



HEEL AND TOE ONLINE

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AUSTRALIAN U20 ATHLETICS CHAMPIONSHIPS, ADELAIDE, 3-5 APRIL 2009

I travelled across to Adelaide last weekend to see the Australian Under 20 10000m racewalking championships and they turned out to be very interesting events for more reasons than one. As the walkers lined up for the 5:10PM start on the Friday evening, a low pressure swept across Adelaide, dropping the temperature and bringing very strong winds. The first couple of kms were walked in very tough conditions before the wind eased and conditions cleared.

The men's walk went as expected. Dane Bird-Smith went straight to the lead and was never headed, eventually lapping the whole field and winning in a PB time of 43:47.71. His first km of around 4:12 set the tone for his race as he powered around the track with 2km splits of 8:29, 8:38, 8:39, 9:04 and 8:58. Sean Fitzsimons, who held second place for most of the race, eventually slowed and was passed by a fast finishing Rhydian Cowley. Daniel Payne, who had walked with Rhydian early, was fourth to finish, followed closely by Derek Mulhearn, Blake Steele and Jordan Mulhearn. Last to finish was Michael Reading but his time was still good, being just over 50 mins. Overall the standard of walking was high and a number of the walkers did PBs. Given that Dane, Sean, Blake and Jordan are all still U18, we should see some great racing over the next couple of years as they progress through the junior ranks. Dane and Sean have now been announced as part of the Athletics Australia's Under 19 Talent Squad (see article later in the newsletter) and are both on target for selection for the World Youth Champs later this year.

The women's walk was an all South Australian affair with Paige Hooper easily winning in 50:32.91 ahead of Lauren Harrington who walked very well for a PB time of 52:34.62. Claire Xian and Kristie Goznik were the other two finishers with times of 54:12 and 56:36 respectively. This shows that SA has some pretty good depth in its female walking at the moment. Unfortunately the long summer season seemed to have taken its toll on the overall field with the NSW and VIC walkers non attenders. This does not, however, detract from the quality of Paige's winning performance.

10,000m U20 Women

1.	Paige Hooper	SA	50:32.91
2.	Lauren Harrington	SA	52:34.62 (PB)
3.	Claire Xian	SA	54:12.08 (PB?)
4.	Kristie Goznik	SA	56:36.03
5.	Samantha Tesch	QLD	DQ

10,000m U20 Men

1.	Dane Bird-Smith	QLD	43:47.71 (PB)
2.	Rhydian Cowley	VIC	46:13.33
3.	Sean Fitzsimons	WA	46:33.28
4.	Daniel Payne	VIC	48:01.92
5.	Derek Mulhearn	NSW	48:15.46
6.	Blake Steele	SA	48:22.35 (PB)
7.	Jordan Mulhearn	NSW	48:38.49 (PB)
8.	Michael Reading	ACT	50:28.67 (PB?)



The medallists – Rhydian, Dane, Sean, Lauren, Paige and Claire



Dane, Rhydian, Sean and Daniel



Derek, Blake, Jordan and Michael



Paige, Lauren, Claire and Kristy

VICTORIAN LITTLE ATHLETICS PONDERINGS

To continue the Little Athletics theme of the last few issues, I accessed the Victorian Little Athletics website this week and extracted the State Best Performances for the U9 to U15 age groups.

U9 Girls	1100m Walk	L. Marland	Box Hill	5:48.7	1988
U10 Girls	1100m Walk	S. Sansonetti	Diamond Valley	5:30.0	1984
U11 Girls	1500m Walk	Natalie Gleeson	Bendigo	7:23.73	1996
U12 Girls	1500m Walk	Natalie Gleeson	Bendigo	6:53.19	1997
U13 Girls	1500m Walk	Cassandra Raselli	Knox	6:53.34	2007
U14 Girls	1500m Walk	Tiffany Charman	Corio	6:42.55	1992
U15 Girls	1500m Walk	Kellie Wapshott	Knox	6:44.52	1996

U9 Boys	1100m Walk	Chase Lurati	Warragul	5:32.11	2001
U10 Boys	1100m Walk	Rhydian Crowley	Knox	5:09.12	2001
U11 Boys	1500m Walk	Steven Clancy	Springvale	7:12.0	1984
U12 Boys	1500m Walk	C. Johns	Diamond Valley	7:03.4	1982
U13 Boys	1500m Walk	Evan Thompson	Bendigo	6:59.54	1998
U14 Boys	1500m Walk	Travis Harbour	Ringwood	6:31.4	1990
U15 Boys	1500m Walk	Brian Leonard	Knox	6:14.99	1995

I ran the records past a few people for comment and Paul Rance added some footnotes as follows

- Nicole Sansonetti was in the U10 age group in 1984 so they may have got the initial wrong and it could be her record.
- Natalie Gleeson was probably the best LA aged walker to come out of Bendigo. She won the LA State Championship every year from U9 to U14. Unfortunately a persistent knee injury stopped her from competing in U15 and eventually cut short her career. In her 2 record breaking years she won the championship by more than half a lap. Two months after she turned 11 (1996) she won the Australian U14 3km road walking Title in 14:52 and just after she turned 14 she won the Australian U16 5km Title in 25:13 in just her 2nd walk at the distance. She also won the Australian Little Athletics Title in U13 and at 10 years of age she won the Victorian All Schools U14 1500m walk title in an amazing time of 7.14.

Both Kellie Wapshott and Rhydian Cowley have gone on to represent Australia internationally.

AUSTRALIAN UNDER 19 TALENT SQUAD NAMED

Dane Bird-Smith (QLD), **Sean Fitzsimmons** (WA) and **Regan Lamble** (VIC) are amongst the 21 athletes who have been named in Athletics Australia's Under 19 Talent Squad. See http://www.athletics.com.au/news/news/2009/april/time_is_now_for_young_talent

The 21 athletes, selected from all over Australia and representing a range of athletics disciplines will, for the next 12 months, receive support from Athletics Australia across all aspects of their sporting development. They will be officially welcomed to the squad when they converge at the Australian Institute of Sport later this month for the first of two training and development camps.

Throughout the 12-month program athletes will be offered:

- Mentoring from past Commonwealth and Olympic Games representatives from a range of athletics disciplines.
- Participation in two elite training camps, utilising the state-of-the-art indoor training and testing facilities at the Australian Institute of Sport.
- Tutelage from the national youth event coaches headed by coaching co-ordinator and Olympic gold medallist Glynis Nunn-Cearns.
- Medical screening conducted at the AIS by Athletics Australia medical staff, with continued monitoring in their home states.
- Educational sessions focusing on subjects such as preparation for international competition, recovery strategies and the pathway from the elite junior to elite senior ranks.

FOUR WALKERS NAMED IN INITIAL WORLD UNI GAMES TEAM

Athletics Australia has announced an initial team of 34 athletes to represent Australia at the 25th World University Summer Games in Belgrade, Serbia from July 1 – 12, 2009. See http://www.athletics.com.au/news/news/2009/april/twelve_national_champions_lead

Four walkers - **Adam Rutter** (NSW), **Tom Barnes** (Vic), **Ian Rayson** (NSW) and **Jillian Hosking** (ACT) - have been named in the 20 km walk events. For Tom, this is his second World Uni Games, having already represented us in 2007 in Bangkok. For Adam, Ian and Jillian, this is their first appearance at these Games. For Ian and Jillian, this is their first Australian vest overall so they will be absolutely over the moon.



Adam, Tom, Ian and Jillian in action in the recent Australian 20 km Summer Championships

All four walkers confirmed their positions with strong showings at the recent Australian 20 km Summer Championships in Melbourne. In the men's championship, Adam was 2nd in 1:22:16, Tom was 4th in 1:26:57 and Ian was 7th in 1:27:43 against a qualifying standard of 1:28:00. In the women's championship, Jillian was 6th in 1:37:36 against the qualifying standard of 1:38:00.

One of the largest sporting events in the world, The World University Summer Games (WUSG) is held every two years under the banner of the International University Sports Federation (FISU). More than 8,000 athletes and officials from 50 nations are expected to compete in Belgrade.

In addition to athletics, twelve other sports will be contested at the 2009 edition of the WUSG – archery, basketball, fencing, football, gymnastics (artistic and rhythmic), swimming, diving, water polo, taekwondo, tennis, and volleyball.

Athletes may be added to the team at the final selection meeting in the week commencing May 19, following the end of the qualifying period on May 18. With two empty spots in the women's 20km walk event, there would seem to be a chance of additions if our younger women walkers can produce a big 20km time in the next 6 weeks.

GEELONG COACHING WORKSHOPS, SATURDAY 18 APRIL 2009

The Geelong Centre will be hosting a Race Walking workshop with **Simon Baker** and a Pole Vault workshop with Mark Stewart at Landy Field on 18th April. See the flyer below for further details.



Pole Vault & Race Walking Workshops

GEELONG ATHLETICS INVITES ATHLETES AND COACHES TO COME AND WORK WITH TWO OF AUSTRALIA'S LEADING COACHES SIMON BAKER AND MARK STEWART.

Over the past 20 years two of the most prolific medal winning events at Olympic Games, World Championships, Commonwealth Games, World Junior and World Youth Championships have been the pole vault and the walks. This is your chance to learn what makes us so successful in these events.

Date: 18 April 2009 **Venue:** Landy Field, Swanston St, 5th Geelong. Melway: 452 B9

10.30am to 12.30pm- Race Walking Workshop with Four time Olympian, Commonwealth and World Race Walking Cup Champion Simon Baker. Simon will pass on the knowledge he has accumulated during his own competing days and time spent at the AIS as an athlete and coach. Simon's program has developed some of our most talented junior walkers such as recent World Championships team member and Australian U20 10km Race Walk record holder Jess Rothwell.



1pm to 3pm- Pole Vault Workshop with Mark Stewart. Mark is the man who set Olympic Gold medallist Steve Hooker on his path as well as other vaulting champions such as former world record holder Emma George and Commonwealth Games bronze medallist Bridgid Isworth. Mark's Whitehorse Pole Vault Club continues to produce state and national champions such as Australia's youngest ever Open Men's Pole Vault Champions Blake Lucas who took out the 2009 title.

For further details contact Anula Costa on 0407 118 895

OVERSEAS NEWS

Pub Charity NZ Track and Field Championships, Newtown Park Stadium, Wellington, 27-29 March 2009

The New Zealand Track and Field championships were held a week ago in Wellington. It was good to see Mike Parker back in action and walking pretty well for a 55 year old bloke!

Women 3000 Metre Race Walk Senior

1.	Kate Newitt	18	Canterbury	15:10.77
2.	Rachel Gilberd	34	Taranaki	15:43.13
3.	Alana Barber	21	Auckland	16:04.09
4.	Allanah Gore	22	WaikatoBayofPlenty	16:59.22
5.	Nyle Sunderland	41	Tasman	17:00.63
6.	Jan Blikendaal	48	Wellington	18:00.44
7.	Marlene White	60	Taranaki	18:15.46

Women 2000 Metre Race Walk Senior

1.	Michelle Lei	37	Manawatu Wanganui	2:00:12
2.	Rachel Gilberd	34	Taranaki	2:06:43
3.	Nyle Sunderland	41	Tasman	2:10:33
4.	Marlene White	60	Taranaki	2:18:18
	Allanah Gore	22	WaikatoBayofPlenty	DQ

Women 10000 Metre Race Walk 19 & Under

1.	Kate Newitt	18	Canterbury	58:18.00
2.	Roseanne Robinson	18	Otago	58:29.00
3.	Kelly Mabbett	19	WaikatoBayofPlenty	59:53.00
4.	Natasha Murrhiy	16	WaikatoBayofPlenty	61:22.00
5.	Holly Balme	17	WaikatoBayofPlenty	61:44.00
	Alison Samson	18	Wellington	DNF

Women 3000 Metre Race Walk 16 & Under

1.	Natasha Murrhiy	16	WaikatoBayofPlenty	15:53.88
2.	Lucinda Shaw	15	Canterbury	16:08.74
3.	Maggie Bradley	15	Auckland	16:40.99
4.	Caitlin O'Brien	14	Otago	16:46.74
5.	Sarah-Amy Drummond	14	Pakuranga Athlet	17:38.76

Men 3000 Metre Race Walk Senior

1.	Nathaniel Shaw	20	Canterbury	14:07.69
2.	Mike Parker	55	Calliope Athleti	14:24.46
3.	Eric Kemsley	57	Taranaki	14:39.45
4.	Andrus Lei	40	Manawatu Wanganui	14:41.31
5.	Peter Baillie	60	Wellington	15:10.47
6.	Stephen Farquhar	49	Tasman	15:48.53
	Quentin Rew	24	Hawkes Bay Gisborne	DQ

Men 2000 Metre Race Walk Senior

1.	Quentin Rew	24	Hawkes Bay Gisborne	1:40:10
2.	Mike Parker	55	Calliope Athleti	1:50:00
3.	Eric Kemsley	57	Taranaki	1:50:19
4.	Peter Baillie	60	Wellington	1:51:36

Men 3000 Metre Race Walk 19 & Under

1.	Daniel Lord	17	Canterbury	13:04.77
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Men 10000 Metre Race Walk 19 & Under

1.	Daniel Lord	17	Canterbury	49:25
2.	Matthew Holcroft	14	WaikatoBayofPlenty	56:27
3.	Phillip Wyatt	15	Auckland	58:55

Men 3000 Metre Race Walk 16 & Under

1.	Phillip Meikle	14	Canterbury	14:24.08
2.	Matthew Holcroft	14	WaikatoBayofPlenty	15:01.61
3.	Phillip Wyatt	15	Auckland	15:53.79

IAAF Race Walking Challenge , Rio Maior, Portugal, Saturday 4 April 2009

António Manuel Fernandes reported on the second leg of the 2009 IAAF Race Walking Challenge for the IAAF - see <http://www.iaaf.org/WRC09/news/kind=100/newsid=50059.html> - where Kjersti Plätzer of Norway won her second consecutive title and China's Hao Wang took his first at the 18th Grande Premio Internacional en Marcha Atletica in the Portuguese Race Walking capital of Rio Maior



Norway's Kjersti Plätzer and China's Hao Wang win at Rio Maior in Portugal

It was a very powerful performance by Plätzer, showing her fitness after her win in Chihuahua last month. The Olympic silver medallist walked from the front throughout but had another 10 competitors for company for the first 10 km. That changed after a strong attack by Plätzer in the 12th kilometre, with only Portugal's Inês Henriques, who was second in the Chihuahua race, and Vera Santos, who was third at last year's IAAF World Race Walking Cup, able to follow - at least until the 17th kilometre. Then Plätzer finally broke away to win in 1:30:35, a time significantly slower than the 1:29:29 which carried her to victory a year ago. Strong winds affected the competition, but for the 37-year-old Plätzer, it was nonetheless a season's best.

"I wasn't comfortable during the race because the other competitors prove to be very strong," Plätzer said. "And I was afraid of the Portuguese, also. In the last kilometre, the cold made me be most afraid of all. But it was a very good win."

The second to reach the finish was Santos, who improved upon her seventh place finish last year, in 1:30:49, also a season's best. Henriques, who was ninth last year - but second in Chihuahua this season - was third. Lithuanian Kristina Saltanovic was fourth (1:31:26), ahead of Romania's Claudia Steff. Susana Feitor, a legend in Portugal, had to give up after the 13th kilometre. Other top walkers including Germany's Sabine Krantz and Ireland's Olive Loughnane didn't finish either. Ana Cabecinha, who was eighth at the Olympic Games and third here last year, was only seventh today.

1.	Kjersty Plätzer	NOR	1:30:35
2.	Vera Santos	POR	1:30:49
3.	Inês Henriques	POR	1:31:05
4.	Kristina Saltanovic	LTU	1:31:26
5.	Claudia Stef	ROM	1:31:54
6.	Tatyana Sibileva	RUS	1:31:59
7.	Ana Cabecinha	POR	1:33:05
8.	Ana Maria Groza	ROM	1:35:03

In the men race, Norway's Erik Tysse (pb: 1:19.11), Plätzer's brother who won here last year, was among the leaders as well, but Hao Wang of China (pb: 1:19.47), who was fourth in Beijing last summer, was the stronger today. The race turned into a battle between Hao and Italy's Giorgio Rubino, with the former prevailing in 1:19:27. Rubino, who was fifth at the 2007 World Championships, was ten seconds adrift in 1:19:37 to finish second. Both raced to personal bests. Tysse was third, another seven seconds back. Hao's performance was the second fastest ever in Rio Maior, and Rubino's the third fastest ever at the event.

The first five all clocked season's bests, with Mexican Jesus Sánchez (pb: 1:23.02) who was third in the Chihuahua 50 km this year, clocking a personal best 1:21:14 to finish fifth, just behind China's Yafei Chu (1:21:10).

1.	Hao Wang	CHN	1:19:27
2.	Giorgio Rubino	ITA	1:19:37
3.	Erik Tysse	NOR	1:19:44
4.	Yafei Chu	CHN	1:21:10
5.	Jesus Sánchez	MEX	1:21:14
6.	Andre Höhne	GER	1:21:30
7.	Ivan Trotski	BLR	1:22:33
8.	Jose Alessandro Bagio	BRA	1:22:53

Latvian Walking Championships, Murjani, Latvia, Saturday 3 April 2009

Arnis Rumbenieks won the Latvian 20000m track walking title with 1:24:24.9, Agnese Pastare won the women's 10000m walk title with 48:29.6 and Gerards Cmiznikovs won the Junior men's 10,000m walk with 44:34.5.

WHAT'S COMING UP NEXT?

One final summer walk championship remains – the Australian Masters Track and Field Championships will be held over Easter in Adelaide. Our top masters walkers have been preparing for these championships for some time now and, with the World Masters Champs later this year in Lahti in Finland, they will be keen to do well. Good luck everyone!

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

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 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

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>)