



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VSSSA CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, TUESDAY 19 OCTOBER 2010

The Victorian Secondary Schools Sports Association T&F championships were held last week at Olympic Park, with 1500m walks on offer for boys and girls. There was some great walking but the highlight had to be the walk of **Nathan Brill** whose time of 6:16.43 broke Jared Tallent's championship record in the Boys 12-15 walk. Aged only 14, Nathan is improving every time he steps on the track and it will be interesting to see what times he can knock out as the summer progresses. Other top performances came from **Jared Walker** 6:38.43, **Josh Kaiser** 6:38.61 and **Beth Alexander** 6:39.45. There were PBs galore in the high quality carnival.

Boys 12-15 1500m Race Walk

SSV Record: R 6:22.15 1999 Jared Tallent, Ballarat HS

1.	Brill, Nathan	Rosebud	6:16.43
2.	Walker, Jared	Lara	6:38.43
3.	Taylor, Lucas	Lilydale	7:09.46
4.	Blight, Simon	Oberon	7:24.81
5.	Galbraith, Jordan	Norwood	7:29.64
6.	Costelloe, Jesse	Bellarine	7:47.81
7.	Jones, Jeremiah	Bendigo South East	7:56.09
8.	Blair, Daniel	Newcomb	8:01.48
9.	Garganis, Adam	Thornbury SC	8:05.76
10.	Savage, Josh	Eaglehawk	8:13.85
	Fromberg, David	Traralgon SC	DQ
	Lee, T	Lalor	DQ

Boys 16-20 1500m Race Walk

SSV Record: R 5:38.80 1992 Dion Russell, Balwyn

1.	Kaiser, Joshua	Dromana	6:38.61
2.	Tam, Aaron	Glen Waverley SC	7:10.23
3.	Sloan, Dylan	Patterson River	7:32.95
4.	Walsh, Robert	Mount Waverley	7:42.52
5.	Curtis, Peter	Bendigo	8:03.06
6.	Evans, Rhys	Lyndhurst	8:58.03
7.	Maynard, F	Thornbury SC	11:09.62
	Soutar, Josh	Rosebud	DQ
	Batchelor, R	Melbourne HS	DQ

Girls 12-15 1500m Race Walk

SSV Record: R 6:39.80 1995 Kelly Wapshott, Fairhills

1.	Irshad, Jasmine	Wantirna	7:19.61
2.	Guy, Rebecca	Berwick	7:52.18
3.	Sanders, Jade	Berwick	8:25.27
4.	Corless, Danika	Wantirna	8:45.96
5.	Cope, Olivia	Leongatha	8:54.92
6.	McLaren, Sacey	Rosehill	9:05.24
7.	Somerfield, Kobie	Mt Clear	9:19.42
8.	Atkins, Emily	Ballarat HS	9:20.58
9.	Ohlsen, Shae	Ballarat HS	9:35.01
10.	Lattanzio, C	Northcote HS	9:44.89
11.	Platt, Alexandra	Strathmore HS	10:16.02
	Sebastian, Rachel	Wodonga Middle	DQ
	Patterson, Kate	Frankston	DQ

Girls 16-20 1500m Race Walk

SSV Record: R 6:28.50 1998 Kellie Wapshott, Fairhills

1.	Alexander, Beth	Brentwood	6:39.45
2.	Tallent, Rachel	Ballarat HS	6:57.39
3.	Campbell, Caitlin	Copperfield	7:58.96

4.	Duvall, Samantha	Mooroolbark College	8:14.44
5.	McInnes, Simone	Mansfield	8:28.86
6.	Stewart, Bethany	Strathmore HS	8:34.93
7.	Cudmore, Maddison	Shepparton	9:39.76
8.	Fairburn, Vanessa	Cranbourne	10:04.52
9.	Charles, Katherine	Neerim District	10:07.57
10.	Ferrier, Meg	Frankston	10:16.27
11.	Jones, Ebony-Jade	Bendigo South East	10:26.62
12.	Brasier, J	Viewbank	10:43.56
13.	Romas, Brittany	Frankston	10:52.59

Our other young walkers are in the private or Catholic school systems so they were not competing on this occasion but we can expect to see everyone in action in the Victorian All Schools T&F championships in early November. What races we can expect to see then!

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 20 OCTOBER 2010

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo Walkers Clubs Spring/Summer Season of Wednesday evening race walking continued in Rosalind Park on Wednesday evening with sealed handicap events held over 1km and 5km distances.

In the 1km race Jarrod Coad took 1st and fastest honors with a solid performance, scoring his first victory for the Season with Ebony-Jade Jones claiming 2nd place ahead of her Mum Jamie-Lee in 3rd place. The 5km race saw Dane Heiden record a personal best effort to take handicap honours with Josh Savage also producing an excellent pb effort to claim 2nd place with the improving Barb Bryant taking 3rd with a new Club 55+ Women's record as she finished just in front of Ebony Whiley and Annette Curtis while John Carter passed 1800km in Club events in his 457th Club race.

1000m Walk: Jarrod Coad 6.05, Ebony-Jade Jones 7.14, Jamie-Lee Jones 9.06, Carol Coad 7.53

5000m Walk: Dane Heiden 29.03, Josh Savage 30.17, Barb Bryant 30.38, Ebony Whiley 28.07, Annette Curtis 36.16, Geoff Major 37.19, John Carter 34.19, Paul Rance 27.20, Colin Cleary 42.22, Jeremiah Jones 34.17, Linley McDonald 41.43

This Wednesday evening the Bendigo Walkers Club's Annual Bendigo Walking Cup handicap 2400m race will be held at the Latrobe University Bendigo Athletic Complex from 6pm with a bbq tea following the event. Enquirers phone 5442 6435.

Meanwhile 4 Bendigo Walkers Club members contested the 1500m walk at the VSSSA State Track and Field Championships in Melbourne on Tuesday with Peter Curtis taking 5th place in the Under 21 boys event in a time of 8.03 with Ebony-Jade Jones taking 11th place in the Under 21 girls event in 10.26 while Jeremiah Jones and Josh Savage contested the Under 16 boys race with Jeremiah in 7th place in 7.56 while Josh took 10th placing with a time of 8.13.

VICTORIAN SHIELD ROUND 3, SATURDAY 23 OCTOBER

A total of 115 walkers contested the 2000m walks across our 6 Athletics Victoria venues on Saturday – I think that is the most we have seen for many years, if not an all time record. Weather conditions were perfect for fast walking – it had been wet in the morning but gradually cleared throughout the afternoon.

AV Shield - South East Region - Round 3, Knox Athletic Track, Scoresby

Beth Alexander backed up from her 1500m walk on Tuesday to record the top women's 2000m time of the Shield competition with a 15sec PB time of 9:07.7. This set the trend for the day with our young walkers improving their bests across the board. At the other end of the scale, W60 world champion **Heather Carr** broke her own 2000m world record by 7 secs, recording an amazing 10:03.3. **Aaron Tam** was the first male to finish, taking over 1 minute off his best time with 10:02.7.

Mixed 2000 Meter Race Walk

1.	Alexander, Beth	W	KNOX AC	9:07.7
2.	Finnegan, Amelia	W	KNOX AC	9:47.4
3.	Tam, Aaron	M	KNOX AC	10:02.7
4.	Carr, Heather	W	EAGLEHAWK YMCA AC	10:03.3
5.	Taylor, Lucas	M	SOUTH COAST	10:09.4
6.	Irshad, Jasmine	W	KNOX AC	10:12.1
7.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	10:18.7
8.	Swan, Kyle	M	KNOX AC	10:21.8
9.	Walmsley, Reese	M	KNOX AC	10:33.5
10.	Bennett, Ralph	M	VICTORIAN MA	10:37.2
11.	Lucas, Alan	M	VICTORIAN MA	10:53.7
12.	Hamilton, Emily	W	KNOX AC	10:58.1
13.	Sanders, Jade	W	CASEY CARDIN	10:59.4
14.	Attard, Bianca	W	KNOX AC	11:21.7
15.	Doran, Anthony	M	GLENHUNTLY AC	11:52.6
16.	Steed, Gwen	W	VICTORIAN MA	12:15.2
17.	Guy, Rachael	W	CASEY CARDIN	12:22.8
18.	Barrow, Geoff	M	MENTONE AC	12:28.1

19.	Morrey, Jan	M	OAKLEIGH AC	12:41.1
20.	Attard, Michaela	W	KNOX AC	12:43.5
21.	Goodings, Liana	W	ATHLETICS WAVERLEY	12:54.7
22.	Johnson, Celia	W	VICTORIAN MA	13:15.9
23.	Morrison, John	M	SANDRINGHAM AC	13:56.1
24.	Eastwood, Jessie	W	KNOX AC	14:19.5
25.	Harrison, Lindsay	M	ATHLETICS WAVERLEY	15:32.9
26.	Caulfield, Sharyn	W	ATHLETICS WAVERLEY	15:33.2
27.	Eastwood, Elizabet	M	OAKLEIGH AC	19:07.0
28.	Zeleznikow, John	M	GLENHUNTLY AC	20:09.1
	De Pasquale, Joel	M	KNOX AC	DNF

AV Shield - East Region - Round 3, Hagenauer's Reserve, Box Hill

M60 world champion **Andrew Jamieson** 9:28.8 had a battle on his hands to defeat 15 year old **Ryan Antidormi** who recorded a 17 sec PB with 9:29.4. **Pam Tindal** was the first lady to finish in her own PB time of 9:37.1. It was great to see **Ross Reid** 10:41.0 and **Natalie Laurie** 10:50.9 back from injuries and walking again.

Mixed 2000 Meter Race Walk

1.	Jamieson, Andrew	M	OLD SCOTCH C	9:28.8
2.	Antidormi, Ryan	M	ATHLETICS NU	9:29.4
3.	Tindal, Pam	W	CROYDON AC	9:37.7
4.	George, Stephanie	W	CROYDON AC	10:24.0
5.	Brazel, Hilary	W	ATHLETICS NU	10:31.0
6.	Reid, Ross	M	COLLINGWOOD	10:41.0
7.	Laurie, Natalie	W	ATHLETICS NU	10:50.9
8.	Dickenson, Russell	M	SOUTH COAST	11:01.5
9.	Garganis, Adam	M	COLLINGWOOD	11:06.4
10.	Gardiner, Robert	M	COLLINGWOOD	11:15.2
11.	Benke, Geza	M	OLD MELBURNIANS AC	11:29.8
12.	Noonan, Patrick	M	ST KEVINS AC	11:32.0
13.	Jack, Clarrie	M	RICHMOND HAR	11:50.1
14.	Duval, Samantha	W	UNATTACHED	12:11.0
15.	Facey, Stuart	M	OLD SCOTCH C	12:34.8
16.	Fitts, John	M	RICHMOND HAR	13:54.2
17.	Laurence, Peter	M	DIAMOND VALLEY AC	14:14.6
18.	Conboy, Bruce	M	UNATTACHED	14:15.8
19.	Sullivan, Farren	W	ST STEPHENS	14:19.3
20.	Neale, Anthony	M	COLLINGWOOD	14:44.0
21.	Clamp, Joel	M	DIAMOND VALLEY AC	15:06.7
22.	Onley, Gordon	M	ST STEPHENS	15:23.6

AV Shield - North West Region - Round 3, Moonee Valley Athletics Centre, Moonee Ponds

The North West region was once again the largest walk venue with 33 walkers. **Trenton Hawkins** 9:07.9 inflicted a surprise defeat on local ace **Paul Kennedy** 9:09.1 after a great battle while part time walker and full time runner **Danny Hawksworth** 9:16.3 showed that he can still walk pretty well! **Connor McShanag** 9:24.6 took a further 10secs of his PB while first lady **Kirstin Shaw** 9:59.8 broke 10 mins for the first time. Alas, my time was not worth mentioning!

Mixed 2000 Meter Race Walk

1.	Hawkins, Trenton	M	PRESTON AC	9:07.9
2.	Kennedy, Paul	M	MELBOURNE UN	9:09.1
3.	Hawksworth, Danny	M	ATHLETICS ESSENDON	9:16.3
4.	McShanag, Connor	M	ATHLETICS ESSENDON	9:34.6
5.	Donahoo, Mark	M	ATHLETICS ESSENDON	9:42.4
6.	McDonough, Aaron	M	PRESTON AC	9:43.5
7.	Shaw, Kirstin	W	WESTERN ATHL	9:59.8
8.	Knox, Duncan	M	ATHLETICS ESSENDON	10:11.7
9.	Hammond, Nardene	W	ATHLETICS ESSENDON	10:28.7
10.	Erickson, Tim	M	COBURG HARRIERS AC	10:50.7
11.	Bertrand, Carly	W	KEILOR ST BE	10:55.3
12.	Campbell, Caitlin	W	ATHLETICS ESSENDON	11:19.9
13.	Elms, Donna	W	ATHLETICS ESSENDON	11:41.6
14.	Smithson, Kimberle	W	PRESTON AC	11:47.6
15.	Shaw, Robyn	W	WESTERN ATHL	12:07.7
16.	McLaren, Stacey	W	ATHLETICS ESSENDON	12:28.3
17.	Kondogonis, John	M	KEILOR ST BE	12:30.3
18.	Petersen, Timothy	M	ATHLETICS ESSENDON	12:40.5
19.	Abfalter, Emma	W	KEILOR ST BE	13:05.9
20.	Henderson, Keely	W	PRESTON AC	13:06.7
21.	Stobaus, Anne	W	KEILOR ST BE	14:03.8
22.	Irons, Julia	W	KEILOR ST BE	14:11.8
23.	Baric, Amanda	W	KEILOR ST BE	14:12.0
24.	Abfalter, David	M	KEILOR ST BE	14:14.9

25.	Musgrave, Caitlyn	W	PRESTON AC	14:23.3
26.	Long, Izaak	M	PRESTON AC	14:23.9
27.	Matthews, Rhiannon	W	KEILOR ST BE	14:28.2
28.	Ireland, Roslyn	W	BRUNSWICK AC	14:36.6
29.	Irons, Elaine	W	KEILOR ST BE x	15:40.3
30.	Abfalter, Maria	W	KEILOR ST BE x	16:03.3
31.	Rickard, Ian	M	BRUNSWICK AC	16:48.9
32.	kondogonis, Stepha	W	KEILOR ST BE x	18:59.0
33.	Fisher, Tarryn	W	KEILOR ST BE x	18:59.8

AV Shield - Ballarat Region - Round 3, Llanberris Reserve, Ballarat

The Ballarat walkers finally came out in force after a couple of very quiet weeks. **Kelly Ruddick** 10:41.55 had an easy walk, obviously keeping herself in reserve for Albert Park the following day. **Erin Adamcewicz** 10:53.28 had her first walk for the summer while **Paul Nunn** was the fastest male with 11:36.17.

Mixed 2000 Meter Race Walk

1.	Ruddick, Kelly	M	BALLARAT HAR	10:41.55
2.	Adamcewicz, Erin	W	UNATTACHED	10:53.28
3.	Nunn, Paul	M	WENDOUREE AC	11:36.17
4.	Ruddick, Kevin	M	BALLARAT HAR	12:25.59
5.	Govan, Lee	M	WENDOUREE AC	12:42.86
6.	Luke, Peter	M	WENDOUREE AC	13:17.23
7.	Jones, Peter	M	BALLARAT HAR	14:10.26
8.	Rogers, Ashley	M	BALLARAT YCW	14:26.77
9.	Walker, Taylah	W	EUREKA AC	15:43.10

AV Shield - Bendigo Region - Round 3, La Trobe University Bendigo Athletics Complex, Bendigo

Ebony Whiley 9:56.52 was in great form to beat **Zoe Boldiston** 10:17.10 while **Dane Heiden** also showed good form as first male with 10:29.10.

Mixed 2000 Meter Race Walk

1.	Whiley, Ebony	W	EAGLEHAWK YMCA AC	9:56.52
2.	Boldiston, Zoe	W	SOUTH BENDIGO AC	10:17.10
3.	Heiden, Dane	M	SOUTH BENDIGO AC	10:29.27
4.	Heard, Amanda	W	EAGLEHAWK YMCA AC	10:48.40
5.	Jones, Jeremiah	M	EAGLEHAWK YMCA AC	11:05.49
6.	Major, Annette	W	EAGLEHAWK YMCA AC	11:16.79
7.	Savage, Joshua	M	EAGLEHAWK YMCA AC	11:47.16
8.	Watson, John	M	BENDIGO YMCA	14:15.76
9.	Kelly, Trevor	M	EAGLEHAWK YMCA AC	14:21.52
10.	Major, Geoff	M	EAGLEHAWK YMCA AC	14:45.83
11.	Jones, Ebony-Jade	W	EAGLEHAWK YMCA AC	15:34.51
12.	Rowan, Eddy	M	BENDIGO YMCA	15:41.51

AV Shield - Geelong Region - Round 3, Landy Field, Geelong

The fastest time of the day went to 16 year old **Josh Dillon** with 8:46.90, following on from his 8:48.19 in round 1. 15 year old **Jared Walker** took a further 20 secs off his best time to take second with 9:11.00 while **Jmara Hockley-Samon** was the fastest lady with 10:14.1.

Mixed 2000 Meter Race Walk

1.	Dillon, Joshua	M	CORIO AC	8:46.9
2.	Walker, Jared	M	CORIO AC	9:11.0
3.	Seid-Christmass, James	M	CORIO AC	9:37.2
4.	Hockley Samon, Jmara	W	ATHLETICS CH	10:14.1
5.	Mirarchi, Nicholas	M	CORIO AC	10:33.1
6.	Walker, Megan	W	CORIO AC	11:44.6
7.	Costelloe, Jesse	M	BELLARINE AT	12:41.4
8.	Jenkins, Alan	M	ATHLETICS CH	13:23.7
9.	Lockwood, Jade	W	CORIO AC	14:40.3
10.	Lockwood, Jill	W	CORIO AC	18:10.1

2010 QUEENSLAND SECONDARY SCHOOLS T&F CHAMPIONSHIPS, QSAC, 21-24 OCTOBER

The racewalks at the Queensland Secondary Schools T&F Championships were all held on Saturday 23 October at the Queensland Sports and Aquatic Centre. This is quite significant as, less than 24 hours later, quite a few of the main walkers were back in action at Albert Park in our VRWC summer season opener (more of that below). Brad Aiton excelled as usual, this time recording 22:35.72 for the 5000m. Others to record good times were Eleya Benzenati 7:17.65, Jesse Osborne 13:29.00, Elliot Hodgson 13:52.84 and Jessica Pickles 26:12.79.

Men 13 Years 1500 Metre Walk

1.	Pritchard, Brandon	MN	8:58.52
2.	Vincent, Tristian	CA	9:21.45

Women 13 Years 1500 Metre Walk

1.	Benzenati, Eleya	SC	7:17.65
2.	Martin, Katya	SC	8:12.72
3.	Riese, Katrina	ME	8:22.91
4.	Sims, Jesse	MN	8:46.71
5.	Brown, Elizabeth	DD	9:09.47
6.	Koop, Sophia	MW	10:15.17

Men 14-15 Years 3000 Metre Walk

1.	Osborne, Jesse	MN	13:29.00
2.	Hodgson, Elliot	CA	13:52.84
3.	Murrihy, Liam	SU	18:13.78

Women 14-15 Years 3000 Metre Walk

1.	Morssinkhof, Amy	MW	16:25.90
2.	Jackson, Eloise	ME	17:15.85
3.	Haig, Jessica	SU	18:28.26
4.	Gehan, Denita	SU	20:35.55

Men 16-17 Years 5000 Metre Walk

1.	Aiton, Brad	ME	22:35.72
2.	Buckler, Corey	MN	27:27.70

Women 16-17 Years 5000 Metre Walk

1.	Pickles, Jessica	SC	26:12.79
2.	Hewish, Alana	MW	30:18.78
3.	Innes, Courtney	MW	30:47.32
4.	Sims, Casey	MN	33:18.15

VRWC ROAD RACES, ALBERT PARK, SUNDAY 24 OCTOBER 2010

Our first VRWC races for the summer were held on Sunday morning in perfect Melbourne weather – an overnight low of 9°C and rising to a high of 20°C with sunny still conditions. Apart from the usual large number of local competitors, we were very excited to play host to a significant number of walkers from interstate – **Ian Rayson** and **Brendon Reading** from ACT, **Regan Lamble** and **Sean Fitzsimons** from the AIS, **Dane Bird-Smith**, **Brad Aiton**, **Brandon** and **Nick Dewar**, **Jessica Pickles** and **Jesse Osborne** from QLD and **Kim Mottrom** from SA. For many of our walkers, including the Queenslanders, it was a case of backing up again after track races the day before, but back up they did in fine style.

The 20km, 15km and 10km walkers were first to kick off at 9AM and the pace was on from the start with **Dane Bird-Smith**, **Sean Fitzsimons** and **Ian Rayson** leading through the first km in 4:03. From then on, Dane and Sean raced side by side with Ian close behind while the rest of the field chased. Dane reached the 10km mark first in 42:09, easily his best road time and not far off his leading track time of 41:32. Next in was Sean whose 42:14 was a 51 sec PB and a time which showed that his time at the AIS is now starting to pay dividends. Ian was not far behind in 42:21 but for him it was the half way mark of his longer 20km race. He held on well to eventually finish with a PB time of 1:26:30 to cap off great races for all three.

They were not the only ones in fine form as we saw a whole host of PBs but none finer than 16 year old **Brad Aiton** whose 44:00 was not only a 25 sec PB but also gives him a qualifier for the 2011 World Youth Games. Others to excel in the good conditions included **Rhydian Cowley** (PB 1:31:26 for 20km), **Brendon Reading** (1:30:29 for 20km), **Aaron McDonough** with an M35 Victorian Record for the 15km (1:22:27), **Regan Lamble** (PB 47:03), **Nick Dewar** (PB 46:54), **Jesse Osborne** (PB 47:18) and **Brandon Dewar** (PB 47:47). 14 year old **Nathan Brill** excited with another great 10km time in 47:30 while **Stephanie George** (1:02:32) and **Josh Dillon** (50:45) walked their first ever 10km races. Finally, it was great to see **Sandra Howorth** back walking after a couple of years off and doing a solid 20km. It was all happening!

20km Walk Open

1.	Howorth, Sandra	1:12:48	2:30:31	
1.	Rayson, Ian	0:42:21	1:26:30	PB 0:11
2.	Reading, Brendon	0:44:03	1:30:29	
3.	Cowley, Rhydian	0:45:09	1:31:26	PB 3:53
4.	Jordan, Steve	1:21:18	2:38:50	

15km Walk Open

1.	Tindal, Pam	0:58:07	1:27:07	
	Irshad, Kylie	1:02:19	DNF	
1.	McDonough, Aaron	0:54:34	1:22:27	M35 Vic Record
2.	Skrucany, Rudolf	1:10:20	1:49:44	

10km Walk Open

1.	Lamble, Regan	0:47:03	PB 0:10
2.	Carr, Heather	0:58:07	

3.	George, Stephanie	1:02:32	First 10km
4.	Elms, Donna	1:05:14	
5.	Attard, Bianca	1:05:41	
1.	Bird-Smith, Dane	42:09	Road PB 0:51
2.	Fitzsimons, Sean	42:14	PB 0:51
3.	Aiton, Brad	44:00	PB 0:25
4.	Dewar, Nick	46:54	PB 2:08
5.	Osborne, Jesse	47:18	PB 0:53
6.	Brill, Nathan	47:30	
7.	Dewar, Brandon	47:47	PB 2:00
8.	Mottrom, Kim	50:19	
9.	Dillon, Josh	50:45	First 10km
10.	Simpson, Bradley	51:46	
11.	Clark, Lewis	53:15	
12.	Kaiser, Josh	53:15	
13.	Evans, Simon	54:56	
14.	Bennett, Ralph	56:39	
15.	Taylor, Lucas	58:10	
16.	Dickenson, Russ	58:24	
17.	Tam, Aaron	59:34	
18.	Armstrong, David	62:29	
19.	Gardiner, Bob	62:58	
20.	Dickinson, Murray	64:58	



Brad Aiton, Regan Lamble, Sean Fitzsimons, Dane Bird-Smith and Ian Rayson excel from the front



Josh Dillon, Brendon Reading, Brandon Dewar, Nathan Brill, Jesse Osborne, Nick Dewar and Rhydian Cowley

The 5km and 3km events, which got underway at 9:30AM, saw **Stuart Kollmorgen** (23:10) and **Kelly Ruddick** (23:26) lead from the front with some great walking. Interstate walker **Jessie Pickles** also walked well for 25:39 while **Kevin Ruddick** had his first walk with the club, recording 22:15 for the 3km. In the U15 walks, **Jemima Montag** 14:45 (just 1 sec off her PB) and **Connor McShanag** 15:05 were worthy winners with good walking displays.

5km Walk Open

1.	Kollmorgen, Stuart	23:10	
2.	Wicks, Barrie	36:23	
1.	Ruddick, Kelly	23:26	PB 0:01
2.	Pickles, Jessica	25:39	
3.	Hockley-Samon, Jmara	26:51	
4.	Brunton, Caitlin	27:54	
5.	Irshad, Jasmine	28:55	
6.	Johnson, Celia	34:14	

3km Walk Open

1.	McIntyre, Gayle	17:48
1.	Onley, Gordon	22:02
2.	Ruddick, Kevin	22:15

3km Walk Under 15

1.	Montag, Jemima	14:45
2.	Stadus, Lauren	17:03
3.	Collis, Lauren	18:09
4.	McLaren, Stacey	19:55
1.	McShanag, Connor	15:05
2.	Owen, Cooper	18:14
3.	Tremigliozi, Paul	19:52



Jemima Montag, Stuart Kollmorgen, Jmara Hockley-Samon, Kelly Ruddick and Jessica Pickles

Our 2km U12 and 1km U9 events kicked off at 10AM and it also included some first time club walkers in **Rebecca Henderson**, **Hugh Collis** and **Beatrice Laufer**. Winners included **Gabriella Crea** 11:39, **Kurtis Mathews** 11:35, **Brianna Lillie** 5:55 and **Tom Hockley-Samon** 7:29.

2km Walk Under 12

1.	Crea, Gabriella	11:39
2.	Mathews, Jayah	11:52
3.	Lillie, Jessica	12:23
4.	George, Hayley	13:38
5.	Taylor, Lee	13:46
6.	Henderson, Rebecca	13:49
1.	Mathews, Kurtis	11:35
2.	Collis, Hugh	12:08

1km Walk Under 9

1.	Lillie, Brianna	05:55
2.	Miller, Tegan	06:36
3.	Laufer, Beatrice	07:13
1.	Hockley-Samon, Tom	07:29



U9/U12 start – Hugh Collis, Hayley George, Jessica Lillie, Tom Hockley-Samon (hidden in back), Rebecca Henderson, Beatrice Laufer, Tina Miller, Lee Taylor, Brianna Lillie, Jayah Mathews, Gabriella Crea and Kurtis Mathews



Tom Hockley-Samon, Rebecca Henderson, Kurtis Mathews, Hugh Collis and Gabriella Crea

Finally thanks to our many officials and helpers who keep the show on the road week by week. The list is an impressive one.

Officials / Judges: Tim Erickson, Ron Miller, Harry Summers, Ian Laurie, Natalie Laurie, Don McLaren, Matt Owen, Pauline McShanag, Tina Miller, Marlaine Stanway, Gordon Loughnan (Chief Judge), Brenda Felton, Graham George, Stuart Cooper, Lloyd Nicholls, Mark Donahoo

Course Setup Bob Gardiner, Harry Summers, Craig Brill, Damien Elms, Jason Elms

Bicycles: Damien Elms, Jason Elms, Bradley McLaren

Canteen: Barb Gardiner, Joyce Summers, Wendy Cooper

A reminder that I will be uploading lots of photos (thanks to all those who took photos on my camera during the morning) from the raceday to our VRWC photo gallery later today – check it out as you might be there. See <http://vrwc.org.au/coppermine/>

And finally, it is always good to get some positive feedback and the following note from Trish Osborne, the mother of Queensland walker Jesse Osborne, sums it up nicely. It is great that our Australian walking community works so well together and that we can combine so well to give our talented youngsters the maximum opportunity to develop in their chosen sport. Thanks Trish!

Hi Tim!

On behalf of all of the athletes and their parents I personally would like to thank you for being so kind as to take on our kids over the weekend and give them the opportunity to compete amongst the best athletes in the country. I can assure you they all worked extremely hard prior to leaving and were very excited about coming down and giving it their best! I think their results speak for themselves.

I certainly understand the costs associated with developing our athletes, so I would like to extend an invitation to any athlete wishing to come to Queensland for training, competition or holiday (I hear it is not too bad up here) are welcome to stay with us at any time. Please contact me on 0433 655 866 or trishnjesse@bigpond.com.

Again, Tim, I would like to thank you personally for your efforts - they are much appreciated!!!

Trish Osborne

RWCWA SUMMER WALKS, WILSON, WESTERN AUSTRALIA, SUNDAY 24 OCTOBER

Thanks to Rick Cattermole for the results from the first of the RWCWA summers walks last Sunday. Rick comments that it was quite hot, around 27°C at 9am!

10km Open Mixed:

1.	Daniel Lowe	62.20
2.	Sara Cattermole	63.31
3.	Michelle Butler	69.05
4.	Melissa Ierace	71.05

5k Open Mixed:

1.	Andrea Hahn	30.13
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3k Open Mixed:

1.	Raqeema Evans	19.13
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OVERSEAS RESULTS

CAMPOBASSO (ITA, Oct 17): Marco De Luca won the Italian FIDAL Grand Prix 10km walk race with 42:11 over Jean Jacques Nkouloukidi 42:19.

VILLA DI SERIO (ITA, Oct 17): Belarussian walkers dominated the international 50 km walking race in Villa de Serio in Italy with Ivan Trotskiy posting 3:56:32 ahead of Andrey Talashko 4:01:08. Third best was Italian Leonardo Dessi with a PB time of 4:04:46. As usual women also competed over 50 km with Lithuanian Brigita Virbalyte achieving 4:25:22 ahead of Swiss Laura Polli whose time was 5:06:44.

FROM THE ARCHIVES – THE VRWC CLUBROOMS ... CONTINUED

Although the new clubrooms had opened in April 1962, work on the building was by no means complete. The porch at the entrance to the clubrooms was completed in 1964. In 1967, Tom Daintry erected partitioning to extend the male change-rooms. In the early 1970s, remedial work was done on the sanitary system. When major renovations were done in 1976, it was Tom once again who did the timberwork for an additional dressing room. Charlie Jacobson, treasurer and life member of the club, took on the job of general maintenance man and performed this role extremely well. Regular working bees were scheduled for painting and such like and I remember participating myself as a young club member in the early seventies.

Having the clubrooms meant having a home. It enabled us to conduct races, hold coaching courses and to run social events. Road races could be held on Lakeside Drive on Wednesday nights during the summer and on weekends during the winter, right outside the front door of the clubrooms. Racewalking flourished.



A bbq in the clubrooms, circa 1990

Alas, nothing lasts forever. As the Melbourne love affair with the car intensified in the 1980s, heavier traffic on Lakeside Drive meant that our main road course was no longer safe and races had to be moved to the side road in front of the basketball stadium. This was an inadequate solution as the course there was a maximum of 500m up and 500m back and the road surface was uneven. Very soon, venues like Fisherman's Bend and the Knox Industrial Estate had to be sourced for major races. We had clubrooms but they were no longer ideally situated.

Melbourne's 1988 bid to stage the 1996 Olympic Games prompted a review of the Albert Park Lake area and saw the release of a plan to build a sports and aquatic centre and upgrade other facilities. During consultations with the planners, the club was advised

that the V.A.W.C. clubrooms might be either demolished or be required to be renovated and let out for hire and used as a shared facility.

Although the Olympic bid failed, planning continued for the park restructure and the new aquatic centre. With some consultation and submissions from park users a strategy plan was published and Melbourne Water was appointed by the Labor government as park administrator in 1992.

Following the election of the Kennett Liberal Government, administration of the park was taken over by Melbourne Parks & Waterways (MP&W) and yet another plan for the park redevelopment was released in early December 1993. Two weeks later the Premier announced that the Formula One Grand Prix would be held at Albert Park from 1996 onwards. A dramatically altered plan followed and major works commenced with the re-routing of Aughtie Drive through the sporting ovals and the removal of 1000 trees.

Our club, renamed Victorian Race Walkers Club (V.R.W.C.) at the Annual General Meeting in Nov 1993, joined the Albert Park Users Group to negotiate our future, as all buildings at the north eastern end of the park were to be demolished. Alas, all efforts to negotiate failed and the clubrooms were scheduled for demolition in early 1995.

With the demise of the clubrooms only weeks away, a final wake was held on 4th February 1995. This event attracted many current and past members, including some whose involvement went back 65 years. One final race was held outside Robinson Hall, over a distance of 50 metres, and each attendee was presented with a commemorative certificate.



The final wake – with Lakeside Drive already being demolished – and the clubrooms soon to follow



The wake – one last club photo before the demolition

The following weekend a working bee cleared the clubrooms and stored all our equipment at the Powerhouse clubrooms on Lakeside Drive. M.P.& W. had proposed allowing the club to close two lanes of Lakeside Drive for racing at weekends but this was not a realistic alternative. During the next twelve months, various options for accommodation and race circuits were offered, including bike paths, but these were rejected due to the narrow width of the paths.

Later developments saw the construction of wide pathways, required for Grand Prix vehicle access, close to the light rail line on the western side of the lake. From the options of accommodation offered by M.P.& W, our committee was attracted to the Middle Park Bowling Club due to their excellent facilities and their proximity to these wider pathways. After several encouraging discussions with the MPBC Executive, our first race meeting was held at this venue on 21st January 1996, followed by a luncheon in the bowling club's function room.

Following the success of that day, formal agreements were drawn up with MPBC and, in March 1996, the former caretaker's residence, now renamed Robinson Hall, became the new headquarters of the V.R.W.C. The Honour boards that had been stored after the demolition of the previous rooms were hung in the main room and our new club headquarters were available for use.

The turmoil of the previous few years and the lack of a viable home course had wreaked havoc with the club and racing numbers were now small. A period of rebuilding was now needed and it was not until some years later that the club regained critical mass. Since then, club numbers have grown steadily year by year as the new clubrooms have delivered over and above expectations. Nothing lasts forever but we are hopeful that, for the foreseeable future, we can continue to use our current clubrooms and can continue to race in the Albert Park area.



The new clubrooms circa 2003 - Kimberley Coltman, Megan Szirom and Simone Wolowiec

KEEPING CLEAN

Following on from the VRWC newsletter of 2 weeks ago in which I mentioned that two Nigerian runners had tested positive for the banned substance methylhexaneamine at the recent Commonwealth Games, Athletics Australia has emailed out the following important advisory for all Australian athletes on the testing list.

Hi Everyone,

An important advisory from ASADA regarding supplements:

The Australian Sports Anti-Doping Authority (ASADA) is advising all Australian athletes subject to in-competition doping control to carefully consider their use of supplements and products containing methylhexaneamine.

What is methylhexaneamine?

This substance is classed as an S6 stimulant on the Prohibited List and is prohibited in competition.

Bans involving this substance can range up to two years.

Recent developments

Over the past two years, there has been increasing evidence that methylhexaneamine is present in supplements and other products. This year methylhexaneamine has been the subject of a number of reported doping cases involving Indian and Nigerian athletes, as well as a US swimmer receiving a suspension. Last year Jamaican athletes Yohan Blake, Marvin Anderson, Allodin Fothergill and Lansford Spence were suspended for three-months after each returned positive tests for methylhexaneamine from samples taken during the Jamaica National Track and Field Championships. ASADA is also investigating a number of positive test results to methylhexaneamine by Australian athletes.

What you need to do

Athletes need to be aware that, under the policy of strict liability, they are responsible for any substance found in their body. Athletes using supplements do so at their own risk and, because of supplement manufacturing processes can lead to their contents varying from batch to batch, ASADA can not advise if supplements contain prohibited substances.

Athletes need to be very careful not to use any supplement or product that contains any of the following identifiers on the label:

Identifiers

Methylhexaneamine	Forthan	2-hexanamine, 4-methyl-
Methylhexanamine	Floradrene	2-hexanamine, 4-methyl- (9CI)
DMAA	4-methyl-2-hexanamine	1,3-dimethylamylamine
Geranamine	4-Methylhexan-2-amine	1,3-dimethylpentylamine
Forthane	2-amino-4-methylhexane	Pentylamine, 1, 3-dimethyl-

Further information regarding substances and supplements can be found on the ASADA website.

Nathan Sims | High Performance Administrator | Athletics Australia

The news article http://news.bbc.co.uk/sport2/hi/front_page/9120842.stm discusses further the possible positive tests for up to 9 Australian athletes and speculates what sport they might be from. Let's hope that none of our Track and Field athletes become embroiled in this investigation. The comments from Nathan Sims above illustrate the challenge of keeping 'clean' in this modern world of supplements and processed products.

WHAT'S COMING UP NEXT

Next Saturday sees round 4 of the Athletics Victoria Shield competition with 3000m/1500m walks to be contested at all venues.

Sat 30 Oct	AV Shield - South East Region - Round 4	Ballam Park Athletic Track, Frankston
Sat 30 Oct	AV Shield - North West Region - Round 4	Moonee Valley Athletics Centre, Moonee Ponds
Sat 30 Oct	AV Shield - East Region - Round 4	Reischiek's Reserve, Doncaster
Sat 30 Oct	AV Shield - Bendigo Region - Round 4	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 30 Oct	AV Shield - Geelong Region - Round 4	Landy Field, Geelong
Sat 30 Oct	AV Shield - Ballarat Region - Round 4	Llanberris Reserve, Ballarat

The following weekend sees the Victorian Schools T&F Championships at Olympic Park so contact Athletics Victoria if your entry for this key event is still outstanding.

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.

2010/2011 Australian/Victorian Summer Season Key Dates

5-7 Nov, 2010	Victorian All Schools T&F Championships U14-U18, Olympic Park, Melbourne
Sun 14 Nov, 2010	VRWC Summer Season Roadwalk Championships and AGM, Albert Park
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sat 11 Dec, 2010	AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Albert Park, VIC
Sun 12 Dec, 2010	Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawcner 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 Australian/Victorian Winter Season Key Dates

Sun 14 June 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011	Victorian Schools Roadwalking Championships, Albert Park, VIC
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT

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 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2010	4th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

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 Alegre, 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>)