



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VICTORIAN UNDERAGE CHAMPS, OLYMPIC PARK, 26-28 FEBRUARY 2010

Last weekend saw the Victorian U14-U20 Track and Field championships contested at Olympic Park in Melbourne. While Friday evening was hot, the remainder of the weekend was relatively cool and conditions were good for walking. Unfortunately the walk fields were relatively small as were many other fields. It is fair to say that most athletes in the U14-U146 age groups prefer to compete at Little Athletics level where the age groups suit them better. With AV following the AA lead and taking athlete ages as of 31 December 2010, many younger athletes feel that they are being forced to compete above their age groups and they vote accordingly with their feet and bypass these championships.

Anyway, enough analysis, onto the results. The U17-U20 5000m walks were held at 5:30PM on Friday evening in temperatures around 34°C and the early pace soon slowed to a relatively pedestrian pace for most of the field as the heat took its toll. One walker who seemed unaffected was Rhydian Cowley (U20) who lapped the whole field on his way to a fine time of 21:52. Next to finish was Brad Simpson (U18) who paced himself well to come home in 24:51. Beth Alexander (U20) was the fastest of the girls with 25:17. Lewis Clark (U17) also recorded a good time of 25:45 in winning the U17 men's event while Natalie Laurie had her first championship walk in quite some time and did well to come second behind Beth in the U20 walk with 28:50.



U17 and U18 medallists Joshua Kaiser, Brad Simpson, Josh Dillon, Lewis Clark, Ella Mason, Caitlin Campbell and Michaela Attard (the U20 walks were non-championship events)

Men 5000 Meter Race Walk Under 17

1.	Clark, Lewis	94	Athletics Chilwell	25:45.75
2.	Dillon, Joshua	94	Corio	28:25.28
	Felton, Matthew	94	Knox Athletics	DQ

Men 5000 Meter Race Walk Under 18

1.	Simpson, Bradley	93	Knox Athletics	24:51.38
2.	Kaiser, Joshua	93	Frankston	27:57.23 PB 2:54
	Sloan, Dylan	93	LA Seaford	DQ

Men 5000 Meter Race Walk Under 20

1.	Cowley, Rhydian	91	Glenhuntly	21:52.14
2.	Cosic, Filip	92	Athletics Essendon	28:05.50

Women 5000 Meter Race Walk Under 17

1.	Campbell, Caitlin	94	Athletics Essendon	29:18.58
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2.	Mason, Ella	94	Box Hill	30:36.88
	Burren, Amy	94	Malvern Harriers	DNF

Women 5000 Meter Race Walk Under 18

1.	Attard, Michaela	93	Knox Athletics	33:17.39
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Women 5000 Meter Race Walk Under 20

1.	Alexander, Beth	92	Knox Athletics	25:17.83
2.	Laurie, Natalie	91	Athletics Nu	28:50.70
3.	McInnes, Simone	91	Glenhuntly	31:20.98

The Under 14 1500m walks were held at 11AM on Saturday morning in much cooler conditions. Billy Allamby lead early but then settled back to walk comfortably to a win ahead of Cooper Owen in the boy's walk. Jasmine Irshad and Jemima Montag came through strongly to pass first Cooper and then Billy. Little separated them throughout the race and a final sprint up the home straight was needed to decide the winner – Jasmine with 7:08.69 ahead of Jemima with 7:09.07. Both girls walked huge PBs and provided us with a great spectacle. There was confusion in the boys' walk as Jeremiah Jones was told he had been DQ'd and stood aside for the medal presentations, only to be told afterwards that he had in fact not been rubbed out and had actually taken third place.

Women 1500 Meter Race Walk Under 14

1.	Irshad, Jasmine	97	SCA	7:08.69	PB 28 secs
2.	Montag, Jemima	98	Maccabi	7:09.07	PB 22 secs
3.	Eastwood, Jessie	97	Knox Athletics	7:36.03	
4.	Hamilton, Emily	98	LA Knox	7:53.53	
5.	Guy, Rachael	99	Casey Cardin	8:01.55	
6.	Sanders, Jade	97	Casey Cardin	8:03.91	

Men 1500 Meter Race Walk Under 14

1.	Allamby, Billy	97	Knox Athletics	7:17.18
2.	Owen, Cooper	98	Diamond Valley	7:27.32
3.	Jones, Jeremiah	97	Eaglehawk YMCA	7:59.88
4.	Garganis, Adam	97	Collingwood	8:14.22
5.	Vella, Casey	97	LA Casey	8:19.47



Left: Cooper Owen, Jemima Montag, Jasmine Irshad and Billy Allamby in action

Right: Presentations – Cooper Owen, Billy Allamby, Adam Garganis, Jemima Montag, Jasmine Irshad and Jessie Eastwood

The U15 and U16 2000m walks were held on Sunday morning in good conditions. Amelia Finnegan (U16) led from the start and powered through to a very good time of 15:00.54 ahead of Bianca Attard (U16) who started at the back of the field but then stormed home for a 24 sec PB time of 15:34.55. Sarah Burren was the standout walker in the U15 girls' event with her time of 15:32.08. Ryan Antidormi (U16) with 15:27.75 and Connor McShanag (U15) with 15:49.35 were the other winners.

Men 3000 Meter Race Walk Under 16

1.	Antidormi, Ryan	95	Athletics Nu	15:27.75
2.	Savage, Joshua	95	Eaglehawk YMCA	18:06.22

Men 3000 Meter Race Walk Under 15

1.	McShanag, Connor	96	Athletics Essendon	15:49.35	
2.	Taylor, Lucas	96	LYR	16:15.29	PB 10 secs

Women 3000 Meter Race Walk Under 16

1.	Finnegan, Amelia	95	Knox Athletics	15:00.54	
2.	Attard, Bianca	95	Knox Athletics	15:34.55	PB 24 secs

3.	Whiley, Ebony	95	Eaglehawk YMCA	16:01.31
4.	Heard, Amanda	95	Eaglehawk YMCA	16:10.93
5.	Callaway, Jessica	95	Knox Athletics	16:23.97
6.	Albert, Ashley	95	Malvern Harriers	16:39.87

Women 3000 Meter Race Walk Under 15

1.	Burren, Sarah	96	Malvern Harriers	15:32.08
2.	Whitelaw, Billie	92	Mornington P	16:31.80
3.	Guy, Rebecca	96	Casey Cardin	16:43.98
4.	Stadus, Lauren	96	Knox Athletics	16:58.57
5.	Bertrand, Carly	96	Keilor St Bernards	17:45.26



Medallists Joshua Savage, Ryan Antidormi, Bianca Attard, Amelia Finnegan, Ebony Whiley, Lucas Taylor, Connor McShanag, Billie Whitelaw, Sarah Burren and Rebecca Guy

SYDNEY TRACK CLASSIC, SYDNEY OLYMPIC PARK, SATURDAY 27 FEBRUARY 2010

Once again, the Sydney Track Classic featured 5000m walks for men and women. Only a small number of our elite walkers made the trip and they were lucky enough to get just about perfect walking conditions with the 7PM start time last Saturday evening.

In the men's event, the first lap was a pedestrian 1:36 with no one willing to hit out. Luke Adams then took up the challenge, pushed the pace down and led the field through for the next couple of kms at a quicker cadence. Luke, Jared, Adam and Nathan were all together at the half way mark when Jared pounced from the back and took off, reeling off a series of sub 1:30's to split the group asunder. His final time of 18:51 could have been faster if he had wanted to push the pace earlier but I am sure he was still satisfied with the win. Luke came home like a train, recording a 3:38 last kilometre to take second with a 3 sec PB time of 18:56. Adam held on for third in a fast 19:13 while Nathan showed more glimpses of his returning form as he took 4th with a good 19:25. Dane Bird-Smith, still only 17, took 5th with an 11 sec PB time of 20:10 while fellow junior Sean Fitzsimons also took more time off his PB, coming in next with 21:13. Chris Erickson, after going with the lead group early, was forced to retire mid race, the result of a niggle picked up soon after his 19:33 win in the Vic 5000m last week.

Men 5000 metres Race Walk Open

1.	Jared Tallent	AIS	18:51.39	
2.	Luke Adams	AIS	18:56.67	PB 3 secs
3.	Adam Rutter	AIS	19:13.05	
4.	Nathan Deakes	AIS	19:25.25	
5.	Dane Bird-Smith	QLD	20:10.40	PB 11 secs
6.	Sean Fitzsimons	AIS	21:13.09	PB 15 secs
7.	Brendon Reading	ACT	21:45.80	
	Chris Erickson	AIS	DNF	
	Ian Rayson	NSWIS	DQ	

The women's 5000m saw 2008 Olympian Kellie Wapshott continue her comeback with an impressive 22:05. Claire Tallent walked her usual solid race for second with 22:47 while junior Regan Lambie took third with an equal PB time of 23:15.

Women 5000 metres Race Walk Open

1.	Kellie Wapshott	AIS	22:05.42	
2.	Claire Tallent	AIS	22:47.29	
3.	Regan Lambie	AIS	23:15.94	equal PB
4.	Nicole Fagan	NSW	23:56.71	
	Megan Szirom	SA	DNF	

There are some great photos on the Runners Tribe website - just point your browsers to the following links

- <http://www.runnerstribe.com/photo/gallery/album/id/31/page/3>
- <http://www.runnerstribe.com/photo/gallery/album/id/31/page/4>
- <http://www.runnerstribe.com/photo/gallery/album/id/31/page/5>



Claire Tallent, Kellie Wapshott, Luke Adams, Nathan Deakes and Jared Tallent in Sydney (<http://www.runnerstribe.com>)

That 3 sec PB by Luke does improve his time in the All-Time Ranking list but he remains in 6th place for the time being, just behind Adam Rutter. Here is an updated list of all those Australian walkers who have broken 20:00:00 for the 5000m track walk.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
8	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
9	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
10	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
11	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
12	19:38.22	Troy Sundstrom	N	30/05/1984	3	Sydney	19/02/2000	15
13	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
14	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
15	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
16	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
17	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
18	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17

SOUTH AUSTRALIAN INTERCLUB RESULTS

Thanks to Peter Crump for the latest South Australian report

Athletics SA Inter Club Meet, Santos Stadium, Adelaide, Saturday 20 February 2010

Saturday the 20th saw an abridged morning program, and a shorter 1500m distance, as a result of the excessive temperatures, and only a small field turned up. Despite the small field, Blake Steele came within a second of the State U18 record.

1. Kim, Mottrom 06:37.6
2. Kristie, Goznik 07:11.2
3. Allegra, Steele 07:57.0
4. Blake, Steele 05:47.1

Athletics SA Inter Club Finals, Santos Stadium, Adelaide, Saturday 27 February 2010

Saturday 27th saw the first week of InterClub finals, with the 3,000m event for over age and under age competitors. Open competitors entered for the fun of it. Again, Blake Steele showed that he has attained new levels by again breaking the State U18 record for the

distance, having pocketed the 5,000 age record only a few weeks previously. Each of these outings has seen Blake go out on his own, which is a mark of the inner belief and strength that he has developed over recent months. Not to be out-done, Kristy Gosnik walked a season PB for the 3,000 distance. Kim Mottrom again showed that you can still produce good times with a modest training base.

1.	Blake Steele	12:22.7	PB 22 secs and new State U18 record
2.	Kim Mottrom	14:25.7	
3.	Kristie Gosnik	14:57.3	PB 31 secs
4.	Jemma Potezny	16:19.3	
5.	Peter Crump	16:45.6	
6.	Piper Douglas	17:06.9	
7.	Jim Hoare	20:29.2	
8.	Barb Cain	21:18.7	

QUEENSLAND RESULTS

Thanks to Peter Aiton for the following results from Queensland. He commented as follows: *"I was surprised at the times considering it was humid. The 3 boys all did PB's. Jessica Pickles did a PB in a Steeplechase not long before her walk and young Tess Carroll is only new to the walking and done well."*

Gold Coast PB Series #10, Gold Coast City Athletics Track, Sunday 28th February

Women 3000 Metre Race Walk

1.	Pickles, Jessica	16	Jimboomba	16:19.57
2.	Carroll, Tess	14	Redlands	18:32.92

Men 3000 Metre Race Walk

1.	Aiton, Brad	16	Gold Coast Victory	13:10.87	PB 3 secs
2.	Dewar, Brandon	18	Qld Race Walking Club	13:19.00	PB 22 secs
3.	Dewar, Nick	18	Qld Race Walking Club	13:39.14	PB 16 secs

WESTERN AUSTRALIAN RESULTS

Thanks to Terry Jones for the latest from Western Australia

Mixed 1500m Race Walk, Friday 19 February 2010

1.	Hennigan, Dale	M	Athletics WA	6:52.30
2.	Watson, Hannah	W	Curtin	6:53.10
3.	Holt, Kate	W	Melville Roa	7:24.60
4.	Sexton, Andrea	W	Melville Roa	7:53.10
5.	Sexton, Jessica	W	Melville Roa	8:00.70
6.	Butler, Michelle	W	Athletics WA	8:30.50
	Holt, Georgia	W	Melville Roa	DQ

State 20km Walks ChampionshipS, Sunday 21 Feb 2010

1.	Garry Hastie	115.56
	David Smyth	DNF
Women: No Starters		

Mixed 5000m Race Walk, Friday 26 February 2010

1.	Foster, Clay	M	Athletics WA	26:10.2
2.	Watson, Hannah	W	Curtin	27:09.1
3.	Holt, Kate	W	Melville Roa	28:22.2
4.	Smyth, David	M	West Track	29:35.0
5.	Smith, Jacqueline	W	Curtin	29:36.7
6.	Brown, Breanna	W	Athletics WA	30:00.2
7.	Smith, Kimberly	W	Athletics WA	31:00.2
8.	Sexton, Andrea	W	Melville Roa	32:53.0
	Clauson, Emily	W	Curtin	DNF
	Sexton, Jessica	W	Melville Roa	DNF

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 24 FEBRUARY 2010

Thanks to Paul Rance for his usual interesting report from Bendigo

The Bendigo Walkers Club held their last point scoring events for the Summer Season with 800m and 4km sealed handicap races held in Rosalind Park on Wednesday evening.

In the 800m event Dane Heiden scored a strong victory in the sealed handicap section and also took fastest time with Grace Edlin producing an excellent personal best to finish just behind Dane and claim 2nd place with Grace's younger sister

Charlotte finishing 3rd in the handicap with Jeremiah Jones also producing a personal best effort.

The 4km race saw Norm West take his 2nd victory for the Season while Colin Cleary's excellent finish to the Season continued with his 5th straight top 3 finish as he claimed 2nd with another of the Club's consistent walkers John Carter in 3rd place while Ebony Whiley secured the fastest time award.

800m: Dane Heiden 3.42, Grace Edlin 3.43, Jeremiah Jones 3.56, Charlotte Edlin 4.09, Jarrod Coad 4.54, Ebony-Jade Jones 5.31, Jamie-Lee Jones 7.04

4000m: Ebony Whiley 22.54, Josh Savage 24.39, Barb Bryant 26.10, John Carter 26.17, Colin Cleary 28.43, Annette Curtis 29.07, Geoff Major 29.37, Eddie Rowan 31.39, Norm West 32.14, Carol Coad 32.14

Meanwhile at the weekend's Victorian Youth Championships 4 of the Club's members took part with Josh Savage taking 2nd place in the U16 boys 3000m walk in 18.06, Ebony Whiley 16.01 and Amanda Heard 16.10 claimed 3rd and 4th respectively in the U16 girls 3000m while Jeremiah Jones walked to the bronze medal in the U14 boys 1500m with 7.59.

This Wednesday evening the Club will hold their end of Season teams relay at the Latrobe University Bendigo Athletic Complex in Retreat Rd. at 6pm followed by a BBQ tea and presentation of the Season's awards including the coveted Walker of the Year award and Club Champion award. Club members are asked to bring a dessert to share.

AUSTRALIAN MASTERS POSTAL RELAY COMPETITIONS

The AMA Postal Relay Competition is being held over the February/March period with Masters athletes in their own states posting their relay times and then forwarding them to the overall Competition Director for collation. Relays are being contested for 4x100m, 4x400m, 4x800m, 4x800m walk, Shot Putt, Hammer; and Discus. The Victorian 4x800m walk relays were held last Thursday evening with a small number of us assembling at the East Burwood Athletics Track to test ourselves out over the seldom raced 800m distance. I haven't got the overall results but I can advise that Simon Baker, Clyde Riddoch, Paul Kennedy and I lined up as an M50 team, recording a 3200m time of 14:38 and here's the photo to prove it!



4x800m M50 team Paul Kennedy, Simon Baker, Clyde Riddoch and Tim Erickson

SIMON BAKER'S FALLS CREEK EASTER WALKS CAMP

Top Victorian coach and former World Cup 50km winner Simon Baker is intending to run a walking camp over Easter. It sounds great and will really set you up for the winter season. Here is what he has to say:

This Easter, take a break, head to the hills and get some altitude for training! This is a good time of year to get some excellent altitude and group training, get ready for the Winter season, and train with some of Australia's best walkers.

Falls Creek, Victoria's (and Australia's) distance running mecca now has a paved road over the High Plains! A quiet flat(ish) road at over 1600m that is great for race walking. Options for running, hills, and cycling abound. Falls Creek is about 4 and a half hours drive from Melbourne.

In order to make this as affordable as possible, I have located group share apartments with bunks and kitchen facilities. There is a nice multi-story one for about \$30-35 pp/per night on a share basis (twins or bunks) with a full kitchen and TV, DVD, VCR and stereo. Self-catering and group meals are options in Falls Creek and there are a limited range of restaurants open at this time. In order to be as family friendly as possible, I would like to keep it no smoking/no drinking in the rooms themselves, but there are pubs open at this time of year, too. Of course, you can book yourselves.

Age suitability

This is a senior and junior type camp and training will be appropriate to the level of walkers racing 10km or above. I suggest you will need to be in good training shape to benefit from this camp and I prefer under 18s having a parent or appropriate guardian along. If you are under 17 I would like to talk to your coach.

Please indicate:

accommodation need/preferences (share/single)

what your meal preferences are

self catered,

group meals

any food allergies and intolerances (this doesn't mean disliking Fremantle supporters!)

transport arrangements (need a lift, able to bring someone, independent)

Contact Simon Baker by email on simon.baker@dse.vic.gov.au or call me on 0406 074 628 for further information.

Once I know firm numbers I can confirm costs and options.

WORLD JUNIOR INDOOR BEST TO LUDYANOVA

VOLGOGRAD (RUS, Feb 24): During the first day of Russian Students Championships in Volgograd last Wednesday, Anna Lukyanova (18) set a World Junior Best Indoors for the 5000m Walk when she produced a 2010 world-leading mark of **20:44.25**. Junior Indoor World Records are not officially recognised but the previous best on record was a hand-timed 21:30.1 by another Russian, Vera Sokolova, back in 2005. Just behind Lukyanova in second place, after a nail-biting race for the line, was the 2009 World Youth Championships gold medallist Yelena Lashmanova. Lashmanova, still 17, was also well inside the old best, and also improved on her outdoor personal best over the same distance by more than a minute, when she clocked 20:44.37.

NEWS ON OUR NEW ATHLETICS HOME

Thanks to Ray Smith for this cutting from the latest edition of the Emerald Hill Weekly newspaper. It looks like there is plenty of action going on behind closed doors as the various groups negotiate the final makeup of the new Victorian Athletics Stadium at Albert Park. Thanks Ray.

Athletics group misses out as council won't play ball

EMERALD HILL WEEKLY - MAY 2010

BY ROSEMARY BOLGER

ATHLETICS Australia's bid for \$15 million in federal funding for an expansion of the planned redevelopment of Bob Jane Stadium has been blocked by Port Phillip Council.

Athletics Victoria CEO Nick Honey said he was "incredibly disappointed" the council had not supported the association's plan to incorporate a children's health and social education athletics centre in the stadium.

The application for money from the Federal Government's infrastructure program needed to be submitted by the local authority, but the council last week voted five to four to reject it.

Port Phillip mayor Frank O'Connor said the council did not have enough information about the project.

"We couldn't get any straight answers about how big it was going to be and how much open space would be lost," Cr O'Connor said.

"We were expected to rush through



this, and we weren't going to do that."

Athletics Victoria has been forced to move out of its home in Olympic Park to a revamped Bob Jane Stadium, which will also cater to the growing needs of existing tenant South Melbourne

Football Club. The State Government has already committed \$52 million to the project.

Mr Honey said athletics needs would be served well under the existing plans, but the council had missed an opportunity to provide broader services, including a creche and education, health, social and youth programs at the site.

"It's a short-sighted decision. I don't believe the council understood what a fantastic thing it would be."

According to Athletics Australia's design, the new building would have resulted in the loss of an extra 705 square metres of open space described in a council report as "not regarded as particularly desirable space for park users".

However, it would replace the athletics building in the existing plans, which would allow 535 square metres of land to be returned as green space.

Parkland, or more services? Email rosemary.bolger@fairfax.com.au

4TH WORLD MASTERS INDOOR CHAMPS KICK OFF IN CANADA

The beautiful Canadian city of Kamloops, some 200km north east of Vancouver, is the venue for the 4th World Masters Indoor championships this week. Our sole Australian walk entrant is **Heather Carr** and she looks odds on to take the W60 3000m track on Wednesday and the W60 10km road walk on Friday. I'll be reporting on all the action in next week's newsletter but you can follow it as it happens on the championship website <http://www.kamloops2010masters.com/>. Go Heather!

VRWC WINTER FIXTURE NOW ONLINE

Our VRWC winter fixture is just about finalised now so I have put a copy up on the VRWC website – see <http://www.vrwc.org.au/vrwcw10.html>. Apart from the usual mix of club and championship events, there are some new initiatives this winter season including

- New **Victorian 5km Teams Championships** for men and women on Saturday 1 May. As long as you have 3 walkers in your club who can walk 5km, you can enter a team and have a chance of getting a place in the Victorian Teams Championships.
- The **Victorian 10km championships** on Saturday 15 May have been enhanced to now include official M/W40+ and M/W50+ divisions – for Victorian medals.
- A new '**Walk as far as you can in 4 Hours**' race on Sunday 23 May.
- **VRWC Intervals races** on Saturday 10 July and Saturday 17 July
- Even more Prize days

WHAT'S COMING UP IN VICTORIA

Our best young walkers will be travelling to Sydney for the Australian U14-U20 Track and Field championships on 11-14 March, with track walks to be contested in all age groups. But it's going to be pretty quiet on the local front and we will have to wait for a couple of weeks for the action to really hot up again with two big walk fixtures scheduled for 20-21 March..

The **Victorian Masters Track and Field Championships** are to be held at **Hagenauer's Reserve in Box Hill** on the weekend of **20-21 March**. This joint venture between Athletics Victoria and the Victorian Masters Association sees 1500m and 3000m walks for all Masters Categories from 30-34 to 90+. I have already entered in the M55 division and I hope that we see a HUGE lineup of our masters walkers. You have to be a current member of either AV or VMA but I think that just about all our masters walkers are in one or the other organization. Normal entry closure time is **Thursday 4 March** with late entries to close on Friday 12 March. You will find the entry form at <http://www.athsvic.org.au/results/downloadfile.php?table=MeetFile&id=meetFileID&value=12027>. Note that the entry form front page has a great photo of some of our masters walkers – including James Seid-Christmas, Paul Van Kopplen, Clyde Riddoch, Geoff Barrow and Simon Evans. Now that's good publicity!



2010
Victorian Masters
Track & Field Championships
Saturday 20 & Sunday 21 March 2010
Hagenauer's Reserve, Box Hill



The Victorian Little Athletics State Championships are to be held at **Olympic Park** on the same weekend of **20-21 March**. Regional qualifiers were held a couple of weeks ago and the cream of our young walkers will be in action in the State finals. U9 and U10 will race over 1100m and U11-U15 will race over 1500m. The full qualifying lists can be viewed from the VLAA website <http://www.vlaa.com.au/>. Here are the links to the start lists for the big weekend:

- <https://console.clubsonline.com.au/customitem/attachments/State%20T%20%20F%20Qualifiers%20%20Progressions%20-%20Boys.pdf>
- <https://console.clubsonline.com.au/customitem/attachments/State%20T%20%20F%20Qualifiers%20%20Progressions%20-%20Girls.pdf>

DATES...DATES...DATES

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

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
20-21 Mar 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne
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, Collingwood
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth
Sat 26 April 2010	Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

Australian Winter Season Key Dates

Sun 12 June	44 th Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat 24 July 2010	Racewalking Australia State Challenge, in each State
Sun 22 August	Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

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 Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	XIII Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	XXIV Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see http://www.racewalking-naumburg.de)
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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
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

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