



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### VRWC RACES, MIDDLE PARK, SATURDAY 2 JULY 2011

Our annual Interval Races Day saw 36 of our 65 walkers testing themselves out over 2km intervals. While conditions were mild and sunny, a very strong wind made it tough for the competitors as they lined up each 17 minutes for their legs. **Stuart Kollmorgan** was straight back into action after his race in Dublin last weekend and he led the way in each interval, lapping at just over 9 minutes per leg. Stuart will not be home for long as later this week, he heads off to Sacramento for the World Masters Championships. Others to excel in the Intervals races were **Kirstin Shaw, Aaron Tam, Simon Evans, Billy Allamby, Amelia Finnegan** and **Paul Kennedy**.



#### They're off for the first of 5 2km intervals

Intervals Race	2km	4km	6km	8km	10km	Total	No. of legs
1. Kirstin Shaw	11:07	11:08	10:45	10:31	10:35	54:06	5
2. Donna Elms	11:54	12:17	12:32	12:47	12:50	62:20	5
3. Simone O'Neill	13:18	13:30	13:13	13:13	13:28	66:42	5
4. Karen O'Neill	13:34	13:34	13:27	13:27	13:31	67:33	5
1. Stuart Kollmorgan	08:56	09:05	09:12	09:18	09:11	45:42	5
2. Aaron Tam	09:48	09:59	09:56	10:03	10:10	49:56	5
3. Simon Evans	10:03	10:05	10:06	10:12	10:19	50:45	5
4. Aaron McDonough	10:09	10:13	10:22	10:16	10:02	51:02	5
5. Billy Allamby	10:04	10:39	10:46	10:31	10:50	52:50	5
6. Bob Gardiner	12:00	12:09	12:26	12:32	13:00	62:07	5
7. Tony Johnson	13:15	12:39	12:43	12:48	12:22	63:47	5
8. Cody McNicol-Davidson	12:52	13:22	14:04	14:08	14:24	68:50	5
1. Alison Thompson	11:48	12:03	12:02	12:19		48:12	4
1. Geoff Barrow	13:18	13:23	13:15	15:00		54:56	4

1.	Amelia Finnegan	09:49	10:00	09:59	29:48	3
2.	Emily Hamilton	11:38	11:59	11:58	35:35	3
3.	Caitlin Campbell	12:02	12:07	12:09	36:18	3
4.	Robyn Shaw	12:03	12:25	12:33	37:01	3
5.	Celia Johnson	14:28	14:22	14:24	43:14	3
1.	Paul Kennedy	09:40	09:40	09:43	29:03	3
2.	Kyle Swan	10:17	10:54	11:12	32:23	3
3.	Jason Kozica	13:00	10:15	09:42	32:57	3
4.	Cooper Owen	10:06	11:50	11:29	33:25	3
5.	Ralph Bennett	11:32	11:28	11:27	34:27	3
6.	Alex Poore	15:30	15:31	15:28	46:29	3
1.	Stephanie George	10:02	10:38		20:40	2
2.	Gayle McIntyre	12:28	12:18		24:46	2
3.	Beth Barbour	12:31	12:53		25:24	2
4.	Emily Swan	12:30	13:09		25:39	2
5.	Brianna Cooke	13:03	13:26		26:29	2
6.	Gwen Steed	13:09	13:31		26:40	2
1.	Connor McShanag	09:54	10:59		20:53	2
2.	Gordon Onley	13:42	13:13		26:55	2
1.	Stacey McLaren	14:57			14:57	1
1.	Harry Summers	14:02			14:02	1

A number of walkers preferred to do a normal race so we had 4km events on offer as well. The best of the 4km walkers was **Jemima Montag** who powered through in 19:47 for a 1 minute PB, a very impressive performance in the tough wind.

#### 4km Open

1. Pam Mews 50:27

1. Alan Lucas 23:03

2. Barrie Wicks 28:54

#### 4km Under 15

1. Jemima Montag 19:47

2. Jade Sanders 22:56

3. Megan Walker 23:04

4. Paige De Lisen 23:44

1. Reese Walmsley 23:30

2. Paul Tremiglioizzi 26:35



Stuart Kollmorgen, Aaron Tam, Connor McShanag, Amelia Finnegan, Brianna Lillie, Chelsea Owen-Smith, Jessica Lillie and Jemima Montag



**Simon Evans, Paul Kennedy, Kirstin Shaw, Cooper Owen, Billy Allamby and Emily Swan**

Our U12 and U9 walkers have their Intervals Race day in a couple of weeks so they had a normal Points Competition day on Saturday. In the U12 race, **Jonty Brennan** walked magnificently to beat his PB of last week in the windy conditions and his time of 11:01 saw him 2 secs clear of **Shelby Kay** who was the fastest of the girls with 11:03. The U9 winners were **Brianna Lillie** and **Caine Brill** while **Mercedes Brennan** was only just a few seconds outside her PB. **Anaya Hodges** was a handicap winner along with Jonty, Mercedes and Caine.



**Brodie Richardson, Hayley George, Caine Brill, Mercedes Brennan, Shelby Kay, Jonty Brennan and Anaya Hodges**

2km Under 12			H'cap Place
1.	Shelby Kay	11:03	7
2.	Mikhala Hodges	11:35	5
3.	Anaya Hodges	11:39	1
4.	Jessica Lillie	11:40	E3
5.	Hayley Brown	11:52	6
6.			
7.	Chelsea Owen-Smith	12:02	E3
8.	Brodie Richardson	12:24	9
9.	Hayley George	13:06	10
10.	Tegan Miller	13:34	2
11.	Lee Taylor	13:42	8
1.	Jonty Brennan	11:01	1
2.	Justin Brill	12:07	3
3.	Hayden Walmsley	12:39	4
4.	Brendan O'Mahony	12:47	5
5.	Ethan Wright	12:56	6
6.	Harley Davidson	15:23	2
1km Under 9			H'cap Place
1.	Brianna Lillie	05:42	2

2.	Mercedes Brennan	05:57	1
3.	Kathleen O'Mahony	06:10	3
1.	Caine Brill	05:47	1

Thanks as usual to the many people who help us every week. Sorry if I missed anyone.

**Officials:** Tim Erickson, Mark Donahoo, Paul Kozaris, Susan Taylor, Don McLaren, Matt Owen, Damien Elms, Jason Elms, Justin McLaren

**Setup:** Harry Summers, Bob Gardiner, Craig Brill

**Judges:** Peter Vysma (Chief), Stuart Cooper, Terry Knape, Michael Bodey, Gordon Loughnan

**Canteen:** Wendy Cooper, Kate Suich

**Photos:** Terry Swan

### VRWC POINTS UPDATES

We are now well into our Winter Season Points competitions so the progressive points for all 3 competitions - Actual Times, Handicap and Style Award - including the points allocated last Saturday for the U9 and U12 walkers, have been loaded to the VRWC website - check out <http://www.vrwc.org.au/vrwcpointscmps.html>

Note that our next Prizes Day will be on Saturday 13 August and will be for the most handicap points earned on these 3 days

Open and U15: Saturday 16 July, Saturday 30 July and Saturday 13 August  
 U12 and U9: Saturday 2 July, Saturday 30 July and Saturday 13 August.

### ACT WALKERS CLUB ROADWALKS, CARILLON, ACT, SATURDAY 2 JULY

Thanks to Robin Whyte for last weekend's results from Canberra

<b>8km</b>	1 Robin Whyte 48:45 2 Meghann Griffin 51:32 3 Monika Short 54:13 4 Derek Robinson 54:16 5 Geoff Barker 58:37 6 Warren Butler 01:07:12 7 Desma Butler 01:08:12 8 Phil Essam 01:09:52 9 Jim Short 01:09:52 Val Chesterton DNF
<b>4km</b>	1 Zoe Hunt 21:40 2 Ally Durr 22:20 3 Peter Baker 22:43 4 Helena Bialecki 24:04 5 Kate Black 24:11 6 Jack Durr 25:38 7 Bob Chapman 29:19 8 John Donovan 29:31 9 Wendy Kupkee 30:10 10 Jenny Reading 30:19 11 Cilla Chapman 31:16 12 Charlie Durr 32:51 13 Greg Durr 32:53 14 Jack Thackray 32:53 Jane Bates DNF.
<b>2km</b>	1 Ally Durr 11:05 2 Gabby Hunt 11:11 3 Callum Doherty 11:51 4 Jack Durr 12:44 5 Tahneia Resch 13:53 6 Jack Thackray 16:19 7 Hilary Thackray 19:52 8 Karen Knowles 19:52 9 Val Chesterton 21:34

### BENDIGO WALKERS CLUB RACES, JUNE

Thanks to Paul Rance for the most recent Bendigo Walkers Club results. Barb Bryant was the pick of the walkers over the 3 competitions and she appears to be getting back to her best form after injuries had forced her to ease her training and competitions back over the last 12 months. Winter Season (results in handicap finishing order)

**Week 3, Sunday 19<sup>th</sup> June;**

3km	Norm West 1st 24.49	Annette Curtis 2nd 20.58	
10km	Colin Cleary 1st 1.14.42	Barb Bryant 2nd 59.06	Geoff Major 3rd 1.17.12

**Week 4, Sunday 26<sup>th</sup> June**

2km	Jeremiah Jones 1st 11.20	Annette Curtis 2nd 13.26	Norm West 3rd 15.59
10km	Barb Bryant 1st 57.58	Colin Cleary 2nd 1.16.03	Geoff Major 3rd 1.18.22

**Week 5, Sunday 3<sup>rd</sup> July**

2km	Norm West 1st 16.00	Ebony Whiley 2nd 11.58	
4km	Barb Bryant eq. 1st 22.50	Colin Cleary eq. 1st 28.50	Annette Curtis 3rd 28.08

### SAMA ROADWALKS, BOYNTHON PARK, ADELAIDE, SATURDAY 2 JULY

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters. A cool, showery day saw 4km and 8km yacht handicaps. Competitors then farewelled George White who is off to Sacramento for the World Masters Championships.

**8k m Yacht Handicap**

Age	Name	Est.	Actual	%
M66	George White	44.29	43.21	89.91
M67	Graham Harrison	54.16	52.59	74.40
M64	Geoff Byham	51.51	51.30	74.02

M68	Roger Lowe	61.33	61.12	65.17
W77	Cynthia Dally	68.40	67.57	77.85
M81	Colin Hainsworth	63.03	63.08	75.76
M77	David Robertson	64.28	64.42	69.45
M55	Richard Moyle	59.20	61.11	57.08

#### 4k m Yacht Handicap

M48	Mark Worthing	31.15	28.39
W57	Linda Whitelaw	32.44	30.28
W60	Helen Suridge	26.55	26.59
M75	Paul Boyce	31.16	31.22
W69	Elaine MacFarlane	32.02	32.21
W58	Edna Bates	33.47	34.14
M61	Jeff Kennett	34.05	34.12

### SARWC MOUNTAIN CHAMPIONSHIPS, BELAIR NATIONAL PARK, ADELAIDE, SATURDAY 2 JULY

Thanks to Peter Crump for his weekly report from the South Australian Walkers Club in Adelaide

Just to add a challenge, we have upped the ante on our "Mountain Championships" walk and moved it from the previously "pedestrian" hills to a real set of hills in the Belair National Park, south of Adelaide. A little rain did not dampen the spirits of the small number of walkers who braved the climb. Hard work, but generally acknowledged as a good workout. The complete distance runs some 5.1 km with a slow steady rise over the first 3.5 km, with a real kick up for the last 1.5km. Start to finish appears to be a 200 metre rise, with at least 100 metres over the last 1.5km.

For the "King of the Mountain", the open men went up, were returned to the start and did it all again, knowing what the course held in store for the second time around. Darren Bown and Peter Crump completed the double journey over 10.2 km, with Darren's negative split courtesy of an early stop in the first leg. The women found just one round sufficient, with Yvette Becker taking Queen, while Kristie Goznic took Princess (under 20).

The juniors still found the lesser journey over 3.5 and 2.0 km demanding, and were pleased to see, but not to climb, the real mountain at the end of their walk.

2 x 5.1 km		Total	Lap 1	Lap 2
1.	Darren Bown	55:10	28:55	26:15
2.	Peter Crump	64:27	31:53	32:34

#### 5.1km Open

1.	Yvette Becker	35:10
2.	Gloria Holliday	36:09
3.	Allegra Steele	38:11

#### 5.1km U20

1.	Kristie Goznic	34:10
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#### 3.5 km

1.	Jemma Potezny	20:54
2.	Piper Douglas	22:08
3.	Danielle Walsh	24:47

#### 2.5 km

1.	Alix Harlington	15:18
1.	Rhiannon Lovegrove	12:11
2.	Rhiana Hooker	18:20

### NSW SHORT WALKS CHAMPIONSHIPS, PENRITH LAKES, SUNDAY 26 JUNE

A couple of weeks ago, NSW held their State Short Walk Championships at Penrith with 53 walkers in attendance. Chery Webb won the Women's 15km in 1:13:21 while others to walk fast times included Tyler Jones (14:54), Jasmine McDonald (10:22) and her sister Leah (4:54) and Kyle Bedford (4:40).

#### Women 15k Race Walk Open

1.	Webb, Cheryl	W35	Bla (Blacktown)	1:13:21
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#### 10k Race Walk U20

1.	Klein, Kirsty	W17	Asw (Asics Wests)	54:30
2.	Jennings, Shannon	W18	Nep (Nepean)	56:41
3.	Psarianos, Dimitra	W18	Sos (South Sydney)	60:05
4.	Southern, Shay	W16	Asw (Asics Wests)	60:11

1.	Mulhearn, Jordan	M19	Syu (Sydney Uni)	51:36
2.	Washburn, Steven	M17	Nep (Nepean)	52:38
3.	Birch-Ward, Kurtis	M16	Sut (Sutherland)	53:12
4.	Killen, Matthew	M16	Wyo (Wyong)	60:03

### 3k Race Walk U16

1.	Dighton, Jasmine	W15	Ill (Illawong)	15:35
2.	Grujoski, Stephanie	W14	Sos (South Sydney)	16:42
3.	Barendregt, Amanda	W15	Nep (Nepean)	17:18
4.	Plummer, Caitlin	W14	Syp (Sydney Pacific)	18:11

1.	Jones, Tyler	M13	Wyo (Wyong)	14:54
2.	Murphy, Robert	M15	Sos (South Sydney)	14:59
3.	Doyle, Tom	M14	Sos (South Sydney)	15:43
4.	Dhu, Ethan	M14	Bma (Blue Mountains)	16:00

### 2km Race Walk U14

1.	McDonald, Jasmyn	W12	Par (Parramatta)	10:22
2.	Francis, Lucy	W12	Syp (Sydney Pacific)	10:58
3.	Kalemusic, Danielle	W12	Ill (Illawong)	11:25
4.	Grujoski, Ally	W12	Sos (South Sydney)	12:22
5.	Ferguson, Brooke	W12	Asw (Asics Wests)	12:43
6.	Dhu, Rachel	W12	Bma (Blue Mountains)	14:36

1.	Glover, Jordan	M12	Hil (Hills)	10:49
2.	Owen, Damien	M13	Asw (Asics Wests)	11:01
3.	Kerr, Aidan	M13	yp (Sydney Pacific)	12:14

### 1km Race Walk U12

1.	McDonald, Leah	W11	Par (Parramatta)	4:56
2.	Owen, Madeline	W10	Asw (Asics Wests)	5:13
3.	Dhu, Abbey	W11	Bma (Blue Mountains)	5:15
4.	Crichton, Sophie	W11	Syp (Sydney Pacific)	5:30
5.	Brown, Samantha	W10	Par (Parramatta)	5:36

1.	Bedford, Kyle	M11	Nep (Nepean)	4:40
2.	Richardson, Dylan	M11	Gos (Gosford)	4:59
3.	Thomson, Ryan	M11	Nep (Nepean)	5:11
4.	Plummer, James	M10	Syp (Sydney Pacific)	5:27
5.	Barendregt, Travis	M11	Nep (Nepean)	5:29
6.	Millican, Hayden	M11	Syp (Sydney Pacific)	5:31
	Mavin, Harrison	M10	Syp (Sydney Pacific)	DQ

### Veterans 5km Championships

W35-44	1	Challinor, Nicolle	W38	Gos (Gosford)	34:45
W45-54	1	Staunton-Jugovic, Ann	W47	Int (Interstate)	28:39
	2	Shaw, Maryanne	W47	Bma (Blue Mountains)	32:02
	3	Southern, Sandy	W49	Asw (Asics Wests)	39:23
W55-64	1	Mison, Michele	W63	Int (Interstate)	35:43
	2	Wales, Robyn	W59	Int (Interstate)	38:44
	3	Brown, Judy	W61	Gos (Gosford)	38:56
	4	Lingley, Jenny	W55	Bma (Blue Mountains)	39:45
W65+	1	Purcell, Joan	W69	Asw (Asics Wests)	36:18
	2	Kenyon, Judith	W71	Nma (Nsw Masters)	37:18
M45-54	1	Psarianos, Tony	M47	Sos (South Sydney)	30:43
M55-64	1	Osborne, Robert	M55	Nep (Nepean)	27:43
	2	Williams, Dennis	M62	Hil (Hills)	28:26
	3	Connors, Robert	M63	Utn (Uts Norths)	36:42
M65+	1	Seymon, Jim	M73	Utn (Uts Norths)	32:22

## QRWC HANDICAP RACES, LOGAN PARKLANDS, QUEENSLAND, SUNDAY 26 JUNE

Thanks to Noela McKinven for last week's results from Queensland. Jesse Osborne and Jess Pickles were having a final hitout before leaving for the World Youth Championships.

### A Grade 10km

Men: (1) Dane Bird-Smith, Brandon Dewar 47.55 (3) Ignacio Jimenez 49.52 (4) Dean Nipperess 53.12  
(5) Paul Lindenberg 56.56 (6) Patrick Sela 64.50,

Women: (1) Suzanne Grasmeder 59.37 (2) Kay Shaw 62.11 (3) Noela McKinven 77.11.

### **B Grade 8km**

Men: (1) Jesse Osborne 36.25 (2) Richard Lynch 60.33  
Women: (1) Sally Lynch 55.35 (2) Christiane Dauphinat 62.55

### **C Grade 5km**

Men: (1) Nick Dewar 23.36  
Women: (1) Jess Pickles 26.44 (2) Kenza Benzenati 27.03 (3) Yue Guo 30.53 (4) Lucy-Rose Boardman 33.47  
(5) Kate Sanford 35.39

### **D Grade 3km**

Boys: (1) Trent Miles 17.05 (2) Ryan Pinchen 17.22  
Girls: (1) Mikaela Woodward 17.21 (2) Katya Martin 17.22

### **E Grade 1.5km**

Girls: (1) Thalia Martin 9.37

## **PETER BENNETT AMAZES IN ROUEN, 25-25 JUNE 2011**

I mentioned a few issues ago that Peter Bennett was travelling to France to compete in the **43<sup>rd</sup> Rouen International 24 Hour Walk** on the weekend of **25-26 June**. The big news is that he won by 18km with a final distance of **213km**, only 3km outside his best time. This is Peter's third win in this prestigious event and his 12<sup>th</sup> 24 Hour walk of 100 miles or greater. He emailed me with his race report which I reproduce below.



**Peter Bennett leads in the 2011 Rouen 24 Hour Walk**

I arrived in France on the Wednesday night before the race and was picked up by the race organiser and driven the 1.5 hours to Rouen. On the Thursday I attended a sports conference and gave brief speech on the company for which I work.

On the Friday I was given the job of acting as tour guide to a team of 15 people from Hong Kong, led by veteran race walker Bill Purvis, who had come over for the race. I showed them around the historical old city area of the Cathedral and where Joan of Arc was burned at the stake etc. After walking the around for two hours they mutinied and caught a bus back to the University where they were staying. It was only a short walk I thought.

The race started a 5pm on the Saturday on a road circuit at a sports complex on an island in the Seine near the centre of the city. It was used by a canoe club during the afternoon so there was plenty of activity going on. The men's and women's volleyball teams from the Seychelles came down to watch for a few hours and put on some exhibition games and had a bbq. It was a hot when the race started and we were in full sun until after 9pm. The nights are very short in France in summer. It was not completely dark until 11pm and it was first light about 4.30am on the Sunday. The Sunday was a long hot and tiring slog. There was not a cloud in the sky and it was abnormally hot (in the high 30's). There were plenty of people helping with drinks and food every lap and handing me sponges. I had a lot of trouble with my right shoulder and arm during the race. This is the results of a recently diagnosed dislocated sternum (I have no idea when or how this happened). It caused so much pain that I was unable to swing or move my arm at all over the last eight hours of the race (this is quite a dilemma for a race walker but as I had learnt how to walk at speed while eating spaghetti bolognese last year at the Caboolture 48 hour race I thought I could manage it). My left arm and shoulder were sore after the race from having to do so much work. Strangely my legs and feet were fine, no different than they are the day after a club 10km race so that was a bonus. I have received some treatment for my shoulder and it is much better now. I have had no trouble lifting a beer glass which is a good sign.

During the race I had tough competition from Frenchman Alain Grassi who is the world record holder for the 6 Day walk. Alain won a 48 hour indoor race last year so his endurance and resilience could not be questioned. One of the Chinese walkers from Hong Kong who lead out early put up an impressive display despite suffering from the heat. I had built up lead during the night and was determined not to give back any ground no matter how sore my shoulder was. In the end I won the race

with **213km** with Alain on **195km**. We walked the last lap together. It was a huge relief to finish and I was far too tired to feel any elation or match the enthusiasm of all the people wanting to take photos. After a hot shower and clean clothes I felt human again but realised how sunburnt I was. The presentations followed and then they put on a big buffet dinner. The organisation could not be faulted and it was a very friendly atmosphere created by all the helpers and spectators.

I think I lost over 3kg during the race so I do not feel guilty about all the croissants, cheeses and frites I have been eating since. It is all part of the recovery process I tell myself.

I have been busy in the last week with sightseeing and with some meetings. On Saturday I did a full day tour of the Somme and what a day that was - very sad and emotional but very inspiring and rewarding at the same time. I took the tour to follow in the footsteps of my grandfather who served in the AIF 4<sup>th</sup> Division in the Somme in WW1. There are nearly 500 Commonwealth War Cemeteries in the north of France! As well as the graves there is also a memorial wall to the 23,000 soldiers missing who were never recovered.

I leave Rouen for Lille tomorrow to visit my work headquarters for a few days. They have a schedule of supplier visits and meetings lined up for me so I will be kept busy. That is the official story anyway as I am really going there to watch our walkers compete in the World Youth Championships on Friday and Saturday. Mr Khoo Chong Beng, the organiser of the Malaysian 12 & 24 hour races will be one of the judges and I am looking forward to catching up with him.

### NSWRWC CENTENARY DINNER, SATURDAY 25 JUNE

Robyn Wales was one of the many people who enjoyed the highly successful NSWRWC centenary dinner in Sydney a week ago. She commented

*Deanna Rahill did a superb job with memorabilia which you would have appreciated....so many minutes, pictures, newsletters etc. Frank Overton did a detective job tracking down many past members. Speeches by Rod Huxley and John MacDougall were entertaining and informative.*

*In the photo: Helen Scarborough née Buckley, Robyn Wales née Clark, John MacDougall, Angela Wilcox née Cook and Gai Day née Syrratt. All of us from 1968 - 1972...*



### RACEWALKING OFFICIALS IN THE AWARDS

Congratulations to the following longstanding racewalk officials who were recognized at the recent Athletics Victoria Officials Brunch. Our officials give freely of their time, in most cases for years and years. Well done everyone

25 Years Award	Judy Mason, Gordon Loughnan
35 Years Award	Diane Lowden
40 Years Award	Lorraine Morgan
55 Years Award	Marion Patterson

### MY DEBUT AS AN OFFICIAL: RUSS DICKENSON

And talking of officials, the following great article was written by VRWC Club Captain and published in the latest Athletics Australia Officials newsletter.

I recently got my accreditation with Athletics Victoria (Level C) to officiate at events and, as I have recently retired, I thought this will be nice, helping out those good folk who run our events. I've always respected these people giving up their time so that we can casually roll up, have a run, and demand some ice, put on the compression tights, have sports drink and go home and have a sleep. Somehow I thought their lot would be an easy one, and giving up their time was the only



hardship. Girl was I wrong! (See how politically correct I can be.)

The first major event that I helped out on (I had done a few days at A.V. Shield) was the Australian All Schools Championships at Doncaster in December, which just happened to be held on two blistering, 30 degree plus days. We spent 85% of the day in the blazing sun and, let me tell you it was hard going. For most of the weekend I was on the long and triple jumps and we rotated between recording the jumps (this was at least under an umbrella), raking the pit, calling jump order, operating the wind gauge, spiking the tape, pulling the tape or being board judge/ tape reader. This, and all things we did on the weekend, were done with a sense of purpose and an attitude of "let's keep this moving" as athletics meet needs to run to a tight schedule. It's easy to get behind.

I really wondered what I had got myself into on Sunday morning. I was on the high jump, arrived late and just got to the event in time for the first jump. I was on athlete control, which means calling the competitors jump order. I wasn't prepared for the fact that only half the field is likely to start jumping at the first height (in this case 1.75m) and that the better jumpers come in at various other heights. Then the weaker jumpers may miss the first height, so they have to jump again. Some clear it on the second attempt, some on the third, some not at all. The next trap was that someone who has cleared one height decides to pass at the next height. All in all, I called jumpers who were not due to come in yet, I missed calling a jumper who was entitled to his third attempt and called the boy who had just told me he would pass at this height. Yet the boys were all very polite and just corrected me and it seemed they didn't really need me "No, Blake's passing at 1.80; Aaron's just jumped; Ben's got his third attempt".

## PIT LANE PROPOSAL FROM IAAF WALKS COMMITTEE

Last month, we received an email from IAAF Race Walking Committee member Jane Saville with information on a new racewalk judging initiative to trial what is known in other sports as a 'Sin Bin' and which they are calling the 'Pit Lane Concept'. The idea is a relatively simple one - after 3 Red Cards, you are put in the Sin Bin for a period of time before being allowed to rejoin the race. A further 3 Red Cards and you go into the Sin Bin again. A further 3 Red Cards and you are finally disqualified.

Jane is calling for clubs to trial this to help tease out the implications. Here at VRWC, we are willing to give it a go and have targeted the **VRWC 10km walk on Saturday 30 July**. We will remind you closer to the day.

As an aid to understanding how it all works and what Jane has to say, I have added a web page to the VRWC website. This page contains

- Jane's covering letter
- The Pit Lane Concept
- An accompanying Power Point Presentation on how it might work.

I invite all readers to check it out at <http://www.vrwc.org.au/2011-Pit-Lane-Trial.html>

I can really visualise the excitement this could engender if implemented successfully in a major championship!

## OVERSEAS RESULTS

MOLFETTA (ITA, Jul 2): Italian 20 km walk titles for Marco De Luca 1:28:49 and Federica Ferraro 1:38:26.

CORK (IRL, Jul 2): The 60<sup>th</sup> Cork City Sports Meet saw former European Champion Francisco Fernandez of Spain (11:14.63) and Ireland's IAAF World Championship medallist Olive Loughnane (12:52.85) win the 3000m walks.

TESSERETE (SWI, 3 July): Slovakian walker Matej Tóth, currently doing altitude training in St Moritz, slipped down to Tesserete last Sunday for a 10,000m track race which he won in 39:56. Minor medals went to Slovakian teammates Anton Kučmín with 41:24 and Dušan Majdán with 45:55.

## WHAT'S COMING UP

Next Sunday sees the Victorian Open 20km Championships and the Victorian Schools Championships at Middle Park. We will be using our Championship Course over nearer the lake. But you still do your normal checkin at the clubrooms as per normal. The race program reads as follows

<b>Sunday 10<sup>th</sup> July 2011 Middle Park</b>			
<b>AV, AV Schools &amp; VRWC Championships</b>			
9.30am	20km	<b>Victorian Championship</b>	Open Men
9.30am	20km	<b>VRWC Championship - Alf Robinson Trophy</b>	Open Men
9.30am	20km	<b>Victorian Championship</b>	Open Women
9.30am	20km		Open
10.00am	3km	<b>Victorian Schools Championship</b>	U16 Boys/Girls
10.25am	3km	<b>Victorian Schools Championship</b>	U14 Boys/Girls
10.50am	10km	<b>Victorian Schools Championship</b>	U20 Men/Women
11.00am	5km	<b>Victorian Schools Championship</b>	U18 Men/Women

11.00am	5km		Open
11.00am	3km		Open
11.30am	1.5km	<b>VRWC Championship (enter on day)</b>	U9 Boys/Girls
11.30am	2.5km	<b>VRWC Championship (enter on day)</b>	U12 Boys/Girls
12.20pm		Presentations	

And a further reminder that entries are now open for the **2011 Australian Roadwalking Championships** in Canberra on **Sunday 21 August**. I have setup a page on the RWA website with timetable, course map and other information for competitors and team managers. See <http://www.rwa.org.au/aevents-1.shtml>

Two big events kick off this week and both will have Australian walkers involved.

The **7<sup>th</sup> World Youth T&F Championships** will be held from 6-10 July in Lille, France. The walk events are on Friday and Saturday and we wish all the best to our 4 representatives. See website <http://www.lillemetropole2011.com/> for further details.

Friday 8 July	4:15PM	5000m Race Walk	Jessica Pickles, Amy Burren
Saturday 9 July	9:45AM	10,000m Race Walk	Brad Aiton, Jesse Osborne

The **19<sup>th</sup> World Masters T&F Champs Stadia** take place from 7-17 July in Sacramento in California and a small group of our top Masters walkers are there. I am not sure of the full list of Australians but entrants include Heather Carr, Andrew Jamieson, George White, Russ Dickenson, Pam Tindal, David Smyth, Lyn Ventris, James Seid-Christmass, Ian Jessurun, Stuart Kollmorgen, Simon Evans, Garry Hastie, Andrew Cochrane, Colin Heywood, Patrick Sela, Ian and Margaret Beaumont, Geoff Major, Rose Stigwood, Annette Major, Liz Feldman, Lynne Schickert and Joanne Purcell. See <http://www.wma2011.com/> for full start lists as well as other important information. Walk dates are

Thursday 7 July	5000m Track Walks	Men 60+ and up, Women
Friday 8 July	5000m Track Walks	Men 35+ to 55+
Tuesday 12 July	10km Road Walks	All
Saturday 16 July	20km Road Walks	All

### 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.

#### 2011 Australian/Victorian Winter Season Key Dates

Sun 10 July, 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
Sun 21 Aug, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011	13 <sup>th</sup> Australian Masters Games, Adelaide (see <a href="http://www.AustralianMastersGames.com">www.AustralianMastersGames.com</a> )

#### 2011 International Fixture

July 6-10, 2011	<b>7<sup>th</sup> World Youth T&amp;F Championships, Lille, France.</b> See <a href="http://www.lillemetropole2011.com/">http://www.lillemetropole2011.com/</a>
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 – Remaining Races

27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)	10km	

#### 2012 International Fixture

Feb 5-12, 2012	<b>Oceania Masters Athletics Championships, Tauranga, New Zealand</b>
Apr 3-8, 2012	<b>World Masters Athletics Indoor Championships, Jyvaskyla, Finland</b>
May 12-13, 2012	<b>25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia</b>
July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

#### 2013 International Fixture

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

#### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
July 23 – Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow.</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

#### Looking even further forward

August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>

July 2020

**32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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