



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### VICTORIAN SHIELD COMPETITION RESULTS, SATURDAY 28 NOVEMBER 2009

Athletics Victoria Shield competition continued on Saturday with 96 walkers competing over 3000m/1500m in the six main venues. Conditions were cooler and just about perfect for some fast racing.

#### AV Shield East Region, Bill Sewart Athletics Track, Burwood

Burwood was our biggest walks venue this week, boasting 31 walkers in all. U16 walker Lewis Clark travelled up from Geelong for an invitational walk and it proved a successful venture with a 35 sec PB time of 14:02.9. This omens well for him ahead of next weekend's All Schools Championships in Hobart. He finished second to Paul Van Kopplen who produced his usual excellent performance – 13:27 this week. Andrew Jamieson belied his M60 status to take third with a fast 14:22 while Ross Reid and **Pam Tindal** also bettered the 15 minute mark. In fact, Pam's time of **14:52.3** bettered Heather Carr's 1994 **Victorian W45 Masters 3000m walk record** of 14:53.68 and Pam is only 4 days away from moving up a division. What an effort! Hilary Brazel was another one to walk a big PB with her 15:19.7. Stephanie George with 7:17 and Andrew Hogan with 7:52 led the U14s home in the 1500m.

#### Mixed 3000 Meter Race Walk

1.	Van Kopplen, Paul	M	CROYDON	13:27.9
2.	Clark, Lewis	M	ATHLETICS CH	14:02.9
3.	Jamieson, Andrew	M	OLD SCOTCH C	14:22.9
4.	Reid, Ross	M	COLLINGWOOD	14:52.0
5.	Tindal, Pam	W	UNATTACHED	14:52.3
6.	Brazel, Hilary	W	ATHLETICS NU	15:19.7
7.	Dyer, Bill	M	BOX HILL	15:53.2
8.	Raselli, Cassandra	W	UNATTACHED	16:11.5
9.	Thillaisundaram, Anand	M	COLLINGWOOD	16:15.2
10.	Kozica, Jason	M	ST KEVINS	16:27.1
11.	Mason, Ella	W	BOX HILL	16:35.5
12.	Dickenson, Russell	M	UNATTACHED	16:42.1
13.	Hammett, Gary	M	DIAMOND VALL	16:58.1
14.	Benke, Geza	M	OLD MELBURNI	17:17.2
15.	Jack, Clarrie	M	RICHMOND HAR	17:34.9
16.	Gardiner, Bob	M	COLLINGWOOD	17:35.6
17.	Facey, Stuart	M	OLD SCOTCH C	18:16.0
18.	Sofianos, Gerald	M	ST KEVINS	18:22.1
19.	Noonan, Patrick	M	ST KEVINS	19:08.3
20.	Worsnop, Chris	M	OLD XAVERIAN	19:33.5
21.	Summers, Harry	M	BOX HILL	19:34.6
22.	Ellis, Robert	M	RICHMOND HAR	20:38.5
	Conboy, Bruce	M	COLLINGWOOD	DNF
	De Castella, Rolet	M	OLD XAVERIAN	DQ
	Kerin, Lachlan	M	OLD MELBURNI	DQ

#### Mixed 1500 Meter Race Walk

1.	George, Stephanie	W	UNATTACHED	7:17.2
2.	Hogan, Andrew	M	MALVERN HARR	7:52.8
3.	Taylor, Lucas	M	UNATTACHED	7:56.4
4.	Irshad, Jasmine	M	UNATTACHED	8:03.7
5.	Garganis, Adam	M	COLLINGWOOD	8:31.4
6.	Madge, Georgia	W	CROYDON	8:50.0

#### AV Shield NorthWest Region Round 7, Newport Park Athletics Facility, Newport

The results were the same as usual at Newport with Paul Kennedy leading from the front with 13:50, a 30 sec season best. The Preston duo of Trenton Hawkins 14:42 and Aaron McDonough 15:10 (a PB for Aaron) were next, easily holding off an early challenge by Duncan Knox. Duncan and Connor McShanag had a good battle before Duncan got the upper hand to finish with 15:48 as against Connor's 16:04. Justi Roseman was the best of the ladies with 17:28. In the 1500m walk, Carly Bertrand walked very strongly for a good time of 8:03 while Beth Barbour was not far outside her PB with 8:39.

**Mixed 3000 Meter Race Walk**

1.	Kennedy, Paul	M	MELBOURNE UN	13:50.0
2.	Hawkins, Trenton	M	PRESTON	14:42.0
3.	McDonough, Aaron	M	PRESTON	15:10.0
4.	Knox, Duncan	M	ATHLETICS ES	15:48.0
5.	McShanag, Connor	M	ATHLETICS ES	16:04.0
6.	Erickson, Tim	M	COBURG HARRI	16:24.0
7.	Roseman, Justijana	W	ATHLETICS ES	17:28.0
8.	Elms, Donna	W	ATHLETICS ES	18:21.0
9.	Hammond, Nardene	W	ATHLETICS ES	18:48.0
10.	Shaw, Robyn	W	WESTERN ATHL	19:06.0
11.	Rickard, Ian	M	BRUNSWICK	25:49.0
	Martin, Don	M	ATHLETICS ES	DQ
	Murphy, Stephen	M	ATHLETICS ES	DQ

**Mixed 1500 Meter Race Walk**

1.	Bertrand, Carly	W	KEILOR ST BE	8:03.0
2.	Barbour, Beth	W	COBURG HARRI	8:39.2
3.	McLaren, Stacey	W	ATHLETICS ES	9:34.7
4.	Ballard, Amber	W	KEILOR ST BE	DQ

**AV Shield South East Region Round 7, Ballam Park Athletic Track, Frankston**

Wow, I think that Rhydian Cowley's time of 12:38.1 must be a PB – it was certainly fast and shows that Rhydian is quickly approaching the sort of form that will see him make mince meat of his current junior 10km time. Michael O'Mahony also excelled, taking another 40 secs off his 3km time with 14:10.3 – Michael who is 16 has only been walking for a year and he is now starting to really kick ahead. Amelia Finnegan was the fastest girl with a very consistent 15:04.1 Amy Burren dropped down to the 1500m to walk with her sister Sarah – both girls walked 7:04, an 11 sec PB for 13 year old Sarah. Talk about some good walking! Behind them, Lauren Stadius also walked excellently for 7:35.5, just about equalling her PB.

**Mixed 3000 Meter Race Walk**

1.	Cowley, Rhydian	M	GLENHUNTLY	12:38.1
2.	O'Mahony, Michael	M	KNOX ATHLETI	14:10.3
3.	Finnegan, Amelia	W	KNOX ATHLETI	15:04.1
4.	Albert, Ashley	W	MALVERN HARR	16:32.1
5.	Steed, Gwen	W	MENTONE	17:43.5
6.	McInnes, Simone	W	GLENHUNTLY	17:53.1
7.	Barrow, Geoffrey	M	MENTONE	18:48.5
8.	Attard, Michaela	W	KNOX ATHLETI	19:18.3
9.	Goodings, Liana	W	ATHLETICS WA	19:50.2
10.	Osmand, Kym	M	OAKLEIGH	20:09.6
	De Pasquale, Joel	M	KNOX ATHLETI	DQ

**Mixed 1500 Meter Race Walk**

1.	Burren, Amy	W	MALVERN HARR	7:04.2
2.	Burren, Sarah	W	MALVERN HARR	7:04.7
3.	Stadius, Lauren	W	KNOX ATHLETI	7:35.5
4.	Whitelaw, Billie	W	MORNINGTON P	7:53.6
	Sheridan, Nicholas	M	KNOX ATHLETI	DQ

**AV Shield Ballarat Region Round 7, Llanberris Reserve, Ballarat**

Rachel Tallent 14:41 and Andrew Blood 15:23 were in fine form, taking the honours at the Ballarat venue - Daryl was absent again!

**Mixed 3000 Meter Race Walk**

1.	Tallent, Rachel	W	Ballarat Ycw	14:41.36
2.	Blood, Andrew	M	Ballarat Ycw	15:23.58
3.	Nunn, Paul	M	Wendouree	17:00.13
4.	Tallent, Ebony	W	Ballarat Ycw	18:22.26
5.	Govan, Lee	M	Wendouree	18:49.95
6.	Jones, Peter	M	Ballarat Har	21:00.45
7.	Ruddick, Kevin	M	Ballarat Har	21:40.36
8.	Brooks, Barry	M	Ballarat Har	22:32.36

**AV Shield Bendigo Region Round 8, La Trobe University Athletics Complex, Bendigo**

A good turnout for Bendigo with 10 walkers in action. Ebony Whiley was the best over 3000m with 17:14 while Jeremiah Jones walked excellently to win the 1500m with 7:37.00

**Mixed 3000 Meter Race Walk**

1.	WHILEY, EBONY	W	EAGLEHAWK YM	17:14.60
2.	SAVAGE, JOSHUA	M	EAGLEHAWK YM	17:44.01
3.	MAJOR, ANNETTE	W	EAGLEHAWK YM	18:32.52
4.	WILSON, JESSEY	W	EAGLEHAWK YM	18:54.43
5.	CAMPBELL, GRACE	W	EAGLEHAWK YM	19:28.57
6.	MAJOR, GEOFFREY	M	EAGLEHAWK YM	20:27.48

7. WATSON, JOHN M BENDIGO YMCA 22:34.41

**Mixed 1500 Meter Race Walk**

1. JONES, JEREMIAH M EAGLEHAWK YM 7:37.00  
 2. GREEN, CHLOE W BENDIGO YMCA 11:26.62  
 3. ROWAN, EDDIE M BENDIGO YMCA X 11:31.64

**AV Shield Geelong Region Round 8, Landy Field, South Geelong**

And finally to Geelong where James Seid-Christmass won with 14:37, a 7 sec PB. He had to work hard with Jmara Hockley Samon not far behind, her time of 14:44 an 8 sec track PB. Nicholas Mirarchi is getting back into shape and walked strongly for 15:05 while Tyne Boddy is also having a good season, recording 16:26. Most walkers chose the 1500m and Jared Larkins walked excellently for 7:18. What would he do if he trained! Emily Payne dropped down from her usual 3000m and was the fastest girl with 8:13. Josh Dillon had a rest from his heroics of the last few weeks and strolled around to record 8:26.

**Mixed 3000 Meter Race Walk**

1. Seid-Christmass, James M Corio 14:37.64  
 2. Hockley Samon, Jmara W Athletics CH 14:44.33  
 3. Mirarchi, Nicholas M Corio 15:05.06  
 4. Boddy, Tyne W Corio 16:26.96  
 5. Smith, Emma W Bellarine AT 19:21.56

**Mixed 1500 Meter Race Walk**

1. Larkins, Jared M Corio 7:18.49  
 2. Payne, Emily W Corio 8:13.42  
 3. Dillon, Joshua M Corio 8:26.70  
 4. Walker, Jared M Corio 8:36.54  
 5. Boddy, Harold M Corio 8:45.78  
 6. Verstraten, Jacque M Athletics CH 8:57.41  
 7. Boddy, Lana W Corio 9:08.90  
 8. Dillon, Nathan M Corio 9:42.10  
 9. Delaney, Emma W Corio 10:12.91  
 10. Burns, Lachlan M Athletics CH 10:16.23

**BENDIGO WALKERS CLUB SUMMER RACES, WEDNESDAY 25 NOVEMBER 2009**

Thanks to Paul Rance for his report on Wednesday evening's handicap walks in Bendigo.

The Bendigo Walkers Club's Summer Season of race walking continued in Rosalind Park on Wednesday evening with 2km and 4km handicap races being conducted.

The 2km race resulted in a great finish between the front marker Jamie-Lee Jones and the backmarker Ebony Whiley in a sprint to the finish.

Jamie-Lee held on by the barest of margins with Ebony in front half a stride past the finish line, first year walker 10 year old Charlotte Edlin took 3rd place in front of her older sister Grace with Ebony Whiley claimed the fastest time award.

The 4km race also saw a great finish between second front marker Annette Curtis and second backmarker Jeremiah Jones and once again it was the front marker Annette Curtis holding off the flying Jeremiah Jones to take victory by 2 metres with John Carter producing another consistent effort to claim 3rd place. Jeremiah's excellent personal best performance earned him the fastest time award with Josh Savage in 4th place also producing a personal best for the 4km event.

This Wednesday evening 1000m and 5000m sealed handicap events will be conducted from 6pm in Rosalind Park. Enquirers phone 5442 6435 or 0400649610 for further information.

**2000m;** Jamie-Lee Jones 18.02, Ebony Whiley 10.17, Charlotte Edlin 11.52, Grace Edlin 11.28, Dane Heiden 11.01, Eddie Rowan 14.32, Ebony-Jade Jones 15.20;

**4000m;** Annette Curtis 29.02, Jeremiah Jones 22.04, John Carter 26.01, Josh Savage 24.33, Barb Cornell 28.11, Geoff Major 28.24, Norm West 32.32, Jessie Palfreyman 23.30, Colin Cleary 30.51, Grace Campbell 26.18, Barb Bryant 26.19, Jessey Wilson 27.44, Annette Major 27.30;

**JOANNA STONE SHIELD MEET, STATE ATHLETICS FACILITY, BRISBANE, SATURDAY 28 NOVEMBER**

Thanks to Peter Aiton for forwarding the results of the 1500m and 3000m walks at last Saturday's Queensland Athletics meet. Brandon Dewar 6:26 and Dane Bird-Smith 12:23 spearheaded some excellent walking while W13 walker Rachel Barker (7:25) and M14 walker Jesse Osborne (14:06) also excelled.

**Mixed 1500 Metre Race Walk**

1. Dewar, Brandon M17 QRW 6:26.06  
 2. Barker, Rachel W13 GCV 7:25.88  
 3. Sims, Casey W15 ATN 8:09.03  
 4. Carroll, Tess W12 RED 8:09.76  
 5. Sims, Jesse W12 ATN 8:19.17

**Mixed 3000 Metre Race Walk**

1. Bird-Smith, Dane M17 QRW 12:23.77  
 2. Osborne, Jesse M14 STR 14:06.42

## AUSTRALIAN LITTLE ATHLETICS INAUGURAL HALL OF FAME INDUCTEES

The Australian Little Athletics Association recently held a Gala evening in Sydney to announce its inaugural Hall of Fame recipients and I am very excited to advise that **Nathan Deakes** was amongst the inaugural Track and Field athletes honoured. The following photo and article are taken from the official news release which can be read at [http://www.clubsonline.com.au/news/index.cfm?fuseaction=display\\_main&NewsID=10049&orgid=3664&cfid=43536254&cfToken=98260617&dts=611200920955](http://www.clubsonline.com.au/news/index.cfm?fuseaction=display_main&NewsID=10049&orgid=3664&cfid=43536254&cfToken=98260617&dts=611200920955)



**Nathan, Jana, Amy and Melinda receive their Hall of Fame certificates**

Four world champions in athletics, along with a diverse range of individuals, were amongst those who were inducted in the inaugural Australian Little Athletics Roll of Excellence during a Gala Dinner at the Novotel, Darling Harbour.

Recently crowned world champion in the pole vault and dual recipient of the Don Award from the Sports Australia Hall of Fame, **Steve Hooker**, along with dual 400m hurdles champion **Jana Pittman-Rawlinson**, 50km walk champion and former world record holder **Nathan Deakes**, 1995 world indoor 200m champion **Melinda Gainsford-Taylor** and multiple Paralympic gold medallist **Amy Winters** were amongst the inaugural inductees in the track and field category.

The Australian Little Athletics Roll of Excellence recognises former participants in the iconic junior sporting activity who have achieved at the highest level in their chosen sport or profession.

Hooker, who accepted his award in absentia, reminisced of his experiences at Little Athletics via a prepared statement. "Little Athletics was a great introduction to the sport for me," he said. "I really enjoyed the variety of running, jumping and throwing activities that I could participate in each week."

The foundation in sport which Little Athletics provides was highlighted on the night through the success that past participants have had in a wide array of sports. Inductees in the general sportsman category were Olympic gold medallists Kathy Watt (cycling), Alisa Camplin (aerial skiing) and Nova Peris (hockey), along with premiership winning AFL player and coach John Worsfold and Wallabies captain George Gregan.

The success of former Little Athletics participants is not limited to the sporting field, with the achievers category recognising those who have excelled outside of the sporting world. Inspirational wheelchair athlete John Maclean, who was the first paraplegic to swim the English Channel and complete the gruelling Hawaiian Ironman Triathlon, former test cricketer turned media personality Mike Whitney, Olympic aerial skier turned politician Kirstie Marshall and prominent sports medicine doctor Dr Peter Larkins were inducted in the Achiever's Category.

Fittingly for an activity that relies on local communities for its conduct, five volunteers were also inducted into the Roll of Excellence. The two men who pioneered Little Athletics in the 1960s and transformed it from a small athletics meeting for primary school children in Geelong to an Australian social phenomenon, Trevor Billingham (deceased) and Alan Triscott, were inducted in the Volunteers category. Also inducted were long serving officials Helen Moir (Tasmania), Doug Hancy (Western Australia) and Barry Garment (New South Wales).

"Since its beginnings in 1963 Little Athletics has become a rite of passage for hundreds of thousands of Australian children," said Ross Burridge, Australian Little Athletics President. "By creating a Roll of Excellence we will help to preserve and promote Little Athletics' heritage and inspire more children to become involved in our community athletic activities and to do their very best in sport and life. We are very proud of the sporting and social opportunities that Little Athletics provides and of the successes that many of our past participants have had in such varied fields of endeavour."

### AUSTRALIAN LITTLE ATHLETICS ROLL OF EXCELLENCE

#### **Volunteers**

- \* Trevor Billingham
- \* Doug Hancy
- \* Barry Garment
- \* Helen Moir
- \* Alan Triscott

#### **Achievers**

- \* Dr Peter Larkins
- \* John Maclean
- \* Mike Whitney
- \* Kirstie Marshall

#### **Sportsman**

- \* Alisa Camplin
- \* George Gregan
- \* Nova Peris
- \* Kathy Watt
- \* John Worsfold

#### **Track & Field**

- \* Nathan Deakes
- \* Melinda Gainsford-Taylor
- \* Steve Hooker
- \* Jana Pittman-Rawlinson
- \* Amy Winters

### MORE ON LAST WEEK'S 50KM RESULT

The Australian 50km title race, reported in last week's newsletter, made the IAAF website compliments of former Age newspaper sports journalist Len Johnson. Read all about it at <http://www.iaaf.org/news/kind=100/newsid=54951.html>

**TIM'S AUSTRALIAN RACEWALKING HALL OF FAME**

Reading about the Little Athletics Hall of Fame got me thinking – who would be in an Australian racewalking Hall of Fame if we had one. So here I go with 'Tim's Australian Racewalking Hall of Fame'. Men dominate simply because of the fact that they have raced internationally for much longer than women and their opportunities have been much greater.

<b>Tim's Hall of Fame - Men</b>	
<b>George Parker</b>	George took silver in the 1920 Olympic 3000m racewalk, thus becoming Australia's first Olympic racewalking medallist. He then retired and did not return to competition until late 1924. Over the next 4 years, he rewrote the Australian record books and set new standards for walking excellence. Unfortunately, he walked in an era where there were few opportunities to compete on the international stage.
<b>Ted Allsopp</b>	Ted had the longest top level career of any Australian walker before or since. Over a 26 year period at the top, he won 23 Australian (11 gold) and 66 Victorian (32 gold) road medals, apart from his many track medals. He excelled at all distances and represented Australia at 2 Olympics (1956 and 1954) but it could just as easily been 5 Olympics. In 1952, 1960 and 1968, he was the unlucky one who missed out even though his performances seemed sufficient for selection. On 22 September 1956, he set an official World Record for the 2 Hour Track Walk (16 miles 403 yards).
<b>Ron Crawford</b>	Ron represented Australia at 3 Olympics - 1956, 1960 and 1964, a feat which few Australian walkers have achieved. A consummate racer, he was not concerned with fast times but only with winning and he produced most of his best times in National Championships and major trials.
<b>Noel Freeman</b>	Noel Freeman took silver in the 1960 Olympic 20km final at 21 years of age, came fourth four years later in the 1964 Olympic 20km and was denied a third Olympic shot for gold in 1968 in circumstances that still wrangle over 40 years later. It is to his credit that he bounced back in 1970 to take gold in the Commonwealth Games 20 mile event.
<b>Willi Sawall</b>	Willi did not take up racewalking until 33 years of age but he soon made up for his late start, setting new Australian and Commonwealth standards over all distances. He became the first Australian to break 4 hours for 50km and eventually reduced his 50km time to 3:46:54. His participation in 2 Olympics, 3 Commonwealth Games, 3 World Cups and 2 IAAF World Championships is amazing considering his late start and his last international representation was at the age of 45. He broke Australian records on 42 occasions and he maintained his wonderful form into his mid fifties (he recorded 1:35:25 for 20km at 55 years of age!).
<b>David Smith</b>	David burst onto the Australian racewalking scene in the late seventies as a young aggressive track-based speedster. As he moved to the road, he and Willi Sawall battled for supremacy, beating each other's records and matching each other step for step. Eventually David won out (a case of youth winning out over age) and during the 1980s he was untouchable over all distances up to 30km. No one else set so many records or consistently walked so fast for such a long period of time as David and his aggressive walking from the front inspired a whole new breed of walkers including Simon Baker and Nick A'Hern. His Australian records included 3000m (11:00.56), 5000m (18:52.87), 10000m (38:06 - still standing), 20km (1:19:22) and 30km (2:05:59). His best international result was bronze in the 1985 World Indoors 5000m.
<b>Michael Harvey</b>	Michael represented Australia in 10 successive World Racewalking Cups (the first in 1981 at 18 years of age and the last in 1999 at 36 years of age. This is unmatched on the world stage in terms of longevity of form. Along the way, he also represented in the 1984 Olympics and the 1987, 1993 and 1995 IAAF World Championships. We are unlikely to ever see this World Cup representative record matched.
<b>Simon Baker</b>	Simon became our sole World Racewalking Cup winner when he won the 50km event in Barcelona in 1989. He took second in the 50km event in the 1991 World Cup in San Jose, showing that it was no fluke. A 1986 Commonwealth Games gold medallist, he represented Australia in a record 4 Olympics as well as 4 IAAF World Championships and 6 World Cups. One of our most prolific walkers ever as well as one of our best.
<b>Nick A'Hern</b>	Nick dominated Australian racewalking throughout the 1990s, winning 2 Commonwealth Games gold medals (1994 and 1998) and taking 4th place in the 1996 Olympic 20km. His sheer speed set him apart from most of his compatriots and his National Record of 18:51.39 (5000m) set a new standard for speed endurance.
<b>Nathan Deakes</b>	A bronze medal in the 1996 World Junior championships marked the start of Nathan's stellar international career. His ongoing excellence has seen him rarely outside the top 5 in major competition and his record includes 4 Commonwealth Games gold (2002 and 2006) and one bronze (1998) medals, a Goodwill Games gold medal (2001), a Racewalking World Cup bronze medal (2004) and an Olympic bronze medal (2004). His 20km PB of 1:17:33 stands far ahead of any other Australians and his 50km World Record of 3:35:47 (2006) was an astonishing performance on a tough Geelong course and adverse weather. The ultimate competitor!
<b>Jared Tallent</b>	Jared's two Olympic medals in 2008 - 3rd in the 20km and 2nd in the 50km - made him the first Australian male Track and Field athlete in 100 years to win 2 medals at a single Olympics. A versatile walker, he recently set a new National 5000m record of 18:41.83 and seems at ease over all distances. At only 25 years of age, he has the world at his feet and the next few years should see more staggering performances.



<b>Tim's Hall of Fame - Women</b>	
<b>Sue Cook</b>	Sue was Australia's first female superstar walker. Walking in an era before Olympic representation, her 21 National medals (13 gold), two World Championship victories (1978 and 1982), her bronze at the 1983 Eschborn Cup, her selection in all Eschborn Cup teams from 1979 to 1987 and over 30 World Records or World Best Times have given her a permanent place in the history of race walking.
<b>Kerry Saxby-Junna</b>	Kerry took over from Sue and raised the bar to an even higher level, setting over 30 world records. Her legacy - national records of 11:51.26 (3000m), 20:03.0 (5000m) and 41:30 (10km). She burst onto the world scene with 10th in the 1985 World Cup and maintained her form over an astonishing 16 years, culminating in 7th in the 2000 Olympic 20km walk at 39 years of age! Two Golds and one silver at World Indoors Championships, successive Commonwealth Games golds (1990 and 1994) as well as a Commonwealth Games silver (1998), IAAF World Championships silver and bronze (1987 and 1999) and a World Cup silver (1989) make her our most prolific medallist at major international competition.
<b>Jane Saville</b>	A World Junior silver medallist in 1992, Jane fought Kerry for supremacy over the next few years, eventually dethroning her and taking gold in the 1998 Commonwealth Games. This was the first of three Commonwealth Games golds for Jane (1998, 2002 and 2006). After having gold snatched from her in the dying moments of the 2000 Olympic 20km walk, her greatest moment came in the 2004 Olympics when she took the bronze medal, becoming the first female Australian walker to medal at what is regarded by all as the ultimate competition. Her 20km National record of 1:27:44, achieved when taking 4th place in the 2004 World Cup, is a long way ahead of anyone before or since. Her representation at 4 Olympics, 7 World Cups, 4 Commonwealth Games, 6 IAAF World Championships and 2 World Junior Championships makes her our most prolific international walker ever. Over a 19 year period, she maintained an excellence rarely seen.

Now that was very tough and I had to leave out some fantastic walkers – **Don Keane, Bob Gardiner, Andrew Jachno** and **Sally Pierson** to name a few. Remember this is just me!!!!



**George Parker, Ron Crawford, Ted Allsopp, Noel Freeman and Willi Sawall**



**David Smith, Michael Harvey, Simon Baker and Nick A'Hern**



Nathan Deakes, Jared Tallent, Sue Cook, Kerry Saxby-Junna and Jane Saville

**AUSTRALIAN SCHOOLS T&F CHAMPIONSHIPS, HOBART, 4-7 DECEMBER 2009**

I will be travelling to Hobart this coming weekend to watch the 2009 Australian Schools T&F Championships. This promises to be one of the biggest such carnivals ever with huge numbers across all events. Walks are held for U14-U18 boys and girls and a whopping 133 walk entries have been received overall. All the top walkers seem to be there and the racing is expected to be very exciting. Fields read as follows

<p><b>Event 43 Girls 5000m Race Walk U18 - 6:10PM, Fri 4</b></p> <table> <tr><td>1</td><td>Beth Alexander</td><td>92</td><td>VIC</td></tr> <tr><td>2</td><td>Vanessa Noble</td><td>92</td><td>NSW</td></tr> <tr><td>3</td><td>Jacqueline Smith</td><td>93</td><td>WA</td></tr> </table>	1	Beth Alexander	92	VIC	2	Vanessa Noble	92	NSW	3	Jacqueline Smith	93	WA	<p><b>Event 36 Boys 5000m Race Walk U18 - 5PM, Fri 4</b></p> <table> <tr><td>1</td><td>Dane Bird-Smith</td><td>92</td><td>QLD</td></tr> <tr><td>2</td><td>Benjamin Catley</td><td>92</td><td>WA</td></tr> <tr><td>3</td><td>Brandon Dewar</td><td>92</td><td>QLD</td></tr> <tr><td>4</td><td>Nicholas Dewar</td><td>92</td><td>QLD</td></tr> <tr><td>5</td><td>Matthew Felton</td><td>94</td><td>VIC</td></tr> <tr><td>6</td><td>John Hallam</td><td>92</td><td>QLD</td></tr> <tr><td>7</td><td>Jordan Mulhearn</td><td>92</td><td>NSW</td></tr> <tr><td>8</td><td>Fraser Nixon</td><td>92</td><td>NSW</td></tr> </table>	1	Dane Bird-Smith	92	QLD	2	Benjamin Catley	92	WA	3	Brandon Dewar	92	QLD	4	Nicholas Dewar	92	QLD	5	Matthew Felton	94	VIC	6	John Hallam	92	QLD	7	Jordan Mulhearn	92	NSW	8	Fraser Nixon	92	NSW																																																												
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14	Natasha Estrada	96	NSW	14	Mitchell Walker	96	TAS
15	Stephanie George	96	VIC				
16	Rebecca Guy	96	VIC				
17	Jasmine Irshad	97	VIC				
18	Katya Martin	97	QLD				
19	Samantha Martin	96	NSW				
20	Amy Morssinkhof	96	QLD				
21	Caitlin Plummer	97	NSW				
22	Jemma Potezny	96	SA				
23	Emma Robson	96	NSW				
24	Andrea Sexton	96	WA				
25	Jessica Sexton	96	WA				
26	Jesse Sims	97	QLD				
27	Lauren Stodus	96	VIC				
28	Alina Tape	97	NSW				
29	Rachelle Taylor	96	TAS				
30	Megan Walker	97	VIC				
31	Kelsey White	96	ACT				
32	Billie Whitelaw	96	VIC				
33	Jessey Wilson	96	VIC				
<b>Event 173 Girls 3000m Race Walk U16 - 4:15PM Sun 6</b>				<b>Event 181 Boys 3000m Race Walk U16 - 5:10PM Sun 6</b>			
1	Faith Bennett	94	QLD	1	Brad Aiton	94	QLD
2	Emma Bettiol	94	NSW	2	Corey Buckler	94	QLD
3	Amy Burren	94	VIC	3	Lewis Clark	94	VIC
4	Samatha Flood	94	NSW	4	Josh Dillon	94	VIC
5	Kristy Klein	94	NSW	5	Nathan Fazldad	94	NSW
6	Ella Mason	94	VIC	6	Steven Washburn	94	NSW
7	Jessica Pickles	94	QLD				
8	Cassandra Raselli	94	VIC				
9	Ebony Tallent	94	VIC				
10	Hannah Watson	94	WA				
<b>Event 172 Girls 3000m Race Walk U15 - 4:15PM Sun 6</b>				<b>Event 180 Boys 3000m Race Walk U15 - 5:10PM Sun 6</b>			
1	Ashley Albert	95	VIC	1	Billy Allamby	97	VIC
2	Rachel Barker	96	QLD	2	Tristan Anderson	96	WA
3	Kenza Benzenati	97	QLD	3	Harry Bates	95	ACT
4	Amy Bettiol	95	NSW	4	Kurtis Birch-Ward	95	NSW
5	Breanna Brown	95	WA	5	Jay Felton	95	NSW
6	Sarah Burren	96	VIC	6	Elliot Hodgson	95	QLD
7	Jessica Callaway	95	VIC	7	Jeremiah Jones	97	VIC
8	Grace Campbell	95	VIC	8	Matthew Killen	95	NSW
9	Lotta Danner	95	SA	9	Jesse Osborne	95	QLD
10	Hannah Denney	95	NSW	10	Louis Rose	97	TAS
11	Jasmine Dighton	96	NSW	11	Lucas Taylor	96	VIC
12	Sophie Eberhardt	96	TAS	12	Benjamin Tesch	96	QLD
13	Amelia Finnegan	95	VIC	13	Jared Walker	95	VIC
14	Jmara Hockley Samon	95	VIC				
15	Elizabeth Hosking	95	ACT				
16	Amy Morssinkhof	96	QLD				
17	Jemma Potezny	96	SA				
18	Andrea Sexton	96	WA				
19	Shay Southern	95	NSW				
20	Lauren Stodus	96	VIC				
21	Emma Walker	96	TAS				
22	Ebony Whiley	95	VIC				
23	Jessey Wilson	96	VIC				

#### WHAT'S COMING UP

While all our top junior walkers are competing in Hobart this weekend, the normal weekly Athletics Victoria Shield competition will continue for the rest of us. The North West zone compete on Tuesday evening (come along and join us for a 2000m walk if you want to) with all other regions competing on Saturday afternoon. Details are as follows:

01/12/09 AV Shield - Round 8 (NORTHWEST REGION)  
05/12/09 AV Shield - Round 8 (SOUTHEAST REGION)  
05/12/09 AV Shield - Round 8 (EAST REGION)  
05/12/09 AV Shield - Round 9 (BENDIGO REGION)

Moonee Valley Athletics Centre, Moonee Ponds  
Duncan MacKinnon Reserve (Glenhuntly), Murrumbeena  
Hagenauer's Reserve (Box Hill), Box Hill  
La Trobe University Bendigo Athletics Complex, Bendigo



05/12/09	AV Shield - Round 9 (GEELONG REGION)	Landy Field (Geelong), South Geelong
05/12/09	AV Shield - Round 8 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat

Next Sunday, the annual **Waverley Little Athletics Open Day** is being held on Victoria's premier grass track in Waverley and walks are included. See <http://www.waverleylittleaths.org/> for details.

### Future World Racewalking Cup Scheduling

The IAAF agreed at its annual conference, just completed, that the 2012 edition of the IAAF World Race Walking Cup will be hosted by the city of Saransk in Russia. The capital of the Mordovia region, located in the centre of European Russia, the city has a long tradition in race walking. It has hosted a number of IAAF World Race Walk challenges over the years but also is one of Russia's top specialist walking training centres. The date of the competition remains to be confirmed.

The IAAF has also proposed that the city of Taicang in China be given the possibility of hosting the 2014 World Race Walking Cup, pending confirmation by the Chinese authorities. Located close to Shanghai, this harbour city has hosted previous editions of the IAAF World Race Walk Challenge.

### Victorian Masters Walking Dates to remember

Alan Lucas has advised some key dates at the East Burwood Athletics Track in the new year. Details from Alan as follows:

I have finalised the EB program for the Jan to Mar period and there are a couple of dates that VRWC/VMA members might be interested in. On **Thursday Jan 28** I have scheduled a 5000m and 3000m walk at 7.50pm. Members interested in the Victorian 5000m titles may be interested in this. VRWC members under 30 are welcome to compete by invitation for \$2 plus \$1 if staying for supper (Pretty good value compared to \$10 that AV charge for invitation walks).

On **Thursday 25 Feb** we will again be staging the **AMA 4 x 800m walks relay** with a couple of minor changes. Next year the event will start at 7.25pm and at 8.00pm there will also be a 2000m and 4000m walks. Whilst we strongly encourage members to wear VMA uniform it will not be compulsory. As an extra incentive all competitors will be eligible to win a double movie pass to the Waverley Cinema which is done by random draw. I am also considering adding in an extra prize just for the walk event and will let you know closer to the time.

### 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.waverleylittleaths.org/">http://www.waverleylittleaths.org/</a>
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury – 5000m, 3000m, 1500m, 6:30PM start.
Sun 10 Jan 2010	VRWC road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Thurs 28 Jan 2010	Invitational VMA 5000m/3000m walks at East Burwood Masters, East Bwd Aths Track, 7:50PM
Sat Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks
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> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
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> (10000m walk boys, 5000m walk girls)
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 (dates 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      **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea**  
Aug 12-22, 2011      **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>  
July 7-17, 2011      **19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA**

**2012 International Fixture**

May 2012?      **IAAF World Race Walking Cup, Saransk, Russia**  
July 27-Aug 12, 2012      **Olympic Games, London.** See <http://www.london2012.com/>

**2013 International Fixture**

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

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>)