



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC ROAD RACES, ALBERT PARK, SATURDAY 4 SEPTEMBER 2010

No more VRWC races to report on now for a few weeks but thanks to Stuart Cooper for the following great photos from our Winter Season presentations on Saturday 4th September.



Masters Fastest & Handicap: Heather, Pam, Donna, Jan and Maryanne



Masters Fastest & Handicap: Mark, Harry, Alan and Gordon



Open Fastest & Handicap: Aaron, Stuart, Anna, James, Kylie and Jason



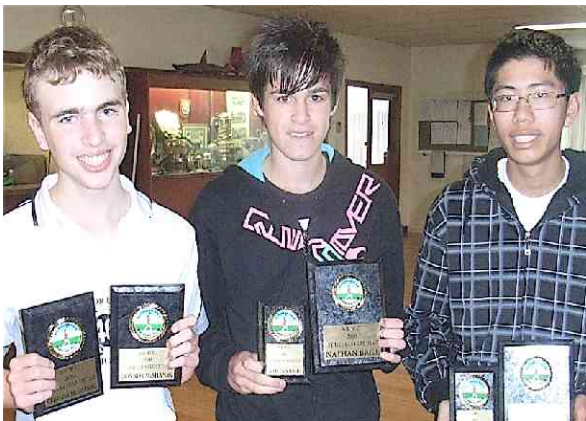
Tom Daintry Trophy Co-winner (Best U14 Girl): Jemima



U20 Fastest & Handicap: Kirstin, Hilary and Annemarie



U20 Fastest & Handicap: Josh D, Josh K, Rhydian and Michael



U15 Fastest & Handicap: Connor, Nathan and Aaron



U15 Fastest & Handicap: Jemima, Megan, Caitlin and Jmara



U12 Fastest & Handicap: Emily, Paige, Kyle, Charlee, Reese, Shelby and Cooper



Avis Redman Trophy (Best U16 Girl): Jmara



U9 Fastest & Handicap: Harry, Mikhala, Ethan, Brianna, Hayden, Tegan and Chelsea



Jack Larkin Trophy (Best Country Walkers): Nathan and Heather



VRWC Merrifield Awards: Kylie, Heather, Hilary, Pam, Mark, Connor, Josh, Kirsten



and Jason



VRWC Style Awards: Harry, Marlaine (sponsor), Nathan, Emily and Pam

SAMA 5KM TURKEY HANDICAP, PEACOCK ROAD, ADELAIDE, SATURDAY 11 SEPTEMBER

Thanks to Colin Hainsworth for the results from the South Australian Masters' last walk for the winter season. He advised that conditions were good and that the event was followed by afternoon tea and the winter presentations. But the big question is – What is a Turkey Handicap?

	5km Turkey Handicap	Time	Age Grp	Age Graded %
1.	Marie Maxted	32.34	W50	68.52
2.	Graham Harrison	32.40	M67	73.99
3.	Helen Suridge	33.37	W59	72.68
4.	Margaret Trengove	35.39	W66	74.70
5.	Kim Welcome	36.37	W54	63.29
6.	Rodger Barber	36.44	M72	69.93
7.	Colin Hainsworth	37.00	M80	77.74
8.	Roger Lowe	37.10	M67	65.03
9.	Paul Boyce	38.12	M74	69.03
10.	Ros Elix	39.13	W75	77.82
11.	Elaine MacFarlane	39.18	W68	69.65
12.	Cynthia Dally	39.19	W76	78.99
13.	Edna Bates	43.35	W57	54.85
14.	Margaret Miller	43.36	W66	61.08
15.	Lillian Harpur	44.20	W62	57.08
16.	Jeff Kennett	45.57		
17.	Linda Whitelaw	50.44	W56	46.62

ACTR&FWC WALKS, LENNOX GARDENS, CANBERRA, SATURDAY 11 SEPTEMBER

Thanks To Val Chesterton for the latest results from the ACT Race and Fitness Walking Club in Canberra.

2 Hour Walk	C Heywood 21.7km	R Whyte 18.2km	V Chesterton(f) 13.5km	D Robinson 7.5km	
5km Walk	M Reading 25.24	P Baker 28.34	J Bates(f) 33.04	B Thomas 33.22	R Gilchrist 35.33
	B Parker 37.12	N Gloe 37.50	B Chapman 37.53	J Gilchrist(f) 38.50	J Gloe 39.31
	C Chapman(f) 42.00	J Bourke(f) 50.27	H Bates DNF		
3km Walk	Z Hunt(f) 16.33	C Burns 17.57	J Thackray 24.44	T Thomas(f) 35.51	R Parker(f) 35.51
1km Walk	S Burns 7.07				

QRWC CLUB CHAMPIONSHIPS, KALINGA PARK, SUNDAY 12 SEPTEMBER

Thanks to Peter Aiton for last weekend's results from the Queensland Race Walking Club.

Open/Masters 10km - Men		Open/Masters 10km – Women
1. Ignacio Jimenez	50.14	1. Noela McKinven 78.30
2. Peter Bennett	54.30.	2. Christiane Dauphinat 81.11
Brandon Dewar	DNF	
U20 8km - Men		U20 8km - Women
1. Nick Dewar	39.00	1. Kate Sanford 56.53
2. Brandon Dewar	42.28	
U18 6km - Boys		U18 6km - Girls
1. Brad Aiton	28.16	1. Jess Pickles 34.51
U16 4km - Boys		U16 4km - Girls
1. Jesse Osborne	18.30 (new champ record)	1. Rachel Barker 25.38
		2. Marybeth Paviell 26.35
U14 2km - Boys		U14 2km - Girls
1. Trent Miles	11.56	1. Katya Martin 10.20
		2. Mikaela Woodward 12.12
		3. Jessie-Claire Smith 14.39
U12 1.5km - Boys		U12 1.5km - Boys
1. Ryan Pinchen	8.55	1. Mikaela Woodward 8.47
		2. Kirsty Barker 9.16
		3. Taylor McCarthy-Smith 9.38
		U10 750m - Girls
		1. Thalia Martin 5.48
		2. Cheyenne Trembath 7.20

A VIDEO FROM 1964

I was pointed to a great old bit of news footage last week: <http://www.britishpathe.com/record.php?id=69816>. It's a montage of events from a 1964 Inter-State Carnival at the Sydney Athletic Field and includes a clip from the 3,000m walk which was won by 1964 Olympian Ron Crawford. It also includes footage of Ron Clarke at his peak and is well worth a look. It takes a while to load as it is fairly big but if your internet connection is good enough, you will be able to play it.

RWA BRITISH 10KM CHAMPIONSHIP, WARWICK UNIVERSITY, COVENTRY, SATURDAY 11 SEPT

England's five Commonwealth Games walk representatives were looking to put final touches to their preparations when they toed the line in the British National 10km Roadwalk Championships and McCain UKA Race Walking Challenge Final at Warwick University Business Park last Saturday.

The women raced first with a 1pm start. Following her fine 10th place in the European Championship in Barcelona earlier this year, Jo Jackson was the standout lady, winning easily in 45:31, a good time but well outside her British 10km record of 43:52, set at the same venue in March. Second place went to her Commonwealth Games compatriot Lisa Kehler (a triple Commonwealth medallist and about to compete in her 5th Commonwealth Games) with 48:24. It was then a 5 minute wait for the next finisher, Fiona McGorum with 53:23.

10km Women Championship, 1:00pm

1.	Johanna Jackson	45:31	Middlesbrough
2.	Lisa Kehler	48:24	Wolverhampton & Bilston
3.	Fiona McGorum	53:23	Leicester WC
4.	Emma Doherty	53:55	North Belfast
5.	Heather Lewis	54:34	Pembrokeshire
6.	Lauren Whelan	54:44	Manx
7.	Diane Bradley	55:01	Tonbridge
8.	Kelsey Howard	57:10	Tonbridge
9.	Karen Wears	59:02	Redcar
10.	Ann Wheeler	59:36	Nuneaton
11.	Angela-Maria Paddick	64:13	Redcar
12.	Kayleigh Edge	65:36	Scarborough
13.	Noel Blatchford	65:46	Abingdon
14.	Julie Bellfield	66:20	Halesowen
15.	Laurayne Readman	67:15	Redcar
16.	Karen Davies	71:18	Birchfield H
17.	Sue Rey	71:20	Leicester WC
18.	Judy Howard	72:12	Abingdon
19.	Serena Queeney	73:28	Enfield & Haringey
	Angie Alstrachan	DNF	

The men's championship started at 2:15pm with Commonwealth Games selectee Alex Wright (PB 43:31) expected to fight it out with Irishman Brendan Boyce of the host club Coventry Godiva Harriers, who set a personal best of 41:50 when winning the Inter Counties 10km on this course in March ahead of Wright. On this occasion, it was Wright who took the honours with a PB 42:38 (great walking) while Boyce had to be content with second place in 45:55. The other two Commonwealth Games selectees, Tom Bosworth and Luke Finch, failed to finish (not sure if DQ or DNF). Third place went to English international Daniel King with 46:25.

10km Men Championship, 2:15PM

1.	Alex Wright	42:38	Belgrave
2.	Brendan Boyce	45:55	Coventry/Ireland
3.	Daniel King	46:25	Colchester H
4.	Mark O'Kane	48:05	Coventry
5.	Paul Evenett	49:04	Redcar
6.	Jonathan Hobbs	52:00	Ashford AC
7.	Francisco Reis	53:02	Ilford
8.	Steve Arnold	53:48	Nuneaton
9.	Steve Allen	55:22	Barnet
10.	Graham Chapman	55:32	Headington
11.	Roger Michell	56:11	Surrey WC
12.	Arthur Thomson	57:57	Enfield & Haringey
13.	Peter Boszko	58:07	Birchfield H
14.	John Constandinou	58:31	Birchfield H
15.	Chris Berwick	58:37	Leicester WC
16.	Peter Hannell	62:24	Surrey WC
17.	Ian Statter	63:34	Surrey WC
18.	Micky Harran	63:40	Surrey WC
19.	Gary MacDonald	63:41	Ashford AC
20.	Tony Collins	64:15	Birchfield H
21.	John Paddick	65:02	Redcar

22.	Mark Byrne	67:05	Redcar
23.	Julian Barnett	73:00	Birchfield H
	Luke Finch	DNF	
	Tom Bosworth	DNF	
	Dominic King	DNF	
	Mark Wall	DNF	

The overall winners in the McCain UKA Race Walking Challenge were fittingly Jo Jackson and Alex Wright. The provisional teams results were

Mens Teams:	1 Surrey (44)	2 Birchfield (47)	3 Redcar (48)
Ladies Teams:	1 Redcar	2 Tonbridge	3 Abingdon

MORE FROM OVERSEAS

WARSAW (POL, Sep 11): To Poland next for some solid 10000 m track walking with Dawid Tomala 40:20.66 winning over Rafal Sikora 40:30.80 and Lukasz Nowak 41:16.42.

And talking of the 10km distance, this coming Saturday, 5 of our 6 Commonwealth Games walkers will be in action in the 2010 IAAF Race Walking Challenge Final in Beijing and, like last year, the distance on offer will be 10km. This race was held in Saransk in Russia last year and it saw **Luke Adams** storm through to 39:16 with **Jared Tallent** not far behind in 39:38. Now that's fast!

This weekend Luke and Jared will be in action again along with **Chris Erickson**, **Claire Tallent** and **Jess Rothwell** and all will be keen to beat their PBs. From what I have heard on the grapevine, all are in great form at the moment.

Since we are talking 10km, let's review my unofficial top-20 All Time for Australian men and women

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977		Krakow, Poland	9/06/2001	23
3	38.59	Jared Tallent	V	17/01/1984		Beijing, Olympic 20 km (2nd 10 km split)	16/08/2008	24
4	39.10	Nick A'Hern	N	06/01/1969	1	Sydney	13/01/1991	22
5	39.14	Luke Adams	N	22/10/1976		Beijing, Olympic 20 km (2nd 10 km split)	16/08/2008	31
6	39.29	Andrew Jachno *	V	13/04/1962		Brisbane (Track)	26/08/1990	28
7	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
8	40.12	Adam Rutter	N	24/12/1986		Melbourne (Aust 20 km split)	23/02/2008	21
9	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	5/01/1992	20
10	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
11	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
12	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
13	41.01	Jon Gawley	N	08/05/1980		NSW State u20	8/05/1999	19
14	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	5/01/1992	24
15	41.05	Dion Russell	V	08/05/1975		Ath Aust website	1/04/1995	19
16	41.09	Chris Erickson	V	01/12/1981	12	Wuxi City, China (IAAF Challenge event)	18/04/2009	26
17	41.16	Willi Sawall	V	07/11/1941	1	VIC 10 km, Melbourne	1982	40
18	41.32.36	Dane Bird-Smith	Q	15/07/1992	5	World Junior Champs, Moncton, Canada	27/07/2010	18
19	41.38	Brent Vallance	N	30/04/1972	3	Canberra	8/02/1998	25
20	41.46.79	Ian Rayson	N	04/02/1988	2	Sydney, NSW Title (Track)	3/01/2009	20

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2	42.15	Jane Saville	N	05/11/1974	6	Eisenhuettenstadt	8/05/1999	24
3	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
4	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
5	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
6	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
7	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37
8	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
9	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39
10	45.20	Cheryl Webb	N	03/10/1976	26	Naumburg, World Cup 20km split	2/05/2004	27
11	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
12	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31
13	45.38	Sally Pierson	V	10/03/1963	1	Melbourne	8/05/1982	20
14	45.40	Simone Wolowiec	V	12/02/1974	1	Melbourne	14/12/1997	23
15	45.41	Claire Tallent	S	06/07/1981	28	Beijing, Olympic 20 km	21/08/2008	27
16	45.51	Jane Lewry Barbour	S	09/05/1961	2	Melbourne	21/01/1996	24
17	46.06	Jenny Jones Billington	Q	20/04/1967	1	Canberra	28/08/1993	26
18	46.06	Teresa Letherby	Q	05/04/1972	3	Melbourne	17/12/1995	23
19	46.10	Jillian Hosking	A	12/02/1987	3	Hobart Aust 20km (split)	13/02/2010	23
20	46.23	Kellie Wapshott	V	23/03/1981	2	Melbourne, Aust 20 km split	23/02/2008	26

Good luck to our 5 walkers.

HEALESVILLE REVISITED

Healesville is a country town of great significance to older VRWC members as it was the venue of a fondly remembered yearly race and weekend stay. The famous **Melbourne to Healesville Relay** was first held in 1938 on July 16th, starting from the YMCA boatshed on Alexander Avenue and proceeding east through Lilydale to Healesville over a distance of 38 miles, with relay legs of 2 miles each. The second scheduling was in 1939 when it was held on July 1st. With the war then intervening, the relay was not held again until 1946 when it reappeared with a changed date – it was now to be held over the King's Birthday weekend in early June. The relay walk normally started around midday, arriving in Healesville in the late afternoon. Bush walks were scheduled on the Sunday and the Monday and social activities were held on the Sunday evening.



1947 Healesville Relay – the mayor of South Melbourne hands the baton to Alex Philpott to start the relay while club president Alf Robinson looks on. On the right, Philpott finishes his leg and hands the baton on.

The following details of the 1951 weekend was taken from the Minutes of the Annual General Meeting:

About sixty people including members, their friends and children enjoyed this popular weekend outing. Once again all enjoyed the slapstick brand of entertainment. The efforts of the Draught Horse Ballet were well appreciated by members of the audience, although plaudits are modestly claimed by the writer for having trained it so efficiently for five minutes on the tennis court the morning prior to the concert. Members are reminded that this is an outing they should strive to attend., it is cheap from a cost point of view, it is an excellent opportunity of getting to know other members better, and you can relax as you wish for two whole days. Make this year's Kings Birthday weekend a must on your programme of outings. Members who can sing, dance or in any way help to entertain are asked to support the committee in this regard.

The Healesville relay of 1952 saw two teams competing with Ray Smith and Frank McGuire as opposing captains. Normally only 2 or 3 teams competed as the club was not all that big in those days. The photo below is quite historic and shows Ted Allsopp about the start. The photo also includes Ernie Ryall (club auditor), Ray Smith, Mabel Robinson, Bert Gardiner, Vic Sharp and Alf Robinson. This particular photo is from the early 50s but the exact year is unknown.



Alexander Avenue - Start - Melbourne to Healesville Relay Race - Queen's Birthday Weekend in early 50's

The relay events were very popular with big crowds following the action. The Goble family and Frank McGuire arranged the bookings at the Woodstock guesthouse and the entertainment was excellent. Various vehicles were commandeered to ferry the masses.

In 1955, because of the increasing traffic, the event was changed to a 10-mile handicap walk with an associated teams race and was raced from Coldstream to Healesville. It continued in this format until 1963 when it was scheduled for the last time before traffic considerations put paid to even this.

A feel for the weekend can be glimpsed from the following reminiscences which Marie Lang (nee Goble) wrote for our club history book some years ago

Not all Saturdays were spent at the rowing clubrooms, because races were sometimes held at other venues. I always loved the relay race to Healesville. We all travelled in a furniture van and the walkers carried a baton to the mayor of Healesville, containing a message from the Lord Mayor of Melbourne. Later this race became a handicap event, Coldstream to Healesville. This event always took place on the Saturday before the Queen's Birthday. At the completion of the race we all went to stay at an old guesthouse called Woodstock. What fun and games we had there. Many a romance began and ended there. Mum not only had to sell her footy doubles but she was the person who allocated the rooms. She had to please parents but also the young ones who wanted to be as far away as possible from the "oldies". She usually managed to please everyone, but of course I was very young when I first went there and had to share a room with my Mother and Father, which was not so good. On one occasion a dear man, whom my Father affectionately called that "scoundrel Gaylor" put epsom salts in the tea pot. The only person he told was my Mother who had the good sense to abstain from drinking tea. Apparently there were queues at the toilets all night. The simple entertainment we had there on the Sunday night with the boys dressed up as girls for a ballet, and the sketches which were so corny and yet so funny, and people like Frank McGuire doing his shimmying act to "I wish that I could shimmy like my sister Kate" are things that I will never forget.

Just a few weeks ago I was sent a whole swag of photos from one of the Healesville weekends of the early 60s by Gary Field, the eldest son of VRWC life member Ralph Field. Gary and his brother Ross had attended as youngsters and Gary luckily for us, Gary tested out his new camera. The photos and negatives have stood the test of time well and, with a bit of help from the professionals, he has sent a CD of snaps to us from America. I put Barb and Bob Gardiner to work on identifying the people in the photos and a small selection are reproduced below.



The Woodstock Guesthouse in Healesville, the scene of the yearly trip



Quiz time – Lindsay Fortune (Robinson Hall), Bob Gardiner (Albert Park), Ray Smith (Sledge Hammered) and Alan Hancock (Parsley Carrotty)



The Cabaret - Frank McGuire, Alan Hancock, unknown, unknown, Colin Fraser, unknown



The choir - Bob Gardiner, Lindsay Fortune, unknown, Irwin Saunders, Colin Fraser, Les Hellyer, Norm Goble, Frank McGuire, Ray Smith, Ken Saunders, unknown, Gavin Breen

All I can say is, you wouldn't have got me in that cabaret!

LOOKING TO THE SUMMER SEASON

We all have the chance of a good break for the next few weeks before the summer season kicks off. The early dates look like this:

Late Sept or early Oct	Most Victorian Little Athletics venues will start for the summer
Sat 9 Oct	AV Shield Round 1 – metropolitan and country venues
Sun 10 Oct	Melbourne Marathon
Sat 16 Oct	AV Shield Round 2 – metropolitan and country venues
Sat 23 Oct	AV Shield Round 3 – metropolitan and country venues
Sun 24 Oct	VRWC Roadwalks (20km, 10km, etc) at Albert Park
Sat 30 Oct	AV Shield Round 4 – metropolitan and country venues
5-7 Nov	Victorian All Schools (U14-U18) Track and Field championships, Olympic Park

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 International Fixtures

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

2010/2011 Australian/Victorian Summer Season Key Dates

Sat 9 Oct, 2010 AV Shield Competition commences
Sun 24 Oct, 2010 VRWC Summer Season opens with road walks at Albert Park
5-7 Nov, 2010 Victorian All Schools T&F Championships U14-U18 , Olympic Park, Melbourne
Sun 14 Nov, 2010 VRWC Summer Season roadraces and AGM, Albert Park
4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2010 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne
21-23 Jan, 2011 Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011 Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011 Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park
2-3 April, 2011 Victorian Masters T&F Championships, Knox

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)