

## 2017 FALLS CREEK RACEWALK CAMP

Our 2017 VRWC Falls Creek racewalking camp ran for 13 days in the Victorian alpine village of Falls Creek, starting on Friday 30<sup>th</sup> December 2016 and finishing on Thursday 12<sup>th</sup> January 2017. It was our 7<sup>th</sup> such camp and perhaps our most enjoyable and satisfying.

Not that there is any snow at this stage of the year, but the crowds are still there, with large numbers of runners, bike riders, bush walkers and families enjoying the wonderful environment.

We had 25 attendees at our camp this year, many for the full 2 weeks and some for either the first or the second week only:

### 7 Staff / parents:

Simon Baker (VIC)	Camp Coordinator
Tim Erickson (VIC)	Camp Coordinator
Sabrina George (VIC)	Camp Cook and Coordinator
Terry Swan (VIC)	Parent
Wayne Henderson (VIC)	Parent
Robyn Wales (QLD)	Personal Coach
Helen Scarborough (QLD)	Personal Coach

### 18 walkers:

Brad Simpson (VIC)	Open
Caitlin Hannigan (QLD)	U18
Danny Hawksworth (VIC)	Open
Declan Tingay (WA)	U20
Emily Hamilton (VIC)	U20
Emmet Brasier (VIC)	U20
Hayden Walmsley (VIC)	U18
Hayley George (VIC)	U20
Jasmin Dighton (NSW)	U23
Jason Kozica (VIC)	Open
Jess Pickles (QLD)	Open
Kyle Swan (VIC)	U20
Luke McCutcheon (QLD)	U20
Philippa Huse (VIC)	U20
Rebecca Henderson (VIC)	U18
Reese Walmsley (VIC)	U20
Simone McInnes (VIC)	Open
Stephanie George (VIC)	U23

The walkers were predominantly U20 or U18 and included some of the best underage walkers in the country. Overall, the group was older than in previous years and this meant a more mature dynamic and a great commitment to training and learning.

Training was scheduled twice each day – a longer road walk or intervals session along the High Plains Road each morning and an optional shorter run/walk along the aquaduct each afternoon. Additionally, regular lectures were scheduled each evening, covering a range of topics around training, race preparation and related topics.

A lot of behind-the-scenes work is required to run such a camp, so we were pleased to have a number of parents and personal coaches join us this year. Each brings their own particular skillset to add to the mix.

Sabrina George took on the onerous role of ‘camp cook’, working out the menu, purchasing the huge amounts of food required to keep everyone in top form, and then cooking the evening meals each day. She has performed this role on all our camps and her generous contribution allows the rest of us to concentrate on training. It is fair to say that her support is vital to the camp’s ongoing success.

We also organised various group activities over the 2 weeks

- Our own version of The Amazing Race
- A Trivia Evening
- Two swims at Mt Beauty
- Two bushwalks

and encouraged the walkers to use their own leisure time constructively, a skill they will need as their own careers develop.

We must acknowledge the ongoing support of Athletics Australia who once again gave us a generous camp subsidy, enabling us to hire a 12 seater bus. As so many of our camp participants were from interstate (5 from QLD, 1 from NSW and 1 from WA), the bus was essential for transporting to and from the camp and as a people mover within the camp itself.

The weather was consistently fine and mild. While the rest of Victoria sweltered through temperatures in the high thirties, Falls Creek saw temperatures in the high teens to low twenties, providing perfect conditions for such a camp.

And to finish, some photos. More on our camp facebook page at <https://www.facebook.com/groups/726992100645163/>.



*A group shot on our first serious training session on our first Saturday morning – brisk but sunny weather*



*And they're underway with another morning roadwalk session*



*Hayden Walmsley, Simone McInnes, Philippa Huse, Steph George, Emily Hamilton, Caitlin Hannigan (snapped just as top runner Collis Birmingham strode past) and Brad Simpson*



*Left: Declan Tingay, Kyle Swan and Luke McCutcheon*

*Right: The reservoir is as cold as ever for our post-walk soak!*



*On top of Ropers Lookout (on our bushwalk)*



*Left: Jason, Reese, Kyle, Luke, Bec, Declan, Emmet, Brad and Jess*



*Right: Emily and Emmett*



*Kyle, Bec, Jason, Luke, Emmet and Kyle*



*It doesn't get any better than this – the open road stretches into the distance for Reese Walmsley as he climbs to the 5km mark on our High Plains Road circuit*

Tim Erickson  
Saturday 14 January 2017