



HEEL AND TOE ONLINE

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TIMS' HALL OF FAME UPDATE

I have had a fair bit of feedback following my informal attempt at a "Hall of Fame" in last week's newsletter. A lot of the emails centred around the fact that the list was incomplete and that some of our key walkers had been missed. This is something that came about as a result of me doing the process quickly and without any auditing or review (alas, one of the things that can happen when you are a one man editorial team). Since last week's newsletter contained an article on Nathan being inducted into the LA Hall of Fame, I quickly put together and published my own list but I really should have taken more time to contemplate the process and ensure I got it right. So first up a big apology to those walkers who SHOULD have been there but were missed by me – in particular, **Bob Gardiner**, on whom a number of the emails centred. To have included Noel Freeman, Ted Allsopp and Ron Crawford but not Bob was an unintentional but very significant omission. So my apologies to Bob and a hope that this week I can rectify things.

Over the last week I have had to think about what criteria are really required for a Hall of Fame – and I think the answer for me is extended excellence over a number of years as indicated by ongoing Australian representation. Of course, there are always those elite walkers at the top of the pyramid (Nathan, Jared, Kerry, Jane, etc) who go one step further and earn medals at the top international level.

All those in last week's list fulfilled the criteria of ongoing excellence but there are a number of others that I missed. So this week my list is extended to include

Don Keane	Don represented Australia at the 1952 (10 th in the 10,000m walk) and 1956 (6 th in the 20km walk) Olympics but this does not tell the whole story. A multi talented athlete who was equally at home running cross country or track or walking or hurdling, he set a new Australian Junior 1 Mile walk record in 1948 and then broke the Open 2 Mile walk record in 1950 in his first year as a Senior to the first of an amazing 7 Australian Open 2 Mile track walk titles. In 1956 in the same race where Ted Allsopp set his World 2 Hour Record, Don set new British Empire records for all distances from 10km to 20km, only falling 10.2 secs short of the then 20km world record. When on song he was unbeatable, boasting an impeccable technique matched by sheer speed and awesome strength.
Bob Gardiner	Bob and Noel Freeman dominated from the mid sixties through to the early seventies, engaging in many memorable battles over a variety of distances. The ultimate competitor, Bob consistently rose to the occasion and won Australian championships and big races at all distances from 2 Miles to 50km. Selected in 3 Olympics (1964, 1968 and 1972) as well as in the 1970 Commonwealth Games, as well as in various international matches of the time, he was as consistent as they come. His career highlights included 5 th in the 1964 Olympic 50km and 2 nd in the 1970 Commonwealth Games 20 Miles. Holder of the National Road and Track 50km records, he also won an amazing 5 Australian Track walk titles in a row and was one of the few competitors to hold the Australian 2 Mile Track, 20km road and 50km road titles at the same time.
Andrew Jachno	Andrew had a great career that included 3 Olympics, 3 Universiades, 2 Commonwealth Games, 3 World Indoors, 5 World Racewalking Cups and 1 IAAF World Champ representations. His best international results included 3 rd and 4 th in Universiades and 2 nd in the 1990 Commonwealth Games. Possessed of amazing speed, his 1991 3000m Commonwealth record of 10:56.22 still stands some 18 years later. His PBs of 38:49 (10km), 1:20:43 (20km) and 3:53:23 (50km) show his huge talent over all distances.
Duane Cousins	Duane has made the 50km distance his specialty and has won representation in 7 Racewalking World Cups, 2 Olympics, 2 Commonwealth Games and 1 IAAF World Championship. His career highlights include 2 nd (1998) and 4 th (2002) in successive Commonwealth Games. He has more sub-4 50km finishes than any other Australian and his 50km PB of 3:53:19, done in 2006, cements his place amongst our top long distance exponents.
Dion Russell	Dion cut a swathe through the Junior ranks (he won an amazing 17 underage Australian championships), setting new Australian records over all distances along the way and representing at 2 World Junior champs. Amongst his many outstanding underage records were 41:05 for 10,000m U20 and 11:47 for the 3000m U19. Equally adept at both 20km and 50km, he was in just about every Open team from 1995 to 2000 (his career included representations at 2 World Juniors, 1 Universiade, 3 World Cups, 2 IAAF World Champs, 2 Olympics and 1 Commonwealth Games) before a surprise retirement after the 2000 Olympics, aged only 25.
Luke Adams	Luke has been amongst our top walkers since he burst onto the international scene in the last 1990s. His career highlights include representations in 1 World Junior, 5 Racewalking World Cups, 1 Universiade, 2

	Commonwealth Games, 4 IAAF World Champs and 2 Olympics. Top performances include Comm Games silvers in 2002 and 2004, 5 th in the 2003 World Championship 20km, 6 th in the 2008 Olympic 20km and 6 th in the 2009 World Championship 50km along with a series win in the 2007 IAAF World Walkng Challenge. Rarely outside the top 10 in international races, Luke has now added the 50km to his portfolio and looks set for a big next few years.
Sally Pierson	Sally competed for Australia in our first 3 World Cup appearances, coming 11 th (1979), 6 th (1981) and 4 th (1983). In her 1983 walk, the first 4 finishers all broke the current world best for the 10km road walk. She also competed in the 1985 Universiade, taking 7 th . She won her first Australian Open title (5000m track walk) at only 15 years of age and her first international appearance in 1979 saw her only 16 years of age and marked her out as something special. Equally adept as a runner, she represented Australia in the 1983 and 1985 World Cross Country Champs and the 1984 IAAF World 10km road running championship as well as winning Australian 10km road running and cross country titles to go with her many Australian track and road walking titles and records. Sadly, she retired in 1985 at only 22 years of age.
Lorraine Jachno	Lorraine's career highlights included 6 Racewalking World Cups, 2 IWF World Champs, 1 IAAF World Champ, 1 Universiade and 1 Commonwealth Games and should also have included the 1992 Olympics (still can't figure out why she was left out of that team). Coming from the pre-Olympic era, she represented Australia in nearly every possible women's competition from 1979 to 1991. One of the toughest competitors we have seen, she walked herself into the ground on every occasion and I remember her memorable 4 th place in the 1990 Commonwealth Games as an example of giving it her all.



Don Keane, Bob Gardiner, Andrew Jachno and Duane Cousins



Dion Russell, Luke Adams, Sally Pierson and Lorraine Jachno

I have uploaded the complete list to the new RWA results website – <http://www.racewalkaustralia.com/Hall-of-fame.asp> - and I welcome any further feedback on additional names that you think should be included. It is hard as a one man show to do a complete review and the list may still be incomplete.

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

I have just returned from an exciting 4 days in Hobart spectating at the Australian Schools Track and Field titles. This annual meet for age groups U14 – U18 was probably the biggest ever with over 1400 young athletes in attendance. Queensland sent a huge team of over 400 and it was a case of quality and quantity as they matched the strong Victorian team event for event and age group for age group.

The walks saw the biggest fields ever with over 130 entries in all and it was once again Queensland vs Victoria. Queensland walkers won an amazing 6G 1S and 3B from the 10 walk events and scooped the pool in the male ranks, winning all 5 divisions. Victoria can stand proud with their 3G 6S and 3B but I would have to give overall racewalking honours to Queensland for their superior Gold count. This is a wonderful achievement for a numerically small walking State and I must congratulate Queensland Walking Club and coaches Noela McKinven, Robyn Wales and Dave Smith for their major parts in this huge result. Well done everyone on a huge result!

And now onto the racing. The U17 and U18 Boys' 5000m walks were contested first up on Friday afternoon in cool and overcast weather – ideal for fast walking. As expected, Dane Bird-Smith won the U18 event as he liked in a new Meet record of 21:08.70. Dane had a busy weekend, backing up to run a heat of the U18 400m on the Saturday, a 200m heat on the Sunday and then running the 400m U18 Final (4th in 49:01) and participating for QLD in the 4x800m Relay Final (3rd in 3:17.84) on the Monday afternoon. Not a bad weekend's work!

Brad Aiton of QLD won the U17 event with an excellent 23:16.8 and then backed up and won the U16 3000m two days later (what a great double). The depth of the QLD squad can be seen from the results – 4 in the first 5 in the U18 boys and 4 in the first 5 in the U17 boys. The U17 race was a very exciting one as Victorian Michael O'Mahony matched it with Brad for the whole race, only losing out in the final lap. For Michael it was a 5 minute PB and his time of 23:23.54 now catapults him into focus as one of our top young walkers. Jesse Osborne of QLD who was third in the U17 5000m backed up two days later to win the U15 3000m. Brad Simpson was also in action in the U17 event, taking 6th in a PB time of 25:21.17.

Boys 5000 Metres Race Walk Under 18, Friday 4 December, 5PM Meet Record: 22:07.83 2006 Daniel Coleman, TAS

1.	Dane Bird-Smith	92	QLD	21:08.70 Record
2.	Jordan Mulhearn	92	NSW	23:53.02
3.	Nicholas Dewar	92	QLD	24:42.63
4.	Brandon Dewar	92	QLD	25:19.52
5.	John Hallam	92	QLD	26:48.78
6.	Benjamin Catley	92	WA	30:03.28
	Fraser Nixon	92	NSW	DNF
	Matthew Felton	94	VIC	DQ

Boys 5000 Metres Race Walk Under 17, Friday 4 December, 5PM Meet Record: 22:15.13 2006 Brook Keys, NSW

1.	Brad Aiton	94	QLD	23:16.08
2.	Michael O'Mahony	93	VIC	23:23.54
3.	Jesse Osborne	95	QLD	24:09.13
4.	Elliot Hodgson	95	QLD	24:23.82
5.	Corey Buckler	94	QLD	25:02.09
6.	Brad Simpson	93	VIC	25:21.17
7.	Jay Felton	95	NSW	25:39.24
	Cheyne Egelton	93	NSW	DQ



Dane Bird-Smith, Jordan Mulhearn, Nick Dewar, Brad Aiton, Michael O'Mahony and Jesse Osborne

The U18 and U17 girls were next up and this was a Victorian double with Beth Alexander (25:00.70) and Rachel Tallent (24:42.58) winning their respective races. To top it off for Victoria, Amy Burren took second in the U17 walk in a PB time of 25:00.27 and then backed up two days later to win the U16 3000m. Like Amy, Hannah Watson of WA who took third in the U17 event with 25:26 was back 2 days later to take silver in the U16 3000m. Victoria was well represented in the U17 event and I think that our other girls also managed track PBs – Jmara Hockley-Samon 26:02, Hilary Brazel 26:11 and Emily Payne 28:32.

Girls 5000 Metres Race Walk Under 18, Friday 4 December, 6:10PM

Meet Record: 23:27.33 2007 Melissa Hayes, NSW

1.	Beth Alexander	92	VIC	25:00.70
2.	Vanessa Noble	92	NSW	31:06.01

Girls 5000 Metres Race Walk Under 17, Friday 4 December, 6:10PM

Meet Record: 23:55.30 2006 Melissa Hayes, NSW

1.	Rachel Tallent	93	VIC	24:42.58
2.	Amy Burren	94	VIC	25:00.27
3.	Hannah Watson	94	WA	25:26.72
4.	Kristie Goznic	93	SA	25:30.77
5.	Jmara Hockley Samon	95	VIC	26:02.03
6.	Hilary Brazel	93	VIC	26:11.21
7.	Amber Tuscharski	93	SA	26:13.67
8.	Samara Holliday	93	SA	26:52.43
9.	Lotta Danner	95	SA	27:39.09
10.	Emily Payne	93	VIC	28:32.00
11.	Jacqueline Smith	93	WA	28:39.20
12.	Jade Dighton	93	NSW	30:05.71
13.	Casey Sims	94	QLD	30:24.94
14.	Faith Bennett	94	QLD	30:35.80
15.	Rachael Maher	93	QLD	30:46.49



Beth Alexander, Rachel Tallent, Kristie Goznic, Hannah Watson, Amy Burren and Hilary Brazel in action

The U14 1500m events were held on Saturday afternoon in good conditions – still cool and partially overcast. The girls' field of 33 walkers made it the largest final of any event on the program and it was an exciting high quality race with the first 24 walkers all bettering 8 minutes. The race for the medals was a great one with little separating Rachel Barker QLD, Tayla-Paige Billington NSW and Stephanie George VIC. Eventually, Rachel came home first with a big PB time of 6:59.77 just ahead of Tayla. Steph's time of 7:08.6 was also a PB for third. We had 10 Victorian girls in this event and most did PBs but the same can be said of the entire field.



The biggest final of the meet – the U14 Girls 1500m with 33 starters

Girls 1500 Metres Race Walk Under 14, Saturday 5 December, 3:25PM

Meet Record: 6:19.33 2005 Paige Hooper, SA

1.	Rachel Barker	96	QLD	6:59.77
2.	Tayla-Paige Billington	97	NSW	7:01.20
3.	Stephanie George	96	VIC	7:08.06
4.	Kenza Benzenati	97	QLD	7:18.06
5.	Sarah Burren	96	VIC	7:19.80
6.	Amy Morssinkhof	96	QLD	7:21.10
7.	Billie Whitelaw	96	VIC	7:23.50
8.	Jemma Potezny	96	SA	7:31.98
9.	Piper Douglas	97	SA	7:32.90
10.	Jasmine Dighton	96	NSW	7:33.25
11.	Carla Elias	96	NSW	7:33.47
12.	Lauren Stadius	96	VIC	7:33.94
13.	Sophie Eberhardt	96	TAS	7:39.83
14.	Amanda Barendregt	96	NSW	7:39.89
15.	Emma Robson	96	NSW	7:41.95
16.	Jasmine Irshad	97	VIC	7:43.48
17.	Alina Tape	97	NSW	7:45.42
18.	Katya Martin	97	QLD	7:46.84
19.	Rebecca Guy	96	VIC	7:48.71
20.	Zoe Boldiston	97	VIC	7:51.31
21.	Jessica Sexton	96	WA	7:52.98
22.	Carly Bertrand	96	VIC	7:54.03
23.	Andrea Sexton	96	WA	7:54.71
24.	Caitlin Plummer	97	NSW	7:58.86
25.	Tess Carroll	96	QLD	8:04.23
26.	Natasha Estrada	96	NSW	8:06.24
27.	Jesse Sims	97	QLD	8:08.25
28.	Samantha Martin	96	NSW	8:09.66
29.	Teeghan Annear	96	NSW	8:10.81
30.	Megan Walker	97	VIC	8:11.46
31.	Jessey Wilson	96	VIC	8:12.51
32.	Rachelle Taylor	96	TAS	8:27.38
33.	Kelsey White	96	ACT	8:44.40



Ben Tesch, Connor McShanag, Billy Allamby, Rachel Barker, Stephanie George, Sarah Burren and Jeremiah Jones

The boy's event proved just as exciting with Ben Tesch QLD, Billy Allamby VIC and Connor McShanag VIC together throughout the race. Ben proved the strongest but all 3 boys walked wonderfully and all did big PBs. Jeremiah Jones VIC and Jason Dredge NSW also did big PBs for fourth and fifth places. Since Billy and Jeremiah have another year to go in this age group, they will be hard to beat next year. Andrew Hogan and Lucas Taylor, the other two VIC walkers, also walked excellently for 7:33 and 7:34.

Boys 1500 Metres Race Walk Under 14, Saturday 5 December, 3:37PM

Meet Record: 6:43.03 2007 Matthew Timson, NSW

1.	Benjamin Tesch	96	QLD	6:52.97
2.	Billy Allamby	97	VIC	6:57.10
3.	Connor McShanag	96	VIC	7:04.57
4.	Jeremiah Jones	97	VIC	7:20.82
5.	Jason Dredge	96	NSW	7:22.92
6.	Andrew Hogan	96	VIC	7:33.67
7.	Lucas Taylor	96	VIC	7:34.89

8.	Matthew Oswald	96	NSW	7:39.98
9.	Louis Rose	97	TAS	7:43.30
10.	Robert Murphy	96	NSW	7:57.11
11.	Mitchell Walker	96	TAS	8:35.24
12.	Jacob Mitchell	96	ACT	9:40.19
	Tristan Anderson	96	WA	DQ
	Johnathan Anestoudis	97	NSW	DQ

The U15 and U16 3000m were the last walking events to be held, on the Sunday afternoon in cool and overcast conditions. The girls kicked off proceedings in a combined race featuring 33 walkers. Amy Burren was superb, adding to her silver on Friday with a Meet record time of 14:18.7 to win the U16 event - this was a 41 sec PB. Hannah Watson and Jessica Pickles took the minor medals in this age division while Cassie Raselli recorded her best time for over 2 years to take 5th in 15:27.57 behind Emma Bettiol with 15:13.85. The U15 girls race was an exciting one with pre-race favourite Elizabeth Hosking challenged by Victorians Jmara Hockley-Samon and Amelia Finnegan. Elizabeth showed her class to kick away and win in 14:25.61 and the two Vics were rewarded with PBs of 14:41.29 and 15:01.98 for second and third respectively. This was a big couple of races for the Vics with 12 girls in action overall.



Amy Burren, Hannah Watson, Jessica Pickles, Amy Morssinkhof, Jmara Hockley-Samon, Elizabeth Hosking and Amelia Finnegan

Girls 3000 Metres Race Walk Under 16, Sunday 6 December, 4:15PM

Meet Record: 14:34.24 2004 Cassandra Staples, NSW

1.	Amy Burren	94	VIC	14:18.07 Record
2.	Hannah Watson	94	WA	14:45.91
3.	Jessica Pickles	94	QLD	15:13.85
4.	Emma Bettiol	94	NSW	15:27.57
5.	Kristy Klein	94	NSW	15:28.57
6.	Cassandra Raselli	94	VIC	15:36.63
7.	Ella Mason	94	VIC	16:19.40
8.	Samatha Flood	94	NSW	16:51.90
9.	Faith Bennett	94	QLD	17:17.84
10.	Ebony Tallent	94	VIC	17:49.17

Girls 3000 Metres Race Walk Under 15, Sunday 6 December, 4:15PM

Meet Record: 13:50.90 2005 Paige Hooper, SA

1.	Elizabeth Hosking	95	ACT	14:25.61
2.	Jmara Hockley Samon	95	VIC	14:41.29
3.	Amelia Finnegan	95	VIC	15:01.98
4.	Rachel Barker	96	QLD	15:07.72
5.	Jemma Potezny	96	SA	15:31.28
6.	Amy Bettiol	95	NSW	15:32.62
7.	Amy Morssinkhof	96	QLD	15:35.52
8.	Sarah Burren	96	VIC	15:38.30
9.	Hannah Denney	95	NSW	15:41.83
10.	Shay Southern	95	NSW	15:43.65
11.	Lotta Danner	95	SA	15:48.79
12.	Breanna Brown	95	WA	15:51.41
13.	Ashley Albert	95	VIC	16:01.80
14.	Ebony Whiley	95	VIC	16:02.95
15.	Sophie Eberhardt	96	TAS	16:17.08
16.	Lauren Stadius	96	VIC	16:20.16
17.	Andrea Sexton	96	WA	16:34.59
18.	Emma Walker	96	TAS	17:36.96

19. Grace Campbell	95	VIC	18:24.91
Piper Douglas	97	SA	DQ
Kenza Benzenati	97	QLD	DQ
Jasmine Dighton	96	NSW	DQ
Jessey Wilson	96	VIC	DQ

The boys came next with another combined event. The U16 race was the most exciting of the entire meet with Lewis Clark and Josh Dillon taking it right up to favourite Brad Aiton. Brad came into the event some 45 secs faster than anyone else on times and he certainly walked up to expectations, recording 13:19.09 for a new Meet record. But Lewis and Josh went with him with Lewis actually taking the lead in the second last lap. He was eventually outsprinted by Brad but his final time of 13:20.01 also broke the Meet record and was a 43 sec PB while Josh, in his first season of serious walking, took over 20 secs off his best time for a well deserved bronze ahead of NSW walker Nathan Fazldad. Matthew Felton, the third Victorian, took sixth with a PB time of 14:21.83.

The U15 race went as expected on times with the strong Queensland team dominating – Jesse Osborne did a 30 sec PB to set a new Meet record of 13:32.92. Behind him, Elliot Hodgson walked up to his best to take second with 14:05.82 while Jay Felton of NSW took a well judged third with a 50 sec PB time of 14:14.82. Of the Vics, Jared Walker did a 32 sec PB to record 14:59.61, Billy Allamby backed up from his silver the previous day for 15:12.67, Jeremiah Jones did a 36 sec PB to record 15:53.96 and Lucas Taylor also did a big PB with his time of 16:28.69.

Boys 3000 Metres Race Walk Under 16, Sunday 6 December, 5:10PM
Meet Record: 13:28.80 2004 Brendon Reading, ACT

1. Brad Aiton	94	QLD	13:19.09 Record
2. Lewis Clark	94	VIC	13:20.01 Also broke record
3. Josh Dillon	94	VIC	13:41.64
4. Nathan Fazldad	94	NSW	13:56.66
5. Corey Buckler	94	QLD	14:19.63
6. Matthew Felton	94	VIC	14:21.83
7. Steven Washburn	94	NSW	16:06.97

Boys 3000 Metres Race Walk Under 15, Sunday 6 December, 5:10PM
Meet Record: 13:57.52 2006 Sean Fitzsimons, WA

1. Jesse Osborne	95	QLD	13:32.92 Record
2. Elliot Hodgson	95	QLD	14:05.82
3. Jay Felton	95	NSW	14:14.80
4. Benjamin Tesch	96	QLD	14:30.39
5. Jared Walker	95	VIC	14:59.61
6. Billy Allamby	97	VIC	15:12.67
7. Matthew Killen	95	NSW	15:29.21
8. Kurtis Birch-Ward	95	NSW	15:36.83
9. Jeremiah Jones	97	VIC	15:53.96
10. Tristan Anderson	96	WA	16:11.09
11. Lucas Taylor	96	VIC	16:28.69
12. Louis Rose	97	TAS	16:30.41
Harry Bates	95	ACT	DQ



Jesse Osborne, Josh Dillon, Lewis Clark, Brad Aiton, Elliot Hodgson and Jay Felton

I will be uploading lots of photos to the VRWC website Photo Gallery when I get a chance – <http://www.vrwc.org.au/coppermine>. This will include photos of all the presentation ceremonies. I will also publish the presentation photos in next week's newsletter so stay tuned for that.

VICTORIAN SHIELD COMPETITION RESULTS

While all our top junior walkers were competing in Hobart last weekend, the normal weekly Athletics Victoria Shield competition continued for the remaining Victorian walkers. The North West zone competed on Tuesday evening with all other regions competing on Saturday afternoon. The turnout of 76 walkers was excellent considering that 36 of our young walkers were in Hobart. Conditions were good on Tuesday evening and again on Saturday afternoon, making for some fast walking.

AV Shield North West Region, Round 8 , Moonee Valley Athletics Centre, Moonee Ponds, Tuesday 1 December 2009

Paul Kennedy with 9:20.3 won as usual but only after withstanding a great last lap surge by Trenton Hawkins whose time of 9:20.6 was a season best. Connor McShanag in fourth place recorded an 8 sec PB of 10:12.2 while Carly Bertrand was the best of the women with a 13 second PB time of 11:08.3. Finally a special mention to Beth Barbour whose 11:39.0 was a 5 sec PB.

Mixed 2000 metres Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:20.3
2.	Hawkins, Trenton	M	PRESTON	9:20.6
3.	Knox, Duncan	M	ATHLETICS ES	10:09.4
4.	McShanag, Connor	M	ATHLETICS ES	10:12.2
5.	Erickson, Tim	M	COBURG HARRI	10:38.3
6.	Elms, Jason	M	ATHLETICS ES	11:08.1
7.	Bertrand, Carly	F	KEILOR ST BE	11:08.3
8.	Wallace, Anna	W	ATHLETICS ES	11:25.0
9.	Hammond, Nardene	W	ATHLETICS ES	11:29.6
10.	Elms, Donna	W	ATHLETICS ES	11:35.5
11.	Barbour, Beth	W	COBURG HARRI	11:39.0
12.	Donahoo, Mark	M	ATHLETICS ES	11:52.3
13.	Campbell, Rebecca	W	ATHLETICS ES	12:02.4
14.	Colley, Jamee-Leig	W	PRESTON	13:56.4
15.	Ireland, Roslyn	W	BRUNSWICK	15:51.1
16.	Ireland, Mark	M	BRUNSWICK	15:51.5
17.	Rickard, Ian	M	BRUNSWICK	16:44.3
18.	Arnold, Madison	W	PRESTON	17:24.2
19.	Marangon, Georgia	W	PRESTON	18:54.6
	Jaggard, Max	M	KEILOR ST BE	DQ
	O'Neill, Hannah	W	PRESTON	DQ

AV Shield South East Region Round 8, Duncan MacKinnon Reserve, Murrumbidgee, Saturday 5 December

Rhydian Cowley was just outside his PB with a very fast 8:19.4 in winning at the Glenhantly venue while Michael O'Mahony who had taken silver on the previous evening in Hobart was back in action with a 4 sec PB time of 9:12.1. When you're hot you're hot! Masters walkers Clyde Riddoch and Heather Carr were next with 10:05 and 10:19. Bianca Attard did a 2 sec PB to take the next place with 10:37.

Mixed 2000 Meter Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY	8:19.4
2.	O'Mahony, Michael	M	KNOX ATHLETI	9:12.1
3.	Riddoch, Clyde	M	ATHLETICS WA	10:05.5
4.	Carr, Heather	W	EAGLEHAWK YM	10:19.4
5.	Attard, Bianca	W	KNOX ATHLETI	10:37.4
6.	Bennett, Ralph	M	UNATTACHED	10:44.3
7.	Steed, Gwen	W	MENTONE	11:34.2
8.	McInnes, Simone	W	GLENHUNTLY	11:39.8
9.	Doran, Anthony	M	GLENHUNTLY	11:49.2
10.	Barrow, Geoff	M	MENTONE	11:56.2
11.	Hutton, Philip	M	GLENHUNTLY	12:08.5
12.	Attard, Michaela	W	KNOX ATHLETI	12:29.1
13.	Osmand, Kym	M	OAKLEIGH	12:29.9
14.	Morrison, John	M	SANDRINGHAM	13:51.2
15.	Van Dongen, Rupert	M	CASEY CARDIN	15:05.6
16.	McCormick, Meridit	W	CASEY CARDIN	17:40.2
	Ross, Andrew	M	GLENHUNTLY	DQ
	Khoo, Peter	M	GLENHUNTLY	DQ

AV Shield East Region Round 8, Hagenauer's Reserve, Box Hill, Saturday 5 December

Masters walkers Paul van Koppen 8:44, Andrew Jamieson 9:23 and Ross Reid 9:48 all walked fast at Box Hill while Natalie Laurie continued her comeback with a good 10:14. This was our biggest walk venue this week with 24 walkers.

Mixed 2000 Meter Race Walk

1.	Van Koppen, Paul	M	CROYDON	8:44.3
2.	Jamieson, Andrew	M	OLD SCOTCH C	9:23.3
3.	Reid, Ross	M	COLLINGWOOD	9:48.7
4.	Laurie, Natalie	W	ATHLETICS NU	10:14.8
5.	Thillaisundaram, Anand	M	COLLINGWOOD	10:27.2
6.	Dickenson, Russ	M	UNATTACHED	10:45.5

7.	Gardiner, Bob	M	COLLINGWOOD	11:02.6
8.	Hammett, Gary	M	DIAMOND VALL	11:07.2
9.	Benke, Geza	M	OLD MELBURNI	11:08.8
10.	Jack, Clarrie	M	RICHMOND HAR	11:29.8
11.	Garganis, Adam	M	COLLINGWOOD	11:47.1
12.	Facey, Stuart	M	OLD SCOTCH C	11:51.6
13.	Sofianos, Gerald	M	ST KEVINS	11:57.1
14.	Worsnop, Chris	M	OLD XAVERIAN	12:04.1
15.	Wright, Jacob	M	ATHLETICS NU	12:23.7
16.	Summers, Harry	M	BOX HILL	12:43.0
17.	Ellis, Robert	M	RICHMOND HAR	13:11.2
18.	Walpole, Claire	W	DONCASTER	14:56.9
19.	Carre, Simone	W	BOX HILL	15:42.2
20.	Neale, Anthony	M	COLLINGWOOD	16:54.3
21.	Mah, Lincoln	M	ST KEVINS	16:57.0
22.	Walsh, Anthony	M	OLD XAVERIAN	18:59.2
	McNair, David	M	ST STEPHENS	DQ
	Onley, Gordon	M	ST STEPHENS	DQ

AV Shield Ballarat Region Round 8, Llanberris Reserve (Ballarat), Ballarat, Saturday 5 December

Kelly Ruddick did a 1 sec SB time of 9:02.47, finishing a lap ahead of everyone. Rob Jones was next in with 10:59 while Daryl Biggin had a very easy walk with his 11:49.

Mixed 2000 Meter Race Walk

1.	Ruddick, Kelly	M	BALLARAT HAR	9:02.47
2.	Jones, Robert	M	BALLARAT YCW	10:59.09
3.	Biggin, Daryl	M	BALLARAT YCW	11:49.00
4.	Govan, Lee	M	WENDOUREE	12:13.54
5.	Baker, Nathaniel	M	BALLARAT HAR	12:53.08
6.	Jones, Peter	M	BALLARAT HAR	13:29.22
7.	Ruddick, Kevin	M	BALLARAT HAR	13:50.63
8.	Brooks, Barry	M	BALLARAT HAR	14:45.21

AV Shield Geelong Region Round 9, Landy Field, South Geelong, Saturday 5 December

James Seid-Christmass was in his usual sparking form at Geelong with 9:38 but Nicholas Mirarchi was not far behind, his time of 9:42 easily his best this season. Next to finish were invitees Kirstin and Robyn Shaw who usually compete in the North West region.

Mixed 2000 Meter Race Walk

1.	Seid-Christmass, James	M	CORIO	9:38.44
2.	Mirarchi, Nicholas	M	CORIO	9:42.08
3.	Shaw, Kirstin	W	WESTERN ATHL	11:31.41
4.	Shaw, Robyn	W	WESTERN ATHL	12:14.96
5.	Boddy, Lana	W	CORIO	12:27.37
6.	Lockwood, Jade	W	CORIO	15:23.58

AV Shield Bendigo Region Round 9, La Trobe University Bendigo Athletics Complex, Bendigo, Saturday 5 December

Josh Savage was the fastest male walker in Bendigo with his time of 11:29.55 while Ebony Jones was the top girl with 13:36.67.

Mixed 2000m Walk

1.	Savage, Joshua	EAG	M16	11:29.55
2.	Jones, Ebony-Jade	EAG	F16	13:36.67
3.	Major, Geoff	EAG	M40+	14:10.28
4.	Watson, John	BYM	M40+	14:16.68
5.	Palmer, Stephen	MOP		15:03.32
6.	Rowan, Eddie	MOP		15:28.07
7.	Minchin, Lisa	FOP		15:54.13

WESTERN AUSTRALIA INTERCLUB RESULTS, FRIDAY 27 NOVEMBER 2009

Thanks to Terry Jones for the following Western Australia Interclub results from Friday 27 November. Interclub was held at the new State Athletics Facility and Open walker Clay Foster was the top speedster with a very good 14:31 while Hannah Watson warmed up for the Schools meet in Hobart with a final hitout of 14:49.

Mixed 3000 Metre Race Walk

1.	Foster, Clay	M	Athletics WA	14:31.5
2.	Watson, Hannah	W	Curtin	14:49.5
3.	Gooch, Matthew	M	Athletics WA	15:30.0
4.	Anderson, Tristan	M	Athletics WA	15:38.5
5.	Nolan, Ethan-Lee	M	Athletics WA	15:38.7
6.	Holt, Kate	W	Melville Roa	15:46.0
7.	Brown, Breanna	W	Athletics WA	15:49.8

8.	Catley, Ben	M	Curtin	16:02.0
9.	Sexton, Andrea	W	Melville Roa	17:00.1
10.	Holt, Georgia	W	Melville Roa	18:57.4
11.	Nolan, Ashley-N'Dene	W	Athletics WA	20:30.6

BENDIGO WALKERS CLUB COMPETITION, ROSALIND PARK BENDIGO, WEDNESDAY 2 DECEMBER

Thanks to Paul Rance for his weekly report on the the Bendigo Walkers Club Summer Season competition which continued last Wednesday evening at Rosalind Park with sealed handicap events conducted over 1km and 5km.

In the 1km event the Edlin sisters continued their impressive form with Grace Edlin taking the sealed handicap victory in an excellent personal best time and her younger sister Charlotte taking 2nd place, Jeremiah Jones and Ebony Whiley finished equal 3rd with Jeremiah producing a personal best time while Ebony also claimed fastest time.

In the 5km event the improving Josh Savage, contesting the 5000m distance for the first time raced to an excellent victory with Norm West taking 2nd and John Carter in 3rd place. Club President Paul Rance, recovering from a hamstring injury, took fastest time honors in his first race for 12 months.

Meanwhile 5 Club members contested the Australian All Schools track and field Championships in Hobart on the Weekend with Jeremiah Jones recording a personal best 7.20 for 4th place in the U14 boys 1500m walk and he also claimed 9th place in the U15 3km race in 15.53, Ebony Whiley finished 14th in the Y15 girls 3km event in 16.02 with Grace Campbell competing in the same event in 19th place in 18.24 and Zoe Boldiston and Jessey Wilson contested the U14 girls 1500m with Zoe 20th in 7.51 and Jessey in 31st place in 8.12.

This Wednesday evening the Club's Christmas 4 x 1600m teams relay will be held followed by a tea and presentation of the Club's Calendar year awards, the Athlete of the year, most improved and most outstanding athlete award. Members are asked to bring a dessert to share.

1000m: Grace Edlin 5.01, Charlotte Edlin 5.18, Jeremiah Jones 4.45, Ebony Whiley 4.40, Jessey Wilson 5.21, Grace Campbell 5.26, Cara Jones 6.49, Jamie-Lee Jones 8.49;

5000m: Josh Savage 30.07, Norm West 39.54, John Carter 32.15, Annette Curtis 37.05, Jessie Palfreyman 28.23, Paul Rance 27.38, Barb Bryant 32.10, Geoff Major 39.37, Ebony-Jade Jones 41.29

Paul Rance 5442 6435

RACEWALKING WORLD CUP 50KM TEAM ANNOUNCED

Athletics Australia has announced a full team of 5 50km walkers to represent us at the 2010 World Racewalking Cup, to be held in May next year in Mexico. The 50km team of **Jared Tallent, Luke Adams, Chris Erickson, Tom Barnes and Nathan Deakes** has huge depth and talent and we are going to be right up there in the Teams category if all goes well. I am especially pleased to see Tom Barnes finally get a World Cup berth after missing out in both 2006 and 2008 when I really thought that his times were good enough for selection. He is quoted on the AA website:

"I'm absolutely rapt with my selection. It was my third attempt at making an open international team so I'm really happy to get across the line and am grateful to the selectors for having faith in me. I've had to work hard for my sport and now my focus shifts to working with my coach on ensuring my best form heading into Chihuahua.

The other World Cup spots (20km Open and 10km U20) will be announced after the trials in Hobart in February 2010.

See http://www.athletics.com.au/news/news/2009/december/a_tallent-ed_team_for_chihuahua for the full A.A. 50km press release.

WHAT'S COMING UP

Tomorrow night, we have our final VRWC races before the Christmas break and we are back on the track at the Collingwood Harriers headquarters in Heidelberg Road Thornbury. The timetable reads as follows:

Wednesday 9th December 2009, VRWC Events, George Knott Athletic Field, 143 Heidelberg Rd, Northcote		
6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open

There are not many chances to get 5000m times on the board this summer and the forecast is for a mild day – perfect for racing. I had hoped to confirm with AV as to whether performances done in this meet could be counted as qualifiers for Vic and Aust T&F champs but an email, a follow up face to face conversation, an email reminder and a final phone call this morning to AV have failed to produce any outcome. Sometimes life is just too hard!

We will also be formally presenting the AV Winter Season Walking Perpetual Trophies which were decided as follows:

NORM GOBLE TROPHY	Most points earned in Mens AV Championships	Tom Barnes
BETTY NEWMAN TROPHY	Womens Walking Team Champions	Eaglehawk
AVIS REDMAN TROPHY	Under 16 Most Improved Girl	Amelia Finnegan
TOM DAINTRY TROPHY	Best Under 14 Walker	Stephanie George

Then next Saturday we are back in action for our final AV Shield competition of the year (3000m / 1500m walks). Venues are

12/12/09	AV Shield - Round 9 (NORTHWEST REGION)	Harold Stevens Athletic Track, Coburg North
12/12/09	AV Shield - Round 9 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
12/12/09	AV Shield - Round 9 (BALLARAT REGION)	Llanberris Reserve, Ballarat
12/12/09	AV Shield - Round 9 (EAST REGION)	Reischiek's Reserve, Doncaster
12/12/09	AV Shield - Round 10 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
12/12/09	AV Shield - Round 10 (GEELONG REGION)	Landy Field, South Geelong

And finally, discussions are currently taking place between VRWC and the Victorian Athletic League re scheduling a 3000m handicap walk as part of the Professional Running meet to be held at St Albans in Melbourne on Saturday January 30th 2010. We have had such events in the past but not for a long time now. I will let everyone know more if and when it comes to fruition.

DATES...DATES...DATES

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

Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury – 5000m, 3000m, 1500m, 6:30PM start.
Sun 10 Jan 2010	VRWC road races, Albert Park
22-24 Jan 2009	Victorian Country Championships, Newborough
Thurs 28 Jan 2010	Invitational VMA 5000m/3000m walks at East Burwood Masters, East Bwd Aths Track, 7:50PM
Sat Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks Possible 3000m handicap walk at the Victorian Athletic League meet at St Albans in Melbourne.
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials) Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-27 Feb 2010`	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, venue TBC
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico. See http://www.iaaf.org/wrc10/preview.html
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 (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2010 Race Walking Challenge Series (dates now confirmed)

Apr 10, 2010	IAAF Race Walking Challenge, Rio Maior, POR
May 1, 2010	IAAF Race Walking Challenge, Sesto san Giovanni, ITA
May 15-16, 2010	IAAF World Racewalking Cup, Chihuahua, MEX
May 29, 2010	IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
June 19, 2010	IAAF Race Walking Challenge, La Coruna, ESP
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN

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

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

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
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Tim Erickson, Secretary, VRWC

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