



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2008/2009 Number 49
4 September 2009



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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

VRWC RACES, ALBERT PARK, SATURDAY 29 AUGUST 2009

It is late on Thursday evening here in Hong Kong as I put the finishing touches to this week's newsletter but it will probably be Friday evening before I get a chance to email it out to everyone. But better late than never! It was a quiet weekend at Albert Park with the Australian roadwalking championships in Sydney but we still had 31 walkers who availed themselves of the chance for a local hitout. Thanks to Stu Cooper for forwarding the results to me and to Terry Swan for his usual selection of great photos (see <http://www.vrwc.org.au/coppermine>), a few of which I have reproduced here. The results are posted below. Special mention to **Stacey McLaren** who jumped up from the U12 age group and completed her first ever 8km event with 61:12).

8km Open

1. Tindal, Pam 43:37
2. Thompson, Alison 50:14
3. McLaren, Stacey 61:12

1. Kollmorgen, Stuart 39:39
2. McDonough, Aaron 43:37
3. Bennett, Ralph 43:46
4. Gardiner, Bob 48:26
5. Thillaisundaram, Anand 48:53

6km Open

1. McIntyre, Gayle 35:02
2. Elms, Donna 39:07

1. Seid-Christmass, James 34:12
2. Dickenson, Russ 36:43
3. McShanag, Connor 38:21
- Donahoo, Mark Ab
- Barrow, Geoff Disq

4km Open

1. Mews, Pam 38:04
1. Riddoch, Clyde 22:50
2. Wicks, Barrie 28:21
3. Onley, Gordon 31:01

4km U15

1. Attard, Bianca 23:09
2. Gatens, Georgia 27:41
1. Walker, Jared 22:38
2. Tam, Aaron 25:52

2km U12

1. Walker, Megan 11:46
2. De Lisen, Paige 12:09
3. Barbour, Beth 12:26
4. Swan, Emily 13:21
5. Crea, Gabbie 13:45

1km U 9

1. Lillie, Jessica 06:10
2. Lillie, Brianna 06:39
- Owen-Smith, Chelsea Disq

Thanks to our officials who keep the show on the road week in and week out. Sorry if I missed anyone.

Judges: Peter Vysma, Fran Attard, Lloyd Nicholls

Officials: Natalie & Ian Laurie, Paul Kozaris, Ron Miller, Bob Gardiner, Mark Donahoo, Marlene Stanway, Don McLaren, +1

Canteen: Barb Gardiner, Kate Suich



Stacey McLaren, Aaron McDonough, James Seid-Christmass, Alison Thompson, Pam Mews and Anand Thillaisundaram



Bob Gardiner, Donna Elms, Geoff Barrow, Russ Dickenson, Aaron Tam, Connor McShanag, Paige De Lisen, Ralph Bennett, Jared Walker and Bianca Attard



The start of the U9 and U12 race – a much smaller field than usual for a change!



Emily Swan, Gabriella Crea, Beth Barbour, Brianna Lillie and Megan Walker

AUSTRALIAN ROADWALKING CHAMPIONSHIPS, PARAMATTA PARK, SYDNEY, SUNDAY 30 AUGUST 2009

I haven't seen any reports about last weekend's Australian roadwalking championships but Bob Cassell has forwarded to me the provisional results so I can pass those on to our readers. Congratulations to the following individual VRWC medallists (wow, two medals to Rachel Tallent!). All have had great seasons and are to be congratulated on their fine leadership within the club

Men Under 20 10k Race Walk	3	Rhydian Cowley	45:23
Women Under 20 10k Race Walk	3	Rachel Tallent	51:18
Girls Under 14 3k Race Walk	1	Stephanie George	14:58
	2	Sarah Burren	15:07
Boys Under 14 3k Race Walk	2	Billy Allamby	15:02
Girls Under 16 5k Race Walk	1	Amy Burren	25:01
	2	Jmara Hockley Samon	25:22
Girls Under 18 5k Race Walk	1	Rachel Tallent	25:21

Congratulations also to the 3 VRWC teams who scored gold or silver in the associated Teams events

Girls Under 16 5k Race Walk	1	Amy Burren, Jmara Hockley Samon, Amelia Finnegan
Girls Under 14 3k Race Walk	1	Stephanie George, Sarah Burren, Lauren Stadus
Boys Under 14 3k Race Walk	2	Billy Allamby, Harry Coleman, Cody McNicol-Davidson

I have temporarily uploaded a copy of Bob's results to http://www.vrwc.org.au/RWA_Carnival_2009_Final_Results_BC.pdf. I have also extracted a pretty comprehensive subset as follows, showing the individual performances of each walker. Let me know of any errors and I will fix them up and upload a final copy to the RWA website once I get home.

Event 1 & 2: Men Open & Masters 20k Race Walk - 7:30am

1.	Bown	Darren	35	SARWC	1:27:16
2.	Rayson	Ian	21	REGAL	1:31:45
3.	Rew	Quentin	25	NZ	1:33:22
4.	Mottrom	Kim	25	SARWC	1:42:36
5.	Crump *	Peter	47	SARWC	1:52:15
6.	Albanese *	Anthony	48	NSWRWC	1:59:08
7.	Osborne *	Robert	54	REGAL	2:06:03
	Reading	Brendon	20	ACTRWC	DNF
	Smyth *	David	40	RWCWA	DNF
	Whyte *	Robin	67	ACTRWC	DQ
	Megas *	George	73	QLDRWC	DQ

Event 3: Men Under 20 10k Race Walk - 7:30am

1.	Bird-Smith	Dane	17	QLDRWC	0:44:07
2.	Fitzsimons	Sean	17	WARWC	0:45:14
3.	Cowley	Rhydian	18	VRWC	0:45:23
4.	Mulhearn	Derek	19	NSWRWC	0:46:22
5.	Steele	Blake	16	SARWC	0:46:49
6.	Malone	Kyle	18	NSWRWC	0:48:00
7.	Mulhearn	Jordan	17	NSWRWC	0:49:26
8.	Reading	Michael	19	ACTRWC	0:49:40

9.	Payne	Daniel	19	VRWC	0:51:40
10.	Ninyett	Christopher	16	WARWC	0:52:06
11.	Hennighan	Dale	16	WARWC	0:52:44
12.	Pisani	James	19	NSW	0:53:24
13.	Maruta	Kai	17	NSWRWC	0:53:57
14.	Gooch	Matthew	17	WARWC	0:59:12
15.	Catley	Ben	17	WARWC	1:01:33
	Egelton	Cheyne	16	NSWRWC	DNF

Event 4: Boys Under 18 10k Race Walk - 7:30am

1.	Bird-Smith	Dane	17	QRWC	0:44:07
2.	Fitzsimons	Sean	17	WARWC	0:45:14
3.	Steele	Blake	16	SARWC	0:46:49
4.	Mulhearn	Jordan	17	NSWRWC	0:49:26
5.	Ninyett	Christopher	16	WARWC	0:52:06
6.	Hennighan	Dale	16	WARWC	0:52:44
7.	Maruta	Kai	17	NSWRWC	0:53:57
8.	Gooch	Matthew	17	WARWC	0:59:12
9.	Catley	Ben	17	WARWC	1:01:33
	Egelton	Cheyne	16	NSWRWC	DNF

Event 5: Women 20k Open Race Walk - 7:35am

1.	Tallent	Clare	28	AIS	1:35:58
2.	Fagan	Nicole	20	NSWRWC	1:50:40
	Jeon **	Yeong Eun	21	QRWC (Korea)	DQ

Event 6 & 7: Women 10k Open & Masters RWA Race Walk - 7:35am

1.	Tallent **	Clare	28	SARWC	0:47:03
2.	Kim	Woon Jung	19	QRWC (Korea)	0:50:23
3.	Weon	Seas Byeol	19	QRWC (Korea)	0:50:31
4.	Tallent	Rachel	16	VRWC	0:51:18
5.	Jones	Chloe	23	REGAL	0:52:17
6.	Tesch	Samantha	18	QRWC	0:52:56
7.	Xian	Claire	18	SARWC	0:53:53
8.	Watson	Kelly	29	SARWC	0:54:56
9.	Hayes	Melissa	18	NSW	0:56:27
10.	Ebejer	Vanessa	24	REGAL	0:56:31
11.	Stigwood	Stephanie	19	SARWC	0:58:02
12.	Clauson	Emily	18	WARWC	1:00:04
13.	Fagan **	Nicole	20	NSWRWC	1:00:57
14.	Cruickshank +	Michelle	39	NSW	1:03:07
15.	Porley +	Fiona	41	NSWRWC	1:03:31
16.	Shaw +	Maryanne	45	REGAL	1:05:13
17.	Brown +	Suzanne	44	REGAL	1:05:15
18.	Challinor +	Nicolle	37	NSWRWC	1:05:25
19.	Ebejer	Charlene	23	REGAL	1:06:36
20.	Nixon +	Wendy	41	NSWRWC	1:09:16
21.	Oldham	Natarsha	18	QRWC	1:09:45
22.	Agius +	Salvina	48	NSWRWC	1:10:09
23.	Cain +	Barbara	61	SARWC	1:10:23
24.	Sundstrom	Jodie	30	REGAL	1:14:43
25.	Brown +	Judy	59	NSWRWC	1:18:30
26.	Lingley +	Jenny	53	NSWRWC	1:21:08
	Wales +	Robyn	57	QRWC	DNS
	Jeon **	Yeong Eun	21	QRWC (Korea)	DQ
	McKinven +	Noela	67	QRWC	DQ
	Bourke	Lauren	19	NSWRWC	DQ
	Brunton	Caitlin	20	VRWC	DNS
	Alexander	Beth	17	VRWC	DNF

Event 8: Women Under 20 10k Race Walk - 7:35am

1.	Kim	Woon Jung	19	QRWC (Korea)	0:50:23
2.	Weon	Seas Byeol	19	QRWC (Korea)	0:50:31
3.	Tallent *	Rachel	16	VRWC	0:51:18
4.	Tesch	Samantha	18	QRWC	0:52:56
5.	Xian	Claire	18	SARWC	0:53:53
6.	Hayes	Melissa	18	NSW	0:56:27
7.	Stigwood	Stephanie	19	SARWC	0:58:02
8.	Clauson	Emily	18	WARWC	1:00:04

Alexander	Beth	17	VRWC	DNS
Bourke	Lauren	19	NSWRWC	DNS

Event 10: Girls 2k Under 12 Race Walk RWA - 8:40am

1.	MacDonald	Jasmyn	10	NSWRWC	0:10:17
2.	Smith	Jemma	10	TRWC	0:10:30
3.	Hunt	Tahlia	11	TRWC	0:11:04
4.	Elias	Jo-Beth	10	NSWRWC	0:12:11
5.	Porley	Candice	11	NSWRWC	0:12:15
6.	Smith	Jessie-Claire	11	QRWC	0:12:44
7.	Dhu	Abbey	9	REGAL	0:12:57
8.	Ferguson	Brooke	10	NSWRWC	0:13:00
9.	Philpott	Tyler	10	NSWRWC	0:13:38
10.	Doyle	Josie	10	NSWRWC	0:13:39
11.	Barker	Kirsty	10	QRWC	0:14:02
12.	Dhu	Rachel	10	REGAL	0:14:32

Event 9: Boys Under 12 2k Race Walk RWA - 8:40am

1.	Wright	Jack	11	TRWC	0:11:20
2.	Glover	Jordan	10	REGAL	0:11:20
3.	Murphy	Michael	10	REGAL	0:11:21
4.	O'Connell	Declan	10	NSWRWC	0:11:22
5.	Osborne	Karl	10	REGAL	0:12:13
6.	Harris	Elijah	9	NSWRWC	0:12:55

Event 12: Girls Under 14 3k Race Walk - 8:55am

1.	George	Stephanie	13	VRWC	0:14:58
2.	Burren	Sarah	13	VRWC	0:15:07
3.	Holt	Kate	13	WARWC	0:15:24
4.	Dighton	Jasmine	13	NSWRWC	0:15:26
5.	Evans	Raqeema	12	WARWC	0:15:42
6.	Benzenati	Kenza	12	QRWC	0:15:46
7.	Boldiston	Zoe	12	BENDIGO	0:15:55
8.	Stadus	Lauren	13	VRWC	0:16:11
9.	Barker	Rachel	12	QRWC	0:16:12
10.	Elias	Carla	13	NSWRWC	0:16:16
11.	Plummer	Caitlin	12	NSWRWC	0:16:31
12.	Shaw	Katrina	12	REGAL	0:16:46
13.	Sexton	Andrea	13	WARWC	0:16:50
14.	Maruta	Talisha	12	NSWRWC	0:16:54
15.	Martin	Katya	12	QRWC	0:17:22
16.	Robson	Emma	13	QRWC	0:17:25
17.	Sims	Jesse	12	QLD	0:17:35
18.	Torres	Chantelle	13	REGAL	0:17:46
19.	Barendregt	Amanda	13	NSWRWC	0:17:59
20.	Roser	Kate	13	NSWRWC	0:18:02
21.	Walker	Emma	13	TRWC	0:18:11
22.	Taylor	Rachelle	13	TRWC	0:18:13
23.	Bertrand	Carly	13	VRWC	0:19:07
24.	Brown	Jordana	12	REGAL	0:19:24
25.	Southern	Demi	12	NSWRWC	0:19:31
26.	White	Kelsey	13	ACTRWC	0:19:32
27.	Melville	Rebecca	13	NSWRWC	0:19:35
28.	Shanahan	Emily	12	REGAL	0:19:57
29.	O'Connell	Bridget	12	NSWRWC	0:20:07
	Billington	Tayla-Paige	12	NSWRWC	DNF
	Sexton	Jessica	13	WARWC	DQ
	Eberhardt	Sophie	13	TRWC	DQ
	Guy	Rebecca	13	VRWC	DNS
	Estrada	Natasha	13	REGAL	DNS

Event 11: Boys Under 14 3k Race Walk - 8:55am

1.	Tesch	Benjamin	13	QRWC	0:14:31
2.	Allamby	Bill	12	VRWC	0:15:02
3.	Anderson	Tristan	13	WARWC	0:15:20
4.	Murphy	Robert	13	REGAL	0:15:26
5.	Anestoudis	Johnathan	12	NSWRWC	0:16:05
6.	Rose	Louis	12	TRWC	0:16:37
7.	Doyle	Thomas	12	NSWRWC	0:17:21

8.	Oswald	Matthew	13	REGAL	0:17:32
9.	Acev	Mitchell	12	REGAL	0:17:33
10.	Coleman	Harry	11	VRWC	0:17:44
11.	Dhu	Ethan	14	REGAL	0:17:45
12.	McNicol-Davidson	Cody	11	VRWC	0:19:50
	McShanag	Connor	13	VRWC	DNS

Event 14: Girls Under 16 5k Race Walk - 9:20am

1.	Burren	Amy	15	VRWC	0:25:01
2.	Hockley Samon	Jmara	14	VRWC	0:25:22
3.	Watson	Hannah	15	WARWC	0:25:32
4.	Finnegan	Amelia	14	VRWC	0:25:57
5.	Southern	Shay	14	NSWRWC	0:26:47
6.	Pickles	Jessica	15	QRWC	0:27:02
7.	Klein	Kirsty	15	NSWRWC	0:27:52
8.	Mason	Ella	15	VRWC	0:28:00
9.	Denney	Hannah	14	REGAL	0:28:05
10.	Tallent	Ebony	15	VRWC	0:28:13
11.	Heard	Amanda	14	BENDIGO	0:28:28
12.	Albert	Ashley	14	VRWC	0:28:49
13.	Sims	Casey	15	QLD	0:29:43
14.	Bennett	Faith	15	QRWC	0:29:52
15.	Whiley	Ebony	14	BENDIGO	0:30:20
16.	Griffin	Meghann	14	ACTRWC	0:30:22
17.	Porley	Tabitha	14	NSWRWC	0:31:07
18.	Legeret	Amy	15	REGAL	0:31:56
	Andreou	Stephanie	14	REGAL	DNF

Event 13: Boys Under 16 5k Race Walk - 9:20am

1.	Aiton	Brad	15	QRWC	0:23:54
2.	Dib	Samuel	15	WARWC	0:24:20
3.	Osborne	Jesse	14	QLD	0:24:33
4.	Washburn	Steven	15	NSWRWC	0:24:34
5.	Buckler	Corey	15	QLD	0:25:42
6.	Felton	Jay	14	NSWRWC	0:26:07
7.	Bates	Harry	14	ACTRWC	0:26:14
8.	Dib	Jacob	14	WARWC	0:26:34
9.	Cunningham	Matthew	15	QRWC	0:26:43
10.	Antidormi	Ryan	14	VRWC	0:27:27
11.	Killen	Matthew	14	NSWRWC	0:29:24
12.	Gardner	Aaron	14	VRWC	0:29:53
13.	Shaw	Andrew	15	REGAL	0:31:46
14.	Dhu	Jack	14	REGAL	0:32:49
	Birch-Ward	Kurtis	14	REGAL	DNF
	Fazldad	Nathan	15	NSWRWC	DNF
	Anestoudis	Johnathan	12	NSWRWC	DNS
	McShanag	Connor	13	VRWC	DNS

Event 15: Girls Under 18 5k Race Walk - 9:55am

1.	Tallent	Rachel	16	VRWC	0:25:21
2.	Harrington	Lauren	16	SARWC	0:25:56
3.	Psarianos	Dimitra	16	NSWRWC	0:27:18
4.	Holliday	Samara	15	SARWC	0:28:01
5.	Hahn	Andrea	16	WARWC	0:28:22
6.	Noble	Vanessa	17	NSWRWC	0:29:15
7.	Payne	Emily	16	VRWC	0:29:44
8.	Flynn-Pittar	Ishka	17	QLD	0:31:18
	Stadus	Lauren	13	VRWC	DNF
	Elias	Joanne	16	NSWRWC	DNS
	Gilroy	Darcy	16	REGAL	DNS
	Brazel	Hilary	16	VRWC	DQ

OUT AND ABOUT

Megan Szirom, otherwise known as one of our top female walkers, swapped to the running shoes last weekend, coming 2nd in the SA Marathon in the excellent time of 2:58. Well done Megan!

The South Australian branch of the Australian T&F Coaches Association has scored a real coup and will be hosting what should be a

fantastic racewalking coaching session at the Santos Stadium function room at 6.30pm on Tuesday 22nd September 2009. Guest speaker will be none other than **Simon Baker**, one of our greatest ever walkers, former AIS walks coach and current coach of Jess Rothwell and Regan Lambie. If interested, email me and I can forward the flyer to you. This is a MUST for all South Australian based readers. COST: \$5.00 entry fee for members of ATFCA, \$10 for non members and free of charge to SASI scholarship holders.

Danish Championships, Odense DEN, 29 Aug

Men 5000 M	1.	Andreas Nielsen	21.57.90	(only finisher; 1 DQ)
Women 3000 M	1.	Josefine Klausen	15.26.74	
	2.	Angela Manegold Svendsen	16.33.23	(only 2 competitors)

Polish U-23 Champs, Bielsko-Biala POL, Aug 30

Women 10K	1.	Agnieszka Szwarnog	49:24	PB
	2.	Katarzyna Golba	50:03	
	3.	Lucyna Chrusciel	50:27;	
	4.	Jolanta karas	50:37	PB; 8 finishers
Men 20K	1.	Dawid Wolski	1:26:51	PB
	2.	Lukasz Nowak	1:27:05	
	3.	Dawid Tomala	1:28:27	
	4.	Kamil Piorek	1:28:44	PB; 7 finishers.

WHAT'S COMING UP NEXT?

Next Saturday sees our final races for the winter season and it will be a big day with a lot on. First, the timetable:

Saturday 5th September 2009, Albert Park		
VRWC EVENTS: for Prizes. Beat your Season Best time. Prizes for winners.		
The winners are the walkers in each race to beat their season best time by the largest margin.		
2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Under 15
2.15pm	2km	Under 12
2.30pm	1km	Under 9
3.3pm	VRWC Winter presentations	

And now onto the finer points

- There are **prizes** for the walkers who beats their season PB by the most in each category – 10 prize categories in all. I have put together a pretty good selection of prizes including some signed photographs from a couple of our top walkers.
- Ray Smith will have his usual great video going in the background and this week it will be a bumper one. Ray advises as follows: The video presentation (17 minutes in total), comprising three parts, will commence in the clubrooms on Saturday from 12.30 until the end of the day's activities. It will highlight
 1. The VRWC club Events from Sat. Aug. 22nd (for those who may have been absent last week)
 2. Slide show, World Masters, Lahti, Finland
 3. The VRWC club events from Sat. Aug. 29.
- And finally it is our Winter Season presentation day where we recognise all the great performers over the winter. Here is a brief rundown of some of the awards that will be acknowledged via trophies, perpetual trophies or monetary payments.

2009 VRWC JACK LARKIN TROPHY - HIGHEST POINT SCORING COUNTRY ATHLETES

Men	James Seid-Christmass
Women	Megan Walker

2009 VRWC MERRIFIELD AWARDS - COMBINED FASTEST TIMES AND HANDICAP POINTS

Masters Men	Mark Donahoo
Masters Women	Pam Tindal
Open Men	James Seid-Christmass
Open Women	Gayle McIntyre
Under 20 Men	Jason Elms
Under 20 Women	Kirstin Shaw
Under 15 Men	Aaron Gardner
Under 15 Women	Amelia Finnegan

2009 STYLE AWARDS

Men	Tom Barnes
Women	Pam Tindal
Boys	Cooper Owen
Girls	Megan Walker

We will also have trophies for first, second and third place getters in each of the Fastest Times and Handicap points competition categories

Fastest Time Points - Women			Handicap Points – Women		
Pam Tindal	Masters	50pp	Pam Tindal	Masters	63pp
Heather Carr	Masters	36pp	Jan Morrey	Masters	45pp
Gwen Steed	Masters	19pp	Donna Elms	Masters	42pp
Gayle McIntyre	Open	32pp	Gayle McIntyre	Open	43pp
Kylie Irshad	Open	20pp	Karen Wynen	Open	26pp
Karen Wynen	Open	17pp	Kylie Irshad	Open	24pp
Georgia Bertrand	Un 9	45pp	Georgia Bertrand	Un 9	51pp
Jessica Lillie	Un 9	34pp	Brianna Lillie	Un 9	40pp
Brianna Lillie	Un 9	20pp	Chelsea Owen-Smith	Un 9	37pp
Megan Walker	Un12	45.5pp	Larissa Cullen	Un12	51pp
Paige De Lisen	Un12	29pp	Paige De Lisen	Un12	45.5pp
Sarah Burren	Un12	21pp	Stacey McLaren	Un12	37pp
Jasmine Irshad	Un12	20pp	Tessa McCann	Un12	28.5pp
Amelia Finnegan	Un15	39pp	Lauren Stadius	Un15	44pp
Lauren Stadius	Un15	25pp	Georgia Gatens	Un15	39.5pp
Ella Mason	Un15	15pp	Amelia Finnegan	Un15	34pp
Natalie Laurie/Kirstin Shaw	Un20	22pp	Anika Peachey	Un20	45pp
Hilary Brazel	Un20	19pp	Kirstin Shaw	Un20	44pp
Anika Peachey	Un20	11pp	Hilary Brazel	Un20	25pp
Fastest Time Points - Men			Handicap Points – Men		
Mark Donahoo	Masters	25pp	Barrie Wicks	Masters	41pp
Russ Dickenson	Masters	14pp	Mark Donahoo	Masters	39pp
Simon Evans	Masters	14pp	Robert Gardiner/Stuart Cooper	Masters	28pp
James Seid-Christmass	Open	48pp	James Seid-Christmass	Open	62pp
Aaron McDonough	Open	21pp	Anand Thillaisundaram	Open	45pp
Tom Barnes	Open	20pp	Lindsay Harrison	Open	44pp
Sam Candotti	Un 9	32pp	Sam Candotti	Un 9	47pp
Noah Candotti	Un 9	19pp	Noah Candotti	Un 9	37pp
James Burren	Un 9	15pp	James Burren	Un 9	20pp
Billy Allamby	Un12	45pp	Kyle Swan	Un12	57pp
Kyle Swan	Un12	35pp	Cooper Owen	Un12	46pp
Reese Walmsley	Un12	27pp	Paul Tremiglozzi	Un12	45pp
Aaron Gardner	Un15	41pp	Connor McShanag	Un15	59pp
Jared Walker	Un15	28pp	Aaron Gardner	Un15	56pp
Matthew Felton	Un15	25pp	Jared Walker	Un15	39pp
Jason Elms	Un20	32pp	Jason Elms	Un20	41pp
Rhydian Cowley	Un20	29pp	Rhydian Cowley	Un20	23pp
Ryan Antidormi	Un20	12pp	Bradley Simpson	Un20	13pp

2009 CLUB TEAM FUND PRESENTATIONS

We will also have monetary payments to all the walkers who competed in either the Canberra Carnival or the recent Australian Roadwalking Championships in the age groups from Under 18 down. This list is a bit too big to include here.

2009 RUNNERS WORLD AWARDS

Finally, we will have our inaugural Runners World Awards to our top two senior and our top two Junior walkers. Neil Ryan of Runners World of Kew will be there to present these awards in person and, although we have definitely decided on the winners, you will have to come along on Saturday to discover the identity of the lucky walkers.

DATES...DATES...DATES

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

Victorian & National Fixture – Winter 2009

Sat 5 Sept, 2009 Last VRWC races for the winter season and Winter Season Presentations, Albert Park

2009 International Fixture

Oct 10-18, 2009 **World Masters Games, Sydney** - <http://www.2009worldmasters.com>

2009 – Remaining IAAF Race Walking Challenge Events

Sept 19, 2009 8 - IAAF Challenge Final, Saransk, RUS

Victorian & National Fixture – Summer 2009/2010

Sat 10 Oct 2009 AV Shield Competition commences at all 6 venues with Round 1
Sun 25 Oct 2009 VRWC Summer Season Opening walks, Albert Park (provisional date)
6-8 Nov 2009 Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 22 Nov 2009 2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
22-24 Jan 2009 Victorian Country Championships, Newborough
Sat 13 Feb 2010 Australian Summer 20 km road championships , Hobart
Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.
20-21 Mar 2009 Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010 Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010 Easter weekend - Australian Masters T&F Champs, Perth
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 19-25, 2010 **World Junior Championships, Moncton, Canada**
14-26 Aug, 2010 **World Youth Olympics, Singapore**
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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