



HEEL AND TOE ONLINE

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IAAF RACE WALKING CHALLENGE, WUXI, CHINA, 18-19 APRIL 2009

Last weekend saw a large number of our top Australian walkers in action in the third leg of the 2009 IAAF Race Walking Challenge in Wuxi City, just outside Shanghai in China. AIS walks coach **Brent Vallance** reports on proceedings and has also supplied some great photos – thanks Brent.

Men's 20km Walk, Saturday 18 April 2009

China is always the most competitive event on the IAAF Challenge in the men's event, and this year probably attracted the best yet of a new generation of male walkers. A surprise name on the start line was the Olympic Champion Valery Borchin who has never competed outside Russia other than for Championship races, so this was a big move by the meet promoters to get him at this event.

The winners of the first two legs of the challenge, 22yr old Mexican Eder Sanchez and 19 yr old Chinese Wang Hao were also there, along with dual Olympic Medallist **Jared Tallent** and **Luke Adams** so the race really took the form of one similar to what you see in a Championship race. With four of the first 6 places at the Olympic 20km present and the depth of the event domestically in China, it was going to be a big race.

The men's event was raced in humid conditions with the temperature rising to 23°C during the morning from a low of 18°C at the start of the event. 19 walkers formed at the front of the field and strolled through 2km in a leisurely 8:09 and there was little change in the pace for the first 10km of the event. The leading pack was still 10 strong at the half way mark (10 km split of 40:44) with both Jared and Luke in prominent positions.



Luke Adams (left) and Chris Erickson (second from right) in the lead pack – Jared Tallent is obscured third from left

The pace then picked up with a 7:49 2km split, and a group of 5 athletes opened up a 10 second gap to the remaining walkers who then started to string out behind. Sanchez and Borchin looked the best at this stage, with Chinese duo Wang Hao, and 50km Olympian Li Jianbo close behind with Jared tucked in behind. Borchin continued to apply pressure through the remaining laps of the race and then surged ahead at the bell, with Eder Sanchez starting to feel the pinch after a 7:43 lap from 16-18km.

Borchin was never headed from then on and his win confirms that he is the dominant 20km walker in the world at the moment – he recorded a very impressive 38:47 for the second 10km. Race splits for the main contenders were as follows

Borchin	8:10	8:16	8:13	8:05	8:09	7:49	7:48	7:45	7:43	7:43	1:19:31
Sanchez	8:09	8:16	8:13	8:07	8:09	7:51	7:47	7:46	7:44	7:47	1:19:37
Li Jianbo	8:10	8:16	8:13	8:06	8:07	7:51	7:47	7:46	8:00	7:51	1:19:56
Wang Hao	8:09	8:16	8:12	8:06	8:08	7:50	7:48	7:59	7:53	7:57	1:20:10
Jared Tallent	8:10	8:16	8:13	8:05	8:08	7:50	7:52	8:04	8:17	8:25	1:21:11
Luke Adams	8:10	8:16	8:13	8:05	8:08	8:03	8:11	8:14	8:11	7:56	1:21:17

Chris Erickson dropped off the lead pack after 6km but still walked a strong first 10km in a PB time of 41:09. He held his second 10km together to improve his 20km PB to 1:22:53 to take 12th position. **Ian Rayson**, fresh from his selection in the WUG Team also walked a PB of 1:27:29, with **Brendon Reading** fading over the last lap to walk 1:30:50 to miss out on his pre race goal of a sub 1:30:00.

Chris Erickson	8:10	8:15	8:12	8:11	8:21	8:22	8:22	8:20	8:23	8:17	1:22:53
Ian Rayson	8:29	8:44	8:40	8:40	8:41	8:42	8:55	8:51	9:02	9:55	1:27:29
Brendon Reading	8:43	8:39	8:46	8:56	8:52	9:06	9:15	9:18	9:26	9:57	1:30:50

Brent was quoted further on the AA website with the following comments

Overall, the results were pretty solid from the guys. Although Jared is a little disappointed with fifth place, he recognises the calibre of the athletes that beat him. All have superior personal best performances, and most of them are the younger generation that he is part of, and will be racing for the next Olympic cycle. I'm personally very happy with Chris Erickson who has again improved his 20km pb. This is very important for him to be a competitive 50km athlete at the world championships.

For the record, the first 20 positions and the Australian finishers read as follows

1.	Valery Borchin	RUS	..	1:19:31
2.	Eder Sánchez	MEX	..	1:19:36
3.	LI Jianbo	CHN	1986.11.14	1:19:57
4.	WANG Hao	CHN	1989.08.16	1:20:10
5.	Tallent Jared	AUS	..	1:21:11
6.	Luke Adams	AUS	..	1:21:17
7.	WEI Yang	CHN	1989.03.26	1:21:51
8.	CHU Yafei	CHN	1988.09.05	1:22:13
9.	KIM, Hyun Sub	KOR	..	1:22:17
10.	YU Wei	CHN	1987.09.11	1:22:43
11.	WANG Leilei	CHN	1989.02.14	1:22:50
12.	Chris Erickson	AUS	..	1:22:53
13.	ZHANG Xuezhhi	CHN	1987.07.06	1:23:41
14.	Shin Il-Yong	KOR	..	1:23:54
15.	GUO Kai	CHN	1988.09.03	1:23:57
16.	ZHOU Jincal	CHN	1985.11.19	1:24:07
17.	WANG Xiaohong	CHN	1983.02.07	1:24:22
18.	ZHANG Rui	CHN	1989.01.12	1:24:36
19.	DONG Jimin	CHN	1983.10.10	1:24:47
20.	XU Xingde	CHN	1984.06.12	1:25:03
32.	Ian Rayson	AUS	..	1:27:29
43.	Brendon Reading	AUS	..	1:30:50



The top three break away from Jared in the second half of the race

Women's 20km, Saturday 18 April 2009

I can't recall how many athletes have held all World Level titles at the one time, but Russian Olga Kaniskina arrived in Wuxi with her training partner Borchin, as the reigning Olympic, World, and World Walking Cup Champion. She has been the clearly dominant force in women's walking since the start of 2007.

She was the favourite and she really lived up to that with a dominant display. With a pedestrian first lap of 9:27, the rest of the field just fanned out on either side of her, no-one prepared to pass the Olympic Champion. Kaniskina upped the tempo over the next four laps, until she and Chinese Jian Jang were well clear, and we looked set for a very fast time as they clocked three consecutive laps around the 8:30 mark. Through 12km, Jian Jang actually looked the more comfortable of the two athletes.

With a later start, and the temperature now reaching a warm and humid 27°C, the pace slowed, but the damage was done on lap 7, with Jian Jang falling back and the pace for all athletes slowed over the second half of the event. Kaniskina had done enough at this stage and cruised to victory in what was a very impressive and dominant display

2006 World Junior Champion Jing Jang and Hong Liu, 4th in the Beijing Olympics, rounded out the Dais positions with 1:30:01, showing how dominant Kaniskina was, as both Jing Jang and Hong Liu have shared wins at this event in recent years. Key splits read as follows

Kaniskina	9:27	9:02	8:42	8:28	8:31	8:34	8:39	8:48	8:55	9:02	1:28:00
Jing Jang	9:27	9:02	8:42	8:28	8:32	8:34	8:50	9:03	9:17	9:11	1:28:56
Hong Liu	9:27	9:02	8:42	8:46	8:54	9:05	9:06	9:03	9:11	8:55	1:30:01

Claire Tallent walked with the large lead pack through the first 5km in around 22:50 and then settled into her own rhythm as Kaniskina began to really pick up the pace and split the field. Claire walked strongly over the second half of the event and improved her position to 11th place at the finish with another solid performance of 1:33:38, giving her a very consistent series of races since her qualification in the Olympic team last February.

Claire Tallent	9:27	9:02	8:59	9:16	9:26	9:18	9:29	9:37	9:44	9:30	1:33:39
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1.	Olga Kaniskina	RUS	..	1:28:00
2.	JIANG Jing	CHN	1985.10.23	1:28:56
3.	LIU Hong	CHN	1987.05.12	1:30:01
4.	YANG Yawei	CHN	1983.10.16	1:30:05
5.	SHI Yang	CHN	1983.01.24	1:32:33
6.	WANG Shanshan	CHN	1987.06.16	1:32:41
7.	SUN Limin	CHN	1987.02.06	1:32:48
8.	SUN Lihua	CHN	1981.09.30	1:33:02
9.	BAI Yanmin	CHN	1987.06.29	1:33:13
10.	SUN Xueping	CHN	1988.12.10	1:33:19
11.	Claire Tallent	AUS	..	1:33:39
12.	LI Li	CHN	1987.06.18	1:34:11
13.	Ludmila Arkhipova	RUS	..	1:34:39
14.	HE Dan	CHN	1984.07.22	1:34:46
15.	LI Shuang	CHN	1985.01.04	1:35:36
16.	CHAI Xue	CHN	1988.10.21	1:36:26
17.	ZONG Jinzhao	CHN	1988.01.16	1:36:45
18.	XU Qing	CHN	1984.04.17	1:36:55
19.	NIE Jingjing	CHN	1988.03.01	1:38:21
20.	YU Miao	CHN	1989.04.02	1:38:24



Left – Kaniskina (119) controls the lead pack



Right – Claire Tallent (122) walks to 11th place

Men's 50 km, Sunday 19 April 2009

And finally a report from the IAAF website (<http://www.iaaf.org>) on the 50 km event which was held on the following day.

The weather in Wuxi today was dry but cloudy for the first 3 hours of the race which started at 7:30AM. It was windier than for Saturday's 20km races with the temperature rising from 15°C to a high of 25°C and rain falling increasingly heavily towards the end of the competition.

Just four foreign athletes, Australia's Luke Adams, the overall Challenge winner in 2007, Spain's Juan Manuel Molina, Eder Sanchez of Mexico and Tunisia's Hatem Ghoula lined-up for today's 50km along with 45 Chinese race walkers.

As it turned out, all four ended up not finishing the race which China's Zhao Chengliang, who was fifth at the distance at the 2005 World Championships and has a personal best 3:36:13 from his second place in the 2005 National Games, claimed in a time of 3:45:16.

Luke Adams led the walkers in the first half but dropped out of the race after the 13th lap, and from that point Zhao Chengliang dominated until the end.

Of the other foreign visitors, Eder and Hatem only walked for 5 laps and Molina wasn't able to finish the last 10km.

Therefore the race saw a Chinese sweep, with Xu Faguang taking second in 3:55:04 and Li Lei, who has recently won two titles in Baoji at China's National Race Walking Grand Prix in late March, placed third with a time of 3:58:39.

In total 7 athletes were disqualified, while 15 athletes finished the 50km.

1.	ZHAO Chengliang	CHN	1984.06.01	3:45:16
2.	XU Faguang	CHN	1987.05.17	3:55:04
3.	LI Lei	CHN	1987.11.29	3:58:39
4.	ZHAO Jianguo	CHN	1988.01.19	4:02:43
5.	DONG Jimin	CHN	1983.10.10	4:06:10
6.	BAI Xuejin	CHN	1987.06.06	4:06:22
7.	YU Guoping	CHN	1986.06.13	4:07:46
8.	A Latangadasu	CHN	1984.01.27	4:08:48
9.	KANG Wenduo	CHN	1983.10.09	4:12:46
10.	HOU Yang	CHN	1985.07.08	4:16:53
11.	CUI Yasen	CHN	1987.02.28	4:18:35
12.	FANG Pengfei	CHN	1982.02.15	4:20:21
13.	ZHANG Defu	CHN	1984.06.05	4:21:57
14.	HU Wenbing	CHN	1988.07.21	4:23:19
15.	YIN Mingxing	CHN	1988.10.25	4:25:25

AUSTRALIANS RACE IN MTR HONG KONG INTERNATIONAL MEET, HONG KONG, 19 APRIL 2009

MTR Hong Kong Race Walking 2009, one of Hong Kong's largest sporting events, was held on Sunday 19th April on Chater Road in Central Hong Kong. This year the event, organised by the Hong Kong Amateur Athletic Association (HKAAA) in conjunction with the MTR Corporation, saw a record-high of over 1,400 race walkers participating in 15 race categories and Australians **Daniel Coleman** and **Cheryl Webb** joined race walkers from China, Japan, Malaysia and Singapore to compete with Hong Kong athletes in the Men's and Women's Elite races.

Apparently, conditions were dreadful with torrential rain for the first few kilometres and visibility just about non-existent. The big news is that Daniel and Cheryl both won their respective Elite races, Daniel in 46:46 and Cheryl in 50:10. The slow times reflect the conditions. Daniel said that the conditions were tough- the toughest he had ever seen. Nevertheless he was very happy to take away a cheque for US\$500.



Cheryl Webb and Daniel Coleman win the Elite races in Hong Kong last Sunday

Cheryl commented as follows

Conditions were very very humid. I was told it was about 95% humidity. It was also bucketing on the first lap but once it stopped the humidity was unbearable. It was a 1km loop, so 10 laps. Apparently even the Hong Kong competitor in the mens was complaining it was too humid. Anyway a win is a win and the race was ran really well. Lots of spectators and competitors in different races. All other races were held over 1km only. The event has been held since 2005 and its main sponsor is MTR, which is their Metro system. Between 2005-2008 they have raised 4 million dollars from the event to go towards the Hospital services to help with disease prevention. Pretty awesome I say.

AIS SQUAD BACK IN AUSTRALIA AND IN THE NEWS

The following press release on the Athletics Australia website on Tuesday 21st April focuses on Jared and Claire Tallent and the preparation of the AIS walkers in the leadup to Berlin and the 2009 World Championships.

Tallents on a high en route to Berlin

Before Jared and Claire Tallent had even crossed the line in the third leg of the IAAF Race Walking Challenge in Wuxi, China, at the weekend, the pair was already on a high. The Tallents, together with fellow Australian walkers Chris Erickson and Adam Rutter, had just spent three weeks training at altitude in Flagstaff, Arizona, as part of their build-up to this year's world championships in Berlin.

And the high-altitude training was quick to pay dividends for the hard-working couple, Jared placing fifth and Claire 11th amidst strong fields for the men's and women's 20km events at the weekend. Twenty-seven-year-old Claire Tallent said the US-based training camp, run under the guidance of coach Brent Vallance, was yet another phase of their Berlin campaign.

"In Flagstaff we were training at 2100m and doing some pretty intense sessions and really just getting a good feel for altitude training before we go on to the world champs this year," she said. "Hopefully we'll repeat the sort of training we've done and get a good idea of how we handle altitude training and what we can get out of it. It's really important for us to see how altitude training has worked for us individually and what we can handle and how we can best prepare for world champs."

While altitude training is not a new concept for Vallance's squad, it was the first time the athletes had lived and trained in high-altitude conditions.

For dual Olympic medallist Jared Tallent, 24, the three-week camp is set to hold the athletes in good stead in the heat of competition in Berlin.

"We've always done a live-high, train-low program living in the altitude house at the AIS and we've been banking up a lot of hours in there but not actually living at altitude and training at altitude, so it was good," Jared said. "It was good to be away, on camp you tend to focus a bit more and get a bit more training done so we did a lot of kilometres while I was up there, we got up to about 200km on some of the weeks and I think I've benefited a lot from that."

In its three weeks in Flagstaff the squad covered up to 200km a week and all with the Berlin finish line in its sights, where a new generation of walkers will push the Aussie men all the way.

"It was different every day but on our longer days we did about 30km of walking in the morning and 10km of running in the afternoon and then we had track sessions and medium distance days as well," Jared said. "I actually did a fair bit of running while I was up there, I got up to about 70 or 80km a week of running which is the most I've ever done and the rest was walking. The (standard of competition) is getting better all the time, it's getting tougher and you really have to make sure you're in top shape at every race to do well. It's the new generation, I'm only 24 and the guys that are the toughest to race now are all younger than me."

Having arrived home in Australia after a whirlwind start to the year, Vallance's AIS-based squad will now turn its attention to race six of the IAAF series in Spain at the end of June in what will be its final hit-out before the Berlin event.

"We'll have a few quieter weeks and then really start to put together a bit more base work again and get into the faster stuff again leading into world champs," Claire said. "This is kind of the first training block and the first block of racing for the season and then we'll go back and refocus on our base training and build up again."



Jared and Claire Tallent caught in an informal moment (<http://www.news.com.au/common/imagedata/0,,6224073,00.jpg>)

AUSTRALIAN CENTURIONS 24 HOUR WALKS, COBURG, 18-19 APRIL 2009

I am just about recovered from my annual weekend helping run the Coburg 24 Hour Carnival which saw some 40 runners and walkers vying for the top honours over 24 hours. The starter's gun went off at 10AM on Saturday morning and exactly 24 hours later, the gun fired again to mark the end of the event. I was there in my capacity as the Secretary of the Australian Centurion Walkers, providing the annual opportunity for walkers to test themselves against the tough standard of 100 miles (160.934 km). This year saw 4 walkers reach this elusive goal and enabled us to welcome 3 new members to the Australian Centurions, Australia's most exclusive sporting club.

- Belgian couple **Rudy Schoors** and **Caroline Mestdagh** won their respective divisions in masterly fashion, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Rudy became Australian Centurion number 55 with 22:01:45 while Caroline became Australian Centurion number 56 with her time of 22:40:27
- Behind them, two Queensland based Australian walkers also achieved the elusive 100 mile mark. **Geoff Hain** (C 49) who

already has 5 of the 6 available Centurion badges, produced yet another Australian badge (his fifth) with a great time of 23:24:50, after suffering early with leg problems.

- Behind him, **Ian Valentine**, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable racewalking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of 23:37:03 to become Australian Centurion number 57.



Rudy Schoors
C55 - 22:01:45



Caroline Mestdagh
C56 - 22:40:27



Geoff Hain
C49 - 23:24:50



Ian Valentine
C57 - 23:37:03

There were a number of VRWC members in action – Heather Carr, Terry O'Neill, Clarrie Jack and Rudolf Skrucany. The only disappointment was the non show of the three Malaysian entrants – not very impressed! Full results for the walkers read as follows.

24 HOUR WALK MEN

1.	SCHOORS, Rudy	BEL	167.954	C55
2.	VALENTINE, Ian	QLD	161.810	C57
3.	HAIN, Geoff	QLD	161.733	C49
4.	McKAY, Doug	VIC	138.687	
5.	JORDAN, Steve	VIC	129.801	
6.	MANDERSON, Gerald	NZ	126.499	C31
7.	COMMINS, Louis	NSW	118.372	
8.	O'NEILL, Terry	VIC	112.384	C18
9.	SKRUCANY, Rudolf	VIC	102.812	
10.	JACK, Clarrie	VIC	49.349	C4
	GOVINDASAMY, Parameswaran	MAL	DNS	
	PALANY, Mahalingam	MAL	DNS	
	SINGH, Devinder	MAL	DNS	

24 HOUR WALK WOMEN

1.	MESTDAGH, Caroline	BEL	164.636	C56
2.	PARRIS, Dawn	VIC	137.445	
3.	CHESTERTON, Val	ACT	115.578	
4.	O'NEILL, Karyn	VIC	92.478	C45
5.	HOWORTH, Sandy	VIC	85.930	
6.	CARR, Heather	VIC	51.423	

The event also co-hosts Racewalking Australia 100 km championships. I have yet to review the lapsheets so can't publish the exact time each walker took to reach the 100km but I can publish the results which saw Terry O'Neill and Caroline Mestdagh become our new Australian champions.

RWA 100 KM WALK CHAMPIONSHIP MEN

1.	O'NEILL, Terry	VIC
2.	VALENTINE, Ian	QLD
3.	SCHOORS, Rudy	BEL

RWA 100 KM WALK CHAMPIONSHIP WOMEN

1.	MESTDAGH, Caroline	BEL
2.	PARRIS, Dawn	VIC
3.	CHESTERTON, Val	ACT

Other highlights included two new Australian Ultra Distance Masters walking records

- VRWC club member **Heather Carr** had told me before the event that she only intended to walk for 6 Hours and this she did, but it was a very impressive 6 hours of walking that saw her set a new **W55 6 Hour record** of just over 51 km (exact distance to be confirmed).
- ACT walker **Val Chesterton** became the first W65 woman in Australia to complete a 24 Hour walk event so her distance of 115.578km becomes the inaugural **W65 24 Hour record**. This is actually a greater distance than her W60 record of 109.567 km, set in 2005 and confirms the quality of her performance.

I have yet to review all lapsheets to see whether any other records have been broken.

In the run section, the first 4 runners were over 200km (a very high standard) so the event was also very strong on the running side. You can see the entire race results at [http://home.vicnet.net.au/~austcent/2009 Coburg Carnival 24 Hour Final Results.pdf](http://home.vicnet.net.au/~austcent/2009_Coburg_Carnival_24_Hour_Final_Results.pdf)

WORLD YOUTH TEAM ANNOUNCED

Twenty-five of the nation's most promising young athletes have been named in the Australian team to compete at the 6th World Youth championships in Bressanone, Italy, in July. The big news is that all 4 walks places have been filled as follows

Boys 10,000m walk	Dane Bird-Smith (QLD), Sean Fitzsimons (WA)
Girls 5000m walk	Paige Hooper (SA), Shannon Jennings (NSW)

Paige and Dane are the current Australian Under 20 10,000m track walk champions and will spearhead a strong walks team. Paige will actually contest the World Youth 5000m walk for a second time, finishing fourth at the 2007 event in Ostrava, Czech Republic.

Victorians Rachel Tallent and Beth Alexander were actually the fastest two Under 18 girls but the selection criteria rewarded those girls who won the head-to-head contests so Paige and Shannon got the nod. There were no such issues for the boys as Dane and Sean were clearly superior to all other challengers.



Shannon Jennings, Paige Hooper, Sean Fitzsimons and Dane Bird-Smith in the 2008 Pacific Schools Championships

WALKING IN THE NEWS

Universal Sports has been doing a 2009 track and field season preview. Check the following link for an overview of the current top racewalkers on both the world and American stages:

http://www.universalsports.com/ViewArticle.dbml?DB_LANG=C&DB_OEM_ID=23000&ATCLID=3719401

OVERSEAS NEWS

Tsoumeleka faces criminal charges resulting from her failed drugs test earlier this year

2004 Olympic race-walk champion Athanasia Tsoumeleka was charged under Greece's penal code late last week with using an illegal performance-enhancing drug. Athens prosecutor Costas Simitzoglou charged Tsoumeleka with breaking the country's strict anti-doping laws, recently revised to include jail-time, after she tested positive in January for the drug CERA, an advanced version of the blood-booster EPO. Last month, Greece's track and field federation handed her a two-year ban from competition, while this week's charge carries a maximum two-year jail term.

Tsoumeleka finished 9th in Beijing in the 20k walk event in a personal best of 1:27:54. In 2004, she won Athens gold in 1:29:12. Tsoumeleka, 27, denies knowingly using the substance, has expressed doubts about the whole testing procedure, and upon learning in January that she had tested positive announced her immediate retirement from competition.

See http://hellenicathletes.com/news.php?news_id=531

PBs for young Polish walkers

ZANIEMYSL, Poland, Apr 18: Jakub Jelonek achieved new a 20 km PB of 1:22:17 while winning the 7th edition of a key local Polish walking meeting in the city of Saniemysl last weekend. In what was a high quality finish, second placed Rafal Augustyn recorded 1:23:32. Not to be outdone, Agnieszka Dygacz won the women's 20km in a PB time of 1:32:39. Jelonek and Dygacz are both only 23 years old and are two of the many good young walkers coming to the fore world wide. You can read their full bios at <http://www.iaaf.org/athletes/biographies/letter=j/athcode=203517/index.html> and <http://www.iaaf.org/athletes/biographies/letter=d/athcode=200888/index.html>

Rio Maior IAAF Walk now available on video

Jane Saville posted the following informational item recently – thanks Jane!
The IAAF Race Walking Challenge event held in Rio Maior a couple of weeks ago is on the net. Just follow the link below. It goes for about 30 minutes and shows all the events I think. Check out some great race walking. It's a great event that was started in small town, Rio Maior near where Susana Feitor grew up and lives. It was initiated by her coach after she became the World Junior Champion at 15 in 1990. I have raced there several times and it's a fantastic set up and I know every year they struggle to find the big budget required to hold a Race Walking Challenge but they keep coming through with the goods. It is amazing what one small town can develop with some passion and drive!
<http://www.miragens.abola.pt/videosdetalhe.aspx?id=4274&autor=1>

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

In last week's newsletter, I reported on the recent British Roadwalking Championships. I have since been pointed to Rob Elliott's collection of photos from these championships. See <http://robelliott952.fotopic.net/>
I reproduce a couple of photos of interest to historians and local readers



DSC_0207__2_.JPG: Ken Matthews (1964 Olympic 20km champion), Luke Finch and Martin Bell (Dual Scottish Commonwealth Games Rep and Luke's coach)



DSC_0004__2_.JPG: a general race shot that shows expat Victorian Mark Wall wearing blue vest and number 55.

Key walkers to find in other photos include Luke Finch - 43 white vest, Ben Wears - 70 red vest and Paul Evernett - 63 red vest.

WHAT'S COMING UP NEXT?

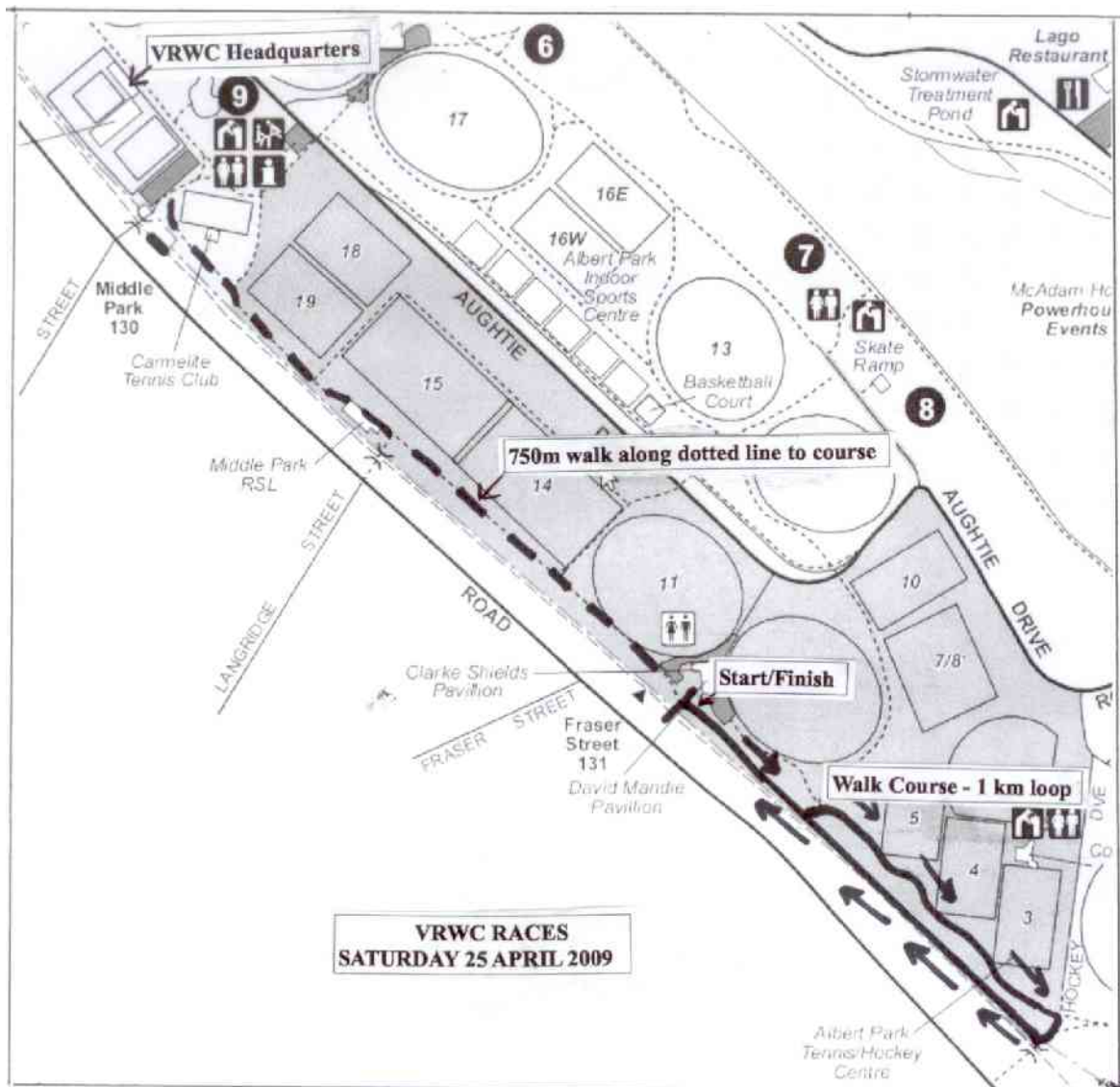
The Victorian Race Walking Club winter season commences this Saturday with the following races on offer

Saturday 25 th April 2009, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

Because of ongoing cleanup after the Australian Grand Prix Motor Race, our normal VRWC walking courses are not yet available for this weekend's walking races. After discussions with the Parks Victoria Albert Park office, we have been given permission to use a 1 km course situated further south in the Albert Park parklands. The following map shows the course and its location. Older members will recognise this course as it formed part of the walking circuit we used from 1995 until 2000. It is actually a very flat shaded protected course and walkers will enjoy it. We only stopped using it because we were able to negotiate courses closer to our clubrooms. The start/finish line is adjacent to the Clarke Shields Pavilion between ovals 11 and 9 and is opposite the Fraser Street Light Rail station. Toilets are available at this Pavilion.

Race entries will still be taken in our clubrooms at the Bowling Club due to the need to print off recording sheets, etc. Once you have registered for your race, you can make your way down to this week's course. The start/finish line is 750m walking distance from the front gate of the Middle Park Bowling Club so hopefully it is just the right distance for a nice warmup!

The following map will enable you to see where we will be racing on Saturday. I am looking forward to a big turnout for our season opener.



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 **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

May 1, 2009 4 - Sesto San Giovanni, Italy
May 30, 2009 5 - Krakow, Poland
June 20, 2009 6 - La Coruna, Spain
Aug 15-23, 2009 7 - IAAF World Championships, Berlin
Sept 19, 2009 8 - 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>
July 7-17, 2011 **19th 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 **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>)