



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2009/2010 Number 9  
23 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/>

### AUSTRALIAN 50KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 22 NOVEMBER

Last Sunday saw the Australian 50 km roadwalking championship contested at Fawkner Park in Melbourne. The weekend also saw a huge downpour of some 60mm of rain over the Saturday night/Sunday morning and walkers and officials were caught in the middle of it. Interestingly, the same thing happened with the 2008 Australian 50 km championship. Both events saw long periods of hot dry conditions broken by huge downpours. What are the chances of that!

Amazingly Jared Tallent was able to negotiate the adverse conditions and powered to a PB time of 3:38:56, with his last 10km (done in ever increasing rain intensity) his fastest. Unfortunately the other medallists, Tom Barnes and Duane Cousins, had another 30+ mins to go at that stage and the rain intensity was so great by then that the course flooded in a number of places and they were literally wading through lakes of water. Thus their final times were not a true reflection of their efforts.



**Jared Tallent, Adam Rutter, Tom Barnes, Darren Bown and Duane Cousins in action in the Australian 50km championship**

The race report on the A.A. website (see [http://www.athletics.com.au/news/news/2009/november/flame\\_sizzles\\_despite\\_the\\_driz](http://www.athletics.com.au/news/news/2009/november/flame_sizzles_despite_the_driz)) provides a good starting point to review the various events on offer.

In adverse conditions this morning, dual Olympic medallist and Australian Flame **Jared Tallent** posted a new personal best time of **3:38.56** to secure himself the Australian 50km Road Walk Championship at Melbourne's Fawkner Park.. In an unrivalled effort, Tallent secured his gold medal just 3 days after completing an arduous altitude training regime at the A.I.S.

"I didn't expect the time so quickly after such intense strength and base training at the altitude camp," he said. "We haven't really been working on speed recently so to start the summer with a personal best time gives me a lot of confidence. I'm looking for a medal at the next year's IAAF Road Walk Championships in Mexico and today's result is the ideal start to what will be a tough training schedule between now and then."

Victorian **Tom Barnes** finished second. In a time just shy of his personal best (4:12.05), Barnes' performance comes on the back of competing at the World University Games in Belgrade earlier this year. Rounding out the top three was **Duane Cousins**. Cousins, both an Olympian and World Championships representative completed the water covered course in 4:14.58.

In the men's 20km Road Walk, **Ian Rayson** was the first to cross the finish line in a time of 1:29.50. Rayson, whom travelled to Melbourne from his base at the N.S.W.I.S, was followed by the **Brendan Reading** (second - 1:30.42) and **Derek Mulhearn** (third - 1:39.16)

**Jessica Rothwell** led the way in the women's 20km Road Walk completing the course in a time of 1:34.22.

Rothwell looked confident in her stride for the entire race saying she couldn't be happier at this stage of the year. "Mexico

for the IAAF World Race Walk Championships is what I'm preparing for at the moment so to start like this in tough conditions is great. Speed training hasn't really commenced yet so I'm really happy with my time and feel confident heading into some pretty big events."

Rothwell's Australian Flame team mate from **Clare Tallent** was second to cross the line in a time of 1:37.47 capping off a successful morning for the Tallent family . Tallent was followed by Victorian **Kelly Ruddick** whom finished third in 1:46.49.

In the final event of the morning, Victorians **Beth Alexander** and **Rhydian Cowley** took victory in the invitational men's and women's 10000m Junior Road Walk events in times of 50:34 and 45:09 respectively.

As an added treat, you can see all the action in yet another one of David Armstrong's brilliant AthsVic TV video productions - now posted at <http://www.youtube.com/watch?v=nz0R-E3Ijjo>

#### Australian 50km Roadwalking Championship

1.	Jared Tallent	AIS/VIC	3:38.56
2.	Tom Barnes	VIC	4:12.05
3.	Duane Cousins	VIC	4:14.58
	Adam Rutter	AIS/NSW	DNF
	Luke Adams	AIS/NSW	DNF
	Darren Bown	SA	DNF
	Andrew Jamieson	VIC	DNF

#### 20km Open Women Invitational

1.	Ian Rayson	NSWIS	1:29.50
2.	Brendon Reading	ACT	1:30.42
3.	Derek Mulhearn	NSW	1:39.16
4.	Daniel Payne	VIC	1:43.28 (PB)
5.	Stuart Kollmorgen	VIC	1:48.25
	Ralph Bennett	VIC	DQ

#### 20km Open Men Invitational

1.	Jessica Rothwell	VIS	1:34.22
2.	Claire Tallent	AIS/SA	1:37.47
3.	Kelly Ruddick	VIC	1:46.49
4.	Lynette Ventris	WA	1:50.48
5.	Lauren Bourke	NSW	1:53.22 (PB)
6.	Heather Carr	VIC	1:57.38
7.	Tamara Attard	VIC	2:06.28 (PB)
8.	Caitlin Brunton	VIC	2:21.46 (PB)
	Nicole Fagan	NSW	DNF
	Megan Szirom	VIC	DNF
	Cheryl Webb	NSWIS	DQ

#### 10km Junior Men Invitational

1.	Rhydian Cowley	VIC	45.09
2.	Blake Steele	SA	45.12 (PB)
3.	Jordan Mulhearn	NSW	48.44
4.	Brad Simpson	VIC	52.55 (PB)
	Sean Fitzsimons	WA	DQ

#### 10km Junior Women Invitational

1.	Beth Alexander	VIC	50.34
2.	Rachel Tallent	VIC	53.20

**Heather Carr**, in recording 1:57:38, set a new **W60 World Masters Record** for the 20km roadwalk. Well done Heather on a wonderful performance. With next year's Aust-U23 vs NZ-Open 20km match in mind, a number of U23 men and women completed their first 20km walks – **Lauren Bourke** (NSW), **Tamara Attard** (VIC), **Caitlin Brunton** (VIC) and **Daniel Payne** (VIC). My unofficial 2010 U23 rankings now look like this

U23 Men	1:27.29	Ian Rayson	N	040288	32	Wuxi, China	18-Apr
	1:30.19	Brendon Reading	A	260189	8	Melbourne	07-Mar
	1:38.35	Derek Mulhearn	N	041090	1	Sydney	26-Jul
	1:43:28	Daniel Payne	V	300190	4	Melbourne	22-Nov
U23 Women	1:30.25	Jess Rothwell	V	180689	2	Melbourne	07-Mar
	1:50.40	Nicole Fagan	N	240789	2	Sydney	30-Aug
	1:53:20	Lauren Bourke	N	200790	5	Melbourne	22-Nov
	2:06:28	Tamara Attard	V	190490	7	Melbourne	22-Nov
	2:21:46	Caitlin Brunton	V	251189	8	Melbourne	22-Nov

A number of our current U23s (including Adam Rutter, Jillian Hosking and Jess Heazlewood) turn 23 next year so move out of the age group. Hence I have left them off this list. Athletics Australia will pick its U23 team of up to 4 men and 4 women in January.



**Sean Fitzsimons, Blake Steele, Rhydian Cowley, Daniel Payne, Derek Mulhearn and Ian Rayson in action**



**Brendon Reading, Claire Tallent, Heather Carr and Claire Tallent in action**

**VICTORIAN SHIELD COMPETITION RESULTS, SATURDAY 21 NOVEMBER 2009**

Athletics Victoria Shield competition continued last Saturday with 2000m walks on offer at all venues. After a couple of weeks of continuous hot weather, a cooler day finally allowed the 89 walkers a more comfortable racing experience.

**AV Shield Eastern Region Round 6, Reischick's Reserve, Doncaster**

Paul van Kopplen continued on his winning ways with a fast 8:46 at Doncaster. Ross Reid also showed good speed with 9:46. The big improver of the day was Cassie Raselli whose 9:52 is her best for a year or more. She held out top U14 walker Stephanie George whose 9:56 was not far outside her best. And what about Anand Thillaiundaram whose 10:18 was a big breakthrough walk! Behind him, Natalie Laurie continues her post-Year 12 fitness work and recorded a promising 10:21.

**2000 Meter Race Walk**

1.	Van Kopplen, Paul	M	CROYDON	8:46.7
2.	Reid, Ross	M	COLLINGWOOD	9:46.8
3.	Raselli, Cassandra	W	UNATTACHED	9:52.1
4.	George, Stephanie	W	UNATTACHED	9:56.9
5.	Thillaiundaram, Anand	M	COLLINGWOOD	10:18.3
6.	Laurie, Natalie	W	ATHLETICS NU	10:21.2
7.	Mason, Ella	W	BOX HILL	10:41.7
8.	Dickenson, Russell	M	UNATTACHED	10:47.9
9.	Irshad, Jasmine	M	UNATTACHED	11:00.8
10.	Hammett, Gary	M	DIAMOND VALL	11:02.9
11.	Noonan, Patrick	M	ST KEVINS	11:11.9
12.	Benke, Geza	M	OLD MELBURNI	11:20.3
13.	Facey, Stuart	M	OLD SCOTCH C	12:06.1



14.	Worsnop, Chris	M	OLD XAVERIAN	12:06.2
15.	Summers, Harry	M	BOX HILL	12:48.9
16.	Monotti, Hugo	M	OLD MELBURNI	12:55.4
17.	Ellis, Robert	M	RICHMOND HAR	13:09.8
18.	Laurence, Peter	M	DIAMOND VALL	13:33.3
19.	Brougham, Tom	M	OLD MELBURNI	13:47.9
20.	Conboy, Bruce	M	COLLINGWOOD	13:51.3
21.	Jones, Campbell	M	OLD MELBURNI	14:06.4
22.	Walpole, Claire	W	DONCASTER	14:59.8

#### AV Shield North West Region Round 6, Meadowglen International Athletics Track, Epping

Paul Kennedy 9:01 and Trenton Hawkins 9:23 were the top walkers as usual at Epping and Aaron McDonough was not too far behind with his PB time of 9:42.9. Once again, Duncan Knox was out of action and the Preston boys made the most of it. Carly Bertrand, still an U14 walker, was the top female walker with her 11:31.

##### 2000 Meter Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:01.3
2.	Hawkins, Trenton	M	PRESTON	9:23.6
3.	McDonough, Aaron	M	PRESTON	9:42.9
4.	McShanag, Connor	M	ATHLETICS ES	10:24.9
5.	Erickson, Tim	M	COBURG HARRI	10:45.5
6.	Bertrand, Carly	W	KEILOR ST BE	11:31.5
7.	Elms, Donna	W	ATHLETICS ES	11:46.7
8.	Campbell, Rebecca	W	ATHLETICS ES	11:57.1
9.	Shaw, Robyn	W	WESTERN ATHL	12:16.4
10.	Shaw, Kirstin	W	WESTERN ATHL	12:29.9
11.	Wallace, Anna	W	ATHLETICS ES	12:39.3
12.	McLaren, Stacey	W	ATHLETICS ES	13:06.6
13.	Colley, Jamee-Leigh	W	PRESTON	14:01.5
	Elms, Jason	M	ATHLETICS ES	DQ

#### AV Shield South East Region Round 6, Duncan MacKinnon Reserve, Murrumbena

Michael O'Mahony continues his great season, recording a 28 sec PB with 9:16.6. Beth Alexander, having an easy stroll the day before her 10km walk at Fawkner Park, was next in with 10:04.9. Clyde Riddoch showed good speed with 10:16 ahead of U14 walker Lucas Taylor 10:33. As usual, this was our biggest walk venue with 26 starters.

##### 2000 Meter Race Walk

1.	O'Mahony, Michael	M	KNOX ATHLETICS	9:16.6
2.	Alexander, Beth	W	KNOX ATHLETICS	10:04.9
3.	Riddoch, Clyde	M	ATHS WAVERLEY	10:16.7
4.	Taylor, Lucas	M	UNATTACHED	10:33.5
5.	Stadus, Lauren	W	KNOX ATHLETICS	10:42.8
6.	Guy, Rebecca	W	CASEY CARDIN	10:51.2
7.	Attard, Bianca	W	KNOX ATHLETICS	11:00.2
8.	Sanders, Jade	W	CASEY CARDIN	11:04.4
9.	Hallett, Nicole	W	CASEY CARDIN	11:26.2
10.	Steed, Gwen	W	MENTONE	11:27.1
11.	Doran, Anthony	M	GLENHUNTLY	11:51.3
12.	Hutton, Philip	M	GLENHUNTLY	12:01.4
13.	Guy, Rachael	W	CASEY CARDIN	12:17.9
14.	McInnes, Simone	W	GLENHUNTLY	12:38.6
15.	Morrey, Jan	W	KNOX ATHLETICS	12:47.2
16.	Maudsley, Fiona	W	ATHS WAVERLEY	12:56.7
17.	Kirwan, Georgina	W	KNOX ATHLETICS	13:04.8
18.	Goodings, Liana	W	ATHS WAVERLEY	13:21.4
19.	Morrison, John	M	SANDRINGHAM	13:44.9
20.	Caulfield, Sharyn	W	ATHS WAVERLEY	15:11.5
21.	Van Dongen, Rupert	M	CASEY CARDIN	15:29.9
22.	McCormick, Meridith	W	CASEY CARDIN	17:53.3
	De Pasquale, Joel	M	KNOX ATHLETICS	DNF
	Barrow, Geoff	M	MENTONE	DQ
	Sommers, David	M	KNOX ATHLETICS	DQ
	Harrison, Lindsay	M	ATHS WAVERLEY	DQ

#### AV Shield Ballarat Region Round 6, Llanberris Reserve, Ballarat

Ballarat saw a smaller field than usual with Kelly Ruddick and Rachel Tallent resting up for Fawkner Park. Andrew Blood 9:58 and Erin Adamcewicz 10:16 were the best and walked very well. But alas, Daryl Biggin caught the judges' attention so I take my walk result this week as a moral victory over him!

##### 2000 Meter Race Walk

1.	Blood, Andrew	M	BALLARAT YCW	9:58.01
2.	Adamcewicz, Erin	W	ATHLETICS ES	10:16.31

3.	Platt, Belinda	W	EUREKA	11:56.10
4.	Govan, Lee	M	WENDOUREE	12:07.95
5.	Baker, Nathaniel	M	BALLARAT HAR	13:32.00
6.	Jones, Peter	M	BALLARAT HAR	14:21.37
	Brooks, Barry	M	BALLARAT HAR	DQ
	Biggin, Daryl	M	BALLARAT YCW	DQ

#### AV Shield Bendigo Region Round 7, La Trobe University Bendigo Athletics Complex, Bendigo

Top Victorian underage walkers Ebony Whiley 10:41 and Jeremiah Jones 10:48 were the top walkers at Bendigo with M73 Geoff Major walking his usual solid race with 13:34.

#### 2000 metres Race Walk

1.	WHILEY, EBONY	W14	EAGLEHAWK YM	10:41.40
2.	JONES, JEREMIAH	M12	EAGLEHAWK YM	10:48.76
3.	MAJOR, ANNETTE	W47	EAGLEHAWK YM	10:53.29
4.	SAVAGE, JOSHUA	M14	EAGLEHAWK YM	12:10.63
5.	MAJOR, GEOFF	M73	EAGLEHAWK YM	13:34.00
	JONES, EBONY-JADE	W15	EAGLEHAWK YM	DQ

#### AV Shield Geelong Region Round 7, Landy Field, South Geelong

Josh Dillon continued on from last week, recording a 30 sec PB with 9:06.66. Behind him Jmara Hockely-Samon 9:47 and part time walker Jared Larkins 9:50 also beat the 10 minute mark. Tyne Boddy and Jared Walker also excelled with their times of 10:05. This is a venue with a lot of talented young walkers.

#### 2000 Meter Race Walk

1.	Dillon, Joshua	M	CORIO	9:06.66
2.	Hockley Samon, Jmara	W	ATHLETICS CH	9:47.36
3.	Larkins, Jared	M	UNATTACHED	9:50.54
4.	Boddy, Tyne	W	CORIO	10:05.07
5.	Walker, Jared	M	CORIO	10:05.78
6.	Seid-Christmass, James	M	CORIO	10:21.91
7.	Mirarchi, Nicholas	M	CORIO	11:00.74
8.	Walker, Megan	W	CORIO	11:28.19
9.	Boddy, Lana	W	CORIO	12:43.95
10.	Dillon, Nathan	M	CORIO	13:01.09
11.	Lockwood, Jade	W	CORIO	14:31.40
12.	Dillion, James	M	UNATTACHED	15:09.07
	Dillon, Lachlan	M	CORIO	DQ

### WESTERN AUSTRALIAN ROUNDUP

Thanks to Terry Jones for the following Western Australia results from earlier this month. Terry reports

*Unlike previous years, we now have a new track with flood lights, so most summer races will be on Friday evening. The old Perry Lakes track is being demolished and the land will be sold off for medium density housing development. The new track is just across the road from Perry Lakes reserve.*

#### WA Schools Championships, Western Australian Athletics Stadium, Sunday 1 November 2009

##### Girls 5000 Metre Race Walk U18

1.	Smith, Jacqueline	SBSH	29:17.00
2.	Nolan, Ashley-N'Dene	SBSH	33:18.80

##### Boys 5000 Metre Race Walk U18

1.	Fitzsimons, Sean	PREN	22:27.40
2.	Hennigan, Dale	IRN	26:51.50
3.	Gooch, Matthew	NORBERTS	27:50.00
	Ninyett, Christopher	JSR	DQ

##### Girls 3000 Metre Race Walk U15

1.	Brown, Breanna	QBC	16:43.40
----	----------------	-----	----------

##### Boys 3000 Metre Race Walk U15

1.	Dib, Jacob	HOME SCH	15:10.49
2.	Gilchrist, Robbie	WINT	16:58.81

##### Girls 3000 Metre Race Walk U16

1.	Watson, Hannah	SANTA MARIA	14:45.61
2.	Dagnone, Tiffany	LMCC	15:59.46

##### Boys 3000 Metre Race Walk U16

1.	Dib, Samuel	HOME SCH	14:05.52
----	-------------	----------	----------

**Girls 1500 Metre Race Walk U13**

1.	Evans, Raqeema	DIAN	7:45.26
2.	Norris, Emma	CHAL	7:46.88
3.	Brown, Jemma	QBC	8:37.83
4.	Wilman, Sarah	EMMA	9:05.13
5.	Bond, Kellie	XXXX	10:08.62
6.	Granado, Ashley	PC	10:12.55

**Boys 1500 Metre Race Walk U13**

1.	Andrews, Jake	XXXX	8:25.66
2.	McCooey, Sean	BIBRA LAKE	10:27.66
	Giuffre, Mitchell	INGL	DQ

**AWA Interclub, Western Australian Athletics Stadium, Sunday 8 November 2009****Mixed 1500 Metre Race Walk**

1.	Fitzsimons, Sean	M	Stirling Swa	6:05.3
2.	Foster, Clay	M	Athletics WA	6:52.8
3.	Hennigan, Dale	M	IRN	7:02.6
4.	Dib, Jacob	M	West Track	7:09.4
5.	Nolan, Elizabeth	W	IONA	7:18.9
6.	Gilchrist, Robbie	M	WINT	7:30.9
7.	Evans, Raqeema	W	Athletics WA	8:00.4
8.	Dib, Nathanael	M	Athletics WA	8:03.2
9.	Brown, Jemma	W	Athletics WA	8:27.0
10.	Nolan, Ashley-N'Dene	W	SBSH	9:03.6

**AWA Interclub, Western Australian Athletics Stadium, Friday 13 November 2009****Mixed 5000 Metre Race Walk**

1.	Fitzsimons, Sean	M	Stirling Swa	21:28.8
2.	Watson, Hannah	W	Curtin	25:57.1
3.	Hennigan, Dale	M	IRN	25:58.4
4.	Gooch, Matthew	M	norberts	26:33.8
5.	Nolan, Ethan-Lee	M	lwlc	28:20.5
6.	Nolan, Ashley-N'Dene	W	SBSH	32:57.8
	Smith, Jacqueline	W	Curtin	DNF

**QUEENSLAND ATHLETICS SIGN ON MEET, STATE ATHLETICS FACILITY, NATHAN, 14/11/2009**

The fast times continue in Queensland with walking newcomer Elliot Hodgson 14:06 and Ben Tesch 14:07 having a great battle over 3000m and Jesse Osborne 6:24 showing plenty of speed over 1500m.

**Mixed 1500 Metre Race Walk**

1.	Osborne, Jesse	M14	STRATHPINE	6:24.35
2.	Sims, Jesse	W12	ATHLETICS NORTH	8:40.11

**Mixed 3000 Metre Race Walk**

1.	Hodgson, Elliot	M14	GLADSTONE	14:06.37
2.	Tesch, Ben	M13	STRATHPINE	14:07.17
3.	Buckler, Corey	M15	STRATHPINE	14:39.59
4.	Morssinkhof, Amy	W13	ALLSCHOOLS	16:15.35
	Sims, Casey	W15	ATHLETICS NORTH	DNF

**Mixed 5000 Metre Race Walk**

1.	Dewar, Nick	M17	QLD RACE WAL2	25:28.78
	Dewar, Brandon	M17	QLD RACE WAL	DQ
	Bird-Smith, Dane	M17	QLD RACE WAL	DNF (12:34.19 for 3000m)

**BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, WEDNESDAY 18 NOVEMBER 2009**

Paul Rance reports from Bendigo:

The Bendigo Walkers Club's Summer Season of racewalking continued in Rosalind Park last Wednesday evening with 1500m and 3000m sealed handicap events being conducted in hot conditions.

In the 1500m Peter Curtis made a rare appearance and produced a brilliant performance to take line honors and he also won the sealed handicap section of the event with a personal best time of 7.16, 11 year old Jarrod Coad was 2nd and Dane Heiden took 3rd place just in front of Grace and Charlotte Edlin.

The 3km event saw John Carter unfazed by the heat as he raced to his fastest time for the Season breaking his handicap time by more than 30 seconds to win the sealed handicap section in comfortable fashion with Geoff Major having won the

previous 2 weeks competitions continuing his excellent form to claim 2nd place with Barb Cornell in 3rd place while 14 year old Ebony Whiley won the fastest time award with Jessie Palfreyman taking 2nd fastest time.

This Wednesday evening 2000m and 4000m handicap events will be held in Rosalind Park commencing at 6pm. Enquirers may phone 5442 6435 or 0400649610 for further information.

Results;(In handicap finishing order)

#### **1500m Walk**

Peter Curtis 7.16, Jarrod Coad 9.45, Dane Heiden 7.57, Grace Edlin 8.17, Charlotte Edlin 8.48, Eddie Rowan 10.55, Jamie-Lee Jones 13.43, Carol Coad 12.46;

#### **3000m Walk**

John Carter 19.12, Geoff Major 20.45, Barb Cornell 20.58, Colin Cleary 21.30, Ebony Whiley 16.07, Annette Curtis 22.03, Jessie Palfreyman 16.32, Jeremiah Jones 16.46, Josh Savage 18.51, Norm West 24.54, Ebony-Jade Jones 22.36, Annette Major 19.01, Jessey Wilson 20.57,

### **A.C.T. INTERCLUB, AIS ATHLETICS FIELD, CANBERRA**

Thanks to Phil Essam for these two Interclub results from Canberra.

#### **A.C.T. Interclub, AIS Athletics Track, Thursday 5 November 2009**

##### **1000m Walk**

- |    |                |      |
|----|----------------|------|
| 1. | Halpin, Mollie | 6.12 |
| 2. | Burns, Callum  | 6.12 |

##### **3000m Walk**

- |     |                  |       |
|-----|------------------|-------|
| 1.  | Reading, Michael | 14.24 |
| 2.  | Heywood, Colin   | 14.42 |
| 3.  | Jugovic, Ann     | 15.25 |
| 4.  | Bialecki, Helen  | 17.32 |
| 5.  | Whyte, Robin     | 17.46 |
| 6.  | Griffin, Meghann | 17.52 |
| 7.  | Baird, Carol     | 19.18 |
| 8.  | Bates, Harry     | 20.01 |
| 9.  | Bates, Jane      | 20.03 |
| 10. | Chapman, Bob     | 20.47 |
| 11. | Barker, Geoff    | 21.28 |
| 12. | Fitzgerald, Doug | 22.36 |
| 13. | Donovan, John    | 22.49 |
| 14. | Chesterton, Val  | 24.17 |
| 15. | Thomas, Bryan    | DQ    |
| 16. | Mitchell, Jacob  | DQ    |

#### **A.C.T. Interclub, AIS Athletics Track, Thursday 12 November 2009**

##### **1500m Walk**

- |     |                     |       |
|-----|---------------------|-------|
| 1.  | Reading, Michael    | 6.28  |
| 2.  | Hosking, Elizabeth  | 6.42  |
| 3.  | Bates, Harry        | 6.45  |
| 4.  | Jugovic, Ann        | 7.09  |
| 5.  | Baker, Peter        | 7.52  |
| 6.  | Wilkinson, Lachlan  | 8.40  |
| 7.  | Whyte, Robin        | 8.47  |
| 8.  | Baker, Kara         | 9.19  |
| 9.  | Burns, Callum       | 9.36  |
| 10. | Williams, Alan      | 9.41  |
| 11. | Bates, Jane         | 9.51  |
| 12. | Chapman, Bob        | 10.03 |
| 13. | Baumann, Ruth       | 10.17 |
| 14. | Barker, Geoff       | 10.21 |
| 15. | Donovan, John       | 10.32 |
| 16. | Fitzgerald, Doug    | 10.34 |
| 17. | McSpadden, Margaret | 12:21 |

### **WHAT'S COMING UP**

AV Shield competition continues next Saturday with 3000m and 1500m walks on offer for our walkers. Venues are

28/11/09	AV Shield - Round 7 (SOUTHEAST REGION)	Ballam Park Athletic Track, Frankston
28/11/09	AV Shield - Round 7 (EAST REGION)	Bill Sewart Athletics Track, Burwood

28/11/09	AV Shield - Round 8 (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
28/11/09	AV Shield - Round 8 (GEELONG REGION)	Landy Field, South Geelong
28/11/09	AV Shield - Round 7 (BALLARAT REGION)	Llanberris Reserve, Ballarat
28/11/09	AV Shield - Round 7 (NORTHWEST REGION)	Newport Park Athletics Facility), Newport

And a note for our Masters walkers. It has been decided that the 2011 Australian Masters T&F Championships will be moved from Melbourne to Brisbane because of uncertainty about whether the new Melbourne Athletics facility in Albert Park will be finished by Easter 2011. So the Masters T&F Championship venues for the next 3 years will be

2010 - Perth  
2011 - Brisbane  
2012 - Melbourne

### DATES...DATES...DATES

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

4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Sun 6 Dec 2009	Waverley LA Open Day (track walks included) – see <a href="http://www.waverleylittleleaths.org/">http://www.waverleylittleleaths.org/</a>
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	<b>IAAF World Race Walking Cup, Chihuahua, Mexico</b>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b>
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### 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	<b>World Masters T&amp;F Championships, Sacramento, California, USA</b>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea</b>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
July 7-17, 2011	<b>19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA</b>

#### 2012 International Fixture

July 27-Aug 12, 2012	<b>Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>
----------------------	---

#### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
-----------------	--

Tim Erickson, Secretary, VRWC

[terick@melbpc.org.au](mailto: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>)