



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RACES, ALBERT PARK, SATURDAY 13 JUNE 2009

If we expected a quiet day at Albert Park the week after Canberra, we were mistaken. Even though the weather had been dreadful all week, we still saw 86 walkers in action for our annual 'Guess Your Time' day. The concept is a simple one – places are based on how close you are to your guessed finish time. We finally got back onto a new 2km course and it seemed to work pretty well.

2008 Olympian Chris Erickson, who was having a final walk before heading off on Monday to Europe to prepare for this year's World Championships, was a surprise starter amongst the 15 walkers in the 10km race. Anand Thillaisundaram and Heather Carr were closest to their guessed times while Chris Erickson and Gayle McIntyre had the fastest times. Gayle's time of 55:05 was in fact a big PB. Bernie Keirl also recorded a PB with his 55:01. And a special mention for Nicole Hallett who walked her first 10km event. It is always great to see our younger walkers testing themselves out over the longer distances.

	Open 10km Walk	Time	Guess	Difference
1	Thillaisundaram, Anand	1:05:17	1:05:00	00:17
2	Kollmorgen, Stuart	49:24	48:49	00:35
3	Dickinson, Murray	58:18	57:30	00:48
4	Donahoo, Mark	52:34	51:40	00:54
5	Keirl, Bernie	55:01	56:30	01:29
6	Gardiner, Bob	1:00:55	1:02:30	01:35
7	Reid, Ross	54:51	53:00	01:51
8	Erickson, Chris	45:22	47:30	02:08
9	Skrucany, Rudolf	1:14:17	1:10:00	04:17
	Beaumont, Ian	DQ		
1	Carr, Heather	56:40	57:30	00:50
2	Beaumont, Margaret	1:17:45	1:16:50	00:55
3	McIntyre, Gayle	55:05	57:00	01:55
4	Tindal, Pam	54:51	57:30	02:39
5	Hallett, Nicole	1:09:49	1:01:22	08:27



Nicole Hallett, Gayle McIntyre, Anand Thillaisundaram, Stuart Kollmorgen and Heather Carr in the 10km event

The winners in the 5km walks were spot on – Ralph Bennett was only 5 secs off and Marlaine Stanway was 8 secs off. Ella Mason jumped up from the Under 15 division and walked her first ever 5km in the very good time of 28:43. We also welcomed Paul Kennedy back after some time away and he was showed that he has not lost any form, taking fastest time with 25:07.

Open 5km Walk		Time	Guess	Difference
1	Bennett, Ralph	26:31	26:26	00:05
2	Wood, Robin	34:52	35:00	00:08
3	Barrow, Geoff	31:52	31:42	00:10
4	Antidormi, Ryan	27:12	28:30	01:18
5	Kennedy, Paul	25:07	27:00	01:53
1	Stanway, Marlaine	36:03	35:55	00:08
2	Steed, Gwen	30:52	30:38	00:14
3	Shaw, Kirstin	30:02	28:30	01:32
4	Mason, Ella	28:43	30:30	01:47



Gwen Steed, Ralph Bennett, Robin Wood, Marlaine Stanway and Paul Kennedy in the 5km event

Our 3km walks saw equal firsts in both the men's and women's walks. Clyde Riddoch and James Seid-Christmass were 4 secs off their time estimates while Donna Elms and Janet Holmes were only 2 secs off. James and Janet were also the fastest times. We also welcomed two first time walkers, Julie Walsh and Rhonda McNaughton who had never racewalked before – and they did well, walking together for 22:24. Well done ladies!



3km walkers Janet Holmes, Donna Elms, James Seid-Christmass, Clyde Riddoch, Rhonda McNaughton and Julie Walsh

Open 3km Walk		Time	Guess	Difference
E1	Riddoch, Clyde	16:56	17:00	00:04
E1	Seid-Christmass, James	15:24	15:20	00:04
3	Elms, Jason	17:03	17:30	00:27
4	Doran, Anthony	19:02	19:31	00:29
5	Harrison, Lindsay	21:31	21:00	00:31
6	Kozica, Jason	19:23	20:00	00:37
7	McDonough, Aaron	19:47	17:30	02:17
	Onley, Gordon	DQ		

E1	Elms, Donna	17:54	17:56	00:02
E1	Holmes, Janet	19:02	19:00	00:02
3	Box, Justine	24:04	24:00	00:04
4	Morrey, Jan	19:55	20:20	00:25
5	Mews, Pam	30:22	29:55	00:27
6	Peachey, Anika	20:45	20:00	00:45
	Walsh, Julie	22:24		
	McNaughton, Rhonda	22:25		

Sisters Rebecca and Caitlin Campbell walked together the whole way and were spot on, only finishing 7 secs outside their guessed times to win the girls' race while Aaron Gardner won the boys' event, only 3 secs different to his guess. Aaron actually did a PB along the way as did Matt Felton whose 14:35 was a fantastic performance.. Amelia Finnegan was the fastest of the girls with a very quick 15:00

	Under 15 3km Walk	Time	Guess	Difference
1	Gardner, Aaron	15:57	16:00	00:03
2	Walker, Jared	16:05	16:30	00:25
3	Tam, Aaron	17:03	16:30	00:33
4	Felton, Matthew	14:35	15:00	00:35
5	McShanag, Connor	18:12	16:53	01:19
	McNicol-Davidson, Cody	DNF		
E1	Campbell, Rebecca	19:06	18:59	00:07
E1	Campbell, Caitlin	19:06	18:59	00:07
3	Irshad, Jasmine	17:20	17:30	00:10
E4	Gatens, Georgia	20:49	21:00	00:11
E4	Finnegan, Amelia	15:00	15:11	00:11
6	McNicol-Davidson, Chloe	18:52	18:30	00:22
7	George, Stephanie	15:17	15:40	00:23
8	Hockley-Samon, Jmara	15:57	15:30	00:27
9	Bertrand, Carly	18:31	18:00	00:31
10	Gelov, Lauren	19:47	18:15	01:32



Under 15 walkers Rebecca and Caitlin Campbell, Amelia Finnegan, Aaron Gardner and Jared Walker

Our Under 9 walkers headed off at 2:30PM and tested themselves out on a new course. Harry Hockley-Samon and Georgia Bertrand were closest to their guesstimates with Georgia being our best guesser of the day – only 1 second out. She was also the fastest U9 girl with 5:30 while Sam Candotti was the fastest boy with 6:21. Thanks to **Terry Swan** for the great U9 and U12 photos.

	Under 9 1km Walk	Time	Guess	Difference
1	Hockley-Samon, Harry	06:47	07:00	00:13
2	Candotti, Sam	06:45	06:21	00:24
3	Box, Ryan	08:21	07:44	00:37
	Candotti, Noah	DQ		
1	Bertrand, Georgia	05:29	05:30	00:01
2	Lillie, Brianna	06:33	06:30	00:03
3	George, Hayley	05:58	05:50	00:08
4	Xuereb, Tara	06:18	06:27	00:09
5	Owen-Smith, Chelsea	06:49	06:38	00:11
6	Box, Erin	07:09	07:21	00:12
7	Lee, Georgia	05:33	05:50	00:17
8	Lillie, Jessica	05:53	06:16	00:23



Under 9 walkers Brianna Lillie, Georgia Lee, Georgia Bertrand, Harry Hockley-Samon and Sam Candotti (photos by Terry Swan)

The Under 12s were last away today at around 2:40PM and Billy Allamby walked excellently to get the double – best guess and fastest time of 10:28. Tessa McCann was the best guess amongst the girls while Megan Walker and Paige De Lisen had a great battle for fastest time with Megan just getting up by 1 second with 10:55.

	Under 12 2km Walk	Time	Guess	Difference
1	Allamby, Billy	10:28	10:36	00:08
2	Owen, Cooper	11:26	11:35	00:09
3	Swan, Kyle	11:34	11:10	00:24
4	Tremigliozi, Paul	13:58	14:25	00:27
5	Garganis, Adam	12:04	12:40	00:36
	Walmsley, Reese	DQ		
1	McCann, Tessa	11:57	12:05	00:08
2	Ventura, Amy	12:09	12:20	00:11
3	Crea, Gabriella	13:42	13:31	00:11
4	Harrison, Annalise	14:32	14:20	00:12
5	Hamilton, Emily	11:48	12:04	00:16
6	Segota, Bronte	12:55	13:14	00:19
7	Walker, Megan	10:55	11:20	00:25
8	De Lisen, Paige	10:56	11:25	00:29
9	Henderson, Keely	13:14	12:45	00:29
10	Harrison, Charlee	14:25	13:50	00:35
11	Cullen, Larissa	12:08	12:45	00:37
12	McLaren, Stacey	14:08	13:30	00:38



Under 12 walkers Amy Ventura, Paige De Lisen, Megan Walker, Billy Allamby, Cooper Owen and Tessa McCann (photos by Terry Swan)

As usual, thanks to all our officials and helpers – the events would not run without you. Sorry if I missed anyone.

Judges: Peter Vysma (chief), Lloyd Nicholls, Kathleen Marsh, Brenda Felton, Shane Bertrand, Michael Bodey
Officials: Tim Erickson, Harry Summers, Bob Gardiner, Bob Hallett, Alan Lucas, Paul Kozaris, Don McLaren, Mark Cooper
Canteen: Joyce Summers, Kate Suich

CURRENT POINTS – HANDICAP, ACTUAL TIME AND STYLE AWARDS

Our points competitions are buildly as we approach the halfway point in our winter season. The Style Award points from Saturday were as follows

Men	U12 & U9 Boys	Women	U12 & U9 Girls
Chris Erickson 14	Billy Allamby 9	Kirstin Shaw 6	Megan Walker 9
Stuart Kollmorgen 8	Adam Garganis 4	Pam Tindal 6	Jessica Lillie 6
Anand Thillaisundaram 4	Sam Candotti 1	Heather Carr 5	Emily Hamilton 4
Murray Dickinson 3	Paul Tremiglioizzi 1	Carly Bertrand 3	Georgia Bertrand 4
Paul Kennedy 2	Kyle Swan 2	Stephanie George 3	Keely Henderson 3
Ralph Bennett 2	Cooper Owen 3	Chloe McNicol-Davidson 2	Paige De Lisen 2
Aaron McDonough 1		Amelia Finnegan 2	Tara Xuereb 2
Mark Donahoo 1		Nicole Hallett 1	
		Gwen Steed 1	

The progressive points (Style Award, Handicap and Actual Times) can be viewed on our website <http://www.vrwc.org.au>

Also thanks to Mark Donahoo has put together a brief explanation of how he calculates the Handicap and Actual Time points.

Each athlete who is financial and has previously walked the distance in the current season or the previous season will be given a handicap time. This time will be deducted from the finish time of the athlete to determine the net handicap time.

- To receive a handicap times for 1km, 1.5km, 2km or 2.5km, you only need to have raced one of these distances.
- To receive a handicap times for 3km, 4km, 5km or 6km, you only need to have raced one of these distances.
- To receive a handicap times for 8km, 10km or 12km, you only need to have raced one of these distances.

Points are then awarded. Non-members and unfinancial members are permitted to start in these races, but will not receive points.

Handicap points are awarded as follows:

- All walkers receive 1 point for starting
- All walkers receive 1 point for finishing.
- Additionally, 1st place in the handicap receives 5 additional points, giving them 7 points
- 2nd place in the handicap receives 4 additional points, giving them 6 points
- 3rd place in the handicap receives 3 additional points, giving them 5 points
- 4th place in the handicap receives 2 additional points, giving them 4 points
- 5th place in the handicap receives 1 additional points giving them 3 points
- No other finishers receive additional points, so they end up with their basic 2 points
- Those who either do not finish or are disqualified get 1 point for starting

Actual time points are awarded as follows:

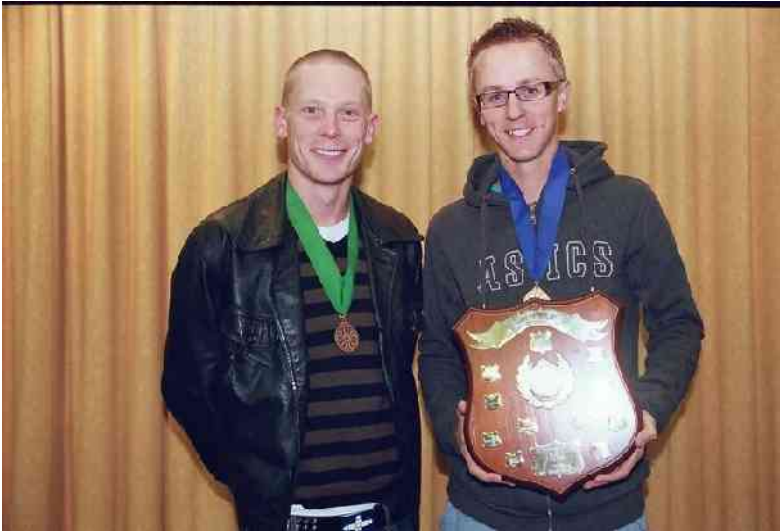
- Fastest time walker receives 5 points.
- 2nd fastest time walker receives 4 points.
- 3rd fastest time walker receives 3 points.
- 4th fastest time walker receives 2 points.
- 5th fastest time walker receives 1 point.
- No other walkers receive any points.

MORE PHOTOS FROM CANBERRA

Doug Fitzgerald, who was taking the official photos from the Canberra Presentation Night last week, has uploaded all his photos to <http://picasaweb.google.com.au/douglasfitzgerald/LBGWalkingCarnival2009?feat=directlink>. He advises that they are for personal or club use and that you should contact him (dougfitz@mail.com) if you want to discuss any other use. Terry Swan has put all his photos onto a CD and I have my own photo archive – a veritable treasure trove in all. I am happy to put them all onto one CD/DVD and cut a copy for anyone who wants one. Just email me to put in an order and I will have it at Albert Park on Saturday.

Finally, the KLAC (Knox Little Athletics Club) website also carries its own report from Canberra – see <http://www.klac23.org.au/>

And here are photos of our 5 winning teams from the Canberra Presentations (from Terry's photos)



Open 20M – Chris Erickson, Jared Tallent (Andrew Jamieson missing)



U12 Girls - Emily Hamilton, Megan Walker (paige De Lisen missing)



U14 Girls – Bianca Attard, Jmara Hockley-Samon, Stephanie George U14 Boys – Billy Allamby, Jeremiah Jones, Jared Walker



U12 Boys – Cooper Owen, Billy Allamby, Kyle Swan

DANE BIRD-SMITH FIRES IN QUEENSLAND

Dane Bird-Smith is in great form in the leadup to the World Youth Championships next month. On Sunday in the Gold Coast Winter Series competition, he easily won the 3000m walk in a PB time of **11:57.32** and broke his own Queensland U18 record. Great stuff Dane!

Mixed 3000 Metre Race Walk

1.	Bird-Smith, Dane	M17	Qld Race Walking Club	11:57.32
2.	Pickles, Jessica	W15	Jimboomba	15:33.80
3.	Cunningham, Matt	M15	Unattached	15:47.87



Dane Bird-Smith wins the U18 5km in Canberra to make it an U20/U18 double

OUR BEST WISHES TO NATALIE LAURIE

VRWC Junior captain Natalie Laurie has just come home from hospital after having ankle surgery – she raced for us in Canberra as her last race before going under the knife. Good luck with your recovery Natalie – we hope to see you back on the track in a couple of months.



Natalie in action in the U18 5km walk in Canberra

SOUTH AUSTRALIA WALKING CLUB HAS A NEW WEBSITE

The South Australian Race Walking Club now has a new website so I thought I would remind everyone of all the Australian racewalking related websites that are currently available. Let me know of any other major sites that I have missed.

- [Racewalking Australia \(AFORWC\)](#)

- [ACT Race & Fitness Walking Club](#)
- [Australian Centurion Walkers](#)
- [Ballarat Racewalking Club](#)
- [Geelong Walkers Club](#)
- [NSW Racewalking Club](#)
- [Queensland Race Walking Club](#)
- [Racewalking Tasmania](#)
- [Race Walking Club of Western Australia](#)
- [Regal Walkers Club](#)
- [South Australian Race Walking Club](#)
- [Victorian Race Walking Club](#)

- [Nathan Deakes' website](#)
- [Jane Saville's website](#)
- [Mark Donahoo's website](#)
- [Tim Erickson's Walking Archives](#)
- [OzWalker Discussion Group](#)

DEFENDING CHAMPION NATHAN DEAKES OUT OF WORLD TITLES

The Athletics Australia website (<http://www.athletics.com.au>) released the following late last week after Nathan Deakes, the current IAAF 50 km world champion and former 50 km world record holder, announced his withdrawal from the Australian team to contest the 2009 World Championships in Berlin this August. We are all so disappointed for Nathan but are pleased to see that he is still training and that his return from major surgery is still progressing – although not as quickly and as hiccup free as he had hoped. Keep positive Nathan...we are all behind you as you look to 2010.

Reigning world champion Nathan Deakes will not defend his 50km race walk world title in Berlin in August, today announcing his withdrawal from the Australian team for the 2009 IAAF World Championships.

Deakes has been unable to return to competition since undergoing surgery on his left hamstring in July last year, an injury which ruled him out of the Beijing Olympics. Although his recovery and training has been progressing well, the 31-year-old has decided he has not reached a point in his training where he can line up on the start line in Berlin and be competitive. After discussions with his coach Craig Hilliard and AIS head coach Tudor Bidder, it was decided yesterday that he would not attempt a return to competition this year.

A disappointed Deakes said that he had basically run out of time in his preparations to have a realistic chance of successfully defending his world title. "It was definitely a tough decision. I feel like I could go and do quite well, but I just don't feel I could go and do as well as I want to. To do justice to turning up as defending champion, and all the extra baggage that comes along with that, I don't think I could just go and roll in for 15th or 20th spot."

Deakes has been hampered by hamstring trouble for the last four years, but it was a number of other related injuries which caused hiccups to his preparation this year.

"In terms of my hamstring and repair that's really good... I'm moving forward, it's just a matter of getting my body used to the load and training out on the road again. I came back really quickly and I was well ahead of schedule which gave me really good hope. I thought I was going really well, and then around March I had a little bit of a setback with my abductor, which took me a little bit to get over. The last few weeks I've set myself little goals in training which I was achieving, but earlier this week I had a minor set back with a tight hip and I fell behind the eight ball. Realistically I needed a year where I didn't have any problems. Unfortunately it never seems to be the case with me and it obviously wasn't the case this year. In terms of longevity for my career it's the best situation to stay home and keep training rather than prepare for a major championship in two months time.

Deakes is giving no thought to retirement, with next year's World Walking Cup and Commonwealth Games firmly in his sights. He also admits that the Olympic Games beacon is still burning brightly ahead of London 2012.

"The last two years have been very frustrating. I haven't been able to do what I wanted to do, to get out there and race and do my best. In terms of the next few years, I want to keep going on again next year, the World Cup in May and the Commonwealth Games in Delhi will be my primary focus. It will be a year-to-year proposition at this stage. London, whilst its still three years off, will roll around very quickly. Whilst the mind is willing it's probably up to the body at this stage."

The former world record holder has been a force on the world race walking scene for over a decade, despite his ongoing battles with injury. A four-time Commonwealth Games gold medallist, Deakes won the bronze medal in the 20km at the 2004 Athens Games but was heartbreakingly disqualified in the 50km event when leading at the 34km mark. In 2007, in the sweltering Osaka heat, Deakes etched his name into history as Australia's fifth world champion.

Although Deakes withdrawal is a blow to the Australian team, the depth in Australian race walking will stand up to the challenge with the highly-credentialed trio of Olympic silver medallist Jared Tallent, Luke Adams and Chris Erickson set to fly the flag in the 50km event in Berlin.

The trio depart for Europe this weekend, ahead of the next leg of the IAAF Race Walking Challenge in La Coruna, Spain on June 20. The walkers will then head to St Moritz in the Swiss Alps for a stint of altitude training before putting the finishing touches on their preparations for Berlin.

CHRIS ERICKSON READY FOR A EUROPEAN CAMPAIGN

As mentioned in our race report, AIS scholarship holder and VRWC club member Chris Erickson had a low key 10km stroll on Saturday at Albert Park before flying out to Europe with his fellow AIS walkers on Monday evening. I was lucky enough to be holding the watch while he did a solo track session on Friday morning at the Aberfeldie athletics track in suburban Melbourne and to say I was impressed would be an understatement. An 8:30AM start on a cold Melbourne morning did not seem to present any problems as he paced himself through the following:

- 2km slow walking warmup
- 10 mins stretching and drills
- 4x2000m with 2 min rest between each – 8:06, 7:56, 7:52, 7:55
- 5 min rest
- 4x1000m with 2 min rest between each – 3:55, 3:53, 3:54, 3:52
- 2km slow walking warmdown

The amazing thing to realise is that if Chris were doing this track session with the other AIS walkers, he would actually be trailing off the back of Nathan, Jared, Luke and Adam – and he is the first to acknowledge this fact. To have 5 such talented men all walking at the same time is a huge plus for Australian walking and omens well for the next few years leading up to 2012.

Chris also managed to get his photo in a walking article in USA News website "examiner.com" and one of David Armstrong's AthsVic video releases also featured. It's good to see that our walking is being picked up overseas as well. See <http://www.examiner.com/x-9756-Connecticut-Sports-Performance-Examiner-y2009m6d9-Walk-dont-run-racewalking-burns-more-calories-than-jogging>



Chris walking at Albert Park on Saturday – with Noah Candotti and Annalise Harrison (photos by Terry Swan)

Good luck to all our top walkers as they head off to Europe in the next few weeks

World University Games: Adam Rutter (AIS/NSW), Tom Barnes (VIC), Ian Rayson (NSW) and Jillian Hosking (ACT)

World Youth Champs: Dane Bird-Smith (QLD), Sean Fitzsimons (WA), Paige Hooper (SA) and Shannon Jennings (NSW)

World Champs: Jared Tallent (AIS/VIC), Luke Adams (AIS/NSW), Adam Rutter (AIS/NSW), Chris Erickson (AIS/VIC)
Cheryl Webb (NSW), Jess Rothwell (VIC) and Claire Tallent (AIS/SA)

Their first race will be in La Coruna in Spain this coming weekend. See <http://www.atletismogalego.com/PARTICIPANTES.pdf> for the start lists – I will report on how it all went in next week's newsletter.

OTHER BITS AND PIECES

England continues to build for the 2012 Olympics – and is making all the right moves.

BIRMINGHAM (GBR): UK Athletics has announced several more key national event coaching appointments in its long term drive to win medals at the 2012 London Olympic Games. Michael Khmel and Tony Lester will assume responsibility for the men's and women's sprints which will also involve preparing the respective relay teams. Steve Rippon becomes the national event coach in the pole vault, Aston Moore will focus on triple jump with John Herbert specialising in the the long jump. Malcolm Arnold who in a lengthy career guided Colin Jackson to his world 110 metres hurdles titles and world record becomes the supremo for that discipline. The six join Robert Weir who is already operating in the area of heavy throws and Ian Stewart

who has been appointed to oversee endurance events.

The top Europeans continue to clock big times – but are some racing too much with the World Champs only 2 months away?

MONTREUIL (FRA, June 11): French series Alma Athle Tour started with the international meet in Montreuil (close to Paris) where home walking star Yohan Diniz won the 5000 m in 18:54.86.

I think that these hearings will include the cases of a number of prominent Russian walkers who are currently outed

MOSCOW (RUS): All-Sport informs that CAS in Lausanne informed that the hearings in case of Russian athletes and their tampering of doping samples and subsequent bans which are appealed by IAAF will be postponed to a later stage. Initially the programme of hearings was set for June 12-13.

Norway might be a small athletics nation but they have a fantastically talented brother and sister pair

SENTRUM (NOR, June 11): Erik Tysse was definitely in a class of his own in this year's Norwegian Roadwalking Championships, held on the evening of Friday 11 June in Sentrum, Oslo. He won with a world leading time of 37:44, eclipsing the 38:21 done by Valery Borshin in Poland 2 weeks ago. Compatriot and 50km specialist Trond Nymark also broke the magical 40-minute limit with 39:51. The performance of Kjersti Tysse Plätze was just as stunning as that of her brother, winning the women's 5km with 20.38. Although very impressive, is still a long way from her PB of 19.46 but fantastic for someone in her mid thirties in what is purported to be her swansong season (I'll believe it when I see it!). With the men and women racing together, she hung onto Trond Nymark early and this helped her to her final time. For a full For race report (in Norwegian) and complete results, check out <http://www.friidrett.no/t2.aspx?p=42686&x=1&a=251450>

MASTERS REVIEW

In last week's newsletter, I published the walk results from the European Out of Stadia Masters championships. While they were impressive, they did not phase Russ Dickenson who emailed me with his own analysis:

To compare the results on times of the recent Victorian Masters 10K Championships with the same event at the European Veterans Championships - yes, that's Victoria, not Australia with the best of all the Countries in Europe, including Russia.

- Of the six age groups in which we had a competitor, our women, on times, would have won four races and got two seconds
- Of the six age groups in which we had a competitor, our men, on times, would have won two races and got one second.

Add to this the fact that Kylie Irshad walked a winning time in her age group the previous week but did not compete in the Championships and that Andy Jamieson was DQ'd but is another near certainty, you would have to say that our little club is the world epicentre of Masters Racewalking.

The results in question were	W40+	Gayle McIntyre	2nd
	W45+	Pam Tindal	1st
	W55+	Heather Carr	1st
	W60+	Liz Feldman	1st
	W65+	Gwen Steed	2nd
	W70+	Marg Beaumont	1st
	M40+	Paul Van Kopplen	1st
	M65+	Ralph Bennett	1st
	M70+	Murray Dickinson	2nd

I can't fault Russ on his analysis here. We have so many hugely talented Masters walkers who compete weekly at Albert Park. Not that many choose to compete in World Champs but, if they did, watch out!

NEWS ON THE 2009 AUSTRALIAN ROADWALKING CHAMPIONSHIPS

Quite a few people have been asking me for details about the 2009 Australian roadwalking championships, to be held in Sydney on Sunday 30 August. We had been hoping that entries procedures would now be in place and all details would be known but, since this is not yet the case, let me tell you what I know.

- The date is DEFINITELY Sunday 30 August.
- The venue is DEFINITELY Parramatta Park in Parramatta, a Sydney suburb. The NSW organisers of the Cross Country champs ended up with a double booking and have now moved to Nowra, some 2 hours south of Sydney. ANSW wanted the walks moved there as well but the NSW racewalking clubs, who are the local organisers, stood their ground and we are staying at Parramatta. This is the correct decision and I am fully in favour of the walks remaining in Sydney as gazetted.
- The Park administrators have told the Local Organising committee that they have to be finished by around 11:30AM so it is likely tha the first events (the 20km Open events) may start as early as 7:30AM and the junior events may start as early as 9AM. All events are supposed to be completed by 11AM. I expect this to be reflected in the final timetable.
- Entry procedures are not yet available and I am not sure if entries are going to be taken on the AA website or whether it will be up to each individual State to take its own entries. I will let everyone know as soon as I hear. But since entries are

unlikely to close until early August, we have plenty of time up our sleeves.

- The walking carnival will once again be a joint carnival, with Athletics Australia hosting most individual championships and Racewalking Australia hosting the teams components as well as the U12 and Masters components. This is what we did in Melbourne in August 2008 and it worked well.
- The events as published in our VRWC fixture are still the ones on offer and I believe that the LOC are putting on an U10 walk as well for the littlies.

WHAT'S COMING UP NEXT?

Next week, we are back at Albert Park for our normal club racing. Club coach Mark Donahoo is running another one of his coaching sessions, commencing at 1PM – everyone welcome. Timetable for the day is as follows

Saturday 20th June 2009, Albert Park			
VRWC EVENTS & Coaching Session: Entries close for all events at 2.00pm sharp.			
1.00pm	Coaching session with club coach Mark Donahoo		
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

The following Sunday is one of our BIG racing days for the season, featuring Victorian Schools, Victorian Open, Victorian Masters and VRWC Championships.

Sunday 28th June 2009, Albert Park			
9.30am	20km	Victorian Championship & Teams	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Masters Championship	Masters Men
9.35am	20km	Victorian Masters Championship	Masters Women
9.35am	20km	Victorian Championship	Open Women
9.35am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Boys/Girls
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

Let's take it apart a bit with a few words of explanation.

- The Victorian Masters 20km champs are 'enter on the day' and will cost \$8 per entry. Age is 'age on the day'. You must be a current member of the Victorian Masters Assn to compete. You must wear your VMA uniform.
- All male VMA walkers who enter the VMA championship are automatically entered into our Alf Robinson Trophy championship. No additional fee is required.
- The VRWC U9 and U12 1.5km club championships are 'enter on the day' and will cost \$5 per entry. Age is age as on 1st October 2008 (ie same as for Little Athletics). These are open championships – anyone can enter. We present VRWC medals to the first 3 overall and to the first 3 VRWC walkers in each division.
- The Victorian Open 20km Championships must be pre-entered with Athletics Victoria. You must also be a current member of Athletics Victoria (via one of the AV clubs). Entries close this coming Thursday evening. Entry forms are available here: <http://www.vrwc.org.au/2009%20AV%20Walk%20Entry%20Form.pdf>
- The Victorian Schools Championships must be pre-entered with Athletics Victoria but they are open to any school children, primary or secondary. You do NOT need to be a member of an athletics club to compete. Entries closed last week but they do take late entries (up till Monday 22 June) for an additional late entry fee. Entry forms are available here: <http://www.vrwc.org.au/2009%20Vic%20All%20Schools%20Road%20Walks%20Entry%20Form.pdf>
- For those walkers who just want a non-championship walk of some sort, we have two VRWC events – a 20km and a 5km. Just enter on the day and pay your usual \$5.

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 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

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

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, date tentative.
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>)