



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 17
19 January 2010



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A.V. SHIELD COMPETITION

AV Shield competition continued on Thursday evening at Murrumbeena and Moonee Ponds and on Saturday at the other 4 Victorian venues. With 113 walkers in action, it made for impressive reading.

AV Shield Round 10 South East Region, Duncan MacKinnon Reserve, Murrumbeena, Thursday 15 January 2010

Rhydian Cowley dominated at Murrumbeena with a very fast 8:14. Bradley Simpson was also in great form, doing a big 30+ sec PB time of 8:52. Further back in the field, Amelia Finnegan walked a very strong 9:46 while Hilary Brazel did a 4 sec PB with 9:50. With 30 walkers in action, it was our equal biggest venue.

2000m Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY	8:14.0
2.	Simpson, Bradley	M	KNOX ATHLETI	8:52.0
3.	O'Mahony, Michael	M	KNOX ATHLETI	9:22.9
4.	Finnegan, Amelia	W	KNOX ATHLETI	9:46.9
5.	Brazel, Hilary	W	ATHLETICS NU	9:50.1
6.	Felton, Matthew	M	KNOX ATHLETI	9:51.9
7.	Irshad, Kylie	W	UNATTACHED	9:56.3
8.	Carr, Heather	W	EAGLEHAWK YM	10:10.4
9.	Riddoch, Clyde	M	ATHLETICS WA	10:15.0
10.	Irshad, Jasmine	M	UNATTACHED	10:39.3
11.	Attard, Bianca	W	KNOX ATHLETI	11:05.2
12.	Taylor, Lucas	M	UNATTACHED	11:16.3
13.	Guy, Rebecca	W	CASEY CARDIN	11:22.4
14.	Steed, Gwen	W	MENTONE	11:48.0
15.	Osmand, Kym	M	OAKLEIGH	11:49.6
16.	Hallett, Nicole	W	CASEY CARDIN	12:02.1
17.	Maudsley, Fiona	W	ATHLETICS WA	12:15.0
18.	Guy, Rachael	W	CASEY CARDIN	12:15.3
19.	Sanders, Jade	W	CASEY CARDIN	12:19.0
20.	Hutton, Philip	M	GLENHUNTLY	12:20.4
21.	Goodings, Liana	W	ATHLETICS WA	12:42.6
22.	Attard, Michaela	W	KNOX ATHLETI	13:08.6
23.	Huntley, Zoe	W	KNOX ATHLETI	13:41.9
24.	Morrison, John	M	SANDRINGHAM	13:49.5
25.	Van Dongen, Rupert	M	CASEY CARDIN	13:54.8
26.	Eastwood, Jemma	W	INV	15:29.9
27.	Zeleznikow, John	M	GLENHUNTLY	17:32.6
	De Pasquale, Joel	M	KNOX ATHLETI	DNF
	Woodman, Lawrence	M	GLENHUNTLY	DQ
	Harrison, Lindsay	M	ATHLETICS WA	DQ

AV Shield Round 10 North West Region, Moonee Valley Athletics Centre, Moonee Ponds, Thursday 14 January 2010

Paul Kennedy won as usual at Essendon with an excellent 9:06 while James Seid Christmass, up from Geelong for an invitation walk, had a good battle with Trenton Hawkins, eventually beating him by 3 secs, 9:26 to 9:29. Aaron McDonough had yet another PB with 9:36 while Connor McShanag took a further 10 secs of his PB with 10:02. And not to be outdone, Duncan Knox did a season best with 10:13. Justi Roseman was the fastest lady with 11:01 ahead of Nardene Hammond with 11:11.

3000m Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:06.5
2.	Seid-Christmass, James	M	CORIO	9:26.9
3.	Hawkins, Trenton	M	PRESTON	9:29.9
4.	McDonough, Aaron	M	PRESTON	9:36.0
5.	McShanag, Connor	M	ATHLETICS ES	10:02.0

6.	Knox, Duncan	M	ATHLETICS ES	10:13.8
7.	Cosic, Filip	M	ATHLETICS ES	10:46.8
8.	Elms, Jason	M	ATHLETICS ES	10:57.6
9.	Roseman, Justijana	W	ATHLETICS ES	11:01.5
10.	Hammond, Nardene	W	ATHLETICS ES	11:11.6
11.	Elms, Donna	W	ATHLETICS ES	11:32.3
12.	Bertrand, Carly	W	KEILOR ST BE	11:34.1
13.	Wallace, Anna	W	ATHLETICS ES	11:40.4
14.	Shaw, Robyn	W	WESTERN ATHL	12:16.1
15.	Bertrand, Georgia	W	INV	12:24.4
16.	Campbell, Rebecca	W	ATHLETICS ES	12:28.7
17.	Campbell, Caitlin	W	ATHLETICS ES	12:51.9
18.	McLaren, Stacey	W	ATHLETICS ES	12:53.1
19.	Upton, Ian	M	KEILOR ST BE	13:04.0
20.	Henderson, Keely	W	PRESTON	14:57.3
21.	Stobaus, Anne	W	KEILOR ST BE	15:24.6
22.	Ireland, Roslyn	W	BRUNSWICK	15:26.6
23.	Rickard, Ian	M	BRUNSWICK	16:29.6
	Beaumont, Hamish	M	MELBOURNE UN	DQ

AV Shield - Round 10 East Region, Hagenauer's Reserve, Box Hill, Saturday 17 January 2010

Rhydian Cowley, not content with his 8:14 on Thursday evening, walked by invitation at Box Hill two days later and cleaned them up with an almost identical time of 8:16. Andrew Jamieson was the best of the locals with 9:32 while Hilary Brazel, who also walked on Thursday evening, was next to finish with 9:50.2, only 0.1sec slower than her previous race. And Kylie Irshad who did 9:56 on Thursday, walked even faster in this race with 9:52.

2000m Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY	8:16.6
2.	Jamieson, Andrew	M	OLD SCOTCH C	9:32.0
3.	Brazel, Hilary	W	ATHLETICS NU	9:50.2
4.	Irshad, Kylie	W	UNATTACHED	9:52.4
5.	Irshad, Jasmine	M	UNATTACHED	10:40.5
6.	Mason, Ella	W	BOX HILL	11:08.5
7.	Laurie, Natalie	W	ATHLETICS NU	11:08.9
8.	Benke, Geza	M	OLD MELBURNI	11:15.1
9.	Hammett, Gary	M	DIAMOND VALL	11:23.9
10.	Gardiner, Bob	M	COLLINGWOOD	11:26.6
11.	Sofianos, Gerald	M	ST KEVINS	11:28.6
12.	Garganis, Adam	M	COLLINGWOOD	11:29.6
13.	Elms, Donna	W	ATHLETICS ES	11:30.7
14.	Jack, Clarrie	M	RICHMOND HAR	11:34.3
15.	Noonan, Patrick	M	ST KEVINS	11:38.1
16.	Worsnop, Christopher	M	OLD XAVERIAN	12:00.6
17.	Facey, Stuart	M	OLD SCOTCH C	12:01.5
18.	Summers, Harry	M	BOX HILL	12:39.3
19.	Owen, Cooper	M	DIAMOND VALL	12:54.5
20.	McDonald, Ben	M	ST KEVINS	13:03.5
21.	Walburg, Kirsten	W	DONCASTER	13:07.2
22.	Ellis, Robert	M	RICHMOND HAR	13:18.9
23.	Van Dongen, Rupert	M	CASEY CARDIN	13:34.2
24.	Laurence, Peter	M	DIAMOND VALL	14:20.1
25.	Carre, Simone	W	BOX HILL	14:22.8
26.	Garganis, Hannah	W	COLLINGWOOD	15:39.4
27.	McNair, David	M	ST STEPHENS	16:17.7
28.	Walsh, Anthony	M	OLD XAVERIAN	18:42.5
	Buckle, Ailsa	W	COLLINGWOOD	DNF
	Gardner, Neville	M	BOX HILL	DQ

AV Shield - Round 12 Bendigo Region, La Trobe University Athletics Complex, Bendigo, Saturday 17 January 2010

Jeremiah Jones won the 1500m in Bendigo with 8:34 while Josh Savage won the 3000m with 17:54 ahead of Annette Major with 18:17.

1500m Race Walk

1.	JONES, JEREMIAH	M	EAGLEHAWK YM	8:34.31
2.	MINCHIN, LISA	W	UNATTACHED	12:00.35

3000m Race Walk

1.	SAVAGE, JOSHUA	M	EAGLEHAWK YM	17:54.02
2.	MAJOR, ANNETTE	W	EAGLEHAWK YM	18:17.66

3.	CAMPBELL, GRACE	W	EAGLEHAWK YM	19:35.77
4.	WILSON, JESSEY	W	EAGLEHAWK YM	19:37.16
5.	WELLARD, IAN	M	BENDIGO YMCA	21:58.91
6.	WATSON, JOHN	M	BENDIGO YMCA	22:50.23
7.	JONES, EBONY-JADE	W	EAGLEHAWK YM	23:15.70

AV Shield - Round 12 Geelong Region, Landy Field, South Geelong, Saturday 17 January 2010

Daniel Payne showed a welcome return to the track at Geelong with 14:21, ahead of Nicholas Mirarchi and Tyne Boddy. James Seid-Christmass was the fastest over the 1500m distance with 7:10, just ahead of Jared Larkins with 7:14.

3000m Race Walk

1.	Payne, Daniel	M	Corio	14:21.2
2.	Mirarchi, Nicholas	M	Corio	15:21.2
3.	Boddy, Tyne	W	Corio	16:52.4
4.	Brunton, Caitlin	W	Corio	17:35.5
5.	Lockwood, Jade	W	Corio	23:07.8
	Walker, Jared	M	Corio	DQ

1500m Race Walk

1.	Seid-Christmass, James	M	Corio	7:10.5
2.	Larkins, Jared	M	Corio	7:14.0
3.	Payne, Emily	W	Corio	8:05.6
4.	Walker, Megan	W	Corio	8:38.3
5.	Filling, Rebecca	W	Bellarine AT	11:45.1

AV Shield - Round 11 Ballarat Region, Llanberris Reserve, Ballarat, Saturday 17 January 2010

With Kelly Ruddick and Rachel Tallent in Canberra, it was left to Andrew Blood to take the honours with 16:16 ahead of Rob Jones 16:30

3000m Race Walk

1.	Blood, Andrew	M	Ballarat Ycw	16:16.20
2.	Jones, Robert	M	Ballarat Ycw	16:30.10
3.	Nunn, Paul	M	Wendouree	16:33.60
4.	Govan, Lee	M	Wendouree	19:46.40
5.	Baker, Nathaniel	M	Ballarat Har	20:46.30
6.	Jones, Peter	M	Ballarat Har	21:01.60
7.	Ruddick, Kevin	M	Ballarat Har	21:36.30
8.	Brooks, Barry	M	Ballarat Har	21:53.20
9.	Luke, Peter	M	Wendouree	22:14.80
10.	Blood, Timothy	M	Ballarat Ycw	24:26.40

BENDIGO WALKERS CLUB RESULTS, ROSALIND PARK, BENDIGO, WEDNESDAY 13 JANUARY 2010

Thanks to Paul Rance for the following report of the Bendigo Walkers Club weekly racewalking competition.

The Bendigo Walkers Club's 2009-10 Summer Season of race walking re-commenced in Rosalind Park on Wednesday evening with the Club's Tri event being held. Athletes scored points in 3 different categories as they raced over 2 different distances. The short distance competitors contested an 800m nominated time and even pace event and after a short rest competed over 1200m sealed handicap. The long distance athletes raced over 1600m nominated time and even pace and also contested a 2400m sealed handicap.

In the short distance competition Jamie-Lee Jones scored her 3rd win for the Season as she gained excellent points with victories in the nominated time and even pace sections with Grace Edlin taking 2nd place overall with a solid win in the sealed handicap where she also took fastest time honours and Ebony-Jade Jones took 3rd place in the overall standings.

A strong field lined up in the long distance event with the overall result seeing a dead heat between Ebony Whiley and Catherine Heard with Annette Major and Eddie Rowan dead heating for 3rd place.

The category winners were Ebony Whiley in the nominated time, Catherine Heard in the even pace while Annette Major scored a comfortable win in the sealed handicap section while Ebony Whiley took the fastest time award.

Short distance 800m even pace and nominated time: Grace Edlin 4.53, Ebony-Jade Jones 5.30, Jamie-Lee Jones 7.10

Short distance 1200m sealed handicap: Grace Edlin 6.43, Ebony-Jade Jones 8.28, Jamie-Lee Jones 10.46

Overall standings: Jamie-Lee Jones 9 points, Grace Edlin 7 pts, Ebony-Jade Jones 5 pts

Long distance 1600m even pace and nominated time: Jeremiah Jones 9.05, Annette Major 9.41, John Carter 10.35, Amanda Heard 12.13, Ebony Whiley 12.13, Grace Campbell 12.13, Annette Curtis 12.43, Eddie Rowan 12.43, Catherine Heard 12.55, Colin Cleary 13.18, Norm West 13.43

Long distance 2400m sealed handicap: Ebony Whiley 12.53, Amanda Heard 13.03, Jeremiah Jones 13.44, Annette Major 13.45, Grace Campbell 15.20, John Carter 16.03, Colin Cleary 17.08, Annette Curtis 17.37, Catherine Heard 17.40, Eddie

Rowan 17.50, Norm West 20.03

Overall standings: Ebony Whiley eq. 1st 26 pts, Catherine Heard eq 1st 26 pts, Annette Major eq. 3rd 24 pts, Eddie Rowan eq. 3rd 24 pts, Annette Curtis 5th 20 pts, Colin Cleary eq. 6th 19 pts, John Carter eq. 6th 19 pts, Amanda Heard 8th 17 pts, Jeremiah Jones 9th 13 pts, Grace Campbell 10th 9 pts, Norm West 11th 7 pts

INTERSTATE RESULTS

1500m walk, WA Athletics Stadium, Friday 8 January 2010

Thanks to Rick Catermole for the latest WA results – Clay Foster continues to lead the way with some fast walking.

1.	Clay Foster	M	Westrack	6.39.90
2.	Mathew Gooch	M	AWA	7.15.80
3.	Jacqueline Smith	F	Curtin	7.36.10
4.	Emily Clauson	F	Curtin	7.49.90
5.	Brooke Barritt	F	AWA	7.54.60
6.	Michelle Butler	F	Westrack	7.58.40
7.	Kimberley Smith	F	AWA	8.02.90
8.	Eldon George	M	Masters	8.54.80

Denise Boyd Shield, State Athletics Facility, QSAC, Brisbane, Saturday 16 January 2010

Thanks to Peter Aiton for the latest Queensland results from last Saturday.

Women 1500 Meter Race Walk Under 14

1.	Benzenati, Kenza	13	GCV	7:52.86
2.	Sims, Jesse	13	ATN	8:36.37

Women 3000 Meter Race Walk Under 16

1.	Morssinkhof, Amy	14		16:18.41
2.	Martin, Katya	13	GCV	16:40.13
3.	Carroll, Tess	14	RED	19:04.56

Women 3000 Meter Race Walk Under 18

1.	Sorensen, Courtney	17	RED	17:31.13
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Women 5000 Meter Race Walk Under 18

1.	Pickles, Jessica	16	JIM	27:16.87
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Boys 1500 Meter Race Walk Under 16

1.	Osborne, Jesse	15	STR	6:23.79
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Boys 3000 Meter Race Walk Under 18

1.	Buckler, Corey	16	STR	15:22.86
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Boys 5000 Meter Race Walk Under 18

1.	Tesch, Ben	14	STR	26:23.63
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Boys 5000 Meter Race Walk Under 20

1.	Dewar, Brandon	18	QRW	24:53.28
2.	Dewar, Nick	18	QRW	25:40.80

ANSW Permit Meet, Blacktown City Athletics Club, Wednesday 13 January 2010

Thanks to Judy Bettiol for the latest NSW track results - our NSW walkers were in action last Wednesday evening at Blacktown in an ANSW track meet. Kyle Malone is back on the track after an extended layoff and was the best over 1500m with 7:05.03 while Cheryl Webb showed that she is on track for the National 20km championship next month with a very fast 13:07.2 for the 3000m. Jordan Mulhearn was the best of the boys over 3000m with a very good 13:45.6 (1 sec PB?). It was also good to see Amy Bettiol with 15:01.0 and Shannon Jennings back on the track after a quite summer.

1500m Walk - Mixed

1.	K Malone	Nepean	7.05.03
2.	J Cobb	Blacktown	7.46.54
3.	E Dhu	Blue Mountains	8.27.58
4.	P Estrada	Blue Mountains	8.32.19
5.	A Dhu	Blue Mountains	8.40.53
6.	A Beasley	Nepean	8.55.30
7.	D Southern	Asics West	9.31.31
8.	C Porley	Blue Mountains	9.31.53
9.	S Nolland	Kings Langley	9.46.06
10.	S Kelland	Ryde	10.01.42
11.	R Dhu	Blue Mountains	10.03.50

3000m Walk - Mixed

1.	C Webb	Blacktown	13.07.2
2.	J Mulhearn	Sydney Uni	13.45.6
3.	S Washburn	Nepean	14.15.6
4.	N Fazldad	Asics West	14.33.0
5.	C Lockwood	Nepean	14.34.5
6.	A Bettioli	Sydney Pacific	15.01.0
7.	S Jennings	Nepean	15.32.2
8.	K Klein	Asics West	15.51.7
9.	S Southern	Asics West	15.53.2
10.	A Santa Maria	Blue Mountains	16.12.2
11.	T Porley	Blue Mountains	17.29.6
12.	J Dhu	Blue Mountains	18.55.4

LATEST UPDATE ON THE AUST-U23 vs NEW ZEALAND MATCH

First to the question on everyone's mind – will the Hobart events be on the Saturday evening or the Sunday morning. I have just crossed bases with David Gynther at AA and he tells me that he is still trying unsuccessfully to reach a resolution with the Tasmanian Govt, given that the National Series Triathlon has been cancelled. He is being told now that a decision will be made on Thursday 21 January. I know that the uncertainty makes travel arrangements difficult but hopefully not too much longer!

And now onto some great news. The New Zealand selection trial for the 20km Teams Contest with our Aust-U23 team was held on Sunday 10th January, at Waitakere in Auckland. It was supposed to be a road event but had to be changed to a track event at very short notice after the expected course became unavailable. The undoubted "Star" was Canterbury's 19-year-old Kate Hewitt. After giving notice of her form by setting a new Zealand W19 record two weeks before, Kate took immediate control of the Women's field and easily won the 20k Trial in 1:48:49. Finishing second in the Women's race was Otago's Rosie Robinson in a very creditable 1:52:00 with Alana Barber (Auckland) in her first year back in Race Walking in 3rd place. A big shock in the Men's race was the disqualification of both Quinten Rew and Scott Nelson - our best male prospects. Quinten had finished the 20k in 1:35 (approx.) when the third Red Card was posted but Scott was DQ'ed halfway through the race. That left Eric Kempsey, Mike Parker and Graeme Jones to take the placings.

The full results and race report have been extracted from Bart Jones' excellent new Racewalking New Zealand website <http://www.racewalkingnewzealand.org/>

Women

Kate Newitt (Canterbury)	1:48:49
Rosie Robinson (Otago)	1:52:00
Alana Barber (Auckland)	1:56:33
Kelly Mabbett (Waikato/BOP)	2:01:51
Nyle Sunderland (Nelson)	2:03:20
Sue Hoskin (Manawatu/Wanganui)	2:10:08
Maggie Bradley (Auckland)	2:23:38
Shirley Barber (Auckland)	2:25:35

Men

Eric Kemsley (Taranaki)	1:49:35
Mike Parker (Auckland)	1:51:30
Graeme Jones (HB/Gisborne)	1:53:58
David Sim (Auckland)	1:57:39
Russell Smyth (Waikato/BOP)	2:03:49

Athletics NZ duly announced a full team of 8 walkers to compete against our Australian U23 walkers. This is fantastic news for New Zealand Walking and great news for the whole teams match concept.

Men	Eric Kemsley	Women.	Kate Newitt
	Mike Parker		Rosie Robinson
	Quentin Rew		Alana Barber
	Scot Nelson		Kelly Mabbitt

Then to top it off, Athletics New Zealand announced on Monday 18th January 2010 that they would send these same 8 walkers to the World Cup in May. Here is their press release:

NEW ZEALAND WORLD CUP WALKING TEAM ANNOUNCED

New Zealand team to the World Race Walking Cup Full teams have been selected to represent New Zealand in the 20km walk at the World Race Walking Cup in Mexico in May.

Quentin Rew of Hastings, the national 10km, 20km and 50km walking champion, heads the men's team. He is joined by Eric Kemsley of New Plymouth, Mike Parker of North Shore and Scott Nelson of Tauranga. Nelson has been named by the selectors but is subject to final confirmation by the selectors. Parker was selected for the 1980 Moscow Olympic Games and Nelson has returned to the sport after competing at the 1996 Atlanta Olympic Games and winning the bronze medal in the 30km walk at the 1994 Victoria Commonwealth Games. He also competed at the 1993, 1995 and 1997 world championships.

Kate Newitt of Christchurch, the national 3000m track walk and W19 10km walking champion and New Zealand W19 5000m and 10,000m record holder heads the women's team. Also selected are Roseanne Robinson of Dunedin, Alana Barber of Auckland and Kelly Mabbett of Hamilton. Robinson is the New Zealand W19 3000m track walk and W19 5km

walk champion. Barber is the national 10km and 50km road walking champion.

The women's 20km race at the IAAF 24th World Race Walking Cup in Chihuahua Mexico will be held on 15 May and the men's 20km on 16 May.

Murray McKinnon
Communications Advisor
Athletics New Zealand

TRAINING IN CANBERRA

As mentioned last week, a large number of our top walkers have converged on Canberra this month for some serious training. I was lucky enough to catch some of them in action during a tough interval session at Kaleen last Thursday..



Jared Tallent, Dane Bird-Smith, Brendon Reading, Ian Rayson, Ato Ibáñez and Beki Lee step out



Chris Erickson, Regan Lamble, Kelly Ruddick, Beth Alexander, Rachel Tallent and Sean Fitzsimons at full speed

CHANGE OF ADDRESS OF THE RACEWALKING AUSTRALIA WEBSITE

The costs for hosting our Racewalking Australia website have risen markedly this year so I have moved it to a new service provider and taken the opportunity to change the DNS address to something a little easier to remember. So it is no longer to be found at <http://www.racewalkingaustralia.com.au>. It is now to be found at <http://www.rwa.org.au>. It still looks just the same – from a user's perspective, it is just a new address.

Of course, the RWA results website continues to be found at <http://racewalkaustralia.com>. This results website has now been updated to handle 2010 results and the first few 2010 results are now online. Remember to keep sending your walking results to me – if not, they may miss out getting posted.

2010 AUSTRALIA CUP, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 30 JANUARY 2010

The next big race of the summer kicks off in Canberra on Saturday 30 January and it will see most of our top walkers in action, along with some Swedish and Mexican competitors. The list reads like a who's who of Australian walking and if conditions are good, we can expect to see some fantastic times. The provisional start lists are

**Event 22 Men 5000 Metres Race Walk Invitation Open
Saturday 30/01/2010 - 5:34 PM**

1	Luke Adams	Ais
2	Dane Bird - Smith	Qrwc
3	Daniel Coleman	Tas
4	Rhydian Cowley	Vic
5	Nathan Deakes	Ais
6	Sean Fitzsimons	Ais
7	Adrian Herrera	Mex
8	Ato Ibañez	Swe
9	David Mejia	Mex
10	Derek Mulhearn	Nsw
11	Ian Rayson	Nswis
12	Brendon Reading	Act
13	Michael Reading	Ais
14	Adam Rutter	Ais
15	Eder Sanchez	Mex
16	Blake Steele	Una
17	Jared Tallent	Ais
18	Steven Washburn	Nsw

**Event 23 Women 5000 Metres Race Walk Invitation Open
Saturday 30/01/2010 - 5:34 PM**

1	Beth Alexander	Vic
2	Lauren Bourke	Gosford
3	Amy Burren	Malvern Harriers
4	Nicole Fagan	Nsw
5	Jessica Heazelwood	Nsw
6	Jillian Hosking	Act
7	Regan Lamble	Ais
8	Bekki Lee	Nsw
9	Mari Olsson	Swe
10	Jessica Rothwell	Vis
11	Megan Szirom	SA
12	Claire Tallent	Ais
13	Rachel Tallent	Vic
14	Kellie Wapshott	Ais
15	Cheryl Webb	Nswis

WHAT'S COMING UP IN VICTORIA

Our Metropolitan venues are in action next week with Round 11 of Shield competition but the country venues are not hosting competitions because of the Victorian Country Track and Field Championships which are being held in Newborough over the weekend.

Thurs 21/01	AV Shield - Round 11 (SOUTHEAST REGION)	Ballam Park Athletic Track, Frankston
Thurs 21/01	AV Shield - Round 11 (EAST REGION)	Bill Sewart Athletics Track, Burwood
Thurs 21/01	AV Shield - Round 11 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
22-24 Jan	Victorian Country Athletics Championships	Joe Carmody Athletic Track, Newborough

And a reminder that entries are now still open for the **3000m handicap racewalk to be held in conjunction with the V.A.L. meet at St Albans (Melbourne) on Saturday 30 January 2010**. See <http://www.vrwc.org.au/VAL-3000m.pdf> for full details of the event as well as an entry form. Monetary prizes of \$200, \$100 and \$50 are to be awarded to the first 3 walkers in the handicap event. Entries should be made payable to V.R.W.C. This is an exciting venture for us and gives us a chance to showcase our sport in front of a new audience. Mark Donahoo tells me that we still have plenty of spots available so it's not too late to get your entry in.

DATES...DATES...DATES

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

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 3000m handicap walk at the Victorian Athletic League meet at St Albans, 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
Sat 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 (walks in all divisions)
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 Highlights

Mar 1-6, 2010 **WMA World Indoor Championships, Kamloops, Canada** (3000m and 10000m walks)
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

2010 – Other International Opportunities

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)

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**

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au Home: 03 90125431 Mob: 0412 257 496

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