

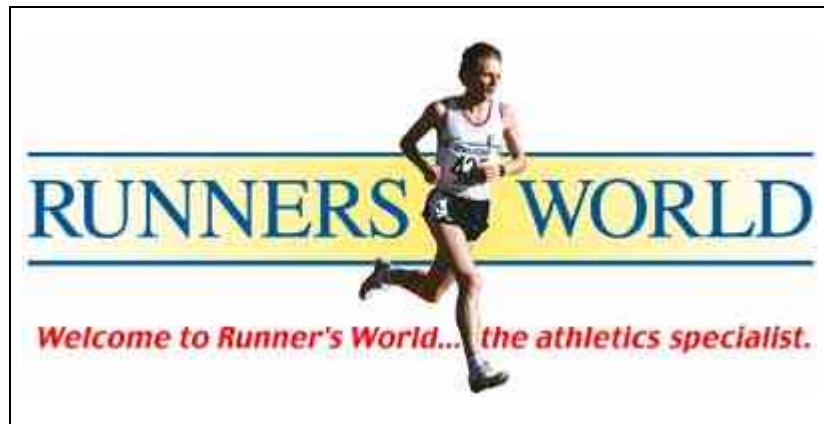


HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2008/2009 Number 33
11 May 2009



RUNNERS WORLD JOINS VRWC AS A MAJOR SPONSOR



I am very pleased to announce that **Runners World in Kew** has come on board as a major VRWC sponsor. Proprietor **Neil Ryan** has agreed to provide four major sponsorships as follows

- Sponsorship for our top male and female walker
 - \$500 gift voucher for Runners World to each walker
 - \$500 cheque to each walker
- Sponsorship of our top male and female junior walker (age 14-19)
 - \$500 gift voucher for Runners World to each walker

Neil is well known to older walkers, having spent over forty years in our sport of athletics. He competed through Junior to Senior levels, culminating in Australian representation in the marathon (PB 2.17.59) and still runs events both on and off the track as a veteran. The founder of Runners World in Kew, he already provides sponsorship to his club Richmond Harriers and to the Victorian Road Runners and is a generous supporter of local Victorian grass roots athletics. We are excited to have him join our walking community as a sponsor.

The following points clarify this sponsorship and explain how it works.

- While we have our Points and Handicap awards, these are not necessarily won by our BEST walkers as they are influenced by participation rates.
- A short list of nominations will be provided to the Committee by Mark Donahoo (club handicapper and club coach) and Tim Erickson (club secretary and race secretary).
- All nominees must have walked a minimum of 8 races in Victoria during the winter season, of which 3 must have been VRWC club races.
- AIS or VIS based athletes are excluded from the list of nominees as these athletes already have a very good level of support. This sponsorship is aimed at walkers who are currently self funded.
- Sponsorship winners in each category will be decided by VRWC Committee vote.
- Sponsorship winners will be announced and awarded as part of the Winter Season Presentations on Saturday 5 September 2009.

From now on, we will advertise and acknowledge Neil as a club sponsor and recommend his shop as our preferred supplier of sporting goods (shoes, racing gear, etc). I already buy my walking shoes there because Neil stocks the widest range and offers good prices. When you shop there, make sure you tell him that you are from VRWC so that he can see his sponsorship has visibility. Shop details are

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways Map 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

VRWC EVENTS, ALBERT PARK SATURDAY 9 MAY 2009

It was another big day of racing at Albert Park with 84 competitors making the most of cool, overcast and still conditions. We had to use a 1km course because of pending repairs to the golf driving range fence. Hopefully we will be back on our 2km course soon.

The 8km event was dominated by Tom Barnes who stormed through to an excellent 34:26. Club coach Mark Donahoo, fresh from his club coaching talk, was next in with 42:23, just over 30 secs ahead of the first woman, Pam Tindal, who recorded 42:55. Pam also won the women's handicap event, showing that it is indeed open to everyone. It was also good to see Erin Adamcewicz and Paul Nunn, who travelled down from Ballarat, racing well - in fact, Paul was our men's handicap winner. And special mention to Under 15 walker Caitlin Campbell who successfully tested herself out over the longest distance on offer, finishing with 49:31.

8 km Open	Time	Handicap Place
1. Barnes, Tom	34:26	8
2. Donahoo, Mark	42:23	2
3. McDonjough, Aaron	43:58	5
4. Keirl, Bernie	44:32	7
5. Nunn, Paul	45:21	1
6. Dickinson, Murray	46:39	3
7. O'Neill, Terry	47:04	9
8. Gardiner, Bob	48:27	4
9. Barrow, Geoff	51:43	
10. Skrucany, Rudolf	54:56	6
11. Thillaisundaram, Anand	55:44	
12. Wood, Robin	56:46	
13. Wicks, Barrie	59:33	10
Bennett, Ralph	3km in 16:06	
1. Tindal, Pam	42:55	1
2. Adamcewicz, Erin	43:54	
3. McIntyre, Gayle	44:32	3
4. Carr, Heather	45:01	5
5. Brazel, Hilary	46:35	6
6. Thompson, Alison	47:39	4
7. Campbell, Caitlin	49:31	
8. Shaw, Kirsten	50:53	7
9. Shaw, Robyn	50:54	2



Tom Barnes, Paul Nunn, Hilary Brazel, Rebecca Campbell (U15), Caitlin Campbell and Robyn Shaw in action

The 4km event saw club secretary Tim Erickson walk a solo effort later in the program and surprise himself and others with a good 21:34 to put him fastest, ahead of James Seid-Christmass. Natalie Laurie continues to keep fit during her Year 12 studies and she was the fastest woman with 23:53. The handicap events were won by two first year walkers with the club in James Seid-Christmas and Karen Wynen so they are indeed off to good starts to their winter seasons.

4 km Open	Time	Handicap Place
1. Erickson, Tim	21:34	
2. Seid-Christmass, James	21:49	1
3. Elms, Jason	24:10	3
4. Morrison, John	26:53	2
5. Elms, Damien	27:27	
6. Kozica, Jason	27:43	
7. Conboy, Bruce	28:49	
8. Harrison, Lindsay	28:54	4
Onley, Gordon	DQ	

1.	Laurie, Natalie	23:53	6
2.	Wynen, Karen	24:20	1
3.	Elms , Donna	24:27	3
4.	O'Neill, Karyn	27:53	
5.	Peachey, Anika	28:52	2
6.	Stanway, Marlaine	29:03	4
7.	Box, Justine	32:21	5
8.	Mews, Pam	43:54	7
	Irshad, Amna	3km in 34:51	



Jason Kozica, Connor McShanag (U15), Karyn Wynen, Karyn O'Neill, Damien Elms, Jason Elms and Amna Irshad in action

Amelia Finnegan and Aaron Gardner were the fastest two Under 15 walkers, recording 22:13 and 22:21 (a big PB) respectively. New club member Jared Walker also walked excellently for 22:36. Not surprisingly, Aaron also won the boys' handicap while Lauren Stadius, also walking a big PB, won the girls' handicap.

4 km Under 15		Time	Handicap Place
1.	Gardner, Aaron	22:21	1
2.	Walker, Jared	22:36	4
3.	McShanag, Connor	24:11	2
4.	Tam, Aaron	24:16	3
1.	Finnegan, Amelia	22:13	8
2.	Stadius, Lauren	23:02	1
3.	Mason, Ella	24:06	
4.	Barbour, Beth	24:45	4
5.	Campbell, Rebecca	25:51	6
6.	McNicol-Davidson, Chloe	26:01	2
7.	Gelov, Lauren	27:27	5
8.	Gatens, Georgia	29:48	3
9.	Harrison, Annalise	32:13	7



Amelia Finnegan, Aaron Tam, Aaron Gardner, Ella Mason and Lauren Stadius in the Under 15 events

The Under 12 boys is a very strong division with Billy Allamby, Reese Walmsley, Adam Garganis and Kyle Swan all recording 11:30 or better. Jade Sanders and Megan Walker were the fastest girls with 11:41 and 11:50 respectively. Quite a few of these young walkers have come up from U9 this year (Kyle Swan, Paige DeLisen, etc) and they are proving very competitive. Two of our first year walkers in Adam Garganis and Larissa Cullen won the associated handicaps.

2 km Under 12		Time	Handicap Place
1.	Allamby, Billy	11:02	3
2.	Walmsley, Reese	11:21	5
3.	Garganis, Adam	11:28	1
4.	Swan, Kyle	11:30	2
5.	McNicol-Davidson, Cody	13:17	4
6.	Cooper, Owen	13:26	6
	Allamby, Jack	DNF	
1.	Sanders, Jade	11:41	5
2.	Walker, Megan	11:50	9
3.	DeLisen, Paige	12:03	7
4.	Hamilton, Emily	12:05	6
5.	Bertrand, Carly	12:29	10
6.	Ventura, Amy	12:57	8
7.	Crea, Gabriella	13:00	2
8.	Henderson, Keely	13:00	3
9.	Cullen, Larissa	13:13	1
10.	Harrison, Charlee	13:59	4
11.	McLaren, Stacey	14:40	11

And finally to our Under 9 walkers who are walking very enthusiastically. Georgia Bertrand, Jessica Lillie and Sam Candotti were the fastest in what was a very high quality race.

1 km Under 9		Time	Handicap Place
1.	Candotti, Sam	6:15	2
2.	McShanag, Ethan	7:02	1
3.	Cullen, Luke	7:29	
4.	Sanders, Jack	11:08	3
1.	Bertrand, Georgia	5:34	3
2.	Lillie, Jessica	6:03	1
3.	Lillie, Brianna	6:26	2
4.	Owen-Smith, Chelsea	6:57	4
5.	Hodges, Mikhala	6:58	
6.	Box, Erin	7:21	5
7.	Hodges, Anaya	7:35	
8.	Mason, Livinia	8:24	



Adam Garganis, Emily Hamilton, Jessica Lillie, Ethan McShanag and Sam Candotti on Saturday

Thanks to all those who help out every week. Apologies to anyone I have missed.

- Judges:** Peter Vysma (chief), Kathleen Marsh, Michael Bodey, Gordon Loughnan
Officials: Harry Summers, Bob Gardiner, Tim Erickson, Ron Miller, Paul Kozaris, Michael Brazel, Ian Laurie, Russ Dickenson, Don McLaren, Ray Smith, David Campbell
Canteen: Joyce Summers, Barb Gardiner

And finally, I would like to zoom in on Murray Dickinson who recorded 46:39 for the 8km on Saturday. Murray, now 70 years of age, has long been one of our top Masters walkers and has won many World Masters championships as he has progressed up through the ranks from M50 to his current rank of M70. Here he is in action on Saturday and on the dias in Brisbane when he won gold in the M60 20 km walk at the 2001 World Veterans Games. Murray – you are an inspiration!



KEY DATES

Athletics Australia has announced its key dates for the 2009/2010 Summer season and we have confirmed on the local front that the Victorian 5000m summer track championship will be scheduled on Thurs 18 Feb 2010. The remaining walk championship dates should soon follow. The next 12 months will be action packed in the world of walking on the international and on the local stage. How is this for a list – and our walkers will be in action on every one of these dates. In particular, note that AA has reintroduced Australian underage Track and Field championships (see 11-14 March entry). This means that our young walkers now have another major championship opportunity at the end of the summer. Talk about action packed!

July 1-12, 2009	25 th World Summer Universiade Games, Belgrade, Serbia
July 8-12, 2009	6 th IAAF World Youth Championships, Bressanone, Italy
July 28 – Aug 8, 2009	18 th World Masters Athletics Championships Stadia, Lahti, Finland
Aug 15-23, 2009	12 th IAAF World Championships in Athletics, Berlin, Germany
Aug 30, 2009	Australian Roadwalking Titles, Paramatta Park, Sydney
Oct 10-18, 2009	World Masters Games, Sydney
?? Dec 2009	2009 Australian 50 km championship – presumably in Melbourne
Thu 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet)
??	Australian Summer 20 km road championships still to be advised.
26-28 Mar, 2010	Victorian Open T&F Championships, Olympic Park
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs , Venue TBC
2-5 April 2010	Easter weekend - Australian Masters T&F Champs
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth
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

NEW VICTORIAN MASTERS WALK RECORD CATEGORY

Clyde Riddoch has now published the inaugural records list for the new **Victorian Masters 15 km Roadwalk Record** category. Congratulations to the inaugural record holders. Clyde advises that there are no current plans to expand to Australian or WMA records.

M30	unclaimed				W30	Justijana Roseman	91.54	18/05/2008	Ballarat
M35	unclaimed				W35	Kylie Irshad	83.59	03/05/2009	Middle Park
M40	unclaimed				W40	Gayle McIntyre	89.07	03/05/2008	Middle Park
M45	Mark Donahoo	79.32	03/05/2008	Middle Park	W45	Pam Tindal	88.13	03/05/2009	Middle Park
M50	Andrew Jamieson	69.19	21/05/2000	Ballarat	W50	unclaimed			
M55	Andrew Jamieson	72.36	25/06/2005	Middle Park	W55	Alison Thompson	94.13	03/05/2008	Middle Park
M60	Andrew Jamieson	70.43	03/05/2008	Middle Park	W60	Liz Feldman	92.28	19/10/2008	Middle Park
M65	Ralph Bennett	81.45	03/05/2008	Middle Park	W65	unclaimed			
M70	unclaimed				W70	Margaret Beaumont	115.38	03/05/2008	Middle Park

I have now updated copies of Clyde's record lists which I keep on our VRWC website. Thanks Clyde. Links as follows:

[AustWorldRecs.pdf](#)
[VicMastersRecords.pdf](#)
[AustChampsRecs.pdf](#)

When I read some weeks ago that Dr Andi Drake had been appointed as the inaugural Carnegie Director of Race Walking at the UK Athletics Race Walk Centre at Leeds Metropolitan University in England, I got in touch with him and asked him to produce a short piece for our newsletter. Andi has come to the fore with this superb article – thanks Andi – we look forward to racing against the new generation of English walkers who will be nurtured in this exciting environment.

The UK Race Walking Centre

In April UK Athletics announced the designation of Leeds Metropolitan University as the new UK Athletics Race Walk Centre with the appointment of Dr Andi Drake as the Carnegie Director of Race Walking. The Director of Race Walking will work with the Director of Athletics, Mick Hill, former Javelin great and previously Talent Manager for UK Athletics; and the Director of Sport, Malcolm Brown, former National 5-10000 m Coach who also manned the refreshment table for Team GB in the race walk events at the Sydney Olympic Games.

Here I will briefly outline how the Centre and its Director plan to impact on the event. My previous work as both a coach and an academic has been strongly linked to developing talent using an evidence based process that seeks to develop athletes into expert performers. This can be broadly broken down into three stages: first establish a clear strategy/objective for the programme; second create an environment in which talent can thrive; and third identify the talent that will form the athlete base for the programme.

Establishing strategies/objectives

Our strategies and objectives are driven by a passion for developing talent towards championship level competition, i.e. we will work towards qualifying athletes for championship teams and helping them to fulfil their potential. The pinnacle of such a strategy is competitive athlete in (a GB vest!) an Olympic Games Team.

Creating the environment

The environment in which athletes can thrive is key to the success of any programme. There is already a team in place at Carnegie who have experience of working with National Race Walk Squads/Teams and who are expert in their own fields, e.g. including biomechanics, exercise physiology, nutrition, sport psychology, strength & conditioning, physiotherapy and coach education. Moreover Carnegie engages with overseas race walk squads and coaches who share their expertise with UK athletes and coaches: In this way, despite our wonderful heritage in the UK, we look forward and focus on the developing demands of the race walking events rather than looking back. For example I am currently working on collaborative research with Ivano Brugnetti's coach Antonio la Torre from the University of Milan; and I spent January 2008 and 2009 at the Australian Institute of Sport in order to work with Brent Vallance and further examine the workings of a highly successful squad programme that, like Carnegie, places athletics as one of a number of high performance sport programmes. In his review of common characteristics of successful endurance programmes, Gibbons (2004) identified high quality coaching as the primary factor during the developmental ages of 16-24. Moreover common principles highlighted were: training structured using sport science knowledge; daily communication between athlete and coach regarding their health/fitness/weakness status; and daily analysis of training and performance to prevent overtraining.

The accommodation set up will be something of a mix of the "athlete ressites" at AIS i.e. an opportunity to live in for athletes on Carnegie programmes holding sports scholarships similar to the AIS; or to come in for short stays for athletes and coaches not based at Carnegie on a full time basis, which is similar to the set up overseen by Sandro Damilano at the Italian Race Walking Training Centre in Saluzzo, Piedmont, – again I have taken the opportunity to examine this programme having taken athletes to Saluzzo for a number of training camps. It will also provide opportunities for overseas athletes/squads to come in to train with dedicated event specific race walk coaching and sport science/medicine support.

Furthermore the UK Race Walk centre will also develop coaches and there will be a mentoring programme for two or three performance coaches who will be supported by the Director of Race Walking.

Talent identification phase

The final phase of establishing the programmes will be to work with the athletes. This is often seen as the starting point of a programme launch; however it is typically without the crucial first two stages being fully developed/implemented. Gulbin (2008) highlights this as a common factor in ill conceived talent development programmes.

Athletes who will be supported by the establishment of a "UK Athletics Futures Training Group" at the Centre will be carefully selected and all aspects of the performance process will be considered. For example an athlete who will be part of the programme at Carnegie will demonstrate a professional attitude; be committed to the programme, to training and to the sport of athletics; they will be well conditioned in order to avoid injury and be ready to tolerate increasing training workloads; they will demonstrate mental toughness in pressure situations, such as key competitions; and they will show commitment to an appropriate lifestyle for an elite athlete, i.e. they will be role models for other performers.

The UK Race Walk Centre will not only work with existing talent but will actively seek new talent, either through talent selection from young athletes who demonstrate characteristics of high level performers; or through transferring in athletes who have demonstrated their aptitude for the race walk events via their performances in other endurance events/sports.

What will this bring?

The UK Race Walk Centre is empowering and will enable athletes to receive dedicated full time coaching. In time the Centre will drive UK race walking performance and also strongly influence the culture of the event in the UK and increasingly internationally. UK Athletics will see athlete's from Carnegie dominating Team GB selections for the race walk events.

In summary the UK Race Walk Centre will provide both athlete and coach opportunities; research & support opportunities for other practitioners; and can be a template for other (technical) events. In short as the programme gathers momentum it

will begin to make a difference.

References/further reading

Gibbons, T. (2004) "Common Characteristics of Successful Endurance Programmes." Track Coach. 169, 5393-5408

Gulbin, J. Identifying and developing sporting experts. In Farrow, D., Baker, J., MacMahon, C. (2008) Developing Sport Expertise. Routledge.

Dr Andrew Drake
Carnegie Director of Race Walking
Carnegie Faculty of Sport and Education
Leeds Metropolitan University, Leeds, LS6 3QS
P: +44 (0)7824 482624
E: a.drake@leedsmet.ac.uk



Andi with Jo Jackson, England's top ranking walker

CROSSING TO THE DARK SIDE

I have had lots of good feedback from my introductory article on run/walk doubles in last week's newsletter. A run/walk double is obviously just that – add up the run time and the walk time over comparable distances to see who has the lowest total time. Examples of comparable distances include

- 5000m run / 5000m walk
- 10 km run / 10 km walk
- half marathon / 20 km walk
- marathon / 50 km walk
- 100 km run / 100 km walk
- 100 mile run / 100 mile walk
- 24 hour run / 24 hour walk

This week, I thought I would share some of the contributions I have been sent for outstanding run/walk women

Athlete	Run / Walk
Alina Ivanova (URS)	Alina Ivanova, born 1969 in the Ukraine, is perhaps the best female example of the run/walk double, with Run bests of 1.09.32 (half marathon) and 2.25.34 (marathon) and Walk bests of 42.57 (10km) and 11.44 (3000m world indoor record, set in 1991). On the international stage, she has also been amongst the very best in both walking and running, winning the 10 km walk in the 1991 IAAF World Championships, twice winning the Prague International Marathon (2000 and 2006) and having represented internationally in world running championships on 9 occasions. See http://www.iaaf.org/athletes/biographies/letter=0/athcode=63161/index.html
Kerry Saxby-Junna (AUS)	Kerry actually started off as a runner with aspirations of making a World Cross Country team but she ended up as Australia's best ever female walker instead. With around 30 world records over various walk distances in the 80's and 90's and multiple gold, silver and bronze in international competitions, her credentials are second to none. Her 10 km run/walk double was 10 km run 36:20 / 10 km walk 42:20
Sandra Brown (UK)	Sandra Brown is arguably the greatest ever female long distance walker, based on a competitive record which is truly amazing for both quality and longevity. She holds the official World Walking Records for the 100 km, 100 miles, 12 hours and 24 hours (all track) and is also a very good ultra

	distance runner, having represented England on many occasions in ultra distance World Championships. Amongst her best doubles are those for 24 hours: 24h run 215.056 km (1993) / 24 hour walk 200.000 km (1990).
Sally Pierson (AUS)	Sally was one of Australia's best ever racewalkers with 4 th in the 1983 IAAF World Racewalking Cup 5 km walk and with a number of Aust records and world best road times. Her parallel running career was equally impressive. She represented Australia in the 1983 and 1985 World Cross Country Championships and at the 1984 IAAF World 10 km road running championship, won two Zatopek 10,000m classics, won a Victorian 10000m track title and the Australian 10 km road and cross country titles. Typical of her doubles: 10 km run 35:57 / 10 km walk 45:38
Michelle Rohl (USA)	USA racewalker with PBs of 20:56 (5000m walk), 44:06 (10 km walk). Was 15 times NAIA track and crosscountry All-American, 1987 NAIA indoor 1000 m and 2 miles champion.



Alina Ivanova winning the 1991 World 10 km walk championship (left) and winning the 2007 Dublin Marathon (right)

MAY 6, 1954 – THE 4 MINUTE MILE BROKEN 55 YEARS AGO – WATCH IT ON VIDEO

Thanks to the guys at RunBlogRun (<http://www.runblogrun.com/>) for reminding us all that it was the 55th anniversary last week of the breaking of the four minute mile. To truly appreciate the importance of Roger Bannister's run, one must see it and RunBlogRun has unearthed a BBC video of the entire race. So, grab your coffee or tea, sit back and watch what is perhaps the greatest athletics cinema footage of all time: http://news.bbc.co.uk/onthisday/hi/dates/stories/may/6/newsid_2511000/2511575.stm

Stadium announcer Norris McWhirter (who, along with his brother, Ross, started the Guinness Book of World Records), very aware of the significance of the result, said with typical British restraint, "*Ladies and Gentlemen, here is the result of event number 9, the one mile: First, number 41, R.G. Bannister of the Amateur Athletic Association and formerly of Exeter and Merton Colleges, with a time which is a new meeting and track record, and which subject to ratification will be a new English Native, British National, British All-Comers', European, British Empire, and World's record. The time is Three...*" and the rest of the time was lost in the roar of the crowd.

OVERSEAS NEWS

TOKYO (JPN): The Japanese Athletics Federation announced the official lineups for its 2009 IAAF World Championships marathon and walking teams a few days ago. The men's marathon team consists of 5 runners - Satoshi Irifune, Masaya Shimizu, Kazuhiro Maeda, Arata Fujiwara, Atsushi Sato. The women's marathon squad also sees 5 runners - Yoshimi Ozaki, Yoko Shibui, Yoshiko Fujinaga, Yuri Kano, Yukiko Akaba. Full representation was also announced for the 3 walks. Koichiro Morioka is scheduled to double at 20 km and 50 km. Isamu Fujisawa and Yusuke Suzuki are the other two 20km walkers, Yuki Yamazaki and Takayuki Tanii are the other two 50km walkers and the three 20km women are Masumi Fuchise, Mayumi Kawasaki and Kumi Otoshi. Japan is indeed a strong running and walking nation.

THE CANBERRA CARNIVAL FAST APPROACHES

For those new club members who do not know about it yet, the annual Racewalking Australia carnival, held on the Queens Birthday long weekend (Sunday 6 June 2009) in Canberra is the biggest and best walking carnival of the year and we try to ensure that we send full teams in all age groups.

Over the past few weeks, members have been submitting their carnival entries and we now have the makings of a strong team. **VRWC entries close with me next Saturday 16th May so you still have time to enter but time is running out. Ring or email me if you need to chat.** The current list of entries is shown below - note that a number of entrants have nominated for more than one event. An * next to the name indicates that this is a second event. A ** designation indicates that this is a third event. This does not

mean that some walkers will actually do 3 events on the day – it just gives us a bit more flexibility in deciding which of the two secondary events is the best one for us from a teams perspective. I expect a lot more entries over the next week and we should be able to showcase our full team in next week's newsletter.

	EVENT	TIME	ENTRANTS
1	OPEN 20 MILES	08:00 AM	Erickson, Chris Howorth, Sandra (V) Knox, Duncan (V) Kollmorgen, Stuart (V)
2	FITNESS 20 MILES	08:00 AM	
3	M/W AACT 30 KM	08:00 AM	Erickson, Chris
4	W OPEN VET 10M	08:00 AM	Elms, Donna-Marie Rothwell, Jess
5	M OPEN VET 10M	08:00 AM	Keirl, Bernie (V) Nunn, Paul (V) Reid, Ross (V) Summers, Harry (V)
6	FITNESS 10M	08:00 AM	
7	FITNESS 5M	09:00 AM	Elms, Damien
8	MEN U20 10 KM	10:30 AM	Cowley, Rhydian Elms, Jason
9	AACT MEN U20 10KM	10:30 AM	Elms, Jason
10	OPEN 10 KM	10:30 AM	
11	BOYS U10 1 KM	11:40 AM	Candotti, Samuel McShanag, Ethan
12	GIRLS U10 1 KM	11:40 AM	Bertrand, Georgia Harrison, Charlee Lillie, Brianna Lillie, Jessica Owen-Smith, Chelsea
13	BOYS U12 2 KM	11:50 AM	Allamby, Billy Candotti, Samuel * McShanag, Ethan * Owen, Cooper
14	GIRLS U12 2KM	11:50 AM	Campbell, Rebecca Hamilton, Emily
15	BOYS U14 2 KM	12:10 PM	Allamby, Billy * Allamby, Jack Candotti, Samuel ** McShanag, Connor McShanag, Ethan **
16	GIRLS U14 2KM	12:30 PM	Bertrand, Carly Bertrand, Georgia * Campbell, Rebecca * Gelov, Lauren Stadus, Lauren
17	BOYS U16 3 KM	12:50 PM	Felton, Matt Gardner, Aaron McShanag, Connor *
18	GIRLS U16 3 KM	01:15 PM	Bertrand, Carly * Brazel, Hilary Campbell, Caitlin Campbell, Rebecca ** Raselli, Cassie Tallent, Ebony
19	BOYS U18 5 KM	01:40 PM	Felton, Matt * McShanag, Connor ** Simpson, Brad
20	GIRLS U18 5 KM	01:40 PM	Brazel, Hilary *

	EVENT	TIME	ENTRANTS
			Campbell, Caitlin * Laurie, Natalie Peachey, Anika Stadus, Lauren * Tallent, Rachel
21	WOMEN 5 KM	02:20 PM	Brazel, Hilary ** Campbell, Caitlin ** Elms, Donna-Marie * Rothwell, Jess * Tallent, Rachel *

WHAT'S COMING UP NEXT?

Next weekend, our Victorian Masters walkers join us for one of their two winter walking championships. This will swell our numbers a little more than usual and make for an even more exciting day's racing. The timetable reads

Saturday 16th May 2009, Albert Park			
VRWC& VMA EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	2.5km	Handicap	Under 12
2.30pm	1.5km	Handicap	Under 9

A couple of general comments

- We try to print off our race sheets at 2PM so we need all entries completed by then. That is why we state 'Entries close at 2.00pm sharp'. So try to ensure that you get down to Albert Park in plenty of time to enter and help us out.
- Masters walkers are reminded that they must be current VMA members and must wear VMA uniform next week.
- Any club members who enter the Masters championship are automatically entered in to our 10 km club race for points scoring purposes.

Finally, some people asked me on Saturday how to get to Bendigo for the **Victorian Country walks on Sunday 24 May**. I have put travel instructions and a map on our website (<http://www.vrwc.org.au>) – see the link on the front page. Remember that entries for the Country Championships close with Athletics Victoria this Thursday (Thursday 14th May).

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

Sunday 24 May, 2009	Victorian Country Roadwalking Championships, Bendigo. Entries close with AV on Thursday 14 May.
Sunday 7 June, 2009	Lake Burley Griffin Carnival, Canberra
Sunday 28 June, 2009	Victorian Schools roadwalking Championships, Albert Park
July 11-12, 2009	Racewalking Australia Winter Postal Challenge
Sunday 9 August 2009	Victorian Roadwalking Championships, Albert Park
Sunday Aug 30, 2009	Australian Roadwalking Championships, Parramatta Park, Sydney, NSW

2009 International Fixture

May 24, 2009	EAA Race Walking Cup, Metz, France - http://www.metz2009.fr/2nd_language/index.html
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 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

2009 - Remaining EAA Permit Walks

June 28, 2009 Dublin, Ireland

Victorian & National Fixture – Summer 2009/2010

?? Dec 2009 2009 Australian 50 km championship – venue and date still to be advised
Thu 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet)
?? Australian Summer 20 km road championships – venue and date still to be advised.
26-28 Mar, 2010 Victorian Open T&F Championships, Olympic Park
11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs , Venue TBC
2-5 April 2010 Easter weekend - Australian Masters T&F Champs
16-18 April 2010 Australian Open and U23 Track and Field Championships, Perth

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**

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au

Home: 03 90125431 Mob: 0412 257 496

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