



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 10 OCTOBER 2009

The AV Shield Competition moved into full swing on Saturday with all 6 venues in action. Sunny conditions meant good performances across the board and we had a lot of walkers in action overall, even though a number of key names were missing.

Athletics Victoria Shield Round 1, North West Region, Aberfeldie Athletics Track

Paul Kennedy celebrated the start of his 40th year in athletics (he had his first Interclub race in 1970 as a 12 year old) with an easy win in the very good first up time of 14:39. The Preston duo of Trenton Hawkins and Aaron McDonough have been doing some quiet training over the winter and it showed as they also recorded good times of 15:01 and 15:17 respectively. Duncan Knox, although soundly beaten by arch rival Trenton, also walked his fastest for some seasons with 15:36 (is it the Melbourne water?) while I struggled home for 16:27 a fair way behind. It was then a string of Athletics Essedon walkers as Filip Cosic, Jason Elms, Donna Elms and Anna Wallace all came home in the 17-18 minute range. In the 1500m, Connor McShanag (7:58) and Carly Bertrand (8:19) were the best and looked pretty good to me.

3000m Walk

1.	Kennedy, Paul	52	MELBOURNE UN	14:39.38
2.	Hawkins, Trenton	30	PRESTON	15:01.55
3.	McDonough, Aaron	37	PRESTON	15:17.06
4.	Knox, Duncan	50	ATHLETICS ES	15:36.17
5.	Erickson, Tim	58	COBURG	16:27.10
6.	Cosic, Filip	17	ATHLETICS ES	16:57.48
7.	Elms, Jason	19	ATHLETICS ES	17:18.33
8.	Elms, Donna	48	ATHLETICS ES	18:27.37
9.	Wallace, Anna	27	ATHLETICS ES	18:33.69
10.	Ireland, Roslyn	26	BRUNSWICK	20:59.43
11.	Ireland, David	19	KEILOR ST BE	21:35.72

1500M Walk

1.	McShanag, Connor	13	ATHLETICS ES	7:58.14
2.	Bertrand, Carly	13	KEILOR ST BE	8:19.74
3.	Campbell, Caitlin	15	ATHLETICS ES	8:32.19
4.	Campbell, Rebecca	12	ATHLETICS ES	8:32.83
5.	Henderson, Keely	12	PRESTON	9:11.29

Athletics Victoria Shield Round 1, Eastern Region, Proclamation Park, Ringwood

Ross Reid (15:32) and Hilary Brazel (16:07) were the fastest at Ringwood while Clarrie Jack did pretty well for a 64 year old, recording 16:45 (I'll have to lift my act to stay ahead of Clarrie!). Former international walkers Bill Dyer (16:13) and Bob Gardiner (a fantastic 17:26 at 73 years of age!) were also in excellent form. And a special mention to 13 year old Lucas Taylor who chose the 3000m rather than the 1500m, recording a great 17:43. Cooper Owen was the best of the 1500m walkers, recording a fast 8:10.

3000m Walk

1.	Reid, Ross	55	COLLINGWOOD	15:32.80
2.	Brazel, Hilary	16	ATHLETICS NU	16:07.70
3.	Dyer, Bill	48	BOX HILL	16:13.30
4.	Jack, Clarrie	64	RICHMOND HAR	16:45.30
5.	Mason, Ella	15	BOX HILL	17:23.40
6.	Gardiner, Bob	73	COLLINGWOOD	17:26.80
7.	Taylor, Lucas	13	SOUTH COAST	17:43.80
8.	Benke, Geza	53	OLD MELBURNI	18:11.50
9.	Wright, Jacob	15	ATHLETICS NU	19:24.00
10.	Sofianos, Gerald	60	ST KEVINS	19:41.00
11.	Noonan, Patrick	31	ST KEVINS	19:44.30
12.	Worsnop, Chris	52	OLD XAVERIAN	20:01.10
13.	Ellis, Robert	62	RICHMOND HAR	21:23.00
14.	Conboy, Bruce	65	COLLINGWOOD	21:34.60
15.	Bailecki, Carolyn	45	UNATTACHED	22:57.90

1500m Walk

1.	Owen, Cooper	11	DIAMOND VALL	8:10.00
2.	Garganis, Adam	12	COLLINGWOOD	9:08.40
3.	Madge, Georgia	13	CROYDON	10:24.48
4.	Walburg, Kirsten	11	DONCASTER	NT

Athletics Victoria Shield Round 1, South East Region, Ballam Park Track, Frankston

It was a case of Knox Athletics and then more of the same in the 3000m walk at Frankston. Brad Simpson was fastest with 14:49 and he was followed by Michael O'Mahony, Tamara Attard and Amelia Finnegan. Ralph Bennett was the first of the older walkers with a swift 16:10 just ahead of fellow Masters walker Clyde Riddoch with 16:12.. Amy Burren walked a very quick 6:52 in the 1500m walk to finish ahead of her sister Amy (7:20) and Malvern team mate Ashley Albert (7:30) – not a bad three walkers to have in your team!

3000m Walk

1.	Simpson, Bradley	16	KNOX ATHLETI	14:49.9
2.	O'Mahony, Michael	16	KNOX ATHLETI	15:28.1
3.	Attard, Tamara	19	KNOX ATHLETI	15:40.2
4.	Finnegan, Amelia	14	KNOX ATHLETI	15:48.9
5.	Bennett, Ralph	68	VICTORIAN MA	16:10.2
6.	Riddoch, Clyde	56	ATHLETICS WA	16:12.1
7.	Attard, Bianca	14	KNOX ATHLETI	16:45.3
8.	Felton, Matthew	15	KNOX ATHLETI	17:42.1
9.	Callaway, Jessica	14	KNOX ATHLETI	17:53.5
10.	Steed, Gwen	67	INV	18:07.4
11.	Barrow, Geoffrey	60	MENTONE	18:31.2
12.	Hallett, Nicole	15	CASEY CARDIN	18:43.7
13.	Doran, Anthony	57	GLENHUNTLY	19:57.9
14.	Osmand, Kym	27	OAKLEIGH	20:09.8
15.	Attard, Michaela	16	KNOX ATHLETI	20:57.6
16.	Morrison, John	70	SANDRINGHAM	21:14.9

1500m Walk

1.	Burren, Amy	15	MALVERN HARR	6:52.2
2.	Burren, Sarah	13	MALVERN HARR	7:20.4
3.	Albert, Ashley	14	MALVERN HARR	7:30.8
4.	Stadus, Lauren	13	KNOX ATHLETI	7:52.4

Athletics Victoria Shield Round 1, Llanberris Reserve, Ballarat

The Ballarat region also got underway on Saturday with everyone contesting the 3000m walk. Rachel Tallent, with 15:46, finished some 12 secs ahead of Kelly Ruddick with 15:58 while I am pleased to say that my time was faster than Daryl Biggin who was the best of the men with 17:00. More training Daryl!

3000m Walk

1.	Tallent, Rachel	16	Ballarat Ycw	15:46.11
2.	Ruddick, Kelly	36	Ballarat Har	15:58.86
3.	Biggin, Daryl	46	Ballarat Ycw	17:00.89
4.	Prendergast, Mauri	46	Ballarat Ycw	17:01.74
5.	Platt, John	19	Unattached	17:02.06
6.	Brennan, Sarah	33	Ballarat Ycw	17:02.06
7.	Platt, Belinda	42	Eureka	18:32.95
8.	Govan, Lee	54	Wendouree	19:53.12
9.	Ruddick, Kevin	59	Ballarat Har	22:44.60

Athletics Victoria Shield Round 2, Geelong Region, Landy Field, Geelong

The Geelong venue results popped up for a day on the AV website and then disappeared but I did get the following before they were removed - Daniel Payne (14:04), James Seid-Christmass (14:44) and Jmara Hockley-Samon (15:18) all impressing in the 3000m walk with Lewis Clark (7:24) and Jared Walker (7:40) the best in the 1500m. And a special mention to 12 year old Megan Walker who was the first of the girls in the 1500m, recording 8:34.

3000m Walk

1.	Payne, Daniel	19	Corio	14:04.23
2.	Seid-Christmass, James	42	Corio	14:44.77
3.	Hockley-Samon, Jmara	14	Athletics CH	15:18.12
4.	Boddy, Tyne	22	Corio	16:56.37
5.	Brunton, Caitlin	20	Unattached	17:06.62
6.	Payne, Emily	16	Corio	17:18.17

1500m Walk

1.	Clark, Lewis	15	Athletics CH	7:24.08
2.	Walker, Jared	14	Corio	7:40.03
3.	Dillon, Joshua	15	Corio	8:11.95

4.	Walker, Megan	12	Corio	8:34.60
5.	Boddy, Lana	18	Corio	9:10.84
6.	Rollo, Kyle	11	Unattached	10:04.99
7.	Delaney, Emma	15	Corio	12:05.45
8.	Mirarchi, Josephine	15	Corio	13:51.65

Athletics Victoria Shield Round 2, Bendigo Region, La Trobe University Track, Bendigo

Alas, no times posted yet on the AV website for Bendigo.

SEEN IN THE MELBOURNE MARATHON

There were some great performances by walkers in the St George Melbourne Marathon last Sunday – sorry if I missed anyone.

- **Jared Tallent** made a flying visit to Melbourne for a different training session – the result a super fast **3:08:35** after a slow first few kms working his way through the huge start crowd. I remember Andrew Jachno and Simon Baker walking the New York Marathon in 3:24 and 3:25 respectively and I did the Victorian Marathon many years ago in 3:28 but Jared's time is in another league.
- **Tom Barnes** walked with Jared early before slowing to what he regarded was a more sustainable pace – the result a wonderful **3:18:37**. Tom looks ready for a great 50km result in next month's Australian championship at Fawkner Park.
- Top junior walker **Rhydian Cowley** chose the Half Marathon run, excelling with a PB time of **1:11:50**
- **Stuart Kollmorgen** was also in action as a runner in the Half, finishing in **1:21:20** to take 5th in the M40 category

JO JACKSON IN ACTION AT THE LEEDS VARSITY MATCH

The UK Athletics website (see <http://www.uka.org.uk/media/news/october-2009/08-10-09-jackson/>) reported that **Jo Jackson** broke the British Best Performance and UK All Comers Record last week in the one mile walk in the Leeds Varsity Match by recording 6.56.2, beating the previous best performance of 7.08.9 set by Catherine Charnock in 2000. Jackson was representing Leeds Met Carnegie - where she has recently begun studying for a degree in Sports Performance - in the annual match against Leeds University. Commenting on the performance Jackson said: 'It is great to break the British Record on my new home track'. In front of Jackson, **Brendan Boyce** clocked a personal best of 6.22.0 to move to 4th on the Irish All Time List as he won for Leeds Met Carnegie. Fellow Leeds Met Walkers Alex Wright (6.31.3) and Tom Bosworth (6.35.7) both recorded personal bests.

1.	Brendan Boyce	6:22.0
2.	Alex Wright	6:31.3
3.	Tom Bosworth	6:35.7
4.	Jo Jackson	6:56.2
5.	Mark O'Kane	
6.	Lauren Whelan	
7.	John Constandinou	

Jo is actually one of 7 walkers training at Leeds under the watchful eye of Andi Drake at the UKA National Race Walking Centre.

INDIAN NATIONAL TRACK AND FIELD CHAMPIONSHPS, BHOPAL, 6-9 OCTOBER 2009

The 49th Indian Open Track and Field Championships were held in Bhopal over the last weekend and, with the Commonwealth Games scheduled for Delhi in 2010, it was interesting to review the depth and quality of performances. There were 20,000m walks (I think they must have been track?) on offer for men and women and I was very impressed at the depth in their men in particular where the first 16 all broke 100 minutes. The men's event was won by Panucha Babubhai who set a new National record of 1:23:06 in coming 20th in Berlin in August. He was defending champion and had no difficulties in winning with a time of 1:27:43. The women walkers were much slower with no one managing to break 100 minutes. I suspect it may have been fairly warm. Main finishers were as follows:

Men 20,000m Walk

1.	BABU BHAI	SSCB	1:27:43.00
2.	K.SOMENDRA SINGH	MP	1:30:03.00
3.	BALJINDER SINGH	CHD	1:30:18.00
4.	GURMEET SINGH	RSPB	1:30:43.00
5.	MANI RAM PATEL	MP	1:31:42.00
6.	CHANDANSINGH	GUJ	1:31:51.00
7.	SATYANARAYAN	CG	1:33:14.00
8.	TEOH BOON LIM	MAS	1:34:44.00
9.	JAGTAR SINGH	SSCB	1:35:04.00
10.	LO CHOON SIENG	MAS	1:35:33.00
11.	ANIL KUMAR	POL	1:36:37.00
12.	BASANTH BAHADUR RANA	SSCB	1:37:15.00
13.	BINU VARGHESE	KER	1:38:44.00
14.	B.THIRUKUMARAN	MAS	1:38:57.00
15.	PRAMOD K R	MAH	1:39:36.00
16.	SANJAY YADAV	MP	1:39:37.00

Women 20,000m Walk

1.	RANI YADAV	UTTAR PRADESH	1:44:37.00
2.	SANDHYA K.J.	POLICE	1:45:08.00
3.	L.DEEPMALE DEVI	RAILWAYS	1:48:12.00
4.	GAURAV KUMARI	POLICE	1:49:08.00
5.	MEENA	DELHI	1:50:53.00
6.	SUPRIYA ADAK	RAILWAYS	1:53:44.00
7.	V.S.SANDHYA	RAILWAYS	2:02:40.00
8.	RANJANA GUPTA	MADHYA PRADESH	2:04:36.00

OTHER BITS AND PIECES

Top Victorian walker **Megan Szirom** has moved to Adelaide – we have enjoyed seeing Megan race so well over many years at Albert Park and wish her all the best in her new training environment.

IVANO-FRANKIVSK (UKR, Oct 11): Serhiy Budza won the Ukrainian 50 km walk title in new life-time best 3:53:30 ahead of Andriy Kovenko who at age of 35 also improved to 3:58:50.

Top Slovak walker **Matej Toth** has been at it again (boy, does this bloke race a lot!) with a very good win in an international 5km walk, held on an inner city road circuit in the Slovak city of Nitra. Most of the top placings were taken by Slovak walkers and the standard was very good. See <http://sport.sme.sk/c/5056013/matej-toth-vyhral-medzinarodne-preteky-chodecka-nitra.html>

5km Men:	1. Matej Tóth	19:53
	2. Miloš Bátorvský	20:14
	3. Dušan Majdan	20:14
5km Women:	1. Mária Gáliková	22:55
	2. Viktória Madarászová	23:14
	3. Mária Czaková	25:20
5km Junior Men:	1. Martin Bukáček	22:30
5km Junior Women:	1. Diana Gáborčíková	25:56

WORLD MASTERS GAMES, SYDNEY

The World Masters Games started last Saturday in Sydney (see <http://www.2009worldmasters.com>) and the first of the walks were held on Tuesday at Parramatta Park in western Sydney. VRWC member Russ Dickenson reported on what was a successful day out for the Victorian walkers

Hi Tim,

The World Masters Games road walks were held at Parramatta Park in Sydney on Tuesday 12 October 2009, and the VRWC, as usual, was well represented. Competitors had the option of a 10km. or 20km. race. All of us except Andy Jamieson opted for the 10km. event.

The course was a nice 2km. out and back in a “J” shape , with a gentle rise for half its length which definitely got steeper as the race went on.

Kylie Irshad was heading for an easy win in her W35+ race when hamstring soreness saw her retire at 4km. In the W45+, Pam Tindal, after an early battle with a good N.S.W. walker stormed away for a comfortable win. Pam was the fastest woman on the course and only 10 seconds behind the fastest 10km. man. Donna Elms walked well to finish 6th behind Pam. Barbara Bryant put in her usual strong walk to take the W55+ and Heather Carr celebrated moving up to the W60's with a very easy win. (Heather had already won the Steeplechase the day before).

A very popular winner under the “Aussie” banner was Anand Thillaisunderam, (M30+) who, as most VWRC members will know, only started walking at Albert Park this winter season, after arriving from Scotland. Aaron McDonough reeled off another solid 55 minute walk to win the M35+. I was happy with my 4th place in the M60+ 10km and even happier that Andy Jamieson decided to do the 20km instead. No need to say Andy “romped” that event in and Murray Dickinson won his umpteenth gold medal in the M70+. Another walker who is familiar to our club, Colin Heywood, won the M55+ 20km against some really stiff competition.

There were certainly some organizational issues at the games, but I felt the staging of the walk races was terrific, only to be let down by extended delays in holding the medal presentations. Not only does VWRC produce the best walkers, we know how to stage races. They may have had electronic timing chips, but they could have used our cyclist conveying the DQ's.

Regards Russ

Thanks Russ. I noted that the official results (see <http://www.2009worldmasters.com/default.aspx?ArticleID=69#fragment-3>) had Andrew Jamieson missing completely and I did hear of one or two other walkers who do not seem to be there. So the following results may not be completely correct but I can only go on what I am able to get off the official website.

World Masters 10km Men roadwalk, Tuesday 13 October 2009

M30-34	ANAND THILLAISUNDARAM	1	01:02:56	AUSTRALIA
M35-39	AARON MCDONOUGH	1	00:57:03	AUSTRALIA
	BRETT KINGSTON	2	01:19:34	AUSTRALIA
M40-44	BEHROOZ KHAKSARI	1	01:00:29	ISLAMIC REPU

	PHILL HORTON	2	01:08:16	AUSTRALIA
M45-49	GARRY HASTIE	1	00:55:34	AUSTRALIA
	JOSEPH OLS	2	01:17:42	UNITED STATE
M50-54	ROBERT OSBORNE	1	01:01:17	AUSTRALIA
	DAVID MCLAY	2	01:08:23	AUSTRALIA
	JEFFREY PHILLIPS	3	01:09:54	AUSTRALIA
	FRANK DUNSHEA	4	01:10:18	AUSTRALIA
	FRANK PEDDLE	5	01:12:45	CANADA
	PETER O'CONNELL	DQ		AUSTRALIA
	COLIN RETTOS	DQ		AUSTRALIA
M55-59	NARIMAN AYTMUKHAMETOV	1	00:57:37	RUSSIAN FEDERATION
	HENRY CHARROIS	2	00:59:43	CANADA
	ALLEN WHITLEY	3	01:06:53	AUSTRALIA
	DARRELL BAKER	4	01:49:23	CANADA
	NOLAN CROUSE	DQ		CANADA
	JOHN KIRK	DQ		AUSTRALIA
	JOHN NILON	DQ		AUSTRALIA
	BRIAN RADBURN	DQ		AUSTRALIA
M60-64	MAL LANDRY	1	00:55:25	CANADA
	GEORGE WHITE	2	00:56:26	AUSTRALIA
	THOMAS KOK	3	00:57:28	MALAYSIA
	RUSS DICKENSON	4	00:59:11	AUSTRALIA
	IVAN KOVALEV	5	00:59:31	RUSSIAN FEDERATION
	TANI IVANCHEV	6	00:59:45	BULGARIA
	DAVID BARRETT	7	01:07:53	NEW ZEALAND
	NORM SHIPLEY	8	01:09:39	NEW ZEALAND
	BENJAMIN LOPEZ RENDON	DQ		MEXICO
	ANDREW REDWOOD	DQ		AUSTRALIA
	TREVOR WAKELIN	DQ		CANADA
	IVAN YANYBAEV	DQ		RUSSIAN FEDERATION
M65-69	ROBIN WHYTE	1	01:04:38	AUSTRALIA
	BRYAN THOMAS	2	01:05:28	AUSTRALIA
	JOE LETO	3	01:26:24	AUSTRALIA
	DAVID O'DEA	4	01:33:00	AUSTRALIA
M70-74	MURRAY DICKINSON	1	01:00:20	AUSTRALIA
	KEVIN BIGGS	2	01:10:30	AUSTRALIA
	GEOFF MULHEARN	3	01:13:05	AUSTRALIA
	GEORGE KIMBER	DQ		AUSTRALIA
	SEAN O'HARA	DQ		AUSTRALIA
	ALEX POGREBINSKY	DQ		CANADA
M79-79	BOB CHAPMAN	1	01:11:53	AUSTRALIA
	BERT JANES	DQ		AUSTRALIA
M80-84	RICHARD LYNCH	1	01:19:14	AUSTRALIA
	WESLEY HEYWOOD	DQ		AUSTRALIA
M85-89	DICK KEATINGE	1	01:19:16	AUSTRALIA

World Masters 10km Women roadwalk, Tuesday 13 October 2009

W35-39	MELISSA SHIPLEY	1	01:00:01	NEW ZEALAND
	MICHELLE CRUICKSHANK	2	01:03:04	AUSTRALIA
	JOLENE BERGESON	3	01:04:48	CANADA
	NICOLLE CHALLINOR	4	01:07:38	AUSTRALIA
	SHARON CHISHOLM	5	01:09:11	CANADA
	ANGELA REDZIC	6	01:24:15	AUSTRALIA
W40-44	FIONA PORLEY	1	00:59:39	AUSTRALIA
	NYLE SUNDERLAND	2	00:59:52	NEW ZEALAND
	OLYMPIC ADAMS	3	01:00:29	NEW ZEALAND
	SUZANNE BROWN	4	01:02:50	AUSTRALIA
	KIM JONES	5	01:07:41	AUSTRALIA
	WENDY NIXON	6	01:08:43	AUSTRALIA
	SANDRA AMBROSE	DQ		AUSTRALIA
	JEAN DORRELL	DQ		NEW ZEALAND
W45-49	PAM TINDAL	1	00:55:35	AUSTRALIA
	ANN JUGOVIC	2	00:57:10	AUSTRALIA
	MARGIE MCNEELY	3	01:00:55	CANADA
	MARY WILLIS	4	01:02:27	AUSTRALIA
	MARYANNE SHAW	5	01:04:44	AUSTRALIA
	DONNA-MARIE ELMS	6	01:08:10	AUSTRALIA
	GINGER ARMSTRONG	7	01:08:37	UNITED STATE
	SALVINA AGIUS	8	01:10:48	AUSTRALIA
	LYN PIMM	9	01:12:48	AUSTRALIA
	MICHELLE NICHOLSON	10	01:17:38	NEW ZEALAND
	ANNETTE TILLMAN	11	01:31:22	AUSTRALIA

	KATHRYN GREENWOOD	DQ		NEW ZEALAND
	JOANNE GRAHAM	DQ		
	MARIA RIPINGALE	DQ		NEW ZEALAND
W50-54	DEBBIE PAGE	1	00:58:12	AUSTRALIA
	LINDA WILSON	2	01:00:54	CANADA
	MICHELLE RODRIGUE-POSCENTE	3	01:04:37	CANADA
	LINDA JANES-PEDDLE	4	01:06:09	CANADA
	KERRIE EDWARDS-WHITLEY	5	01:10:58	AUSTRALIA
	JAN DODDS	6	01:14:26	AUSTRALIA
	JOANNE GAGE	7	01:15:07	CANADA
	JENNY LINGLEY	8	01:25:59	AUSTRALIA
	JUDI DRISCOLE	9	01:28:06	NEW ZEALAND
	SUZANNE HATTCH	10	01:32:55	AUSTRALIA
W55-59	BARBARA BRYANT	1	01:01:28	AUSTRALIA
	LIUDMILA NITYAGOVSKAYA	2	01:04:10	GERMANY
	SHEILA PELLEW	3	01:06:30	SOUTH AFRICA
	KATHLEEN KANE	4	01:06:43	
	NANCY LLOYD	5	01:12:02	AUSTRALIA
	JUDY BROWN	6	01:18:45	AUSTRALIA
	ARLEEN DRYSDALE	7	01:25:13	CANADA
W60-64	HEATHER CARR	1	00:57:28	AUSTRALIA
	SHARON M WRIGHT	2	01:09:17	CANADA
	SHERYL MIRATANA	3	01:12:27	NEW ZEALAND
	ROS DAVIS	4	01:18:51	AUSTRALIA
	CHERYL HEFFERNAN	5	01:23:42	
	DOROTHY DAVIDSON	DQ		AUSTRALIA
	GLADYS HONER	DQ		AUSTRALIA
	HELEN JACQUES	DQ		
	GABRIELLE LUDLOW	DQ		NEW ZEALAND
W65-69	SALLY LYNCH	1	01:07:55	AUSTRALIA
	URSULA HERRENDOERFER	2	01:11:04	GERMANY
	JUDY KENYON	3	01:14:17	
	EILEEN SARKAR	4	01:17:11	CANADA
W70-74	MARGARET DELF	1	01:11:25	CANADA
W75-79	CHRISTIANE DAUPHINET	1	01:19:55	

World Masters 20km Men roadwalk, Tuesday 13 October 2009

M35-39	HARJINDER SINGH	1	02:39:47	INDIA
M40-44	FRANZ KROPIK	1	02:00:23	AUSTRIA
	DAVID SMYTH	2	02:23:18	AUSTRALIA
M45-49	MICHAEL BLANCHARD	1	02:00:24	UNITED STATE
	IGOR MENSHENIN	2	02:39:46	RUSSIAN FEDERATION
	MARK DREDGE	DQ		AUSTRALIA
M50-54	SERGEY LYZHIN	1	01:57:22	RUSSIAN FEDERATION
	JOHANN COETZEE	2	02:01:16	SOUTH AFRICA
	TOMMY AUNAN	3	02:07:24	UNITED STATE
M55-59	COLIN HEYWOOD	1	01:46:42	AUSTRALIA
	GUADALUPE LOPEZ	2	01:52:41	MEXICO
	ERIC KEMSLEY	3	01:53:47	NEW ZEALAND
M60-64	ANDREW JAMIESON	1	01:41:47	AUSTRALIA
	ALLAN GOODWIN	DQ		AUSTRALIA
	BILL PELLEW	DQ		SOUTH AFRICA
	JOHANN SIEGELE	DQ		AUSTRIA
	KENNY D SWANSON	DQ		UNITED STATE
M65-69	ZDENEK GONSIOROVSKY	1	02:14:07	CZECH REPUBLIC
	JORGE HERRERA ROMAN	2	02:29:48	MEXICO
	GEORGE OPSAHL	DQ		UNITED STATE
	GERARD VAN DEN RAAD	DQ		SOUTH AFRICA
M70-74	JAN BIALOUS	1	02:27:06	POLAND
	GERHARD KESSNER	2	02:32:19	
	GEOFF GORDON	DQ		AUSTRALIA
	WERNER RICHTER	DQ		GERMANY
	LEIGH SMITH	DQ		AUSTRALIA
M80-84	RON O'NEIL	DQ		AUSTRALIA

World Masters 20km Women roadwalk, Tuesday 13 October 2009

W45-49	CHARMAINE RUNGAN	1	02:32:23	AUSTRALIA
W50-54	BONNIE LOVE	1	02:22:02	CANADA
	TANYA ASTIKA	2	02:27:39	CANADA
	THERESA LARGE	DQ		NEW ZEALAND
W60-64	ELSA MEYER	1	02:05:52	SOUTH AFRICA
	SUZANNE LOYER	2	02:18:45	FRANCE

W70-74 J FIJALKOWSKA
W85-89 OLENA CHUB

2 02:39:47 POLAND
DQ UKRAINE

AUSTRALIA UNDER23 VS NEW ZEALAND 20KM ROADWALKING MATCH CONFIRMED

And now the big news – I have just got off the phone from talking to David Gynther, the Competition Manager for Athletics Australia. He has confirmed that all is now in place for an **Australian Under 23 vs New Zealand Open 20km racewalking match** to be held in conjunction with the Australian 20km roadwalking championships in **Hobart on Saturday 13 February 2010** and that I can now officially announce it.

This is great news for our Under 23 walkers and gives them that necessary stepping stone to aid their progression from Junior to Senior ranks. David has advised that, given the short timeframe involved, there will not be an official trial but rather, A.A. will look at the 2009 Under 23 20km ranking lists at the end of the year and will select our Australian Under 23 team (up to 4 men and up to 4 women) from those eligible walkers.

Mike Parker, the Racewalking New Zealand President, and I have suggested the following guidelines to our respective National bodies to guide them in setting up and running this inaugural Teams Competition.

1. This event is to be called the **Oceania Racewalking Cup**.
2. The Oceania Racewalking Cup is to be held every second year and is to be a roadwalking match, initially between Australia and New Zealand. The name of the competition reflects the aim that this competition may eventually encompass the wider Oceania region.
3. The competition will be held over 2 events: 20 km men and 20 km women
4. The competition is to be teams based with teams of up to 4 male and 4 female walkers selected for each country.
5. The first 3 competitors to finish for each country are to count from a teams perspective. If less than 3 competitors finish from a country, those competitors who do finish still score points to ensure that the Cup stays live.
6. Teams points to be 7,5,4,3,2,1 for men and 7,5,4,3,2,1 for women. As per current practice, an additional point is to be awarded to the winner of each event.
7. Medals to be presented to all finishers (or at least to the first 3 finishers from each team) - ideally a special medal should eventually be cut for the competition if it is deemed to have ongoing merit.
8. Country based uniforms to be worn by competitors.
9. In an effort to guarantee a solid competition, the Australian team is to be an Under 23 team and the NZ team is to be an Open team.

Now the actual conditions may vary from the above recommendations – that will be up to our two National bodies to confirm or modify as they see fit. But in essence, it should work very close to the above.

So all our Australian Under 23 walkers need to ensure that they have a current 2009 20km time on the board before the end of the year. The November 22nd races in Melbourne (in conjunction with the 50km championship) are a perfect opportunity. We also have 20km races at Albert Park on Sunday 25th October. Whatever you choose, make sure you get organised.

NUMBERS BUILDING FOR 22 NOVEMBER RACES

Numbers are building for the next big racing carnival scheduled for Sunday 22 November at Fawkner Park in Melbourne. Already, as of Thursday morning, 14 walkers have entered. **Entries close on 6th November** so you need to get moving soon. The entry panel is at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=419&OrgID=887

10km Junior Girls	Hockley Samon, Jmara Tallent, Rachel	Victoria Victoria
10km Junior Boys	Cowley, Rhydian Fitzsimons, Sean Mulhearn, Derek Mulhearn, Jordan Simpson, Brad Steele, Blake	Victoria Western Australia New South Wales New South Wales Victoria South Australia
20km Men	Kollmorgen, Stuart Rayson, Ian (U23)	Victoria New South Wales
20km Women	Attard, Tamara (U23) Stigwood, Stephanie (U23) Szirom, Megan	Victoria South Australia South Australia
AA/AV 50 km Championship	Cousins, Duane	Victoria

VAREL NEWMARK – VAWC CLUB MEMBER AND FUND RAISER EXTRAORDINAIRE

Preston Athletics Club walker Varel Newmark will be well known to older members of the club, having raced in Melbourne from 1958 to 1985. A short article on Varel is long overdue as he is one of those walkers you never forgot once you had met him or raced against him.

I was lucky enough to live near Varel and I did my early years of training with him, meeting him every Sunday at his place for a long walk of between 5 and 10 miles (and sometimes even further). Varel's ideas were certainly different – I remember he often used to try to find large crowds of people (eg a congregation leaving church) to walk through, calling loudly to make way for us. His idea was to convince me that walking was not something to be done in the back streets – you should be proud to be a walker and not scared to walk in public. It worked!

By the time I met him in 1966, Varel was one of the top Victorian walkers, having already won a number of Victorian championship medals and having represented Victoria in various interstate matches.

Varel was born on 7 July 1939 and lived in West Heidelberg in suburban Melbourne. His athletics career started in October 1957, running 880 yards and 1 mile events with Preston Amateur Athletics Club. After a summer in which he finished last in every race, his father gave him some good advice for the last race of the season – get a good start and stick with the bunch. Varel did just that, going on to finish 5th. It became his trademark way of racing in later years – heading out hard regardless of the opposition, usually leading for the first mile and then hanging on and gutting it out to the end.

In 1958 he switched to walking and never looked back. Pairing up with Preston teammate Harry Summers, they formed a daunting Interclub combination over the then track distances of 1 Mile and 2 Miles. One of his proudest moments on the track was in 1960/61 when Preston won the A Grade Premiership flag as the top Victorian club. His interclub record is amazing – he raced for Preston from 1957 to 1985 and only missed 3 interclub races during that whole period. His track PBs were impressive for the time - 6:57.7 for the 1 Mile walk (equivalent to about 6:30 for the 1500m), 13:43 for the 2 Miles walk (equivalent to about 12:40 for the 3000m), 22:06 for the 3 Miles walk (a Preston club record) and 46:51 for the 10,000m walk (another club record). His efforts were duly recognised in 1978 when he was made a life member of Preston.

He was also a regular Victorian Amateur Walkers Club competitor, racing with us from 1958 to the early eighties. He often started as the backmarker in the predominantly handicap events and rarely missed a race. His favourite road races were the Victorian Club Teams Races and he spearheaded the winning Preston team on an amazing 7 occasions out of 11 starts (1965, 1966, 1969, 1979, 1972 and two in 1974), alongside walkers such as Dave Black, Harry Summers, Dave Grenfell, Barry Larchin and Neil Larchin.



The start of the 1966 Victorian 10,000m championship at the Melbourne University track. From left to right: Jim Henderson, Alan Viney, Ross Haywood, Jim Gleeson, John Sheard, Bruce Thorne, Dave Grenfell, Robin Broberg, Robin Wood, Alan Lucas, Graeme Russell, Graeme Nicholls, Tom Daintry, Harry Summers, Bob Gardiner, Varel Newmark, John Busst. On that occasion, Varel finished 4th in a time of 49:38.

His times were equally impressive over the shorter road distances – 37:30 for the 5 Miles, 76:46 for the 10 Miles and 98:50 for the 20km) but he was never quite strong enough to put together really good times over the long distances. But that did not stop him from trying and the VRWC archives record a number of good efforts over longer distances as follows: 3:04 for the 20 miles in 1964, 4:11 for the Melbourne to Frankston in 1962, 5:13 and 5:08 for the 1963 and 1965 Victorian 50km championships and 9:19 and 9:51 for the 1963 and 1965 VAWC 50 Mile walks.

He was the consummate team man, proudly wearing the VAWC colours when competing against the other State based walking clubs in the various interstate carnivals. He was part of the VAWC Number 1 Team on six occasions, bringing home team gold on four of them as follows

1963	Alexander Cup	20km	Melbourne
1967	Glover Shield	10,000m	Brisbane
1970	Glover Shield	10,000m	Adelaide

In the last occasion in 1972, he was actually Team Captain.

He was also a regular in the Victorian teams which contested the Australian 20 km championships and was part of a gold medal winning Victorian team on three of the five occasions (1965 in Sydney, 1967 in Melbourne and 1970 in Adelaide) he wore the Victorian colours.



Varel leads Frank Leonard, Robin Whyte, Keith Hennes and Barry Whittaker in the 1970 Glover Shield Competition

As mentioned above, Varel only knew one way to race – from the front. As soon as the gun went, he would surge to the front, regardless of the distance and the opposition, and hang on for as long as he could. This aggressive racing mode earned him more than his fair share of reports and a number of disqualifications but he never really changed his racing mode throughout his career. It was a case of 'Here I am, come and get me if you are good enough!'

But Varel's racing career was only one side of the equation. What he is also remembered for is his uncanny ability to raise money - Varel was without a doubt the best grass roots fund raiser Australia has ever seen. When the Australian Olympic Federation decided to sell Olympic bibs to raise money to send the team to the 1976 Olympics, Varel put up his hand and started his campaign – the result an astonishing 10,500 bibs sold by him alone. He roamed the city, stopping passers by along the way and it took a strong person indeed to resist his sales pitch and 'in your face' approach. He was present at every athletics meeting working the stands, always to good effect. So impressed was the AOF that after the Olympics he was awarded a special gold medal to recognise his fund raising prowess. He continued on working to raise money for the Australian Olympic team, selling a further 36,600 bibs in 1980 and an additional 15,000 bibs in 1984 – for a grand total of 62,100. His equal is not likely to be seen again.

The generous gift of his time and effort was not restricted to the AOF. He was also awarded a cup for outstanding service to Athletics by the Victorian Amateur Athletics Association (VAAA) and was also recognised by both Preston Athletics Club and the VAWC for his fundraising efforts for those clubs.

Varel's Victorian championship medals tallied 10 – 8 bronze and 2 silver) and were done against quality opposition over a 12 year period from 1963 to 1974. His name is mixed in the results lists with the likes of Bob Gardiner, Noel Freeman, Ted Allsopp and Harry Summers.

1963	50km	Gleeson, James	4.52.56.2	Breen, Gavan	5.02.23	Newmark, Varel	5.13.31
1965	10M	Gardiner, Robert	1.17.57.4	Allsopp, Edward	1.19.40	Newmark, Varel	1.21.56
1966	20km	Allsopp, Edward	1.34.08	Gardiner, Robert	1.36.24	Newmark, Varel	1.40.21
1967	10km	Haywood, Ross	46.52.0	Gardiner, Robert	48.25	Newmark, Varel	49.05.0
1967	10M	Gardiner, Robert	1.17.13.0	Newmark, Varel	1.19.08	Wood, Robin	1.19.29

1968	10km	Freeman, Noel	45.17.8	Summers, Harry	48.31.6	Newmark, Varel	48.44
1968	10M	Gardiner, Robert	1.15.19.0	Summers, Harry	1.21.39	Newmark, Varel	1.22.01
1969	10km	Freeman, Noel	45.07.0	Gardiner, Robert	45.09.0	Newmark, Varel	49.41.0
1974	10km	Haywood, Ross	45.40.0	Bethune, Peter	49.49	Newmark, Varel	50.46
1974	15km	Haywood, Ross	1.13.47.4	Newmark, Varel	1.13.51.6	Smith, David	1.15.32.0

In the early 1990's Varel moved to Tasmania and he now lives in Moona, a Hobart suburb, with his wife Fay. He still pops up occasionally in the Tasmanian Masters results, holding true to the old adage that 'old walkers keep on keeping on'. Varel turned 70 in July and is still fondly remembered by his many VRWC colleagues.

WHAT'S COMING UP

The AV Shield competition continues next week with all 6 regions in action as follows:

17/10/09	AV Shield - Round 2 (SOUTHEAST REGION)	Duncan MacKinnon Reserve (Glenhuntly), Murrumbeena
17/10/09	AV Shield - Round 2 (EAST REGION)	Hagenauer's Reserve (Box Hill), Box Hill
17/10/09	AV Shield - Round 3 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
17/10/09	AV Shield - Round 3 (GEELONG REGION)	Landy Field (Geelong), South Geelong
17/10/09	AV Shield - Round 2 (BALLARAT REGION)	Llanberris Reserve (Ballarat), Ballarat
17/10/09	AV Shield - Round 2 (NORTHWEST REGION)	Newport Park Athletics Facility (Williamstown), Newport

Next Sunday 18th October also sees two very important VLAA initiatives, put on by Shane Bertranda at the George Knott reserve in Collingwood. See information on each of these at the following links

VLAA Walk Judging Seminar – see http://www.vrwc.org.au/Race%20Walking%20Judging%20seminar_2009.doc

VLAA Walk Coaching Seminar – see http://www.vrwc.org.au/Race%20Walking%20coaching%20clinic_2009.doc

DATES...DATES...DATES

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

Victorian & National Fixture – Summer 2009/2010

Sun 25 Oct 2009	VRWC Summer Season Opening walks, Albert Park
6-8 Nov 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 15 Nov 2009	VRWC Club Championships, Albert Park
21-22 Nov 2009	Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury
Sun 10 Jan 2010	VRWC road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – 5000m walks (to be confirmed)
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
26-27 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks (to be confirmed)
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, venue TBC
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico
July 3-10, 2010	Oceania Masters Championships, Tahiti
July 19-25, 2010	World Junior Championships, Moncton, Canada
14-26 Aug, 2010	World Youth Olympics, Singapore
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2011 International Fixture

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

2012 International Fixture

July 27-Aug 12, 2012	Olympic Games, London. See http://www.london2012.com/
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2013 International Fixture

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

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