



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 8
17 November 2009



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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/>

VICTORIAN SHIELD COMPETITION RESULTS, SATURDAY 14 NOVEMBER 2009

Victorian Shield competition resumed last Saturday in hot and sunny conditions, all venues sweltering after a week of unremittingly hot weather. But we must be getting used to it because there were some great times as nearly 100 walkers contested the 3000m walk across the 6 venues. I have already entered all the results into our new RWA results website (www.racewalkaustralia.com).

AV Shield - Round 5 South East Region, Knox Athletic Track, Scoresby

Our biggest walks venue was once again strongly supported with Michael O'Mahony leading from the front to record a 48 sec PB of 14:50.9. Matt Felton and Amelia Finnegan, two more of our other young rising stars, were not far behind with 15:02 and 15:03 (an equal PB on the track for Amelia) while super vet **Heather Carr broke the World W60 3000m record with a superb 15:43.6**. She broke it 3 weeks ago with 15:46 but did not have the requisite 3 watches – on Saturday she went even faster and all was in place to ensure that the record submission can now be done. The U14 w3=alkers raced over 1500m and there were a big bunch of them in action, Rebecca Guy winning overall with 7:51.6.

3000m Walk

1.	O'Mahony, Michael	M	KNOX ATHLETI	14:50.9
2.	Felton, Matthew	M	KNOX ATHLETI	15:02.8
3.	Finnegan, Amelia	W	KNOX ATHLETI	15:03.8
4.	Carr, Heather	W	EAGLEHAWK YM	15:43.6
5.	Hutton, Philip	M	GLENHUNTLY	18:04.4
6.	Steed, Gwen	W	MENTONE	18:16.9
7.	Tam, Aaron	M	KNOX ATHLETI	18:21.0
8.	Barrow, Geoff	M	MENTONE	18:35.9
9.	Osmand, Kym	M	OAKLEIGH	19:14.3
10.	McInnes, Simone	W	GLENHUNTLY	19:17.4
11.	Attard, Bianca	W	KNOX ATHLETI	20:15.8
12.	Attard, Michaela	W	KNOX ATHLETI	20:19.6
13.	Doran, Anthony	M	GLENHUNTLY	21:00.3
14.	Morrison, John	M	SANDRINGHAM	22:05.6
15.	Van Dongen, Rupert	M	CASEY CARDIN	22:45.2
	Sommers, David	M	KNOX ATHLETI	DQ
	Bennett, Ralph	M	UNATTACHED	DQ
	Woodman, Lawrence	M	GLENHUNTLY	DQ

1500m Walk

1.	Guy, Rebecca	W	CASEY CARDIN	7:51.6
2.	Irshad, Jasmine	M	UNATTACHED	8:08.7
3.	Sanders, Jade	W	CASEY CARDIN	8:17.7
4.	Guy, Rachael	W	CASEY CARDIN	8:48.6
5.	Vella, Lewis	M	INV	8:49.4
6.	Eastwood, Jessie	W	KNOX ATHLETI	8:50.0
7.	Eastwood, Jemma	W	INV	9:44.1
8.	Mallon, Connor	M	EAST MELBOUR	9:51.2
	De Pasquale, Joel	M	KNOX ATHLETI	DNF
	Giumarra, Keanu	M	EAST MELBOUR	DQ

AV Shield - Round 5 North West Region, Harold Stevens Athletic Track, Coburg North

Paul Kennedy is very consistent, winning each week in the North West competition and always in good times. This week, he won as he liked with 14:22.5 but not before a scare from Trenton Hawkins who nearly caught him with 1km to go. Unfortunately, Trenton had used his bikkies by that stage and slowed to take second with 15:01. It was great to see Nardene Hammond back on the track only about 6 weeks after giving birth to her second child – well done Nardene! Beth Barbour was the fastest from the small group of U14s who contested the 1500m, her time being 8:57.1

3000m Walk

1.	Kennedy, Paul	M	MELBOURNE UN	14:22.5
2.	Hawkins, Trenton	M	PRESTON	15:01.2
3.	Erickson, Tim	M	COBURG HARRI	16:45.2

4.	Cosic, Filip	M	ATHLETICS ES	17:08.7
5.	Roseman, Justijana	W	ATHLETICS ES	17:32.1
6.	Wallace, Anna	W	ATHLETICS ES	18:15.8
7.	Elms, Jason	M	ATHLETICS ES	19:25.2
8.	Elms, Donna	W	ATHLETICS ES	19:26.0
9.	Hammond, Nardene	W	INV	19:46.1
10.	Kerlin, Jessica	W	KEILOR ST BE	28:03.8
11.	Abfalter, Maria	W	KEILOR ST BE	28:04.1

1500m Walk

1.	Barbour, Bethanie	W	COBURG HARRI	8:57.1
2.	McLaren, Stacey Martin, Patrick	W M	ATHLETICS ES COBURG HARRI	9:14.4 DQ

AV Shield - Round 5 (East Region, Proclamation Park, Ringwood)

Paul van Kopplen made his second Shield appearance for the summer to record an excellent 13:30.1. Paul, at age 42, shows no signs of slowing down and will be hard to beat in the Masters competitions if he decides to have a go. Ryan Antidormi recorded a 25 second track PB with 15:12.3 while Masters walkers Simon Evans, Ross Reid and Bill Dyer were next to cross the line ahead of the top lady, Hilary Brazel. Stephanie George (7:27.1) and Cooper Owen (7:58) were the best U14s and both walked very good times.

3000m Walk

1.	Van Kopplen, Paul	M	CROYDON	13:30.1
2.	Antidormi, Ryan	M	ATHLETICS NU	15:12.3
3.	Evans, Simon	M	BOX HILL	15:35.5
4.	Reid, Ross	M	COLLINGWOOD	15:45.6
5.	Dyer, Bill	M	BOX HILL	15:57.0
6.	Brazel, Hilary	W	ATHLETICS NU	16:12.3
7.	Kaiser, Joshua	M	UNATTACHED	16:38.4
8.	Hammett, Gary	M	DIAMOND VALL	16:41.7
9.	Mason, Ella	W	BOX HILL	16:50.2
10.	Thillaisundaram, Anand	M	COLLINGWOOD	17:03.4
11.	Benke, Geza	M	OLD MELBURNI	17:16.6
12.	Gardiner, Bob	M	COLLINGWOOD	18:14.4
13.	Facey, Stuart	M	OLD SCOTCH C	18:20.1
14.	Cooper, Stuart	M	ST STEPHENS	18:24.8
15.	Sofianos, Gerald	M	ST KEVINS	18:35.7
16.	Worsnop, Christoph	M	OLD XAVERIAN	19:05.1
17.	Laurence, Peter	M	DIAMOND VALL	20:57.5
18.	Ellis, Robert	M	RICHMOND HAR	21:24.3

1500m Walk

1.	George, Stephanie	W	UNATTACHED	7:27.1
2.	Owen, Cooper	M	DIAMOND VALL	7:58.0
3.	Davis, Nicole	W	UNATTACHED	10:59.9

AV Shield - Round 5 (Ballarat Region, Llanberris Reserve, Ballarat)

Kelly Ruddick was a big winner at Ballarat with a fast 14:16 while Andrew Blood recorded a season PB with 15:50 as fastest man. Daryl Biggin was obviously still resting on his laurels after his recent good form.

Mixed 3000 Meter Race Walk

1.	Ruddick, Kelly	M	Ballarat Har	14:16.51
2.	Blood, Andrew	M	Ballarat Ycw	15:50.57
3.	Brennan, Sarah	W	Ballarat Ycw	16:44.15
4.	Nunn, Paul	M	Wendouree	16:53.81
5.	Jones, Robert	M	Ballarat Ycw	17:34.53
6.	Govan, Lee	M	Wendouree	19:21.03
7.	Luke, Peter	M	Wendouree	21:07.89
8.	Jones, Peter	M	Ballarat Har	21:30.83

AV Shield - Round 6 (Geelong Region, Landy Field, South Geelong)

Shield walker of the week would have to be Josh Dillon of Corio who recorded a 21 sec PB of 14:09.83. Josh, who has just turned 15, is a huge find for walking and potentially a big talent. He burst onto the scene in the LA T&F champs last summer, recording around 6:30 for the 1500m and then being disqualified (much to our complete surprise as spectators). After a winter spent playing football, he is back on the track and looking the goods. James Seid-Christmass was next in with 14:58, another very consistent time. Lewis Clark had a quieter round this week, recording 15:41 while Nicholas Mirarchi with 15:56 is feeling his way after Y12 exams. Jmara Hockley-Samon was the best of the 1500m walkers with 7:03 but she recorded 6:51 in LA competition last month and has a very good turn of speed (she is also a pretty decent runner).

3000m Walk

1.	Dillon, Joshua	M	Corio	14:09.83
2.	Seid-Christmass, James	M	Corio	14:58.14
3.	Clark, Lewis	M	Athletics CH	15:41.81
4.	Mirarchi, Nicholas	M	Corio	15:56.56

5.	Walker, Jared	M	Corio	15:59.08
6.	Boddy, Tyne	W	Corio	16:47.65
7.	Brunton, Caitlin	W	Corio	17:23.05
8.	Walker, Megan	W	Corio	18:59.72
9.	Boddy, Lana	W	Corio	20:19.41

1500m Walk

1.	Hockley Samon, Jmara	W	Athletics CH	7:03.24
2.	Dillon, Nathan	M	Corio	9:39.89
3.	Lockwood, Jade	W	Corio	10:08.68
	Hockley Samon, Jack	M	Athletics CH	DQ
	Bumford, John	M	Athletics CH	DQ
	Verstraten, Jacque	M	Athletics CH	DQ

AV Shield - Round 6 Bendigo Region, La Trobe University Bendigo Athletics Complex, Bendigo

Bendigo saw a good battle between Jessie Palfreyman and Josh Savage with Jessie getting up by just over 1 second with 18:18.17.

3000m Walk

1.	PALFREYMAN, JESSIE	W	EAGLEHAWK YM	18:18.17
2.	SAVAGE, JOSHUA	M	EAGLEHAWK YM	18:19.69
3.	WELLARD, IAN	M	BENDIGO YMCA	21:31.35
4.	WATSON, JOHN	M	BENDIGO YMCA	22:52.70

VRWC SUMMER CLUB CHAMPIONSHIPS, ALBERT PARK, SUNDAY 15 NOVEMBER 2009

The VRWC Summer Club championships were held last Sunday at Albert Park but, such is the tightly packed nature of the summer season, we had to share the weekend with Little Athletics Region Relays and AV Shield competition. Even so, 37 walkers turned out in conditions that were warm and sunny.

Thanks to **Terry Swan** and **Stuart Cooper** who were busy with the cameras. Stu took most of the photos in this newsletter, including the Presentations photos later in the report, while Terry has provided most of the photos which have been uploaded to our VRWC photo gallery (<http://www.vrwc.org.au/coppermine>)



The first races get underway a 9AM – Rudolf Skrucany, Terry O'Neill, Kelly Davidson, Anand Thillaisundaram, Ralph Bennett, Andrew Jamieson, David De Bondi, Rhydian Cowley and Caitlin Brunton are seen off by Jim Leppik

Andrew Jamieson (1:43:55) and Pam Tindal (55:59) took out our two senior perpetual trophies and we were lucky enough to have Heather Carr onsite to present the Heather Carr Trophy to Pam at our post-race presentations (see the photo later in the report). Natalie Laurie, looking very relaxed now that her Y12 exams have finished, won the U20 club championship (29:21). Other club champions were Jmara Hockley Samon (but only after a great battle with Amelia Finnegan, both girls doing big PBs of 14:36 and 14:39), Paul Tremigliozi (a big PB of 19:40), Kyle Swan, Gabriella Crea and Noah Candotti.

VRWC 20 KM OPEN MEN CLUB CHAMPIONSHIP – GUS THEOBOLD TROPHY

1.	Jamieson, Andrew	50:11	1:43:45	
2.	O'Neill, Terry	59:12	2:00:52	
	Skrucany, Rudolf	1:23:08	DNF	14km in 1:58:28

VRWC 10 KM MASTERS WOMEN CLUB CHAMPIONSHIP – HEATHER CARR TROPHY

1.	Tindal, Pam	55:59
----	-------------	-------

- | | | |
|----|-------------------|---------|
| 2. | McIntyre, Gayle | 59:23 |
| 3. | Carr, Heather | 59:23 |
| 4. | Elms, Donna | 1:08:17 |
| 5. | Beaumont, Heather | 1:22:01 |

VRWC 5KM U20 CLUB CHAMPIONSHIP

- | | | |
|----|-----------------|-------|
| 1. | Laurie, Natalie | 29:21 |
| 2. | Gatens, Georgia | 35:25 |

VRWC 3KM U15 CLUB CHAMPIONSHIP

- | | | |
|----|----------------------|-------|
| 1. | Hockley-Samon, Jmara | 14:36 |
| 2. | Finnegan, Amelia | 14:39 |

- | | | |
|----|-------------------|-------|
| 1. | Tremigliozi, Paul | 19:40 |
|----|-------------------|-------|

VRWC 1.5KM U12 CLUB CHAMPIONSHIP

- | | | |
|----|---------------|-------|
| 1. | Swan, Kyle | 08:32 |
| 2. | Candotti, Sam | 10:13 |

- | | | |
|----|-----------------|-------|
| 1. | Crea, Gabriella | 09:32 |
|----|-----------------|-------|

VRWC 1.5KM U9 CLUB CHAMPIONSHIP

- | | | |
|----|----------------|-------|
| 1. | Candotti, Noah | 13:48 |
|----|----------------|-------|



Club champions Noah Candotti, Natalie Laurie, Paul Tremigliozi, Jmara Hockley-Samon and Kyle Swan



Club champions Gabriella Crea, Pam Tindal and Andrew Jamieson and the contest of the meet – Jmara Hockley-Samon and Amelia Finnegan

We had our usual selection of scratch races scheduled alongside the club championships and they attracted good fields. Rhydian Cowley recorded an excellent 45:12 for the 10km, a time that was actually very impressive given the tough conditions and the fact that he was a long way in front of anyone else. Caitlin Brunton walked her first 15km with a steady 1:39:50 and James Seid-Christmass continued on his winning way in the 5km. Jason Kozica was the fastest 3km walker and it is good to see Jason back in action after a quiet winter. It was also nice to welcome back long time club member David De Bondi who had his first walk in some years. Dave raced in the 60's and early 70's so will be remembered by our older members.

VRWC 15 KM OPEN

1.	Brunton, Caitlin	1:05:02	1:39:50
----	------------------	---------	---------

VRWC 10 KM OPEN

1.	Cowley, Rhydian	45:12
2.	Dickenson, Russ	1:01:05
3.	Thillaisundaram, Anand	1:02:51
4.	Wood, Robin	1:09:37
5.	Wallace, Anna	1:11:36
6.	De Bondi, David	1:12:57
7.	Beaumont, Ian	1:20:15

VRWC 5KM OPEN

1.	Seid-Christmass, James	25:50
2.	McDonough, Aaron	26:04
3.	Bennett, Ralph	26:21
4.	Lucas, Alan	29:33
5.	Feldman, Liz	29:51
6.	Wicks, Barrie	35:26
7.	Davidson, Kelly	41:45

VRWC 3KM OPEN

1.	Kozica, Jason	17:42
2.	Steed, Gwen	17:49
3.	Holmes, Janet	19:02
4.	Summers, Harry	19:45
5.	Onley, Gordon	20:33
6.	Stanway, Marlane	20:34



James Seid-Christmass, Jason Kozica, Dave De Bondi, Rhydian Cowley and club president Harry Summers

Officials: Ron Miller, Harry Summers, Tim Erickson, Paul Kozaris, Ian Laurie, Dave De Bondi, Terry Swan, Stuart Cooper
Mark Donahoo

Judges: Peter Vysma (chief), Lloyd Nicholls, Gordon Loughnan, Ralph Bennett

Canteen: Mark Donahoo, Kate Suitch, Marlane Stanway

GET WELL SOON BARB AND JOYCE

Talking of last Sunday, our VRWC races went ahead without two of our key club members in Joyce Summers and Barb Gardiner. Joyce and Barb normally look after the canteen each race day but both are currently out of action. Barb had a fall a couple of weeks ago and knocked herself round quite a bit. She has had a plate put in her left wrist and still has soreness in her right hand which was badly bruised. Joyce has just undergone knee replacement surgery in Box Hill hospital and has succumbed to an infection and not feeling too well. Joyce and Barb – we hope that you both bounce back quickly and in the meanwhile – enjoy the rest!

LLOYD NICHOLS NOW A VRWC LIFE MEMBER

Last Sunday marked our VRWC annual general meeting and the occasion saw a new Life Member added to the ranks. **Lloyd Nichols** has had a long career as a walks judge but an even longer career as an athlete and coach on the Victorian front. I have updated the VRWC Life Members page on our website to include some details of Lloyd's many contributions to Victorian walking. Check out <http://www.vrwc.org.au/vrwc lifemembers.html> and click on Lloyd's name to read all about him. Congratulations Lloyd!



Presentations galore - Lloyd is presented with his Life Membership badge by Ray Smith while Gayle McIntyre, Pam Tindal and Heather Carr pose with the Heather Carr Trophy



Club Championship medallists Sam and Noah Candotti, Gabriella Crea, Natalie Laurie and Paul Tremiglio

FOCUS ON GEOFF MAJOR AND THE BENDIGO WALKERS CLUB

I was talking this week to Paul Rance, the president of Bendigo Race Walkers, about their summer racing schedule and in passing, he told me that he has kept all of the Club statistics since the Club was formed in 1988 and on Bendigo Cup night this year Geoff Major completed his 600th walk with the Club and in those competition walks he has completed almost 2800 kilometres - a wonderful achievement.

Geoff is actually a foundation member and life member of the Bendigo Walkers Club but his walking connection goes back a long way before 1988. I remember being stationed in Bendigo briefly in 1969 and participating in a 1 mile walk that Geoff had organized around Lake Weeroona. Suffice to say that Geoff won the walk and I was somewhere back behind him. Geoff, now aged 73, still competes over all distances up to 20km and was part of the small but strong Australian contingent which walked in this year's World Masters Games in Finland. Well done Geoff !



Geoff Major in action in Finland in August

And for completeness, here is the article from the Bendigo Advertiser about the Bendigo Race Walking Cup meet.

Edlin claims Cup

04 Nov, 2009 09:41 AM

A first-year competitor, Charlotte Edlin won the third annual Bendigo Race Walking Cup (2400m) on Wednesday night at the La Trobe University Bendigo athletics complex in Flora Hill.

Edlin, 10, hit the front with just over a lap to go and held off the charge from second backmarker Jeremiah Jones and middlemarker Josh Savage to win in a time of 13.40. Jones was runner-up in a personal best time of 12.16 and broke the club's under-14 boys' record which had stood for 19 years. Savage clocked a PB of 13.59 to be third.

Other personal bests were recorded by Grace Edlin, Dane Heiden, Zoe Boldiston and Catherine Heard. Geoff Major contested his 600th race with the club in his 22nd year of competing with Bendigo Walkers.

Next Wednesday's racing will be at Rosalind Park. The 1600m and 4800m sealed handicap events will start at 6pm.

Bendigo Walkers Cup (2400m), in finishing order:

Charlotte Edlin 13.40, Jeremiah Jones 12.16, Josh Savage 13.59, Grace Edlin 13.20, Catherine Heard 16.59, Dane Heiden 13.08, Ebony-Jade Jones 16.39, Amanda Heard 12.59, Zoe Boldiston 13.18, Ebony Whiley 13.07, Annette Major 13.49, Jessey Wilson 14.10, Annette Curtis 17.41, Grace Campbell 14.32, Norm West 19.03, Barb Bryant 14.05, Geoff Major 17.05, John Carter 16.22, Jarrod Coad 16.51, Cara Jones 17.34, Jamie-Lee Jones 21.17, Eddie Rowan 18.21, Wendy Ennor 20.23, and Tom Savage 16.56 minutes.

ONE FINAL PHOTO FROM THE SCHOOLS CHAMPIONSHIPS

One final photo from the All Schools walks which were reported in last week's newsletter. The U14 boy's event was a great one with good times all round and the three medallists Connor McShanag, Billy Allamby and Jeremiah Jones are shown below. Well done boys. Thanks to Mark Allamby for completing my collection by passing this photo on.



THE NEW AUSTRALIAN RACEWALKING RESULTS WEBSITE TAKES SHAPE

The new Australian racewalking results website (<http://www.racewalkaustralia.com/Home.asp>) is coming along nicely. All our member clubs have forwarded their membership details to me and I have entered just on 800 walkers overall – not a bad racewalking population for one country! I have also been continuing the process of initial race results population and now have enough results online to generate fairly comprehensive ranking lists. I am intending to enter the Canberra Carnival results next and that will add a lot more results into the rankings.

A number of people have have agreed to forward results to me from their State or club – Kim Mottram (SA), Rosemary Coleman (TAS), Peter Aiton (QLD), Paul Rance (Bendigo) and Harold Boddy (Geelong) – and of course I will look after Victoria in general. I am not intending to trawl around Australia looking for results so if someone from your State does not forward your race results to me, they will be missed. So calling for volunteers from WA and NSW and ACT!

By default, the Athlete Profile does not record PBs, only the best recent times from the last 12-14 month period. However, RWA-UK webmaster John Constantinou has added a general notes section (for short bio, PBs, etc) that can be used for this purpose. There is also the ability to load a photo for each athlete profile. I have done this for Chris Erickson as an example – see http://www.racewalkaustralia.com/AthleteDetails.asp?id=7343&athlete=Chris_Erickson. Note the photo and the notes section which lists his PB and gives a short couple of sentences about him.

I am happy to add this for anyone if they wish to forward to me a suitable photo and a short biographical section (not too long!). And let me know if I don't have your date of birth or if it is incorrect. DOBs are needed for the ranking lists to function correctly and it is often difficult to get them from organisations due to privacy considerations.

OUT AND AROUND

18th Asian Athletics Championships, Guangzhou, China, 13-17 November 2009

The men's 20km walk, held on the morning of Thursday 12 November, was contested in constant rain (so heavy that the programme was delayed by 30 minutes). The race was dominated by Chinese duo Li Jianbo (1:22:55) and Chu Yafei (1:22:56) with Korean walker Park Chil-Sung (1:24:51) taking bronze.

1	People's Republic of China CHN	LI Jian Bo	14/11/1986	1:22:55
2	People's Republic of China CHN	CHU Ya Fei	05/09/1988	1:22:56
3	Korea KOR	PARK Chil-Sung	08/07/1982	1:24:51
4	Japan JPN	SUGIMOTO Akihiro	20/10/1981	1:25:00
5	India IND	KESHARABHAI PANUCHA Babubhai	10/08/1978	1:25:11
6	Malaysia MAS	TEOH Boon Lim	15/11/1977	1:32:39
7	Malaysia MAS	LO Choon Sieng	16/11/1985	1:35:20
8	United Arab Emirates UAE	SARWASHI Ayoob	24/10/1984	1:42:15
	India IND	SINGH Harminder	09/05/1984	DSQ

The women's 20km walk was held on the morning of Friday 13 November with victory going to Mayumi Kawasaki of Japan in 1:30:12.

1	Japan JPN	KAWASAKI Mayumi	10/05/1980	1:30:12
2	People's Republic of China CHN	YANG Ya Wei	16/10/1983	1:34:11
3	Kazakhstan KAZ	TOLSTAYA Svetlana	09/08/1971	1:36:42
4	Kazakhstan KAZ	KICHIGINA Galina	14/07/1988	1:47:14
	People's Republic of China CHN	LIU Hong	12/05/1987	DQ

MADRID (ESP): Steeple world champion Marta Dominguez won the Jose Luis Alonso Trophy as Spanish Athlete of the Year. It was 18th edition of this media poll, but it is not the official vote of the Spanish Athletics Federation. Results of the official one will be known later. Dominguez won for second time in a row (1598 points), she was followed by walker **Jesus Angel Garcia** (1345) and middle distance runner Natalia Rodriguez (1342). Top five is completed by high jumper Ruth Beitia (1260) and another female runner Nuria Fernandez (1216).

DUBLIN (IRL): Walker **Olive Loughnane** was named Irish Athlete of the Year 2009.

WHAT'S COMING UP

A.V. Shield Competition

Next weekend is a big one on the local front. Firstly on Saturday, we have our next round of AV Shield competition with 2000m walks on offer at all 6 venues:

21/11/09	AV Shield - Round 6 (SOUTHEAST REGION)	Duncan MacKinnon Reserve, Murrumbidgee
21/11/09	AV Shield - Round 7 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
21/11/09	AV Shield - Round 7 (GEELONG REGION)	Landy Field, South Geelong
21/11/09	AV Shield - Round 6 (BALLARAT REGION)	Llanberris Reserve, Ballarat
21/11/09	AV Shield - Round 6 (NORTHWEST REGION)	Meadowglen International Athletics Track, Epping
21/11/09	AV Shield - Round 6 (EAST REGION)	Reischiek's Reserve, Doncaster

Australian 50 km Roadwalking Championship

Next Sunday sees the Australian 50km championship at Fawkner Park. The long term forecast for Melbourne next Sunday is overcast with passing showers and a top of 26°C. That is pretty good considering the weather we have been having and the 7AM start time and shaded course should allow walkers the maximum opportunity for good times. The Open 20km and Junior 10km invitational walks also promise to be top quality with a lot of our walkers making the most of the opportunity. I am pleased to see so many U23 walkers competing in the 20km events – with places on offer for our inaugural Aust U23 vs New Zealand match next February, all will be keen to put a time on the board. The timetable and fields read as follows

AA/AV 50 km Championship - 7AM	Adams, Luke Barnes, Tom Bown, Darren Cousins, Duane Jamieson, Andrew Rutter, Adam Tallent, Jared	A.I.S. / New South Wales Victoria South Australia Victoria Victoria A.I.S. / New South Wales A.I.S. / Victoria
20km Men - 8AM	Bennett, Ralph Erickson, Chris Kollmorgen, Stuart Mulhearn, Derek (U23) Daniel Payne (U23) Rayson, Ian (U23) Reading, Brendon (U23)	Victoria A.I.S. / Victoria Victoria New South Wales Victoria New South Wales New South Wales
20km Women - 8AM	Attard, Tamara (U23) Bourke, Lauren (U23) Brunton, Caitlin (U23) Carr, Heather Fagan, Nicole (U23) Rothwell, Jess (U23) Ruddick, Kelly Stigwood, Stephanie (U23) Szirom, Megan Tallent, Claire Ventriss, Lyn Webb, Cheryl	Victoria New South Wales Victoria Victoria New South Wales Victoria Victoria South Australia South Australia A.I.S. / South Australia Western Australia NSW
10km Junior Girls – 8:30AM	Alexander, Beth Campbell, Caitlin Hockley Samon, Jmara Tallent, Rachel	Victoria Victoria Victoria Victoria
10km Junior Boys – 8:30AM	Cowley, Rhydian Fitzsimons, Sean Malone, Kyle Mulhearn, Jordan Simpson, Brad Steele, Blake	Victoria Western Australia New South Wales New South Wales Victoria South Australia

A.A. Judging Seminar

Next weekend also sees an AA Racewalk Judging seminar and exam opportunity and when I last heard, about 15 people had nominated for this important activity.

Waverley Little Athletics Open Day

And finally, a forward notification for the annual Waverley Little Athletics Open Day which is to be held on Sunday 6 December (see <http://www.waverleylittleaths.org/>). It's not often that we get the chance to compete on a good grass track and Waverley is probably Victoria's premier grass surface. There are 1100m walks for U9 and U10 and 1500m walks for U11, U13 and U15. I recommend this as one of the best Little Athletics Open Day's around.

DATES...DATES...DATES

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

Victorian & National Fixture – Summer 2009/2010

21-22 Nov 2009	Racewalk Judging seminar, Albert Park
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
Sun 6 Dec 2009	Waverley LA Open Day (track walks included) – see http://www.waverleylittleaths.org/
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury
Sun 10 Jan 2010	VRWC road races, Albert Park

22-24 Jan 2009 Victorian Country Championships, Newborough
 Jan 30, 2010 Canberra Grand Prix (including Australia Cup) – 5000m walks (to be confirmed)
 Sat 13 Feb 2010 Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials)
 Incorporating Australia U23 vs New Zealand Open Teams Competition
 Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
 26-27 Feb 2010 Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
 27 Feb 2010 Sydney Grand Prix – 5000m walks (to be confirmed)
 11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
 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
 Sun 11 April 2010 VMA 5000m track championships and VRWC events, venue TBC
 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 3-10, 2010 **Oceania Masters Championships, Tahiti**
 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/>

2010 Racewalking Challenge Series (to be confirmed – these dates were extracted off the European Athletics website)

Apr 10, 2010 IAAF Race Walking Challenge, Rio Maior, POR
 May 1, 2010 IAAF Race Walking Challenge, Sesto san Giovanni, ITA
 May 29, 2010 IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
 June 19, 2010 IAAF Race Walking Challenge, La Coruna, ESP
 Sept 18, 2010 IAAF Race Walking Challenge Final, tbc, CHN

2011 International Fixture

July 7-17, 2011 **World Masters T&F Championships, Sacramento, California, USA**
 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

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