



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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INTERSTATE RESULTS

PB Series #12, Gold Coast City Athletics Track, Friday 26 March 2010

Thanks to Peter Aiton for the following Queensland race result from just before Easter. With a mild evening and very good racing conditions, all 3 boys recorded PBs.

Men 3000 Metre Race Walk

1.	Aiton, Brad	16	Gold Coast Victory	12:48.98
2.	Dewar, Brandon	18	Qld Race Walking Club	12:55.73
3.	Dewar, Nick	18	Qld Race Walking Club	13:15.02

2010 Vividwireless WA T&F Championships, WA Athletics Stadium, 26-28 March 2010

Thanks to Terry Jones for the following results from the recent WA State championships.

Women 3000 Metre Race Walk U16, Friday 26 March

1.	Holt, Kate	BNY	15:41.07
2.	Brown, Breanna	AWA	15:43.01
3.	Barritt, Brooke	MAN	16:53.37

Women 1500 Metre Race Walk U14, Friday 26 March

1.	Evans, Raqema	AWA	8:26.3
	Brown, Jemma	AWA	DQ

Men 3000 Metre Race Walk U16, Friday 26 March

1.	Anderson, Tristan	AWA	17:16.57
2.	Dib, Nathanael	WTC	17:49.87

Men 1500 Metre Race Walk U14, Friday 26 March

1.	Andrews, Jake	AWA	8:52.0
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Women 5000 Metre Race Walk U18, Sunday 28 March

1.	Watson, Hannah	CUT	27:00.35
2.	Smith, Jacqueline	CUT	29:17.76

Men 5000 Metre Race Walk U18, Sunday 28 March

1.	Dib, Samuel	WTC	25:09.09
2.	Hennighan, dale	AWA	26:22.78
	Catley, Michael	AWA	DQ

AUSTRALIAN MASTERS T&F CHAMPS, PERTH, APRIL 2-5, 2010

The Australian Masters T&F championships are held every Easter and this year it was Perth's chance to showcase this premier Masters event. Three racewalks were on offer – 1500m track, 5000m track and 10km road – and large fields participated. A number of Victorians travelled across and did well. Highlights included

- **Heather Carr's** wonderful performances in all 3 events, winning the W60 divisions by the proverbial mile and breaking the W60 World Record in the 10km road walk by over 1 minute – her time an amazing 54:12 – and the W60 World Record in the 5000m track walk by some 10 secs – her time an equally amazing 26:29.26
- **Gwen Steed (W65), Mark Donahoo (M50) and Col Silcock-Delaney (M75)** who each took 3 golds from 3 races in dominant performances
- **James Seid-Christmass (M40)** who took 3 golds and walked his first ever 10km, recording the excellent time of 53:50
- **Pam Tindal (W50)** beating Lyn Ventris in W50 1500m and then chasing her all the way in the other two walks for a total of 1 gold and 2 silvers
- **Annette Major (W45), Justi Roseman (W30), Kylie Irshad (W35) and Andrew Jamieson (M60)** who each scored 2 golds from two events
- **Nardene Hammond (W35)** scoring 1 gold and 2 silvers in comeback mode after the birth of her second child. Go Nardene!
- **Donna Elms (W45)** who also took 1 gold and 2 silvers – I know that she will be pleased as punch with that outcome.

- **Paul Rance (M50)** who took 2 silvers in a rare appearance on the track – in pretty good times!
- **Russ Dickenson (M60)** who took 2 bronzes in the toughest division of all - M60
- **Geoff Major (M70)** who took two bronzes and walked his usual tough races
- Former Victorian **Stan Jones (M80)** who took three silvers at age 84! Stan now lives in WA but we don't hold it against him!

The walk results are shown below. If you want to look at results from other events, the full result set can be sourced from the Athletics WA website: http://www.waathletics.org.au/index.php?option=com_content&view=article&id=214&Itemid=215

1500m Track Walks, Friday 2 April 2010

W30	1	Roseman, Justi	W34	Victorian Master	7:58.30
W35	1	Irshad, Kylie	W38	Victorian Master	6:54.84
	2	Hammond, Nardene	W37	Victorian Master	8:00.96
W40	1	Adams, Oly	W42	Overseas	8:14.65
	2	Stigwood, Rose	W42	SA Masters Athle	10:49.32
W45	1	Major, Annette	W47	Victorian Master	8:06.89
	2	Elms, Donna-Marie	W48	Victorian Master	8:27.03
	--	Gore, Sue	W47	Nsw Masters Athl	DQ
W50	1	Tindal, Pam	W50	Victorian Master	7:04.54
	2	Ventris, Lynette	W53	Masters Athletic	7:13.55
	3	Edwards-Whitley, Kerrie	W53	Masters Athletic	10:48.75
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	10:09.15
	2	Booth, Chris	W57	Act Veterans Ath	12:23.02
W60	1	Carr, Heather	W60	Victorian Master	7:21.20
	2	Ladwig, Sarah	W60	Masters Athletic	9:46.40
	3	Thomas, Trish	W64	Act Veterans Ath	13:02.23
W65	1	Steed, Gwen	W67	Victorian Master	8:47.79
	2	Schickert, Lynne	W68	Masters Athletic	10:23.77
	3	Kenyon, Judy	W69	Nsw Masters Athl	10:32.56
	4	Rogers, Jill	W65	SA Masters Athle	11:17.65
W70	1	Flanders, Maggie	W73	Masters Athletic	13:49.71
W75	1	Byers, Sylvia	W75	Masters Athletic	10:57.92
	2	Medcalf, Noela	W75	Masters Athletic	12:18.89
W80	1	Lauchlan, Lorna	W80	Masters Athletic	11:55.36
M40	1	Seid-Christmass, James	M42	Victorian Master	6:44.97
	2	Smyth, David	M40	Masters Athletic	7:53.26
M45	1	Hastie, Garry	M48	Masters Athletic	7:36.88
M50	1	Donahoo, Mark	M51	Victorian Master	6:46.66
	2	Rance, Paul	M51	Victorian Master	7:22.00
	3	Lenane, Tom	M53	Masters Athletic	8:57.36
M55	1	Whitley, Allen	M58	Masters Athletic	9:45.47
	2	Membrey, Harold	M58	Masters Athletic	9:54.07
M60	1	White, George	M64	SA Masters Athle	8:09.14
	2	Wilson, Bruce	M64	Masters Athletic	8:56.74
	3	Cornish, Bruce	M61	Masters Athletic	9:05.72
	4	Kennelly, Robert	M60	Act Veterans Ath	12:40.35
M65	1	Whyte, Robin	M68	Act Veterans Ath	8:39.16
	2	Harrison, Graham	M66	SA Masters Athle	9:02.58
	3	Thomas, Bryan	M68	Act Veterans Ath	9:33.78
	4	Doye, Peter	M69	Masters Athletic	9:42.60
	5	Lowe, Roger	M66	SA Masters Athle	10:36.83
M70	1	Seymon, Jim	M72	Nsw Masters Athl	8:48.30
	2	Jones, Arthur	M71	SA Masters Athle	9:16.54
	3	Major, Geoff	M73	Victorian Master	10:14.56
	4	Fergie, Bob	M74	Masters Athletic	11:42.64
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	10:14.79
	2	Hall, Ray	M76	Masters Athletic	10:21.95
	3	Whittam, Jeffrey	M75	Masters Athletic	11:41.61
	--	Johnson, Ron	M77	Overseas	DQ
M80	1	Hainsworth, Colin	M80	SA Masters Athle	10:12.73
	2	Jones, Stan	M84	Masters Athletic	11:01.79
M90	1	Kennedy, Peter	M90	Masters Athletic	16:11.60

5000m Track Walks, Saturday 3 April 2010

Andrew Jamieson commented: *The highlight of the 5000m races was Heather's new WR. There was also a great race between Mark Donahoo, James Seid-Christmass and myself with the lead changing a lot in the race and James coming from nowhere in the last 200m to almost catch Mark on the line with me a couple of secs behind. We were all in the 24.20's. Lyn Ventris did 24.57 and Pam Tindal was not far behind her.*

W35	1	Irshad, Kylie	W38	Victorian Master	26:53.58
	2	Hammond, Nardene	W37	Victorian Master	29:20.10

W40	1	Adams, Oly	W42	Overseas	29:27.67
	2	Stigwood, Rose	W42	SA Masters Athle	39:04.49
W45	1	Major, Annette	W47	Victorian Master	30:38.02
	2	Elms, Donna-Marie	W48	Victorian Master	30:56.32
	3	Gore, Sue	W47	Nsw Masters Athl	43:17.02
W50	1	Ventris, Lynette	W53	Masters Athletic	24:57.56
	2	Tindal, Pam	W50	Victorian Master	25:18.53
	3	King, Robin	W51	Masters Athletic	26:58.96
	4	Edwards-Whitley, Kerrie	W53	Masters Athletic	36:11.05
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	34:39.70
W60	1	Carr, Heather	W60	Victorian Master	26:29.26
W65	1	Steed, Gwen	W67	Victorian Master	30:43.83
	2	Schickert, Lynne	W68	Masters Athletic	36:49.41
	3	Rogers, Jill	W65	SA Masters Athle	39:50.28
W75	1	Byers, Sylvia	W75	Masters Athletic	38:07.90
W80	1	Lauchlan, Lorna	W80	Masters Athletic	40:13.87
M40	1	Seid-Christmass, James	M42	Victorian Master	24:24.04
	2	Smyth, David	M40	Masters Athletic	27:13.13
M45	1	Hastie, Garry	M48	Masters Athletic	25:53.13
M50	1	Donahoo, Mark	M51	Victorian Master	24:23.69
	2	Rance, Paul	M51	Victorian Master	25:29.13
	3	Lenane, Tom	M53	Masters Athletic	32:49.68
M55	1	Whitley, Allen	M58	Masters Athletic	35:18.74
M60	1	Jamieson, Andrew	M63	Victorian Master	24:26.74
	2	White, George	M64	SA Masters Athle	27:22.15
	3	Dickenson, Russ	M64	Victorian Master	27:47.56
	4	Kennelly, Robert	M60	Act Veterans Ath	46:10.24
M65	1	Whyte, Robin	M68	Act Veterans Ath	30:34.93
	2	Harrison, Graham	M66	SA Masters Athle	32:19.80
	3	Thomas, Bryan	M68	Act Veterans Ath	33:18.83
	4	Doye, Peter	M69	Masters Athletic	34:05.53
	5	Lowe, Roger	M66	SA Masters Athle	38:42.48
M70	1	Seymon, Jim	M72	Nsw Masters Athl	31:09.48
	2	Jones, Arthur	M71	SA Masters Athle	32:47.22
	3	Major, Geoff	M73	Victorian Master	38:51.84
	4	Fergie, Bob	M74	Masters Athletic	40:25.25
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	35:18.77
	2	Millridge, Osmo	M78	Nsw Masters Athl	35:34.22
	3	Hall, Ray	M76	Masters Athletic	36:25.66
	4	Whittam, Jeffrey	M75	Masters Athletic	40:47.91
M80	1	Hainsworth, Colin	M80	SA Masters Athle	35:54.50
	2	Jones, Stan	M84	Masters Athletic	38:18.47
	3	Harrex, Stanley	M81	Tasmanian Master	41:13.89

Thanks to Lyn Jamieson for the following great photos from the 5000m races



5000m races – Nardene Hammond and Kylie Irshad (W35), Pam Tindal, Lyn Ventris and Robin King (W50), Donna Elms, Annette Major and Sue Gore (W45) and the incomparable Heather Carr (W60)



5000m races – Paul Rance, Mark Donahoo and Tom Lenane (M50)

Three of the victorious Victorians – James Seid-Christmass (M40), Mark Donahoo (M50) and Andrew Jamieson (M60)

10km road walks, Sunday 4 April 2010

W30	1	Roseman, Justi	W34	Victorian Master	1:07:46.8
W35	1	Hammond, Nardene	W37	Victorian Master	1:02:47.5
W40	1	Stigwood, Rose	W42	SA Masters Athle	1:21:24.6
W45	1	Elms, Donna-Marie	W48	Victorian Master	1:05:41.0
	2	Tillman, Annette	W49	Nsw Masters Athl	1:30:55.1
W50	1	Ventris, Lynette	W53	Masters Athletic	50:38.3
	2	Tindal, Pam	W50	Victorian Master	53:56.6
	3	Edwards-Whitley, Kerrie	W53	Masters Athletic	1:13:11.1
W55	1	Lloyd, Nancy	W56	Nsw Masters Athl	1:11:25.6
W60	1	Carr, Heather	W60	Victorian Master	54:12.0
W65	1	Steed, Gwen	W67	Victorian Master	1:04:49.2
	2	Schickert, Lynne	W68	Masters Athletic	1:15:55.3
W75	1	Byers, Sylvia	W75	Masters Athletic	1:21:12.2
W80	1	Lauchlan, Lorna	W80	Masters Athletic	1:22:18.4
M40	1	Seid-Christmass, James	M42	Victorian Master	53:50.0
	2	Smyth, David	M40	Masters Athletic	56:42.4
M45	1	Hastie, Garry	M48	Masters Athletic	51:00.9
M50	1	Donahoo, Mark	M51	Victorian Master	50:38.3
M55	1	Whitley, Allen	M58	Masters Athletic	1:12:05.9
M60	1	Jamieson, Andrew	M63	Victorian Master	50:10.6
	2	White, George	M64	SA Masters Athle	56:30.4
	3	Dickenson, Russ	M64	Victorian Master	56:40.4
M65	1	Whyte, Robin	M68	Act Veterans Ath	1:01:18.0
	2	Harrison, Graham	M66	SA Masters Athle	1:05:58.4
	3	Thomas, Bryan	M68	Act Veterans Ath	1:08:05.5
	4	Doye, Peter	M69	Masters Athletic	1:09:43.1
	5	Lowe, Roger	M66	SA Masters Athle	1:21:52.2
M70	1	Seymon, Jim	M72	Nsw Masters Athl	1:03:18.5
	2	Jones, Arthur	M71	SA Masters Athle	1:09:37.1
	3	Fergie, Bob	M74	Masters Athletic	1:20:13.6
M75	1	Silcock-Delaney, Colin	M77	Victorian Master	1:15:10.8
	2	Hall, Ray	M76	Masters Athletic	1:18:49.3
M80	1	Hainsworth, Colin	M80	SA Masters Athle	1:12:46.4
	2	Jones, Stan	M84	Masters Athletic	1:19:23.4

Thanks once again to Lyn Jamieson for more great photos from the 10km roadwalk day



10km presentations – Lynne Schickert and Gwen Steed (W65), George White, Andrew Jamieson and Russ Dickenson (W60) and Justi Roseman (W30)



Mark Donahoo, Garry Hastie, Andrew Jamieson and Lyn Ventris in action in the 10km roadwalk



Heather Carr, David Smythe, Pam Tindal and James Seid-Christmas in the 10km roadwalk

WALKERS TO THE FORE IN THE A.A. U17 DEVELOPMENT SQUAD

Fifty of the nation's most promising junior athletes have been named to Athletics Australia's U17 Development Squad for 2010. The first step in Athletics Australia's National Development Pathway, the Under 17 Development Squad comprises those athletes considered prospects for selection to future World Youth championships, World Junior championships and the National U19 Talent Squad. The 22 boys and 28 girls selected to this year's squad hail from all corners of the country and represent a range of track and field events. See http://www.athletics.com.au/news/news/2010/april/fifty_on_track for the full announcement.

And amongst them are four walkers, namely Amy Burren (VIC), Hannah Watson (WA), Jessica Pickles (QLD) and Jesse Osborne (QLD). Amy, aged 16, has been a regular age group winner at State and National level over the past few years and this last year has been no exception. In August 2009, she travelled to Sydney where she won the Australian 5km U16 roadwalking championship in an excellent 25:01 and then in December in Hobart, she won the Australian All Schools 3000m U16 in 14:18 and was second in the 5000m U17 in 25:00. Finally in March 2010, she won the Australian U17 5000m in Sydney with 25:00.

30 August 2009	1 st	Australian Roadwalking Championships – 5km U16	Sydney	25:01
4 December 2009	2 nd	Australian Schools T&F Championships - 5000m U17	Hobart	25:00
6 December 2009	1 st	Australian Schools T&F Championships - 3000m U16	Hobart	14:18
11 March 2010	1 st	Australian U14-U10 T&F Championships - U17 5000m	Sydney	25:00

She even fronted in the Australian trial for the World Racewalking Cup U20 10km in Hobart in February, coming 5th in a PB time of 53:30. Note that during the summer, she set PBs over all her racing distances – 1500m (6:52), 3000m (14:18), 5000m (25:00) and 10km (53:30) – and they were all done in big races. That is the mark of a champion. Well done Amy!



Amy with younger sister Sarah in action at Albert Park last winter season and at Falls Creek over Easter

OVERSEAS NEWS

Ukraine Indoor Championships, 20 February 2010

One more European indoor result from a way back in February but worthwhile highlighting for the great depth on display and the great times done by the 3 junior girls (all under the old record) and by open male walker Nazar Kovalenko (new National Record) and junior male walker Igor Lyashenko.

5000m Women

1.	Olena Shevchuk	22:10.40
2.	Lyudmila Shelest	22:23.14
3.	Olena Miroshnechenko	22:31.43
4.	Anna Chernenko	22:37.89 JR
5.	Lydmila Olyanovska	23:00.26 JR
6.	Nadia Borovska	22:52.78
7.	Olga Yakovenko	23:12.84
8.	Olena Sobko	23:31.68 JR
9.	Natalia Kontsevich	23:36.43
10.	Irena Oos	24:10.68
11.	Marina Dumanetska	25:44.00

10,000m Men

1.	Nazar Kovalenko	39:20.52 NR
2.	Andrey Koenko	39:46.62
3.	Ivan Losyev	40:08.24
4.	Ruslan Dmytrenko	40:24.00
5.	Oleksandr Venglovski	40:24.56
6.	Igor Lyashenko	40:56.50 Junior
7.	Oleksandr Romanenko	41:58.61
8.	Sergey Kereliuk	43:03.91
9.	Yuri Byrban	43:59.51
10.	Yuri Loktionov	44:23.22
11.	Yuri Kovalchuk	47:13.65
12.	Andrey Shloma	47:21.08
13.	Sergey Datsenko	48:37.54

And talking of the Ukraine, their Federation website carries the story that 2009 European U23 walk champion Yelena Shumkina has decided to leave the Russian training center in Mordovia to represent the Ukraine from now on (as she has married a Ukrainian

citizen). The initial ruling from the IAAF seems to be that a default 3 year waiting period will be required (which would mean she would miss the 2012 Olympics) but I'll bet that there is some pretty serious talking going on behind closed doors!

TRAINING AT FALLS CREEK

Readers will remember that a few issues ago I advertised an Easter training camp being organised by Simon Baker at Falls Creek. I am just back, having spent 5 days in the Victorian Alps ski resort town with some of our best young walkers and I can report that it was an outstanding success.

Falls Creek Village, some 5 hours drive from Melbourne and situated right in the middle of the Victorian Alps at an altitude of 1600m, has long been the destination of choice for Victorian runners (see <http://www.falls creek.com.au/AltitudeTraining>) but recent paving work done on the road to Omeo now opens it up to walkers. Simon and Alison Baker had checked it out in January and were keen to test out the road alongside the Rocky Valley Lake which was relatively flat, breathtakingly spectacular and newly paved.

The training camp saw two of our top interstate walkers, **Paige Hooper** of SA (recently selected for this year's World Junior champs) and **Nicole Fagan** of NSW (Australian U23 20km champion) join a number of our top Victorian junior girls – **Beth Alexander, Amy Burren, Hilary Brazel, Sarah Burren** and **Stephanie George**. Add in 2009 World Championship representative **Jess Rothwell** and VRWC senior members **Tony and Karyn O'Neill** and we had a group of 10. With Steph's mum Sabrina doing the cooking and with further support from Gavin Burren, Michael and Karin Brazel, Alison Baker and with me along for the ride, it was a great group. AIS coach **Brent Vallance** also came down for a couple of days and showed the girls the finer points of what to do in the gym.

The girls did a roadwalk each morning, followed by a plunge in the super cold Rocky Valley Lake and then normally fronted up for a run or gym session in the afternoon. We also managed to fit in a few walks in the bush and a sauna on the last night. Over the 5 days, the girls did a lot of training and the question on everyone's lips was "When do we come back again!" Well done to Simon on a great initiative – hopefully the first of many such camps. Here are a few photos to let everyone see a little of what went on.



Where's dinner!!!



Sarah and Stephanie stride out



Success in the Easter Egg hunt



Nicole



Jess



Nicole and Paige



On top of the Alps



Working hard and then having fun with the Easter Bunny



Simon keeps track while Sarah and Steph recover



Paige



Hilary



Beth and Amy



Chairlift fun



Warm down



Brrrrrr – that water is cold!

VRWC 'RUNNERS WORLD KEW' SUMMER SEASON WINNERS

It is now time to announce the winners of the VRWC 'Runners World Kew' Sponsorships this summer season. This very generous support by proprietor Neil Ryan rewards our top VRWC male and female walkers with \$500 Cash plus \$500 Runners World Gift Voucher. The VRWC Committee reviewed the summer performances of all members and came up with the following nominations:

Men: Rhydian Cowley, Billy Allamby, Lewis Clark
 Women: Heather Carr, Beth Alexander, Jmara Hockley-Samon, Amy Burren

The Committee then voted and the results were clearcut. I am pleased to announce that **Heather Carr** and **Rhydian Cowley** have been unanimously endorsed as our Summer Season 'Runners World Kew' winners. Read below to find out why!

Heather Carr

Heather, aged 60, carried on over the summer right where she left off at the end of the winter, continuing her rewrite of the W60 records books with a series of wonderful walks. I think she now holds all the W60 world records. Her summer reads as follows:

4 Apr 2010	1 st	AMA Championships, Perth – W60 10km	54:12.0 (WORLD REC)
3 Apr 2010	1 st	AMA Championships, Perth – W60 5000m	26:29.26 (WORLD REC)
2 Apr 2010	1 st	AMA Championships, Perth – W60 1500m	7:21.20
21 Mar 2010	1 st	Vic Masters 1500m W60 walk	7:18.5 (VIC REC)
20 Mar 2010	1 st	Vic Masters 3000m W60 walk	15:37.9

5 March 2010	1 st	World Masters Indoor Championships - W60 10km	56:17
2 March 2010	1 st	World Masters Indoor Championships - W60 3000m	15:54 (WORLD REC)
18 February 2010	2 nd	Victorian T&F Championships - 5000m Open	27:04
23 January 2010	1 st	Victorian Country T&F Championships - 3000m 50+	15:51
23 January 2010	1 st	Victorian Country T&F Championships - 5000m Open	28:34
10 January 2010	1 st	VRWC 15km Open	1:32:52
9 December 2009	2 nd	VRWC Track Races - 3000m	16:09
22 November 2009	6 th	A.A. Invitational 20km Roadwalk Open	1:57:38 (WORLD REC)
15 November 2009	3 rd	VRWC Club Championship - 10km Masters Women	59:23
25 October 2009	1 st	VRWC 15km Open	1:30:01
17 October 2009	1 st	World Masters Games, Sydney, 5000m W60	27:50

She also did AV Shield Rounds 3-5 and 8-12. In Round 3, she unofficially set a new W60 World record of 15:43, officially set it again in round 5 with 15:43.6 and lowered it to 15:30.7 in Round 11. That's 7 W60 World Records and 1 W60 Victorian Record this season! Her season bests are 7:18 (1500m), 10:10 (2000m), 15:30 (3000m), 26:29 (5000m), 54:12 (10km) and 1:57:38 (20km).

Heather is arguably the best Masters woman walker in the world at the moment, based on her form over all distances. She has been setting women's Masters records for some 20 years now but she has had no summer finer than this one.

Rhydian Cowley

Rhydian, aged 19, has been outstanding in every sense with a season that has seen him selected in both the 2010 World Racewalking Cup (10km road) and the 2010 World Junior Championships (10,000m track). His major grid races read as follows

12 March 2010	2 nd	Aust U20 10000m Champ, Sydney	43:22 (PB)
26 February 2010	1 st	Invitational 5000m, Vic T&F Titles	21:52
18 February 2010	1 st	Vic U20 5000m	21:15 (PB)
13 February 2010	3 rd	U20 10km World Cup Trial, Hobart	44:26 (PB)
30 January 2010	12 th	Canberra GP 5000m Walk	21:46
10 January 2010	1 st	VRWC Open 10km	44:41 (PB)
22 November 2009	1 st	AA U20 10km Invitational Walk	45:09
15 November 2009	1 st	VRWC Open 10km	45:12
25 October 2009	1 st	VRWC Open 10km	48:02

He walked 3 of the 5 possible VRWC events, winning all 3. He also walked AV Shield Rounds 2-4 and 7-12, winning all rounds in the Eastern venue and doing PBs of 8:13 (2000m) and 12:33 (3000m) in rounds 4 and 9 respectively. This season has seen him do PBs for 2000m (8:13), 3000m (12:33), 5000m (21:15), 10000m (43:22) and 10km road (44:26).

Rhydian has a big future ahead of him and we are proud to have him as a VRWC member.



Left: Heather powers to a new W60 10km world record of 54:12 in Perth last weekend
Right: Rhydian on his way to a 10km road PB of 44:26 in Hobart in February

WHAT'S COMING UP NEXT

Next Sunday morning, we have our final VRWC summer track races at the Collingwood Harriers Track, Heidelberg Road, Clifton Hill. We will be joined by the Victorian Masters who have their 5000m summer championships. The timetable reads as follows

Sunday 11th April 2010, Collingwood Harriers Track, Clifton Hill		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

We will need lap scorers and officials so any help would be appreciated. See you on Sunday morning.

If you can't come on Sunday morning but are still keen for a walk this weekend, then consider the **AV All-Comers meet on Saturday afternoon** at Olympic Park. It includes a **3000m walk at 3:10PM**. Entry is on the day and must be completed 1 hour before the event start time. Check the AV website for further details.

Looking further forward, now is the time to start planning for the inaugural **AV 5km Teams Championships for men and women**. These events will be held on **Saturday 1 May** at Albert Park and involve AV medals for the first 3 male and the first 3 female AV teams to finish. Entry forms can be sourced from <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>. You enter as an individual and, as long as two or more other members from your AV club also enter, you can then race as a team in the big race.

For instance, Malvern Harriers has the following members: - Amy Burren, Sarah Burren and Ashley Albert. If they all entered, they would have a very competitive team in the women's competition. So would South Coast with Stephanie George, Kylie and Jasmine Irshad and Cassie Raselli. In the men's competition, Collingwood would be very competitive with the likes of Bob Gardiner, Adam Garganis, Stuart Kollmorgen and Ross Reid.

Remember that to compete in any AV championships, you must be currently registered with AV and we are now in a new AV year as of 1st April. So you need to do two things

- a) re-register with your AV club ASAP
- b) enter the Teams Champs via the official entry form as above.

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.

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 20th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011 **19th World Masters T&F Championships Stadia, Sacramento, California, USA**
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Aug 12-22, 2011 **26th 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 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 2010 ? **14th World Junior Championships, Barcelona, Spain**
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

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

2014 International Fixture

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

Looking even furthe forward

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

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