



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 7
10 November 2009



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ADDENDUM TO ATHLETICS VICTORIA SHIELD RESULTS

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

A more complete version of the results from the South East region competition of 2 weeks ago has finally gone up on the AV website. There are still a few Unknowns in the list but the main players now all seem accounted for. Let me know if you think you might know any of the remaining unknowns. It would be nice to fully complete the results.

Event 3000m Walk

1.	Cowley, Rhydian	GHY	M20	13:09.4
2.	Felton, Matthew	KNA	M16	14:20.7
3.	Simpson, Bradley	KNA	M18	14:36.6
4.	Carr, Heather	EAG	FOP	14:45.4
5.	Finnegan, Amelia	KNA	F16	15:17.8
6.	O'Mahony, Michael	KNA	M18	15:40.5
7.	Attard, Tamara	KNA	F20	15:53.1
8.	Riddoch, Clyde	AWA	M40+	16:18.4
9.	Dummy			16:40.4
10.	Attard, Bianca	KNA	F16	16:47.7
11.	Unknown			17:02.1
12.	Callaway, Jessica	KNA	F16	17:05.3
13.	Tam, Aaron	KNA	M16	17:58.2
14.	Hutton, Philip	GHY	M40+	18:20.5
15.	Barrow, Geoffrey	MEN	M40+	18:33.5
16.	Doran, Anthony	GHY	M40+	18:57.5
17.	Unknown			19:04.8
18.	Attard, Michaela	KNA	F18	20:24.3
19.	Maudsley, Fiona	AWA	F20	20:24.3
20.	Morrison, John	SAN	M40+	21:07.9
21.	Unknown			23:21.8
22.	Unknown			23:42.3
	Van Dongen, Rupert	CCA	MOP	DQ

Event 1500m Walk

1.	Burren, Sarah	MAL	F14	7:17.4
2.	Montag, Jemima	RWD	F14	7:39.3
3.	Guy, Rebecca	CCA	F14	8:05.4
4.	Guy, Rachael	CCA	F14	8:23.2

2009 VICTORIAN SCHOOLS T&F CHAMPIONSHIPS, OLYMPIC PARK, 6-8 NOVEMBER

Track Walk Championships were held as part of the Victorian Schools Championships on the afternoon of Saturday 7th November at Olympic Park in Melbourne. Conditions were very tough as the temperature soared into the mid thirties, signalling the start of a scorching week for Victoria. The summer is on its way! Thanks to **Stuart Cooper** for the photos which are published in this newsletter. I was also trackside with my own camera and I have uploaded my own photos to the VRWC Photo Gallery (nearly 70 photos in all). See <http://www.vrwc.org.au/coppermine/>

The 3000m U15 and U16 walks were the first to kick off at 2PM and the times were quite reasonable given the unforgiving heat. Josh Dillon and Lewis Clark of Geelong took off from the start and battled the whole way, Josh eventually proved slightly stronger to finish with 14:30.14 as against Lewis' 14:37.58. A similar battle was seen in the girls' event as Amy Burren (14:59.63), Jmara Hockley-Samon (15:04.86) and Amelia Finnegan (15:18.87) staged their own contest.

Men 3000 Meter Race Walk Under 15

1.	Antidormi, Ryan	95	Emmaus College	15:39.60
2.	Walker, Jared	95	Lara SC	15:51.92
3.	Taylor, Lucas	96	LIL	16:25.33
4.	Gardner, Aaron	95	Maribymong College	18:48.14

Men 3000 Meter Race Walk Under 16

1.	Dillon, Joshua	94	St Joseph's College	14:30.14
2.	Clark, Lewis	94	CCG	14:37.58
3.	Felton, Matthew	94	Aquinas College	15:31.57
4.	Tam, Aaron	94	Glen Waverley SC	17:42.80

Women 3000 Meter Race Walk Under 15

1.	Hockley Samon, Jmara	95	Clonard College	15:04.86
2.	Finnegan, Amelia	95	MAT	15:18.87
3.	Whiley, Ebony	95	CCB	16:16.23
4.	Albert, Ashley	95	Killester College	16:34.06
5.	Attard, Bianca	95	Aquinas College	17:34.94
6.	Callaway, Jessica	95	MAT	17:44.41
7.	Campbell, Grace	95	WEE	18:13.62

Women 3000 Meter Race Walk Under 16

1.	Burren, Amy	94	Killester College	14:59.63
2.	Raselli, Cassandra	94	PLC	16:20.73
3.	Mason, Ella	94	MGC	17:08.90
4.	Tallent, Ebony	94	Ballarat HS	17:26.06
	Campbell, Caitlin	94	Copperfield College	DNF



Amy Burren, Jmara Hockley Samon, Matthew Felton, Lewis Clark and Ryan Antidormi



Jared Walker, Amelia Finnegan, Josh Dillon and Cassie Raselli

The Boys' U14 1500m kicked off next at 4PM in even hotter conditions! Connor McShanag led from the start and had a good lead going into the final lap but Billy Allamby produced a superb last lap to overtake him and snatch gold in a PB time of 7:13.53. Connor's second placed 7:19.17 was a PB by some 20 secs. Jeremiah Jones walked a great race to take third in 7:31.11, just outside his best. A special mention for Cooper Owen, the youngest walker in the field, who produced his own big PB to take 4th with 7:40.81.

Men 1500 Meter Race Walk Under 14

1.	Allamby, Billy	97	KAR	7:13.53
2.	McShanag, Connor	96	St Bernards College	7:19.17
3.	Jones, Jeremiah	97	St Thereses	7:31.11

4.	Owen, Cooper	98	Watsonia Heights PS	7:40.81
5.	Heiden, Dane	97	SJP	8:04.50
6.	Garganis, Adam	97	Wales St PS	8:11.39
7.	Broadhead, Robert	96	TLC	8:21.04
	Hogan, Andrew	96	Salesian College	DNF

The Girls' U14 1500m started at 4:15PM, as soon as the Boys' event finished. It was the walk of the meet from time, depth and finish points of view. Stephanie George led out and had what looked like a winning lead at the half way mark before Sarah Burren and Zoe Baldiston clawed their way back, the three girls together at the bell. Sarah set the pace up the back straight for the final time as Stephanie held on, the two surging clear of Zoe. Then Stephanie rallied to somehow come around Sarah on the final bend and hold her out in the straight to win in 7:13.59, just over 1 second in front. Zoe was third with 7:29.18 and behind her, most of the field recorded PBs. It was a disaster zone after the race with distressed girls everywhere, the weather taking its toll, but you can't take it away from them for giving their all in what was a superb show of quality speed walking.

Women 1500 Meter Race Walk Under 14

1.	George, Stephanie	96	YAR	7:13.59
2.	Burren, Sarah	96	Killester College	7:15.01
3.	Baldiston, Zoe	97	St Mel's PS	7:29.18
4.	Montag, Jemima	98	Wesley College	7:33.39
5.	Stadus, Lauren	96	IGG	7:34.88
6.	Edlin, Grace	98	Spring Gully PS	7:48.15
7.	Irshad, Jasmine	97	Wantirna College	7:48.38
8.	Guy, Rebecca	96	Berwick SC	7:48.81
9.	Whitelaw, Billie	96	Dromana SC	7:49.41
10.	Sanders, Jade	97	Timbarra PS	8:01.19
11.	Walker, Megan	97	Lara PS	8:04.80
12.	Bertrand, Carly	96	Salesian College	8:05.96
13.	Plumb, Sadie	96	Wonthaggi SC	8:11.89
14.	Campbell, Rebecca	97	SYD	8:28.25
15.	Wilson, Jessey	96	CCB	8:30.86
16.	Ventura, Amy	98	Brandon Park PS	8:59.54



Amy Burren, Stephanie George, Zoe Baldiston, Jade Sanders, Megan Walker and Carly Bertrand



Jemima Montag, Billy Allamby, Cooper Owen, Jeremiah Jones and Connor McShanag

The final walks, the 5000m for U17 and U18, started at 5:30PM in what was the hottest part of the day. It amazes me that the organisers can schedule the longest and most gruelling event on the program at the hottest time of the day – it is just not fair to the competitors, not to mention a question of Health and Safety. The small group of walkers headed off together but it was Beth Alexander who soon put the foot down and stamped her authority on the field. Times were never going to be fast in that heat but she held on well to record 25:34. Brad Simpson was next in with 26:32 while Hilary Brazel walked superbly to come in next with 26:45. Rachel Tallent found the heat too oppressive and decided to live to fight another day.

Women 5000 Meter Race Walk Under 17

1.	Brazel, Hilary	93	Emmaus College	26:45.65
2.	Payne, Emily	93	KAI	32:31.30
	Tallent, Rachel	93	Ballarat HS	DNF

Women 5000 Meter Race Walk Under 18

1.	Alexander, Beth	92	Brentwood SC	25:34.67
2.	Gage, Mykaela	92	SAG	33:28.39

Men 5000 Meter Race Walk Under 17

1.	Simpson, Bradley	93	YAR	26:32.10
2.	O'Mahony, Michael	93	St Joseph's College	28:45.25
3.	Kaiser, Joshua	93	Dromana SC	30:51.34



Mykaela Gage, Beth Alexander, Michael O'Mahony, Hilary Brazel and Brad Simpson



**Finish of the day – Sarah Burren and Stephanie George
U16 medallists – Lewis Clark, Josh Dillon and Matthew Felton, Cassie Raselli, Amy Burren and Ella Mason**



U15 medallists – Jared Walker, Ryan Andirormi, Lucas Taylor, Amelia Finnegan, Jmara Hockley-Samon and Ebony Whiley



**U17 medallists Michael O'Mahony, Brad Simpson and Joshua Kaiser
U18 medallists Mykaela Gage and Beth Alexander**



**U17 medallists Emily Payne and Hilary Brazel
U14 medallists Sarah Burren, Stephanie George and Zoe Baldiston
Sorry but no photo of the U14 boys presentation – I was photographing the U14 girls event**

2009 QUEENSLAND SECONDARY SCHOOLS T&f CHAMPS, BRISBANE, 22-25 OCTOBER

The 2009 Commonwealth Bank Queensland Secondary Schools Track & Field Championships were held at the Queensland Sports & Athletic Centre in Brisbane a couple of weeks ago and the results indicate that the upward trend in Queensland walking continues. Ben Tesch walked superbly to win the U14 1500m with 6:58.68 and will be hard to beat in Hobart next month. Brad Aiton won the U16 3000m in a fast 14:03.85 and will also be amongst the favourites in his age group in Hobart.

Women 13 Years 1500 Metre Race Walk

1.	Barker, Rachel	SC 5452	7:21.04
2.	Morssinkhof, Amy	MW 5345	7:45.24
3.	Carroll, Tess	ME 5596	8:08.43
4.	Boardman, Lucy-Ros	SU 5591	8:31.63
5.	Paviell, Marybeth	SC 2184	8:44.16
6.	Hooper, Samantha	SU 2088	8:50.53
7.	Hall, Jane	ME 0597	8:51.36
8.	Haig, Jessica	SU 2109	8:52.09
9.	Gehan, Denita	SU 2091	9:28.71

Men 13 Years 1500 Metre Race Walk

1.	Tesch, Ben	MN 2102	6:58.67
2.	Ivers, Matthew	MW 5465	8:20.79
3.	Watts, Riley	WB 5386	9:02.28
	Knight, Baxter	SC 5453	DQ

Women 14-15 3000 Metre Race Walk

1.	Pickles, Jessica	SC 2083	16:04.55
2.	Bennett, Faith	SC 1759	17:15.32
3.	Innes, Courtney	MW 5362	17:38.25
4.	Sims, Casey	MN 5347	17:50.88
5.	Flynn-Pittar, Ajia-M	N 2049	18:20.75
6.	Jackson, Eloise	ME 5349	18:39.65
7.	Volling, Danielle	SU 2066	20:55.00

Men 14-15 3000 Metre Race Walk

1.	Aiton, Brad	ME 2021	14:03.85
2.	Hodgson, Elliot	CA 5577	14:49.28
3.	Osborne, Jesse	MN 2102	15:14.47
4.	Buckler, Corey	MN 2102	15:20.67
	Archer, Jake	N 2172	DNF
	Resetti, Milo	DD 2013	DQ

Women 16-17 5000 Metre Race Walk

1.	Hewish, Alana	MW 2132	27:48.77
2.	Flynn-Pittar, Ishka	N 2049	31:21.62
3.	Czislowski, Shannon	MW 2050	32:44.32
	Maher, Rachael	MN 2142	DQ

Men 16-17 5000 Metre Race Walk

1.	Dewar, Nicholas	MW 5465	25:51.21
2.	Dewar, Brandon	MW 5465	27:05.67
3.	Hallam, John	MN 5307	28:38.43

Women 18-19 5000 Metre Race Walk

1.	Tesch, Samantha	MN 2102	25:35.64
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2009 NSW SECONDARY SCHOOLS T&F CHAMPS, SOPAC, HOMEBUSH, 5-8 NOVEMBER

The NSW Secondary Schools T&F championships were also held last weekend at the Homebush Olympic centre in Sydney. The U14-U16 walks were held on the Thursday evening while the walks for the older age groups were held on Sunday. As usual, the numbers were good and the standard high. Hobart promises to be a great Australian All Schools championship meet in December.

Boys 3000 metre Race Walk 14 years , Thursday 5 November

1.	Jay Felton	Kincumber High	15:02.57
2.	Matthew Killen	Gorokan High	15:36.86
3.	Kurtis Birch-Ward	Menai High	15:49.46
4.	Jack Dhu	Chifley College	17:29.54

Boys 3000 metre Race Walk 15 years , Thursday 5 November

1.	Nathan Fazldad	SDK	14:14.94
2.	Steven Washburn	Hills Sports Hig	14:39.12

3.	Andrew Shaw	Rooty Hill High	16:07.66
4.	Adrian Santa	Maria Patrician Br	16:40.81
	Blake Mumberson	John Therry	DQ

Girls 3000 metre Race Walk 14 years , Thursday 5 November

1.	Shay Southern	Colo High	15:28.68
2.	Hannah Denney	Brigidine Rand	16:03.28
3.	Leisl Gray	KinrossWol-CIS	16:46.09
4.	stephanie andreou	Cpa (Campbel	17:09.24
5.	Tabitha Porley	Colo High	17:39.45

Girls 3000 metre Race Walk 15 years , Thursday 5 November

1.	Emma Bettiol	Mackellar Gi	15:07.67
2.	Kirsty Klein	Hawkesbury High	15:27.27
3.	Samantha Flood	Picnic Point High	16:26.64
4.	Kelsey Knight J	ohn Paul Coffs	16:47.56
5.	Natalie Ambrose	Chester Hill High	17:28.57
	Amy Legeret	Cpa (Campbel	DQ

Boys 1500 metre Race Walk 13 years , Thursday 5 November

1.	Johnathan Anestoudis	SDK	7:14.50
2.	Jason Dredge	Cent Coast G-Cis	7:31.56
3.	Robert Murphy	Marcellin College	7:32.33
4.	Jake Cairns	St Patricks	8:38.69
	Nicholas Shina	Oakhill College	DQ
	matthew oswald	Dapto High	DQ

Girls 1500 metre Race Walk 13 years , Thursday 5 November

1.	Jasmine Dighton	Cranebrook High	7:21.29
2.	Carla Elias	Olom Parra	7:40.43
3.	Talisha Maruta	Hills Sports Hig	7:41.63
4.	Chantelle Torres	Sarah Redfern Hi	7:43.37
5.	Amanda Barendregt	Clare Catholic	7:50.68
6.	Alina Tape	Macksville High	7:54.87
7.	Lydia McKay	Central Coast Ad	7:57.57
8.	Emma Robson	John Paul Coffs	8:01.65
9.	Natasha Estrada	Nagle College	8:04.64
10.	Samantha Martin	Olsh Kensington	8:05.09
11.	Teeghan Annear	St Peters Tuggerah	8:08.85
12.	Laura Knight	St Peters Tuggerah	8:16.45
13.	Bree Herrmann	Kirrawee High	8:17.17
14.	emily shanahan	Magdalene Ca	8:30.85
15.	Melanie Simpkins	Lindis Farne	8:35.17
16.	Kate Roser	Mercy Chatswood	8:35.52
17.	Demi Southern	Colo High	8:37.78

Boys 5000 metre Race Walk 19 years , Sunday 8 November

1.	Kyle Malone	SDK	23:04.87
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Boys 5000 metre Race Walk 17 years , Sunday 8 November

1.	Jordan Mulhearn	Marist East	24:30.02
2.	Kai Maruta	St Clair High	26:19.59
	Fraser Nixon	Carlingford High	DNF

Boys 5000 metre Race Walk 16 years , Sunday 8 November

1.	Jake Rudge	Hunter Valle	28:11.19
	Cheyne Egelton	SDK	DQ

Girls 5000 metre Race Walk 17 years , Sunday 8 November

1.	Jade Dighton	Cranebrook High	27:54.12
2.	Vanessa Noble	East Hills Girls	28:15.61

Girls 5000 metre Race Walk 16 years , Sunday 8 November

1.	Dimitra Psarianos	St Euphemia College	27:11.37
2.	Joanne Elias	Olmc Parramatta	33:10.69
3.	Ebony Gralton	Rooty Hill High	33:42.59

BITS AND PIECES

Spaniard **Jesus Angel Garcia** ran the recent New York marathon, finishing in 279th place in a time of 2:47:43. Better known as one of the world's top 50km walkers, it was his first marathon run.

PB Series #5, Gold Coast City Athletics Track, Friday 6th November

Fast walking on the Gold Coast on Friday night! Brad Aiton, the Dewar boys and Jessica Pickles all did very good times

Women 3000 Metre Race Walk

1.	Pickles, Jessica	15	Jimboomba	15:14.22
2.	Sorensen, Courtney	16	Unattached	16:31.18
3.	Bennett, Faith	15	Gold Coast Victory	16:37.98
4.	Barker, Rachel	13	Gold Coast Victory	16:40.06
5.	Jackson, Eloise	14	Qld Race Wal	17:14.13
6.	Czislowski, Shannon	16	Qld Race Wal	18:01.32

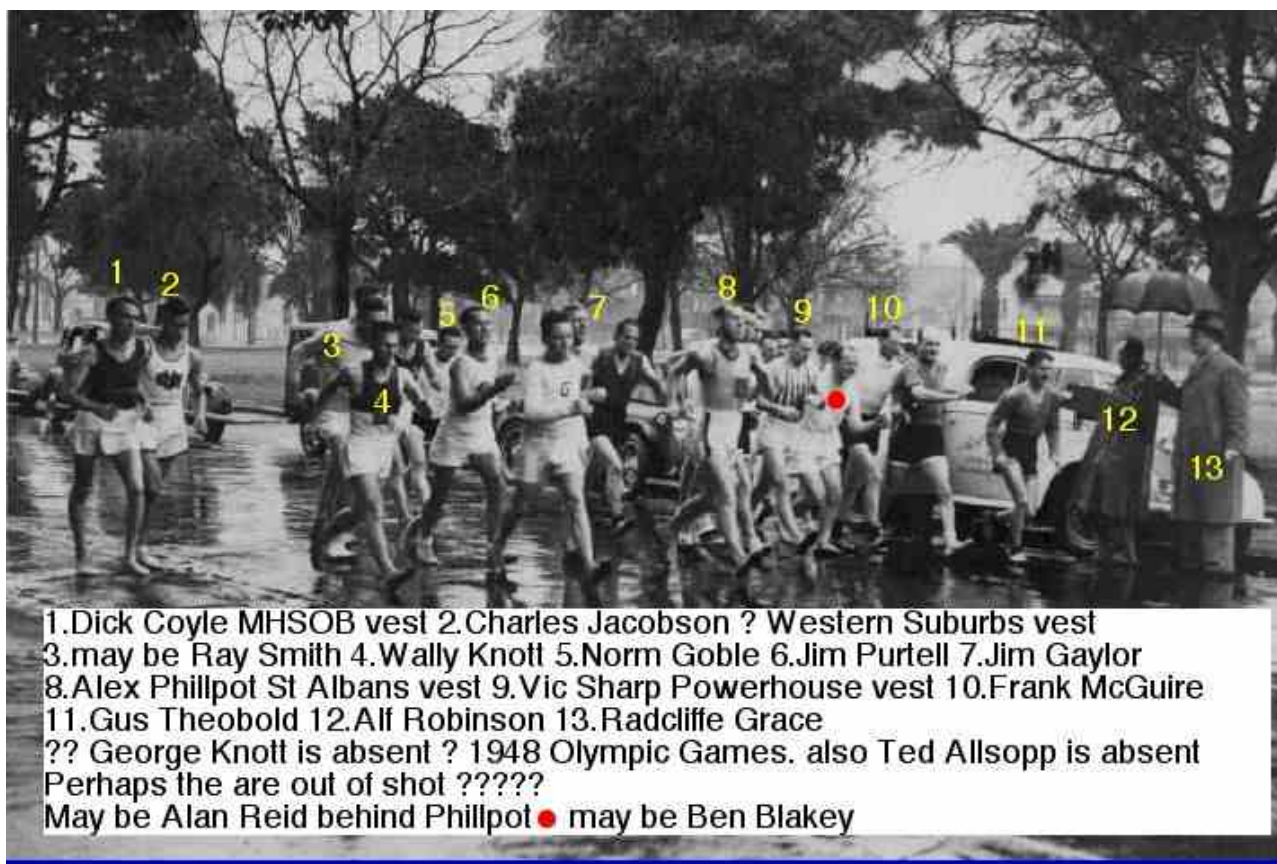
Men 3000 Metre Race Walk

1.	Aiton, Brad	15	Gold Coast Victory	13:45.69
2.	Dewar, Nick	17	Qld Race Wal	14:08.75
3.	Dewar, Brandon	17	Qld Race Wal	14:11.54

MORE ON LAST WEEK'S PHOTO

Thanks to Ray Smith for filling in many of the names from the 1947 Albert Park photo that was published in last week's newsletter. Here is what Ray had to say

I have a glossy print of the picture obtained from the Herald Sun with Coyle and Jacobson cropped out. All from memory and subject to error. Almost certain that is I. Almost certain that is Ben Blakey.



Thanks Ray..absolutely gold! Bob Gardiner also pointed out that the parked van looks like the "A.A. Theobald electrician" van many of us were given lifts in. Spot on Bob!

GEELONG WALKERS IN ACTION – THURSDAY 5 NOVEMBER 2009

The Geelong Walkers Club (see http://www.sportingpulse.com/assoc_page.cgi?c=1-7221-0-0-0&SID=139582) hold regular Thursday night competitions each week at the Goldsworthy Athletics Track in Corio, a suburb of Geelong. Along with Barwon Walkers, Bendigo Walkers Club and Ballarat Walkers club, it is one of 4 country clubs which specifically cater for walkers in their region. Harold Boddy sent me the following report from their track walks last Thursday evening – thanks Harold.

A small field of 19 walkers consisting of race walkers, fitness and recreational walkers tackled a 2000 metre distance event where each had to record a time closest to their pre-nominated finish times. There were some excellent efforts of time/distance judgement with Mark Wiffen taking the honours on the night, recording only a 1 second difference. Next best

were duo Jill and Jade Lockwood recording a 2 seconds difference and then Lana Boddy only 3 seconds out.

Last weekend the Athletics Victoria All Schools Track and Field Championships were held at Olympic Park. Geelong walkers figured heavily in the results with Gold medals to Josh Dillon, Jamara Hockley Samon, Silver to Jared Walker, Lewis Clark, Emily Payne and Mykaela Gage and a PB time for young Megan Walker. Josh, Jared, Lewis, Jamara and Megan all recorded national qualifying times for the upcoming National Titles in Hobart.

Tomorrow night's event at the Goldsworthy Athletic Track, Corio will be 4000 metres for U16 & over age groups and 2000 metres for the U14 & under age groups to handicap times. Sign-in at 6.00pm for a 6.15pm start. New walkers of any age and ability always welcome.

For further information please contact Harold on 0418 144148

NAME	Age	Nom Time	Act Time	Diff	Place
WIFFEN MARK	VET M	16.00	16.01	1	1
LOCKWOOD JADE	U14G	17.55	17.57	2	2
LOCKWOOD JILL	VET F	17.55	17.57	2	2
BODDY LANA	U18G	13.00	12.57	3	4
BROCKENSHIRE SHARMAINE	VET F	21.00	20.56	4	5
DE GRAAF MICHELLE	VET F	15.35	15.31	4	5
PIX ALEXANDRA	U13G	21.00	20.56	4	5
PIX SHERRY	VET F	21.00	20.56	4	5
DAY BARRY	VET M	14.30	14.37	7	9
CARMICHAEL WAYNE	OPEN M	19.33	19.25	8	10
DRINKWATER DIANNE	VET F	19.35	19.25	10	11
CURRAN ANGELA	VET F	16.17	16.05	12	12
DE GRAAF CARLA	VET F	18.20	18.34	14	13
MURPHY PENNI	VET F	16.26	16.05	21	14
BROCKENSHIRE BRIGGETTE	U14G	14.00	13.36	24	15
FAIRBROTHER BARBARA	VET F	22.10	21.46	24	15
BODDY HAROLD	VET M	13.50	13.07	43	17
BODDY TYNE	OPEN F	11.10	10.26	44	18
SILCOCK-DELANEY COLIN	VET M	18.00	15.35	145	19

THE NEW AUSTRALIAN RACEWALKING RESULTS WEBSITE TAKES SHAPE

The new Australian racewalking results website is taking shape nicely. I have now added some 600 walkers and over 140 race results into the website. Kim Mottrom has agreed to feed SA results to me and Peter Aiton has agreed to feed QLD results to me. So along with VIC results which I shall handle, that gets us half way there. I still need reps in NSW, ACT, TAS and WA to ensure that all significant walking results are forwarded for entry.

Fire up <http://www.racewalkaustralia.com/Home.asp> and check out the rankings and results sections which are now looking quite reasonable. I have added in the National Roadwalk champs at Parramatta but have not yet added the Canberra Carnival results as I am waiting for the organizers to send me a list of DOBs.

Note that the age group calculations are still based on UK rules so you may end up in the wrong age group designation at the moment. That will soon be fixed.

I have also added just over 70 photos to athlete profiles but, given that I have nearly 600 walkers on there, lots more photos are needed to complete the profiles. You are invited to email your favourite walking photo to me (terick@melbpc.org.au) and I will add it to your profile. And let me know if I don't have your date of birth or if it is incorrect. DOBs are needed for the ranking lists to function correctly and it is often difficult to get them from organisations due to privacy considerations.

FROM THE ARCHIVES – THE GLOVER SHIELD COMPETITION, SUNDAY 14 MAY 1972

Thanks to Alan Lucas for the fantastic newspaper cutting below, from the Brisbane morning newspaper of Monday 15th May 1972. Alan explains the photo as follows:

Have just read today's H&T and thought that you would like a copy of the attached photo if you don't have one already. The 1972 Federation events were held in Brisbane in May that year and the weather turned out to be fairly cool, quite wet and windy. The course was difficult with a noticeable rise and fall and a rough surface.

You will need to get some help identifying all of the competitors but I can help. The only Victorians to make the trip for the senior event were Robin Wood, Varel Newmark and myself. We were not considered much of a chance to win the teams event but Arthur Jones of NSW did not go and with the weather conditions we all "fired" to pull off an unexpected victory. With some good walking and poor selections in the NSW team we also managed to win the Robinson Shield as well. Steven Bradbury would say "If you are on your feet at the finish you've always got a chance".

This photo may be one of the few (perhaps only) copies in existence. **Amongst the competitors are (from right to left) John (?) Andrews ACT, me, Varel, Peter Waddell, Robin, Mike Barfoot, Eddie Dawkins, Keith Henness, Frank Overton, Frank Clark, Sid Bray, Robin Whyte, Reg Tarte and Logan Irwin.** The caption says 42 starters but I can only count 27 and I think the other 15 were in the junior race.

Regards .. Alan



This sent me rummaging through our extensive archives and here I reproduce the report from the VAWC Heel & Toe May 1972 edition. Alas, my RWA archives do not include the full result from the 1972 Glover Shield competition (does anyone have it?) but the main placings are all documented below.

VICTORIA RETAINS GLOVER AND ROBINSON SHIELDS IN BRISBANE

With a great display of team walking, Victoria won the Glover Shield and Robinson Shield competitions held at Redcliffe, Qld, last weekend. After racing for five weeks with temperatures in the 70's and 80's in Melbourne, the Vics thought they were well prepared for Brisbane weather but race day dawned with a bleak sky, a strong wind and the threat of rain which soon eventuated and kept the temperature just on 60°.

The first race of the day was the 3000m Claude Knight Memorial Trophy for U14 girls. Jane Davies 16:42 (2nd), Jenny Hurwood 16:57 (4th), Margaret McDonald 19:49 (11th) and Jacqui Greig 19:55 (12th) all walked excellent races but found the N.S.W. Girls too strong in numbers and finished 2nd, six points behind the winners.

The next race was the 5000m Lorna Carrington Cup which saw another interesting battle between National Champion Dianne Behen and Alison Nicholls. However, the N.S.W. Girl again proved too strong at the finish to win by 9 secs in 25:55 to Alison's 26:04. The other Vic girls, Robyne Knappe 30:12 (11th), Debbie Hughes 30:50 (18th) and Verona Chadwick 31:31 (21st) found the pace a bit too fast. N.S.W. were easy team winners.

This was followed by the 10000m Robinson Shield for Juniors U19 and Victoria's chances appeared only slight as six of the State's top juniors did not make the trip and those that did were only young and had very little interstate competition behind them. However, with some good walking and a bit of luck, they came home winners by 3 points. Bill Cullen walked a well judged race to win with 51:46 closed followed by Steve Barralet of Qld who clocked 51:57. Ron Pilcher 53:42 and John Cullen 55:00 did a great job for their age to finish 6th and 7th while Dave Gaff 58:35, Glenn Knappe 64:28 and Michael Fielding 65:57 battled it out to the finish. Colin Campbell of N.S.W. who crossed the line in 4th place was disqualified and two boys from their No. 2 team finished 5th and 8th ahead of the 3rd boy in their No. 1 team, ruining their team chances.

The main event of the day, the 10000 Glover Shield, saw a small but very determined Vic team line up against 3 teams from N.S.W., 1 from the A.C.T. and 2 from Qld. Olympian Frank Clark cleared out after 1000m to win with 47:38 from Robin Whyte who had a lonely race and was 2nd in 48:36. A little further back the pressure was really on as Robin Wood, Varel Newmark and Alan Lucas were having a battle royale with Eddie Dawkins (N.S.W.) with Logan Irwin, Frank Overton (both N.S.W.) and Mike Barwood, Peter Waddell and Terry Jones (all A.C.T.) breathing down their necks. At the finish Robin Wood 49:48 held a slight lead over Varel 49:53 who walked a real captain's race, just beating Eddie Dawkins 49:55. Alan hung on desperately for 6th in 50:12 with Logan Irwin putting in a powerful finish for 50:26. Mike Barfoot 50:50, Peter Waddell 51:04, Terry Jones 51:16 and Frank Overton 51:33 found the pace too much over the last 1500m and fell back a bit.

The pressure of the race can be seen by the times clocked by the leaders over the final 1500m: Clark 7:09, Whyte 7:08, Wood 7:17, Newmark 7:09, Dawkins 7:15, Lucas 7:15 and Irwin 7:18. When the results were worked out it was found that

Victoria and N.S.W. both had 13 points but Vic won on a countback because our team was the first to finish 3 competitors. Rick Hutton 58:09 and Ralph Field walked to make up the numbers for Vic and had an interesting battle with Sid Bray 58:24.

After the Glover Shield, it was confirmed that we had also won the Robinson Shield and there was much jubilation in the Victorian camp.

And no interstate trip is without its scandal. Thank goodness we are a bit more sedate these days! This was also published in the May 1972 edition of Heel & Toe.

THE BRISBANE TRIP – THE TRUTH!

As seen through the eyes of the special “fly on the wall” who for his own safety prefers to remain anonymous.

To the waves and cheers of friends and families, 12 members of the V.A.W.C. left Spencer St Station on Wednesday 10th May bound for sunny (???) Brisbane. A quiet night was spent playing cards before retiring to bed about 11pm. The next day was spent touring Sydney, some visited the zoo (and were let out again!) whilst others braved the height of the Australia Square building (48 storeys), some say it is 49 but that is another story! A couple of the girls learnt that it is not very nice to be standing behind a boy fishing when his fish falls off the line and back into the water. Ron Pilcher and his coach Ian Colston joined the party in Sydney and at 6.30pm all boarded “The Rattler” for Brisbane. Either this train has square wheels or runs on the sleepers instead of the rails, we couldn't decide which.

A real “rocking” night was spent before everyone went to sleep (??) to rest up for the races. We arrived in Brisbane at midday and went around to the Cobb & Co. terminal to meet the N.S.W. bus which was to transport us to Redcliffe. Unfortunately the bus was a couple of hours late which meant that those on the bus had to share it with our team plus about 15 others from N.S.W. who had gone by a scheduled bus, a tight squeeze to say the least. After getting lost about 10 times on the way to Redcliffe, the bus was stopped and Ian Colston asked a local council worker to show us the way, but he couldn't spare the time to help us as he was too busy watching another bloke working on top of a telegraph pole!

Poor Ralph Field found that you can get lost just as easily in Brisbane as in Canberra but still operated a good ferry service between the guest house and the Showgrounds. After the races, we adjourned to the Showgrounds for an excellent barbecue tea put on by the Q.A.W.C. which was unfortunately hampered by the rain and cool wind.

After the presentation of trophies, we returned to the guest House and spent the time playing pool and table tennis. Ron Pilcher and Glenn Knape spent a lot of time at the N.S.W. camp, wonder why?? When bedtime eventually arrived, it was found that almost every bed had been short-sheeted. Who would do a thing like that? While Mike Fielding found that he had suddenly gone gray, talcum powder on the pillow maybe? Whoever “fixed” Alan Johnson's bed can count on at least one report this week. Somebody pinched Alan Lucas' pyjamas but we can't say where he found them.

The return trip from Brisbane was another “swinging” time with “Lurch” driving the train. The day in Sydney was spent by walking over the Harbour Bridge, playing tenpin bowls and trying to find a double decker bus to ride on. The trip from Sydney was very quiet and it was a tired but happy crew that greeted Spencer St Station on Tuesday morning.

Special thanks must go to Q.A.W.C. and the Q.A.A.A. for the way in which they organised the events and for their wonderful hospitality and the excellent trophies they provided. Also thanks go to our manager Ralph Field for the time and effort he put into organising the trip which was enjoyed by all.

These trips are always very enjoyable and provide an excellent opportunity to gain new friends in other States, get valuable interstate competition and see the rest of Australia. All those who went to Brisbane will tell you how much they enjoyed it so don't miss out on the other interstate trips this year to Canberra on 10, 11 & 12 June and Perth Sept 9th.

Well, it was certainly a great trip down memory lane. And what of the many names mentioned above? Robin Whyte is the main organiser of the Canberra Carnival these days and still walks the 20 mile event each year. Robin Wood, Alan Lucas and Alison Nicholls (now Thompson) are still competing for VRWC at Albert Park. Alan Johnson (now a VRWC life member) is still judging and coaching in suburban Melbourne. Varel Newmark is still going strong in Hobart and was the subject of an article in Heel and Toe only a few weeks ago. Terry Jones now lives in WA and is one of the mainstays of WARWC. Sid Bray still lives in Brisbane, Frank Overton is still heavily involved in walking in NSW and is normally one of the main officials at the Canberra carnival each year, Ralph Field (also a VRWC life member) died only a couple of years ago and Peter Waddell died in 2002 after serving 30 years as RWA president.

TECHNIQUE – LOWLY HANDS CAN LEAD THE WAY

This article first appeared in the September 2009 issue of Race Walking Record (see <http://www.racewalkingrecord.net/>), the official publication of the British Race Walking Association. The author, Phil Howell, is the Webmaster for eRaceWalk.com (<http://www.eRaceWalk.com>), a US Web site that focuses on race walking technique and he has kindly given me permission to reproduce the article in our VRWC newsletter. Thanks Phil.

Technique - Lowly Hands Can Lead the Way By Phil Howell

Discussions about race walking technique are dominated by talk of posture, shoulders, arms, elbows, hips, legs, knees, feet, and step rate and length. But what about the hands?

It seems to boil down to a simple admonition “not to let them flop around and not to clench the fist too tightly.” So, sometimes for hours on end, the lowly hands try to stay out of the way, hold an occasional hat or mitten, and prepare for those few moments of glory when they grab a cup of fluid and direct it to its proper destination.

It was from that background that I began to discover that the hands have more to offer. Like the drum major who does not play a note but can lead - and even inspire - a marching band, the hands can lead the way to good race walking technique.

Let me give you two examples.

Example 1: When, in the midst of a training walk or race, I find myself beginning to tire and starting to droop, I make each hand into a loosely-closed fist with fingers not quite touching the palm, my thumb lying lightly on the middle of my folded index finger (with thumbs on the high side of the hands), and I cock the wrist slightly upward. It takes no energy and only a moment to do so.

In performing this little ritual, however, I find that I begin to wake up, the elbows (not to be outdone) go to about 90-degree angles, and the arms begin to swing from side seam to mid chest. I also begin to stand taller and hold my head up. Again, not to be outdone, the hips, legs, and feet also seem to wake up and fly right.

I don't know why, but making those minor adjustments with those two lowly hands often inspires me to push on and achieve more. And, when I again begin to falter a few miles down the road, they are ready to inspire me all over again.

Example 2: My hands actually determine how my arms swing. Try this little experiment—illustrated by the “thumb position” photos.

Start walking while swinging your arms in normal race walking fashion with the thumbs on top (upward). Notice the pattern of hand and arm movement.

Now, rotate your hands so the palms are up and the thumbs are pointing away from each other (outward). If you are like me, your hands begin to follow a more outward arc; moving away from the centerline of the body as they move forward.

Now, rotate your hands so the palms are down and the thumbs are pointing toward each other (inward). If you are like me, your arms begin to follow a more inward arc; with the hands staying closer to the torso and more inclined to cross the centerline of the body.

By rotating your hands back and forth, you can then find the position of the thumbs that comfortably generates the arc (or straight line) you want with your arm swing. Keep the thumbs in that position, and the arm swings seems easier to maintain for the duration of a training session or race.

Like a drummer, the hands are often in front of your “band” of body parts. Let them help lead the way to better technique and, hopefully, better racing performances.



WHAT'S COMING UP

Next Saturday, we return to our AV Shield competition with all 6 venues in action. With Victoria still expected to be in the grip of hot weather next weekend, it could be a tough round so let's hope we get a reprieve before then.

14/11/09	AV Shield - Round 5 (NORTHWEST REGION)	Harold Stevens Athletic Track, Coburg North
14/11/09	AV Shield - Round 5 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
14/11/09	AV Shield - Round 6 (BENDIGO REGION)	La Trobe University Bendigo Athletics Complex, Bendigo
14/11/09	AV Shield - Round 6 (GEELONG REGION)	Landy Field, South Geelong
14/11/09	AV Shield - Round 5 (BALLARAT REGION)	Llanberris Reserve, Ballarat
14/11/09	AV Shield - Round 5 (EAST REGION)	Proclamation Park, Ringwood

Next Sunday, VRWC will stage its Summer Roadwalking Championships at Albert Park with medals on offer in the club championships shown in bold below. Presentations will be as soon as possible after the last event finishes and then we have our AGM. For those who haven't been before, our AGM is very short and is normally all done and dusted in 20 minutes. This year, we will be welcoming a new Life Member to the club, something that happens only occasionally.

Sunday 15th November 2009, VRWC Events, Albert Park		
9:00am	20km Gus Theobald Memorial Trophy 20km	Open Men Open Women
10:00am	10km Heather Carr Trophy 10km	Masters Women Open
11:00am	5km VRWC Championship 5km 3km VRWC Championship 3km	Under 20 M & W Open Open
11:15am	1.5km VRWC Championship 1.5km VRWC Championship	Under 15 B & G Under 12 B & G Under 9 B & G
12:20pm	Presentations	
12:40pm	Annual General Meeting	

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

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`	Australian 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/
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2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)