



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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UPDATE ON THE VICTORIAN 5KM TEAMS CHAMPIONSHIPS

After a lot of discussion, it has been decided to keep **Victorian 5km Roadwalk Teams Championships** on **Saturday 1st May** as gazetted and live with the Victorian Cross Country Relay championships clash. When I queried what would happen if we moved the championship back a week to Saturday 8th May, there were a significant number of people who would have been effected so we would in fact have gained nothing. Obviously next year we will all have to be more vigilant to ensure that major clashes like this are minimized. If you haven't entered yet, it is not too late. Get your entry form into AV (<http://www.athsvic.org.au>) today.

VRWC OPENING SEASON RACES, ALBERT PARK, SATURDAY 24 APRIL 2010

Our Winter Season opening races went off successfully on Saturday with 87 competitors racing a variety of distances in mild and overcast weather with a slight breeze. Due to ongoing Australian Grand Prix Motor Racing cleanup, we used the 1km loop south of our clubrooms but the smaller and tighter course actually made for exciting racing conditions and added to the atmosphere.

We also welcomed a lot of first time walkers to Albert Park (Michelle Thompson, Lew Jenkins, Nathan Brill, Josh Tremigliozi, Josh Lucy and Anthony Vicendese, Brodie and Jacob Richardson and Ethan Wright), welcomed back an old member (Dave De Bondi) and took lots of registrations. So we are off to a great start.

Note that the results below include a handicap placing as calculated by our club handicapper Mark Donahoo. Provided he has a previous time to put against you, he calculates what he thinks you should walk and rates your performance accordingly. The handicap points accumulate each week towards the end of season presentations. If you did not get a handicap place, it means that either Mark did not have a time to put against you or else you are not a financial member of the club.

The results also include an * against the names of walkers who walked in yellow numbers which indicated that they were walking under 'Club Rules' rather than the normal IAAF rules. This concept allows older or new walkers, who feel they might not be able to satisfy the rigid racewalking rules, to still have a race with us. The judges judge them on contact and fairness of walking but do not judge them as rigorously on the straight knee rule.

Thanks to **Sabby George** for the photos that are shown below. I have also uploaded a large selection of photos from the day to our VRWC photo gallery – point your browsers to <http://vrwc.org.au/coppermine/> and choose the top gallery.

The longest distance on offer was the 8km and **Rhydian Cowley**, in his last hitout before leaving next weekend for the World Racewalking Cup, was in a class of his own, weaving past the massed walking fields, to record an excellent 35:12. We welcomed **Dave De Bondi** back for one of his rare walks – Dave was a regular in the sixties and early seventies! He actually won the handicap with his even paced 55:41. **Pam Tindal** was the fastest of the women with a 6 sec PB of 42:20 – not bad on such a tight course. Not surprisingly, she also won the handicap.

VRWC 8 KM OPEN		Handicap Place
1.	Cowley, Rhydian	35:12 2
2.	Kollmorgan, Stuart	40:32 7
3.	Evans, Simon	42:02 3
4.	Seid-Christmass, James	42:58
5.	McDonough, Aaron	44:14 4
6.	Dickenson, Russ	47:53 5
7.	Gardiner, Robert	50:34 6
8.	Summers, Harry	54:46
9.	De Bondi, David *	55:41 1
1.	Tindal, Pam	42:20 1
2.	Thompson, Alison	48:28 2
3.	Elms, Donna	52:30 3
4.	Stanway, Marlaine	57:17



In action in the 8km – Club President Harry Summers, Stuart Kollmorgen (passing Bronte Segota and Caitlin Campbell), Pam Tindal and Rhydian Cowley

The 5km event was added several weeks ago when we were approached to host a timetrial for **Rachel Tallent**. The task for Rachel was to better 25:00 to prove her fitness so that she could be considered for addition to the World Racewalking Cup U20 10km team to fill the one remaining spot. Although qualified, she has missed the trial with injury and hence the need for another performance. And beat it she did, recording 24:54 in fine style. **Mark Donahoo** 24:52, **Brad Simpson** 24:53 and **Beth Alexander** 24:53 walked very similar times and it was great to see the four of them powering towards the finish line. The big news is that A.A. has ratified her performance and she has been added to the World Race Walking Team to compete in Mexico next month.

Handicap winners were **Jason Kozica** and **Celia Johnson**. First timer **Michelle Thompson**, fresh from winning the Coburg 24 Hour Run last weekend (when she ran 172km in 24 hours) did a fine first up walk, recording 32:32 for the 5km. **Rudolf Skrucany** was also back only a week after doing the 24 Hour walk at Coburg. Talk about tough competitors!

VRWC 5KM OPEN

			Handicap Place
1.	Donahoo, Mark	24:52	3
2.	Simpson, Bradley	24:53	
3.	Dillon, Josh	27:27	5
4.	Kaiser, Joshua	27:33	2
5.	Kozica, Jason	29:00	1
6.	Lucas, Alan	29:08	4
7.	Skrucany, Rudolf	35:55	6
1.	Alexander, Beth	24:53	4
2.	Tallent, Rachel	24:54	3
3.	Carr, Heather	26:42	2
4.	Feldman, Liz	30:05	
5.	Thompson, Michelle *	32:32	
6.	Johnson, Celia	34:03	1



Brad Simpson, Rachel Tallent, Michelle Thompson, Rudolf Skrucany, Jason Kozica and Liz Feldman in the 5km walks

Our most popular distance was 4km with Open and Under 15 divisions on offer. The Open walks were won by **Clyde Riddoch** 22:14 and **Amy Burren** 20:06 (Amy is in the National Youth Squad and is one of the top Under 17 walkers in Australia) while the handicap winners were **Anthony Doran** and **Kirstin Shaw**.

VRWC 4KM OPEN			Handicap Place
1.	Riddoch, Clyde	22:14	2
2.	Barrow, Geoff	25:18	4
3.	Doran, Anthony	25:32	1
4.	Wicks, Barrie	28:44	6
5.	Morrison, John	29:42	7
6.	Harrison, Lindsay	30:14	5
7.	Wood, Robin *	30:26	
8.	Onley, Gordon *	31:15	3
9.	Beaumont, Ian *	31:57	8
	Jenkins, Lew	DQ	
1.	Burren, Amy	20:06	2
2.	Irshad, Kylie	20:45	
3.	Brazel, Hilary	20:53	5
4.	Raselli, Cassie	22:06	
5.	Laurie, Natalie	22:58	6
6.	Shaw, Kirstin	23:03	1
7.	Mason, Ella	24:10	9
8.	Steed, Gwen	25:13	7
9.	Holmes, Janet *	26:12	4
10.	Morrey, Jan	26:18	3
11.	Shaw, Robyn	27:34	10
12.	Harrison, Maryanne	30:14	
13.	Beaumont, Margaret	31:14	8



Hilary Brazel, Sarah Burren, Aaron McDonough, Janet Holmes, Barrie Wicks and John Morrison step out in the 4km event

The Under 15 walks are normally high quality affairs and Saturday was no exception. 13 year old **Nathan Brill**, the son of former international walker Craig Brill (see <http://www.vrwc.org.au/tim-archive/wv-craig-brill.pdf>) had his first hitout on the road and impressed greatly with a wonderful 19:48. 13 year old **Connor McShanag** was not far behind with 20:56 while **Jmara Hockley-Samon** 21:07 and **Sarah Burren** 21:17 were equally impressive as the fastest of the girls. Not surprisingly, Connor and Jmara won the associated handicap races.

VRWC 4KM UNDER 15			Handicap Place
1.	Brill, Nathan	19:48	
2.	McShanag, Connor	20:56	1
3.	Garganis, Adam	25:44	3
4.	Tremigliozi, Paul	26:26	2
5.	McNicol-Davidson, Cody	27:57	
1.	Hockley-Samon, Jmara	21:07	1
2.	Burren, Sarah	21:17	2
3.	Montag, Jemima	23:42	
4.	McInnes, Simone	23:46	3
5.	Campbell, Caitlin	24:38	5
6.	Walker, Megan	24:42	6
7.	Barbour, Beth	24:44	4

George, Stephanie
 Guy, Rebecca
 Stadius, Lauren
 Campbell, Rebecca

DNF 2km in 10:28
 DNF 3km in 19:12
 DNF 3km in 17:25
 DNS



Connor McShanag, Craig Brill, Adam Garganis, Jemima Montag, Jmara Hockley-Samon and Dave De Bondi in action

The Under 12 2km and the Under 9 1km saw a number of first timers in action and most walked well. There were a couple of disqualifications but I am sure that there is nothing serious here that can't be fixed with a bit of extra concentration. Harry Hockley-Samon and Gabriella Crea were our U12 winners while Ethan Wright and Brodie Richardson were our U9 winners.

VRWC 2KM UNDER 12

1.	Hockley-Samon, Harry	13:27
2.	Tremigliozi, Joshua	15:14
3.	Vicendese, Joshua	15:19
4.	Davidson, Harley	17:20
	Candotti, Sam	DNF
	Richardson, Jacob	DQ

Handicap Place

1.	Crea, Gabriella	10:56	1
2.	De Lisen, Paige	12:00	8
3.	Guy, Rachael	12:14	6
4.	Segota, Bronte	12:27	2
5.	McCann, Tessa	12:48	5
6.	Brown, Hayley	12:52	7
7.	Xuereb, Tara	13:17	4
8.	Harrison, Charlee	13:27	3



Charlee Harrison, Harry Hockley-Samon, Josh Vicendese, Josh Tremigliozi, Anthony Vicendese and Gabriella Crea

VRWC 1KM UNDER 9

1.	Wright, Ethan	07:18	
2.	Candotti, Noah	08:04	1
	Vicendese, Anthony	DQ	
1.	Richardson, Brodie	05:41	
2.	Owen-Smith, Chelsea	06:17	1
3.	Vicendese, Lucy	07:22	
4.	Mason, Livinia	07:50	2

Handicap Place

Jacob Richardson, Paige De Lisen, Lucy Vicendese, Livinia Mason and Ethan Wright in action

Finally, it takes a lot of manpower to keep the show on the road so thanks to the following for their help on Saturday. Sorry if I missed anyone – it was a big day!

Officials: Tim Erickson, Ron Miller, Stuart Cooper, Harry Summers, Bob Gardiner, Michael Brazel, Ian Laurie, Paul Kozaris, Simon Baker, Alison Baker, Matt Owen, Mark Davidson, Damien Elms

Judges: Peter Vysma (Chief), Michael Bodey, Ralph Bennett, Terry Knape, Lloyd Nicholls

RUNNERS WORLD VRWC SUMMER SEASON PRESENTATIONS

Neil Ryan of Runners World Kew is our chief club sponsor, giving out major awards each winter (best Open and Junior walkers) and summer (best overall walkers). Yesterday Neil was on hand after the races to confirm **Heather Carr** and **Rhydian Cowley** as our top walkers this summer, as voted by the club committee. Each received \$500 cash and \$500 vouchers from Runners World Kew.



Neil with Rhydian Cowley and Heather Carr

The big news is that Neil will continue his club sponsorship this winter by sponsoring four awards as follows

- Best Male Open \$500 cash and \$500 Runners World gift voucher
- Best Female Open \$500 cash and \$500 Runners World gift voucher
- Best Male U20 and below \$500 Runners World gift voucher
- Best Female U20 and below \$500 Runners World gift voucher

AUSTRALIAN LITTLE ATHLETICS U13 CHAMPIONSHIPS, BRISBANE, SATURDAY 24 APRIL 2010

The annual Little Athletics Australian Championships were held last weekend in Brisbane. This is not a full scale championship weekend but is restricted to

- U13 Australian Teams Championships for teams of 22 athletes (usually 11 boys and 11 girls) from each State.
- U15 Australian Multi Event Championships for 4 athletes (2 boys and 2 girls) from each State.

Thus Victoria send only a small U13 team, normally consisting of those boys and girls who can score points in more than one event and our top walkers do not necessarily get the nod for the trip unless they have a second string to their bow as a distance runner or thrower or jumper. This year, we had only one of our regular walkers in the team in **Zoe Boldiston** of the Bendigo Walkers Club. The other three Victorians in the walk were multi disciplined athletes for whom the walk was their second string event. Yet, astoundingly, Victoria won both walks with Zoe and middle distance runner **Troy McGill** beating their interstate rivals. What a great effort by Zoe and Troy – well done to them both on big wins. And a special mention to coach **Elke Raselli** who gave our three non-walkers that extra coaching that enabled them all to walk so well on the big day. Well done Elke!

Gold Coast walking coach Robyn Wales sent me a brief email to comment on the races – thanks Robyn

The girls' 1500m walk could have been won by any one of 6 girls and the race was fast and furious from the start in wet conditions after a sudden downpour which had left puddles all over the track. Tayla Billington went to the lead as she had done in Hobart and Sydney and with maturity there will come a time when she is able to hold that pace. This was not the case on Saturday as gradually both Zoe and Caitlin overtook her with Kate Holt, Katya and Kenza also unable to keep the pace. Zoe gave a superb display of racewalking technique to eventually win over Caitlin who could not repeat her effort in Sydney. All girls walked slower than expected due to the wet conditions and the "interesting" way Little As selects their athletes in that all need to qualify in other events. This meant that Caitlin, Tayla and Kenza had already run 1500m that day while Katya had to leave the javelin to line up for the walk! Apparently lots of red cards were issued .

I left my notes at home so won't go into detail about the boys' race only to say that the Victorian boy who won also walked beautifully and deserved to win.

Girls Under 13 1500 M Race Walk

1.	Boldiston, Zoe	VIC	7:01.61
2.	Hosking, Caitlin	ACT	7:07.68
3.	Billington, Tayla-Paige	NSW	7:08.82
4.	Martin, Katya	QLD	7:18.09
5.	Benzenati, Kenza	QLD	7:19.60
6.	Holt, Kate	WA	7:22.91
7.	Walker, Emma	TAS	7:59.68
8.	Sturgess, Ebony	VIC	8:23.51
9.	Burat, Rebecca	SA	8:30.16
10.	Tape, Alina	NSW	8:48.45
11.	Trewin, Carly	WA	8:49.89
12.	Sawkins, Rebekah	ACT	10:50.78
	Douglas, Piper	SA	DQ
	Jenkins, Zoe	TAS	DQ

Boys Under 13 1500 M Race Walk

1.	McGill, Troy	VIC	7:08.36
2.	Anestoudis, Johnathan	NSW	7:14.19
3.	Cox, James	NSW	7:14.31
4.	Brown, Jayden	TAS	7:51.50
5.	Rose, Louis	TAS	8:01.82
6.	Wiseman, Angus	VIC	8:08.10
7.	Watts, Riley	QLD	8:13.05
8.	Doherty, Callum	ACT	8:55.80
9.	Slimming, Benjamin	SA	9:07.16
10.	Knight, Baxter	QLD	9:48.35
11.	Miller, Samuel	ACT	9:57.87
	Paynter, Joshua	SA	DQ
	O'Brien, David	WA	DQ
	Wright, Adeyemi	WA	DQ

QRWC WINTER SEASON WALKS, KALINGA PARK, SATURDAY 24 APRIL 2010

Thanks to Peter Aiton for last weekend's walk results from the Queensland Race Walking Club. Peter commented

Here are the results from our Handicap #2 at Kalinga Park. A small field but great racing, it was great having Emma Robson from Coffs Harbour make the trip up to race race. We watched the Australian Little Athletics race on Saturday afternoon - the Victorians were too strong and won both races; well deserved. All Queenslanders wish our World Cup Competitors all the best in Mexico next month. Cheers Peter Aiton

A Grade 15km

Men: (1) Ignacio Jimenez 1:23.18 (2) Peter Bennett 1:24.34 (3) Paul Lindenberg 1:46.16

A Grade 10km

Women: (1) Kay Shaw 1:07.57 (2) Sally Lynch 1:10.03 (3) Noela McKinven 1:19.25 (5) Robyn Wales 1:19.31

B Grade 8km

Men: (1) Brad Aiton 38.12 (2) Jesse Osborne 38.44 (3) Brandon Dewar 41.06 (4) Patrick Sela 53.19 (5) Richard Hill 1:10.28. Nick Dewar DNF

C Grade 5km

Men: (1) Richard Lynch 37.23

Girls: (1) Rachel Barker 33.42 (2) Kate Sanford 34.32

D Grade 3km

Girls: (1) Kirsty Barker 20.05 (2) Marybeth Paviell 20.11 (3) Emma Robson 20.39

E Grade 2km

Boys: (1) Trent Miles 12.17

Girls: (1) Mikaela Woodward 12.26 (2) Yue Guo 13.28 (3) Thalia Martin 16.43

NSWRWC RESULTS

The NSWRWC winter season continued with 59 walkers in action at Tempe on Saturday 17th April. Check out the results at <http://58.107.233.253:8183/newsletter/2010/NSWRWC10-5.pdf>

JAN MORREY'S EFFORTS AT THE AMA CHAMPS IN PERTH

Russ Dickenson alerted me to the fact that at the Australian Masters Championships in Perth over Easter, VRWC club member Jan Morrey chose to forgo the walks in favour of the sprints, winning the W70 60m, 100m and 200m, all in the 90% age adjusted range and achieving a staggering 98.67% in the 60m. Great sprinting Jan!



Jan Morrey in action at Albert Park on Saturday

BRENDON AND NICOLE TAKE SILVER IN HONG KONG – SUNDAY 18 APRIL 2010

I briefly mentioned in last week's newsletter that **Brendon Reading** (ACT) and **Nicole Fagan** (NSW) had taken second placings in the Hong Kong MTR Racewalking Carnival. I am now able to bring you Brendon's report, the race results and some great photos, thanks to Brendon. First, Brendon's take on his big event

Nicole Fagan and I were nominated by Athletics Australia to compete in the Annual Hong Kong MTR Racewalking Carnival last Sunday (19 April) in Central Hong Kong. With over 1600 competitors of all age levels and abilities, walkers competed in a range of events throughout the day. This is a huge carnival and one that has big financial backing from the Hong Kong Athletics Association as well as the MTR, the main public transport provider for Hong Kong. The event raises funds for various charities, the main one being the Hong Kong Hospital. The 10KM International Elite event saw competitors from China, Chinese Taipei, Korea, Japan, Malaysia and Australia. It was held in conjunction with the Hong Kong Elite event where roughly 50 local walkers competed.

Race day saw the weather being cool, overcast with occasional drizzling rain, ideal conditions for a good race walk, and I was feeling really confident of a good result as my training leading up to the event had been exactly what I wanted. Unfortunately I did not handle the 1Km loop course as well as I would have liked, and found it difficult to navigate the seven turns including a 180 degree U-turn. The back straight included a rise that built up over 200m, and after ten laps it was feeling even steeper. The Chinese Competitor and myself walked together for the first five kilometers exchanging the lead on a number of occasions to pass through in a time of 21:30. Unfortunately the Chinese walker then decided that it was time to make his move, and after he had dropped a lap close to the 4min/km mark, he had a sizeable lead. At this point the wind began to pick up, making it difficult to sustain a fast pace, with the rise finally starting to take its toll. However, I knew that if I could just continue to tick the legs over at a reasonable pace I would secure second place, and so after the final stages of the race I was able to cross the line in second behind the Chinese competitor in a time of 44.55. Despite not recording the time I had hoped for, I was thrilled with second place and the atmosphere of the crowd meant that I couldn't be too disappointed with my

result.

I was fortunate enough to sit with the Chairman of the Hong Kong Athletics Association at both the welcome luncheon on Saturday and the farewell dinner on Sunday. He made us Australians feel very welcome and was keen to see the competition grow even bigger and better in future years. I would not only like to thank the HKAA for providing the airfare, accommodation and fantastic hospitality, but also the ACT Race and Fitness Walking Club for their financial assistance. Without such generous support I would not have been able to attend this very popular event. I am hoping to attend again next year and would encourage others to do so, especially the younger walkers, as this event would be an ideal opportunity to gain experience in competing overseas in a not so familiar environment

And now onto the results with the first 10 places from the two Elite 10km events. Note that in the women's championship, there is no time recorded for the winner. In fact, that walker walked one lap short but was still given the first placing as she was deemed to be far enough ahead at that stage to guarantee that she would have won anyway.

Women's Elite International 10km Race

1.	Xie Li Juan	CHN	no time
2.	Nicole Fagan	AUS	51:21
3.	Norliana Binti Mohd Rusni	MAS	55:39
4.	Usami Saitoh	JPN	56:11
5.	Bok, Sun-Mi	KOR	no time
6.	Chang Chai Feng	TPE	57:04
7.	Ng Sau Man	HKG	57:06
8.	Kwok Chik Ha	HKG	57:12
9.	Chu Kwan Mei Judy	HKG	1:02:42
10.	Cheng Ip Ming	HKG	1:02:42

Men's Elite International 10km Race

1.	Yang Tau	CHN	43:39
2.	Brendon Reading	AUS	44:55
3.	Satoshi Maruo	JPN	45:34
4.	Dhiban Raj So Theyagasoi	MAS	45:35
5.	Cheung Wai Tak	HKG	53:13
6.	Ng Hang Tat, Sam	HKG	55:55
7.	Fan Ming Yan	HKG	57:38
8.	Chan Ka Yiu	HKG	57:52
9.	Lee Chun Wai	HKG	58:30
10.	Yu Wai Kee	HKG	1:00:54



Brendon and Nicole on the start line



Brendon leads the 10km men's event early on



Nicole mid race



Nicole and Brendon with their US\$400 cheques

AUSTRALIAN WORLD CUP TEAM HEADS OFF

The 2010 World Race Walking Cup is now only a matter of weeks away (15-16 May in Chihuahua in Mexico) and our Australian team is in the throes of departure. Adam Rutter, Luke Adams and Chris Erickson have already headed off to Albuquerque in New Mexico for a final stint of altitude training (the city is at 1500m altitude) before travelling to Chihuahua (also at 1500m altitude) for the world championships.. The other team members fly out next Saturday to join them in Albuquerque. They will then travel as a team from Albuquerque to Chihuahua on Thursday 13 May, arriving in Mexico only a couple of days before the World Cup. With a bit of luck, I should have some training photos for next week's newsletter.

There have been a few withdrawals from the team for one reason or another – Nathan Deakes (50km Men), Kellie Wapshott (20km Women), Jillian Hosking (20km Women) and Paige Hooper (10km Junior Women). Paige has withdrawn to concentrate on the World Junior championships for which she was also selected while the other three have all had interrupted preparations and have decided to withdraw rather than compete below top form. **Rachel Tallent** has now been added to the team to replace Paige Hooper, taking the final team number up to 15 walkers.

Team Staff	Team Manager/Coach	Brent Vallance
	Team Coach	Simon Baker
	Physiotherapist	Stan Garland
	Massage Therapist	Simone Wolowiec
Junior Men's 10km Team (3):	Dane Bird-Smith (AIS/QLD)	
	Rhydian Cowley (VIC)	
	Sean Fitzsimons (AIS/WA)	
Junior Women's 10km Team (3):	Beth Alexander (VIC)	
	Regan Lamble (VIC)	
	Rachel Tallent (VIC)	
Senior Men's 20km Team (2):	Ian Rayson (NSW)	
	Adam Rutter (AIS/NSW)	
Senior Men's 50km Team (4):	Luke Adams (AIS/NSW)	
	Tom Barnes (VIC)	
	Chris Erickson (AIS/VIC)	
	Jared Tallent (AIS/VIC)	
Senior Women's 20km Team (3):	Jessica Rothwell (VIC)	
	Claire Tallent (AIS/SA)	
	Cheryl Webb (NSW)	

Congratulations to top Victorian and former AIS Walks coach **Simon Baker** who joins the team as a second team coach alongside AIS walks coach Brent Vallance and congratulations to former top Victorian and Australian walker **Simone Wolowiec** who once again joins the team as massage therapist. Simone who now lives in San Diego is becoming a regular on the Australian walk teams.

JARED TALLENT AND KERRY SAXBY-JUNNA HONOURED

The annual Australian Track and Field championships (held earlier this month in Perth) traditionally end with Athletics Australia's annual awards gala evening. This year, it was held on Sunday 18th April at the Rendezvous Observation City Hotel in Perth and two walking greats were amongst those honoured.

For the second year running, **Jared Tallent** was named Out of Stadium Athlete of the Year, in recognition of a stellar season that included two top-eight finishes at the World Championships in Berlin (sixth – 20km walk, seventh – 50km walk) and a new personal best time over 20km in Round 1 of the IAAF Race Walking Challenge and 2010 Australian 20km race walking championship in Hobart in February.

Then **Kerry Saxby-Junna** was amongst a small group of former greats (the others being Melinda Gainsford-Taylor, Tim Forsyth, Kerryn McCann (posthumous), Nicole Boegman and Kylie Wheeler) who were named recipients of the Edwin Flack award for their contribution to track and field over many years of involvement in the sport, both as competing and retired athletes.

Congratulations to Jared and Kerry on their well deserved honours.

TIME TO GET SOME CREDENTIALS

As everyone knows, Track and Field, more than any other sport, requires large many officials to run smoothly and road walking and road running (the Out Of Stadia components) need their fair share as well (we had 13 officials and 5 judges helping to run the show at Albert Park on Saturday!).

AV regularly runs Officiating Accreditation sessions for those AV-registered volunteers wanting some formal accreditation, and they have scheduled four Level C courses this year at Olympic Park in Melbourne.

- Out of Stadia 6pm - 9pm, Monday 3rd May Applications Close: Friday 30th April
- Throws 6pm - 9pm, Monday 30th August Applications Close: Friday 20th August
- Jumps 6pm - 9pm, Monday 13th September Applications Close: Friday 3rd September
- Track 6pm - 9pm, Monday 27th September Applications Close: Friday 17th September

Attend three discipline specific information sessions and successfully complete the subsequent open-book quizzes, and you'll be a fully-credentialed Athletics Australia Level C Official and the recipient of a \$100 Adidas voucher. The information sessions are one hour in duration, and participants then have up to two hours to complete a simple quiz based on the IAAF Rules handbook. I have done two of the courses so far and have already signed up for the Out of Stadia one next month to complete my third.

To reserve your spot at the Out of Stadia session early next month, complete and return the official application form – see <http://www.vrwc.org.au/2010%20Cred-Up%20&%20Cash%20Up%20Application%20Form%20May-Sept.pdf>. For additional information contact Don Blyth (don@athsvic.org.au or 03 9428 8195).

WHAT'S COMING UP NEXT

This Saturday sees our first championships for the winter, the **Victorian 5km Teams Championships**. These kick off at 2:15PM, followed by our own VRWC races which commence at 2:25PM. We hope to be using a 1km course alongside our clubrooms this weekend – I will be checking Grand Prix cleanup progress later in the week and making a final decision then.

Saturday 1 May 2010, Albert Park		
2.15pm	5km AV Teams Championship	Open Men
2.15pm	5km AV Teams Championship	Open Women
2.25pm	5km	Open
2.25pm	3km	Open
2.25pm	3km	Under 15
2.30pm	2km	Under 12
2.30pm	1km	Under 9

Since the AV Teams Championships are a brand new event, we had to set up the rules which read as follows

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Walkers in this championship must pre-enter with AV (see <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf>) and if 3 or more members of the same club enter, they form a team. Of course, you can still race but as an individual if you don't have 2 other club members. Hurry and get your entry in now if you haven't done so already. This is a big chance to kick out a 5km PB.

Further forward, our next championship date is two weeks later when we host the **Victorian 10km Championships** for Open, 40+ and 50+ divisions (pre-enter with AV) and the **Victorian Masters 10km championships** (enter on the day).

Saturday 15 May 2010, Albert Park			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Handicap	Open
2.30pm	5km	Handicap	Open

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.

Australian Winter Season Key Dates

- Sun June 13, 2010 44th Lake Burley Griffin Racewalking Australia Carnival, Canberra, ACT
- Sat July 24, 2010 Racewalking Australia State Challenge, in each State
- Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD

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 Alegre, 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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