



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ADDENDUM ON THE AUSTRALIAN U14-U20 T&F CHAMPIONSHIPS

To complete the reporting on the recent Australian U14-U20 championships, there are two final matters for comment.

Age Group Eligibility

I must apologise for my comments in last week's newsletter in regards to the age group eligibility of athletes at the Australian Junior Championships. I have since found that Athletics Victoria published a misinterpreted version of the age group rulings on their entry form. They had based their ruleset (after discussion with Athletics Australia) on the rules that were in place for the December 2009 All Schools. A.A. consequently published a ruleset which specified

- Athletes may only enter events in a maximum of two age groups.
- No athlete may enter the same or similar events within the U15 and U16 age groups.
- No athlete may enter the same or similar events within the U17 and U18 age groups.

Unfortunately, this was not picked up by AV. Thus all athletes did in fact compete within the published rules of the competition. I would like to take this opportunity to retract my statements made in relation to the age group rulings and apologise to the athletes in question for any angst or ill will caused by my comments.

One final Race

Victorian walker Joshua Kaiser was a shattered walker after Day 1 of the Championships. Officials had miscounted his laps in the U18 5000m walk and ushered him off the track a lap early. When this was eventually discovered, there was no alternative but to designate him as a DNF. Athletics Australia, acknowledging the error, generously agreed to stage an Invitational 5000m race, alongside the U20 10,000m championship the next evening. Josh duly raced and was rewarded with a 89 second PB time of 26:28.

Under 18 5000m Invitation Race

1. Joshua Kaiser VIC 26:28

I have updated the archive copy of last week's newsletter to remove the comments re group eligibility and to add the information about this additional race. The updated newsletter can be sourced from our VRWC website (<http://www.vrwc.org.au>).

VICTORIAN MASTERS T&F C'SHIPS, DUNCAN MCKINNON RESERVE, 20-21 MARCH 2010

Athletics Victoria, in conjunction with the Victorian Masters Association, staged joint Victorian Masters Track and Field championships last weekend at the Duncan McKinnon track in Murrumbeena. 3000m walks were held on the Saturday morning and 1500m walks were held on the Sunday morning. Thanks to **Stu Cooper** for the great selection of photos.

Saturday 20 March, 3000m Walks

The 3000m walks were held on Saturday morning in warm and uncomfortable conditions and a good number of our Masters walkers turned out. I always look to the age graded tables to see who has done well relatively and the general consensus is that anything over 80% is very good. The bold highlighting on so many of the walk results below indicates the strength of Victorian Masters walking.

The women's walk was first up and saw a spirited battle out front between Pam Tindal and Kylie Irshad with Heather Carr not far behind. In fact, **Pam Tindal** (who set a new Victorian Masters W50 record of 14:58.3, breaking Heather Carr's old record of 15:26.81) and **Heather Carr** (whose 15:37.9 as a W60 is just unbelievable and was not far outside her own world record) were definitely the stars of the show. Gwen Steed was also in great form with her time of 17:43.1 in the W65 division. Wow!

W80	-	Clare McKerr	W80	VM-SPRINGVALE	DQ		
W70	1	Marlaine Stanway	W71	VM-SPRINGVALE	21:02.9	78.42%	
W65	1	Gwen Steed	W67	VMA/MENTONE	17:43.1	88.18%	
W60	1	Heather Carr	W60	VMA/EAGLEHAWK	15:37.9	91.95%	
	2	Liz Feldman	W61	VM-CROYDON	17:36.1	82.57%	
	3	Celia Johnson	W62	VM-SPRINGVALE	20:27.3	71.86%	
W55	1	Alison Thompson	W57	VM-CROYDON	16:42.8	83.34%	
	2	Marlene Gourlay	W58	VM-MENTONE	17:15.1	81.56%	
W50	1	Pam Tindal	W50	VM-CROYDON	14:58.3V	87.18%	VIC REC

W45	1	Donna Elms	W48	VATE	18:05.4	70.95%
W40	1	Gayle McIntyre	W43	VM-MENTONE	16:10.4	76.19%
W35	1	Kylie Irshad	W38	VSCA	15:44.0	75.44%

The Masters Men followed and what a race it was. Paul Van Kopplen (13:26.1), Stuart Kollmorgen (13:26.1) Paul Kennedy (14:05.9), James Seid-Christmass (14:15.2) and Mark Donahoo (14:17.1) put on a remarkable show for everyone with their speed walking and all were over the 80% age gradings. Harry Summers walked superbly for his M70 win with 19:11.6 and Clyde Riddoch won the M55 walk with 15:46.9, one of some 10 events he contested (with his usual aplomb) during the weekend.

M80	-	Kees Zwynenburg	M81	VM-FRANKSTON	DQ	
M75	1	Colin Silcock-Delaney	M77	VM-GEELONG	23:15.0	69.43%
M70	1	Harry Summers	M74	VMA/BOX HILL	19:11.6	80.69%
	2	Bernard Goggin	M72	VMA/COBURG	24:53.1	60.64%
M65	1	Barrie Wicks	M69	VM-CROYDON	20:58.6	69.33%
	-	Llewellyn Jenkins	M65	VM GLENHUNTLY	DQ	
M60	1	Alan Lucas	M62	VM-EAST BURWOOD	17:18.4	77.76%
	2	Gerald Sofianos	M60	VMA/ST KEVINS	17:46.9	74.16%
M55	1	Clyde Riddoch	M56	VAWA	15:46.9	80.45%
	2	Tim Erickson	M59	VMA/COBURG	16:29.0	79.23%
M50	1	Paul Kennedy	M52	VMA/MELBOURNE UNI	14:04.9	87.04%
	2	Mark Donahoo	M51	VATE	14:17.1	85.06%
	3	Geza Benke	M53	OLD MELBURNI	17:32.0	70.51%
M45	1	Simon Evans	M49	VMA/BOX HILL	14:46.7	80.84%
	2	Bernie Keirl	M46	VMA/DIAMOND VALLEY	16:10.5	72.05%
M40	1	Paul Van Kopplen	M42	VMA/CROYDON	13:21.5	84.47%
	2	Stuart Kollmorgen	M40	VCOL	13:26.1	82.67%
	3	James Seid-Christmass	M42	VMA/CORIO	14:15.2	79.16%
M35	1	Aaron McDonough	M37	VMA/PRESTON	15:19.8	70.87%
	2	Rupert Van Dongen	M35	CASEY CARDINIA	19:50.4	54.13%



Liz Feldman, Kylie Irshad, Pam Tindal, Heather Carr, Gwen Steed, Marlene Gourlay and Alison Thompson in action



Paul Kennedy, James Seid-Christmass, Paul Van Kopplen, Stuart Kollmorgen, Clyde Riddoch and Simon Evans in action

Sunday 21 March, 1500m Walks

The weather had cooled by Sunday morning and conditions were better for the walkers. The women kicked off proceedings with their 1500m and once again it was Pam Tindal, Kylie Irshad and Heather Carr showing the way. This time, Kylie prevailed with an excellent 6:54.2 ahead of Pam 6:59.00 and Heather 7:18.50. But the final accolades are for Pam and Heather who set new Victorian records – Pam broke Heather's 2001 W50 record of 7:10.20 while Heather broke Jean Albury's 1990 W60 record of 7:39.0.

W70	1	Marlaine Stanway	W71	VM-SPRINGVALE	10:12.00	77.22%	
W60	1	Heather Carr	W60	VMA/EAGLEHAWK	7:18.50	94.81%	VIC REC
	2	Elizabeth Feldman	W61	VM-CROYDON	8:11.10	85.52%	
	3	Celia Johnson	W62	VM-SPRINGVALE	9:57.10	71.08%	
W55	1	Alison Thompson	W57	VM-CROYDON	7:54.00	85.19%	
W50	1	Pam Tindal	W50	VM-CROYDON	6:59.00	90.63%	VIC REC
W45	1	Donna Elms	W48	VATE	8:13.60	75.65%	
W35	1	Kylie Irshad	W38	VSCA	6:54.20	83.36%	

A big field contested the men's 1500m and once again we saw some great speed walking at the front. Paul Kennedy won overall with 6:24.33 (only 3 secs outside Andrew Jamieson's 1999 M50 record), ahead of James Seid-Christmass 6:35.42, Mark Donahoo 6:41.70 and Andrew Jamieson 6:57.77. Andrew scored an impressive 95.81% with his M60 walk while Paul was not far behind with his 93.86% effort.

M85	1	Stan Stankovic	M87	VM-THROWERS	14:23.30	64.40%
M80	1	Kees Zwynenburg	M81	VM-FRANKSTON	12:48.80	65.47%
M75	1	Colin Silcock-Dela	M77	VM-GEELONG	11:29.60	68.81%
	2	Nino Stankovic	M77	VM-THROWERS	14:44.20	53.67%
M70	1	Harry Summers	M74	VMA/BOX HILL	9:15.70	81.98%
	2	Bernard Goggin	M72	VMA/COBURG	11:41.00	63.33%
M65	1	Barrie Wicks	M69	VM-CROYDON	10:07.53	70.45%
	2	Peter Buller	M65	GLENHUNTLY A	10:33.52	64.54%
M60	1	Andrew Jamieson	M63	VMA/OLD SCOTCH	6:57.77	95.81%
	2	Russell Dickenson	M64	VSCA	7:50.51	85.97%
	3	Alan Lucas	M62	VM-EAST BURWOOD	7:56.94	83.05%
	4	Gerald Sofianos	M60	VMA/ST KEVINS	8:37.81	74.97%
	5	Des Middleton	M63	VM-CAULFIELD	9:30.94	70.11%
M55	1	Clyde Riddoch	M56	VAWA	7:32.46	82.59%
	2	Timothy Erickson	M59	VMA/COBURG	8:00.93	79.92%
M50	1	Paul Kennedy	M52	VMA/MELBOURNE UNI	6:24.23	93.86%
	2	Mark Donahoo	M51	VATE	6:41.70	89.01%
	3	Geza Benke	M53	OLD MELBURNI	8:21.78	72.50%
M45	1	Simon Evans	M49	VMA/BOX HILL	7:08.01	82.13%
M40	1	James Seid-Christmass	M42	VMA/CORIO	6:35.42	83.94%
	2	Mal Grimmett	M44	VM-SPRINGVALE	13:05.62	42.93%
M35	1	Rupert Van Dongen	M35	CASEY CARDINIA	10:17.44	51.13%

VICTORIAN LITTLE ATHLETICS STATE CHAMPIONSHIPS, OLYMPIC PARK, 20-21 MARCH 2010

The Victorian Little Athletics Track and Field championships are the biggest Victorian athletics meet for the summer and one of the best run and highest standard carnivals you are likely to see. This year was no exception as the cream of our Little Athletes, having qualified via region meets, met at Olympic Park for the final showdown. First, let's consider the Victorian Best Performances (LA Records) as listed on the VLAA website (<http://www.vlaa.com.au>). There are some pretty amazing walks amongst that lot.

U9 Girls	1100m Walk	L. Marland	Box Hill	5:48.7	1988
U10 Girls	1100m Walk	S. Sansonetti	Diamond Valley	5:30.0	1984
U11 Girls	1500m Walk	N. Gleeson	Bendigo	7:23.73	1996
U12 Girls	1500m Walk	N. Gleeson	Bendigo	6:53.19	1997
U13 Girls	1500m Walk	C. Raselli	Knox	6:53.34	2007
U14 Girls	1500m Walk	T. Charman	Corio	6:42.55	1992
U15 Girls	1500m Walk	K. Wapshott	Knox	6:44.52	1996
U9 Boys	1100m Walk	C. Lurati	Warragul	5:32.11	2001
U10 Boys	1100m Walk	R. Cowley	Knox	5:09.12	2001
U11 Boys	1500m Walk	S. Clancy	Springvale	7:12.0	1984
U12 Boys	1500m Walk	C. Johns	Diamond Valley	7:03.4	1982
U13 Boys	1500m Walk	E. Thompson	Bendigo	6:59.54	1998
U14 Boys	1500m Walk	T. Harbour	Ringwood	6:31.4	1990
U15 Boys	1500m Walk	B. Leonard	Knox	6:14.99	1995

Now let's see how our walkers fared this year!

Saturday 20 March 2010 – U12-U15 Walks

The U12-U15 15000m walks were held on Saturday in warm and oppressive conditions. The winning performances and the overall depth were fantastic but to draw attention to a few of the many fine walks

Jemima Montag won by the length of the straight in the U12 1500m walk with her 15 sec PB time of 6:56.16 and was only 3 secs outside the Vic record

Zoe Boldiston, Jasmine Irshad and **Sarah Burren** staged a fantastic U13 1500m race with Zoe (a 31 sec PB of 6:58.26 and only 5 secs outside the Vic record), Jasmine (just 1 sec outside her PB with 7:04.29) and Sarah (7:07.78) all right up there.

Billy Allamby, followed up his win in the U14 event in Sydney last weekend, with a win in the U12 1500m. After a first lap of under 1:40, he paid the penalty later in the race and slowed to 7:21.92 but what speed!

Jared Walker, Connor McShanag and **Nathan Brill** were all great in the U14 1500m. Jared won with a 51 sec PB time of 6:49.90, Connor was 2nd with a 10 sec PB time of 6:54.18 and Nathan (the son of former International Craig Brill) was third with a big PB time of 7:01.01 in only his first season of walking.

Josh Dillon dominated the U15 1500m walk to win in 6:41.02 ahead of **Matt Felton** with 6:46.33. After a very pedestrian first lap of around 1:50, they kicked it down and went to work.

Jmara Hockley-Samon who won the U14 1500m with 6:57.91 and **Amelia Finnegan** who won the U15 event with 6:58.88. Both girls backed up well after big walks in Sydney last weekend.

Boys U12 1500M Walk 1. Billy Allamby Knox 7:21.92 2. Cooper Owen Diamond Valley 7:32.32 3. Emmet Brasier Diamond Valley 7:45.64 4. Jacob Richardson Knox 7:49.58 5. Reese Walmsley Knox 8:07.93 6. Lewis Vella Casey 8:19.57 7. Konrad Debicki Waverley 8:35.96 8. Sean Miles Knox 8:51.36 9. Timothy Petersen Keilor 9:25.38 10. Cody McNicol-Davidson Skye Valley 9:27.70 11. Taren Cataldo Keilor 10:14.34 Lachlan Taylor Ballarat DQ Brandon Bynon Bendigo DQ Thomas Houlden Bendigo DQ Jack Stone Cranbourne DQ	Girls U12 1500M Walk 1. Jemima Montag Caulfield 6:56.16 2. Jessie Eastwood Knox 7:30.37 3. Emily Hamilton Knox 7:34.11 4. Grace Edlin Bendigo 7:39.45 5. Sophia Antidormi Nunawading 7:49.12 6. Jade Sanders Casey 8:00.69 7. Cindy Collins Waverley 8:21.26 8. Morgan Costello Geelong 8:56.94 9. Lauren Collis Diamond Valley 9:00.56 10. Nicole Banovac Corio 9:05.97 11. Larissa Cullen Whittlesea City 9:06.35 12. Zoe Schwerkolt Box Hill 9:10.69 Amy Ventura Waverley DQ
Boys U13 1500M Walk 1. Jordan Galbraith Croydon 7:31.80 2. Lachlan Kewley Ringwood 7:37.13 3. Jeremiah Jones Bendigo 7:48.08 4. Adam Garganis Collingwood 8:10.44 5. Paul Tremigliozzi Caulfield 8:55.52 6. Nathan Dillon Corio 9:07.42 Dane Heiden Bendigo DQ	Girls U13 1500M Walk 1. Zoe Boldiston Shepparton 6:58.26 2. Jasmine Irshad Knox 7:04.29 3. Sarah Burren Waverley 7:07.78 4. Billie Whitelaw Mornington 7:36.17 5. Megan Walker Corio 7:42.52 6. Carly Bertrand Keilor 7:45.13 7. Danika Corless Knox 8:26.75 8. Bethanie Barbour Coburg 8:33.18 9. Shelby Mance Casey 8:34.08 10. Rebecca Campbell Keilor 8:38.99 11. Shae Ohlsen Ballarat 9:28.56 12. Stephanie Wilson Whittlesea City 9:28.86 Emily Swan Knox DQ
Boys U14 1500M Walk 1. Jared Walker Corio 6:49.90 2. Connor McShanag Keilor 6:54.18 3. Nathan Brill Southern Pen 7:01.01 4. Lucas Taylor Lilydale/Yar 7:49.66 5. Andrew Burgess Diamond Valley 8:56.88	Girls U14 1500M Walk 1. Jmara Hockley-Samon Geelong 6:57.91 2. Stephanie George Lilydale/Yar 7:09.21 3. Bianca Attard Knox 7:38.82 4. Rebecca Guy Casey 7:46.10 5. Olivia Cope Leongatha 8:32.08 6. Grace Campbell Bendigo 8:50.20 7. Jessey Wilson Bendigo 8:55.42
Boys U15 1500M Walk 1. Josh Dillon Corio 6:41.02 2. Matthew Felton Knox 6:46.33 3. Ryan Antidormi Nunawading 7:09.30 4. Aaron Tam Waverley 7:25.65 5. Jesse Costelloe Geelong 8:14.30 6. Josh Savage Bendigo 9:13.89 Ash Millane Sunbury DQ	Girls U15 1500M Walk 1. Amelia Finnegan Knox 6:58.88 2. Jessica Callaway Knox 7:16.98 3. Caitlin Campbell Keilor 7:17.30 4. Ebony Whiley Bendigo 7:29.48 5. Amanda Heard Bendigo 7:33.79 6. Annemaree Gerlich Diamond Valley 8:06.70



Billy Allamby, Stephanie George, Gordon Galbraith, Jeremiah Jones and Amelia Finnegan



Zoe Baldiston, Jemima Montag, Jmara Hockley-Samon, Jasmine Irshad and Sarah Burren



Ryan Antidormi, Matthew Felton, Josh Dillon, Cooper Owen, Jared Walker and Connor McShanag

Sunday 21 March, U9-U11 Walks

Sunday's U9-U11 walks were just as fiercely contested and the highlights continued. Amongst the most noteworthy walks were

Brodie Richardson (5:42.18) and **Mikhala Hodges** (5:45.38) who both broke the U9 Girls 1100m State record of 5:48.70 after what could only be described as a titanic struggle. Interestingly, Brodie is the daughter of former top walker Stephen Richardson. Her brother Jacob Richardson also walked very well for 4th in the U12 Boys 1500m walk the day before.

Charlotte Edlin who won the U10 Girls 1100m with 5:38.74. This was not surprising given her great walking on the local Bendigo front this year.

Harry Hockley-Samon who followed in the footsteps of big sister Jmara and who won the U9 Boys' 1100m with 6:19.06.

James Burren, the younger brother of Amy and Sarah, who won the U10 1100m with 5:56.50.

Kyle Swan (7:51.98) and **Anna Babara** (7:50.21) who did almost identical times in winning their respective U11 1500m walks.

Sorry but I don't have any photos from these races as I was out on the bike helping 2010 World Racewalking Cup rep Tom Barnes with a long training walk Sunday morning!

Boys U9 1100M Walk <ol style="list-style-type: none">1. Harry Hockley-Samon Geelong 6:19.062. Byron Browne Knox 6:23.473. Tyler Dobay Nunawading 7:08.034. Ethan Wright Whittlesea City 7:08.30Hayden Walmsley Knox DQ	Girls U9 1100M Walk <ol style="list-style-type: none">1. Brodie Richardson Knox 5:42.182. Mikhala Hodges Knox 5:45.383. Kristina Collins Waverley 6:16.374. Chelsea Owen-Smith Diamond Valley 6:25.335. Jasmine Delacroix Croydon 6:31.536. Romy Gras Corio 6:34.417. Lee Taylor Lilydale/Yar 6:36.058. Livinia Mason Box Hill 6:57.159. Rebecca Henderson Casey 6:59.2510. Tegan Miller Skye Valley 7:08.2211. Romanie Barnes Knox 7:17.3212. Alyssa Waugh Sale 7:26.2913. Gabrielle Clarke Box Hill 7:30.1014. Lucy Vicendese Coburg 7:35.1615. Kelsey Skeggs Casey 8:06.53Katelyn Lotherington Ballarat DQCaitlyn Bayley Frankston DQAmber Ross Sale DQ
Boys U10 1100M Walk <ol style="list-style-type: none">1. James Burren Waverley 5:56.502. Simon Duval Croydon 6:19.053. Samuel Candotti Keilor 6:25.124. Matthew Gibbons Lilydale/Yar 6:45.645. Kyle Kerr Croydon 6:45.906. Jas Corless Knox 6:59.337. Mitchell Davies Waverley 7:20.988. Michael Miles Knox 7:21.249. Lachlan Feain Sunbury 7:26.3910. Johnny Hilton Sherbrooke 7:33.6211. Ethan McShanag Keilor 7:48.21Timothy Zигuras Waverley DQJoshua Sleeman Knox DQ	Girls U10 1100M Walk <ol style="list-style-type: none">1. Charlotte Edlin Bendigo 5:38.742. Georgia Bertrand Keilor 5:50.353. Jemma Eastwood Knox 5:51.054. Courtney North Knox 6:08.715. Karla Bulte Casey 6:15.256. Jessica Lillie Knox 6:19.357. Tara Xuereb Waverley 6:36.718. Erin Walsh Corio 6:44.129. Sophie Schwerkolt Box Hill 7:00.0610. Caitlyn Musgrave Whittlesea City 7:03.6411. Tylah Whitehead Traralgon 7:05.4012. Keilea Wiffen Corio 7:06.9413. Paris Owen-Wilson Dandenong 7:07.2414. Magdelene Antypas Diamond Valley 7:07.8415. Madeleine Guerin Coburg 7:11.1116. Charisma Boothroyd Sherbrooke 7:20.97Hayley George Lilydale/Yar DNF
Boys U11 1500M Walk <ol style="list-style-type: none">1. Kyle Swan Knox 7:51.982. Liam Burgess Diamond Valley 8:36.743. Sam Nightingale Coburg 9:03.304. Kyle Rollo Corio 9:12.855. Matthew Sullivan Cranbourne 9:25.216. Joshua Tremigliozi Caulfield 9:48.25Jason King Collingwood DQPatrick Martin Coburg DQ	Girls U11 1500M Walk <ol style="list-style-type: none">1. Anna Babare` Geelong 7:50.212. Taylor Vasiljevic Casey 7:55.273. Paige de Lisen Waverley 7:59.904. Rachael Guy Casey 8:00.545. Shelby Kay Sherbrooke 8:40.346. Tessa McCann Brighton 8:50.107. Kirsten Walburg Croydon 8:54.028. Bronte Segota Brighton 8:55.149. Stephanie White Knox 9:11.9810. Lauren Kewley Ringwood 9:18.2411. Alannah Gloury Seaford 9:21.6812. Philippa Huse Brighton 9:22.4013. Megan White Corio 9:27.8714. Hayley Brown Knox 9:34.8715. Charlee Harrison Waverley 9:35.8316. Olivia Houlden Bendigo 9:52.03

QUEENSLAND OPEN AND MASTERS T&F CHAMPIONSHIPS, QSAC, NATHAN, 19-21 MARCH 2010

Thanks to Peter Aiton for the latest Queensland results. Peter reports that it was a humid morning and the track was hot. Brad Aiton won out over Brandon Dewar after a close race. It's also great to see M54 walker Peter Bennett still testing himself against the younger brigade. Peter is of course the president of QRWC and one of the world's best ultra distance walkers.

5000m Race Walk Open Men

1.	Aiton, Brad	M15	Gold Coast Victory	24:19.12
2.	Dewar, Brandon	M17	Qld Race Walking	24:23.21
3.	Dewar, Nick	M17	Qld Race Walking	24:31.17
4.	Osborne, Jesse	M15	Strathpine	25:08.03
5.	Bennett, Peter	M54	Mayne Harriers	25:59.79

5000m Race Walk Open Women

1.	Czislowski, Shannon	W16	Qld Race Walking	33:54.93
2.	Jackson, Roslyn	W21	Thompson Estate	37:37.65

Masters 5000m Race Walk

M40	1	Jimenez, Ignacio	M44	Metro North	25:51.46	75.48%
M45	1	Nash, Jody	M45	Metro Central	27:36.66	71.26%
M50	1	Bennett, Peter	M54	Metro Central	25:59.79	81.62%
M65	--	Dominish, Rod	M65	Metro North	DQ	
M75	--	Watson, Robert	M78	Coastal South	DQ	
W55	1	Woodward, Lyn	W57	Gold Coast	35:30.17	67.33%
W65	1	Lynch, Sally	W66	Gold Coast	33:59.30	78.35%
	2	McKinven, Noela	W67	Metro North	38:23.43	70.31%
W75	1	Dauphinet, Christiane	W78	Gold Coast	40:17.61	79.91%

DENIS STRANGMAN'S RACEWALKING BIBLIOGRAPHY NOW ONLINE

Some 20 years ago, ACT racewalk coach and judge Denis Strangman put together a racewalking Bibliography of all the major literature that had been published on racewalking and which was available to him at the time. I well remember many people commenting on it over the years but had never actually seen a copy until a few days ago. The National Sports Information Library at the AIS, who had assisted him with the Bibliography at the time, have now made it available online at https://secure.ausport.gov.au/_data/assets/pdf_file/0008/354644/An_Annotated_Bibliography_of_Race_Walking.pdf. It's 178 pages in length and that's just the bibliography! Denis has also kindly offered to donate to the RWA archives his copy of all the articles referenced in the bibliography. I will be picking them up when I travel to the LBG carnival in June and I am very excited at the thought of adding such a historic piece of work to our archives and getting access to it all myself.

BALLARAT WALKERS CLUB GEAR UP FOR THE WINTER SEASON

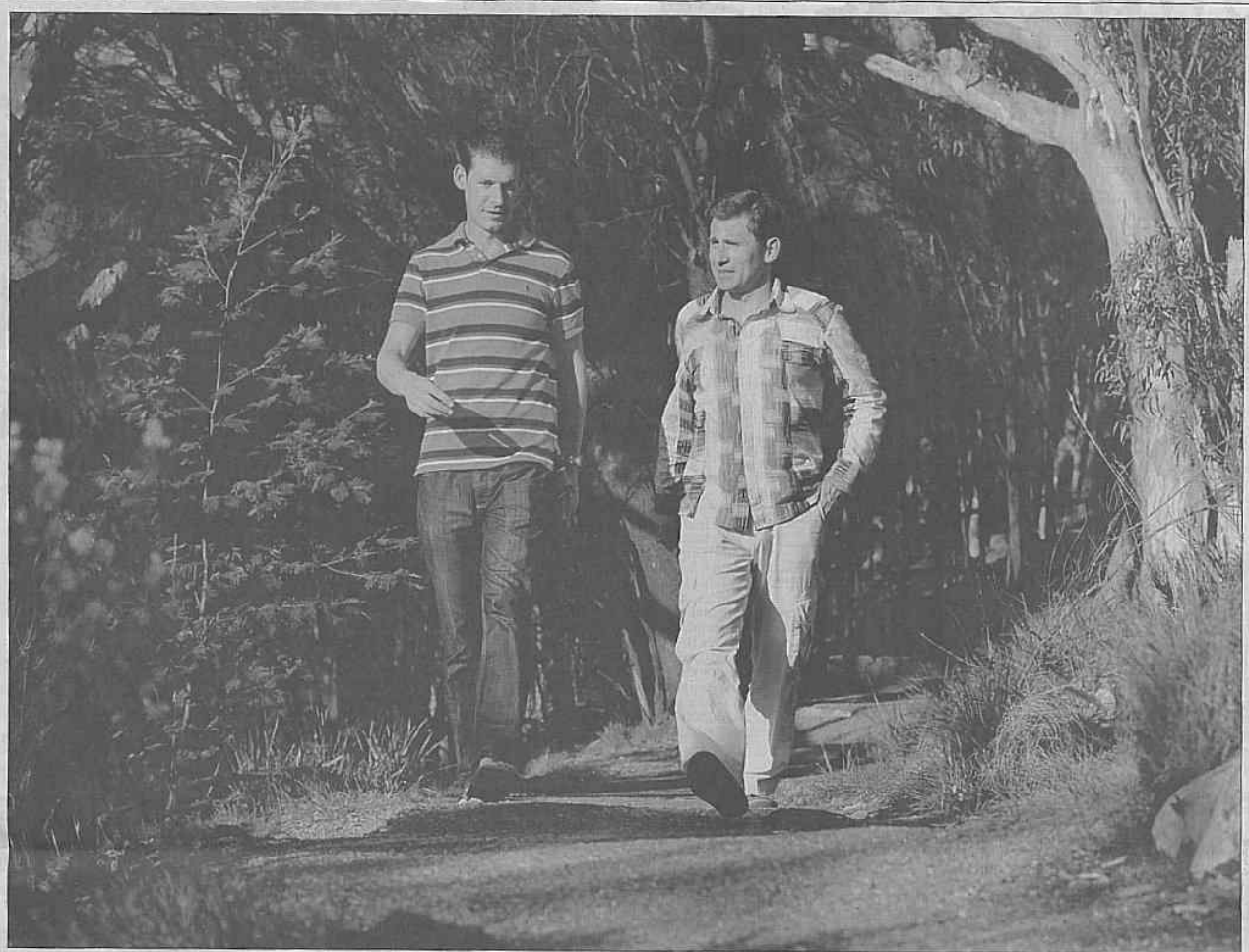
Daryl Biggin, the President of Ballarat Walkers Club, has forwarded me a copy of their winter season walk program. He also advises that they have a new website (<http://ballaratracewalkers.com/>) which is gradually being setup. Thanks Daryl and good luck to all our Ballarat walkers for a big winter!

Sunday 28th March		
1km 2km 4km	10.30am	Lake Wendouree Gardens at Rotunda
Sunday 18th April		
1.5km 3km 6km	10.30am	Victoria Park, Russell and Sturt Street end
Sunday 16th May		
1km 3km 6km	10.30am	Lake Wendouree gardens at Rotunda
Sunday 13th June – Racewalking Australia Championships Canberra.		
Sunday 20th June Handicap President Cup		
3km 2km 1km	10.30am	Lake Wendouree Ballarat Rowing Boatshed
Sunday 27th June AV School & VRWC Championships		
Under 9-12 VRWC Championship Under 14-20 All Schools Championship	First event starts at 9.30	Albert Park, Melbourne From VRWC Clubrooms Middle Park
Sunday 11th July		
1km 2km 3km 6km	10.30am	Russell Square Scotts Parade
Sunday 18th July AV/Country Championships – Ballarat Turf Club Members entrance, OR Victoria Park **Venue still to be confirmed**		
	10.00am	
Sunday 8th August Athletics Victoria AMA, VMA & VRWC Events		
U9-12 VRWC U14-20 and Open Victoria Ch'ships	First event starts at 8.30am	Albert Park Melbourne from VRWC Clubrooms Middle Park
Sunday 15th August Merv Lockyer Handicap		
3km 1km	10.30am	Victoria Park-Russell St Across from school

ROBERT KORZENIOSKI MAKES A FLYING TRIP TO AUSTRALIA

It's history time. We all know that Mt Kosciuszko is the highest mountain but did you know that it was first climbed by Polish explorer Sir Paul Edmund Strzelecki and named after the great Polish patriot Thaddeus Kosciuszki 170 years ago. As part of the 2010 Kosciuszko Festival, Strzelecki Heritage Inc. organised an inaugural Kosciuszko Run to pay tribute to Strzelecki and to promote a healthy and an active life style. The run started at Charlotte Pass Ski Resort (elev. 1740m) and made its way up to the Summit of Mt. Kosciuszko (elev. 2228m), a distance of 11km. See <http://www.kosciuszkorun.com.au/>

Robert Korzenioski, arguably the world's best ever race walker and one of Poland's best known sportsmen, was amongst the international stars invited to Australia for the event and while here, he called into Canberra and renewed acquaintances with our own Nathan Deakes. Nathan then joined him to do the 11km run on Friday 19th March. The following is taken from the Canberra Times of last Friday morning.



FRIENDLY RELATIONS: Nathan Deakes, left, and Robert Korzenioski took a walk down memory lane on Mt Ainslie yesterday. They will both compete in today's Kosciuszko Run. Photo: MELISSA ADAMS

Walking rivals stroll back the years in Canberra

By James Buckley
Olympic games

Four-time Olympic champion Robert Korzenioski believes Canberra race walker Jared Tallent is good enough to win gold at the London Games in 2012.

The sport's greatest competitor was impressed with Tallent in Beijing two years ago and said there was no reason he couldn't improve on his 20km bronze, and 50km silver.

Korzenioski touched down in Canberra last night for a brief visit to Australia, where he will contest today's Kosciuszko Run - a race celebrating 170 years since the mountain's discovery by Polish explorer Sir Paul Edmund Strzelecki.

Considered one of the greatest Olympians of all time having won gold in Atlanta, Sydney and Athens, Korzenioski was invited to represent Poland in the Kosciuszko Run



GOLDEN BOY: Korzenioski won Olympic titles in Atlanta, Sydney and Athens.

as one of the country's finest athletes.

And while the 41-year-old's career ended in retirement after the Athens games, Korzenioski remains closely linked with the

sport, and believed Tallent was part of the next generation of gifted walkers.

"He's a great talent, the name justifies that," the Polish great said. "I was so surprised in Beijing - he

was very modest and very quiet for such a great talent and I think he has exceptional resistance for stress.

"He already got a medal. Now it's the question how to manage being at the top level, it's much easier to achieve first podium then defend the medal status.

"He's smart enough and as I know, he knows how to analyse the success."

Joining the Olympic legend this morning is his former great rival and good friend Nathan Deakes, who welcomed Korzenioski at Canberra Airport yesterday afternoon.

The pair enjoyed numerous battles on the walking track last decade including the Athens games where Deakes was disqualified from the 50km walk allowing Korzenioski to go on and win gold.

Deakes has put male Australian race walking on the map over the past 12 years and Korzenioski said it was no surprise there were more world-class race walkers emerging.

"There's a real school in this country, Australia always has a good representative, an excellent representative at the top level," Korzenioski said.

"Australia has a good sports system and also the training is not on an ordinary basis, it's always based on science.

"There's a good academy, a good training group in Canberra, international cultures and there is a transfer of knowledge."

Deakes said there was no doubt Korzenioski was "the greatest race walker of all time."

"It'll be very very hard for someone to emulate him and the fact that he was very good over both distances which isn't a big trait more so these days," Deakes said.

"Even in Barcelona he was coming in - I think for the bronze medal and was disqualified."

"He literally could've had five Olympic medals over four Olympic Games."

ASIAN 20KM RACE WALKING CHAMPIONSHIPS ,NOMI, JAPAN, SUNDAY 14 MARCH 2010

The Asian Championships were held just over a week ago in Nomi in Japan and walkers from Japan, Korea, India, Malaysia, Iran, Syria and Hong Kong participated. Let's hope that the Malaysian, Indian and Hong Kong walkers all help to swell the overall numbers in the Commonwealth Games fields later this year. Note the Indian National record of 1:37:44 to Deepamala Devi.

Men 20km walk , 10:15AM

1.	FUJISAWA ISAMU	Japan	1:20:12
2.	BYUN YOUNG-JUN	Korea	1:22:07
3.	SUGIMOTO AKIHIRO	Japan	1:23:33
4.	PANUCHA BABU BHAI KESHABHAI	India	1:25:52
5.	SINGH HARMINDER	India	1:26:27
6.	LO CHOON SIENG	Malaysia	1:27:36
7.	RAHIMIAN KHANGHAH EBRAHIM	Iran	1:27:53
8.	KHEIRGOORAZLIGHI AMIR	Iran	1:28:07
9.	TEOH BOON LIM	Malaysia	1:30:01
10.	TSE CHUN HUNG	Hong kong	1:32:40
11.	ABDUL KADIR INDRA GHAEBOUR WISAM	Indonesia Syria	1:33:58 DQ

Women 20km walk , 10:15AM

1.	FUCHISE MASUMI	Japan	1:29:35
2.	OTOSHI KUMI	Japan	1:30:36
3.	DEVI L. DEEPAMALA	India	1:37:44 NR
4.	JEON YEONG-EUN	Korea	1:38:08
5.	KIM WOON-JEONG	Korea	1:42:59
6.	KAKKURITTYIL JOLLY SANDAYA	India	1:45:42
7.	OTHMAN RANIA	Syria	1:48:59
8.	NG SAU MAN	Hong kong	1:56:58

OTHER OVERSEAS BITS AND PIECES

Last week I reported on Alex Schwazer's performance at Lugano. You can see a short video of the Lugano races on youtube at <http://www.youtube.com/watch?v=tR1S4nE-GSw>. Schwazer also features in a chocolate bar TV advertisement in Italy – see <http://www.youtube.com/watch?v=qtCchb-6GfY&NR=1>

HUANGSHAN (CHN, Mar 16): World championships bronze medalist Liu Hong won the Chinese National women's 20 km walk title last weekend in 1:30:29. China continues to produce good walkers - junior winner Zhao Jing clocked 1:32:59. In the men's 50 km event, Li Lei won with 3:47:53 ahead of Du Yunpeng with 3:51:37.

REIMS (FRA, Mar 13): European walking champion Yohan Diniz has improved the French One Hour Track Record to 15.395km. The former mark of Thierry Toutain., dating from 1993, was 15.167km.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

April 2-5, 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun April 11, 2010	VMA 5000m track championships and VRWC events, Collingwood
April 16-18, 2010	Australian Open and U23 Track and Field Championships, Perth (walks already held separately)
Sat Apr 24, 2010	Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

Australian Winter Season Key Dates

Sat Apr 24, 2010	VRWC Winter Season commences, Albert Park. See http://www.vrwc.org.au
Sun June 13, 2010	44 th Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat July 24, 2010	Racewalking Australia State Challenge, in each State
Sun August 22, 2010	Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

2010 International Fixtures

May 15-16, 2010	24th IAAF World Race Walking Cup, Chihuahua, Mexico. See http://www.iaaf.org/wrc10/preview.html
July 3-10, 2010	Oceania Masters Championships, Tahiti
Aug 3, 2010	8th World Gay Games VIII, Cologne, GERMANY (5000m walks). See http://www.gaygames.com/
July 19-25, 2010	13th World Junior Championships, Moncton, Canada. See http://www.moncton2010.ca/
Aug 14-26, 2010	1st World Youth Olympics, Singapore (10000mW boys, 5000mW girls). See http://www.singapore2010.sg
Oct 3-14, 2010	19th Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C

Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see http://www.racewalking-naumburg.de)
Aug 28, 2010	20 th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011	19 th World Masters T&F Championships Stadia, Sacramento, California, USA
Aug 27-Sept 4, 2011	13 th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Aug 12-22, 2011	26 th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25 th IAAF World Race Walking Cup, Saransk, Russia
July 2010 ?	14 th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30 th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013	14 th IAAF World Championships in Athletics, Moscow, Russia
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

2014	26 th IAAF World Race Walking Cup, Taicing, China
July 23 – Aug 3, 2014	20 th Commonwealth Games, Glasgow . See http://www.glasgow2014.com/

Looking even furthe forward

Aug 2016	31 st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32 nd Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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>)