



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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AV AND VRWC CHAMPIONSHIPS, ALBERT PARK, SUNDAY 8 AUGUST 2010

The annual Victorian roadwalking championships were held at Albert Park last Sunday in cold but sunny conditions with a breeze that picked up as the morning progressed. The depth of Victorian walking was in evidence with over 90 walkers competing in a variety of events under both the AV and the VRWC banners. First to our officials and judges without whom our events would not take place. Sorry if I have missed anyone.

- Judges:** Judy Mason (chief), Peter Vysma, Lloyd Nicholls, Gordon Loughnan, Terry Knape, Harold Boddy, Shane Bertrand, Michael Bodey (DQ Board)
- Course setup:** Tim Erickson, Peter Vysma, Bob Gardiner, Harry Summers
- Officials:** Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Aaron McDonough, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren, Harry Summers, Bob Gardiner
- Bikes:** Jim Leppik, Damien Elms, Bob Gardiner
- Photos:** Terry Swan - see <http://vrwc.org.au/coppermine>
- Video:** Fran Attard – see 10 mins from 24/07 on YouTube: <http://www.youtube.com/watch?v=8D6Z0wdE6f4>
- AthsVic TV:** David Armstrong, Tom Nickson

There are a lot of resources online reporting on Sunday's races:

yet another fantastic AthsVicTV video: <http://www.youtube.com/watch?v=LpMyKDpFcTU>

Athletics Victoria photos: <http://www.facebook.com/athsvic#!/album.php?aid=194846&id=8620997978&ref=mf>

VRWC Photos: <http://vrwc.org.au/coppermine>

Inside Athletics: <http://www.insideathletics.com.au/other/2266-two-step-ahead-delhi-bound-walkers-assert-authority-at-albert-park>

I'll hand over to Tom Nickson of AV for a description of the blue riband Men's 30km event

Commonwealth Games bound walkers **Jared Tallent** (Ballarat YCW Harriers Athletic Club) and **Chris Erickson** (Athletics Essendon) showed their Delhi preparations were well on track, claiming an emphatic one-two finish in the men's 30 kilometre walk at the Victorian Race Walking Club (VRWC) meet at Albert

Park, this morning. While an assault on Nathan Deakes' national record (2:05.06) didn't eventuate, both Tallent and Erickson produced promising times, in one of their final competitive outings before the Games in October.

The Canberra-based duo showed their competitors a clean pair of heels from the outset, surging clear of the seven person field from the gun. Moving through ten kilometres in 42 minutes 41 seconds, the Australian Institute of Sports scholarship holders had established a margin of over two minutes on third place **Tom Barnes** (Melbourne University Athletic Club).

Barnes, a national team member at the IAAF World Race Walking Cup in Chihuahua, Mexico, earlier this year, withdrew from the race at the 12 kilometre mark due to hamstring soreness.

With the race doubling as the state title for the event, Erickson, 28, was the first to make a break, establishing a 10 metre gap over Tallent as the race approached halfway. The dual Olympic medallist responded to Erickson's move, reeling him in, passing through the 20 kilometre mark in one hour 24 minutes 55 seconds, 13 seconds to the better of Erickson (1:25.08).

25 year-old Tallent extended his margin across the remainder of the event, stopping the clock at 2:08.27, 62 seconds clear of his training partner and national teammate Erickson (2:09.29), who slashed five and half minutes from his personal best. Box Hill Athletic Club's Simon Evans, 50, rounded out the podium.

Yet to fine tune his preparations for Delhi, Tallent was nonetheless pleased with his Albert Park hit-out. "At the moment I'm still getting a lot of base work done, before we start getting into our speed work for Delhi, but it was good to come down here and race the 30k," said Ballarat-born Tallent, who will contest the men's 20 kilometre walk along with Erickson and New South Wales' Luke Adams at the Commonwealth Games.

"The race panned out alright, but it got tough towards the end. It was very windy in the last 10 kilometres – I dropped about a minute of time - but I'm still very happy with the result."

Obliterating his previous best for the distance, runner-up Erickson was encouraged by his performance, but thought he had the potential to go faster.

"I tend to race myself into shape over 20k, so the target was to come down here and have a good hit-out," said the Olympic and world championship representative. "I was hoping to go just a little bit quicker than that - training's been really good – I was hoping to go sub 2:08, and I had that until maybe 12 kilometres to go when I tailed off."

Both athletes will now return to their Canberra training base ahead of the 2010 Australian Road Walking Championships in Brisbane on Sunday 22nd August, in which they'll contest the 20 kilometre event.



The placegetters in the 30km walk – Jared Tallent, Chris Erickson and Simon Evans

AV 30km Championship

1.	TALLENT, JARED	BYC	42:41	1:24:59	2:08:27
2.	ERICKSON, CHRIS	ATE	42:41	1:25:12	2:09:29 (PB 3:05)
3.	EVANS, SIMON	BOH	57:36	1:56:53	3:10:45
	BARNES, TOM	MUU	46:44		DNF
	KNOX, DUNCAN	ATE	59:02	2:01:04	DNF
	JAMIESON, ANDREW	OSC			DNS
	DONAHOO, MARK	ATE			DNS

Chris's 3 minute PB pushes him from 10th to 8th on the Australian all-time lists and propels him past Dion Russell and Duane Cousins. It is a very impressive top 10 list which includes the who's-who of Australian walking. Nathan Deakes still sits atop the list compliments of his superb walk in Hobart in 2006 with Jared Tallent only 9 secs in arrears. The amazing Willi Sawall did his time of 2:08:01 at 40 years of age!

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	2:05:06	Nathan Deakes	V	17/08/1977	1	Hobart	28/08/2006	29
2	2:05:15	Jared Tallent	V	17/10/1984	1	Melbourne	07/06/2009	24
3	2:05:59	Dave Smith	V	24/07/1955	1	Canberra	10/05/1986	30
4	2:06:39	Simon Baker	V	06/02/1958	1	Melbourne	07/05/1989	31
5	2:07:53	Nick A'Hern	N	06/01/1969	1	Victoria	25/08/1994	25
6	2:08:01	Willi Sawall	V	07/11/1941	1	Melbourne	16/05/1982	40
7	2:09:09	Andrew Jachno	V	13/04/1962	2	Auckland	02/02/1990	27
8	2:09:29	Chris Erickson	V	01/12/1981	2	Melbourne	08/08/2010	28
9	2:09:35	Duane Cousins	V	13/07/1973	1	Melbourne	16/08/1998	25
10	2:10:02	Dion Russell	V	08/08/1975	1	Melbourne	06/08/2000	24

And now onto the other AV championships which were for U20, U18, U16 and U14. 2010 World Cup reps **Rhydian Cowley** (U20 Men - 45:42), **Beth Alexander** (U20 Women - 49:05) and **Rachel Tallent** (U18 Women - 24:45) were all winners as expected with Beth only 2 secs outside her PB 10km time of 49:03. **Lewis Clark** (U18 Men – 49:19) rounded off the quartet of winners in the U18/U20 sections with a huge PB of nearly 3 minutes. The U18 men were a particularly strong age group with all 5 finishers recording PBs.

AV 10km U20 Men

1.	COWLEY, RHYDIAN	GHY	45:42
2.	TAM, AARON	KNA	58:00

AV 10km U20 Girls

1.	ALEXANDER, BETH	KNA	49:05
2.	SHAW, KIRSTIN	WES	59:01
3.	MCINNES, SIMONE	GHY	65:26
	ATTARD, BIANCA	KNA	DNF

AV 10km U18 Men

1.	CLARK, LEWIS	CHI	49:19	PB 2:44
2.	FELTON, MATT	KNA	50:29	First Time
3.	SIMPSON, BRAD	KNA	51:08	PB 1:37

4.	O'MAHONY, MICHAEL	KNA	52:38	PB 0:19
5.	KAISER, JOSHUA	SCA	53:13	PB 1:16
	DILLON, JOSH	COR	DNS	

AV 5km U18 Girls

1.	TALLEN, RACHEL	BYC	24:45	
2.	BRAZEL, HILARY	ANW	26:14	
3.	RASELLI, CASSIE	SCA	26:29	
4.	PAYNE, EMILY	COR	30:34	
5.	CAMPBELL, CAITLIN	ATE	31:05	
	BURREN, AMY	MAL	DNF	



Beth Alexander, Rhydian Cowley, Lewis Clark, Matt Felton and Rachel Tallent

The U16 races saw some wonderful walking and some great battles. **Nathan Brill** 22:29 was dominant in the Boys' event while **Jmara Hockley-Samon** 26:08, **Stephanie George** 26:13 and **Amelia Finnegan** 26:37 staged a great battle in the Girls' event. The U14 Girls' event also saw another great battle, this time between **Zoe Boldiston** 14:37 and **Jemima Montag** 14:45 while the U14 Boys' event saw **Kyle Swan** a clear winner with 15:52.



Stephanie George, Jmara Hockley-Samon, Kyle Swan, Nathan Brill, Jemima Montag and Zoe Boldiston

AV 5km U16 Boys

1.	BRILL, NATHAN	BOH	22:29	PB 0:05
2.	MCSHANAG, CONNOR	ATE	25:17	
3.	WALKER, JARED	COR	25:29	PB 1:54
4.	TAYLOR, LUCAS	SCA	25:33	PB 3:04
	SAVAGE, JOSH	EAG	DNS	
	ANTIDORMI, RYAN	ANW	DNS	

AV 5km U16 Girls

1.	HOCKLEY-SAMON, JMARA	CHI	26:08	
2.	GEORGE, STEPHANIE	SCA	26:13	PB 0:29
3.	FINNEGAN, AMELIA	KNOX	26:37	
4.	WHILEY, EBONY	EAG	27:04	PB 0:41
5.	HEARD, AMANDA	EAG	27:38	
	BURREN, SARAH	MAL	DNF	
	CALLAWAY, JESSICA	KNA	DNS	

AV 3km U14 Boys

1.	SWAN, KYLE	KNA	15:52	
2.	OWEN, COOPER	DIV	16:47	
	WALMSLEY, REESE	KNA	DQ	

AV 3km U14 Girls

1.	BOLDSTON, ZOE	SBE	14:37	PB 0:28
2.	MONTAG, JEMIMA	MAC	14:45	
3.	HUNT, TAHLIA	TAS	16:24	
4.	WALKER, MEGAN	COR	16:54	
5.	CAMPBELL, REBECCA	ATE	20:01	
	IRSHAD, JASMINE	SCA	DNF	
	HAMILTON, EMILY	KNA	DNS	

The carnival also included a number of VRWC Club Championships, the first being the Open Women's 10km. Ballarat based club member **Kelly Ruddick** produced a huge walk to win with 47:09, a 20 sec PB and a time that pushes her even further up in the current ranking lists. Second place went to AIS visitor and Commonwealth Games rep **Claire Tallent** who was content with an even paced training session of 48:33. Super masters walkers **Pam Tindal** 53:27 and **Heather Carr** 54:29 were next in with their usual elite standard performances.

VRWC Open Women 10km Club Championship – Mabel Robinson Trophy

1.	Ruddick, Kelly	47:09	PB 0:20
2.	Tallent, Claire	48:33	
3.	Tindal, Pam	53:27	
4.	Carr, Heather	54:29	
5.	Hammond, Nardene	57:10	
6.	Feldman, Liz	59:27	
7.	Brunton, Caitlin	61:20	PB 1:05
8.	Elms, Donna	63:08	
	Irshad, Kylie	DNF	
	Johnson, Celia	DQ	



Pam Tindal, Kelly Ruddick, Heather Carr and Claire Tallent

Our U12 and U9 walkers contested 2km Club Championships and large fields guaranteed superb walking. **Kyle Swan, Cooper Owen** and **Reese Walmsley** backed up from their U14 3km walks to take the first 3 places in the U12 Boys' event while **Jessie Eastwood, Lauren Collis** and **Shelby Kay** were our U12 Girls' medallists. The U9 medallists were **Harry Hockley-Samon, Hayden Walmsley, Ethan Wright, Mikhala Hodges, Brianna Lillie** and **Kathleen O'Mahony**.

VRWC U12 2km Club Championship

1.	Swan, Kyle	10:24
2.	Owen, Cooper	10:45

3.	Walmsley, Reese	11:35
4.	McNicol-Davidson, Cody	12:08
5.	Feain, Lachlan	12:39
6.	Davidson, Harley	15:40

1.	Eastwood, Jessie	10:48
2.	Collis, Lauren	10:54
3.	Kay, Shelby	11:15
4.	Bertrand, Georgia	11:43
5.	Eastwood, Jemma	11:49
6.	Crea, Gabriella	11:49
7.	Lillie, Jessica	11:54
8.	Kay, Cassandra	12:09
9.	Harrison, Charlee	12:35
10.	Boothroydm Charisma	12:49
11.	Feain, Madeleine	14:11
12.	Hodges, Anaya	15:31

VRWC U9 2km Club Championship

1.	Hockley-Samon, Harry	11:01
2.	Walmsley, Hayden	12:39
3.	Wright, Ethan	12:52

1.	Hodges, Mikhala	11:50
2.	Lillie, Brianna	11:57
3.	O'Mahony, Kathleen	12:14
4.	Miller, Tegan	12:29
5.	Owen-Smith, Chelsea	12:45
6.	Taylor, Lee	13:04
7.	Peart, Jemma	13:04
8.	Kay, Payton	14:24



Jessie Eastwood, Shelby Kay, Harry Hockley-Samon, Mikhala Hodges and Payton Kay

Finally to two non-championship club races. The 3 Hour walk attracted a small number of entrants keen to test themselves over a longer timeframe and all were able to keep to the task and complete the full time allotment. **Russ Dickenson** was the best of them, completing 26.5km in his longest ever walk. In the Open 5km event, **James Seid-Christmass** 25:25 and **Carly Bertrand** 29:36 were our fastest male and female walkers.

VRWC 3 Hour Walk

1.	Dickenson, Russ	26.5km in 3:02:27
2.	Timms, John	24.0km in 3:00:07
3.	Poore, Alex	22.5km in 3:00:25
4.	Skrucany, Rudolf	22.0km in 2:59:20

VRWC 5km Walk

1.	Seid-Christmass, James	25:25
2.	Kozica, Jason	25:31
3.	McDonough, Aaron	26:31
4.	Bennett, Ralph	27:50
5.	Bertrand, Carly	29:36

- | | | |
|----|-----------------|-------|
| 6. | Irshad, Kylie | 29:37 |
| 7. | McLaren, Stacey | 36:33 |
| 8. | Onley, Gordon | 37:23 |



U14 medallists Megan Walker, Jemima Montag, Zoe Boldiston, Cooper Owen and Kyle Swan. Photos of all the presentations can be sourced from the VRWC Gallery: <http://vrwc.org.au/coppermine>

ACTR&FWC WALKS

Thanks to Val Chesterton for the Canberra walk results from the last 2 weekends

ACTR&FWC Walks, Molonglo Reach, Canberra, Saturday 31 July 2010

10K C Heywood 52.19 M Reading 53.13 H Bialecki(f) 61.37 B Parker 74.57 D Fitzgerald 76.37 N Gloe 78.09 J Gloe 81.31
5K H Bates 27.58 J Bates(f) 32.09 K Black(f) 32.58 H Munro(f) 46.59 J Gilchrist(f) 47.16 R Gilchrist 47.17 R Parker(f) 49.35
3K C Hosking(f) 15.39 Z Hunt(f) 18.24 C Carlon(f) 29.38
1.5K G Hunt(f) 9.59

ACTR&FWC Walk results, Lake Tuggeranong, Saturday 7 August 2010

6.6K M Reading 33.34 R Whyte 40.47 B Thomas 44.23 G Barker 44.35 M Boroky(f) 47.29 J Graham 47.30 B Parker 47.49
 B Chapman 47.57 K Black(f) 49.29 D Fitzgerald 50.45 N Gloe 51.06 A Scott(f) 51.37 J Gloe 52.09 V Chesterton(f) 55.01
 C Chapman(f) 55.13 P Essam 59.54 H Munro(f) 62.35 C Carlon(f) 64.52
2K Z Hunt(f) 10.35 C Burns 11.43 G Hunt(f) 13.17 C Bialecki(f) 18.15 R Parker(f) 20.42 T Thomas(f) 24.20
1K S Burns 8.02

ASA WINTER CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 7 AUGUST

Thanks to Peter Crump for his weekly report from Adelaide and thanks to Kim Mottrom for the photos. Big walk by Blake Steele!

The second of the Winter ASA championships were held this weekend, over the longer distances of 30km (open men) and 10km for open and over 35 women. With two of our traditional open / masters walkers out due to training injuries, it was left to **Darren Bown** and **Peter Crump** to walk the 30km. Darren took out the championship, and the Jack Webber trophy (again), but really hurt over the last 6 km. Prior to that he had been progressively winding down his 2k splits to sub 9 minutes. Just behind was Peter Crump, who walked steadily and consistently to record a major PB over the distance.

The ASA 10km saw no open finisher, while **Gloria Halliday** showed why she was the winter masters athlete of the year in 2009 by again taking out the 10km for the over 35s.

In the support events we had two stand outs from popular club regulars, with **Kim Mottrom** continuing to reap the benefits of a stronger training routine and personal self-belief to walk a strong sub 1:40 over the 20k distance, and **Blake Steele** (in what was meant to be a light work out prior to leaving for the Youth Olympics early this week) breaking 44:00 for the first time. Well done Blake and good luck as our sole walking representative at the YOG in Singapore.

In the shorter support races, **Samara Holliday** walked her best 6km of the season, with **Alix Harlington** and **Jessica Stephens** both again walking PB's over the 2km distance.

Open Men 30km	1.	Darren Bown	2:48:59
	2.	Peter Crump	2:55:02
Women 35+ 10km	1.	Gloria Holliday	1:02:05
	2.	Barb Cain	1:11:13

Support Races (all open)			
20km	1.	Kim Mottrom	1:37:36
10km	1.	Blake Steele	43:57
6km	1.	Samara Holliday	32:23
	2.	Mason Heath	35:32
2km	1.	Piper Douglas	10:44
	2.	Jessica Stephens	10:54
	2.	Alix Harlington	11:09
	4.	Rebecca Burat	12:23
1km	1.	Rhiannon Lovegrove	6:12



Alix Harlington, Jessica Stephens, Piper Douglas, Barb Cain, Mason Heath, Jemma Potezny and Samara Holliday



Gloria Holliday, Kim Mottrom and Sandy Brunner

WESTERN AUSTRALIAN RESULTS

Thanks to Terry Jones (WARWC) and Rick Cattermole (RWCWA) for their weekly Western Australian results.

WARWC Walks, Perth, Sunday 8 August

10K handicap	1.	J Smith	65.43
5K handicap	1.	L Romeo	36.42
	2.	C Littke	29.47
	3.	M Gooch	31.30
	4.	K Holt	28.18
3K handicap	1.	M Lees	16.37
	2.	M Johns	16.56

RWCWA Walks, Wilson WA, Sunday 8 August

10k open mixed	1.	Daniel Lowe	59.26
	2.	Michelle Butler	64.13
	3.	Andrea Hahn	66.04
	4.	Melissa Ierace	66.14
5k open mixed	1.	Breanna Brown	28.49

	2.	Vanessa Brown	30.50
3k open mixed	1.	Jemma Brown	18.09
	2.	Summer Brown	20.50

QRWC TRACK CHAMPIONSHIPS, UQ, ST LUCIA, SUNDAY 8 AUGUST

Thanks to Peter Aiton for his weekly Queensland Race Walking Club report. He comments:

Here are the results from our Track Club Championships on Sunday 8th August. Another strong performance from the Dewar boys, both breaking 23 minutes for the first time while Katya Martin walked a very fast 1500m to PB in under 7 minutes.

Open 5000m

Men: (1) Ignacio Jimenez 24.18 (2) Peter Bennett 25.47 (3) John Harris 30.03 (4) Paul Lindenberg 30.59 (5) Richard Lynch 36.32 (6) Dick Keatinge 39.24
 Women: (1) Kay Shaw 31.31 (2) Sally Lynch 32.25 (3) Robyn Wales 37.48

U20 5000m

Men: (1)* Dane Bird-Smith 21.50.3 (2) Nick Dewar 22.53.3 (3) Brandon Dewar 22.56.7
 Women: (1) Shannon Czislowski 33.30 (2) Yue Guo 34.07

U18 5000m

Men: (1) *Brad Aiton 22.25.9 (2) Corey Buckler 25.40.6
 Women: (1)*Jessica Pickles 26.41

U16 3000m

Boys: (1) *Jesse Osborne 13.29.8 (2) Ben Tesch 13.56.1 (3) Joshua Czislowski 21.14.2
 Girls: (1) Rachel Barker 16.06.3 (2) Amy Morssinkhof 17.01.9 (3) Emma Robson 18.28.1 (4) Eloise Jackson 18.51.9

U14 1500m

Girls: (1)* Katya Martin 6.51.9 (2) Natalia Robson 9.01.4

U12 1500m

Girls: (1) Mikaela Woodward 8.02.8 (2) Taylor McCarthy-Smith 9.06.2 (3) Kirsty Barker 9.53.6

U10 1000m

Girls: (1) Thalia Martin 6.47.5

* Denotes a Club record

RACEWALKING AUSTRALIA INTERSTATE CHALLENGE RESULTS

All clubs have now submitted their results from the annual Racewalking Australia Interstate Challenge and event coordinator Mark Donahoo has released the results. You can find them at <http://www.rwa.org.au/2010%20RWA%20Challenge%20Results.pdf>. A quick summary follows. Congratulations to all our VRWC walkers for a big effort.

1.	VRWC	32
2.	WARWC	39.3
3.	SARWC	41.2
4.	BRWC	45
E5.	TRWC	46.2
E5.	REGAL	46.2
7.	QRWC	46.9
8.	NSWRWC	52
9.	RWCWA	56.1
10.	ACTR&FWC	74

CHOCOLATES FOR SALE

Karen McNicol-Davidson has sourced a new supply of Cadbury chocolates for fundraising towards the National Champs in Brisbane. I gave out some boxes on Sunday after the races and you can get more this Saturday at Albert Park.

KEY INTERNATIONAL DATES FOR 2011

The latest IAAF conference has published the following dates as part of the 2011 IAAF Racewalking Challenge fixture

Mar 5	Chihuahua, MEX
Apr 9	Rio Major, POR
Apr 24	Taicang, CHN

May 1
Sep 18

Sesto San Giovanni ITA
La Coruna, ESP (Challenge Final)

Obviously, other countries will eventually submit further carnivals for inclusion. In 2010, the Australian 20km championships in Hobart were included as a Category C event and I assume that they will follow suite for 2011 when the championships are to be held in Hobart once again.

FROM THE ARCHIVES

This great photo, from 1966, shows 3 of the legends of Australian walking – **Gus Theobold**, **Don Keane** and **Bert Gardiner**.



• SHOWN here "taking a walk" for old times sake are GUS THEOBOLD (69), of Victoria; DON KEANE (36)—WA State team member and former Olympian and BERT GARDINER (64)—an Australian selector for the past 14 years. Both Gardiner and Theobold have won Victorian walking titles and Gardiner took off the Australian seven-mile event in 1925. Keane, who competed in Victoria for much of his career, has made a comeback to competitive walking this season and is returning to top form.

Gus Theobold, a VRWC life member and legend of Victorian walking, joined the Victorian Amateur Walkers Club in 1931. A comparative late starter in athletics at 35, he had nearly 59 years of competitive racing until, at the age of 93, he was tragically stuck by a car and killed while crossing a road in suburban Ormond on August 8 1990. Gus was awarded his life membership of VAWC in 1961 but he was regarded as a senior member of the club long before that.. You can read all about his wonderful career at <http://www.vrwc.org.au/vrwcifetheobold.html>

Don Keane was a dual Olympian, competing in the 1952 and 1956 Olympics. Now in his eighties, he lives in Perth and is still active and as sharp as ever. When I last chatted with him on the phone last month on the occasion of Ray Smith's passing, he was as enthusiastic as ever on all things athletic. See <http://www.vrwc.org.au/tim-archive/vv-don-keane.pdf>

Bert Gardiner, the father of Bob, was born in England in 1901. He started his athletics career in 1919 and was both a runner and a walker. In 1921, he and Frank O'Rourke were foundation members of the Victorian Amateur Walking Club and Bert had the honour of winning the first ever race put on by that club – a 3 mile handicap race at Brighton Beach. An Australian champion in his day and a consummate racer, his career was cut short by the Second World War but he continued to compete in interclub until 1952. This was at the time a record term for interclub competition, spanning 33 years from his first interclub in 1919. Bert was just as prolific on the administrative front as on the competitive front. He joined the VAAA Council in 1924 and was involved as an administrator for that organisation for the next 70+ years. During that time his positions of responsibility were many and varied. But his most lasting contribution was as a statistician and historian and so much of our VRWC history now is a result of his meticulous record keeping over a period of 70 years. He made a comeback to race walking in 1986 and won the Victorian and Australian Veterans M85 5,000 metres championships. He was subsequently runner up in the 1987 World Veterans Champs in Melbourne in that same age group. When he died in the mid 1990's, it marked the end of a life dedicated to athletics. See <http://www.vrwc.org.au/vrwcifegardiner.html>

WHAT'S COMING UP NEXT

Next Saturday is our final Points day for the winter season and it's a Handicap Start day with the slowest walkers starting first and the fastest walkers starting last. This is always a popular sort of race and next Saturday should be no exception. To participate in the Handicap Start, you must have raced over that distance or a similar one once during the season.

Saturday 14 August 2010, Albert Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp. Last Handicap event for the season			
2.15pm	8km	Handicap start	Open
2.15pm	4km	Handicap start	Open
2.15pm	4km	Handicap start	Under 15
2.45pm	2km	Handicap	Under 12
2.45pm	1km	Handicap	Under 9

Entries have now closed for the **National Roadwalking Champs in Brisbane on 22 August** but late entries are possible if you contact AA directly and are prepared to pay a late entry fee. 168 walkers in total have entered so far and I have loaded the current entry list to the RWA website at <http://www.rwa.org.au/entries%20as%20of%2010%20aug-V2.pdf>

See <http://www.rwa.org.au/2010austradchamps.html> for all Championship information.

VRWC entries are as follows:

<p>Open Men 20km Cowley, Rhydian Donahoo, Mark Erickson, Chris McDonough, Aaron Payne, Daniel</p> <p>U20 Men 10km Clark, Lewis McNicol-Davidson, Cody Taylor, Lucas</p> <p>U18 Men 10km Clark, Lewis McNicol-Davidson, Cody Taylor, Lucas</p>	<p>U16 Men 5km Brill, Nathan McShanag, Connor Savage, Joshua Taylor, Lucas Walker, Jared</p> <p>U14 Men 3km Jones, Jeremiah McNicol-Davidson, Cody Owen, Cooper Swan, Kyle</p> <p>U12 Boys 2km Davidson, Harley Hockley Samon, Harry</p>	<p>Open Women 20km Ruddick, Kelly</p> <p>Open Women 10km Brunton, Caitlin Irshad, Kylie Johnson, Celia Robyn Shaw Tindal, Pam</p> <p>U20 Women 10km Alexander, Beth Attard, Bianca Campbell, Caitlin Lamble, Regan McNicol-Davidson, Chloe Shaw, Kirstin</p> <p>U18 Women 5km Brazel, Hilary Burren, Amy Campbell, Caitlin Payne, Emily Raselli, Cassie Tallent, Rachel</p>	<p>U16 Girls 5km Bertrand, Carly Burren, Sarah Finnegan, Amelia George, Stephanie Heard, Amanda Hockley Samon, Jmara Whiley, Ebony</p> <p>U14 Girls 3km Campbell, Rebecca Hamilton, Emily Irshad, Jasmine Walker, Megan</p> <p>U12 Girls 2km Bertrand, Georgia George, Hayley Miller, Tegan Owen-Smith, Chelsea</p>
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Athletics Victoria has allowed all eligible Victorian walkers to represent Victoria and to wear the Victorian team uniform. See their announcement on <http://www.athsvic.org.au/news/newsfile.php?newsFileID=4431>. Well done to everyone on the show of confidence by AV. It is indeed a high honour to be an official Victorian representative.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2010 Australian/Victorian Winter Season Key Dates

Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD
Entries close with Athletics Australia on 9th August.

2010/2011 Australian/Victorian Summer Season Key Dates

4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2011 Australian 50km Walk Championship (incl. 20km Open, 10km U20 invit), Fawkes Park, Melbourne VIC
Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
10-14 Mar, 2011 Australian Junior Championships, Sydney Olympic Park, Sydney NSW

2010 International Fixtures

Aug 14-26, 2010 **1st World Youth Olympics, Singapore** (10000mW boys, 5000mW girls). See <http://www.singapore2010.sg>
Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India**. See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2011 International Fixture

July 6-10, 2011 7th World Youth T&F Championships, Lille, France

July 7-17, 2011 19th World Masters T&F Champs Stadia, Sacramento, California, USA. See <http://www.wma2011.com/>

Aug 27-Sept 4, 2011 13th IAAF World Championships in Athletics, Daegu, Korea. See <http://english.daegu2011.org>

Aug 12-22, 2011 26th World Summer Universiade Games, Shenzhen, China. See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 World Masters Athletics Indoor Championships, Jyvaskyla, Finland

May 12-13, 2012 25th IAAF World Race Walking Cup, Saransk, Russia

July 2010 ? 14th World Junior Championships, Barcelona, Spain

July 27-Aug 12, 2012 30th Olympic Games, London. See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 14th IAAF World Championships in Athletics, Moscow, Russia

July 24 - Aug 4, 2013 World Masters Athletic Championships, Port Alegro, Brazil

2014 International Fixture

2014 26th IAAF World Race Walking Cup, Taicing, China

July 23 – Aug 3, 2014 20th Commonwealth Games, Glasgow. See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 31st Olympic Games, Rio de Janeiro, BRAZIL. See <http://www.rio2016.org.br/en/Default.aspx>

July 2020 32nd Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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