

## FALLS CREEK CAMP - JANUARY 2011

While we were enjoying our 2011 Christmas break, a large group of our up and coming walkers were enjoying a 10 day training camp at Falls Creek, Victoria's highest alpine village. The camp, led by Simon Baker, followed the very successful camp run the previous Easter at the same venue.



Some of the group - Jasmine Irshad, Brad Simpson, Jmara Hockley-Samon, Amanda Heard, Cassie Raselli, Sarah Burren, Amelia Finnegan, Amy Burren, Hilary Brazel, Stephanie George, Josh Kaiser, Daniel Payne, Josh Savage (Bendigo) Emily Payne, Lewis Clark, Jason Kozica, Heather Carr, Annette Major, Harry Hockley-Samon, Kylie Irshad and Ebony Whiley



**And off they go!**

Simon reported as follow in a Heel and Toe newsletter post-camp:

Regular Heel and Toe readers will remember Tim's report on the first Falls Creek Camp held in Easter last year. Between Christmas and New Year we were at it again with over 20 Victorian racewalkers, ranging from masters age (Heather Carr) to very youthful (Harry Hockley-Samon) training at Falls Creek in Victoria's alpine region.

Coaches Elke Raselli and Annette Major arrived with their squads, and in total we had athletes from Bendigo and Shepparton (Amanda Heard, Josh Savage and Ebony Wiley) Geelong (the Hockley Samons, Daniel and Emily Payne and Lewis Clarke) and Melbourne based walkers, Amy, Sarah and James Burren, Stephanie and Hayley George, Cassie Raselli, Brad Simpson, Amelia Finnegan, Hilary Brazel, Jasmine and Kylie Irshad, Josh Kaiser, Jason Kozica and "the legend" - Heather Carr. With various parents and partners, there were a lot of race walk aficionados to join the many runners, cyclists and triathletes training in the area.

It was a terrific training week, with only a couple of days with less than ideal weather, and everyone took the opportunity to cover what was for some their biggest training week, and their training commitments was inspiring. It was obvious there are a lot of talented up and coming walkers who will form the next generation of Victorian racewalkers.



**Simon gives final instructions before an early morning road session – it can be cool in the Alps!**



**An afternoon hike in the high country**