



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2010/2011 Number 14  
3 January 2011



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### QUEENSLAND RACEWALKING RESULTS, GOLD COAST, SUNDAY 2 JANUARY 2011

Thanks to Robyn Wales for the latest results from the Gold Coast on Sunday 2<sup>nd</sup> January 2011. Great 1500m times by Nick and Brandon Dewar and Jessica Pickles! Robyn tells me that Dane Bird-Smith ran a sub 49 second 400m after bypassing the walk. Their next event will be the Fish and Chips Festival at Brunswick Heads on 9<sup>th</sup> January 2011.

#### 1500m Walk

1.	Nick Dewar	5:40.67	PB 5 secs
2.	Brandon Dewar	5:49.59	
3.	Jessica Pickles	6:45.29	
4.	Melissa Hayes (NSW)	7:12.78	
5.	Katya Martin	7:47.37	
6.	Eloise Jackson	8:00.79	
7.	Mikaela Woodward	8:25.95	

### HEATHER CARR ENDS THE YEAR ON A HIGH

In last week's newsletter, I included the results from the Athletics Victoria South East region 2000m from December 18<sup>th</sup>. Clyde Riddoch has emailed me to advise that

*I couldn't help but notice you made no mention of Heather breaking the Australian 2000m record with 9:54.9. Heather's performance was amazing. She knocked over 8 seconds off her own record and looked so strong at the finish. If only she had been able to keep going I'm sure she would have shattered her world 3000m record. I was proud to pull her out to a fast first 200m but she left me for dead after that. Heather just seems to get better relative to her age. Wish I knew her secret.*

Yes, Clyde is so right. Heather Carr has completely re-written the W60 World and Australian records over the 2010 period and now holds them all. So it is time for an indepth review of her wonderful career.

#### HEATHER CARR IN PROFILE

Heather Carr, born 13<sup>th</sup> August 1949, has been arguably Australia's greatest female Masters racewalker for more than two decades. Now aged 60, she combines natural ability and an insatiable desire to improve, and together they have unquestionably contributed to a long, successful and continuous career in racewalking.

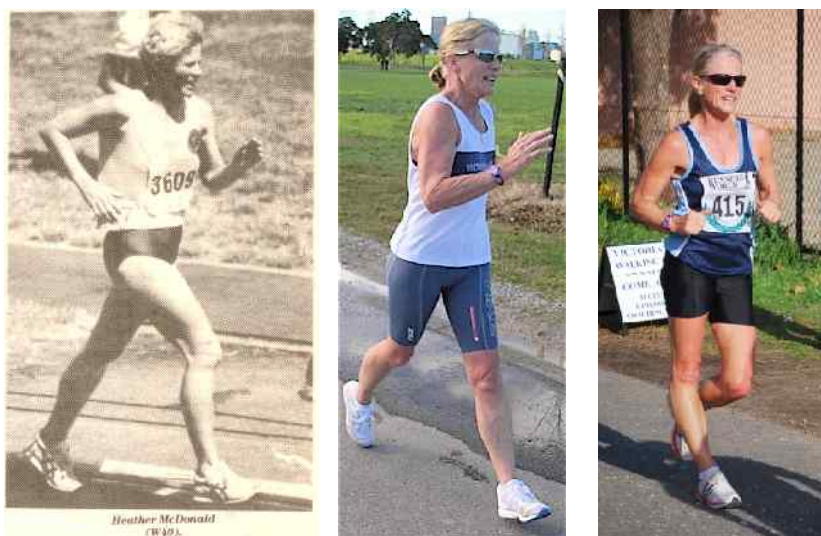
During the 2010 year, she has raced an amazing 48 times according to the RWA results website. Even more amazingly, nearly all of them are of exceptional quality. Her PBs for the year are all W60 World Records or World Bests - check this out for a series of times and then ask yourself - could your mum walk like this: 1500m 7:18.5, 2000m 9:54.9, 3000m 15:30.7, 3km 15:19, 5000m 26:29.26, 10km 53:56, 15km 1:24:48, 20km 1:56:42. Of course this is nothing new for Heather as she has been setting Masters World Records since the W40 division and many of them still stand even now as Australian records. But even by her high standard, this has been an extraordinary year. Add to that the fact that she is a fine runner and has recently branched out to triathlons with some success. Is there anything she can't do?

Heather's current record tally stands at 5 World, 14 Australian and 27 Victorian records. The full list reads as follows (sorry for any mistakes):

Australian and Victorian	W40	1500m Walk	1990	6:45
Australian and Victorian	W45	1500m Walk	1996	6:49
Australian and Victorian	W55	1500m Walk	2005	7:11.91
Australian and Victorian	W60	1500m Walk	2010	7:18.50
Victorian	W50	1 Mile Walk	2003	7:58.4
Victorian	W45	2000m Walk	1998	9:35.5
Australian	W55	2000m Walk	2006	9:57.5
Australian and Victorian	W60	2000m Walk	2010	9:54.9
Victorian	W40	3000m Walk	1991	14:26.0
World, Australian and Victorian	W55	3000m Walk	2005	15:08.4

World Australian and Victorian	W60	3000m Walk	2010	15:30.7
Victorian	W35	5000m Walk	1989	24:56
Victorian	W40	5000m Walk	1991	24:39.8
Victorian	W45	5000m Walk	1994	25:04.5
Australian and Victorian	W55	5000m Walk	2007	25:54.11
World, Australian and Victorian	W60	5000m Walk	2010	26:29.26
Victorian	W35	10 km Walk	1989	50:51
Victorian	W40	10 km Walk	1990	49:37
Victorian	W45	10 km Walk	1995	50:35
Australian and Victorian	W55	10 km Walk	2007	53:41.1
World, Australian and Victorian	W60	10 km Walk	2010	53:56.6
Victorian	W55	15 km Walk	2009	1:27:31
Victorian	W60	15 km Walk	2010	1:24:48
Victorian	W35	20 km Walk	1988	1:52:12
Victorian	W40	20 km Walk	1993	1:42:22
Australian and Victorian	W55	20 km Walk	2006	1:54:17
World, Australian and Victorian	W60	20 km Walk	2010	1:56:42

Of course, some of the older times in the list were World Records when she did them – for example, her 10 km time of **49:37** (W40) and her 20 km time of **1:42:22** (W40). As an aside, note that she has subsequently lost many of her W45 and W50 records to Lyn Ventris and Pam Tindal, another couple of fantastic masters walkers (but that's another story).



**Left: Heather on the way to silver in the W40 division in the 1991 World Masters Games in Turkey**  
**Centre: Heather on her way to a W55 10 km record time of 53:41 at Albert Park in July 2007**  
**Right: Fast forward to 2010 and still setting records in the W60 division**

Heather started racewalking in 1987 but only because her children were involved in Little Athletics. It was when she went to a Little Athletics camp as a camp mother that she was introduced to the event and decided to give it a go. Within one year, she had her first record, over 20 km, in the W35 division.

Heather's first coach was Frank McGuire and she remembers her time with Frank and his group with great fondness. From there, she spent some time with Harry Summers and was one of a number of promising walkers to travel to Europe on two occasions (1990 and 1991) as part of the 'Eight Nations Trips' that Harry organised. It was in Grasso in Italy on the 1990 trip that she recorded her PB 10 km walk time of 49:37.

Heather had the ability to succeed internationally in the Open division but the pressures of a young family of four children (Olivia, Lachlan, Kenna and Ewan) made that next step up the competitive rung just too hard an ask. But it is a testament to her durability and dedication that she could single-handedly raise four children, hold down a full-time position as a teacher and continue to dominate the masters world racewalking scene throughout most of the nineties.

During the early nineties she swapped to Charlie Gorman as coach and, under his guidance, she entered what she describes as the best form of her life. With a diet of intensive track work at the Ringwood venue, she was unbeatable on the World Masters scene and won triple Golds at 3 successive World Veterans Championships (1993, 1995 and 1997). From the late nineties onwards, she turned to Mark Donahoo for advise and coaching.

Heather met and married former UK soccer player (and top M55 sprinter) Bill Carr in 1999. Bill and Heather currently live in Dromana, competing regularly at Tootgarook & Frankston venues and are regulars at the Victorian Race Walking Club. Heather herself is a VRWC committee member and won our VRWC Runners World award for the top club walker in the Open Women's division.

Her performances at the various World Veterans championships are amazing - a total of 13 individual gold and 7 individual

silver medals and medals in each of her 12 appearances at the World Masters Championships.

1987	Melbourne, Australia	Silver (5000m), Gold (10 km) and Gold (Teams)
1989	Eugene, USA	Gold in both walks
1991	Turku, Finland	Silvers in both walks
1993	Miyazaki, Japan	Gold in both walks and in the Teams
1995	Buffalo, USA	Gold in both walks and in the Teams
1997	Durban, South Africa	Gold in both walks and in the Teams
1999	Newcastle, England	Injured. Silver in Teams only
2001	Brisbane, Australia	Gold in both walks and in the Teams
2003	Carolina, Puerto Rico	Gold in both walks and silver in the Teams
2005	San Sebastian, Spain	Gold in both walks
2007	Riccione, Italy	Silvers in both walks
2009	Lahti, Finland	Silvers in both walks

All her children have now grown up and all have moved on from athletics to other activities but Heather still competes with great enthusiasm and enjoyment - not for the medals nor for the accolades but because she enjoys competing and enjoys racewalking.

She remains a wonderful role model for all her fellow walkers and we salute her on her wonderful achievements and ongoing good form.

### TOP FEMALE PERFORMERS IN 2010

In last week's newsletter, I published my list of the top male Australian walkers for the year, based on my take on their performances. This week it is time to focus on the women so here goes. Remember it's just my own opinion – your picks may differ!

#### 1. Jess Rothwell

Jess Rothwell has had a mixed year, struggling with injuries at various times, but showing enough to give a glimpse of her bright future in the sport. It was not until May when she had her first race for the year and she started in style with 9<sup>th</sup> place (1:35:04) in the World Walking Cup in Mexico. A top ten finish is superb at any time but to do so after nursing a troublesome hamstring through the early part of the year is even more noteworthy. Finally free of injury, she kicked on to Europe, coming 4<sup>th</sup> two weeks later in the Na Rynek Marsz 10km roadwalk in Poland (a PB 44:05) and then 3 weeks later taking 9<sup>th</sup> in the La Coruna leg of the IAAF Racewalk Challenge Series in Spain (1:30:53), these two performances ensuring she led the Australian rankings for the year. Unfortunately the troublesome hamstring reappeared and her second half year was spent trying to get on top of it. Forced to withdraw from the Commonwealth Games, she opted eventually for surgery which hopefully will fix the issue once and for all. But still good enough on what we saw for me to rank her number one in my opinion.

#### 2. Regan Lamble

Regan Lamble has had a stellar year and is reaping the benefits of her new life at the AIS. She started the year with a win in the World Cup U20 selection trial in Hobart in February with a PB 48:12. The following month she won the U20 10000m championship in Sydney with 48:21, thus ensuring berths in both the World Cup and World Junior teams. Her World Cup walk in May was her only disappointing (relatively) walk, coming 15<sup>th</sup> in a slow 51:16 but she bounced back the next month to PB at Albert Park with 47:15. The following week in the LBG carnival, she excelled, winning the Open 10 mile (1:19:04) and coming 2<sup>nd</sup> in the Open 5km (23:14) later the same day. Her World Junior Championship walk in Canada in July was an excellent one, coming 8<sup>th</sup> in 47:55. Back in Australia she finished off the year in fine style, improving her 10km PB to 47:03 at Albert Park in October and then beating with 1:36:40 to take 2<sup>nd</sup> in the Open 20km invitational walk at Fawkner Park in December.

#### 3. Claire Tallent

Claire Tallent has had yet another consistent high quality year. Her first race in January saw her win the Canberra GP 5000m in a fast 22:20. From there it was onto Hobart in February to win the Australian 20km Summer Championship with an excellent 1:32:40. Her 19<sup>th</sup> place in the World Walking Cup in May in Mexico (1:39:08) was a good performance, well inside the top half of the field. Her next race at the La Coruna leg of the IAAF Racewalk Challenge Series saw her finish 10<sup>th</sup> in a PB time of 1:32:02. She then won the Australian 20km Winter Championship in Brisbane in a very good 1:33:20 to make it wins in both the Australian championships for the year. Her Commonwealth Games silver medal in October (1:36:55) and her win in the Open 20km invitational event at Fawkner Park in December (1:35:08) provided a fitting finish to what has been an excellent year.

#### 4. Heather Carr

Heather Carr raced an amazing 48 times this year according to the RWA results website and that does not include minor masters races so it is probably well over 50 times. And even more amazingly, nearly all of them are of exceptional quality. Her PBs for the year are all W60 World Records or World Bests - check this out for a series of times and then ask yourself - could your mum walk like this: 1500m 7:18.5, 2000m 9:54.9, 3000m 15:30.7, 3km 15:19, 5000m 26:29.26, 10km 53:56, 15km 1:24:48, 20km 1:56:42. Of course this is nothing new for Heather as she has been setting Masters World Records since the W40 division and many of them still stand even now as Australian records. But even by her high standard, this has been an extraordinary year. Add to that the fact that she is a fine runner and has recently branched out to triathlons with some success.

#### 5. Beth Alexander

Although still at school and doing Year 11, Beth found time to race 15 times during the year, a good effort overall. Her first big race for the year was in Hobart in February when she came 2<sup>nd</sup> in the U20 10km World Cup trail in a PB 49:03. Unfortunately she placed 3<sup>rd</sup> in the Australian U20 10000m walk the following month but realistically she was never going to be able to do both the World Cup and the World Junior championships, given her school commitments. Her World Cup walk in Mexico in May was

outstanding, finishing 12<sup>th</sup> in trying conditions with 50:56, and this had to be the highlight of her walking year. In early August she won the Victorian U20 10km in 49:05 and then, 2 weeks later, she won the Australian U20 10km championship with 50:29. She finished off the year with a win in the U20 10km invitational event at Fawkner Park (50:46). In summary a good year given the need to mix study with training.

#### **6. Jemima Montag**

12 year old Jemima Montag has had a stellar year by any standard. March saw her win the Victorian Little Athletics U12 1500m in the super fast time of 6:56. She then won the Canberra carnival U14 2km in 9:41 in June, the Victorian Schools U14 3km (14:47) in July, was 2<sup>nd</sup> in the Victorian U14 3km roadwalk champs in 14:45 in early August, won the Victorian All Schools U14 3000m in November in a new Victorian U13 record of 14:35 and then finished the year with a win in the Australian All Schools U14 3000m in 14:59 in atrocious conditions. Her PBs are fantastic for an U13 and she looks set to have a big future.

#### **7. Paige Hooper**

18 year old Paige Hooper was completing her Year 12 this year so we waited expectantly to see how much she would race. Her first half year was excellent with 3<sup>rd</sup> in the U20 10km World Cup trial (49:26) in Hobart in February, 2<sup>nd</sup> in the Australian U20 10000m championship (49:12) in Sydney in March, along with a fast 23:19 in winning the South Australian T&F 5000m walk championship. This meant she was eligible to represent Australia in both the World Cup and World Junior competitions. Given that she was still at school, she was only allowed to choose one event and she chose the World Juniors, thus opening up a spot for Rachel Tallent who had missed the trials with injury. She contested the women's Open 10 Mile in the Canberra Carnival in June, finishing 2<sup>nd</sup> in 1:24:07 and looked in great shape coming into the World Junior championships in Canada in July. Unfortunately she suffered a DQ (her only one for the year) in this event. She has not raced since then, presumably with head down in the books studying.

#### **8. Amy Bettiol**

15 year old Amy Bettiol is another young walker who has performed consistently well in what is a strong age group. Recording times of 14:30 (3<sup>rd</sup> in the NSW U16 3000m) and 6:58 early (1<sup>st</sup> in the NSW Little Athletics U15 1500m) early in the year, she won the Canberra carnival U16 3km in June with 14:54 and the Australian All Schools U16 3000m in December in 14:45. She did not contest the Australian roadwalk championships in August in Brisbane and this is the only blank in an otherwise great year.

#### **9. Rachel Tallent**

Rachel Tallent had a bad start to the year, aggravating a shin in January and not being able to race until late April. Her 25<sup>th</sup> place walk in the U20 10km in the World Cup in May (56:19) was all she could manage after such a limited preparation. She then won the Canberra Carnival U18 5km (25:17) in June, improved to 24:02 in winning the Victorian Country U18 5km in early August and then won the U18 5km in the Australian Roadwalk champs in Brisbane in late August (25:12). She finished off the season on a high with a win in the U18 5km in the Australian All Schools in December (25:15). A combination of early season injuries along with the need to knuckle down for her Year 12 studies meant that Rachel did not reach the heights of 2009 but she did enough to hold off the opposition. She has now accepted an AIS scholarship and we look forward to seeing what happens in 2011.

#### **10. Cheryl Webb**

Cheryl started her year off well with 2<sup>nd</sup> in the Australian 20km championship in Hobart in February (1:33:28), thus gaining World Cup and Commonwealth Games selection. Unfortunately disqualified in the World Cup in May, she bounced back for 11<sup>th</sup> in the Na Rynek Marsz 10km Roadwalk two weeks later (47:14) but was then disqualified in La Coruna Leg of the IAAF Racewalk Challenge Series the following month. She ended the year on a good note with 5<sup>th</sup> in the Commonwealth Games (1:42:03) but it was a mixed bag of a year for her.

Apart from these top ten, there are a number of other walkers who deserve special note. It has been a hard year to choose with so many walkers excelling.

#### **Kelly Ruddick**

Kelly has been one of the big improvers of the year, recording PBs over all distances - 2000m 8:57, 3000m 13:52, 5km 23:26, 10km 47:09 and 20km 1:40:11. Her highlights included 2<sup>nd</sup> in the Victorian 15km (1:12:02), 1<sup>st</sup> in the Victorian 10km (47:09), 3<sup>rd</sup> (second Australian) in the National Roadwalk championships in Brisbane in August (1:42:32) and 2<sup>nd</sup> in the Open 20km Invitational event at Fawkner Park (1:40:11).

#### **Jillian Hosking**

It is a bit hard to put someone in when that walker has only had 2 serious races for the year and that is where Jillian Hosking found herself this year. She was in great form early in the year, recording 22:35 in coming 2<sup>nd</sup> in the Canberra Grand Prix 5000m walk in January, then coming 3<sup>rd</sup> in the Australian 20km road championship in Hobart in March with a huge PB time of 1:34:13 (and a 10km PB of 46:10 along the way). This gained her selection for the World Cup. Unfortunately, a nagging injury curtailed her from then on and she was eventually forced into an operation late in the year to fix it. Hopefully 2011 will see this talented young 23 year old back in action.

#### **Jmara Hockley-Samon**

15 year old Jmara Hockley-Samon has vied with Amy Bettiol for the title of our top U16 girl this year and her times have been excellent. A hard working walker, she has raced 32 times in races listed on the RWA website. She started off the year in fine form with silvers in the Australian U16 3000m (14:23) and U18 5000m (25:52) in Sydney in March, then whipped out a quick 6:57 in winning the Victorian Little Aths U15 1500m a week later. She was second to Amy Bettiol in the Canberra Carnival U16 3km (15:05) but took gold in the Australian U16 5km roadwalk championship in August in Brisbane (25:59). She had to lower her colours again to Amy in the Australian All Schools U16 3000m in December (15:03). A great year for Jmara.

### Tanya Holliday

It was fantastic to see Tanya Holliday back in action this year after a couple of years off. Her first race was in late May (28:43 for 6km) in Adelaide and two weeks later she burst out of the blocks to win the Open 5km at the Canberra Carnival with a great 22:56. Back in Adelaide, she recorded 47:40 for the 10km roadwalk and then won the RWA 10km with 48:31 at the Australian roadwalking championships in Brisbane in August. A good start back from a very talented walker.



Jess Rothwell, Regan Lamble, Claire Tallent, Heather Carr and Beth Alexander in action in 2010



Jemima Montag, Paige Hooper, Amy Bettiol, Rachel Tallent and Cheryl Webb

### 2010 RANKING LISTS - MEN

Now that the full year's results have been added into the results website ([www.racewalkaustralia.com](http://www.racewalkaustralia.com)), I have extracted out the men's top 10 performances over each distance. I have a bit of an issue with dates in the website at the moment so don't worry if the date of a particular performance shows wrongly – I hope to fix any date errors soon.

First a proviso – our top walkers would certainly dominate the rankings of all distances if they raced them but their races are normally restricted to the longer distances. The 1500m, 2000m and 3000m remain the domain of the younger walkers. In particular, the Queenslanders have raced a lot over 1500m and the Victorians have raced a lot over 2000m with their interclub competitions so those two States dominate the rankings for those two distances. From 5000m upwards, the top walkers dominate as is expected.

#### 1500m Track

1	Dane Bird-Smith	U18M	5:23	QLD	11/04/2010
2	Rhydian Cowley	U20M	5:41	VIC	15/12/2010
3	Brandon Dewar	U18M	5:42	QLD	11/04/2010
4	Nick Dewar	U18M	5:45	QLD	11/04/2010
5	Sean Fitzsimons	U20M	5:45	WA	12/11/2010
6	Blake Steele	U18M	5:47	SA	20/02/2010
7	Brendon Reading	U23M	5:47	ACT	14/10/2010
8	Jesse Osborne	U16M	5:54	QLD	14/08/2010
9	Brad Aiton	U17M	5:56	QLD	17/07/2010
10	Jordan Mulhearn	U18M	6:13	NSW	19/03/2010

<b>2000m Track</b>	1	Rhydian Cowley	U20M	7:54	VIC	18/12/2010
	2	Brad Aiton	U17M	7:58	QLD	18/09/2010
	3	Nick Dewar	U20M	8:13	QLD	18/09/2010
	4	Josh Dillon	U17M	8:13	VIC	18/12/2010
	5	Nathan Brill	U15M	8:38	VIC	13/11/2010
	6	Lewis Clark	U17M	8:42	VIC	18/12/2010
	7	Tom Barnes	SM	8:46	VIC	28/01/2010
	8	Bradley Simpson	U17M	8:52	VIC	15/01/2010
	9	Paul Kennedy	M50	8:53	VIC	28/01/2010
	10	Brandon Dewar	U18M	8:58	QLD	31/01/2010
<b>3000m Track</b>	1	Luke Adams	SM	10:59	NSW	03/07/2010
	2	Dane Bird-Smith	U20M	11:27	QLD	18/12/2010
	3	Brad Aiton	U17M	11:46	QLD	01/10/2010
	4	Darren Bown	M35	12:16	SA	23/01/2010
	5	Brandon Dewar	U20M	12:21	QLD	01/10/2010
	6	Rhydian Cowley	U20M	12:22	VIC	27/06/2010
	7	Blake Steele	U18M	12:22	SA	27/02/2010
	8	Nick Dewar	U20M	12:26	QLD	18/12/2010
	9	Jesse Osborne	U16M	12:27	QLD	01/10/2010
	10	Nathan Brill	U14M	13:07	VIC	05/12/2010
<b>5000m / 5km</b>	1	Jared Tallent	SM	18:51	VIC	27/02/2010
	2	Luke Adams	SM	18:56	NSW	27/02/2010
	3	Adam Rutter	SM	19:13	NSW	27/02/2010
	4	Nathan Deakes	SM	19:25	VIC	27/02/2010
	5	Chris Erickson	SM	19:33	VIC	18/02/2010
	6	Dane Bird-Smith	U18M	20:10	QLD	27/02/2010
	7	Ian Rayson	U23M	20:46	NSW	30/01/2010
	8	Blake Steele	U18M	20:52	SA	17/07/2010
	9	Rhydian Cowley	U20M	20:54	VIC	21/11/2010
	10	Brendon Reading	U23M	21:11	ACT	30/01/2010
<b>10000m / 10km</b>	1	Jared Tallent	SM	38:29	VIC	18/09/2010
	2	Luke Adams	SM	38:41	NSW	18/09/2010
	3	Chris Erickson	SM	38:59	VIC	18/09/2010
	4	Adam Rutter	SM	39:20	NSW	18/09/2010
	5	Nathan Deakes	SM	40:35	VIC	13/02/2010
	6	Dane Bird-Smith	U20M	41:32	QLD	23/07/2010
	7	Sean Fitzsimons	U20M	42:14	WA	24/10/2010
	8	Ian Rayson	U23M	43:13	NSW	13/02/2010
	9	Rhydian Cowley	U20M	43:22	VIC	12/03/2010
	10	Brendon Reading	U23M	43:23	ACT	13/02/2010
<b>20km road walk</b>	1	Jared Tallent	SM	1:19:15	VIC	13/02/2010
	2	Luke Adams	SM	1:21:35	NSW	19/06/2010
	3	Chris Erickson	SM	1:23:37	VIC	13/02/2010
	4	Adam Rutter	SM	1:24:56	NSW	12/12/2010
	5	Ian Rayson	U23M	1:26:30	NSW	24/10/2010
	6	Brendon Reading	U23M	1:27:33	ACT	12/12/2010
	7	Rhydian Cowley	U20M	1:31:26	VIC	24/10/2010
	8	Darren Bown	M35	1:32:01	SA	22/08/2010
	9	Tom Barnes	SM	1:33:06	VIC	13/02/2010
	10	Derek Mulhearn	U20M	1:33:34	NSW	13/02/2010

The opportunities for walking 30km or 50km are few and far between in Australia so the ranking lists thin out very quickly – with only 10 in total completing 30km and 6 in total completing 50km. Of course, other walkers did complete 30km as splits in either the Canberra 20 Mile or the Australian 50km but either splits were not taken or else I don't have them as yet so they are not included.

<b>30km road walk</b>	1	Jared Tallent	SM	2:08:27	VIC	08/08/2010
	2	Chris Erickson	SM	2:09:29	VIC	08/08/2010
	3	Darren Bown	M35	2:28:46	SA	13/06/2010
	4	Troy Sundstrom	SM	2:43:35	NSW	01/08/2010
	5	Ignatio Jimenez	M45	2:52:41	QLD	23/05/2010
	6	Peter Crump	M45	2:55:02	SA	07/08/2010
	7	Peter Bennett	M50	2:57:58	QLD	23/05/2010
	8	Simon Evans	M50	3:10:45	VIC	08/08/2010
	9	Robin Whyte	M65	3:21:56	ACT	13/06/2010
	10	James Pisani	U23M	3:39:05	NSW	01/08/2010

<b>50km road walk</b>	1	Luke Adams	SM	3:47:34	NSW	12/12/2010
	2	Jared Tallent	SM	3:54:55	VIC	15/05/2010
	3	Ian Rayson	U23M	3:59:43	NSW	12/12/2010
	4	Chris Erickson	SM	4:03:56	VIC	15/05/2010
	5	Tom Barnes	SM	4:16:17	VIC	15/05/2010
	6	Peter Crump	M50	4:59:14	SA	12/12/2010

### FALLS CREEK

While we have been enjoying our Christmas break, a large group of our up and coming walkers have been enjoying a 10 day training camp at Falls Creek, Victoria's highest alpine village. The camp, led by Simon Baker, follows the very successful camp run at Easter at the same venue. Thanks to Sabby George who sent me a few photos of the action – here goes!



Some of the group - Jasmine Irshad, Brad Simpson, Jmara Hockley-Samon, Amanda Heard, Cassie Raselli, Sarah Burren, Amelia Finnegan, Amy Burren, Hilary Brazel, Stephanie George, Josh Kaiser, Daniel Payne, Josh Savage (Bendigo) Emily Payne, Lewis Clark, Jason Kozica, Heather Carr, Annette Major, Harry Hockley-Samon, Kylie Irshad and Ebony Whiley



And off they go!

## WHAT'S COMING UP

Athletics Victoria Shield competition resumes on **Saturday 8<sup>th</sup> January** with all 6 regions in action. Some of the venues (but not all) have scheduled late afternoon competitions - see the AV website for the timetable specifics.

Sat 8 Jan	AV Shield - South East Region - Round 10	Ballam Park Athletic Track, Frankston
Sat 8 Jan	AV Shield - Bendigo Region - Round 10	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 8 Jan	AV Shield - Geelong Region - Round 10	Landy Field, Geelong
Sat 8 Jan	AV Shield - Ballarat Region - Round 10	Llanberris Reserve, Ballarat
Sat 8 Jan	AV Shield - North West Region - Round 10	Meadowglen International Athletics Track, Epping
Sat 8 Jan	AV Shield - East Region - Round 10	Proclamation Park, Ringwood

**Sunday 9<sup>th</sup> January** sees our next VRWC races at Middle Park with the timetable reading as follows

<b>Sunday 9<sup>th</sup> January 2011, VRWC Events, Middle Park</b>		
9.00am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

Note that entrants in the 20km can start at 8:30AM to give themselves some extra time if they think they may need it. Note also that the City2Bay fun run (formerly the Great Australian Run) has also been scheduled for the morning of Sunday 9<sup>th</sup> January and a number of road closures have been announced for roads in the St Kilda, Middle Park and Docklands areas. So plan your trip and make sure you leave home in plenty of time. Ssee <http://www.city2bay.com.au/Event/RoadClosures.aspx> for full road closure details. I am not sure if parking in and around the Middle Park area will also be effected.

Finally, note that entries close on **Monday 10<sup>th</sup> January** for the Victorian Country T&F Championships, to be held in Ballarat on 21-23 January. The draft timetable on the AV website has the walks scheduled for the Friday evening.

## 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

Sat 8 Jan, 2010	AV Shield restarts after the Christmas break
Sun 9 Jan, 2010	VRWC Road Races, Middle Park
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat, entries close 5:00pm Monday 10 <sup>th</sup> January 2011
Sun 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	<b>Australian 20km Walk Championships</b> (incl 10km U20 invit), Hobart
	Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
10-14 Mar, 2011	<b>Australian Junior (U14-U20) Championships</b> , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC
April 21-24, 2011	<b>Australian Masters Athletics Championships</b> , Brisbane

### 2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
Sun 12 June 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT

### 2011 International Fixture

July 6-10, 2011	<b>7<sup>th</sup> World Youth T&amp;F Championships, Lille, France</b>
July 7-17, 2011	<b>19<sup>th</sup> World Masters T&amp;F Champs Stadia, Sacramento, California, USA.</b> See <a href="http://www.wma2011.com/">http://www.wma2011.com/</a>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.</b> See <a href="http://english.daegu2011.org">http://english.daegu2011.org</a>
Sept 7-13, 2011	<b>4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.</b> See <a href="http://www.cyg2011.com/">http://www.cyg2011.com/</a>

### 2011 IAAF RaceWalking Challenge Series (Category A events)

Sat 5 March 2011	Chihuahua, MEX
Sat 9 April 2011	Rio Major, POR
Sun 24 April 2011	Taicang, CHN
Sun 1 May 2011	Sesto San Giovanni, ITA



Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

**2011 key EAA European Meets**

Sun 20 Mar, 2011 Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km  
Sat 26 Mar, 2011 Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km  
Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km  
Sun 22 May, 2011 9<sup>th</sup> EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km  
Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

**2012 International Fixture**

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

**2013 International Fixture**

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**  
2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

**2014 International Fixture**

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

**Looking even further forward**

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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