



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 12
16 December 2009



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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RACE ROUNDUP

We might be rushing towards Christmas but there was still plenty of walking action on over the last few weeks around Victoria and Australia. I have listed all the results in date order from earliest to latest. To start the ball rolling, a couple of recent Geelong Walkers Club results from Corio, thanks to Harold Boddy.

GEELONG WALKERS CLUB EVENTS, HOLDSWORTHY ATHLETICS TRACK, CORIO, THUR 26 NOVEMBER 2009

There were some excellent performances in last Thursday's 1500m & 800m walk events to handicap times. Harold Boddy broke his handicap times in both races to take overall honours. Michelle DeGraaf's experience enabled her to also beat both her handicap times to finish only one second behind in 2nd place. Veteran Barbara Fairbrother also figured strongly in the results finishing a further six seconds back. 40 plus walker, James Seid-Christmass continued his fine form setting the fastest time of 6:55 in the 1500m leg and thus breaking the club's record for that age group by seven seconds - a record that has stood for 20 years. Other walkers who also performed well were Angela Curran, Mark Wiffen, Jade Lockwood and Colin Silcock-Delaney.

NAME	AGE	1500M			800M			TOTAL DIFF	PLACE
		ACTUAL	HCAP	DIFF	ACTUAL	HCAP	DIFF		
BODDY HAROLD	VET M	9.23	9.48	-25	4.42	5.04	-22	-47	1
DE GRAAF MICHELLE	VET F	10.45	11.15	-30	5.41	5.57	-16	-46	2
FAIRBROTHER BARBARA	VET F	15.47	16.02	-15	8.07	8.32	-25	-40	3
CURRAN ANGELA	VET F	11.34	11.53	-19	5.51	6.09	-18	-37	4
WIFFEN MARK	VET M	11.55	12.02	- 7	6.00	6.25	-25	-32	5
CARMICHAEL WAYNE	OPEN M	13.29	13.41	-12	6.37	6.55	-18	-30	6
LOCKWOOD JADE	U14G	10.32	10.49	-17	5.27	5.35	- 8	-25	7
SILCOCK-DELANEY COLIN	VET M	11.26	11.31	- 5	5.47	6.02	-15	-20	8
BROCKENSHIRE SHARMAINE	VET F	15.07	15.18	-11	8.02	8.06	- 4	-15	9
PIX SHERRY	VET F	15.07	15.18	-11	8.02	8.06	- 4	-15	9
BROCKENSHIRE BRIGGETTE	U14G	9.21	9.31	-10	4.55	4.58	- 3	-13	11
LOCKWOOD JILL	VET F	13.03	12.52	11	6.32	6.41	- 9	2	12
SEID-CHRISTMAS JAMES	VET M	6.55	7.32	-37	4.09	3.40	29	2	12
BODDY TYNE	OPEN F	8.28	7.52	36	3.59	4.03	- 4	33	14

GEELONG WALKERS CLUB EVENTS, HOLDSWORTHY ATHLETICS TRACK, CORIO, THUR 3 DECEMBER 2009

In this week's 30 minute time trial, Michelle Degraaf, Harold Boddy and Barbara Fairbrother again figured in the results, filling the top 3 positions again but in a slightly different order. Michelle and Harold continued their handicap battle with Michelle reversing the results from last week to break her handicap by 78 metres while Harold broke his by 68 metres. Barbara Fairbrother walked solidly to again finish 3rd, bettering her handicap by 40 metres closely followed by Angela Curran on 37 metres. James Seid-Christmass continued his record breaking form by setting a new mark of 5730 metres for his age group, beating the previous mark by 7 metres. The previous record was set 20 years ago by Peter Johnson.

NAME	AGE	ACTUAL	H'CAP	DIFF	PLACE
DE GRAAF MICHELLE	VET F	3989m	3911m	78m	1
BODDY HAROLD	VET M	4418	4350	68	2
FAIRBROTHER BARBARA	VET F	2855	2815	40	3
CURRAN ANGELA	VET F	3796	3759	37	4
SEID-CHRISTMAS JAMES	VET M	5730	5695	35	5
MURPHY PENNI	VET F	3714	3698	16	6
BROCKENSHIRE BRIGGETTE	U14G	4108	4092	16	6
BIGGIN DARYL	VET M	5077	5077	0	8
BODDY LANA	U20G	4114	4135	-21	9
BROCKENSHIRE SHARMAINE	VET F	2885	2918	-33	10
SILCOCK-DELANEY COLIN	VET M	3720	3755	-35	11
CARMICHAEL WAYNE	OPEN M	3201	3247	-46	12
DRINKWATER DIANNE	VET F	3202	3248	-46	12

BODDY TYNE	OPEN F	4829	5115	-286	14
DE GRAAF CARLA	VET F	2855	3181	-326	15

ATHLETICS WA INTERCLUB, WA STATE ATHLETICS STADIUM, PERTH, SATURDAY 5 DECEMBER

Thanks to Terry Jones for the latest Western Australia results – fast walking by Damuel Dib and Clay Foster!

Mixed 1500 Metre Race Walk

1.	Dib, Samuel	M	West Track	6:29.05
2.	Foster, Clay	M	Athletics WA	6:36.85
3.	Dib, Jacob	M	West Track	6:53.11
4.	Gooch, Matthew	M	Athletics WA	7:09.93
5.	Hastie, Garry	W	Bunbury	7:25.49
6.	Butler, Michelle	W	Athletics WA	8:04.39
7.	Dib, Nathanael	M	Athletics WA	8:07.34
8.	Cattermole, Sara-jane	W	West Track	8:10.70
9.	Brown, Jemma	W	Athletics WA	8:12.40
	Byrne, Jacob	M	Athletics WA	DQ

WAVERLEY L.A. OPEN DAY, WAVERLEY ATHLETICS TRACK, SUNDAY 6 DECEMBER 2009

Thanks to Lindsay Harrison for the walk results from the recent Waverly Little Athletics Open Day. Although our top walkers from the older age groups were in Hobart for the Schools walks, fields were still strong.

<p>Under 9 GIRLS - 1100M Walk</p> <table> <tr> <td>1.</td> <td>Mikhala Hodges</td> <td>Knox</td> <td>6:30.53</td> </tr> <tr> <td>2.</td> <td>Kristina Collins</td> <td>Waverley</td> <td>6:51.59</td> </tr> <tr> <td>3.</td> <td>Leah Paola</td> <td>Waverley</td> <td>No Time</td> </tr> <tr> <td>4.</td> <td>Tegan Miller</td> <td>Skye Valley</td> <td>No Time</td> </tr> <tr> <td>5.</td> <td>Maya Simpson</td> <td>Waverley</td> <td>No Time</td> </tr> </table>	1.	Mikhala Hodges	Knox	6:30.53	2.	Kristina Collins	Waverley	6:51.59	3.	Leah Paola	Waverley	No Time	4.	Tegan Miller	Skye Valley	No Time	5.	Maya Simpson	Waverley	No Time	<p>Under 9 BOYS - 1100M Walk</p> <table> <tr> <td>1.</td> <td>Hayden Walmsley</td> <td>Knox</td> <td>7:23.54</td> </tr> <tr> <td>2.</td> <td>Ethan Wright</td> <td>Whittlesea City</td> <td>No Time</td> </tr> <tr> <td>3.</td> <td>Alex Walker</td> <td>Waverley</td> <td>No Time</td> </tr> </table>	1.	Hayden Walmsley	Knox	7:23.54	2.	Ethan Wright	Whittlesea City	No Time	3.	Alex Walker	Waverley	No Time																												
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VRWC RACES, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, WEDNESDAY 9 DECEMBER 2009

32 walkers availed themselves of a chance for a midweek track hitout in ideal conditions last Wednesday evening at the Collingwood Harriers track in Clifton Hill. The 5000m saw James Seid-Christmass race very strongly for a 2 sec PB time of 25:48. Further back in the field, Connor McShanag, fresh from his bronze medal in Hobart, successfully completed his first track 5000m, his time 29:41. Hobart team mates Michael O'Mahony 14:26, Brad Simpson 14:50 and Amelia Finnegan 15:30 led the 3000m field home while Stuart Kollmorgen took a rare opportunity to race 1500m, speeding to a PB time of 6:32.8. And finally to Heather Carr's grand daughter Chelsea McDonald who walked her first ever race – over 800m. Well done Chelsea. A selection of photos has been uploaded to the VRWC Photo Gallery (see <http://vrwc.org.au/coppermine>).



James Seid-Christmass, Brad Simpson, Amelia Finnegan, Gwen Steed, Anna Wallace, Bob Gardiner, Murray Dickinson and Michael O'Mahony

5000m

1.	Seid-Christmass, James	25:48.0
2.	Evans, Simon	26:09.0
3.	McDonough, Aaron	26:24.0
4.	Dickenson, Russ	28:50.0
5.	Dickinson, Murray	29:31.0
6.	McShanag, Connor	29:41.0
7.	McIntyre, Gayle	29:45.0
8.	Gardiner, Bob	30:10.0
9.	Elms, Jason	31:24.0
10.	Steed, Gwen	31:24.0
11.	Wallace, Anna	31:35.0
12.	Beaumont, Margaret	38:46.0
13.	Beaumont, Ian	38:49.0
	Bennett, Ralph	DNF

3000m

1.	O'Mahony, Michael	14:26.0
2.	Simpson, Brad	14:50.0
3.	Finnegan, Amelia	15:30.0
4.	Carr, Heather	16:09.0
5.	Laurie, Natalie	16:36.0
6.	Irshad, Kylie	16:59.0
7.	George, Stephanie	17:30.0
8.	Morrey, Jan	20:31.0
9.	Wood, Robin	21:03.0
10.	Onley, Gordon	22:41.0

1500m

1.	Kollmorgen, Stuart	6:32.8
2.	Irshad, Jasmine	7:36.2
3.	Owen, Cooper	7:53.9
4.	Gerlich, Annemaree	8:27.6
5.	Elms, Donna	8:30.6
6.	George, Hayley	10:06.5
7.	McShanag, Ethan	12:06.2

800m

1.	McDonald, Chelsea	06:08.7
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BENDIGO WALKERS CLUB RACES, ROSALIND PARK, WEDNESDAY 9 DECEMBER

Thanks to Paul Rance for his usual weekly report from Bendigo

The Bendigo Walkers Club held their Christmas teams relay and presentation of 2009 Calendar year awards in Rosalind Park on Wednesday evening.

The 4x 1600m teams event was won by the team captained by Jessie Palfreyman. Jessie's team comprised the lead off walker Eddie Rowan who handed over to Charlotte Edlin with Jessie walking 3rd and Ebony-Jade Jones anchoring the team to a 20 metre victory, defeating the Josh Savage captained team of Norm West and Club president Paul Rance who walked 2 legs, the lead off and anchor leg, and he brought their team into 2nd place with a strong finish but was unable to catch the leaders. The winning team had 3 athletes produce personal bests in Jessie Palfreyman, Charlotte Edlin and Ebony-Jade Jones with Amanda Heard from the 3rd placed team also producing a personal best effort.

1. Team 2 Eddie Rowan 11.11, Charlotte Edlin 8.37, Jessie Palfreyman 7.47, Ebony-Jade Jones 10.15
2. Team 5 Paul Rance 8.33, Norm West 12.31, Josh Savage 8.28, Paul Rance 8.25
3. Team 3 Jamie-Lee Jones 13.56, Grace Edlin 8.39, Amanda Heard 8.04, Ebony Whiley 8.12
4. Team 4 Jeremiah Jones 8.12, Geoff Major 10.57, Carol Coad 12.16, Jarrod Coad 9.56, John Carter 10.04
5. Team 1 Cara Jones 11.03, Barb Bryant 9.23, Annette Curtis 11.36, Peter Curtis 8.05

The Club's Calendar awards were presented on the night with first year walker Charlotte Edlin winning the 2009 Athlete of the Year award, defeating her older sister Grace by 3 points with Ebony Whiley a further 5 points away in 3rd place. The 2nd and 3rd placed athletes had won the award in 2008 and 2007 respectively.

The 2009 Most outstanding athlete award was won by Masters athlete Barb Bryant after her gold medal victories at the World Masters Games and excellent performances at State and National Championships. Barb is the 2nd Masters athlete to win the award with Annette Major having won in 2004 and she is the 3rd member of the Bryant family to take out the award with her children Jaclyn and Kyle being former winners. The Calendar year most improved was won by Jeremiah Jones by 1 point over Annette Curtis.

The Bendigo Walkers Club will now go into a 4 week recess over the Christmas period with the next competition night in Rosalind Park on Wednesday 13th January at 6pm. The events on this night will be a 3 sections point scoring event, even pace, nominated time and sealed handicap. The short distance walkers will compete over 800m even pace and nominated time and 1200m sealed handicap and the long distance event will be 1600m even pace and nominated time and 2400m sealed handicap with the athletes securing the most points from the 3 sections securing the placing's. For further information on the Bendigo Walkers Club, enquirers may phone 5442 6435 or 0400649610.

VICTORIAN SHIELD COMPETITION, SATURDAY 12 DECEMBER

Walkers were out in force last Saturday in the last Athletics Victorian Shield competition before the Christmas break – 124 in all.

AV Shield Eastern Region Round 9, Reischick's Reserve, Doncaster

Paul van Kopplen, Andrew Jamieson and Ross Reid continued in their winning ways at Doncaster with another trio of fast times while Hilary Brazel recorded a 6 sec PB to take the honours as the first woman home. Adam Garganis 8:31 and Georgia Madge 9:14 were the top two 1500m walkers.

3000 Meter Race Walk

1.	Van Kopplen, Paul	M	CROYDON	13:16.2
2.	Jamieson, Andrew	M	OLD SCOTCH C	14:05.3
3.	Reid, Ross	M	COLLINGWOOD	14:57.7
4.	Brazel, Hilary	W	ATHLETICS NU	15:13.5
5.	Laurie, Natalie	W	ATHLETICS NU	15:47.2
6.	Owen, Cooper	M	DIAMOND VALL	16:11.4
7.	Walsh, Robert	M	ATHLETICS NU	16:12.8
8.	Dickenson, Russ	M	UNATTACHED	16:41.4
9.	Antidormi, Ryan	M	ATHLETICS NU	16:56.9
10.	Mason, Ella	W	BOX HILL	16:59.9
11.	Jack, Clarrie	M	RICHMOND HAR	17:06.0
12.	Gardiner, Bob	M	COLLINGWOOD	17:22.5
13.	Benke, Geza	M	OLD MELBURNI	17:35.4
14.	Sofianos, Gerald	M	ST KEVINS	17:48.1
15.	Facey, Stuart	M	OLD SCOTCH C	18:09.4
16.	Summers, Harry	M	BOX HILL	19:23.5
17.	Wright, Jacob	M	ATHLETICS NU	19:37.8
18.	Worsnop, Chris	M	OLD XAVERIAN	19:44.0
19.	Ellis, Robert	M	RICHMOND HAR	20:07.1
20.	O'Callaghan, Brian	M	RICHMOND HAR	22:37.4
21.	Walburg, Ashlee	W	DONCASTER	24:09.6
22.	Walsh, Anthony	M	OLD XAVERIAN	25:57.4
	Walpole, Claire	W	DONCASTER	DQ

1500 Meter Race Walk

1.	Garganis, Adam	M	COLLINGWOOD	8:31.5
2.	Madge, Georgia	W	CROYDON	9:14.9
3.	Neale, Jessica	W	COLLINGWOOD	9:36.8
4.	Walburg, Kirsten	W	DONCASTER	9:47.0
5.	Neale, Anthony	M	COLLINGWOOD	12:28.7

AV Shield North West Region Round 9, Harold Stevens Athletic Track, Coburg North

As in Doncaster, Paul Kennedy, Trenton Hawkins and Aaron McDonough took the honours at Coburg with Paul doing a strong season best and Aaron doing a 1 sec PB. Kirstin Shaw was the top woman with an improving 16:40. Carly Bertrand won the 1500m with 8:10 while Tim Conway was the top boy with 9:10.

3000 Meter Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	13:44.6
2.	Hawkins, Trenton	M	PRESTON	14:48.0
3.	McDonough, Aaron	M	PRESTON	15:09.3
4.	Knox, Duncan	M	ATHLETICS ES	15:39.2
5.	Donahoo, Mark	M	ATHLETICS ES	15:55.7
6.	McShanag, Connor	M	ATHLETICS ES	16:10.9
7.	Erickson, Tim	M	COBURG HARRI	16:16.5
8.	Cosic, Filip	M	ATHLETICS ES	16:23.0
9.	Shaw, Kirstin	W	WESTERN ATHL	16:40.1
10.	Roseman, Justijana	W	ATHLETICS ES	17:17.1
11.	Elms, Jason	M	ATHLETICS ES	17:50.9
12.	Elms, Donna	W	ATHLETICS ES	18:06.8
13.	Hammond, Nardene	W	ATHLETICS ES	18:10.5
14.	Shaw, Robyn	W	WESTERN ATHL	18:38.1
15.	Aplin, Elise	W	KEILOR ST BE	19:34.7
16.	Ireland, Mark	M	BRUNSWICK	24:44.3
17.	Rickard, Ian	M	BRUNSWICK	25:14.7
18.	Arnold, Madison	W	PRESTON	27:36.0
19.	Marangon, Georgia	W	PRESTON	27:36.9
	Souyave, Ken	M	COBURG HARRI	DQ

1500 Meter Race Walk

1.	Bertrand, Carly	W	KEILOR ST BE	8:10.5
2.	Campbell, Rebecca	W	ATHLETICS ES	8:22.0
3.	Conway, Timothy	M	COBURG HARRI	9:10.5
4.	McLaren, Stacey	W	ATHLETICS ES	9:24.7
5.	Martin, Patrick	M	COBURG HARRI	9:51.0
6.	Upton, Ian	M	KEILOR ST BE	9:51.7
7.	Candotti, Sam	M	INV	10:21.6
8.	Matthews, Patrick	M	KEILOR ST BE	12:12.1
9.	Northover, Rachel	W	KEILOR ST BE	12:13.0
10.	Abfalter, Emma	W	KEILOR ST BE	12:14.0
	Hallett, Len	M	COBURG HARRI	DQ
	Murrell, Michael	M	COBURG HARRI	DQ

AV Shield South East Region Round 9, Knox Athletic Track, Scoresby

Rhydian Cowley took a further 5 secs off his 3000m PB with the best time overall in the round – a superb 12:33.99. Behind him, Michael O'Mahony walked a 13 sec PB with 13:57 with Brad Simpson third in a 17 sec PB time of 14:17. Tamara Attard was the top girl with a huge PB time of 15:02. What a great race! Amy Burren was the top 1500m walker with 7:24.78, just ahead of masters maestro Clyde Riddoch with 7:25.

3000 metres Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY	12:33.99
2.	O'Mahony, Michael	M	KNOX ATHLETI	13:57.16
3.	Simpson, Bradley	M	KNOX ATHLETI	14:17.10
4.	Attard, Tamara	W	KNOX ATHLETI	15:02.34
5.	Carr, Heather	W	EAGLEHAWK YM	15:52.71
6.	Irshad, Kylie	W	UNATTACHED	16:08.06
7.	Felton, Matthew	M	KNOX ATHLETI	17:11.80
8.	Attard, Bianca	W	KNOX ATHLETI	17:12.15
9.	McInnes, Simone	W	GLENHUNTLY	17:41.62
10.	Steed, Gwen	W	MENTONE	18:02.28
11.	Tam, Aaron	M	KNOX ATHLETI	18:30.82
12.	Barrow, Geoffrey	M	MENTONE	18:34.22
13.	Attard, Michaela	W	KNOX ATHLETI	18:49.99
14.	Maudsley, Fiona	W	ATHLETICS WA	20:38.72
15.	Morrison, John	M	SANDRINGHAM	21:04.67
16.	Van Dongen, Rupert	M	CASEY CARDIN	21:45.91
17.	Harrison, Thomas	M	ATHLETICS WA	22:14.38

18.	Harrison, Lindsay	M	ATHLETICS WA	22:18.19
	Fairburn, Noel	M	KNOX ATHLETI	DQ
	O'Connor, Gerrard	M	KNOX ATHLETI	DQ
	Guy, Rebecca	W	CASEY CARDIN	DQ
	Sommers, David	M	KNOX ATHLETI	DQ

1500 metres Race Walk

1.	Burren, Amy	W	MALVERN HARR	7:24.78
2.	Riddoch, Clyde	M	INV	7:25.08
3.	Burren, Sarah	W	MALVERN HARR	7:30.44
4.	Irshad, Jasmine	M	UNATTACHED	7:40.18
5.	Stadus, Lauren	W	KNOX ATHLETI	7:45.71
6.	Taylor, Lucas	M	UNATTACHED	7:47.01
7.	Albert, Ashley	W	MALVERN HARR	7:49.31
8.	Eastwood, Jessie	W	KNOX ATHLETI	8:41.69
9.	Guy, Rachael	W	CASEY CARDIN	8:42.81
10.	Swan, Kyle	M	INV	8:50.34
	De Pasquale, Joel	M	KNOX ATHLETI	DNF

AV Shield Ballarat Region, Round 9, Llanberris Reserve, Ballarat

Kelly Ruddick did a 17 sec PB to break the Ballarat Open Women's 3000m record with a time of 13:35.89 (the previous record was held by Sharon Schneider with a time of 13:36.4 set in 1991). Kelly has had a superb year which includes 3rd in the Victorian 5000m track championship in March (23:27), silver in the Victorian Country 10km (50:34) and wins in the Victorian Open 15km (1:16:31) and Victorian Open 20km (1:43:57) championships. With the sort of speed she is now showing, we look set to see more great performances in the sharp end of the summer season. Rachel Tallent also walked fast for 14:57.05 while Andrew Blood was the fastest man as usual with 15:52.41.

3000 Meter Race Walk

1.	Ruddick, Kelly	M	Ballarat Har	13:35.89
2.	Tallent, Rachel	W	Ballarat Ycw	14:57.05
3.	Blood, Andrew	M	Ballarat Ycw	15:52.41
4.	Nunn, Paul	M	Wendouree	16:27.62
5.	Baker, Nathaniel	M	Ballarat Har	19:48.61
6.	Govan, Lee	M	Wendouree	19:54.30
7.	Jones, Peter	M	Ballarat Har	20:37.13
8.	Brooks, Barry	M	Ballarat Har	21:55.97
9.	Burnett, Nicholas	M	Ballarat Ycw	22:14.07

AV Shield Bendigo Region Round 10, La Trobe University Bendigo Athletics Complex, Bendigo

Jessey Palfreyman 17:26 and Ebony Whiley 7:59 were the fastest walkers in Bendigo as usual.

3000 Meter Race Walk

1.	PALFREYMAN, JESSIE	W	EAGLEHAWK YM	17:26.10
2.	MAJOR, ANNETTE	W	EAGLEHAWK YM	18:27.00
3.	CARTER, JOHN	M	SOUTH BGO	19:03.96
4.	WELLARD, IAN	M	BENDIGO YMCA	20:39.11
5.	MAJOR, GEOFF	M	EAGLEHAWK YM	20:41.70
6.	FULTON, JAMIE	M	EAGLEHAWK YM	21:18.89
7.	WATSON, JOHN	M	BENDIGO YMCA	22:08.10
8.	JONES, EBONY-JADE	W	EAGLEHAWK YM	22:43.21

1500 Meter Race Walk

1.	WHILEY, EBONY	W	EAGLEHAWK YM	7:59.44
2.	CAMPBELL, GRACE	W	EAGLEHAWK YM	8:33.75

AV Shield Geelong Region Round 10, Landy Field, South Geelong

James Seid-Christmas did a 12 sec PB time of 14:25.60 to win the 3000m at Geelong – he is certainly having a great season. Lewis Clark (14:40.11) and Josh Dillon (6:21.9) continued on from their great walks in Hobart last weekend. In particular, Josh was super fast over the 1500m with that must have been a big PB and a time that ranks him very high nationally. Add in Hobart silver medallist Jmara Hockley Samon 7:32.16 and this is a pretty hot venue!

3000 Meter Race Walk

1.	Seid-Christmass, James	M	Corio	14:25.60
2.	Clark, Lewis	M	Athletics CH	14:40.11
3.	Walker, Jared	M	Corio	15:45.05
4.	Boddy, Harold	M	Corio	18:50.52
5.	Boddy, Lana	W	Corio	20:50.30
6.	Lockwood, Jade	W	Corio	24:18.35

1500 Meter Race Walk

1.	Dillon, Joshua	M	Corio	6:21.09
2.	Hockley Samon, Jmara	W	Athletics CH	7:32.16
3.	Larkins, Jared	M	Corio	7:46.04

4.	Walker, Megan	W	Corio	8:17.06
5.	Smith, Emma	W	Bellarine AT	9:11.18
6.	Dillon, Nathan	M	Corio	9:37.73

REGAL RACEWALKERS RACES, NARELLAN, NSW, SUNDAY 13 DECEMBER 2009

Thanks to Bob Cassell for the results from the Regal Racewalkers road walks last Sunday

Open Men & Women 20K

1.	Darren Purcell	1:47:26	
	Robert Osborne	DNF	10km in 1:00:44
	Jim Seymon	DNF	10km in 1:07:38
	Cassandra Staples	DNF	5km in 31:57
	Cheryl Webb	DNF	4km in 19:50

U/18 Men & Women 5K

1.	Shannon Jennings	28:24
2.	Tarni Webb	35:40

U/16 Men & Women 2K

1.	Kurtis Birch-Ward	10:09
2.	Amanda Barendregt	11:16
3.	Jack Dhu	11:54
4.	Ethan Dhu	12:48

U/14 Men & Women 1K

1.	Abbey Dhu	6:06
2.	Rachel Dhu	7:17

AUSTRALIAN SCHOOLS T&F CHAMPIONSHIPS - PRESENTATIONS

As promised, here are the some photos from the Presentation ceremonies at last week's Australian Schools Championships in Hobart. Sorry but the U14 Girls Presentation photo is missing as I did not get that one. I have also finally found time to upload a selection of my photos from this meet to our VRWC Photo Gallery – check out <http://vrwc.org.au/coppermine>.



Michael O'Mahony, Brad Aiton and Jesse Osborne (U17), Amy Burren, Rachel Tallent and Hannah Watson (U17), Jordan Mulhearn, Dane Bird-Smith and Nick Dewar (U18)



Vanessa Noble and Beth Alexander (U18), Elliot Hodgson, Jessie Osborne and Jay Felton (U15), Billy Allamby, Ben Tesch and Connor McShanag (U14)



Lewis Clark, Brad Aiton and Josh Dillon (U16), Hannah Watson, Amy Burren and Jessica Pickles (U16), Jmara Hockley-Samon, Elizabeth Hosking and Amelia Finnegan (U15)

OVERSEAS NEWS – EAST ASIAN GAMES, HONG KONG, 10-13 DECEMBER 2009

The 5th East Asian Games were held at the Tseung Kwan Sports Ground in Hong Kong from 10-13 December. The 20km racewalks were contested on the morning of Thursday 10th December (Day 1) in what I expect would have been typically hot Hong Kong weather.

In the men's race, Yu Wei, a 22-year-old walker from China had an interesting duel with Japan's Koichiro Morioka. Wei was the silver medallist at the last Asian Race Walking Championships held in Nomi city, earlier this year, while Morioka, a double bronze medallist from the 2005 and 2007 World University Games, entered with the intention of improving his fifth-place finish from the last edition of the East Asian Games in Macao. Morioka achieved his aim but lost the battle for the title with Wei edging him by a second to win in 1:26:46. Kim Hyunsub, the Korean national record-holder, was third, ten seconds behind.

In a similarly close contest in the women's 20km, Li Yanfeng, the silver medallist in this year's Chinese National Games, pushed Japan's Asian silver medalist Kumi Otsoshi into second spot by seven seconds.

20Km Race Walk Men

1. Yu Wei CHN 1:26:46, 2. Koichiro Morioka JPN 1:26:47, 3. Kim Hyunsub KOR 1:26:59;

20Km Race Walk Women

1. Li Yanfei CHN 1:35:33, 2. Kumi Otoshi JPN 1:35:40, 3. Yang Mingxia CHN 1:45:06

NATIONAL 20KM CHAMPIONSHIP UPDATE

I am still monitoring the AA website for some comprehensive info and entry procedures on next February's Australian 20km championship races in Hobart but I have confirmed the course. Local event organiser Brian Roe has commented as follows:

It is on the foreshore surrounded by Constitution Dock, Parliament House and Salamanca Place, so basically right in the centre of Hobart. Looking forward to having you and your colleagues here.

*Regards
Brian*

This is superb – we couldn't get a more central spot to showcase our sport. I believe that the area will be closed off in preparation for a triathlon on the Sunday morning and we will therefore be able to use it on the Saturday evening. And I expect conditions to be perfect!

FROM THE ARCHIVES

I have recently been chatting via email with Adrian Hack, the grandson of T. E. (Tommy) Hammond who was one of Britain's finest walkers of the early 20th century and who represented England in the 1908 Olympic 10 Mile Walk. He had read my article on Tommy (see <http://www.vrwc.org.au/tim-archive/wo-tommy-hammond.pdf>) and was keen to chat. He has since forwarded me a number of images which I intend to incorporate into my biography and he has directed my attention to a number of internet websites that mention his grandfather. One of those links is <http://www.oldredhill.com/?goto=londonroadredhill>. This website features pictures of the old London Road and the top of the list is the following one of Tommy Hammond on his way back to London after shattering all records in the 1907 London to Brighton and return.



Brighton And Back Walk June 21st - 22nd 1907

Time: 18 hours 13 minutes 37 seconds

Distance: 104 miles

Mr T.E. Hammond passing through Redhill on the return journey after completing 90 miles.

He beat the record by over two hours.

Photo reproduced with permission of Mr Paul Walters - <http://www.oldredhill.com>

WHAT'S COMING UP

We now have a break from competition until Victorian Shield competition restarts on Saturday 9 January. All the very best to everyone for the Christmas break – enjoy the Christmas pudding but don't forget to keep training!

DATES...DATES...DATES

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

Sat 9 Jan 2010	Athletics Victoria Shield competition resumes at all venues.
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)