



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 49
31 August 2010



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VRWC ROAD RACES, ALBERT PARK, SATURDAY 28 AUGUST 2010

With the season quickly drawing to a close, it was a low key racing date at Albert Park on Saturday with 46 walkers racing in absolutely perfect conditions. First thanks as usual to the many people who keep the show on the road every week.

Officials: Tim Erickson, Russ Dickenson, Ian Laurie, Natalie Laurie, Jason Elms, Don McLaren, Matt Owen, Mark Donahoo
Course setup: Harry Summers, Bob Gardiner, Tim Erickson, Craig Brill, Damien Elms, Justin McLaren
Judges: Peter Vysma (Chief) , Lloyd Nichols, Brenda Felton, Terry Knape, Gordon Loughnan , Zoe Bryson (SA)
Canteen: Barb Gardiner, Joyce Summers, Marlaine Stanway
Photos: Terry Swan (see <http://vrwc.org.au/coppermine/>)
Video: Fran Attard

Ana now onto the races. **Adam Rutter** was the star of the show with a storming 10km performance of 40:34. Adam, down from the AIS for a hitout, went straight to the front with a 3:59 first kilometre and from then on, it was just a case of how well he could maintain the pace, and this he did in style. The other big performer of the day was **Pam Tindal** who won the 8km in a 54 sec PB time of 41:26. Others to walk well were Liz Feldman (34:28 for 6km), Kirstin Shaw (21:33 for 4km) and **Michael O'Mahony** (19:38 for 4km). Our U12 and U9 walkers were out in force as usual with outstanding walks from **Cassandra Kay** - a 16 sec PB of 11:52 - and **Frances Collis** - a 31 sec PB of 6:60.



Left; Adam Rutter powers to a great 10km time of 40:34. Right: Caught by the camera: former international walker Craig Brill, AIS coach Craig Hilliard, VRWC Secretary Tim Erickson and VRWC video supremo Fran Attard.

10km Open Men 1. Adam Rutter 40:34	
8km Open Men 1. Bob Gardiner 50:20 2. Rudolf Skrucany 54:27	8km Open Women 1. Pam Tindal 41:26 2. Heather Carr 43:41 Celia Johnson DQ
6km Open Men 1. Alan Lucas 34:55 Connor McShanag DNF (2km in 11.37)	6km Open 1. Liz Feldman 34:28 2. Donna Elms 37:01 3. Gwen Steed 38:22
4km Open Men 1. Michael O'Mahony 19:38	4km Open Women 1. Kirstin Shaw 21:33

2. Harry Summers 26:16 3. Gordon Onley 28:10 4. Barrie Wicks 28:52 5. Robin Wood 29:59 6. Lindsay Harrison 30:51	2. Robyn Shaw 24:59 3. Jan Morrey 25:22 4. Michaela Attard 27:40 5. Georgia Gatens 31:07
4km U15 Boys 1. Paul Tremigliozi 26:38 Matthew Felton DNF (2km in 9.03)	4km Under 15 Girls 1. Jasmine Irshad 22:31 2. Megan Walker 24:12 3. Emily Swan 26:23 4. Stacey McLaren 26:56 Caitlin Campbell DNF (2km in 12.19) Beth Barbour DNF (3km in 19.07)
Under 12 2km Boys 1. Reese Walmsley 10:43 2. Lachlan Feain 12:50	Under 12 2km Girls 1. Lauren Collis 11:00 2. Cassandra Kay 11:52 3. Shelby Kay 11:59 4. Jessica Lillie 12:01 5. Charlee Harrison 13:05 6. Charisma Boothroyd 13:48 7. Madeleine Feain 14:22 8. Anaya Hodges 14:23
Under 9 1km Boys 1. Hayden Walmsley 06:15 2. Ethan Wright 06:40	Under 9 1km Girls 1. Mikhala Hodges 05:52 2. Chelsea Owen-Smith 06:00 3. Payton Kay 06:49 4. Frances Collis 06:50



Alan Lucas, Stacey McLaren, Michaela Attard, Paul Tremigliozi, Beth Barbour and Celia Johnson



Pam Tindal, Michael O'Mahony, Lindsay Harrison, Gwen Steed, Robyn Shaw and Bob Gardiner



Anaya Hodges, Payton Kay, Frances Collis, Madeleine Feain, Cassandra Kay, Ethan Wright and Lachlan Feain



Chelsea Owen-Smith, Emily Swan and the Start of the Open and U15 races



The start of the U9 and U12 races

We lost a number of our regulars to the Sandown Road Running Relays which were also on Saturday afternoon. **Rhydian Cowley** excelled over the 2 lap course with a very swift 19:37. Others in running mode over the 6.2km course included **Ralph Bennett** (27:38), **Duncan Knox** (24:22), **Michael Harvey** (24:45), **Paul Kennedy** (24:43), **Tony Doran** (31:45), **Clyde Riddoch** (31:03), **Bill Dyer** (25:37) and **Janet Holmes** (30:31). Those contesting the 3.1km course included **Simone McInnes** (12:50), **Lauren Stadius** (13:45) and **Ebony Whiley** (14:42). VLAA also participated over a 1.5km course with the following walkers noted amongst the many runners: **Kyle Swan** (7:48), **Lee Taylor** (7:26), **Tegan Miller** (7:11), **Jemma Eastwood** (6:32) and **Jessie Eastwood** (7:49). Sorry if I missed anyone.

MORE ON THE NATIONAL ROADWALK CHAMPS, BRISBANE

David Armstong of AthsVic TV has now completed his video compilation of the race walk champs from Sunday 22 August in Brisbane and it's another beauty. Check out <http://www.youtube.com/watch?v=WbfqlMTm2hs>. This video has been posted to the AA and AV YouTube channels. Well done to David and the AthsVic Team on another great production. They also produced a number of videos from the Cross Country from last Saturday so it's a feast of athletics.

I have also added a further 80+ photos to our VRWC photo gallery to complement the 80+ there already. We now have a very extensive photo archive from the meet. Check out <http://vrwc.org.au/coppermine/>

Frances Attard and Peter Vysma have also taken extensive video footage from the Brisbane meet and have both rolled out DVD compilations, Peter's some 56 minutes in length and Frances's 32 minutes in length. Both were on display at our VRWC races last Saturday. Frances has also passed onto me her footage from our club walks on Saturday 14 August.

I have done some 10 minute extract uploads to YouTube as follows from Frances's videos

22/08: U14 & U16 Races: <http://www.youtube.com/watch?v=MeOovqarJgo>
22/08: Open 20km Races: <http://www.youtube.com/watch?v=etXvF4goG78>
14/08: VRWC Races: <http://www.youtube.com/watch?v=FQwysoYbby0>

I have pondered for some time how to utilise the large collection of DVDs that has been built up over my time as VRWC Secretary. Some time ago, I catalogued them all and I have now added that listing to the VRWC Archives website so that the DVDs are available for others – see <http://www.vrwc.org.au/tim-archive/>. I have also catalogued details of our extensive book archive. You will see two new index items on the left hand side – *CD and DVD Compilations* and *Walking Related Library*. These items are there for use – I am happy to cut copies of non copywrite DVDs and to lend out books for a small fee to cover administration.

LOOKING TOWARDS THE 2011 NATIONAL ROADWALK CHAMPIONSHIPS

Phil Reading from ACTRWC has emailed me a few days ago to give an important shout on a few matters.

Hi Guys,

*According to School Sports Australia, ACT is due to conduct the 2011 Cross Country Championships in Canberra from 19 to 22 August 2011. The presumably means that both the 2nd Federation and the Australian Road Race Walking Championships will be held here on **Sunday 21 August 2011**. This will mean that we as a club will be putting on both major events for 2011. We would like to present a good track with accompanying facilities, so are keen to test out the Stromlo Park Cycling Criterion Track. I would like to invite any walker to Canberra on **Saturday 25 September** to participate in either a 10K, 5K, 3K or 1K event. The 10K will start at 1.00pm with the other events at 1:30pm.*

We are looking for comments from as many walkers as possible to provide feedback on the course itself and its facilities.

If anyone would like to come down they can contact me on the details below or after hours

0262592444

0418103766

Pr104345@bigpond.net.au

I believe that apart from a very good new road section for racing, Stromlo Forest Park boasts a purpose built event pavilion, which is located next to the main car park. This pavilion can be used for a variety of different purposes and has a canteen, large covered area and both male and female change rooms and toilets. It also has an undercover picnic area and a downstairs conference room. I enclose a pic of the projected course – it sounds promising.



SA MASTERS WALKING RESULTS

Thanks to Colin Hainsworth for the following results from the South Australian Masters Roadwalk championships. The SAMA have been holding weekly walks for many years now and are yet another of our active walking groups spread around Australia. At least Colin can see the funny side of being last to finish in a Handicap Start!

G'day Tim,

SAMA walks for 21st and 28th August 2010. Nice sunny arvo on 28th. I always tell new walkers that the beauty of yacht handicaps is that everyone has the chance to finish last. Well it was my turn yesterday! Two walks, 10 and 5k. along the sea front path.

Colin.

SAMA Roadwalks, Peacock Road, Adelaide, Saturday 21 August

SAMA 20km Roadwalk Championships

Hainsworth, Colin	1	M80	2.36.26	78.21%
Smith, Leigh	1	M75	2.34.58	72.83%
Robertson, David	2	M77	2.51.01	68.06%
Trengove, Colin	1	M72	2.39.13	67.93%
Harrison, Graham	1	M67	2.21.39	71.68%
White, George		M65	DNF	
Finn, Kevin	1	M58	2.12.40	69.76%
Trengove, Margaret	1	W66	2.39.13	74.56%
Schild, Raelene	1	W45	2.39.08	57.91%

10km yacht handicap

1. Barber, Rodger	1.15.49	69.64%
2. Boyce, Paul	1.20.15	67.60%
3. MacFarlane, Elaine	1.24.43	68.26%

6km yacht handicap

1. Dally, Cynthia	48.26
2. Freeman, Kristine	48.17
3. Suridge, Helen	41.10
4. Harpur, Lillian	54.35
5. Bates, Edna	54.24
6. White, Gill	49.54
7. Brown, Fred (M88)	56.39
8. Kennett, Jeff	55.13
9. Whitelaw, Linda	58.55

SAMA Roadwalks, West Beach, Adelaide, Saturday 28th August

10km yacht handicap

1. George White	M65	56.08	86.44 %
2. Paul Boyce	M70	1.19.14	68.47 %
3. Rodger Barber	M72	1.16.28	69.05 %
4. Cynthia Dally	W76	1.22.06	80.76 %
5. David Robertson	M77	1.20.34	70.31 %
6. Graham Harrison	M67	1.07.32	73.5 0%
7. Elaine MacFarlane	W68	1.23.30	69.26 %
8. Colin Hainsworth	M80	1.17.47	76.31 %

5km yacht handicap Support Event

1. Gill White	W61	39.17	63.65 %
2. Helen Suridge	W59	33.55	72.04 %
3. Edna Bates	W57	43.51	54.51 %
4. Frank Rodgers	M75	43.05	62.05 %
5. Margaret Miller	W66	48.26	54.98 %

ACT RACE & FITNESS WALKING CLUB ROADWALKS, DIDDAMS CLOSE, SATURDAY 28 AUGUST

Thanks to Val Chesterton for the weekly race report from Canberra.

10km	C Heywood	52.19	H Bates	52.40	A Staunton Jugovic(f)	57.32	R Whyte	62.30
	H Bialecki(f)	63.41	D Fitzgerald	77.07	N Gloe	77.30	J Gloe	79.53
6km	J Bates(f)	39.30	M Griffin(f)	39.44	L Wilkinson	42.39	B Parker	42.45
	R Thompson(f)	51.57						
3km	Z Hunt(f)	16.10	C Doherty	20.16	J Thackray	24.33	V Chesterton(f)	25.42
	R Parker(f)	27.25	H Munro(f)	28.56	T Smith(f)	31.44		
1.5km	C Burns	8.35	G Hunt(f)	9.24	S Burns	11.32		

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 28 AUGUST

Thanks to Peter Crump for his weekly report from Adelaide

A small number of walkers this week, with some having fallen ill on their return to the southern winter conditions. Peter Crump was the only participant in the scheduled 12km event, walking a solo season best to follow last week's 20km. In the support 6km, Kim Mottrom again showed his fine current form, walking a PB over the shorter distance, ahead of Gloria Holliday. Over the 3km, Samara Holiday held out Mason Heath with his own PB over the distance. Not to be outdone over the 1500m distance, Jessica Stephens and Alex Harlington also clocked PBs, while Rhiannon Lovegrove completed yet another walk in her busy calendar. Congratulations to Alex Harlington and Rhiannon Lovegrove for their placings in last week's Tour of Gawler 5km event.

12km	Peter Crump	67:42						
6km	Kim Mottrom	27:34	Gloria Holliday	36:02	Barb Cain	41:58		
3km	Samara Holliday	16:18	Mason Heath	16:26	Piper Douglas	16:36	Rebecca Burat	18:53
1500m	Jessica Stephens	7:49	Alix Harlington	8:19	Rhiannon Lovegrove	10:18		

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, SUNDAY 29 AUGUST

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Club completed their 2010 Winter Season on Sunday at Lake Neanger with an end of Season teams race with 4 teams of 3 competitors contesting the event.

Each team had 1 competitor walking 2km and 2 athletes completing 1500m. The winning team consisted of Jeremiah Jones, Colin Cleary and Charlotte Edlin with Jeremiah having to complete an extra kilometre after Colin Cleary injured his hamstring during the event this unfortunate incident actually helped their team with Jeremiah racing strongly over the last kilometre to take his team from 4th to 1st in the space of 500m to secure a strong victory with the team of Dane Heiden, Barb Bryant and Ebony-Jade Jones in 2nd place.

The best individual performances from the teams relay event came from Annette Curtis with a personal best effort in her 1500m leg and Club President Paul Rance broke the Club 50+ 2km record which had been held since 1989 by Geoff Major, breaking the record by 22 seconds with a time of 9.31.

At the completion of the Teams relay the Winter mini series awards were presented with Annette Curtis winning the Winter aggregate from Dane Heiden in 2nd place and Ebony Whiley taking 3rd place.

5km Teams relay results

1	28:58	Jeremiah Jones	2km 10.46	Colin Cleary	500m 3.21	Charlotte Edlin	1500m 9.06	Jeremiah Jones	1km 5.45
2	29:42	Dane Heiden	2km 10.46	Barb Bryant	1500m 8.33	Ebony-Jade Jones	1500m 10.23		
3	30:03	Paul Rance	2km 9.31	Peter Curtis	1500m 7.50	Jamie-Lee Jones	1500m 12.42		
4	30:27	Ebony Whiley	2km 10.18	Annette Curtis	1500m 10.02	Geoff Major	1500m 10.07		

The Club's 23rd Summer Season of race walking will commence in Rosalind Park on Wednesday 29th September at 6pm with 1200m and 2400m sealed handicap events being held. Anyone interested in having a walk in a relaxed atmosphere over the Spring - Summer Months are welcome to attend. Enquirers phone 5442 6435 or 0400649610.

WS SERIES # 8, GOLD COAST CITY ATHLETICS TRACK, QLD, SATURDAY 28 AUGUST 2010

Most walkers were having a break after the Nationals last weekend with only two facing the gun in the Gold Coast Series T&F events in Queensland. And Victorian Aaron McDonough was one of the two in action. Well done Aaron!

Women 15&U 5000m Race Walk

1. Benzenati, Kenza 13 GCV 29:41.14

Men 20+ 5000m Race Walk

1. McDonough, Aaron 38 Victoria 26:54.61

JEAN BÉLIVEAU - WALKING AROUND THE WORLD

On 18th August 2000, at 9am, Jean Béliveau left Montreal in Canada. His goal was to walk around the planet to promote "Peace and non-violence for the profit of the children of the world". His journey was to take 11 years, in accordance with the United Nations proclamation: *2001-2010 - International Decade for a Culture of Peace and Non-violence for the Children of the World*. Now at the 10 year mark of this truly astounding journey, he is nearing the end of his trip. He travels alone with a three wheeled stroller to carry a bit of food, his clothing, a First Aid kit, a small tent and a sleeping bag.

Jean's walk started with a leg through North America to South America, then he walked across Africa, up through Europe, then traversed the Middle East and South and Eastern Asia, reaching Darwin on 7th October 2009. He is now spending 12 months walking around Australia. In October of this year he will fly to New Zealand to walk for a further 3 to 4 months before flying to Vancouver in early 2011. He will then start his final Canadian leg in early March to arrive in Montreal sometimes in October and complete his epic journey. When he arrives back in Montreal next year, he will have walked over 75,000 km and given up 11 years of his life in this

worthy cause. His website <http://www.wwwalk.org> shares many of the stories to be told from this inspirational journey.

Alison and Simon Baker have been working with the Canada Club of Victoria to organise a suitable welcome when Jean arrives in Melbourne this Saturday – and here it is: the chance to share part of his journey by walking with him around Melbourne's famous "Tan" track around the Royal Botanical Gardens. I am including this info in my newsletter so that the invitation is extended to our Melbourne walking fraternity. Everyone is welcome to come join in the walk or just come and shake his hand and say a few encouraging words. What better way to finish the winter season than to welcome Jean with a (slow) warmup lap around the Tan and then pop down to Albert Park for a final race.

Details as follows:

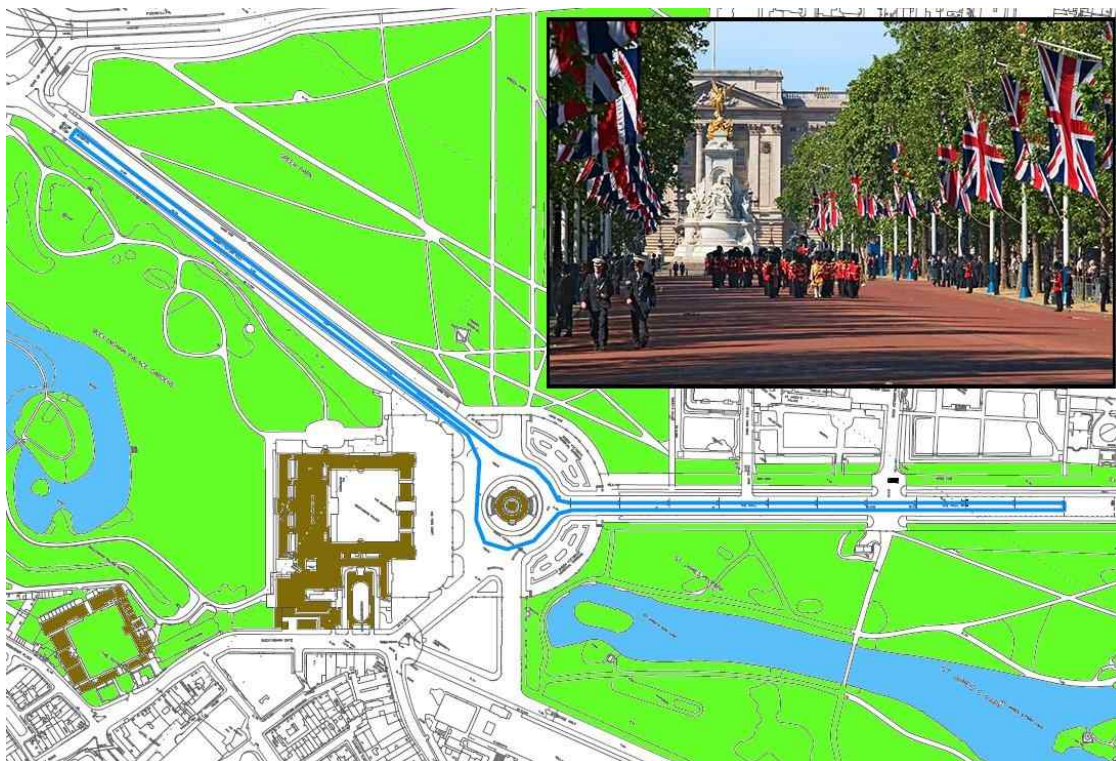
Time: 11AM, 4 September, 2010
Meeting Place: On the Tan Track near the Observatory Cafe (across from the Shrine)
Distance: Approximately 4 km (takes about 45-60 minutes to walk at a leisurely pace)
Look for: Canadian Flags



It's great to hear such an inspirational story in our modern world of conflict and bad news so come along and be part of it – it is an experience that I am sure you will remember for many years.

2010 OLYMPIC GAMES WALKS COURSE – WHAT A BEAUTY!

John Constantinou, the editor of the UK Race Walking Record magazine, has forwarded me a copy of the 2012 Olympics racewalk course – as the pic shows, the walks will go back and forth along the Mall right past the Buckingham Palace front gate. Wow, you can't get anything better than that! I think this will ensure that the walks are amongst the highest profile events on the fixture.



KENYA NAMES 3 MALE WALKERS IN THEIR COMMONWEALTH GAMES TEAM

Kenya has named 3 male walkers (**David Kimutai Rotich**, **Josephat Sirma** and **Sylvanus Wekesa**) and 2 female walkers (**Grace Wanjiru** and **Emily Ngii**) in their Commonwealth Games team. The star performer would have to be David Rotich (born 19 August 1969). He may be 41 years of age but he continues to walk at a high standard. A former All-Africa Games winner, Commonwealth Games medalist and dual Olympian, he has a PB of 1:20:40 (set in 1996) and cannot be discounted. He came 3rd in the 2002 Commonwealth Games walk and 4th in the 2006 Commonwealth Games walk and will be a serious threat once again in Delhi.


I believe the walk numbers currently stand at 11 in the men's 20km (3 Australians, 3 English, 3 Kenyans and 2 Canadians) and 7 in the women's 20km (3 Australians, 2 English and 2 Kenyans). With host nation India about to name its team and 3 male and 3 female walkers all but guaranteed (see <http://timesofindia.indiatimes.com/sports/events-tournaments/commonwealth-games/top-stories/Indian-athletes-promise-good-show-in-Commonwealth-Games/articleshow/6465094.cms>), that makes 14 men and 10 women. Let's hope the walk fields continue to build as more teams are announced.

AUSTRALIAN COMMONWEALTH GAMES WALKERS IN PROFILE


With the Commonwealth Games only 5 weeks away, I thought I would profile once again our own Australian walking team

20km Men	Jared Tallent (VIC/AIS)	Luke Adams (NSW/AIS)	Chris Erickson (VIC/AIS)
20km Women	Claire Tallent (SA/AIS)	Cheryl Webb (NSW/AIS)	Jess Rothwell (VIS)

These 6 walkers have been at the top for a fair while now and have made the last few years their own, making just about every team on offer each year. To show their experience and continuing excellence, I have extracted a brief resume of their international credentials and PBs. It takes a special athlete to stay at the top year after year and all these 6 are well and truly in that category.

Jared Tallent		<p>Major International Representations</p> <table style="width: 100%; border: none;"> <tr><td>2001 World Youth Champs</td><td>10,000m</td><td>7th</td><td>44:50</td></tr> <tr><td>2002 World Junior Champs</td><td>10,000m</td><td>9th</td><td>45:51.2</td></tr> <tr><td>2004 Racewalking World Cup</td><td>20 km</td><td>75th</td><td>1:30:01</td></tr> <tr><td>2005 IAAF World Champs</td><td>20 km</td><td>18th</td><td>1:23:42</td></tr> <tr><td>2006 Commonwealth Games</td><td>20 km</td><td>3rd</td><td>1:23:32</td></tr> <tr><td>2006 Racewalking World Cup</td><td>20 km</td><td>14th</td><td>1:21:36, team 2nd</td></tr> <tr><td>2007 IAAF World Champs</td><td>20 km</td><td>DQ</td><td></td></tr> <tr><td>2008 World Racewalking Cup</td><td>20 km</td><td>10th</td><td>1:19:48, team 3rd</td></tr> <tr><td>2008 Olympic Games</td><td>20 km</td><td>3rd</td><td>1:19:42</td></tr> <tr><td></td><td>50 km</td><td>2nd</td><td>3:39:27</td></tr> <tr><td>2009 IAAF World Champs</td><td>20 km</td><td>6th</td><td>1:20:27</td></tr> <tr><td></td><td>50 km</td><td>7th</td><td>3:44:50</td></tr> <tr><td>2010 Racewalking World Cup</td><td>50 km</td><td>3rd</td><td>354:55</td></tr> </table> <p>PBs</p> <table style="width: 100%; border: none;"> <tr><td>5000m</td><td>18:41.83</td><td>2nd</td><td>Sydney</td><td>28/02/2009</td></tr> <tr><td>10 km</td><td>38.59</td><td>3rd</td><td>Beijing (20 km split)</td><td>16/08/2008</td></tr> <tr><td>20 km</td><td>1:19.15.0</td><td>1st</td><td>Melbourne</td><td>13/02/2010</td></tr> <tr><td>50 km</td><td>3:38:56</td><td>1st</td><td>Melbourne</td><td>22/11/2009</td></tr> </table> <p>Our top walker and one of the top in the world, Jared is never out of the top 8 nowadays and will go into the Comm Games as a firm favourite. Internationally, he always races well.</p>	2001 World Youth Champs	10,000m	7 th	44:50	2002 World Junior Champs	10,000m	9 th	45:51.2	2004 Racewalking World Cup	20 km	75 th	1:30:01	2005 IAAF World Champs	20 km	18 th	1:23:42	2006 Commonwealth Games	20 km	3 rd	1:23:32	2006 Racewalking World Cup	20 km	14 th	1:21:36, team 2 nd	2007 IAAF World Champs	20 km	DQ		2008 World Racewalking Cup	20 km	10 th	1:19:48, team 3 rd	2008 Olympic Games	20 km	3 rd	1:19:42		50 km	2 nd	3:39:27	2009 IAAF World Champs	20 km	6 th	1:20:27		50 km	7 th	3:44:50	2010 Racewalking World Cup	50 km	3 rd	354:55	5000m	18:41.83	2 nd	Sydney	28/02/2009	10 km	38.59	3 rd	Beijing (20 km split)	16/08/2008	20 km	1:19.15.0	1 st	Melbourne	13/02/2010	50 km	3:38:56	1 st	Melbourne	22/11/2009
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Jess Rothwell 	Major International Representations 2008 Racewalking World Cup 10 km 5 th 46:44 2008 World Junior Champs 10,000m 4 th 44:44.22 2009 IAAF World Champs 20km 22 nd 1:36:01 2010 World Racewalking Cup 20km 9 th 1:35:04			
	PBs 5000m 21:03.33 1 st Melbourne 20/02/2009 10 km 44:05 4 th Krakow, Poland 02/05/2004 20 km 1:30:25 2 nd Melbourne 07/03/2009			
<p>At only 21 years of age, Jess is the youngest of the Australian walks team but what a talent. With 5th and 4th placings as a junior in the World Racewalking Cup and in the World Junior Champs and then with a top ten finish in this year's World Racewalking Cup in Mexico, her rise through the ranks has been meteoric. Content to stay in Melbourne and make use of the VIS rather than relocate to Canberra and join her team mates at the AIS, she is coached by Simon Baker and looks set for a fantastic international career.</p>				

CALLING FOR VOLUNTEERS

I have been contacted by Lisa Scott of the Department of Podiatry at La Trobe University. The department is conducting a research project looking at the effects of shoe insoles for people with Achilles pain and they need to recruit participants. The project is being conducted at La Trobe University, Bundoora. You can read about the project at <http://www.achillesrct.com> or read their flyer which I have uploaded to http://www.vrwc.org.au/Achilles_Testing.pdf. If you fit the profile and are able to help, please contact Dr Shannon Munteanu from the Department of Podiatry, La Trobe University, on (03) 9479 5866 or email s.munteanu@latrobe.edu.au for more details.

2010 RUNNERS WORLD SPONSORSHIP WINNERS

These, our major Winter Season awards, were decided by the Committee who voted on a short list of nominations. Each senior winner will be awarded \$500 in cash and a \$500 Runners World Kew voucher. Each junior winner (aged 14-19) will be awarded a \$500 Runners World Gift voucher. Unfortunately Runners World Kew proprietor Neil Ryan can't be at our winter presentations this Saturday as he is on the organising committee for the AV Half Marathon being run on Sunday morning so these awards will be officially presented at our first Summer Season raceday on Sunday 24th October. The winners are

			
Open Men Stuart Kollmorgen	Open Women Heather Carr	Under 20 Men Nathan Brill	Under 20 Women Jmara Hockley-Samon

STUART KOLLMORGEN

41 yo Stuart had an excellent season, taking first places in the Victorian 5km Teams championship, the Vic 10km and the Vic 20km championships as well as 5th in the tough Canberra 20 Mile. He then finished off his season by winning gold in the Gay Games 5000m walk in Cologne.

24 April 2010	2 nd	VRWC Road Races - 8km Open	40:32
1 May 2010	1 st	Victorian 5km Teams Championships	24:05
15 May 2010	1 st	Victorian 10km Roadwalk	48:55

23 May 2010	1 st	VRWC Road Races - 20km Open	1:46:18
13 June 2010	5 th	LBG Carnival - RWA 20 Mile Walk	3:06:07
27 June 2010	1 st	Victorian 20km Roadwalk (and 1st in AMA Champ)	1:46:09
3 July 2010	2 nd	VRWC Road Races - 8km Open	38:42
2 August 2010	1 st	World Gay Games – 5000m Open	24:14

HEATHER CARR

Heather set a whole swag of new W60 World/Aust/Vic records this winter as her extraordinary form continued. She remains amongst our top Open women and could boast silver in the Vic 15km Open roadwalk and bronze in the Vic Open 10km roadwalk as well as taking second fastest time in the Vic 5km teams championship. She dominated her one overseas comp – the Oceania Masters – and walked to a very high standard just about every week all season.

24 April 2010	3 rd	VRWC Road Races - 5km Open	26:42
24 April 2010	3 rd	VRWC Road Races - 5km Open	26:42
1 May 2010	2 nd	Victorian 5km Teams Championships	27:12
8 May 2010	2 nd	VRWC Road Races - 10km Open	56:56
15 May 2010	3 rd	Victorian 10km Roadwalk	54:23
23 May 2010	2 nd	VRWC Road Races - 15km Open Women Club Champ	1:25:43
29 May 2010	1 st	VRWC Road Races - 8km Open Handicap	42:58
5 June 2010	3 rd	VRWC Road Races - 10km Open	53:56
13 June 2010	7 th	LBG Carnival - 10 Mile Walk	1:33:23
19 June 2010	1 st	VRWC Road Races - 5km Open	27:09
27 June 2010	1 st	AMA 20km Roadwalk Championships (3rd in Vic 20km)	1:56:42
4 July 2010	1 st	2010 Oceania Masters Champs - 10km roadwalks	1:00:14
6 July 2010	1 st	2010 Oceania Masters Champs - 5000m	27:18
8 July 2010	1 st	2010 Oceania Masters Champs - 3000m	16:05
17 July 2010	2 nd	VRWC Road Races - 3km Open	15:46
18 July 2010	2 nd	Victorian Country Roadwalks - 10km Open	56:30
18 July 2010	2 nd	Victorian 15km Roadwalk	1:24:48
24 July 2010	1 st	VRWC - RWA Interstate Challenge - 10km Masters	54:33
31 July 2010	1 st	VRWC Road Races - 3km Open	15:35
8 August 2010	4 th	VRWC 10km Women Club Championship	54:29
15 August 2010	3 rd	VRWC 4km Open	20:55

NATHAN BRILL

Nathan has only just turned 14 and has had an extraordinary first season of walking, doing PBs week after week and dominating the 14yo age group Australia wide. His season has seen wins in the Vic Schools and Vic Roadwalking titles as well as 3rd and 4th placings in the Canberra carnival against older walkers. His season culminated in winning the Australian U16 5km championship by a big margin. He has been a great supporter of VRWC events, having raced at Albert Park every week bar one – a huge effort. His PBs are amongst the best ever (13:16 for 3km and 22:29 for 5km) and he continues to improve week by week. A huge prospect.

24 April 2010	1 st	VRWC 4km U15	19:48
1 May 2010	1 st	VRWC 5km Open	25:11
8 May 2010	1 st	VRWC 5km Open	24:40
15 May 2010	1 st	VRWC 5km Open	24:39
23 May 2010	1 st	VRWC 5km U16 Club Champ	23:27
29 May 2010	1 st	VRWC 4km U15	18:47
5 June 2010	1 st	VRWC 3km U15	13:36
13 June 2010	4 th	LBG Carnival - RWA 5km U18	23:33
13 June 2010	3 rd	LBG Carnival - RWA 3km U16	13:16
19 June 2010	1 st	VRWC 5km Open	23:05
27 June 2010	1 st	Victorian Schools Roadwalks - 3km U16	13:38
3 July 2010	1 st	VRWC 8km Open	37:18
17 July 2010	5 th	VRWC 5km Open	23:23
24 July 2010	1 st	VRWC 5km U16	23:32
31 July 2010	1 st	VRWC 5km U15	22:34
8 August 2010	1 st	Victorian 5km U16 Roadwalk Championship	22:29
14 August 2010	DNF	VRWC 8km Open	-
22 August 2010	1 st	Australian U16 5km Road Championship	22:59

JMARA HOCKLEY-SAMON

14yo Jmara is a big time performer, winning gold in the Vic U16 5km and silvers in the Vic Schools U16 5km and in the Canberra Carnival U16 3km and finishing off the season with gold in the Australian U16 5km roadwalking championship in Brisbane. Jmara is a big time competitor and always produces top performances when it counts most – in the championships. Is in our strongest age group competition and her PBs stand at 14:57 (3km) and 26:08 (5km).

24 April 2010	1 st	VRWC Road Races - 4km Under 15	21:07
8 May 2010	2 nd	VRWC Road Races - 5km Open	28:16
15 May 2010	5 th	Victorian 10km Open Roadwalk	57:03
23 May 2010	1 st	VRWC Road Races - 5km U16 Club Championship	26:48
5 June 2010	2 nd	VRWC Road Races - 3km Under 15	15:03

13 June 2010	2 nd	LBG Carnival - RWA 3km U16	15:05
13 June 2010	12 th	LBG Carnival - RWA 5km Open and U20 Women	27:07
27 June 2010	2 nd	Victorian Schools Roadwalks - 3km U16	15:21
3 July 2010	1 st	VRWC Road Races - 4km Under 15	21:07
18 July 2010	2 nd	Victorian Country Roadwalks - 3km U16	14:57
24 July 2010	3 rd	VRWC - RWA Interstate Challenge - 5km U16	26:44
31 July 2010	2 nd	VRWC Road Races - 3km Open	16:21
8 August 2010	1 st	Victorian 5km U16 Roadwalk Championship	26:08
15 August 2010	1 st	VRWC Road Races – 4km Under 15	20:32
22 August 2010	1 st	Australian U16 5km Roadwalk Championship	25:59

IT'S THE END OF ANOTHER BIG SEASON

Next Saturday is the final VRWC winter season racing day at Albert Park and the season will finish on a high note with **prizes** in each race category for the winners of the **Beat Your Season Best Time** races. Then when the racing has finished, we have our **Winter Season Presentations** over in the Bowling Club Dining Room. Come along and have afternoon tea on us and help us celebrate what has been perhaps our most successful season ever.

Saturday 4 September 2010, Albert Park

VRWC EVENTS: Beat your Season Best time. Prizes for all winners.

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Open
2.15pm	3km	Under 15
2.15pm	2km	Under 12
2.30pm	1km	Under 9
3.15pm	VRWC Winter presentations	

The Presentation winners are now all finalised and the following listing shows all those walkers who will be receiving trophies and/or monetary recognitions.

2010 VRWC JACK LARKIN TROPHY - HIGHEST POINT SCORING COUNTRY ATHLETES

Men Nathan Brill
Women Heather Carr

2010 VRWC MERRIFIELD AWARDS - COMBINED FASTEST TIMES AND HANDICAP POINTS

Masters Men Mark Donahoo
Masters Women Pam Tindal / Heather Carr
Open Men Jason Kozica
Open Women Kylie Irshad
Under 20 Men Josh Kaiser
Under 20 Women Hilary Brazel / Kirstin Shaw
Under 15 Men Connor McShanag
Under 15 Women Amelia Finnegan

2010 STYLE AWARDS

Men Nathan Brill
Women Pam Tindal
Boys Harry Hockley-Samon
Girls Emily Hamilton

2010 CLUB TEAM FUND RECIPIENTS

53 walkers competed in the Teams Events in the Canberra Carnival in age groups from Under 18 and down:

Billy Allamby, Bianca Attard, Nathan Brill, Amy Burren, Sarah Burren, Caitlin Campbell, Rebecca Campbell, Noah Candotti, Samuel Candotti, Harley Davidson, Paige De Lisen, Josh Dillon, Matt Felton, Amelia Finnegan, Hayley George, Stephanie George, Emily Hamilton, Jmara Hockley-Samon, Harry Hockley-Samon, Anaya Hodges, Mikhala Hodges, Jasmine Irshad, Jeremiah Jones, Joshua Kaiser, Shelby Kay, Brianna Lillie, Jessica Lillie, Katelyn Lotherington, Ella Mason, Livinia Mason, Connor McShanag, Ethan McShanag, Tegan Miller, Jemima Montag, Piper Montag, Shae Ohlsen, Michael O'Mahony, Cooper Owen, Chelsea Owen-Smith, Jemma Peart, Cassie Raselli, Jacob Richardson, Brodie Richardson, Brad Simpson, Kobie Somerfield, Emily Swan, Kyle Swan, Rachel Tallent, Aaron Tam, Lee Taylor, Hayden Walmsley, Reese Walmsley, Ethan Wright

34 walkers competed in the Teams Events in the Brisbane Carnival in age groups from Under 18 and down:

Bianca Attard, Carly Bertrand, Georgia Bertrand, Hilary Brazel, Nathan Brill, Amy Burren, Sarah Burren, Caitlin Campbell, Rebecca Campbell, Lewis Clark, Amelia Finnegan, Hayley George, Stephanie George, Emily Hamilton, Amanda Heard, Harry Hockley Samon, Jmara Hockley Samon, Jasmine Irshad, Jeremiah Jones, Chloe McNicol-Davidson, Cody McNicol-Davidson, Connor McShanag, Tegan Miller, Chelsea Owen-Smith, Cooper Owen, Emily Payne, Cassie Raselli, Joshua Savage, Kyle Swan, Rachel Tallent, Lucas Taylor, Jared Walker, Megan Walker, Ebony Whitley

Fastest Time Points – Women				Handicap Points – Women			
Masters	1	Pam Tindal	37	Masters	1	Jan Morrey	43
	2	Heather Carr	30		2	Heather Carr	40
	3	Donna Elms	16		3	Maryanne Harrison	38
Open	1	Kylie Irshad	32	Open	1	Kylie Irshad	33
	2	Gayle McIntyre	11		2	Anna Wallace	31
	3	Anna Wallace	9		3	Gayle McIntyre	23
U12	1	Emily Hamilton	33	U12	1	Bronte Segota	28
	2	Paige De Lisen	26		2	Charlee Harrison	27
	3	Shelby Kay	16		E3	Paige De Lisen	26
					E3	Emily Hamilton	26
U15	1	Amelia Finnegan	32	U15	1	Megan Walker	37
	2	Jmara Hockley-Samon	28		2	Caitlin Campbell	28
	3	Jemima Montag	24		E3	Amelia Finnegan	26
					E3	Jmara Hockley-Samon	26
U20	1	Hilary Brazel	31	U20	1	Kirstin Shaw	39
	2	Kirstin Shaw	17		2	Hilary Brazel	25
	3	Cassandra Raselli	10		3	Annemaree Gerlich	22
U9	1	Mikhala Hodges	24	U9	1	Tegan Miller	26
	2	Brianna Lillie	21		E2	Mikhala Hodges	23
	3	Brodie Richardson	15		E2	Livinia Mason	23
					E2	Chelsea Owen-Smith	23
Fastest Time Points – Men				Handicap Points – Men			
Masters	1	Mark Donahoo	39	Masters	1	Gordon Onley	51
	2	Simon Evans	15		2	Harry Summers	40
	3	Gordon Onley	11		3	Alan Lucas	38
Open	1	James Seid-Christmass	25	Open	1	Jason Kozica	43
	2	Jason Kozica	22		2	James Seid-Christmass	32
	E3	Stuart Kollmorgan	13		3	Lindsay Harrison	25
	E3	Aaron McDonough	13				
U12	1	Kyle Swan	30	U12	1	Kyle Swan	39
	2	Reese Walmsley	22		2	Reese Walmsley	33
	3	Cooper Owen	19		3	Cooper Owen	27
U15	1	Nathan Brill	40	U15	1	Aaron Tam	51
	2	Connor McShanag	30		2	Connor McShanag	48
	3	Aaron Tam	22		3	Nathan Brill	33
U20	1	Joshua Kaiser	20	U20	1	Joshua Kaiser	35
	2	Josh Dillon	15		2	Jason Elms	17.5
	3	Rhydian Cowley	14		3	Michael O'Mahony	17
U9	1	Ethan Wright	31.5	U9	1	Ethan Wright	43
	2	Hayden Walmsley	21.5		2	Hayden Walmsley	35
	3	Harry Hockley-Samon	20		3	Noah Candotti	31

I look forward to seeing everyone on Saturday at Albert Park for the Presentations.

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

Sat 4 Sept, 2010 Last winter season races at Albert Park – with accompanying Winter Season Presentations

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), Fawcner 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>)