



# HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2008/2009 Number 29  
14 April 2009



## AUSTRALIAN MASTERS TRACK AND FIELD CHAMPIONSHIPS, ADELAIDE, 10-13 APRIL 2009

The Australian Masters Track and Field Championships have now been completed in Adelaide with full results available on the SA Masters website: <http://www.samastersathletics.org.au/Championship2009.htm>

### 5000m Track Walks, Saturday 11 April 2009

The first walks to kick off were the 5000m track events on Easter Saturday and a large number of walkers (30 women and 32 men) were in attendance. As per my usual practice, I gauge relative merit on the Age Graded Tables and I have highlighted all those who were around 85% or higher. Lyn Ventris (24:19.33) and Andrew Jamieson (23:40.81) continue to be our top performing female and male Masters walkers and they were fastest overall as well. Others to excel on the day were Heather Carr, Sandy Bruner, Jean Albury, George White, Russ Dickenson, Murray Dickinson and Thomas Seymon. Sorry I couldn't make it to give Clyde Riddoch a bit of stick but you can't be everywhere!

W35	1	Sinkinson, Tracy	W35	(SA) SA MAST	33:26.60	59.72%
W40	1	Brown, Suzanne	W43	(NSW) NSW MA	30:20.43	69.37%
	2	Stigwood, Rose	W41	(SA) SA MAST	37:18.10	55.54%
W45	1	Holliday, Gloria	W48	(SA) SA MAST	29:27.43	74.43%
	2	Maxted, Marie	W48	(SA) SA MAST	33:35.07	65.28%
	3	Tillman, Annette	W48	(NSW) NSW MA	41:41.78	52.58%
W50	1	Ventris, Lyn	W52	(WA) MASTERS	24:19.33	<b>93.46%</b>
	2	King, Robin	W50	(WA) MASTERS	27:50.61	80.14%
	3	Edwards-Whitley	W52	(WA) MASTERS	35:15.92	64.46%
W55	1	Carr, Heather	W59	(VIC) VIC MA	27:09.41	<b>89.97%</b>
	2	Gourlay, Marlene	W57	(VIC) VIC MA	29:27.94	81.13%
	3	Suridge, Helen	W58	(SA) SA MAST	31:55.73	75.68%
	4	Lloyd, Nancy	W55	(NSW) NSW MA	33:32.07	69.81%
	5	Whitelaw, Linda	W55	(SA) SA MAST	48:16.78	48.49%
W60	1	Feldman, Elizabeth	W60	(VIC) VIC MA	30:48.64	80.21%
	2	Millard, Valerie	W62	(WA) MASTERS	32:18.15	78.34%
	3	Cain, Barbara	W60	(SA) SA MAST	33:07.12	74.62%
	4	Silby, Pamela	W64	(SA) SA MAST	37:15.52	69.63%
	5	Rogers, Jill	W64	(SA) SA MAST	39:06.48	66.33%
W65	1	Brunner, Sandy	W67	(SA) SA MAST	30:53.31	<b>87.39%</b>
	2	Purcell, Joan	W67	(QLD) QLD MA	36:24.39	74.14%
	3	Schickert, Lynne	W67	(WA) MASTERS	36:38.47	73.67%
W70	1	Beaumont, Margaret	W71	(VIC) VIC MA	39:26.39	72.54%
	2	Hagens, Renate	W70	(NSW) NSW MA	40:15.64	70.00%
W75	1	Albury, Jean	W79	(TAS) TAS MA	37:38.28	<b>87.20%</b>
	2	Dauphinet, Christi	W78	(QLD) QLD MA	38:43.04	83.17%
	3	Dally, Cynthia	W75	(SA) SA MAST	38:57.85	78.33%
M35	1	Smyth, David	M39	(WA) MASTERS	28:53.87	64.94%
M40	1	McFadden, Rob	M43	(SA) SA MAST	26:51.54	72.09%
M50	1	Donahoo, Mark	M50	(VIC) VIC MA	27:22.88	74.88%
	2	Henshaw, Stuart	M53	(SA) SA MAST	28:56.26	72.69%
M55	1	Riddoch, Clyde	M55	(VIC) VIC MA	28:01.00	76.41%
	2	Finn, Kevin	M57	(SA) SA MAST	31:27.95	69.28%
	3	Whitley, Allen	M57	(WA) MASTERS	37:44.38	57.76%
M60	1	Jamieson, Andrew	M62	(VIC) VIC MA	23:40.81	<b>96.67%</b>
	2	White, George	M63	(SA) SA MAST	27:04.00	<b>85.45%</b>
	3	Dickenson, Russell	M63	(VIC) VIC MA	27:13.43	<b>84.96%</b>
	4	Marsh, Lawrence	M62	(TAS) TAS MA	28:10.86	81.23%
	5	Hoare, James R	M62	(SA) SA MAST	32:57.69	69.45%
M65	1	Harrison, Graham	M65	(SA) SA MAST	31:49.61	74.25%
	2	Thomas, Bryan	M67	(ACT) ACT VE	32:13.24	75.01%
	3	Starr, Bill E	M66	(SA) SA MAST	33:28.34	71.39%
	4	Doye, Peter	M68	(WA) MASTERS	33:34.32	72.83%
	5	Lowe, Roger	M66	(SA) SA MAST	38:54.58	61.41%
M70	1	Dickinson, Murray	M70	(VIC) VIC MA	28:44.33	<b>87.16%</b>
	2	Seymon, Thomas	M71	(NSW) NSW MA	29:54.84	<b>84.78%</b>
	3	Marker, Murray	M71	(SA) SA MAST	32:24.74	78.24%
	4	Jones, Arthur	M70	(SA) SA MAST	33:09.10	75.56%
	5	Major, Geoff	M72	(VIC) VIC MA	34:04.78	75.37%
	6	Smith, Leigh	M73	(SA) SA MAST	35:00.14	74.34%
	7	Beaumont, Ian	M73	(VIC) VIC MA	38:52.92	66.92%
M75	1	Hainsworth, Colin	M79	(SA) SA MAST	34:42.75	81.61%

	2	Hall, Ray W	M75	(WA) MASTERS	36:49.33	72.60%
	3	Robertson, David	M75	(SA) SA MAST	39:11.69	68.21%
M80	1	Jones, Stanley	M83	(WA) MASTERS	38:23.42	78.65%
	2	Harrex, Stanley	M80	(TAS) TAS MA	38:55.45	73.90%
	3	Larkin, Richard	M80	(SA) SA MAST	40:07.76	71.68%
	4	Zwynenburg, Kees	M80	(VIC) VIC MA	42:09.74	68.22%
M85	1	Keatinge, Richard	M86	(QLD) QLD MA	39:37.13	80.32%

### 10 km Road Walks, Monday 13 April 2009

The walkers were back in action on the Monday with the road walks. Although there was a choice of 10km or 20km, nearly all walkers chose the shorter distance with the same walkers excelling. In the women's walk, Lyn Ventris, Heather Carr, Sandy Bruner, Jean Albury and Christine Dauphinet all scored highly in the Age Graded Tables while for the men, George White, Russ Dickenson, Murray Dickinson and Thomas Seymon were all highly scored as well.

	W30	1	Roseman, Justijana	W33	(VIC) VIC MA	1:02:37	65.62%
	W35	1	Sinkinson, Tracy T	W35	(SA) SA MAST	1:03:41	64.91%
	W40	1	Brown, Suzanne	W43	(NSW) NSW MA	1:04:05	67.99%
		2	Stigwood, Rose	W41	(SA) SA MAST	1:18:12	54.83%
		3	Lenehan, Deborah C	W40	(VIC) VIC MA	1:31:18	46.60%
W45	1	Holliday, Gloria D	W48	(SA) SA MAST	1:03:41	71.47%	
	2	Tillman, Annette A	W48	(NSW) NSW MA	1:26:36	52.56%	
W50	1	Ventris, Lyn	W52	(WA) MASTERS	51:35	<b>91.74%</b>	
	2	Edwards-Whitley, Kerrie	W52	(WA) MASTERS	1:11:45	65.96%	
W55	1	Carr, Heather R	W59	(VIC) VIC MA	56:38	<b>90.33%</b>	
	2	Suridge, Helen I	W58	(SA) SA MAST	1:07:00	75.45%	
	3	Lloyd, Nancy	W55	(NSW) NSW MA	1:12:01	67.83%	
W60	1	Feldman, Elizabeth M	W60	(VIC) VIC MA	1:05:02	79.64%	
	2	Millard, Valerie J	W62	(WA) MASTERS	1:08:22	77.71%	
	3	Cain, Barbara J	W60	(SA) SA MAST	1:11:36	72.33%	
W65	1	Brunner, Sandy	W67	(SA) SA MAST	1:01:36	<b>92.47%</b>	
	2	Purcell, Joan A	W67	(QLD) QLD MA	1:14:49	76.14%	
	3	Schickert, Lynne	W67	(WA) MASTERS	1:21:49	69.62%	
W70	1	Hagens, Renate E	W70	(NSW) NSW MA	1:26:30	68.99%	
W75	1	Albury, Jean	W79	(TAS) TAS MA	1:17:27	<b>90.91%</b>	
	2	Dauphinet, Christiane	W78	(QLD) QLD MA	1:18:26	<b>87.94%</b>	
M40	1	McFadden, Rob R	M43	(SA) SA MAST	59:08	67.38%	
M50	1	Donahoo, Mark	M50	(VIC) VIC MA	58:12	72.44%	
	2	Henshaw, Stuart J	M53	(SA) SA MAST	1:00:16	71.74%	
M55	1	Riddoch, Clyde I	M55	(VIC) VIC MA	58:46	74.85%	
	2	Finn, Kevin W	M57	(SA) SA MAST	1:05:42	68.15%	
	3	Whitley, Allen J	M57	(WA) MASTERS	1:07:00	66.83%	
M60	1	White, George H	M63	(SA) SA MAST	56:12	<b>84.50%</b>	
	2	Dickenson, Russell	M63	(VIC) VIC MA	56:49	<b>83.58%</b>	
	3	Williams, Dennis J	M60	(NSW) NSW MA	59:13	77.79%	
M65	1	Harrison, Graham	M65	(SA) SA MAST	1:04:42	75.00%	
	2	Doye, Peter	M68	(WA) MASTERS	1:08:49	72.99%	
	3	Lowe, Roger K	M66	(SA) SA MAST	1:20:10	61.21%	
M70	1	Dickinson, Murray	M70	(VIC) VIC MA	59:34	<b>86.40%</b>	
	2	Seymon, Thomas J	M71	(NSW) NSW MA	1:01:30	<b>84.75%</b>	
	3	Marker, Murray G	M71	(SA) SA MAST	1:08:15	76.37%	
	4	Major, Geoff W	M72	(VIC) VIC MA	1:12:23	72.95%	
M75	1	Hall, Ray W	M75	(WA) MASTERS	1:10:30	78.04%	
	2	Hainsworth, Colin	M79	(SA) SA MAST	1:11:14	82.01%	
	3	Robertson, David D	M75	(SA) SA MAST	1:24:45	64.92%	
M80	1	Jones, Stanley	M83	(WA) MASTERS	1:18:28	79.60%	
	2	Larkin, Richard W	M80	(SA) SA MAST	1:25:21	69.55%	
M85	1	Keatinge, Richard	M86	(QLD) QLD MA	1:20:12	82.32%	

### 20 km Road Walks, Monday 13 April 2009

	W40	1	Schild, Raelene K	W44	(SA) SA MAST	2:35:18.9	58.79%
	M35	1	Smyth, David	M39	(WA) MASTERS	2:13:52.4	59.47%
	M60	1	Hoare, James R	M62	(SA) SA MAST	2:22:39.7	67.40%
	M65	1	Thomas, Bryan	M67	(ACT) ACT VE	2:17:06.2	74.06%
		2	Starr, Bill E	M66	(SA) SA MAST	2:21:24.4	70.98%
M70	1	Smith, Leigh	M73	(SA) SA MAST	2:31:54.1	72.18%	

## AUSTRALIAN MASTERS NATIONAL POSTAL RELAY CHAMPIONSHIPS, 2009

The results for February's Australian Masters Postal Relays have now been posted on the AMA website. It is disappointing that only the Victorian and Western Australian Masters walkers could put teams together. Hopefully it will grow in future years as it is certainly

a fun event. Well done to all those who competed.

**Men 4x800m Racewalk Relay**

30-39	MAWA	David Smyth, Tom Lenane, Bruce Wilson, Peter Hopper	18:11.20	1
50-59	VMA	Simon Baker, Tim Erickson, Clyde Riddoch, Paul Kennedy	14:25.85	1
60-69	VMA	Alan Lucas, Terry Dunn, Russ Dickenson, Ralph Bennett	16:40.04	1
70-79	MAWA	Jeff Whittam, Ray Hall, Bob Fergie, Stan Jones	22:57.90	1

**Women 4x800m Racewalk Relay**

40-49	VMA	Donna Elms, Gayle McIntyre, Pam Tindal, Kerrin Braithwaite	17:01.54	1
50-59	VMA	Alison Thompson, Janet Holmes, Heather Carr, Marlene Gourlay	16:20.44	1
	MAWA	Elaine Dance, Rose Holloway, Lynne Schickert, Valerie Millard	21:03.50	2
60-69	VMA	Liz Feldman, Gwen Steed, Jan Morrey, Sylvia Machin	18:47.67	1
	MAWA	Dorothy Whittam, Michele Mison, Lorna Lauchlan, Lesley Romeo	24:08.70	2
70-79	VMA	Maureen Seedsman, Nancy Wallace, Shirley Coppock, Margaret Beaumont	24:34.46	1

**VALE FRANK KEALY**

Frank Kealy, VRWC club member, Mentone Athletics Club founder, track identity and athletic coach and mentor, who presented the ladies’ medals at the VMA 5,000m racewalk championship on 22 March 2009, has passed away. He was taken to hospital on Wednesday 7<sup>th</sup> April and died the next morning from complications arising from a burst duodenal ulcer.



**2003 - Mentone walker Geoff Barrow stands with Frank. Geoff said at the time that he had known Geoff for 37 years, ever since he first joined Mentone Athletics Club as a sub junior athlete.**

Everyone who walks regularly at Albert Park would have known Frank Kealy by sight but you may not know THE legendary Frank Kealy. I interviewed Frank in 2003 and draw on that now to mark his passing.

Frank was over 90 years in age but you would never know to look at him. He was always to be seen trackside with a stopwatch in one hand and a pocket radio in the other, keeping up with the footy scores while the walkers sweated it out. Just another avid follower of the sport, you might think? Then read on...

Frank started with Melbourne Harriers in 1936 as a middle and long distance runner. He told me that he did not have an especially illustrious career but enjoyed his athletics. 1942 marked the start of his coaching career and he continued with coaching right through his life. Specialising as a sprints and hurdles coach, he coached many famous runners – Peter Fitzgerald, Gary Minahan and Barry Bozanko to name a few. He had lost count of the number of Underage champions he had coached but thought it must be 50 or more.

Early on, he saw the need for an athletics club to service the southern Melbourne suburbs and was one of the prime movers in the formation of Mentone Harriers in 1942. He was subsequently awarded life memberships by both Melbourne Harriers and Mentone Harriers, just reward for a lifetime of service to athletics.

Frank was for many years an AV official and was a senior starter for 37 years. He remembered manning one of the timing checkpoints during the 1956 Olympic 50 km roadwalk and seeing Ray Smith stride past. He was a professional masseur for many years and had seen all the different coaching techniques and theories develop first hand. He was instrumental in one Percy Cerrutti returning to athletics in the 40’s and was credited later in life by Percy as ‘the man who started it all’. He was also one of the driving forces in forming the Victorian Marathon Club and helped guide it through the early years of its existence.

He finally retired from coaching in 1992 after a career spanning 50 years but was soon back coaching racewalking in a new endeavour. Starting from scratch in the new discipline, his prime charge was Gwen Steed who thrived under his watchful eye, setting a number of Masters records and winning numerous World Masters medals.

Apart from his loyalty to the Victorian Race Walking Club, Frank was a loyal supporter of the Mentone Masters and was also a regular at their competitions. The Frank Kealy trophy was awarded regularly at that venue to the winners of the walk handicap events.



**Frank keeps a watchful coach's eye on Gwen Steed during a VRWC club race in 2006**

Frank's funeral will take place on Wednesday 15<sup>th</sup> April at 9.15am at St Patrick's Catholic Church, Rogers Street, Mentone.

We shall miss Frank from our events and will hold him in fondly our memories.

#### **ALF ROBINSON MEMORIAL RACE WALKING FOUNDATION GRANTS OPEN FOR 2009**

The Alf Robinson Memorial Race Walking Foundation was setup by Racewalking Australia and Athletics Australia in 1977 after the death of legendary Australian walking administrator Alf Robinson. It was envisaged that the interest from this Foundation would be used on an ongoing basis to assist Australian racewalkers on the international stage. Both Athletics Australia and Racewalking Australia view this Foundation as a developmental fund which should focus on either our most promising junior walkers or those open aged walkers under the age of 25 years who show the potential to achieve internationally. The funds within this Foundation are held in trust by Athletics Australia and administered by a Board of Trustees, made up of representatives of Athletics Australia and Racewalking Australia.

The Alf Robinson Memorial Race Walking Foundation is now inviting interested athletes to apply for its 2009 round of grants. The trustees will review all submissions and allocate the available funds to those walkers they consider most appropriate. Last year, the successful recipients were Melissa Hayes (NSW) and Brendon Reading (ACT) who represented Australia in the World Junior Championships and the Racewalking World Cup respectively..

Information and online entry procedures can be found at [http://www.athletics.com.au/news/news/2009/april/alf\\_robinson](http://www.athletics.com.au/news/news/2009/april/alf_robinson) . Applications close **Friday 29 May 2009**.

For those who wish to read the finer print about how this Foundation was setup and how it is administered, it is all explained on the Racewalking Australia website: see [http://www.racewalkingaustralia.com.au/alf\\_robinson\\_foundation.html](http://www.racewalkingaustralia.com.au/alf_robinson_foundation.html)

#### **IAN RAYSON – A YOUNG WALKER IN A HURRY**

Ian Rayson 's selection to represent Australia in the 2009 World University Games is his second international vest and follows on from his selection in the 2006 World Racewalking Cup. Hence it is well and truly time that readers had a chance to meet this talented young walker.

Ian, born 4 February 1988, has just recently turned 21 and is a member of the NSW based Mingara Athletics Club and a current Central Coast Academy of Sport athletics scholarship athlete.

Unlike many of our other top walkers who have honed their skills since Little Athletics, Ian is a late starter to our sport and was 14 when he first tried his hand at race walking.

*"I first started walking at my School Athletics Carnival in 2002. Gosford High is one of the few schools to even have a walk, so if it weren't for them, I'd still be swimming! I had a go at the 800m walk event and to my surprise won it. I progressed through the school levels to come 4<sup>th</sup> in the 1500m walk at NSW CHS in 7:16 without any training. At this stage my mum rang around to try and find a coach. We found Roz Nelson at Mingara Little As and she coached me voluntarily for four years. I came 4<sup>th</sup> at the National All Schools that year in 7:01 and at the end of the season I won the State Little As U/15 1500m walk in 6:33.5. "*

Ian's next successes were at the 2004 when he took third place in the Australian Track and Field U18 3000m championship in **14:21.21**, won the Australian U18 8 km road championship in **39:38** and won the Australian All Schools U17 3000m walk with **13:14.07**.

In 2005 he kept improving his 3000m and 5000m times and won Bronze at the Australian Youth Olympic Festival with limited preparation. He also moved up to the 10 km distance to try and get a berth in the World Youth team. He did not make the tough 45:10 mark but was delighted to do **46:35** in his second attempt at the distance. In July he walked his first 20 km race in a time of **1:38:30** but paid a penalty for an effort for which he was not yet really ready.

He finished off the year in grand style with a win in the Pacific Schools Games U20 3000m walk (**12:36.52**), followed a week later with a double at the Australian All Schools Championships, taking golds in the U20 5000m (**22:11.14**) and the U18 3000m (**12:34.90**). His sights were now firmly set on qualifying for the 2006 World Racewalking Cup and World Junior Championships.

2006 started with his first ever NSW Open medal – a silver in the 5000m in a PB time of **21:18**. He also cemented a spot in the Under 20 Men's World Racewalking Cup team with **45:10**. Although this time was short of the 45:00 needed for individual selection, it was well under the team standard of 47:00 and Ian was named alongside Daniel Coleman and Brook Keys as part of a strong overall team of 19 walkers.

Shortly after his selection, he suffered an ankle injury which severely limited his preparation for the World Cup. Although he managed **44:44** at the Australian U20 10,000m track championship in April to take gold ahead of Brook and Daniel, he was not walking comfortably and was disqualified in the last kilometre at the World Cup 10 km a month later.



**Ian in the 2006 Australian World Racewalking Cup team – centre, back row, between Luke Adams and Troy Sundstrom**

What racewalking followers probably did not realise what that Ian was also a top swimmer at that time and, that same year, he won a silver medal at the Australian Age Swimming Championships in the 17-18 yr 10km Open Water swim. *“I had consistently placed in the top 10 at nationals in Open Water swimming but this medal was a highlight of my career, along with breaking the minute for 100m Backstroke.”*

At this stage, since he had not qualified for World Junior Championships, he decided to up his distances to contest the 20 km. Although he won the Australian U20 20 km road championship in Hobart in August (**1:39:36**), he was not happy with his year. *“In retrospect I would have spent longer honing my 10k speed. I didn't have a good 20k that year – a terrible hilly course at Greystanes and then Hobart. Lack of other competitors may also have played a part. Much of 2006 was spent trying to combat my injury, and it was in November that I finally solved the problem – poor calf strength. On a more positive note I finished year 12 – no that is not an excuse for a bad walking year because I trained all year – and was surprised to get a 99 UAI (TER in Victorian language). I also placed in the top 10 at the National Open 10k Open Water Swim.”*

By 2007 Anne Saville had offered to coach him and the focus was now on improving his 20 km time. The highlight without a doubt was winning his first NSW Open 20km title in **1:31:49** - a 7min PB. He defended his Australian U20 20 km title in Perth but was disappointed with his time of **1:34:35**. Like the previous year, lack of competitors in this event meant that it was a solo walk (this was the last scheduling of this championship which has now been decommissioned).

At the start of 2008 Ian was forced to make a hard decision. He now realised that he needed to train full-time as a walker if he wanted to keep improving. From 2004 until then, he had swum 5-6 mornings per week (4:30am start). *“People ask why I persisted with*

*swimming for so long and I guess the answer is that I was still improving rapidly in my swimming until 2007, and I wanted to compete in the Olympic Trials. This I did in the 10k Open Water Swim, placing 21<sup>st</sup> and was 18<sup>th</sup> in the 5k. But the big time for swimming was the pool nationals. I retired from swimming after scoring a Bronze Medal at the State Championships in the 5km Open Water swim. This was in my opinion my best ever race, and it was on this note that I retired.”*



**24 November 2007 - Ian exiting the water to win the 1km event during the 2007 Toowoomb Bay Ocean Swim - <http://www.newsphotos.com.au/ImageDetail.asp?RefNum=94618626>**

Now fully committed to walking, he competed in his first Open National Championship in March 2008, coming 7<sup>th</sup> in the 20k in a PB time of **1:31:16** (and taking silver in the accompanying Australian U23 20 km championship). With extra miles in the legs, he attempted his first Canberra 20 Mile in June, coming 6<sup>th</sup> in an excellent **2:33:12** and blasted out an even better **2:17:43** to win the NSW 30 km Championship. He finished the winter season with a fine second to Tom Barnes in the Australian 20 km championship in yet another PB – **1:29:27**. A very brief ITB friction injury put paid to any thoughts of attempting a 50 km so he continued to focus on his speed. He was rewarded with yet another 20 km PB in Melbourne in December when he recorded **1:29:16** in atrocious conditions.



**Ian (number 82) in the early stages of the 2008 Canberra 20 Mile event – a great first up 2:33:12**

2009 started with a great walk in the NSW 10,000m track championship where his time of **41:56** saw him only about 50 secs behind winner Luke Adams. Then it was onto Canberra for an AIS camp/scientific study. The chance to train with the top walkers was an eye opener and he responded well to the challenge. This was just the boost he needed and, at the Australian 20 km championship in Melbourne in March, he came 7<sup>th</sup> in a big PB time of **1:27:43** (and also won the accompanying Under 23 title). This was only 1:10 behind 3<sup>rd</sup> place but, far more importantly, beat the 1:28:00 qualifying standard for the World University Games. He has now been selected on this team alongside Adam Rutter and Tom Barnes.

Through all of this, he has managed to keep up full-time studies and will graduate this year with a BMath. *“I think it would have been far more difficult to study part-time, as this ultimately means spending at least six years at Uni. My training is fitted in around Uni and this has never been a problem. In addition I work as a First-year Statistics Class Tutor.”*

Ian's PBs are excellent for such an early stage in his walking career and, at only 21 years of age, he has big future ahead of him. His

best times currently stand as follows:

1500m	5:42
3000m	11:53
5000m	20:27
10000m	41:56
20 km	1:27:43
30 km	2:17:43



**Ian in action in various races in 2008-2009**

With 6 NSW Open State titles and some 20 NSW State medals overall as well as a swag of National Medals of all colours, Ian has proven himself a big time performer. We wish him all the best in the 25<sup>th</sup> World Summer Universiade Games which will be held in Belgrade in Serbia in early July. We know that he will be giving a full 100% effort and you can't ask for more than that.

**ONE FINAL PHOTO FROM ARIZONA**

Thanks to AIS Walks Coach Brent Vallance for this one final photo from Flagstaff in Arizona. It was taken on Saturday morning after it had been quietly snowing all night and shows Brent with Chris Erickson rugged up for the conditions. It did not deter the regular morning training session but I am told that it was bloody cold!



**Venezuelan Racewalking Championships, Saturday 4 April 2009**

The Venezuelan National racewalking championships were held on Saturday 4 April in Valencia, the capital of the Carabobo state and the third biggest city in that country. I was very impressed by the large number of walkers who competed (98 in total) in the championships. This really reflects the world wide nature of racewalking and augurs well for the future of our sport. You can see the full results at [http://www.marchaolimpica.com.ve/Docs/2009\\_ResultadosCampeonatoNacDeMarcha.pdf](http://www.marchaolimpica.com.ve/Docs/2009_ResultadosCampeonatoNacDeMarcha.pdf)

The big news was a new National Women's 20 km record for Milanyela Rosales with a time of 1:39:30. The men's title was won by Luis Sevilla with a time of 1:29:06.

**Molly Barnet Open Walks/CAU Inter Counties Championships, Coventry, England, Saturday 4 April 2009**

There were some good results at the CAU Inter Counties Championships in Coventry on Saturday 4 April. As usual, full results can be sourced at <http://racewalkuk.com/Results.asp>

In the men's 10 km walk, 23 year old Luke Finch (41:51) and 18 year old Ben Wears (41:57) moved to numbers 11 and 12 on the UK-All-Time lists with sub-42:00 clockings. These are the fastest times by a British male since 2000. Ben's performance also goes No. 2 on the UK Junior All-Time lists and is the fastest since Darrell Stone in 1987. And a special mention for expat Australian Mark Wall who finished 10<sup>th</sup> in 53:19, his fastest time in 14 years. Well done Mark! Mark commented that the field was perhaps light on due to some Junior men saving themselves for a head to head clash to determine the last two places in the UK team for the European Cup. This is to take place along with the UK 20km titles on Easter Sunday. There was another event at the Enfield League which meant many Southerners chose that instead.

Lisa Kehler (nee Langford), the three time Commonwealth Games medallist, showed that, at 42 years of age, she still has a good turn of speed. Her time of 23:48 saw her well in front of the rest of the field in the women's 5 km walk.

It is especially pleasing to see new English male walkers making an impact. Let's hope that some more women can chase Jo Jackson onto the world stage. The results of the first 10 men and the first 5 women are reproduced here.

**Men 10 km walk**

1.	Luke Finch	SM	Col H	41:51
2.	Ben Wears	U20M	Redcar	41:57
3.	Brendan Boyce	U23M	Cov	43:21
4.	Scott Davis	SM	Ilf	45:31
5.	Philip Barnard	SM	Castle P	48:51
6.	Jim Ball	M45	Steyn	49:06
7.	Trevor Jones	M50	Steyn	50:09
8.	Liam Baldwin	U20M	Ton	52:29
9.	Steve Arnold	M45	Nun	53:12
10.	Mark Wall	M50	Leic WC	53:19

**Women 5 km walk**

1.	Lisa Kehler	W40	W&B	23:48
2.	Kelsey Howard	U17W	Ashf	26:03
3.	Diane Bradley	W45	Ton	26:15
4.	Vicky Morgan	U17W	W&B	28:29
5.	Heather Lewis	U17W	P`broke	29:29

This is one of a number of great walking websites in England. Another is Mark Easton's event photograph website which is found at <http://photosbymark.fotoblog.co.uk>. I extracted the following photo from that site. It shows Ben Wears (number 74) and Luke Finch (number 46) at the start of the recent British 10 Mile championship which was held on Saturday 21<sup>st</sup> February. On that occasion, Ben won his first National Senior title in a great time of 70:22 while Luke had to settle for second place in 71:34.



**Ben Wears (74) and Luke Finch (47) force the pace at the start of the British 10 Mile championship – photo by Mark Easton (<http://photosbymark.fotoblog.co.uk/>)**

## British Roadwalking Championships, Shrewbury, England, Sunday 12 April 2009

Mark Wall reports on the British Roadwalking championships, which doubled as an E.A.A. Permit meet. This was also an official trial to select the team to compete in the European Race Walking Cup which will be held in France next month. Johanna Jackson (20 km), Daniel King (50 km) and Ben Wears (U20 10 km) had already been pre-selected and this carnival was the chance for others to put up their hands.

The walks were held on a 1km circuit, a bike park used for racing bikes or similar with a series of chicanes (Tim - think a scaled down motor circuit like Sandown) on a warm day with the course open to continuous sunshine. Whilst the circuit was supposedly only 3 metres difference in rise and fall, this was achieved by a long climb and fall. Times seemed slower than I expected.

### Open Men 20 km championship

Luke Finch collected the £100 prize on offer for surpassing Ken Matthews 1964 Olympic winning time of 89:34 and confirmed his European Cup selection in the process (a time of 90 minutes or better was required for European Cup). Scott Davis arrived 25 minutes late and then walked to record a 97+ but excluded from the result. There were 21 official finishers. Ben Wears DNF. Mark Wall? judges displeasure, slowing up.

1.	Luke Finch		1.28.31
2.	Carl Thomson	M40	1.39.51
3.	Paul Evernett	M40	1.40.51
4.	Trevor Jones	M50	1.45.39
5.	Steve Crane		1.50.47
6.	Steve Arnold	M45	1.56.08
7.	Chris Berwick	M60	1.57.14
8.	Roger Michell	M60?	1.58.24
9.	Dave Kates	M60	2.00.00

### Open Women 20 km championship

Jo Jackson was an easy winner but is currently suffering from a neural problem affecting her hamstring so she needed to be careful in her efforts. Jo was the only walker to beat the 100 minutes standard for European Cup selection.

1.	Johanna Jackson		1.35.37
2.	Lisa Kehler	W40	1.44.18
3.	Diane Bradley	W45	1.53.39
4.	Helen Middleton	W45	2.05.31
5.	Anne Belchambers	W45	2.11.49
6.	Fiona Bishop	W45	2.16.07
7.	Sue Rey	W50	2.24.40
8.	Sarah Lightman	W35	2.26.28 (daughter of Shaun Lightman 1968 Olympics 1970 C'wlth Games)
9.	Jo Miles	W50	2.26.34

In the Junior Men 10 km championship, the European Cup standard of 47:00 has already been bettered by 4 walkers (Ben Wears, Mark O'Kane, Tom Bosworth and Alex Wright) and Ben had already been pre-selected. Hence the battle was on to see who of the remaining 3 could fill the final 2 positions and this was the deciding race. With O'Kane and Bosworth finishing first and second, they will now wait and see if they have done enough. In the Junior Women 10 km championship, there have not yet been any European Cup qualifiers (53:00 standard) and the race was won in 56:16. So we are unlikely to see any junior women in France next month.

### Junior Men 10 km Championship

1.	Mark O'Kane	47.46
2.	Tom Bosworth	49.18
3.	Liam Baldwin	52.18
4.	Antonio Cirillo	52.19
5.	Ben Casey	60.34
6.	Sam Joseph	69.36
	Alex Wright	DNF

### Junior Women 10 km Championship

1.	Holly Smith	56.16
2.	Lauren Whelan	59.52
3.	Rebecca Collins	62.47

## Slovak news - Matej Toth continues to impress with his walking

It's always good to have someone who can read the foreign press and report on what is going on in the non-English speaking world. Thanks to Rudolf Skrucany for passing on this little gem on Slovak walker Matej Toth who produced a 3:42:20 50 km walk in Dudince 2 weeks ago.

Two weeks after his 50 km National Record, Toth has walked a 1:24 20k in Olomouc in a low key Czech interclub league series race. Rudolf advises that athletics in Czech is big from both public and money perspectives and lots of Slovak athletes compete for Czech clubs in the club points competitions. Toth was going to do it only as a tempo walk, planning 1:26 and, despite hot weather after a recent heat wave, he walked faster than expected. He says he is now feeling full of beans and in 2 weeks time (Saturday 25<sup>th</sup> April), he will race in Podebrady and he will go for his PB of 1:21:24, set in the 2008 World Cup. You can see a full IAAF profile of the talented Slovak champion at <http://www.iaaf.org/athletes/biographies/letter=t/athcode=171179/index.html>

Another interesting result from the same 20k walk in Olomouc was that of Peter Tichy who came 6<sup>th</sup>. Peter did his last walk 2 years ago, winning the 20k at the World Masters (35-39). Since then he has done no walking races and no walk training at all but has been purely running. He represented Slovakia at the IAU 100km World Championships last year, has done a number of marathons (best time 2:29) and lots of shorter races. Before the start of the current athletics season, he was approached to compete for one of the Czech clubs in the Czech interclub league. He gladly accepted, since in Slovakia there are few opportunities to run official quality races on the track over 3000, 5000 and 10000 distances. Two weeks ago Peter ran the marathon in Bratislava and on the way there he decided to stop at Dudince on the Saturday to watch the famous 50k race. At the race, an official from his Czech club asked him if he would like to walk 20km for the club in Olomouc as just a finish would mean some points for the club. Peter decided to give it a go, hoping to perhaps beat his first 20k time of 1:53 which he did as a 15 year old. He ended up walking a very impressive 1:36 which took him by surprise. He was even more surprised that he had a completely clean sheet from the judges - no yellows no reds at all. Boy, does this illustrate the power of cross training! He could be an interesting prospect in the M40 at this year's World Masters if he decided to give it a go and do some specific walk training.

#### SOME WEBSITES TO LINK

A couple of websites to bookmark and keep an eye on

<http://en.wikipedia.org/wiki/Category:Racewalkers> Wiki racewalker biography website (work in progress – around 350 entries)  
<http://www.multimediavisini.com> The best photo site around for the history of racewalking

#### WHAT'S COMING UP NEXT?

The Australian summer track season has now finished and our walkers can enjoy a well earned break until the winter road season kicks off later this month. However, there is always something going on somewhere so next week I will be reporting on the following two events:

##### **IAAF Race Walking Challenge, Wuxi City, China, Apr 18-19, 2009**

Round 3 of the 2009 IAAF Race Walking challenge will be held next weekend in China. There will be 8 Australian walkers in action on Saturday in the 20 km events - Jared and Claire Tallent, Luke Adams, Adam Rutter, Chris Erickson, Brendon Reading, Megan Szirom and Ian Rayson. Good luck everyone!

##### **Australian Centurions 24 Hour Event, Coburg, Victoria, Apr 18-19, 2009**

Next weekend I will be wearing my other hat as secretary of the Australian Centurions as we hold our annual 24 Hour walk at the Harold Stevens Athletics Track at Coburg. This unique endurance event kicks off at 10AM on Saturday 18<sup>th</sup> April and finishes at 10AM on Sunday 19<sup>th</sup> April. If you are out that way next weekend, pop in and have a look at these tough individuals as they battle fatigue and pain throughout the weekend - it is not an event for the faint hearted. It goes without saying that I will sleep well on Sunday night after a sleepless weekend helping run the event.

#### DATES...DATES...DATES

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

##### **Victorian & National Fixture – Winter 2009**

Sat 25 April 2009	VRWC Winter Season commences, Albert Park, Melbourne
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	<b>25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia</b> - <a href="http://www.universiade-belgrade2009.org/en">http://www.universiade-belgrade2009.org/en</a>
July 8-12, 2009	<b>6<sup>th</sup> IAAF World Youth Championships, Bressanone, Italy</b> - <a href="http://www.iaaf.org/wyc09/preview.html">http://www.iaaf.org/wyc09/preview.html</a>
July 28 – Aug 8, 2009	<b>18<sup>th</sup> World Masters Athletics Championships Stadia, Lahti, Finland</b> - <a href="http://english.wma2009.org/">http://english.wma2009.org/</a>
Aug 15-23, 2009	<b>12<sup>th</sup> IAAF World Championships in Athletics, Berlin, Germany</b> - <a href="http://www.iaaf.org/wch09/index.html">http://www.iaaf.org/wch09/index.html</a>
Oct 10-18, 2009	<b>World Masters Games, Sydney</b> - <a href="http://www.2009worldmasters.com">http://www.2009worldmasters.com</a>

##### **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      **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>  
July 7-17, 2011      **19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA**

**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**

Tim Erickson, Secretary, VRWC

[terick@melbpc.org.au](mailto:terick@melbpc.org.au)

Home: 03 90125431 Mob: 0412 257 496

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