



## HEEL AND TOE ONLINE

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### OLYMPIC BOUND FOR THE 20 KM RACEWALK

Congratulations to Victorians **Jared Tallent** and **Kellie Wapshott** who won their respective Australian 20 km championships at Fawkner Park in inner Melbourne last Saturday morning. Since both walkers achieved Olympic A Qualifiers in the official Olympic trial, they are automatic selections for the Beijing Games.

Click on <http://au.youtube.com/user/athsvicTV> turn up the volume and relive the YouTube highlights from the day's racing, compliments of AV Media maestro and part time walker David Armstrong.



To read more about the ongoing walking careers of Kellie and Jared, point your browsers to

<http://au.geocities.com/timerickson.geo/wv-kellie-wapshott.pdf>

<http://au.geocities.com/timerickson.geo/wv-jared-tallent.pdf>

AUSTRALIAN 20 KM ROADWALKING CHAMPIONSHIPS, MELBOURNE, SAT 23 FEBRUARY 2008

Wow, what a day! A 7:30AM start, a fast course and perfect racing conditions ensured that the 2008 Australian Racewalking Championships would be one to remember – we saw 6 Olympic A Qualifiers and 3 Olympic B qualifiers in an outstanding display that confirms Australia's position as one of the top walking nations in the world. Add to that the 5 Olympic A qualifiers and 1 Olympic B qualifier in the 50 km championship in December 2007 and our depth is arguably at its highest ever standard.



Leading men Jared Tallent, Luke Adams, Chris Erickson and Adam Rutter



Leading women Jo Jackson, Claire Woods, Kellie Wapshott and Natalie Saville

Here is how AA reported the result on their website:

**Tallent and Wapshott Beijing bound**

AIS-based walkers **Jared Tallent** and **Kellie Wapshott** both produced sparkling performances to earn automatic Olympic nomination with victories in the Australian 20km walk championships at Melbourne's Fawkner Park today.

The duo produced big personal bests with Tallent now confirming a spot in both the 20km and 50km events in Beijing and Wapshott overcoming a horror run of injuries to produce the performance of her career in the women's event.

With **Luke Adams** (AIS) already pre-nominated for the Australian team in the 20km event, Tallent had the most to gain in today's Olympic selection trial. After a somewhat pedestrian first kilometre, it was Tallent and Adams who pushed the pace, leaving **Adam Rutter** (AIS) and **Chris Erickson** (AIS) to battle for third place.

Tallent, who was with the leaders at the 15km mark at the world titles in Osaka last year before being disqualified, made a strong move at half way before recording a strong victory. The 23 year-old from Ballarat won in an A-qualifying time of 1:19:41 to win the national title and automatic nomination for Beijing.

Adams finished second in 1:20:32, also an A-qualifier, with Rutter third in a personal best and A-qualifying time of 1:21:49. In a high quality event, Erickson finished fourth in a personal best of 1:23:49. Tallent becomes just the fifth Australian to break the 80 minute barrier.

Fortunately for world 50km champion Nathan Deakes, who missed the trial due to injury, Rutter has already been nominated for the 50km walk and is not seeking selection for the shorter event, leaving the door open for Deakes to fill the remaining

place when the final walk team is announced following the World Race Walking Cup in Cheboksary, Russia in May.

"I did my best ever training session last week so I knew I was in form," Tallent said after the race. "It was a bit slow at the start, but we picked it up and the second k was quick. I wanted to win and get the A, so I've achieved both goals."

After spending three weeks in January in the altitude house at the AIS to prepare for today's event, Tallent will travel to Mexico next week for an IAAF Race Walking Challenge event before competing in the Cup in preparation for the Games

Like Deakes, Athens Olympic bronze medallist Jane Saville missed the women's trial due to injury, although she was on hand to cheer for sister **Natalie**, who was with a group of four walkers that included Great Britain's **Jo Jackson**, South Australian **Claire Woods** and Victorian **Kellie Wapshott**.

The quartet was still together at half way, before Jackson eased away leaving Woods and Wapshott to battle it out for the national title and the coveted automatic Olympic nomination.

With the pace on the A-qualifying mark of 1:33.30 throughout, Jackson cruised to victory in 1:31.40 - a personal best by nearly five minutes.

Woods and Wapshott duelled over the last lap, with Wapshott coming from behind to take the Australian title in 1:32.57, with Woods next in 1:33.02 - both big personal bests and under the A-qualifying mark. Natalie Saville finished fourth in 1:35.10.

For Wapshott, 26, an osteopath who competed for the Knox Athletics Club in Melbourne before moving to the AIS in 2006, the performance puts a sorry run of injuries behind her.

"I had a fantastic 5k at the state titles and hoped I could do it today. I've had a bad run with injuries and had hamstring surgery, similar to what Nathan had in 2007, so missed the Commonwealth Games and the world champs, so this is such a thrill," she said.

With Tallent already nominated for the 50km event, Wapshott adds her name to the seven Australian athletes have been chosen for Olympic nomination; Jana Rawlinson (400m hurdles), Nathan Deakes (50km walk), Craig Mottram (5000m), Steve Hooker (pole vault), Luke Adams (20km walk), Jared Tallent (20km and 50km walk) and Adam Rutter (50km walk).

With the Australian Championships and selection trials commencing in Brisbane on Thursday, the list of pre-nominated athletes is expected to grow further ahead of the final selection deadline to the Australian Olympic Committee on July 4, 2008.

It was an awesome display by Jared whose splits of 39:40 and 40:00 saw him go solo from the 4 km mark onwards. Luke Adams had led through the first lap in a slow 8:24 before Jared cut loose with a 7:40 second lap (!) and from then on he was never headed. Luke, in his first race since Osaka, did enough to convince the selectors of his fitness (80:32!) while 21 year old Adam Rutter, Australia's newest walking star, produced negative splits with around 41:38 followed by around 40:10 - absolutely awesome. You have to feel sorry for Chris Erickson whose 83:49 was only 19 secs outside the Olympic A qualifier and this comes after his 50 km A qualifier in December. 2007 It is not often that someone with those sorts of credentials has to watch from the Olympic sidelines but such is the current depth of Australian racewalking.

The women's event was just as interesting. English champion Jo Jackson, at age 23 and with only 4 years of walking under her belt, took nearly 5 minutes off her best time and set a new British National Record (the old record of Lisa Kehler had stood at 1:33:57). It was a great battle of 4 until the 14km mark when Jo blasted away, leaving the Australians in her wake. When Natalie Saville dropped off soon afterwards, the National title was between Claire Woods and Kellie Wapshott. Kellie really had to dig deep to keep with Claire as she forced the pace in the final laps. Kellie, renowned for her speed, was able to produce that all important final surge and crossed the line 5 seconds up on Claire, 1:32:57 to 1:33:02, big PBs to both girls.

And it wasn't just the senior walkers who excelled. AA put on an under 20 10 km walk (non championship) and 18 year old **Daniel Coleman** (44:24), 17 year old **Rhydian Cowley** (44:47) and 18 year old **Jess Rothwell** (45:45) all did big PBs and put themselves in the running for World Cup selection. Not to be outdone, young Geelong walker **Daniel Payne** (49:01) broke 50 mins for the first time with his own display of top walking.

#### Women 20k Race Walk RR Open

1.	Jo Jackson	GBR	1:31:40	PB - 4:48	Olympic A Qualifier
2.	Kellie Wapshott	AIS/VIC	1:32:57	PB - 2:48	Olympic A Qualifier
3.	Claire Woods	SA	1:33:02	PB - 2:16	Olympic A Qualifier
4.	Natalie Saville	NSWIS	1:35:10		Olympic B Qualifier
5.	Megan Szirom	VIC	1:36:37	PB - 0:16	Olympic B Qualifier
6.	Cheryl Webb	NSWIS	1:38:09		
7.	Jess Heazlewood*	NSW	1:41:55	PB - 0:56	
8.	Bekki Lee*	NSW	1:43:37	PB - 1:48	
9.	Lynette Bannister*	TAS	1:46:43	PB - 2:49	
	Michelle French	NSW	DNF		
	Justijana Roseman	VIC	DNF		
	Fiona Alldis*	NSW	DQ		

#### Women 20k Race Walk RR Under 23

1.	Jess Heazlewood*	NSW	1:41:55		
2.	Bekki Lee*	NSW	1:43:37		
3.	Lynette Bannister*	TAS	1:46:43		



**Men 20k Race Walk RR Open**

1. Jared Tallent	AIS/VIC	1:19:41	PB – 1:49	Olympic A Qualifier
2. Luke Adams	AIS/NSW	1:20:32		Olympic A Qualifier
3. Adam Rutter*	AIS/NSW	1:21:49	PB – 1:06	Olympic A Qualifier
4. Chris Erickson	AIS/VIC	1:23:49	PB – 1:09	Olympic B Qualifier
5. Duane Cousins	VIS	1:27:47		
6. Marc Mundell	RSA	1:28:55		
7. Thomas Barnes	VIC	1:30:21		
8. Ian Rayson*	NSW	1:31:16		
9. Glenn Burrell	NZL	1:33:14	PB – 0:06	
10. Tony Sargisson	NZL	1:37:08		
11. Andrew Jamieson	VIC	1:38:39		
12. Stuart Kollmorgen	VIC	1:42:55		
13. Kim Mottrom	SA	1:47:51		

**Men 20k Race Walk RR Under 23**

1. Adam Rutter*	AIS/NSW	1:21:49
2. Ian Rayson*	NSW	1:31:16



**Top junior performances from Rhydian Cowley, Daniel Payne, Jess Rothwell and Daniel Payne**

**Women 10k Race Walk RR Under 20 (non championship event)**

1. Jessica Rothwell	VIC	45:45	PB – 1:45
2. Lauren Drennan	VIC	57:23	
3. Nicole McInerney	SA	1:01:01	

**Men 10k Race Walk RR Under 20 (non championship event)**

1. Daniel Coleman	TIS	44:24	PB
2. Rhydian Cowley	VIC	44:47	PB
3. Daniel Payne	VIC	49:01	PB



**Some of the medallists - Jo Jackson, Kellie Wapshott, Claire Woods, Natalie Saville, Jared Tallent, Adam Rutter, Ian Rayson, Jess Heazlewood, Bekki Lee and Lynnette Bannister**

## LOOKING TO THE WORLD CUP

The 2008 Racewalking World Cup will be held in Saransk in Russia in mid May and the races on Sunday were one of the key qualifying opportunities. In past scheduling of the World Cup, AA has clearly stipulated the times required for selection but the criteria for the 2008 championships read like a mystery novel.

“The selection of Teams to represent Australia in all categories at the IAAF 2008 World Race Walking Cup and individuals in the Junior Men and Junior Women Divisions is at the discretion of the Selectors. Subject to this Policy, that discretion is absolute and it need not be exercised.”

So what is actually required? – the one hint they have let out of the bag is that they will be looking for people to better the Olympic Games and World Junior Championship qualification times which are as follows:

20 km Men	A	1:23:00	B	1:24:30
20 Km Women	A	1:33:30	B	1:38:00
50 Km Men	A	4:00:00	B	4:07:00
10 km Junior Men		44:05		
10 Km Junior Women		49:25		

With the teams due to be announced in the week beginning 17<sup>th</sup> March 2008, we look to have strong credentials, based on the Olympic A and B qualifiers in the list below (based on performances since 1 June 2007 for 20/10 km and since 1 January 2007 for 50 km)

20km Walk	A (1:23.00)	1.19.34	Nathan Deakes (V)	La Coruna	ESP	02/06/07
		1:19:41	Jared Tallent (V)	Melbourne	AUS	23/02/08
		1.20:32	Luke Adams (N)	Melbourne	AUS	23/02/08
		1.21.49	Adam Rutter (N)	Melbourne	AUS	23/02/08
	B (1:24.30)	1.23.49	Chris Erickson (V)	Melbourne	AUS	23/02/08
50km Walk	A (4:00.00)	3.43.53	Nathan Deakes (V)	Osaka	JPN	01/09/07
		3:44:45	Jared Tallent (V)	Melbourne	AUS	16/12/07
		3:52:49	Adam Rutter (N)	Melbourne	AUS	16/12/07
		3:53:19	Luke Adams (N)	Melbourne	AUS	16/12/07
		3:55:57	Duane Cousins (V)	Melbourne	AUS	16/12/07
	3:59:02	Chris Erickson (V)	Melbourne	AUS	16/12/07	
	B (4:07.00)	4.04.06	Darren Bown (S)	Melbourne	AUS	16/12/07
20km Walk	A (1:33.30)	1:32:57	Kellie Wapshott (V)	Melbourne	AUS	23/02/08
		1:33:02	Claire Woods (S)	Melbourne	AUS	23/02/08
	B (1:38.00)	1:35:10	Natalie Saville (N)	Melbourne	AUS	23/02/08
		1:36.37	Megan Szirom (V)	Melbourne	AUS	23/02/08
		1:37:34	Jess Rothwell (V)	Canberra	AUS	27/01/08

For the juniors, it is not as clear cut but Jess Rothwell is a certainly and Daniel Coleman and Rhydian Cowley are leading the bunch of junior men, with times as follows:

10 km Junior	(44:05)	44:24	Daniel Coleman (T)	Melbourne	AUS	23/02/08
		44:47	Rhydian Cowley (V)	Melbourne	AUS	23/02/08
10 km Junior	(49:25)	45:45	Jess Rothwell (V)	Melbourne	AUS	23/02/08

## AUSTRALIAN ALL TIME RANKINGS TAKE A BATTERING

Jared Tallent jumps from 9<sup>th</sup> to 5<sup>th</sup> and enters the elite group of sub-80 walkers, Adam Rutter stays in 10<sup>th</sup> spot but improves his time dramatically and Chris Erickson jumps from 17<sup>th</sup> to 11<sup>th</sup>

1	1:17.33.0	Nathan Deakes	V	170877	1	Cixi City, China	23-Apr-05
2	1:19.19.0	Luke Adams	N	221076	13	Cixi City, China	23-Apr-05
3	1:19.22.0	Dave Smith	V	240755	1	Hobart	19-Jul-87
4	1:19.33.0	Nick A'Hern	N	60169	1	Melbourne	15-Dec-90
<b>5</b>	<b>1:19.41.0</b>	<b>Jared Tallent</b>	<b>V</b>	<b>171084</b>	<b>1</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
6	1:20.43.0	Andrew Jachno	V	130462	1	Brisbane	26-Aug-90
7	1:20.49.0	Dion Russell	V	80875	1	Melbourne	19-Mar-99
8	1:21.19.0	Simon Baker	V	60258	1	Canberra	27-Aug-88
9	1:21.36.0	Willi Sawall	V	71141	1	Melbourne	4-Jul-82
<b>10</b>	<b>1:21.49.0</b>	<b>Adam Rutter</b>	<b>N</b>	<b>241286</b>	<b>3</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
<b>11</b>	<b>1:23.49.0</b>	<b>Chris Erickson</b>	<b>V</b>	<b>11281</b>	<b>4</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
12	1:24.11.0	Liam Murphy	S	50679	1	Adelaide	26-Jul-03
13	1:24.20.0	Duane Cousins	V	130773	5	Melbourne	19-Mar-99
14	1:24.34.0	Brent Vallance	N	300472	15	Naumburg, Germany	23-May-98

15	1:24.54.0	Paul Copeland	V	250467	1	Melbourne	10-Nov-91
16	1:24.56.0	Darren Bown	S	300674	4	Sydney	6-Mar-05
17	1:25.02.0	Troy Sundstrom	N	300581	7	Melbourne	19-Mar-99
18	1:25.31.0	Steve Beecroft	V	140371	2	Canberra	28-Jan-94
19	1:25.34.0	Mike Harvey	V	51262	3	Melbourne	25-Aug-90
20	1:26.33.0	Mark Donahoo	V	270558	1	Melbourne	22-May-94
21	1:27.12.0	Tim Erickson	V	231150	1	Melbourne	14-Dec-80
22	1:27.19.0	Dominic McGrath	V	40672	10	Melbourne	19-Mar-99
23	1:27.20.0	Daniel (Thorne) Walters	V	191279	1	Melbourne	16-Dec-01
24	1:27.29.0	Bill Dyer	V	260361	-	Melbourne	22-Jun-85
25	1:27.35.0	Michael McCagh	W	160486	6	Canberra	28-Jan-07
26	1:27.42.0	Brad Malcolm	V	70878	1	Melbourne	19-Jul-98
27	1:28.18.0	Mike Woods	N	111062	30	Bergen,Norway	24-Sep-83
28	1:28.25.0	Rob McFadden	S	150366	5	Canberra	27-Aug-88
29	1:28.29.0	Steve Hausfeld	N	70452	6	Richmond	9-Apr-88
30	1:28.29.0	Shane Pearson	Q	50674	8	Melbourne	27-Feb-97
31	1:29.04.0	Craig Jeffery	V	120568	3	Melbourne	4-Aug-91
32	1:29.05.0	Tom Barnes	V	220982	8	Canberra	28-Jan-07
33	1:29.08.0	Marcus Dwyer	V	260377	3	Melbourne	19-Jul-98
34	1:29.12.0	Noel Freeman	V	251238	1	Melbourne	6-Apr-68
35	1:29.13.0	Ian Waters	V	10467	-	Melbourne	19-Dec-93
36	1:29.22.0	Rohan Best	T	240273	1	Hobart	4-Aug-90
37	1:29.23.0	Craig Brill	V	101167	2	Melbourne	4-Aug-91
38	1:29.40.0	Travis Harbour	V	121275	10	Melbourne	27-Feb-97
38	1:29.48.0	Martin Richardson	V	'63	3	Melbourne	5-Feb-84
40	1:29.51.0	Mark Blackwood	V	251177	2	Melbourne	1-Sep-96

Kellie Wapshott and Claire Woods are the big movers in the women's all time lists with them now at 5<sup>th</sup> and 6<sup>th</sup> behind the first 4 times, all done at Naumburg in Germany (is it the water?). Megan Szirom moves up one place to 15<sup>th</sup> and Jessica Heazlewood debuts at 32<sup>nd</sup>.

1	1:27.44.0	Jane Saville	N	51174	4	Naumburg,Germany	2-May-04
2	1:29.36.0	Kerry Saxby-Junna	N	20661	2	Naumburg,Germany	30-Apr-00
3	1:31.34.0	Natalie Saville	N	70978	25	Naumburg,Germany	2-May-04
4	1:31.43.0	Cheryl Webb	N	31076	26	Naumburg,Germany	2-May-04
5	<b>1:32.57.0</b>	<b>Kellie Wapshott</b>	<b>V</b>	<b>230881</b>	<b>2</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
6	<b>1:33.02.0</b>	<b>Claire Woods</b>	<b>S</b>	<b>60781</b>	<b>3</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
7	1:33.00.0	Lisa Sheridan-Paolini	N	101262	1	Sydney	8-Jul-00
8	1:34.27.0	Anne Pembroke-Manning	N	131159	1	Hawkesbury	10-Jul-93
9	1:34.35.0	Wendy Muldoon	V	270571	1	Melbourne	16-Aug-98
E10	1:34.44.0	Simone Wolowiec	V	120274	1	Canberra	16-Jan-00
E10	1:34.44.0	Lyn Ventris	W	21056	1	Melbourne	16-Dec-01
12	1:36.16.0	Jenny Jones-Billington	Q	200467	2	Hawkesbury	10-Jul-93
13	1:36.19.0	Sally Pierson	V	100363	1	Melbourne	15-Jul-84
14	1:36.23.0	Sue Orr-Cook	V	230458	1	Canberra	7-Jul-84
15	<b>1:36.37.0</b>	<b>Megan Szirom</b>	<b>V</b>	<b>180877</b>	<b>5</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
16	1:36.40.0	Lisa Grant	N	260485	4	Sydney	4-Feb-06
17	1:37.32.0	Michelle French	N	10482	3	Melbourne	2-Dec-06
E18	1:37.34.0	Jess Rothwell	V	180689	1	Canberra	27-Jan-08
E18	1:37.34.0	Teresa Letherby	Q	50472	2	Adelaide	3-Sep-95
20	1:37.48.0	Jill Barrett-Maybir	NT	130764	1	Sydney	7-Sep-97
21	1:37.59.0	Bev Wilkins-Hayman	N	90561	1	Sydney	15-Jul-89
22	1:39.02.0	Jane Lewry-Barbour	S	270766	3	Hawkesbury	10-Jul-93
23	1:39.03.0	Jo Strangman	A	171175	1	Sydney	5-Aug-95
24	1:39.49.0	Sue Narbey	W	251164	1	Perth	13-Jul-85
25	1:40.02.0	Gabrielle Blythe	V	90369	1	Melbourne	24-May-92
26	1:40.36.0	Sharon Schnyder	V	10764	1	Adelaide	14-Jul-91
27	1:40.38.0	Jenny Crooks	S	90476	2	Melbourne	1-Sep-96
E28	1:40.49.0	Carolyn Vanstan-Ferguson	V	140868	1	Melbourne	8-Sep-91
E28	1:40.49.0	Tracy Rosengrave	V	250877	3	Melbourne	6-Jul-97
30	1:41.17.0	Anne Ryan	N	20762	3	Canberra	13-Jul-85
31	1:41.29.0	Lorraine Young-Jachno	V	210959	2	Richmond	14-Jul-90
32	<b>1:41.55.0</b>	<b>Jess Heazlewood</b>	<b>N</b>		<b>7</b>	<b>Melbourne</b>	<b>23-Feb-08</b>
33	1:42.17.0	Lara Kara-Ali	S	60278	4	Melbourne	12-Dec-99
34	1:42.22.0	Heather McDonald	V	130849	1	Melbourne	12-Sep-93
35	1:42.46.0	Laura Johnson	N	310884	6	Sydney	28-Feb-04

On the international front, Jo Jackson zooms to the top of the British All Time rankings with her time this weekend. That list now reads

1	1:91:40	Johanna Jackson	SEN	23	17.01.85	1	Melbourne, AUS	23 Feb 08
2	1:33:57	Lisa Kehler	SEN	33	15.03.67	23	Eisenhüttenstadt, GER	17 Jun 00
3	1:36:40	Sarah-Jane Cattermole	SEN	23	29.01.77	1	Perth, AUS	04 Mar 00
4	1:37:44	Vicky White	SEN	27	17.04.72	1	Leamington	27 Jun 99
5	1:38:29	Catherine Charnock	SEN	24	03.05.75	2	Dublin, IRL	11 Sep 99
6	1:39:59	Niobe Menendez	V35	35	01.09.66	4	Manchester	21 Apr 02

And lastly Jess Rothwell launches herself into the 10 km all time rankings with her 45:45 – this is a very unofficial list which shows the 15 girls who have bettered 46:00 for this distance. For this, as for all my lists, please advise me of any errors or omissions.

1	Kerry Saxby-Junna	41.30	27/08/1988	Ath Aust Website
2	Jane Saville	42.15	08/05/1999	Eisenhüttenstadt
3	Gabrielle Blythe	43.28	10/07/1993	Hawkesbury
4	Anne Pembroke Manning	44.27	21/01/1996	Melbourne
5	Natalie Saville	45.10	27/02/1997	Melbourne
6	Lisa Sheridan Paolini	45.15	17/08/2000	Sydney
7	Jill Barrett-Maybir	45.18	27/02/1997	Melbourne
8	Sue Cook	45.19	28/06/1987	Brisbane
9	Cheryl Webb	45.20	02/05/2004	World Cup 20km
10	Wendy Muldoon	45.22	19/07/1998	Melbourne
11	Lorraine Young Jachno	45.25	19/05/1991	Melbourne
12	Sally Pierson	45.38	08/05/1982	Melbourne
13	Simone Wolowiec	45.40	14/12/1997	Melbourne
<b>14</b>	<b>Jess Rothwell</b>	<b>45.45</b>	<b>23/02/2008</b>	<b>Melbourne</b>
15	Jane Lewry Barbour	45.51	21/01/1996	Melbourne

#### VICTORIAN YOUTH T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, SAT 23 FEB 2008

Our top youth walkers strutted their stuff at Olympic Park on Saturday with U18 5000m, U16 3000m and U14 1500m walks on offer. The highlights included

- The great battle between **Amy Burren** and **Rachel Tallent** in the Under 16 girls walk. Amy got up to win in 14:43 against Rachel's 14:46 (a huge PB) after the girls battled it out throughout the race
- The wins by **Ebony Whiley** and **Jeremiah Jones** in the Under 14 events. It was a case of Bendigo to the fore. In particular, Jeremiah may have been the youngest walker in the field (born 1997) but he outwalked his older opponents
- The fine times by **Nicholas Mirachi** and **Regan Lamble** in the Under 18 events. Both broke 25 minutes and had a good battle before Regan sprinted away in the final lap.

##### Men 5000 Metres Race Walk Under 18

1.	Mirarchi, Nicholas	91	CORIO ATHLETIC CLUB	24:49.99
2.	Tilley, Christopher	91	KNOX ATHLETIC CLUB	26:24.50
3.	Cosic, Filip	92	COBURG HARRIERS	26:34.83

##### Women 5000 Metres Race Walk Under 18

1.	Lamble, Regan	91	ATHLETICS NU	24:39.88
2.	Alexander, Beth	92	KNOX ATHLETIC CLUB	27:46.49
3.	Shaw, Kirstin	91	WESTERN ATHLETICS	33:23.21

##### Men 3000 Metres Race Walk Under 16

1.	Clark, Lewis	94	ATHLETICS CHILWELL	15:37.55
2.	Simpson, Bradley	93	KNOX ATHLETIC CLUB	15:55.48
3.	Felton, Matthew	94	LA KNOX	16:05.00
4.	Walsh, Robert	93	ATHLETICS NU	16:09.26
5.	Wright, Jacob	94	ATHLETICS NU	16:42.13

##### Women 3000 Metres Race Walk Under 16

1.	Burren, Amy	94	MALVERN HARR	14:43.97
2.	Tallent, Rachel	93	BALLARAT YCW	14:46.53
3.	Brazel, Hilary	93	ATHLETICS NU	16:06.31
4.	Payne, Emily	93	CORIO ATHLETIC CLUB	16:13.92
5.	Hallett, Nicole	94	ATHLETICS NU	16:24.56
6.	Dyer, Chelsea	93	BOX HILL ATH	16:25.85
7.	Tallent, Ebony	94	BALLARAT YCW	16:34.97
8.	Brunton, Erin	93	CORIO ATHLETIC CLUB	16:55.40
9.	Mason, Ella	94	LA BOX HILL	17:48.32
10.	Duval, Samantha	93	RINGWOOD	18:36.80

##### Men 1500 Metres Race Walk Under 14

1.	Jones, Jeremiah	97	SOUTH BENDIG	8:11.87
2.	Fiddes, Aaron	95	LA BOX HILL	8:19.68



3.	Taylor, Lucas	96	LA YARRA RANGES	8:31.55
4.	Gardner, Aaron	95	PRESTON ATHL	8:36.36
5.	Green, Mitchell	96	SOUTH COAST	11:01.93
	Antidormi, Ryan	95	ATHLETICS NU	DQ

**Women 1500 Metres Race Walk Under 14**

1.	Whiley, Ebony	95	EAGLEHAWK YM	7:27.81
2.	Finnegan, Amelia	95	KNOX ATHLETIC CLUB	7:34.32
3.	Burren, Sarah	96	MALVERN HARR	7:35.84
4.	George, Stephanie	96	SOUTH COAST	7:40.27
5.	Albert, Ashley	95	MALVERN HARR	7:43.43
6.	Hockley Samon, Jma	95	LAMH	8:15.38
7.	Bertrand, Carly	96	KEILOR ST BERNARDS	8:21.01
8.	Guy, Rebecca	96	SOUTH COAST	8:22.78
9.	Madge, Georgia	96	LA CROYDON	8:41.79
10.	Campbell, Rebecca	97	ATHLETICS ESSENDON	9:13.99



**Ebony Whiley, Amelia Finnegan, Jeremiah Jones, Rachel Tallent and Amy Burren**



**Chris Tilley, Brad Simpson, Regan Lamble and Nicholas Mirarchi**

**AMA 4 X 800 RELAYS, EAST BURWOOD, THURSDAY 21 FEBRUARY 2008**

Our elite younger walkers may have taken all the limelight (justifiably) but our Masters walkers have also been in action, participating in the inaugural AMA Relay Championships. The Victorians were in action on Thursday 21 February at the East Burwood Athletics Track and contested 4 x 800m walk relays. I must admit that I have not raced over this short a distance before but I did like it and I hope that this is the first of what will be an annual affair. We have to wait for the other Australian States to submit their times to see who is the overall winner in each age group but the Victorian results were strong and will take some beating. Fastest man was Paul Kennedy (M50 – 3:17) and the fastest woman was Justi Roseman (W30 – 3:30). Results were as follows



Age	Team Members	Time	Av. Lap	Av. Age
M50+	TIM ERICKSON, SIMON BAKER, PAUL KENNEDY, CLYDE RIDDOCH	14.27	1.48.4	52.75
W30+	DONNA ELMS, JUSTI ROSEMAN, PAM TINDAL, KYLIE IRSHAD,	15.41	1.57.6	40.5
M60+	ALAN LUCAS, RUSS DICKENSON, TONY JOHNSON, RALPH BENNETT	16.07	2.00.9	63.75
W50+	ALISON THOMPSON, HEATHER CARR, MARLENE GOURLAY, LIZ FELDMAN	16.19	2.02.4	56.75
W40+	JULIE CHALLEN, GAYLE MCINTYRE, JANET HOLMES, SONIA MCCLELLAND	18.15	2.16.9	50
W60+	SYLVIA MACHIN, CELIA JOHNSON, JAN MORREY, GWEN STEED	19.16	2.24.5	64.5
M70+	IAN BEAUMONT, JIM MACHIN, RAY ATKINS, KEVIN MARION	23.38	2.57.3	73.75
W70+	MARGARET BEAUMONT, PAM MEWS, SHIRLEY COPPOCK, MAUREEN SEEDSMAN	25.14	3.09.3	71



Clyde Riddoch passes to Paul Kennedy, Simon Baker shadows Just Roseman, Kylie Irshad works into the bend



Paul Kennedy finishes, Ralph Bennett and Donna Elms do their laps

### FRENCH NATIONAL INDOOR CHAMPIONSHIPS

The French National Indoor Championships were held recently and the walkers contested their events on Friday 15<sup>th</sup> February. Robert Korzenioski's sister Sylvia won the women's event by nearly 1 minute (in a fantastic 12:24.06) while Antonin Boyez won the men's event with 20:01:00. For those who don't know, indoor championships are generally held on very small tracks (200m+) with banked bends so walking is not as simple as when outdoors.

#### 3 000m Racewalk Women

1.	12:24:06	KORZENIOWSKA Sylvania	(POL) Lille Metropole Athletisme*
2.	13:19:13	GUINAUDEAU	Christine Amiens Uc
3.	13:30:75	MITROVIC Sandra	Ua Versailles
4.	13:32:77	CHANFREAU Fabienne	Viry Evry Nord Sud Essonne
5.	13:40:01	IUND - HERLEDAN Stephanie	As Aix-les-bains
6.	13:47:73	RETOU Anne-gaelle	Caen Athletic Club
7.	13:50:38	CARTIER Melissa	Athle
8.	14:11:56	BOUZIDI Yaimara	(CUB) Vga Compiegne
9.	14:39:10	AVEROUS Violaine	Ca Balma

### 5 000m Racewalk Men

1.	20:01:00	BOYEZ Antonin	Ca Montreuil 93
2.	20:09:59	LANGLOIS Denis	Us Metro Transport (paris)
3.	20:11:47	BOULAY Emmanuel	Asptt Rouen
4.	20:20:70	MOLMY Damien	Us Athletiques De Lievin
5.	20:59:86	AUGERON Johan	Ac Haut Poitou
6.	21:51:44	DELAUNAY Sebastien	Ca Du Pays Saumurois
7.	21:51:58	BAUMERT John	Ac Vallee Ste-marie-mines
8.	22:07:86	MOULINET Bertrand	Asptt Toulouse
	DNF	GARIN Yvonnick	Haute Bretagne Athletisme
	DQ	HOUSSAYE Cedric	Olympique De Marseille Athle.

### DATES...DATES...DATES

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

#### 2007-2008 National Fixture

Sat 8 -Sun 9 Mar	Victorian Masters and Athletics Victoria Masters Championships, Olympic Park, Melbourne, VIC Entries close 21 Feb 2008
14-16 Mar, 2008	Australian U20 All Schools, U20 and U23 National Champs, Griffiths University, Gold Coast, QLD Friday 14 March 2008, 8.00pm 10000 metres Walk U20 Men & Women
21-24 Mar, 2008	Australian Masters T&F Championships, Blacktown Olympic Park, Sydney, NSW
Sun 30 Mar, 2008	Coburg Harriers 6 Hour Ultra Walk & Run, Harold Stephens Track, North Coburg, VIC
19-20 Apr, 2008	Coburg Harriers 24 Hour Carnival (includes 12/24H walks), Harold Stephens Track, North Coburg, VIC
27 Jul – 3 Aug, 2008	Masters Championships, Townsville, QLD (3000mW, 5000mW, 10 km roadwalk)

#### 2008

May 10-11, 2008	<b>IAAF World Race Walking Cup, Cheboksary, Russia.</b> See <a href="http://www.wrwc2008.com/en">www.wrwc2008.com/en</a>
July 8-13, 2008	<b>World Junior Championships, Bydgoszcz, Poland.</b> See <a href="http://www.iaaf.org/WJC08/preview.html">http://www.iaaf.org/WJC08/preview.html</a>
Aug 8-14, 2008	<b>Olympic Games, Beijing.</b> See <a href="http://en.beijing2008.com/">http://en.beijing2008.com/</a>

#### IAAF RACE WALKING CHALLENGE 2008

Mar 8-9, 2008	Chihu Ahua, Mexico
Sat Apr 5, 2008	Rio Major, Portugal
Apr 18-19, 2008	Beijing, China. See <a href="http://www.racewalking2008.org.cn/en/index.html">http://www.racewalking2008.org.cn/en/index.html</a>
Thur 1 May, 2008	Sesto San Giovanni, Italy
May 10-11, 2008	Race Walking Cup – Cheboksary, Russia
Sat 24 May, 2008	Krakow, Poland
Sat 7 June, 2008	La Coruna, Spain
Aug 14-28, 2008	Olympic Games, Beijing, China
Sept 20-21, 2008	IAAF Race Walking Challenge Final (TBC)

#### 2009

July 8-12, 2009	<b>IAAF World Youth Championships, Bressanone, Italy</b>
July 28 – Aug 8, 2009	<b>XVIII World Masters Athletics Championships Stadia, Lahti, Finland.</b> See <a href="http://www.wma2009.org">http://www.wma2009.org</a>
August 15-23, 2009	<b>IAAF World Championships in Athletics, Berlin, Germany</b>
10-18 Oct, 2009	<b>World Masters Games, Sydney.</b> See <a href="http://www.2009worldmasters.com">http://www.2009worldmasters.com</a>
2009	<b>25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia -</b> <a href="http://www.universiade-belgrade2009.org/en">http://www.universiade-belgrade2009.org/en</a>

#### 2010

TBA	<b>World Junior Championships, Moncton, Canada</b>
TBA	<b>IAAF World Race Walking Cup, Chihuahua, Mexico</b>
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdeldhi2010.com/">http://www.cwgdeldhi2010.com/</a>

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