon	Corio 7	DQ

Boys 14 Under 1500 Metre Race Walk

1.	Ryan Antidormi	Nunawading 33	7:33.59
2.	Aaron Gardner	Whittlesea City	7:37.59
3.	Ash Millane	Sunbury 83	7:40.89
4.	Aaron Tam	Waverley 34	7:54.26
5.	Jesse Shay	Bendigo 2	9:02.81
6.	Joshua Savage	Bendigo 2	9:08.63
	Josh Dillon	Corio 7	DQ
	Matthew Felton	Knox 23	DQ

Boys 15 Under 1500 Metre Race Walk

1.	Lewis Clark	Geelong 1	7:08.10
2.	Peter Curtis	Bendigo 2	7:27.52
3.	Chris Brunton	Knox 23	7:58.60
4.	Anthony Vella	Casey 154	7:59.64
5.	Jacob Wright	Nunawading 33	8:12.87
6.	Joshua Kaiser	Frankston 17	8:40.87
	Dylan Sloan	Seaford 99	DQ

Girls 9 Under 1100 Metre Race Walk

1.	Georgia Bertrand	Keilor 46	5:59.71
2.	Georgia Lee	Knox 23	6:01.43
3.	Hayley George	Lilydale / Yarra	6:23.20
4.	Karla Bulte	Casey 154	6:25.14
5.	Courtney North	Knox 23	6:29.41
6.	Jessica Lillie	Knox 23	6:41.54
7.	Tara Xuereb	Waverley 34	6:55.14
8.	Francesca Vile	Brighton 63	6:58.25
9.	Keilea Wiffen	Corio 7	7:05.61
10.	Caitlyn Musgrave	Whittlesea City	7:06.48
11.	Mia Cleve	Coburg 5	7:24.55
12.	Erin Walsh	Corio 7	7:53.52
	Zara Ruzic	Croydon 49	DQ

Girls 10 Under 1100 Metre Race Walk

1.	Paige DeLisen	Waverley 34	5:48.98
2.	Taylor Vasiljevic	Casey 154	5:49.95
3.	Rachael Guy	Casey 154	5:51.75
4.	Hayley Brown	Knox 23	6:15.76
5.	Kirsten Walburg	Croydon 49	6:17.94
6.	Megan Pyke	Sherbrooke 71	6:33.99
7.	Ally Gloury	Seaford 99	6:43.39
8.	Megan White	Corio 7	6:55.72
9.	Tessa McCann	Brighton 63	6:58.51
10.	Olivia Houlden	Bendigo 2	7:02.99
11.	Bronte Segota	Brighton 63	7:03.74
12.	Shelby Kay	Sherbrooke 71	7:05.40
13.	Charlie Harrison	Waverley 34	7:09.00
14.	Eliza Howard	Caulfield 56	7:17.31
15.	Romy Abbott	Geelong 1	7:19.26
16.	Bridget Rowlands	Geelong 1	7:24.70
17.	Paige McLean	Nathalia 137	7:31.61
18.	Emily Boribon	Waverley 34	7:37.57
19.	Jane Uhe	Nunawading 33	7:37.83
20.	Aimee Powell	Bendigo 2	7:38.05

Girls 11 Under 1500 Metre Race Walk

1.	Jemima Montag	Caulfield 56	7:55.07
2.	Grace Edlin	Bendigo 2	7:56.48
3.	Jessie Eastwood	Knox 23	7:57.33
4.	Jade Sanders	Casey 154	8:00.06
5.	Sophia Antidormi	Nunawading 33	8:43.19
6.	Emily Hamilton	Knox 23	8:43.60
7.	Keely Henderson	Whittlesea City	9:21.38
8.	Larissa Cullen	Whittlesea City	9:52.66
9.	Tarryn O'Leary	Ringwood 52	10:26.32
10.	Cassandra Kay	Sherbrooke 71	10:31.60

Girls 12 Under 1500 Metre Race Walk

1.	Sarah Burren	Waverley 34	7:35.96
2.	Jasmine Irshad	Knox 23	7:42.00
3.	Zoe Boldiston	Shepparton 55	7:59.17
4.	Billie Whitelaw	Mornington 82	8:22.11
5.	Danika Coreless	Knox 23	8:31.16
6.	Megan Walker	Corio 7	8:33.93
7.	Alexandra Brunton	Knox 23	8:36.76
8.	Carly Bertrand	Keilor 46	8:44.05
9.	Rebecca Campbell	Keilor 46	8:47.14
10.	Chloe McNicol-Davidson	Seaford 99	8:49.65
11.	Stacey Brasier	Kyabram 139	8:56.77
12.	Beth Barbour	Coburg 5	8:59.63
13.	Tarsha Kennedy	Sherbrooke 71	9:35.23

14. Stevie LeeShay	Bendigo 2	9:46.57
15. Shae Ohlsen	Ballarat 122	10:07.20
16. Stacey McLaren	Keilor 46	10:13.91
Shelby Mance	Casey 154	DQ

Girls 13 Under 1500 Metre Race Walk

1. Jmara Hockley Samon	Geelong 1	7:18.60
2. Ashley Albert	Waverley 34	7:21.80
3. Bianca Attard	Knox 23	7:32.01
4. Rebecca Guy	Casey 154	7:38.66
5. Lauren Stadius	Diamond Valley 8	7:43.12
6. Samantha Dunn	Knox 23	8:08.44
7. Sadie Plumb	Wonthaggi 12	8:15.02
8. Jessey Wilson	Bendigo 2	8:17.02
9. Grace Campbell	Bendigo 2	8:22.85
10. Emily Merrigan	Knox 23	9:01.33
11. Charlotte Cleary	Brighton 63	9:07.98
12. Georgia Madge	Croydon 49	9:10.26
13. Brigette Brockenshire	Corio 7	9:15.50
14. Jessica Neale	Collingwood 10	10:24.96

Girls 14 Under 1500 Metre Race Walk

1. Ebony Whiley	Bendigo 2	7:19.74
2. Amanda Heard	Bendigo 2	7:22.99
3. Amelia Finnagan	Knox 23	7:23.72
4. Caitlin Campbell	Keilor 46	7:24.17
5. Ebony Tallent	Ballarat 122	7:51.65
6. Darcie Verstraten	Geelong 1	7:51.98
7. Eloise Larkins	Corio 7	8:31.09
8. Lauren Gelov	Whittlesea City	8:38.91
Jessica Callaway	Knox 23	DQ

Girls 15 Under 1500 Metre Race Walk

1. Amy Burren	Waverley 34	7:03.51
2. Chelsea Dyer	Box Hill 21	7:23.65
3. Cassie Raselli	Knox 23	7:36.82
4. Nicole Hallett	Casey 154	7:59.27
5. Emma Delaney	Corio 7	9:01.64
Ella Mason	Box Hill 21	DQ
Hilary Brazel	Nunawading 33	DQ

VALE CHRISTINE GRIFFITHS 20/3/1949 - 19/3/2009

I am saddened to report that VRWC member Christine Griffiths died early Thursday morning. She had a bad fall while at the Masters competition at the Coburg track the previous Thursday and had been admitted to Royal Melbourne with rib and shoulder injuries. She was recovering from her injuries quite well but had been isolated by the hospital apparently because of a super bug she had contracted sometime in the previous couple of months. Rapid deterioration set in on Monday and she died at 2AM on Thursday morning, one day short of her sixtieth birthday.



Christine competes in a VRWC club race at Albert Park in 2007

Christine had always led an active life and was a keen tennis player growing up in Launceston but her life changed radically when she was diagnosed with chronic myeloid leukaemia in in 1988 at the age of 38. A bone marrow transplant followed and her sporting options seemed severely limited. It was the Transplant Games concept which gave her the chance to continue with her love of sport

and her love of competition. Her first World Transplant Games in Singapore in 1989 saw her competing with a mask on because of her lowered immunity from the recent transplant and treatment. She was then a regular at nearly all the subsequent Australian and World Transplant Games, competing in a wide variety of events – athletics, badminton, table tennis, tennis and swimming. She had to be sick indeed to miss any of these important sporting appointments and in recent years she fought hard to get the medical ok to compete as her health deteriorated and she became very frail.

In the 2005 World Transplant Games in Canada, she won gold in the table tennis doubles and bronze in the singles. At the time she commented: *“There were no medals in my other events but that was to be expected. I had big ventilation problems back then, with only 50 percent lung capacity, so the 3 km race walk, 3 km road run and mixed doubles tennis were no-go.”*

Christine had a Bachelor of Arts degree in social sciences and a Diploma and Bachelor degree in education from La Trobe University in Melbourne as well as a Master of Nursing degree from RMIT and had worked as a nurse when her health was better. In recent years, she had worked at the Bone Marrow Donor Institute's accommodation house in North Melbourne where she assisted with the care of families struggling with treatment and recovery from leukaemia and other life threatening cancers. She also worked as a volunteer at many of the big world sporting events like the 2000 Olympic Games in Sydney, the 2006 Commonwealth Games in Melbourne and the 2007 FINA World Swimming Championships in Melbourne. She carried the Olympic torch for the 2004 Olympics and for the 2006 Winter Olympics in Torino. In fact, she was one of only eight Australians to carry the Olympic torch at the Torino Games and was flown over to Italy for her leg. She was typically humble in her acknowledgement of this honour. *“The awards aren't important to me, but the competing is. Competition has kept me alive, it has given me a focus in my life because it didn't matter how sick I was, I would always go out and run.”*

Christine had her own website (<http://www.christinegriffiths.com>) on which she documented her many years of fighting the inevitable deterioration in her body. The newspaper articles and photos, taken over the last 20 years, stand as a tribute to her fighting spirit and love of life.

Christine was looking forward to the 18th World Transplant Games to be held on the Gold Coast in Queensland in August 2009. She was hoping against all expectations that her body would respond and allow her one final chance to compete at this elite level. Alas, this time fate intervened and her body was unable to respond. We remember Christine as someone who battled against the odds for many years and who provided inspiration to us with her courage and attitude. We will miss you Christine.

Christine's funeral will be held on **Wednesday 25th March at 2:15PM at Cricks Chapel at the Fawcner Crematorium** (entry off Sydney Rd).

WALKERS TO THE FORE AT THE ANNUAL ATHLETICS AWARDS



Jared Tallent - Out of Stadium Athlete of the Year



Jess Rothwell Junior Athlete of the Year



Brent Vallance Coach of the Year

Walking featured strongly at the Athletics Australia major awards function held in Brisbane last Sunday afternoon.

- Dual Olympic medallist **Jared Tallent** was named **Out of Stadium Athlete of the Year**. On his Olympic debut, Tallent became the first Australian male since 1906 to win two medals at the Games - silver in the 50km and bronze in the 20km walk. A team bronze medal in the 20km race at the World Race Walk Cup and his US\$30,000 victory at the IAAF Race Walking Challenge capped off an amazing year for the 23-year-old.
- Tallent's coach, **Brent Vallance** was also recognised, taking out **Coach of the Year** – senior athlete. Based at the Australian Institute of Sport, Vallance also trains fellow Olympic walkers Adam Rutter, Chris Erickson, Clare Tallent and Kellie Wapshott.
- Rising talent **Jess Rothwell** who finished fourth in the 10km walk at the 2008 World Junior Championships was awarded **Asics Junior Athlete of the Year**. The 19-year-old has been added to the Australian team for Berlin, placing second at the recent Australian 20km Championships against quality opposition.

Domestic and international performances covering the period between April 30, 2008 and March 21, 2009 were taken into consideration by the panel of judges.

Congratulations to Jared, Brent and Jess on their well deserved awards.

AUSTRALIAN TEAM ANNOUNCED FOR THE 2009 IAAF WORLD CHAMPIONSHIPS

Athletics Australia moved quickly after last weekend's Track and Field championships in Brisbane and have announced the team for the 2009 IAAF World Championships – see http://www.athletics.com.au/news/news/2009/march/thirty-nine_australians_bound_). An initial 39 Australian athletes have been named with the possibility of more being added before the final selector's meeting on July 20th. As expected, all walk places have been allocated with all our top walkers gaining selection:

20km walk	Luke Adams (32, NSW), Adam Rutter (22, NSW), Jared Tallent (24, Vic)
50km walk	Adams, Nathan Deakes (31, Vic), Chris Erickson (27, Vic), Tallent
20km walk	Jessica Rothwell (19, Vic), Claire Tallent (27, SA), Cheryl Webb (32, NSW)

For Nathan, this is an amazing 5th World Championships selection. He and 400m hurdler Jana Rawlinson will go to Berlin as the defending title holders. Claire and Jared Tallent will be the sixth husband and wife combination to represent Australia at the World Championships. Alana Boyd (Denise Boyd – Helsinki 1983) and Chris Erickson (Tim Erickson – Malmö 1976) follow their parents as World Championship representatives.

HISTORY OF RACE WALKING IN SOUTH AUSTRALIA (1867 - 2006)

Bob Cruise has announced a new book entitled **The History of Race Walking in South Australia (1867 - 2006)**. It will be available for sale online from Athletics SA (<http://www.athleticssa.org/>) or directly from Bob. If ordering directly from Bob, the book cost is \$30 with an additional \$5.50 to cover postage. The \$30 price tag covers the cost of printing with the balance going to the South Australia Race Walking Club. I have seen some of Bob's previous publications so have no hesitation in recommending this new book. Bob's address for ordering is : Mr Bob Cruise, PO Box 582, Plympton, SA., 5038.

OVERSEAS NEWS

Asian Race Walking Championships 20km, Nomi City, Sunday 15 March 2009

The Asian Race Walking Championships were held a week ago in the Japanese city of Nomi. In the men's event, Li Jianbo, who placed 14th in the 2008 Olympic 50 km event, was a narrow winner in 1:20:38, ahead of Chinese compatriot Yu Wei with 1:20:41. In the women's race, home success was registered with Japanese record holder Masumi Fuchise winning in 1:30:49 ahead of Kumi Otsoshi (1:31:42). Third place was taken by Chinese walker Li Yanfei (the bronze medal winner at last World Junior Championships) with 1:32:16.

20 km men

1.	Li Jianbo	CHN	1:20:38
2.	Ju Wei	CHN	1:20:41
3.	Park Chil-Sung	KOR	1:20:45
4.	Isamu Fudzisawa	JAP	1:21:00

20 km women

1.	Masumi Fuchise	JAP	1:30:49
2.	Kumi Otsoshi	JAP	1:31:42
3.	Li Yanfei	CHN	1:32:16

South African Walk Championships , Stellenbosch, Saturday 14 March 2009

The South African championships were held the same weekend with good sized fields.

20km Walk Men

1.	Wayne Snyman	1:29:34.9
2.	Sipho Mahlangu	1:20:07.1
3.	Werner Appel	1:30:39.1
4.	Marc Mundell	1:34:10.8
5.	Ross McDonald	1:34:20.1
6.	Molisa Mojalefa	1:35:53.7
7.	Gideon Cillie	1:36:48.2
8.	Professor Cele	1:39:58.9
9.	Armond Nel	1:40:45.9
10.	Wade Fraser	1:42:50.5
11.	Thando Lumkwana	1:57:54.2
12.	Brandon Goosen	2:04:26.8

20km Walk Women

1.	Nomsa Buthelezi	1:48:14.3
2.	Michelle Hopkins	1:51:41.9
3.	Barbara Nell	1:53:57.6

4.	Yvonne Irmischer	2:03:54.6
5.	Ann McKenzie	2:02:01.7
6.	Khethiwe Memela	2:04:53.8
7.	Jo-Ann Williams	2:05:39.5

WHAT'S COMING UP NEXT?

The summer season is all but finished now with only a couple of important events still to go. On the local Melbourne front, the Victorian Masters T&F championships are scheduled next weekend at Box Hill and our walkers will be contesting 3000m and 1500m track events.

Our VRWC winter fixture will be in the mail this week. Our winter season starts at Albert Park on Saturday 25 April 2009. More details are available on our club website <http://www.vrwc.org.au>.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Victorian & National Fixture – Summer 2008/2009

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 – 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	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/
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2013 International Fixture

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