



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2008/2009 Number 34
19 May 2009



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VRWC AND VMA EVENTS, ALBERT PARK SATURDAY 16 MAY 2009

Although the forecast warned of bad weather, Saturday afternoon saw cool and overcast conditions with only a slight wind, pretty much ideal for fast walking. A total of 85 competitors meant another big day of racing as we hosted the Victorian Masters 10 km championships alongside our normal club races.

Before I get into the club reports, I must make a general comment about a complaint that has been passed onto me from Saturday. A gentleman walking his dog was verbally abused by walkers and spectators and told that the section of road in question was "...private property paid for by Victoria Race Walking Club for their exclusive use.". This is unfortunate situation and one that we must ensure does not reoccur. The roads on which we race are shared pathways and our lease from Parks Victoria DOES NOT preclude other park users using the roads. Obviously common sense must prevail both on our side and on the side of other users. We can't stop people deciding to walk through our race areas and all we CAN do is ask them politely to watch out for the walkers.

Of course, it is all aggravated at the moment because our regular 2km course alongside the golf driving range is out of action. This results in a lot of walkers, including our U9 and U12, being forced to use a short and tight 500m section of road. Hopefully we will soon be back to our regular 2km course but, in the meanwhile, please exercise restraint and common courtesy with other park users.

And now onto our race reports....

The 10 km walkers headed off first with Tom Barnes leading from the front, eventually finishing with a PB of 42:43. Tom heads off to Europe on Wednesday to prepare for the World University Games in early July (his second such Australian vest) and he is in great form leading into the big event. Behind him, Paul van Kopplen, Rhydian Cowley and Megan Szirom were all after fast times themselves and the final results showed Rhydian with a season PB of 46:06 just pipping Paul with 46:11 with Megan easily the fastest woman with 48:22. Tom, Paul, Rhydian and Megan are all past or present Australian representatives.

Pam Tindal was the other standout 10km walker with her PB time of 54:34 – she walked the whole way with Ralph Bennett who finished with the same time. Pam is quickly developing into one of our top Masters walkers. Club coach Mark Donahoo showed that he is getting back into racing shape with his 52:47 while Murray Dickinson's 57:40 is fantastic (as usual) for an M70 walker. Finally special mentions to Gayle McIntyre (56:40), to Lewis Clark (59:54) who walked his first ever 10km event and to Tamara Attard, another young walker who broke the hour with 59:54. It was great to see so many walkers attacking the 10km distance. Note that club members who raced in the VMA championship are also recorded in the club 10 km event for point scoring purposes.



Megan Szirom, Tom Barnes, Paul Van Kopplen, Rhydian Cowley, Pam Tindal and Ralph Bennett in action in the 10km

VICTORIAN MASTERS 10 KM MEN CHAMPIONSHIP

1	Van Kopplen,, Paul	M40	46:11
1	Donahoo, Mark	M50	52:47
1	Riddoch, Clyde	M55	63:43
2	Cooper, Stuart	M55	67:22
1	Dickenson, Russ	M60	58:53
2	Lucas, Alan	M60	60:41
	Barrow, Geoff	M60	DQ
	Jamieson, Andrew	M60	DQ
1	Bennett, Ralph	M65	54:34
2	Morrison, John	M65	72:46
3	Wicks, Barrie	M65	75:12
1	Dickinson, Murray	M70	57:40
	Beaumont, Ian	M70	DQ

VICTORIAN MASTERS 10 KM WOMEN CHAMPIONSHIP

1	McIntyre, Gayle	W40	56:40
1	Tindal, Pam	W45	54:34
2	Elms, Donna	W45	64:30
1	Carr, Heather	W55	57:40
2	Thompson, Alison	W55	58:54
	Gourlay, Marlene	W55	DQ
1	Feldman, Liz	W60	61:31
1	Steed, Gwen	W65	65:54
1	Beaumont, Margaret	W70	77:23
	Stanway, Marlaine	W70	DNF

VRWC OPEN 10 KM

			Handicap Place
1.	Barnes, Tom	42:47	5
2.	Cowley, Rhydian	46:06	4
3.	Van Kopplen, Paul	46:11	
4.	Mirarchi, Nicholas	52:02	7
5.	Donahoo, Mark	52:47	2
6.	Bennett, Ralph	54:34	6
7.	Dickinson, Murray	57:40	1
8.	Knox, Duncan	58:21	3
9.	Dickenson, Russ	58:53	8
10.	Clark, Lewis	59:34	
11.	Lucas, Alan	60:41	9
12.	Riddoch, Clyde	63:43	10
13.	Cooper, Stuart	67:22	
14.	Morrison, John	72:46	
	Wood, Robin	DQ	
	Wicks, Barrie	DQ	
	Beaumont, Ian	DQ	
	Elms, Jason	DQ	
	Barrow, Geoff	DQ	
	Jamieson, Andrew	DQ	
1.	Szirom, Megan	48:22	8
2.	Tindal, Pam	54:34	3
3.	McIntyre, Gayle	56:40	12
4.	Carr, Heather	57:40	10
5.	Thompson, Alison	58:54	4
6.	Attard, Tamara	59:54	1
7.	Feldman, Liz	61:31	6
8.	Shaw, Kirsten	61:36	5
9.	Elms, Donna	64:30	2
10.	Steed, Gwen	65:54	11
11.	Shaw, Robyn	66:08	7
12.	Beaumont, Margaret	77:23	9
	Stanway, Marlaine	DNF	

We had our usual spread of talent walking the shorter 5km and 3km distances. Beth Alexander was back on deck after a bit of a break post-summer and she and Brad Simpson were the fastest 5km walkers with 25:39 and 25:42 respectively while James Seid and Natalie Laurie were pretty evenly matched in the 3km, finishing with 15:37 and 15:47 respectively.

VRWC OPEN 5 KM

			Handicap Place
1.	Simpson, Bradley	25:42	2
2.	Erickson, Tim	27:31	3
3.	O'Mahony, Michael	28:47	1
4.	Gardiner, Robert	31:17	4

1.	Alexander, Beth	25:39	4
2.	Adamcewicz, Erin	27:08	1
3.	Brazel, Hilary	27:37	2
4.	Payne, Emily	29:22	3
5.	Peachey, Anika	38:13	5

VRWC OPEN 3 KM

1.	Seid-Christmass, James	15:37	1
2.	Harrison, Lindsay	21:50	2
	Elms, Damien	DQ	
	Onley, Gordon	DQ	

Handicap Place

1.	Laurie, Natalie	15:47	1
2.	Mews, Pam	30:31	2



Lewis Clark, James Seid-Christmass, Beth Alexander, Murray Dickinson, Michael O'Mahony and Brad Simpson in action

A big field of Under 15 walkers contested the 3km distance and Matthew Felton and Amelia Finnegan were fastest with 14:54 and 15:12. Jmara Hockley-Samon was in action after her win in the Little Athletics Australian Championship last month and she was the handicap winner in the girls' event with 15:58. Another walker having a great season is young Lauren Stodus who recorded 16:47.



Ryan Antidormi, Jmara Hockley-Samon, Lauren Stodus, Nicole Hallett, Ella Mason and Annemaree Gerlich in the U15 3km

VRWC UNDER 15 3 KM

1.	Felton, Matthew	14:54	1
2.	Antidormi, Ryan	15:38	2
3.	Walker, Jared	16:37	3
4.	Gardner, Aaron	18:03	4

Handicap Place

1.	Finnegan, Amelia	15:12	5
2.	Hockley-Samon, Jmara	15:58	1
3.	Stodus, Lauren	16:47	4
4.	Attard, Bianca	17:12	11

5.	Mason, Ella	17:20	6
6.	Hallett, Nicole	17:42	12
7.	Barbour, Beth	18:19	9
8.	Gelov, Lauren	18:48	2
9.	Gerlich, Annemaree	19:06	7
10.	Campbell, Rebecca	19:07	10
11.	Gatens, Georgia	21:28	3
12.	Harrison, Annalise	23:23	8

The Under 12 and Under 9 walkers went a bit further than usual this week with 2.5km and 1.5km races and they seemed to handle the challenge admirably. Kyle Swan and Reese Walmsley were well out in front and both broke 14 minutes after a spirited race. The best of the U12 girls was Jasmine Irshad who not only took fastest time of 14:04 but also won the handicap. The U9 event was an all girl affair with Georgia Bertrand fastest once again in 9:03. I was very pleased to see our youngest walk, Livinia Mason, win the U9 handicap with her time of 12:50. Only half the size of some of the other walkers in the event, she walked excellently.



Cooper Owen, Jasmine Irshad, Reese Walmsley, Kyle Swan, Brianna Lillie and Georgia Bertrand

VRWC UNDER 12 2.5 KM			Handicap Place
1.	Swan, Kyle	13:30	1
2.	Walmsley, Reese	13:47	3
3.	Garganis, Adam	15:28	5
4.	Owen, Cooper	14:38	2
5.	Tremigliozi, Paul	18:08	4
1.	Irshad, Jasmine	14:04	1
2.	Walker, Megan	14:32	4
3.	Hamilton, Emily	14:58	3
4.	De Lisen, Paige	15:27	5
5.	Ventura, Amy	16:31	9
6.	McCann, Tessa	17:15	5
7.	Henderson, Keely	17:16	10
8.	McLaren, Stacey	17:24	7
9.	Crea, Gabriella	17:25	8
10.	Segota, Bronte	17:26	2
VRWC UNDER 9 1.5 KM			Handicap Place
1.	Bertrand, Georgia	9:03	2
2.	Lillie, Jessica	9:24	5
3.	Harrison, Charlee	10:20	4
4.	Lillie, Brianna	10:20	3
5.	Mason, Livinia	12:50	1

As usual, thanks to all our officials and judges and thanks also to the ladies in the canteen. As it was a championship day, we needed a full panel of judges and everyone turned up. Apologies if I have missed any names.

Judges: Peter Vysma (Chief), Shane Bertrand, Kathleen Marsh, Michael Bodey, Frances Attard, Brenda Felton, Elke Raselli
Officials: Tim Erickson, Bob Gardiner, Harry Summers, Ron Miller, Mark Donahoo, Lou Mirarchi, Ian Laurie, Paul Kozaris, Don McLaren, Celia Johnson, Ray Smith
Canteen: Joyce Summers, Barb Gardiner

STYLE AWARD COMPETITION POINTS

Our racewalking judges had the unenviable job this week of watching 85 walkers for possible infringements as they quickly passed back and fourth over a 1 km course while trying at the same time to pick out the best walkers for Style Award points. It is a tough ask but they do their best to pick out the good stylists. The points this week were given as shown below – with Tom Barnes, Adam Garganis and Megan Walker the ones who most caught the judges' attention in a positive sense.

Open Men		Open Women		U12 /U9 Boys		U12 /U9 Girls	
Tom Barnes	10	Kirsten Shaw	3	Adam Garganis	5	Megan Walker	5
Rhydian Cowley	3	Bianca Attard	3	Kyle Swan	3	Jasmine Irshad	4
Murray Dickinson	3	Pam Tindal	3	Cooper Owen	2	Georgia Bertrand	3
Lewis Clark	2	Beth Alexander	2	Paul Tremigliozi	1	Jessica Lillie	2
Michael O'Mahony	2					Paige De Lisen	2
Brad Simpson	2					Tessa McCann	1
Paul van Kopplen	1						
Aaron Gardner	1						

NEW KOREAN NATIONAL WALKING COACH ANNOUNCED

I am excited to be able to pass on some outstanding news. Racewalking Australia president **David Smith** has been in Korea for the last ten days considering on offer to coach there. After touring around Korea and assessing their athletes, training infrastructure and funding, he has decided to accept their offer to become the National Racewalking Coach for Korea as of 1st May 2009.

The initial contract is for a period of 8 months but the intention is for the role to continue through the current Olympic cycle.

Dave tells me that the training facilities are duplicated in the North of the country just outside Seoul and in the South of the country in a little island off of the mainland called JeJu, which hosts their purpose built Marathon Training Centre and which will also accommodate the walkers.

Dave's new role will be to develop the juniors across the country, develop a senior womens' team and to work with the Samsung Team (which has the top male walkers) and their coach Bohdan Bulakowski. His immediate aim is to help prepare the Korean walkers for the Asian Games later in the year.

Along with that will be the writing of a training manual and the setup of a racewalking coaching infrastructure to further develop both athletes and coaches. The plan is to mirror the AT&FCA structure but stylize it toward the Korean way of doing things.

This both an exciting and, at the same time, a daunting new job that David is taking on but I know that his infectious excitement and proven skills will be well suited to the new role. I look forward to working with Dave in his new role and making use of the new contact that has now been made with one of the powerhouses of the Asian racewalking community.

Dave hopes that he will soon be able to bring some Korean walkers to Australia to train/race and I am sure that there may arise new opportunities for Australian walkers to train and/or compete in Korea once the dust has settled and Dave is able to start putting some long term initiatives into place.

Congratulations Dave - give em heaps!

VALE KEVIN STONE, 1934 – 14 MAY 2009

We pass on our condolences to the NSW walking community on the loss of walking coach Kevin Stone. Born in 1934, Kevin had been associated with the Nepean District Athletics Club for over thirty years and had produced a whole swag of top line young walkers, a number of whom went on to become our frontline walkers.

MORE ON THE FOUR MINUTE MILE

Following up from my brief article on the Four Minute Mile in last week's newsletter, VRWC life member Ray Smith has pointed me to a great 3 pager that he wrote some time ago about Roger Bannister and John Landy and their races. I have uploaded it to the VRWC website so that you can all read it – it is a beauty. Point your browsers to <http://www.vrwc.org.au> and choose the left hand index item 'Articles of General Interest'. Thanks and well done, Ray.

CROSSING TO THE DARK SIDE

This week I finish off my series of articles on those athletes who have excelled in both walking and running. I have had lots of suggestions on worthy candidates over the last few weeks (thanks everyone) so here is my short list of Australian male candidates as well as a selection of overseas men.

Male Athlete	Run / Walk	Total Time
Nick A'Hern (AUS)	Nick was not only one of our best ever walkers but he was a very good runner as well. His 5km and 10km doubles make for impressive reading 5 km run in 14 mins / 5000m walk in 18:51.39 10 km run in 29 mins / 10 km walk in 39:10	32:52 58:10
David Smith (AUS)	But if you reckon that Nick had great doubles, consider Dave Smith, the father of Dane Bird-Smith and the newly appointed Korean National Coach. While his walk times are amazing (especially since they were done in the early 80's), his running prowess is also very impressive. His run PBs stood at 49.7 (400m), 1:52 (800m), 3:54 (1500m), 13:42 (5000m), 29:29 (10km) and 64:26 (half marathon). Doubles for him include 5000m run 13:42 / 5000m walk 18:52 10 km run in 29:29 / 10 km walk in 38:06 half marathon 1:04.26 / 20 km walk 1:19:22	32:34 57:35 2:23:48
Dane Bird-Smith (AUS)	Dave Smith's son Dane seems to be following in dad's footsteps in terms of his run/walk capability. At age 16, he boasts the following run and walk PBs and will soon be challenging some of his older walking rivals with this sort of talent Run: 400m (48.4), 4:03 (1500m) Walk: 1500m (5:45), 3000m 12:03, 5000m 20:22, 10km 43:47	
Willi Sawall (AUS)	Willi is best known as one of our greatest ever walkers but actually started his racewalking career late, at the age of 32, after persistent achilles problems. His best marathon was in the Victorian Marathon championship on 13/9/68 where he placed 5 th in the time of 2:35:04. His best 50km walk of 3:46:34 came 12 years later in 1980, at 38 years of age! Marathon run 2:35:04 / 50 km walk 3:46:34	6:21:38
Ross Haywood (AUS)	Ross, who represented Australia in the 1974 Comm Games and 1976 Olympics in the walk, was, in his younger days, the Australian Junior 3000m steeple chase record holder and only missed out by the narrowest of margins in representing Australia in the steeple in the 1970 Comm Games. He remained a superb runner throughout his career and could always mix it with the top blokes in any of the big runs. I don't have his run PBs but when I get them from him, he will make a worthy addition to this list.	
Tim Erickson (AUS)	While not in the same league as the blokes above as either a runner or a walker, I did perform reasonably on both fronts as the following stats show 10 km run / 10 km walk : 31:19 / 42:32 ½ marathon run / 20 km walk: 1:08:40 / 1:27:12 marathon run / 50 km walk : 2:29:27 / 4:03:17	1:13:51 2:35:52 6:32:44
Rhydian Cowley (VIC)	Another talented young runner/walker, Rhydian Cowley, who represented us in the 2007 World Racewalking Cup, regularly mixes running and walking. Still only aged 19, his run/walk doubles are 5000m run 15:38 / 5000m walk 21:41 10km run 34:03 / 10km walk 44:47 Half Marathon 1:20:14 / 20km walk 1:36:14	37:29 1:18:52 2:56:28
Aigars Fadejevs (LAT)	The 2000 Olympic 50 km walk medallist has become a very solid marathon runner in his post-walking career. His marathon / 50km double is very impressive marathon in 2:18:19 / 50 km walk in 3:43:18.	06:01:39
Andi Drake (UK)	Andi Drake, new Director of Race Walking at Leeds University in England, was a British international walker in his heyday (10 km 41:18, 20 km 1:24:04) but was also a pretty slick runner with a 10km PB of 30:59 10 km run 30.59 / 10 km walk 41:18	1:12:17

I was also pointed to some other possible names which I reproduce here for completeness

Bo Gustafson, born 1954 in Sweden, 1984 Olympic 50 km silver medallist, 50 km PB 3.44:49, marathon PB approx 2:30

Hartwig Gauder: born 1954 in GDR, one of the most successful 50 km walkers of all time with Olympic and World championship gold medals and a PB of 3.39.45. After he finished his career as a sportsman, he fell ill with myocarditis and deteriorated so much that he had to be implanted with an artificial heart while waiting for a new donor heart. He was transplanted in January 1997 and, in

November 1998, he took part in the New York marathon. He is now the General Secretary of the association “Sportsmen for donation of an organ”. Not exactly a top run/walk double but an interesting story!

Francisco Fernandez, born 1977 in Spain, is best known as one of the world's current top 20 km walkers, regularly winning events around the world and with a 20 km walk PB 1:17:22. I am advised he has also run a half marathon in 1.10-1.11.

Herm Nelson, USA Olympian 92 and 96, 3.59 for 50 km, 1.26 for 20 km. He ran a marathon in 4.10.02 at 12 years of age!

And now onto the ultra distances where three athletes seem to stand out in the run/walk scheme of things.

Athlete	Run / Walk	Total Time
Peter Tichy (SLV)	Slovakian ultra runner but a very good walker in recent times. Examples include 100 km run in 7:22 / 100 km walk in 9:02	16:24:00
Yiannis Kouros (AUS/GRE)	Without doubt, the greatest ultra runner of all times – unbeatable since the mid 80's and still winning. Holds all run world records from 100M to 1000M. Examples of his astonishing capabilities include 100 mile run in 11:57:59 / 100 mile walk in 22:55:23 24 hour run of 303.506 km / 24 hour walk of 168.406 km	34:53:22 471.912 km
Richard Brown (UK)	The husband of walk/run legend Sandra Brown, Richard is a champion in his own right with numerous British vests in walking and running and with a 100 mile walk time of 16:50 and a 48 hour run time distance of 401.208 km. He held the running record for Lands End to John o'Groats (825 miles) and successfully competed several times in the Paris-Colmar 500km walk classic. Apart from Sandra, no one has done as much on both sides of the fence as Richard. I quote his 24 hour references 24 hour run 233 km / 24 hour walk 206.5 km	439.5 km

So who is the best run/walk exponent of all time over the shorter distances? Well, in my opinion (and I am probably biased here since we used to train together), it is Australia's own **Dave Smith** who remains the best all round athlete I have ever seen. Although only 172cm in height, his power and speed-endurance were legendary. A very successful golden gloves boxer in his younger days, he was able to turn his hand to anything sporting with immediate success. Luckily for us, he chose walking but he would have succeeded in whatever he tried. I remember on one occasion he decided to try his hand at the Mt Wycheproof King of the Mountain run. This involved running up the main street of Wycheproof (a Victorian country town), picking up a 10 stone (140 pounds or 65 kg) bag of wheat and then running up Mt Wycheproof, a hill outside the town that was designated as the world's smallest mountain. To train for this, Dave ran laps of the block carrying me on his shoulders and did huge sessions of stepups while holding a heavy weight. He eventually came third but only because, in his enthusiasm, he warmed up by winning the associated 8km fun run which was held just before the event.



Dave Smith walking in 1980 and in his current guise as Racewalking Australia President

THE CANBERRA CARNIVAL FAST APPROACHES

Our team is now finalised for Canberra and I am pleased to announce that 82 walkers (our biggest team EVER) will race in the club colours in the annual ACT based Racewalking Australian carnival on Sunday 7 June. In fact, a fair few of our walkers will do more than on event (* for second event, ** for possible third event). I am specially excited that VRWC 2008 Olympians Jared Tallent,

Chris Erickson and Kellie Wapshott will be in action. I think that fellow Olympians Adam Rutter (NSW), Claire Tallent (SA) and Luke Adams (NSW) will also be racing. This is a great opportunity for our young walkers to see Australia's best in action.

I will have informational handouts for everyone on Saturday at Albert Park and I will take them to Bendigo on Sunday for those who are racing there instead. But here is the list that I have sent off to the Canberra organisers:

	EVENT	TIME	NAMES
1	OPEN 20 MILES	08:00 AM	Erickson, Chris Howorth, Sandra (V) Jamieson, Andrew (V) Knox, Duncan (V) Kollmorgen, Stuart (V) McDonough, Aaron Szirom, Megan Tallent, Jared
2	FITNESS 20 MILES	08:00 AM	
3	M/W AACT 30 KM	08:00 AM	Erickson, Chris Jamieson, Andrew Szirom, Megan Tallent, Jared
4	W OPEN VET 10M	08:00 AM	Alexander, Beth Attard, Tamara Elms, Donna-Marie (V) Rothwell, Jess Tindal, Pam (V) Wapshott, Kellie
5	M OPEN VET 10M	08:00 AM	Bennett, Ralph (V) Biggin, Daryl (V) Keirl, Bernie (V) Luke, Peter (V) Nunn, Paul (V) Prendergast, Maurice (V) Reid, Ross (V) Summers, Harry (V)
6	FITNESS 10M	08:00 AM	Wood, Robin
7	FITNESS 5M	09:00 AM	Elms, Damien
8	MEN U20 10 KM	10:30 AM	Cowley, Rhydian Elms, Jason Payne, Daniel
9	AACT MEN U20 10KM	10:30 AM	Elms, Jason Payne, Daniel
10	OPEN 10 KM	10:30 AM	
11	BOYS U10 1 KM	11:40 AM	Candotti, Noah Candotti, Samuel McShanag, Ethan
12	GIRLS U10 1 KM	11:40 AM	Bertrand, Georgia Biggin, Rhianna Currie, Shelby Harrison, Charlee George, Hayley Lillie, Brianna Lillie, Jessica Owen-Smith, Chelsea
13	BOYS U12 2 KM	11:50 AM	Allamby, Billy Candotti, Samuel * McNicol-Davidson, Cody McShanag, Ethan * Owen, Cooper Swan, Kyle Walmsley, Reese
14	GIRLS U12 2KM	11:50 AM	Campbell, Rebecca De Lisen, Paige Hamilton, Emily

	EVENT	TIME	NAMES
			Walker, Megan
15	BOYS U14 2 KM	12:10 PM	Allamby, Billy * Allamby, Jack Candotti, Samuel ** Jones, Jeremiah McShanag, Connor Swan, Kyle * Walker, Jared Walmsley, Reese *
16	GIRLS U14 2KM	12:30 PM	Attard, Bianca Barbour, Beth Bertrand, Carly Bertrand, Georgia * Campbell, Rebecca * Gelov, Lauren George, Stephanie Hockley-Samon, Jmara Jones, Madison Luke, Sarah McNicol-Davidson, Chloe Ohlsen, Shae Stadus, Lauren Walker, Megan *
17	BOYS U16 3 KM	12:50 PM	Clark, Lewis Felton, Matt Gardner, Aaron Jones, Jeremiah * McNicol-Davidson, Cody *
18	GIRLS U16 3 KM	01:15 PM	Bertrand, Carly * Brazel, Hilary Callaway, Jessica Campbell, Caitlin Campbell, Rebecca ** Finnegan, Amelia Hockley-Samon, Jmara Jones, Ebony Mason, Ella McNicol-Davidson, Chloe* Raselli, Cassie Tallent, Ebony
19	BOYS U18 5 KM	01:40 PM	Felton, Matt * McShanag, Connor * O'Mahony, Michael Simpson, Brad
20	GIRLS U18 5 KM	01:40 PM	Alexander, Beth * Attard, Bianca * Brazel, Hilary * Campbell, Caitlin * Laurie, Natalie Payne, Emily Peachey, Anika Stadus, Lauren * Tallent, Rachel
21	WOMEN 5 KM	02:20 PM	Baker, Alison (V) Brazel, Hilary ** Campbell, Caitlin ** Elms, Donna-Marie (V) * Payne, Emily * Rothwell, Jess * Smith, Emma Stephens-Jones, Joy (V) Tallent, Rachel * Tindal, Pam (V) * Wapshott, Kellie *

WHAT'S COMING UP NEXT?

Next weekend, we have two walking events on offer. On Saturday, our next round of VRWC races happen at Albert Park. The timetable reads as follows

Saturday 23rd May 2009, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

Then on Sunday, the Victorian Open 15 km walk championships are to be held, alongside the Victorian Country roadwalking championships, in Bendigo. The time table for this big day of racing reads as follows

Sunday 24th May 2009, Bendigo			
A.V. State and Country Championships & Racewalking Victoria Championships			
10.00am	15km	A.V. Championship & Teams event	Open Men
10.00am	15km	A.V. Championship	Open Women
10.00am	10km	A.V. Country Championship	Open Men/Women
10.10am	5km	A.V. Country Championship	Under 20 Men/Women
10.10am	5km	A.V. Country Championship	Under 18 Boys/Girls
10.50am	3km	A.V. Country Championship	Under 16 Boys/Girls
10.50am	3km	A.V. Country Championship	Under 14 Boys/Girls
11.15am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls
11.15am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls

and the provisional race entries as of Tuesday 19 May read as follows

F/OPEN 15KM & 10KM COUNTRY WALK Brennan, Sarah 10km Country Lenehan, Deborah 10km Country Major, Annette 10km Country Bryant, Barbara 15km & 10km Country Carr, Heather 15km & 10km Country Irshad, Kylie 15km & 10km Country Rothwell, Jessica 15km & 10km Country Ruddick, Kelly 15km & 10km Country Szirom, Megan 15km	M/OPEN 15KM & 10KM COUNTRY WALK Biggin, Daryl 10km Country Luke, Peter 10km Country Major, Geoff 10km Country Nunn, Paul 10km Country Prendergast, Maurice 10km Country Cousins, Duane 15km & 10km Country Payne, Daniel 15km & 10km Country Knox, Duncan 15km Kollmorgen, Stuart 15km Reid, Ross 15km
F/U14 3KM WALK George, Stephanie Irshad, Jasmine Luke, Sarah Ohlsen, Shae Stadius, Lauren (metropolitan invitation walker) Wilson, Jessey	M/U14 3KM WALK Jones, Jeremiah Maskell, Ben Taylor, Lucas
F/U16 3KM WALK Campbell, Grace Heard, Amanda Hockley-Samon, Jmara Jones, Ebony-Jade Jones, Maddison Raselli, Cassie Tallent, Ebony Whiley, Ebony	M/U16 3KM WALK Clark, Lewis Curtis, Peter
F/U18 5KM WALK Tallent, Rachel	M/U18 5KM WALK NIL
F/U20 5KM WALK Palfreyman, Jessie Payne, Emily	M/U20 5KM WALK NIL

Remember that I have put travel instructions and a map on our website (<http://www.vrwc.org.au>) – see the link on the front page.

Finally, local Bendigo organiser Paul Rance has asked me to find out who is coming for the U10/U12 events as he needs some idea for catering purposes. So can you email me if you are going for these additional events which are 'enter on the day'.

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
4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
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**

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