



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ADDENDUM TO LAST WEEK'S ATHLETICS VICTORIA SHIELD RESULTS

Athletics Victoria Shield Round 3, South East Region, Knox Athletic Track, Scoresby, Saturday 24 October 2009

First an addendum to last week's newsletter. The results on the AV website for the South East Region last week were incorrect, showing only a small subset of competitors. There were many more walkers in the race but the South East Region computer results were somehow lost and the only results listed for some events, including the 3000m walk, were those that clubs sent later to the Results Manager. That is a shame as there were some wonderful performances

- **Heather Carr** walked a W60 world record shattering 15:43, but there were insufficient judges for Clyde Riddoch to forward a claim to WMA. We hope Heather can do it again soon and get the record.
- **Matthew Felton** came second to Rydian in the 3000m in an excellent PB time of 14:20 with **Brad Simpson** not far behind, recording his own big PB time of 14:36.
- **Amelia Finnegan, Tamara Attard, Michael O'Mahoney, Aaron Tam, Lauren Stadius** and **Bianca Attard** were some of the other Knox athletes competing.

I had hoped that the AV website would have been updated by now but sadly this is not the case. I will keep checking and let everyone know the official results if and when they are posted.

THIS WEEK'S ATHLETICS VICTORIA SHIELD COMPETITION RESULTS

And now onto this week's competition which saw the 3 metropolitan venues in action on the Thursday evening and the 3 country venues in action on the Saturday afternoon – a grand total of 130 walkers in all. And the standard certainly kicked up a notch with 18 walkers beating 10 minutes for the 2000m distance. The other great thing to see was the large number of junior walkers leading the way at most venues. That omens well for the future of the sport.

Gippsland Interclub, Newborough, Tuesday 27 October , 1500m

This week's report actually starts on Tuesday evening when the fledging Gippsland Interclub competition was held in Newborough. Two walkers contested the 1500m with Cassie Raselli finishing a short way ahead of Andrew Hogan.

1.	Cassie Raselli	F	7.25.21
2.	Andrew Hogan	M	7.32.74

Athletics Victoria Shield Round 4, North West Region, Moonee Valley Athletics Centre, Moonee Ponds, Thurs 29 October

James Seid-Christmass travelled up from Geelong to have a crack at Paul Kennedy and the pace was on from the start. Paul eventually prevailed in a quick 9:10.8 while James held on well for 9:26.7. Preston team mates Trenton Hawkins and Aaron McDonough were next in, both well under the 10 min mark. The big improver was U14 walker Connor McShanag who took some 50 secs off his best time to record 10:20.3. Justi Roseman was the first of the ladies to finish with 11:03.8 with the big improver there being Anna Wallace who recorded a huge PB time of 11:12.1.

1.	Kennedy, Paul	M	MELBOURNE UN	9:10.8
2.	Seid-Christmass, James	M	INVITATION	9:26.7
3.	Hawkins, Trenton	M	PRESTON	9:34.7
4.	McDonough, Aaron	M	PRESTON	9:47.0
5.	McShanag, Connor	M	ATHLETICS ES	10:20.3
6.	Cosic, Filip	M	ATHLETICS ES	10:53.7
7.	Elms, Jason	M	ATHLETICS ES	10:57.1
8.	Erickson, Tim	M	COBURG HARRI	10:59.8
9.	Roseman, Justijana	W	ATHLETICS ES	11:03.8
10.	Wallace, Anna	W	ATHLETICS ES	11:12.1
11.	Campbell, Rebecca	W	ATHLETICS ES	11:50.0
12.	Elms, Donna	W	ATHLETICS ES	11:51.9
13.	Campbell, Caitlin	W	ATHLETICS ES	11:54.7
14.	Millane, Ash	M	KEILOR ST BE	12:13.5
15.	Barbour, Bethanie	W	COBURG HARRI	12:37.3

16.	Shaw, Robyn	W	WESTERN ATHL	12:52.3
17.	Henderson, Keely	W	PRESTON	13:35.0
18.	Lamb, Jessica	W	BRUNSWICK	15:00.5
19.	Stobaus, Anne	W	KEILOR ST BE	15:22.0
20.	Baric, Amanda	W	KEILOR ST BE	15:22.3
21.	Ireland, Roslyn	W	BRUNSWICK	15:35.9
22.	Edwards, David	M	BRUNSWICK	15:57.0
23.	Abfalter, Maria	W	KEILOR ST BE	16:57.2

Athletics Victoria Shield Round 4, East Region, Hagenauer's Reserve, Box Hill, Thursday 29 October

This was our biggest walking venue with 30 competitors as against the SE region with 29 and the NW region with 23. Good stuff! Stuart Kollmorgen dominated with 9:04.2, followed by Ryan Antidormi whose time of 9:46.6 was his first time under 10 mins. Simon Evans (9:51.4) and Ross Reid (9:58.0) are also improving each week. Hilary Brazel, with 10:06.0, was the fastest lady.

1.	Kollmorgen, Stuart	M	COLLINGWOOD	9:04.2
2.	Antidormi, Ryan	M	ATHLETICS NU	9:46.6
3.	Evans, Simon	M	BOX HILL	9:51.4
4.	Reid, Ross	M	COLLINGWOOD	9:58.0
5.	Brazel, Hilary	W	ATHLETICS NU	10:06.0
6.	Dyer, Bill	M	BOX HILL	10:16.2
7.	Owen, Cooper	M	DIAMOND VALL	10:40.2
8.	Kozica, Jason	M	ST KEVINS	10:58.2
9.	Laurie, Natalie	W	ATHLETICS NU	11:09.3
10.	Hammett, Gary	M	DIAMOND VALL	11:18.6
11.	Benke, Geza	M	OLD MELBURNI	11:24.3
12.	Cooper, Stuart	M	ST STEPHENS	11:48.0
13.	Worsnop, Chris	M	OLD XAVERIAN	11:48.6
14.	Garganis, Adam	M	COLLINGWOOD	12:04.9
15.	Lee, James	M	OLD MELBURNI	12:09.5
16.	Facey, Stuart	M	OLD SCOTCH C	12:15.5
17.	Sofianos, Gerald	M	ST KEVINS	12:26.0
18.	Righi, Taylor	M	OLD MELBURNI	13:25.2
19.	Summers, Harry	M	BOX HILL	13:30.6
20.	Wurm, Charlie	M	OLD MELBURNI	13:31.7
21.	Laurence, Peter	M	DIAMOND VALL	13:36.2
22.	Conboy, Bruce	M	COLLINGWOOD	13:37.4
23.	Walburg, Kirsten	W	DONCASTER	13:53.8
24.	Cowell, Jacqueline	W	DIAMOND VALL	14:05.2
25.	Cooke, Brianna	W	UNATTACHED	14:40.9
26.	Gardner, Neville	M	BOX HILL	15:04.3
27.	O'Callaghan, Brian	M	RICHMOND HAR	15:17.0
28.	McNair, David	M	ST STEPHENS	15:47.6
	Onley, Gordon	M	ST STEPHENS	DQ
	Tsakiridis, Chris	M	ST STEPHENS	DQ

Athletics Victoria Shield Round 4, South East Region, Duncan MacKinnon Reserve, Murrumbena, Thursday 29 October

Rhydian Cowley was the fastest walker of the round with a blistering 8:13.3 and it was a case of Junior walkers dominating with Beth Alexander (8:22.4), Brad Simpson (9:27.8), Michael O'Mahony (huge PB of 9:44.9) and Matt Felton (9:52.9) all walking excellently behind Rhydian.

1.	Cowley, Rhydian	M	GLENHUNTLY	8:13.3
2.	Alexander, Beth	W	KNOX ATHLETI	9:22.4
3.	Simpson, Bradley	M	KNOX ATHLETI	9:27.8
4.	O'Mahony, Michael	M	KNOX ATHLETI	9:44.9
5.	Felton, Matthew	M	KNOX ATHLETI	9:52.9
6.	Irshad, Kylie	W	UNATTACHED	10:06.5
7.	Albert, Ashley	W	MALVERN HARR	10:08.7
8.	Bennett, Ralph	M	UNATTACHED	10:12.1
9.	Carr, Heather	W	EAGLEHAWK YM	10:37.5
10.	Burren, Sarah	W	MALVERN HARR	10:44.2
11.	Stadus, Lauren	W	KNOX ATHLETI	11:08.9
12.	Tam, Aaron	M	KNOX ATHLETI	11:24.6
13.	Irshad, Jasmine	M	UNATTACHED	11:36.1
14.	Sanders, Jade	W	CASEY CARDIN	11:37.1
15.	Steed, Gwen	W	MENTONE	11:44.2
16.	Guy, Rachael	W	CASEY CARDIN	11:47.1
17.	Barrow, Geoffrey	M	MENTONE	11:58.3
18.	Hutton, Philip	M	GLENHUNTLY	12:04.6
19.	Sommers, David	M	KNOX ATHLETI	12:36.6
20.	Osmand, Kym	M	OAKLEIGH	12:43.8
21.	Rouse, Zachary	M	MORNINGTON P	12:50.4
22.	Morrey, Jan	M	ATHLETICS ES	13:01.9

23.	O'Connor, Gerrard	M	KNOX ATHLETI	13:10.5
24.	Attard, Michaela	W	KNOX ATHLETI	13:26.2
25.	Ziguras, Patrick	M	ATHLETICS WA	14:43.4
26.	Rouse, Jordan	M	MORNINGTON P	15:04.6
27.	Beaumont, Gabriell	W	MORNINGTON P	15:04.6
	Brennan, Sophie	W	MORNINGTON P	DQ
	Wheatley, Caleb	M	MORNINGTON P	DQ

Athletics Victoria Shield Round 5, Geelong Region, Landy Field, Geelong, Saturday 31 October

Daniel Payne must be finishing Uni exams soon and we can expect to see his times come down even further than but his 8:48 was pretty good for a young bloke with not much time to train. James Seid-Christmass (9:24.82) was a couple of seconds faster than his time on Thursday night (James is very consistent). Jared Larkins and Jmara Hockley-Samon obviously had a great battle, both finishing with 10:11, while Jared Walker took nearly 20 secs off his best time with 10:21.99.

1.	Payne, Daniel	M	CORIO	8:48.38
2.	Seid-Christmass, James	M	CORIO	9:24.82
3.	Larkins, Jared	M	UNATTACHED	10:11.29
4.	Hockley Samon, Jmara	W	ATHLETICS CH	10:11.90
5.	Walker, Jared	M	CORIO	10:21.99
6.	Boddy, Tyne	W	CORIO	10:22.61
7.	Brunton, Caitlin	W	CORIO	10:46.89
8.	Dillon, Joshua	M	CORIO	11:02.76
9.	Payne, Emily	W	CORIO	11:09.03
10.	Boddy, Lana	W	CORIO	12:54.92
11.	Dillon, Nathan	M	CORIO	13:47.17
12.	Lockwood, Jade	W	CORIO	16:15.88

Athletics Victoria Shield Round 4, Ballarat Region, Llanberris Reserve, Ballarat, Saturday 31 October

Kelly Ruddick (9:07) continues to lead from the front at Ballarat and that is good for Rachel Tallent (9:57) who has someone to chase each week. Andrew Blood (10:06) and Daryl Biggin (10:29) both walked very well to be next in and Erin Adamcewicz (10:36) looks to be getting fitter again. Ballarat was our strongest country venue with 14 walkers in action.

1.	Ruddick, Kelly	M	BALLARAT HAR	9:07.89
2.	Tallent, Rachel	W	BALLARAT YCW	9:57.79
3.	Blood, Andrew	M	BALLARAT YCW	10:06.11
4.	Biggin, Daryl	M	BALLARAT YCW	10:29.46
5.	Adamcewicz, Erin	W	ATHLETICS ES	10:36.56
6.	Prendergast, Maurice	M	BALLARAT YCW	10:57.06
7.	Brennan, Sarah	W	BALLARAT YCW	11:02.10
8.	Nunn, Paul	M	WENDOUREE	11:05.72
9.	Jones, Robert	M	BALLARAT YCW	11:34.48
10.	Tallent, Ebony	W	BALLARAT YCW	12:03.01
11.	Govan, Lee	M	WENDOUREE	12:59.33
12.	McLennan, Michael	M	WENDOUREE	13:17.24
13.	Jones, Peter	M	BALLARAT HAR	13:53.36
14.	Luke, Peter	M	WENDOUREE	15:59.80

Athletics Victoria Shield Round 5, Bendigo Region, La Trobe University Track, Bendigo, Saturday 31 October

Duane Cousins was back in action in Bendigo and his 8:30.38 confirms that he is in good shape leading up to the Australian 50km championship later this month. Amanda Heard (10:34) and Ebony Whiley (10:40) were the top ladies.

1.	COUSINS, DUANE	M	EAGLEHAWK YM	8:30.38
2.	HEARD, AMANDA	W	EAGLEHAWK YM	10:34.45
3.	WHILEY, EBONY	W	EAGLEHAWK YM	10:40.25
4.	HEIDEN, DANE	M	BENDIGO UNI	10:45.82
5.	JONES, JEREMIAH	M	EAGLEHAWK YM	11:06.20
6.	SAVAGE, JOSHUA	M	EAGLEHAWK YM	11:57.66
7.	WILSON, JESSEY	W	EAGLEHAWK YM	12:40.71
8.	MAJOR, ANNETTE	W	EAGLEHAWK YM	12:46.41
9.	WELLARD, IAN	M	BENDIGO YMCA	13:41.65
10.	MAJOR, GEOFFREY	M	EAGLEHAWK YM	13:41.72
11.	JONES, EBONY-JADE	W	EAGLEHAWK YM	14:19.73
12.	WATSON, JOHN	M	BENDIGO YMCA	14:42.65

ANNOUNCING A NEW AUSTRALIAN RACEWALKING RESULTS WEBSITE

I am sure that you have already come across the excellent British RWA Competition website (<http://www.RaceWalkUK.com>) that John Constantinou has been running for some years now.

John started racewalking after seeing the Athens Olympics. He had designed and built various database-driven websites over the previous few years and decided he should do one for walking – thus <http://www.RacewalkUK.com> came into being. Walking in the

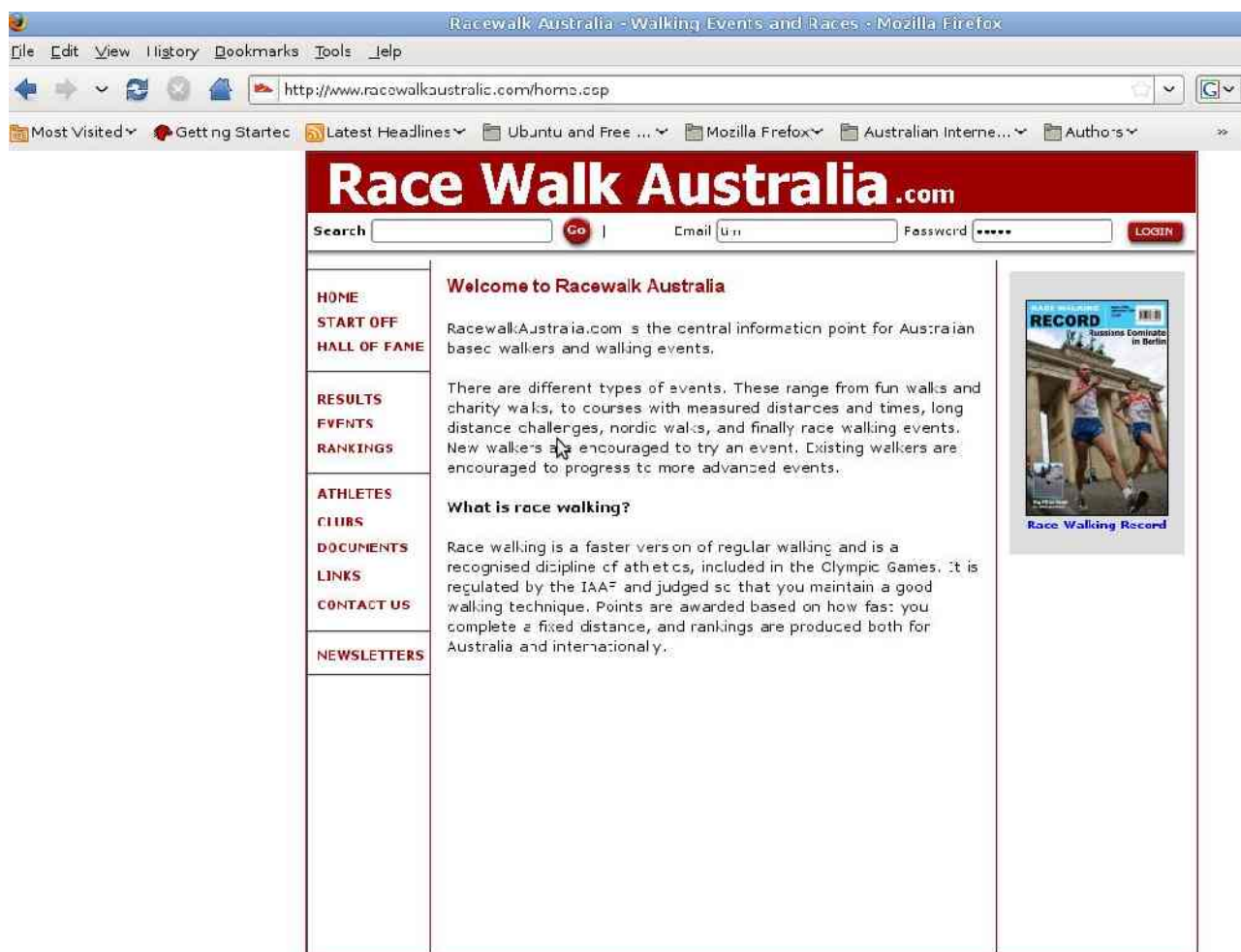
UK had been at a low point and he thought it would be a good way of promoting the sport and "reinforcing the brand," i.e. convincing outsiders that UK Walking is a professional organisation with a modern way of thinking. The hard work paid off with lots of people providing good feedback and other professional organisations connecting to it and it has worked its way up naturally to become the "official" reference on the sport in the UK with over 4,000 unique visitors per month.

As an aside, John also edits and publishes the British Race Walking Record magazine (see <http://www.racewalkingrecord.net/>).

I have been in discussion with John for some time now and he very generously agreed some weeks ago to create an Australian version of his results website for storing Australian racewalk statistics. He and I have been working on it over the interim period to get it to a point where we can open it up for public usage and that time has now come.

I have added nearly 400 Australian walkers, a large number of clubs and a significant number of races, albeit many of them Victorian based (the database now holds most of the 2009 national and international race results for our top walkers, our last VRWC race results, the results from first few rounds of Victorian Shield competition and a selection of results from other key 2009 Australian races). This is of course the tip of the iceberg but does give a flavour for what the website can do.

This new Australian results website is accessed via the new DNS name of <http://www.RaceWalkAustralia.com>. Check it out and you will be impressed by its power and speed and versatility. While there are a few pages that still reference UK matters, we are gradually customising it for an Australian audience.



Now comes the big question - how is this going to work? I can quite happily add all Victorian based races, all Australian championships and all overseas races in which Australians compete but I can't do the same for interstate races - we have too many walkers and too many races overall for one person to be able to handle the lot. So I need some State or Federation reps who are prepared to learn how to input data into this website and who are prepared to help look after their own State. I can provide the guidelines or rules that govern how data is entered and I can provide an Operations Manual to explain how the update process works and I can certainly help with any teething issues in learning how to do updates. It is not necessary to have any knowledge of how websites work or how they are coded - all data entry is via simple online panels. What is needed is someone with some time up their sleeve, someone with methodical careful work practices and someone who is able to ferret out the various results from their State and work as a standalone unit.

Anyone who might be interested in this new and exciting role is invited to contact me via email (terick@melbpc.org.au) and have a chat.

Tim

2009 FRENCH 50 KM NATIONAL CHAMPIONSHIP, ROUBAIX, SUNDAY 25 OCTOBER

French 50 km National Championship, Roubaix, Sunday 25 October 2009

The French 50km National Championship was held a week ago in Roubaix. Of the 51 starters, there were 33 finishers, 15 DNF and 3 DQ – that is a huge field by any standard and illustrates once again the huge interest in longer distance walking in France. In the absence of Yohan Diniz, the title was taken by Sebastien Biche who has represented France in 3 of the last 4 World Cups. His time of 3:58:14 was not far outside his best and put him 6minutes ahead of the field. I reproduce the results of the 11 sub-five hour walkers.

1.	3:58:14	BICHE Sebastien	Avia Club Issy-les-moulx
2.	4:04:13	MOULINET Bertrand	Amiens Uc
3.	4:09:23	ROZE Eddy	Amiens Uc
4.	4:10:06	AUGERON Johan	Ac Haut Poitou
5.	4:20:16	ROBIDOU Steven	Sa Toulouse Universite Club
6.	4:21:15	TUBAK Robert	(Hun)
7.	4:34:35	DUJOUR Guillaume	Ac Haut Poitou
8.	4:39:06	BLANC Louis-guillaume	Aj Blois-onzai
9.	4:40:47	REGY David	Ea Cergy Pontoise Athletisme
10.	4:46:30	GROSBOIS Jonathan	Aj Blois-onzain
11.	4:59:39	MARIE Frederic	C.c. Taverny Athletisme

Womens 20km

There was an associated 20km for women with Hungarian walkers taking the first 2 placings. Catherine Deseille was the first French woman to finish, with 1:49:09

1.	1:44:37	VARRO Katalin	(Hun)
2.	1:48:42	KOVACS Andrea	(Hun)
3.	1:49:09	DESEILLE Catherine	Lille Metropole Athletisme
4.	1:52:01	CARTIER Melissa	Amiens
5.	1:52:46	AUFFRET Lucie	Stade Niortais

FROM THE ARCHIVES



This photo was taken at the start of a Victorian Amateur Walkers' Club race at Albert Park in the winter of 1947. The club had only reformed a couple of years prior to this after the end of the Second World War and was still in rebuilding mode. It was a wet day as some 20+ walkers were captured by the camera just after the gun had been fired. The walker on the extreme right hand side with the long sleeves on is Gus Theobold. The race steward standing hatless under the umbrella is Alf Robinson. The fact that very few of the walkers are in the distinctive VAWC uniform (blue and white top) indicates that the race may have been a Victorian championship. Note that the walkers do not wear numbers on the front of the vest – the judges obviously knew them all by name. The race start was in Albert Road Drive, a small service road which ran alongside Albert Road.

NUMBERS BUILDING FOR 22 NOVEMBER RACES

Entries keep coming for our next big races on Sunday 22 November at Fawkner Park in Melbourne - 30 confirmed entries now. **Remember that entries close with AA on Friday 6th November so you have only a few days left.** You must enter via the A.A. entry panel at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=419&OrgID=887.

10km Junior Girls (3)	Alexander, Beth	Victoria
	Hockley Samon, Jmara	Victoria
	Tallent, Rachel	Victoria
10km Junior Boys (5)	Cowley, Rhydian	Victoria
	Fitzsimons, Sean	Western Australia
	Mulhearn, Jordan	New South Wales
	Simpson, Brad	Victoria
	Steele, Blake	South Australia
20km Men (7)	Bennett, Ralph	Victoria
	Erickson, Chris	A.I.S. / Victoria
	Kollmorgen, Stuart	Victoria
	Mulhearn, Derek (U23)	New South Wales
	Daniel Payne (U23)	Victoria
	Rayson, Ian (U23)	New South Wales
Reading, Brendon (U23)	New South Wales	
20km Women (10)	Attard, Tamara (U23)	Victoria
	Bourke, Lauren (U23)	New South Wales
	Brunton, Caitlin (U23)	Victoria
	Carr, Heather	Victoria
	Ruddick, Kelly	Victoria
	Stigwood, Stephanie (U23)	South Australia
	Szirom, Megan	South Australia
	Tallent, Claire	A.I.S. / South Australia
	Ventris, Lyn	Western Australia
	Webb, Cheryl	NSW
AA/AV 50 km Championship (5)	Cousins, Duane	Victoria
	Barnes, Tom	Victoria
	Bown, Darren	South Australia
	Jamieson, Andrew	Victoria
	Tallent, Jared	A.I.S. / Victoria

WHAT'S COMING UP

The Victorian Schools Track and Field Championships for agegroups U14-U18 are being held next weekend at Olympic Park in Melbourne. This is one of the big meets for our younger walkers and the walks are all to be held on the Saturday afternoon. I'll be going in to watch and expect to see some spirited competitions. The forecast is for a warm 27°C so fingers crossed that conditions are not too demanding for our athletes. The timetable reads

Saturday 7 Nov	2:00pm	U16 Boys 3000m Walk U15 Boys 3000m Walk U16 Girls 3000m Walk U15 Girls 3000m Walk
	4:00pm	U14 Boys 1500m Walk
	4:15pm	U14 Girls 1500m Walk
	5:30pm	U18 Boys 5000m Walk U17 Boys 5000m Walk U18 Girls 5000m Walk U17 Girls 5000m Walk

DATES...DATES...DATES

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

Victorian & National Fixture – Summer 2009/2010

6-8 Nov 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
Sun 15 Nov 2009	VRWC Club Championships, Albert Park
21-22 Nov 2009	Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
Wed 9 Dec 2009	VRWC track races, Collingwood Harriers Track, Thornbury

Sun 10 Jan 2010 VRWC road races, Albert Park
 22-24 Jan 2009 Victorian Country Championships, Newborough
 Jan 30, 2010 Canberra Grand Prix (including Australia Cup) – 5000m walks (to be confirmed)
 Sat 13 Feb 2010 Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials)
 Incorporating Australia U23 vs New Zealand Open Teams Competition
 Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
 26-27 Feb 2010 Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
 27 Feb 2010 Sydney Grand Prix – 5000m walks (to be confirmed)
 11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney
 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 Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
 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**
 Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

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

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

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)