



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 13
24 December 2013



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TIM'S WALKER OF THE WEEK

This week's Walker of the Week is South Australian walker **Kim Mottrom** who is one of three walkers announced as part of the 2014 Australian Racewalking World Cup 50km team. Kim got his vest compliments of his inaugural win in last week's Australian 50km championship at Fawkner Park. You can read more about Kim later in the newsletter.



Kim wins the 2013 Australian 50km Championship at Fawkner Park

WHAT'S COMING UP

It's time for a well earned break for our walkers with Christmas now looming large for us. Once we return, racewalking opportunities will come thick and fast for Victorians. The first month of 2014 is very busy

Sat Dec 28 - Fri Jan 10	VRWC Camp, Falls Creek
Jan 4-12, 2014	Oceania Masters Championships, Bendigo (5 Jan 10km walk, 8 Jan 3000m, 10 Jan 5000m)
Sat Jan 11, 2014	AV Shield Round 6 (3000m/1500m)
Sat Jan 18, 2014	AV Shield Round 7 (2000m)
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 19-22, 2014	LAVic JDS Camp
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Sat Feb 1, 2014	AV Shield Round 8 (3000m/1500m)
Sun Feb 2, 2014	Australian 20km Road Walk Championships & Oceania Race Walking Trophy, Hobart

We kick off with our **VRWC Camp at Falls Creek** on Saturday 28 December with 22 confirmed participants, including walkers from as far away as QLD and NSW. I will be going and I certainly look forward to what has now become an annual fixture. Still a couple of spots left but get in quick and email Simon Baker (Simon.Baker@depi.vic.gov.au) or me (terick@melbpc.org.au).

The **Oceania Masters Championships** kick off in Bendigo on Saturday 4 January with lots of our Masters walkers in action, contesting 10km roadwalks, 3000m track walks and 5000m track walks. See <https://www.omabendigo2014.com.au/> for full details. Alas, entries have now closed.

The **Victorian 5km Roadwalk Teams Championships** will be held at Middle Park on Sunday 19 January. This annual event is open to any currently registered AV walker and club teams of 3 men and 3 women will vie for the title of the top walking club. You must pre-enter this event via AV - entry panel at <http://www.athsvic.org.au/events/detail/2014-av-walks-series-5km-team-walk>. You enter as an individual. Once 3 male or 3 female walkers from your club have entered, you have a team. If more than 3 enter, the first 3 across the line count towards the team performance.

The **Victorian Country T&F Championships** are in Ballarat over the Australia Day long weekend, 24-26 January. Again, entries are via AV - see <http://www.athsvic.org.au/events/detail/2014-victorian-country-championships>. Entries close on 14th January so don't delay. Remember that metropolitan athletes can also compete by invitation by filling in the entry form.

The **Australian Roadwalk Championships** will be held in Hobart on Sunday 2 February. This meet will also include the 2014 World Walking Cup U20 10km trial so our top junior walkers will also be in action. You must enter this via Athletics Australia - see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1068&OrgID=887. Entries are now open and will close on Mon 17 January. This event also hosts the Oceania Racewalking Cup in which Australian U23 and U20 teams compete against New Zealand Open and U23 teams. The Australian team will be selected from those walkers who enter and who have bettered the team qualifying standards - see <http://www.rwa.org.au/aevents-2.shtml> for further details.

KINGS SPORT STORE TRELOAR SHIELD ROUND 7, SOPAC, SYDNEY, SATURDAY 14 DECEMBER

While some of the best NSW walkers were walking at Fawkner Park, others were racing in the NSW Interclub competition in Sydney on Saturday 14th December. Results shown below.

1500m Walk Under 14

1.	Martin, Brooke	10	Nepean Distr	8:32.40
2.	Skeed, Karl	10	Randwick Bot	8:41.86
3.	Parker, Hannah	11	Randwick Bot	8:44.71

3000m Walk Under 14

1.	Millican, Hayden	13	Sydney Pacif	16:47.77
2.	DeLaine, Eliza	13	Sydney Pacif	17:13.61
3.	Barendregt, Travis	13	Nepean Distr	19:20.99

3000m Walk Under 17

1.	Francis, Lucinda	14	Sydney Pacif	15:51.13
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5000m Walk Open & U20

1.	Barendregt, Amanda	17	Nepean Distr	28:31.11
2.	Kerr, Aidan	15	Sydney Pacif	25:18.23
3.	Cobb, Jessica	23	Blacktown Ci	28:01.6h
4.	Osborne, Robert	58	Nepean Distr	28:59.07
	Steanes, Bart	49	U.T.S. North	DQ

ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, ACT, THURSDAY 19 DECEMBER

Thanks to Robin Whyte for the latest results from Canberra where Zoe and Gabby Hunt and Spencer Burns were firing over the short 1km distance.

5km Walk

1.	Colin Heywood	28:01
2.	Robin Whyte	32:45
3.	Mick Saunders	34:15
4.	Bryan Thomas	35:10

3km Walk

1.	Peter Baker	17:27
2.	Helena Bialecki	19:16
3.	Rod Gilchrist	21:30
4.	Robyn Saunders	23:18

1km Walk

1.	Zoe Hunt	4:29
2.	Gabby Hunt	4:49
3.	Spencer Burns	4:52
4.	Mitchell Baker	5:12
5.	Laura Burns	5:52
6.	Kate Black	7:47

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 19 DECEMBER

Declan Tingay was the fastest of the walkers in Perth interclub last week with his 5000m time of 25:48.6.

Mixed 5000m Walk

1.	Tingay, Declan	M99	Athletics WA	25:48.6
2.	Holt, Kate	W96	Melville	28:06.2
3.	Reid, Benjamin	M01	Athletics WA	29:50.5
4.	Lowe, Daniel	M75	Masters WA	30:48.7
5.	Reid, Aimee	W98	Athletics WA	37:33.3
	Hughes, Holly	W97	Melville	DNF

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 21 DEC

Daniel Coleman 13:15.17 and Stephanie Stigwood 13:15.32 obviously walked together in their Interclub 3000m walk in Hobart last Saturday.

3000m Albert Johns Walk

1.	Coleman, Daniel	M	Ova Southern Saints	13:15.17
2.	Stigwood, Stephanie	W	Ova Southern Saints	13:15.32
3.	Rose, Louis	M	Ova Southern Saints	16:21.42
4.	Leitch, Elizabeth	W	Eastern Suburbs	18:38.36
5.	Marsh, Lawrie	M	Masters	19:26.12
6.	Guy, Sarah	W	Ova Southern Saints	21:18.78
7.	Moore, David	M	Masters	22:13.03

35TH KOPRSKI TEK MEET, KOPER, SLOVENIA, SUNDAY 15 DECEMBER

Thanks to Fabio Ruzzier for the results of the Koprski Tek Meet in Slovenia from Sunday 15th December. Only the walk events are reported.

U10 400m Walk Boys

1.	Brulc Andrej	2006	AK Koper	2:31.0
2.	Brulc Matija	2005	AK Koper	2:46.5
3.	Jager Vid	2007	AK Koper	3:06.0
4.	Kržič Žiga	2010	AK Koper	3:58.2

U10 400m Walk Girls

1.	Božič Ana	2007	AK Koper	3:11.1
2.	Kržič Neža	2007	AK Koper	3:17.8
3.	Cah Nika	2007	AK Koper	3:24.9

U12 2000m Walk Girls

1.	Cah Klara	2002	AK Koper	12:53.5
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U14 2000m Walk Boys

1.	Lubiana Riccardo	2001	Trieste Trasporti	11:33.6
2.	Haubrih Ivan	2000	Dinamo Zrinjevac	13:03.2

U14 2000m Walk Girls

1.	Colacicco Valentina	2000	Trieste Trasporti	10:33.5
2.	Čanadi Eva	2000	AK Koper	11:53.3

U16 3000m Walk Men

1.	Lubiana Federico	1999	Trieste Trasporti	14:42.5
2.	Tesovnik Anže	1998	MASS Ljubljana	17:09.8

3000m Walk Open Men

1.	Ruzzier Fabio	1953	AK Koper	14:45.5
2.	Haubrih Želimir	1963	Dinamo Zrinjevac	15:35.9
3.	Dorigo Silvio	1962	Marathon Trieste	15:37.5
4.	Bahčič Igor	1962	AK Koper	17:22.3
5.	Miloch Adriano	1947	Marathon Trieste	19:50.2

3000m Walk Open Women

1.	Poklar Andreja	1966	AK Koper	18:26.6
2.	Cah Mojca	1979	AK Koper	20:53.6

IRISH 30KM RACE WALKING CHAMPIONSHIPS, ST. ANNES PARK, RAHENY, SUNDAY 22 DEC

The Irish 30km roadwalk championship was held on Sunday in St Annes Park, Raheny. I picked up this facebook comment by Ray Flynn which gives a nice summary of proceedings.

Good day at National 30k Race Walking championships in Rahaney. We witnessed a new generation of Irish race walkers emerge led by Alex Wright who looked majestic as he strode to victory. Alex has moved to the Robert Heffernan Academy in Cork and is already reaping the benefits. Another member of that team Luke Hickey walked the second fastest time in Ireland for a Junior over 20k. It's good to be able to report this progress to High Performance Managers in Athletics Ireland who did not make it to Rahaney. Thanks to the judges and officials who turned out today and the host club for hospitality.

30km Men

1.	Alex Wright	2.13.57
2.	Brendan Boyce	2.14.58

20km Men

1.	Luke Hickey	1.30.16
2.	Cian McManamon	1.38.58
3.	Sean McMullen	2.08.10

20km Women

1.	Laura Reynolds	1.37.50
2.	Brenda Gannon	1.52.38

5km Walk

1.	Sinead Burke	26.56
2.	Nathan Murphy	27.52
3.	Robbie Kelly	27.58
4.	Orla Dalahunt	28.23
5.	Sinead O'Connor	29.51

3km Walk

1.	Claire Kennedy	16.12
2.	Niamh O'Connor	16.20

1km Walk

1.	Liam McDonagh	6.07
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Alex Wright (906) on his way to Victory in Raheny last weekend (photo <http://www.athleticsireland.ie/content/?p=35946>)

XVI TROFÉU ASOCIACIÓN DEPORTIVA CERRO DE BUENAVISTA, GATEFE, SPAIN, SAT 14 DEC

With additional walkers from Italy and Lithuania, the 16th Troféu Asociación Deportiva Cerro de Buenavista, held on the road on Saturday 14th December in Getafe, outside Madrid, was a very strong meet. Thanks to oMarchador for the report and results.

In the men's 10km, Marc Tur set a new Spanish Junior record with his winning time of 40.17 while the minor placings went to Álvaro Martín 40.28 and Diego Garcia 40.55. Garcia, who was third in this year's World Youth Championships, set a new Spanish Youth record with his time. In the women's race, Maria Jose Poves won with 45.27 ahead of Lithuanian Brigita Virbalyte 45.47 and Ainhoa Pinedo 46.47. Talk about depth!

10km Men

1.	Marc Tur Pico	1994	Soc. Gimnástica de Pontevedra	40.17
2.	Álvaro Martín Uriol	1994	Playas de Castellón	40.28
3.	Diego Garcia Carrera	1996	AD Marathon	40.55
4.	Massimo Stano	1992	Polizia di Stato - Itália	41.08
5.	Leonardo Dei Tos	1992	Aterno Pescara - Itália	42.06
6.	Mirko Dolci	1985	Aeronautica Militare - Itália	42.46
7.	Ivan Pajuelo Paredes	1993	AD Marathon	42.51
8.	Mario Sillero Mesonero	1990	Huracan Fent Cami	44.31
9.	Manuel Bermudez Jimenez	1997	UCAM Athleo Cieza	44.35
10.	Daniele Todisco	1995	Geas Atletica - Itália	45.57
11.	Tomaso Romagnoli	1993	Centotori - Itália	46.13
12.	David Mateos Redondo	1981	ATCO Pamplona	46.30
13.	Diego Galvez Jimeno	1981	Hinaco Monzon	48.00
14.	Josu Gomez Ezeiza	1994	Tolosa Club Futbol	49.27
15.	Pedro De La Mata Maria	1996	CAP Alcobendas	49.34
16.	Carlos Tur Monge	1998	CA Pitius	52.29
17.	Oscar Crespo Romo	1979	AA Mostoles	53.49
18.	Iñigo De Juan Razkin	1997	Tolosa Club Futbol	57.10

10km Women

1.	Maria Jose Poves	1981	Simply Scorpio	45.29
2.	Brigita Virbalyte Dimsiene	1985	Interwalk - Lituânia	45.47
3.	Ainhoa Pinedo Gonzalez	1983	AD Marathon	46.47
4.	Julia Tackacs	1989	Playas Castellon	47.33
5.	Lorena Luaces Barril	1984	ATCO San Sebastian	47.33
6.	Valentina Trapletti	1985	Esercito - Itália	47.55
7.	Laura Garcia-Caro Lorenzo	1995	Bidezabal Atmo	48.42
8.	Amanda Cano Gomez	1994	Ucam Athleo Cieza	49.19
9.	Lidia Sanchez-Puebla Fernandez	1996	Playas Castellon	50.28
10.	Marta Gustran Cortes	1990	Juventud Elche Arosa	51.26
11.	Alessia Constantino	1994	AT Reggina	51.48
12.	Laura Jimenez Elipe	1991	C UCAM Cartagena	51.51
13.	Mar Chillon Camaño	1996	CA Vila De Cangas	51.59
14.	Melisa Sanchez Bermejo	1996	UCAM Athleo Cieza	53.39
15.	Alicia Cristobal Muñoz	1990	CA Valladolid	53.51
16.	Macarena Martin Uriol	1992	Club Atletica Elche	54.40
17.	Carla Santaelena Garcia	1996	CAS Cajasegovia	54.48
18.	Laura Sanchidrian Martinez	1994	CA Villaviciosa	54.52
19.	Coral Aja Perez	1993	Pielagos Inelecma	57.02
20.	Elena Diaz Velazquez	1985	Oviedo Atmo	57.04
21.	Irene Montejo Garces De Marcilla	1998	Ca Oasis Tres Cantos	57.35
22.	Miriam Costas Gomez	1993	Ca Femenino Celta	57.52
23.	Lucia Corral Ribera	1997	CA Colmenar Viejo	57.57
24.	Irene Santamaria Olivera	1995	ISN Pamplona Atco	58.32
25.	Esmeralda Corredoira Herbelo	1997	CA Vila De Cangas	58.50
26.	Alicia Del Rio Hernandez	1996	AD Marathon	60.00
27.	Marta Tejedor Puentes	1997	CAS Cajasegovia	61.11
28.	Cristina Castellanos Montealegre	1997	CA Alacazar-Aquaolympic	61.50
29.	Adela Martinez Gomez	1981	UD Benalmadena	64.07
30.	Enara Ibarra Plaza	1997	Super Amara	64.07
31.	Marina Soriano Zamora	1995	CAP Alcobendas	64.37
32.	Iris Elena Blasco Smaranda	1994	CA Oasis Tres Cantos	66.44

TROFÉU CLUBE MARCHADOR/ADEC TUNES, QUARTEIRA, SPAIN, SUNDAY 15 DECEMBER

A day later and more walks to report from Spain where Ana Cabecinha 22:28.36 and Pedro Isidro 21:24.19 won the 5000m track walks in the Troféu Clube Marchador at the Municipal Stadium in Quarteira on Sunday 15th December. These marks were actually recorded as part of 10,000m walks that they were doing - their 10,000m times being 45.08,12 and 42.46,74 respectively. Overall victory went to Clube Oriental de Pechão with 87 points ahead of Centro Desportivo de Quarteira (55) . Thanks to oMarchador for the report and results - see <http://omarchador.blogspot.pt/2013/12/memoria-de-claudio-lino-celebrada-com.html>.

5000m Women - Lane 1

1.	Ana Cabecinha	1984	CO Pechão	22:28.36	45:08.12
2.	Kristina Saltanovic	1975	Interwalk Lituânia	22:46.92	
3.	Edna Barros	1996	CO Pechão	25:50.25	
4.	Liandra Gonçalves	1996	CO Pechão	26:56.00	
5.	Marta Leal	1997	CO Pechão	29:09.23	
6.	Andreia Francisco	1991	C Benfica Faro	29:19.87	
7.	Helena Rodrigues	1960	ADEC Tunes	37:04.17	
8.	Verónica Camilo	1995	ADEC Tunes	46:12.35	

5000m Men - Lane 1

1.	Pedro Isidro	1985	SL Benfica	21:24.19	42:46.74
2.	Fábio Conceição	1993	CO Pechão	24:18.09	
3.	Daniel Sousa	1965	Individual	25:06.76	
4.	Diogo Livramento	1996	CRD Santaluziense	29:01.40	61:09.03
5.	Carlos Santos	1995	ADEC Tunes	30:05.36	
6.	Ricardo Castro	1991	CD Quarteira	30:11.92	

3000m U16 Girls - Lane 1

1.	Carolina Costa	1998	CO Pechão	15:29.41	
2.	Ednice Barros	1999	CO Pechão	18:13.88	
3.	Inês Estrela	1998	CO Pechão	18:50.34	
4.	Rafaela Sancadas	1998	CD Quarteira	22:46.17	
5.	Melissa Sena	1998	CD Quarteira	23:46.77	

3000m U16 Boys - Lane 5

1.	Rodrigo Marques	1999	CD Quarteira	15:48.28	
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2000m U14 Girls - Lane 5

1.	Cristiana Vieira	2001	CD Quarteira	11:40.62	
2.	Sofia Guedes	2001	CD Quarteira	11:56.25	
3.	Ana Filipa Vicente	2001	CO Pechão	12:21.00	
4.	Catarina Gregório	2001	CO Pechão	12:38.30	
5.	Laura Lopes	2001	CO Pechão	12:47.76	

2000m U14 Boys - Lane 5

1.	Etson Barros	2001	CO Pechão	12:14.84	
2.	Vasco Cruz	2000	CO Pechão	13:42.19	

1000m U12 Girls - Lane 5

1.	Ana Mestre	2002	CO Pechão	5:14.77	
2.	Matilde Borges	2006	CD Quarteira	6:44.44	
3.	Nádia Silva	2005	ADEC Tunes	6:47.92	
4.	Viorica Salier	2003	ADEC Tunes	6:51.35	
5.	Sofia Barros	2003	CD Quarteira	6:51.75	
6.	Érica Gonçalves	2002	ADEC Tunes	7:05.03	
7.	Miriam Rodrigues	2002	ADEC Tunes	7:08.28	
8.	Melissa Henriques	2003	ADEC Tunes	7:23.12	
9.	Eunice Ferradeira	2004	CO Pechão	7:26.34	
10.	Oriana Sousa	2005	CD Quarteira	7:27.07	
11.	Mariana Pardal	2006	CD Quarteira	7:29.57	
12.	Ana Salero	2005	CO Pechão	7:52.57	
13.	Adelaide Fazenda	2007	CD Quarteira	9:33.79	
14.	Marisol Neves	2005	CD Quarteira	9:52.81	

1000m U12 Boys - Lane 5

1.	Xavier Bolotinha	2003	CD Quarteira	6:02.04	
2.	Marco Ferreira	2004	ADEC Tunes	6:26.08	
3.	Rafael Ferreira	2002	ADEC Tunes	7:04.55	

4.	Marcelo Barreto	2004	ADEC Tunes	7:10.28
5.	Pedro Martins	2005	ADEC Tunes	7:49.44

2013 USATF LONG ISLAND 3000M INDOOR CHAMPIONSHIP, NY, SATURDAY 21 DEC

The Long Island 3000m Indoor Championships were held at St Anthony's HS, South Huntington, New York, last Saturday and the local walkers got one heck of a boost when they competed against 3 Olympians - 2000 and 2004 Olympian Tim Seaman and 2012 Olympians Rachel Seaman and Maria Michta. And as befits such highly credentialled walkers, their times were excellent - Tim with 11:52.31 (a new M40 WR?), Rachel with 12:38.16 and Maria with 12:42.97. And you must read the excellent article at <http://www.newsday.com/sports/olympics/olympic-race-walkers-compete-on-long-island-1.6655871>.

Men's 3000m Walk

1.	Tim Seaman	NYAC	11:52.31
2.	Jack Lazor	Connecticut RW	15:38.38
3.	Bill Vayo	Shore AC	16:15.25

Women's 3000m Walk (first 10 only)

1.	Rachel Seaman	Canada	12:38.16
2.	Maria Michta	WalkUSA	12:42.97
3.	Molly Josephs	Missouri Baptist/WalkUSA	14:50.19
4.	Katie Michta	WalkUSA	15:04.51
5.	Monika Farmer	WalkUSA	15:05.18
6.	Alexa Kleupfel	Walk USA	15:55.13
7.	Brittany Collins	WalkUSA	16:13.31
8.	Kaitlin Martins	Walk USA	16:16.42
9.	Natalie DeQuarto	WalkUSA	16:16.44
10.	Allie Bennett	Walk USA	16:30.34

OUT AND ABOUT

- Steve Landells for the IAAF interviews Jared Tallent about work, rest and play <http://www.iaaf.org/news/feature/jared-tallent-work-rest-play-race-walk-athlet>
- WalkCentral focuses on China and its push to increase its Olympic footprint. And Olympic walk medallist Ding Chen leads the charge. See <http://www.walkcentral.com/china-focus-on-walking.php>
- Not a racewalking link but a bit of Olympic history with a discussion and review of the course used for the 1956 Olympic cycling road race. So this is one for Melbourne readers. I have ridden bits of the course around Broadmeadows off and on for years and know it well. A 17km loop that was quite demanding and can still be ridden today. Check out <http://cyclingtips.com.au/2013/12/riding-through-history-the-1956-olympic-road-race/>.
- The article also links to the 1956 Olympic Games Official Report. It's a whopping 32Mb and nearly 800 pages but it is worth downloading and saving as a bit of history. The 2 road walks (20km and 50km) are discussed on pages 319-316 with some very nice photos. Check out <http://library.la84.org/6oic/OfficialReports/1956/OR1956.pdf>.
- David Armstrong has put together another one of his fabulous athsvicTV packages covering last weekend's Australian 50km racewalk carnival at Fawkner Park in Melbourne. See https://www.youtube.com/watch?v=NblUGsnu_WM. Well done David on another fine production.
- No surprises in Slovakia with Matej Toth being voted their T&F Athlete of the Year which was announced last Thursday in Bratislava - see <http://sport.pravda.sk/ostatne-sporty/clanok/303034-slovenskej-atletike-vladne-chodec-toth/>. It is the fourth time that a walker has won this award - Igor Kollar in 1993 and 1999 and Matej in 2006 and 2013. With 3rd in the European Cup 20km, 5th in the IAAF World Championship 50km, 3rd in the 2013 IAAF Race Walking Challenge Series and with a PB 20km time of 1:20:14, it was a great year for the 30 year old walker from Banska Bystrica. As for 2014, he plans to race 20km in the World Cup in Taicang and then 50km in the European Championships in Zurich. In other news, Matej has parted company from long term coach Juraj Bencik and will now be coached by Matej Spisiak who is the Dukla Banska Bystrica club coach. Spisiak, along with the official Slovak walking head coach Matej Pupis, will now have responsibility for most of the top Slovak walkers.
- Paul Warburton does his end of year review of the world walking scene for the IAAF. See <http://www.iaaf.org/news/news/race-walking-2013-review-iaaf>

TALLEN, ERICKSON AND MOTTROM NAMED FOR WORLD CUP 50KM

Three Australian walkers, including three-time Olympic race walking medallist **Jared Tallent** of Victoria, have been named to the Australian team for the 2014 IAAF World Race Walking Cup. Tallent joins fellow Victorian **Chris Erickson** and **Kim Mottrom** of South Australia on the team for the men's 50km race walk at the IAAF World Race Walking Cup to be held in Taicang in the People's Republic of China from 3 – 4 May in 2014.

Read the press release at <http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/4889/Walkers-named>

Jared and Chris were both selected based on their performances at the 2013 IAAF World Championships in Moscow. Under the Athletics Australia selection policy for the World Race Walking Cup, any athlete who finished in the top 24 in Moscow gains automatic selection. Jared took bronze at the World Championships whilst Chris finished in 16th position, thus earning themselves an automatic berth for Taicang. Kim ensured his selection by winning the Australian 50km Race Walking Championship in Melbourne last Sunday, which was also the official selection trial for the World Race Walking Cup.

“Both Jared and Chris showed last year their ability to perform at the international level and Kim's performance at the Trial last weekend provides an opportunity for him to make his World Walking Cup debut,” Athletics Australia Chairman of Selectors Dion Russell said.

Selection for all other events at the 2014 IAAF World Race Walking Cup will be made in the week beginning 3 February 2014.

KIM MOTTROM - AUSTRALIA'S NEWEST INTERNATIONAL REPRESENTATIVE

Kim Mottrom is our latest Australian racewalking representative, having just been named in the 50km team to contest the 2014 IAAF Racewalking World Cup in Taicang, China. For Kim, it has been a long haul and now, at 29 years of age, he has finally nailed it big time.

Born 27 September 1984 in South Australia, Kim started Little Athletics at age 10, but confided to me that he was “*terrible at everything. I was far from an athletic child and I can honestly say that my first 1500m run was barely under 10 minutes. The walk was the only event I wasn't terrible at and it became the event I could focus on.*”

He started training properly when he finished Little Athletics at the end of 1999, with Roy McFadden coaching him initially. His first interstate trip was in June 2000 when, aged 15, he contested the Australian Junior 10km roadwalk championship at the LBG Carnival in Canberra - his placing an inauspicious 10th and his time an inauspicious **1:01:53**.

At the end of that same year, the Australian All-School T&F Championships were in Adelaide so Kim fronted for the U20 5000m track walk, coming second to Jared Tallent in a much improved time of **25:33.61** (Jared's winning time was 22:16.46).

Kim parted ways with Roy McFadden at the beginning of 2001 and asked his son Rob to coach him. He continued his improvement under the new training program, coming an impressive third in the Australian Junior 10km roadwalk championship in Canberra in June, his time of **47:44** over 14 minutes faster than the year before (Jared Tallent was first in 43:53 and Aaron Mellor was second in 47:40).

Alas, Kim's racewalking path has not been an easy one. At the end of 2001, he broke his ankle, the first of a number of setbacks. When he was able to get back into walking at the start of 2002, he and Rob parted ways and he started coaching himself at the age of 17. It meant a lot of hours doing research online, looking through what had worked for him in the past and what hadn't and really listening to his body for the first time rather than reading straight from some one else's program.

His next major outing was to be the annual Australian Junior 10km roadwalk championship at the LBG Carnival in June 2002. Alas, two days before the race, he had quite a serious car accident which resulted in permanent neck damage. “*Being 17 at the time, I still boarded the bus to Canberra the day of my accident and me being me, I pushed through the race anyway. Probably because I pushed through the race and 6 weeks later struggled through my first 30km race I didn't worry too much about getting tests and physio done - bad decisions at the age of 17.*” For the record, he finished 5th in the LBG race in a time of **49:34**.

Kim finished school at the end of 2002 and went straight into an education degree (which he eventually finished in 2007). 2003 was his last chance to compete in the Australian Junior 10km roadwalk championship at the LBG carnival and it was a memorable race in which Aaron Mellor, Jared Tallent and Adam Rutter crossed the line together, vying for first place. Mellor was disqualified by the chief judge for poor form in the final 100m. This was applied to the Australian Championship which was awarded to Jared. But in the accompanying Federation championship, Aaron was the designated winner. In another good walk, Kim finished 5th in **47:55**. Just over 2 months later, Kim finished 2nd in the Australian Junior Men 20km roadwalk championship in a time of **1:36:47** (Jared Tallent won it in 1:33:54), thus showing at an early age that his real future was going to lie in the longer distances.



A young Kim Mottrom finishes second in the 2003 Australian Junior 20km Championship in Melbourne

Now you would expect that, after such a good 20km debut, Kim was going to improve further over the next few years and challenge the 1:30 mark. But that was not the case initially. His next championship race (the 2005 Australian U23 20km roadwalk championship) saw him third in 1:55:30 (again, Jared Tallent was the winner in 1:27:15).

*I would actually like to specifically mention the 20km I did at the start of 2005 in Sydney. I was having a number of issues during this period too and soon after that, I contacted Mark Donahoo to help me identify what the issues were and he helped me with a program for just over 3 months to get me back on track. I know in July that year I got back to **1:38:05** for 20km and **2:32:33** for 30km. Having another set of eyes on me for that period really helped reset my body and get my mind back on track as well. I used that as a platform to walk **1:33:50** for 20km in 2006 and win the 10 miler in Canberra weeks before I moved out of home that year - so as a coach it's important to be open to outside advice because it can be extremely valuable.*

Kim moved out of home soon after the 2006 Australian U23 20km championship (3rd again in 1:38) to a little unit on his own and suddenly making sure he was fit enough for big races wasn't as important as paying the bills while he was still studying and working. He did try to keep up the training and raced during that time, but just didn't prioritise racing for the next few years.

When he didn't manage to get any full time teaching work after completing his degree, he fell into office work in late 2007. At this stage, he started to develop problems with his legs - after periods of prolonged sitting he would have unexplained swelling and cramping in his lower limbs. He spent hundreds of dollars trying to figure out what the issue was but eventually only found the real cause a few months ago.

By 2009, he'd been having ongoing back issues and he had a CT scan that revealed bulging discs and a nerve impingement. So he was told by both his doctor and his physio to quit his current office job and to stop racewalking. He kept coaching for a couple of months and found that his back didn't get any better by not walking, so he decided to walk once a week to see how it responded. Leading up to the 2009 Australian Winter 20km championships, he was literally only walking Tuesdays and racing Saturdays and doing a long walk on Sundays with one of the girls he coached. He entered the 20km to show this girl that if he could do a 20km off the same training as her, she could certainly do a 5km PB. For the record, he finished as the third Australian (4th overall) in a time of **1:42:36**. That 2009 race showed what his body could do off limited training.

For the next couple of years, he continued to race regularly but off a very limited training regime. In June 2011, he contested his first LBG 20 Mile Championship, coming 11th in **3:02:25**.

By the end of 2011, he decided he had enough of office work because of the continuing leg issues and he started working as a gas meter reader - which meant lots of walking. By that stage, he weight had shot up to 80kg. With his new job and with better quality training, he shed 20kg by mid 2012.

This was Kim's second chance as a walker and he has taken it by the horns. His current PBs (all set in 2012 and 2013) show how much he has improved over the past 2 years:

1500m	6:03	20/03/2013
2000m	8:17	28/03/2012
3000m	12:16	09/11/2012
5000m	21:08	18/05/2013

10,000m	42:39	07/11/2012
15km	1:07:01	01/06/2013
10 miles	1:17:51	10/06/2012
20km	1:31:14	01/09/2013
30km	2:25:23	28/07/2012
20 miles	2:37:59	09/06/2013
50km	4:28:12	15/12/2013

He rates his 42:39 10,000m walk (7/11/2012) as his best walk so far. *“It was at 9pm on a nice summer night on the track in Adelaide and it was one of those races where you just go for it and it works. I did PB's for 5km, 8km and 10km.”*

A few recent races of significance include

- His fourth place (2:37:59) in the LBG 20 Mile Championship in Canberra in June 2012
- His win (21:39) in the Australian University Games 5000m Walk in September 2012
- His win (4:28:12) in this month's 2013 Australian 50km Championship.

The 50km championship win was also right up there in terms of what it meant and how he felt about it. *“But I hope to be much faster in May next year.”*



Kim walks 1:31:50 in the 2012 Australian 20km Championship in Adelaide in August of that year

I mentioned early in this article that it was only this year that Kim found out the cause of his leg problems.

I was out of work most of this year and in September started another office job despite my worries because I simply needed a job. A few weeks in I had an ultrasound done on my left leg, showing that my sciatic nerve actually branches off at the piriformis muscle, and partly goes through the piriformis muscle- which means ongoing sciatica unless I do everything I can do keep the piriformis muscle loose. So I had a cortisone shot in that muscle about 8 weeks before the 50km to see if that helped ease the symptoms, which it did. However, the other leg started working harder and I injured the right hamstring. I had significant swelling around the sciatic nerve in the right leg and up until 4 days before the 50km, I wasn't physically able to break 5:00 for a km. Fortunately for me, I don't let my body tell me what I can do and I went into the 50km strapped up but determined not to worry about my legs; just to let all the training I'd done carry me through. Obviously I got my first national championship and this world cup selection which for me is incredible and I feel it's a reward for the years of hard work I've done.

Kim has also been coaching for many years now, something that is quite unusual for one so young.

I started coaching other athletes myself in 2002 and coached Sandy Brunner to her first masters world record in 2004. I've coached a number of juniors to national medals as well, and now have a group of between 10-15 walkers and runners. In the last 10 years I've completed my education degree, majoring in physical education, and recently completed my level 2 coaching course, have completed 3 years of my current degree in behavioural science and just had a lot of experience with my own body and with many different athletes with different abilities and different issues. I find coaching really helps my own walking because I don't believe in a '1 program fits all' approach. Just as I couldn't follow a generic program because of the limitations I have, I know that two athletes training for the same race have different bodies and different backgrounds. All of the athletes I coach have different programs because they have different strengths, weaknesses and needs. Addressing these and working one on one with them has helped me to really try so many different approaches which in turn has allowed me to see what works well and what doesn't and then try different things on myself. Just as I do with my athletes, I sit down and do a lot of planning for my own program and don't deviate from it unless I have circumstances that demand it. Sometimes I look at the program and don't

particularly like the coach.



Kim is interviewed after winning the Australian 50km championship in December 2013

The road to his Australian vest has not been an easy one for Kim. The setbacks he has encountered along the way would have put paid to many walkers so it is to his credit that he has persevered and has come out the other end as a better walker and as a good coach. I have no doubt that in May next year in China, he is going to go a lot faster than his debut 50km time of 4:28:12.

The last word to Kim

I've always actually been passionate about my walking and any time I've disappeared for hasn't been because I've stopped trying, but because my body wasn't co-operating with me.

FOOD SUPPLEMENTS - IS IT WORTH THE RISK?

Athletics Australia is set to instruct all athletes to adopt a blanket ban on the use of supplements because the controversial products are considered to be of dubious physical benefit while the risks they present are great. See <http://www.smh.com.au/sport/athletics/athletics-australia-drafts-ban-on-use-of-supplements-20131219-2zo04.html#ixzz2nx47X500>

The AA spokesman said athletes would be advised not to take a supplement if:

- It cannot be found on the Australian Sports Anti-Doping Authority "Know your Substance" website;
- After a match on the website, it is revealed that it is prohibited in sport;
- It has been sourced from overseas or the internet.

"If in any doubt, an athlete will be expected to adopt a 'no supplement' policy."

AA is understood to be the first sporting body to recommend a broad ban like this.

This makes for interesting reading, coming out the day after Australian cyclist Michael Rogers has tested positive for clenbuterol after racing in Japan. Rogers claims the trace elements detected come from contaminated food eaten in China the week before. Now this is the same thing that happened to Tour de France winner Alberto Contador in 2010. Here's the connection - CAS agreed that Contador probably did not take clenbuterol as a performance-enhancing drug but may have tested positive due to a contaminated food supplement (see http://www.tas-cas.org/d2wfiles/document/5649/5048/0/Media20Release20_English_2012.02.06.pdf).

The moral of the story - use supplements at your own risk.

TIM'S TOP TEN MEN FOR 2013

It's that time of the year again so off we go with my Top Ten Men for 2013. It's a bit different this year with 3 walkers on Equal 2nd (I couldn't split them) and 3 walkers on Equal 10th. Remember they are my own views - you might have a different order or you might even have a different mix of walkers in the final listing.



1. Jared Tallent

29 year old Jared is once again the top of my list - for the fifth time out of 5 such reviews. Won the Aust 20km in Feb (1:22:10), 3rd in the IAAF Challenge race in Taicang in March (1:20:41), won the La Coruna Challenge 20km in June (1:21:21), won the LBG 20 Mile in Canberra in June (2:20:41), took bronze in the IAAF World Champs 50km in Moscow in August (3:40:03) and won the IAAF Challenge Series overall for 2013. What more can be said!



E2. Chris Erickson

32 year old Chris had his best year ever. Won the Chinese 50km championship in March (3:55:24), won the 10km, 15km, 20km and 30km Victorian championships over the winter, was second to Jared in the LBG 20 Mile in Canberra in June in a PB 2:21:10, came a great 16th in the IAAF World Championship 50km in Moscow in August in a PB 3:49:41 and finished off the year with a very strong 10th place in the 4 day long Taihu Race Walking Rally in China in October.



E2. Dane Bird-Smith

Another great year for 21 year old Dane, starting with second place behind Jared Tallent in the Australian 20km champs in Hobart in February (1:22:27). This set the scene for some great 20km performances - 3rd in Sesto San Giovanni in May (1:23:18), 4th in La Coruna in June (1:22:03) and 11th in the IAAF World Championship 20km in Moscow in August (1:23:06), finishing off with a win in the Australian Winter 20km championship in Launceston in September (1:25:43). The one disappointing blip was his failure to finish in the 4 day long Taihu Race Walking Rally in China in October. He dominated the track races around the country and reduced his 5000m time to 18:56.96 in July.



E2. Nathan Brill

17 year old Nathan had a superb year which started with a win in the Youth Olympics 5000m in Sydney in March (20:08). Second place in the AA invitational U20 10km in Hobart in Feb (43:36), wins in the Australian U20 10,000m (42:48) and U18 5000m (20:33) in Perth in March, a superb 5th place in the IAAF World Youth Championship 10,000m in Donetsk in July (42:33) and a win in the Australian U18 10km roadwalk championship in Launceston in September (43:34) cemented his place at the top of our Junior ranks.



5. Jesse Osborne

Another hugely talented junior, 18 year old Jesse started off his year in Hobart in February with a surprise start in the Australian Open 20km Championship - and a great 1:29:24 for 6th place. A few weeks later, he showed his versatility with second in the Victorian Open 5000m with a PB 20:00.68. Had to lower his colours to Nathan Brill in the Australian U20 10,000m championship in Perth in March (43:24). Won the LBG 10 Mile in Canberra in June in a great 1:10:57, was second to Chris Erickson in the Victorian 10km (43:41), 15km (1:08:36) and 20km championships (1:32:43), won the Australian U20 10km roadwalk in Launceston in September (44:32) and finished off the year with a win in the AA Invitational 10km at Fawkner Park in December in a PB 42:16. Overall, PBs galore from 1500m (5:32) to 20km.



6. Tyler Jones

15 year old Tyler Jones has been undefeated in his age group in Australia all year and has been more than competitive against his older junior rivals. Won the Australian U16 3000m in Perth in March (13:10) and took 4th in the U20 10,000m at that same meet (47:34). Won both the U16 3km (13:33) and the U18 5km (23:36) at the LBG Carnival in Canberra in June, competed above his age group in the Australian U18 10km in Launceston in September (2nd in 46:01) and finished off the year with 3rd at Fawkner Park in the Junior 10km (43:43) in December. Set PBs all through the year over all distances from 1500m (5:54) to 12km and is in line for a 2014 World Cup trip at only 15 years of age.



7. Rhydian Cowley

22 year old Rhydian Cowley started off his year with 6th in the Australian 20km champs in Hobart in Feb (1:26:40), walked more solid 20km races in Sesto San Giovanni in May (1:25:45) and La Coruna in June (1:24:22 - a 12 sec PB) and competed in his first World Champs meet in Moscow in August (1:33:25). These performances consolidated him into our top group of 20km men and ensured a place in my Top 10.



8. Kim Mottrom

29 year old Kim has had his best year ever this year, culminating in his first national championship win at Fawkner Park in December (50km 4:28:12) and his subsequent selection in the 2014 World Cup Team. This built on his great 20 mile walk in Canberra in June (4th with 2:37:59) as well as a whole swag of other PBs done during the year, including 5km (21:08), 15km (1:07:01) and 20km (1:31:14).



9. Peter Bennett

58 year old Peter Bennett continues to amaze with his ultra walk feats. This year he won the annual Rouen 24H walk classic with 213km (his 5th win from 7 outings) in June, finished 8th (against a field of runners) in the Australian 48 Hour Championships in July (272.114km) and won the VRWC 24 Hour race in Middle Park in September (185.199km). And of course, he races over the shorter distances with QRWC and the Queensland Masters and is no slouch there either - his 2013 best times have included 24:55 (5000m), 49:47 (10km) and 1:51:21 (20km).



E10. Andrew Jamieson

67 year old Andrew Jamieson raced sparsely but produced the goods when it counted with 2 golds (10km and 20km) and one silver (5000m) in the World Masters Champs in Brazil in October. On top of that, his 2013 best times of 14:47 (3000m), 24:45 (5000m), 49:02 (10km), 1:14:44 (15km) and 1:48:30 (20km in Brazil which was nearly 21km in length!) show the quality of his walking - few masters walkers can match him, not even those in younger age groups.



E10. Kyle Swan

One end of the age spectrum to the other - 14 year old Kyle has been in my list for the past couple of years and makes it in again in 2013. Like Tyler in the age group above him, Kyle clearly leads in his age group and has had another strong year. Won the U15 3000m (16:36) at the Australian T&F Champs in Perth in March, was 3rd in the LBG U16 3km (14:09) and 4th in the LBG U18 5km (25:17) in June and won the Australian U16 5km roadwalk champ in Launceston (23:52) in September. Set PBs over all distances in 2013 - 6:42 (1500m), 9:19 (2000m), 13:23 (3000m), 22:54 (5km) and 48:07 (10km).



E10. Ralph Bennett

71 year old Ralph Bennett is another of our outstanding Masters walkers and he did even better than Andrew at the World Masters in Brazil, taking all 3 golds in his age group (5000m, 10km and 20km). A great competitor, he races nearly every week and regularly produces leading M70 times - his 2013 bests are 10:59 (2000m), 16:57 (3000m), 28:27 (5000m), 57:19 (10km) and 1:59:23 (20km),

FROM THE VAULT

Thanks to Alan Lucas for this great photo that he found just a few days ago in his own archives. It shows the winning VAWC team in the 1972 Glover Shield. Alan explains: *It was taken the morning after the competition which was held at Woody Point, a suburb of Brisbane, on the Redcliffe Peninsula. I vividly remember how a number of people back at the VAWC were surprised the following week to learn that we actually won even though Frank Clark was there for NSW. I was 24 at the time and Robin 22.*



1972 Glover Shield Winners - Alan Lucas, Ralph Field, Robin Wood and Varel Newmark (front)

Here is how the Heel and Toe of May 1972 reported the race.

The main event of the day, The 10,000m Glover Shield, saw a small but very determined Victorian team line up against 3 NSW teams, 1 ACT team and 1 QLD team. Olympian Frank Clark (NSW) cleared out after 1000m to win in 47:38 from Robin Whyte (ACT) who had a lonely race for second in 48:36. A little further back, the pressure was really on as Robin Wood, Varel Newmark and Alan Lucas were having a battle royale with Eddie Dawkins, Logan Irwin and Frank Overton (all NSW), with Mike Barfoot, Peter Waddell and Terry Jones (all ACT) breathing down their necks.

At the finish, Robin Wood 49:48 held a slight lead over Varel 49:53, who walked a real captain's race, just beating Eddie Dawkins 49:55. Alan hung on desperately for 6th in 50:12 with Logan Irwin putting in a powerful finish for 50:26. Mike Barfoot 50:50, Peter Waddell 51:04, Terry Jones 51:16 and Frank Overton 51:33 found the pace too much over the last 1500m and fell back a little. The pressure of the race can be seen by the times of the leaders over the last 1500m - Clark 7:09. Whyte 7:08, Wood 7:17, Newmark 7:09, Dawking 7:15, Lucas 7:15 and Irwin 7:18.

When the results were worked out, it was found that Victoria and NSW both had 13 points but Vic won on a countback because our team was the first to finish 3 competitors. Rick Hutton 58:09 and Ralph Field walked to make up the numbers for Vic and had an interesting battle with Sid Bray 58:24. After the Glover Shield, it was confirmed that we had also won the Robinson Shield (U19 men's 10,000m race) and there was great jubilation in the Victorian camp.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Dec 28 - Jan 10	VRWC Camp, Falls Creek
Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see http://www.omabendigo2014.com.au
Sun Jan 12, 2014	Regal Racewalkers Racewalking Seminar, SOPAC, Sydney
Sun Jan 19, 2014	AV 5km Roadwalk Teams Championships and VRWC Road Races, Middle Park
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat

Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (TAS)
 Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km

Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)

Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks

April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**

May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**

May 18, 2014 Naumburg International Racewalks, Naumburg, Germany

July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland

Mar 22, 2014 Dudinska 50, Dudince, Slovakia

Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal

Apr 12, 2014 Podebrady, Podebrady, Czech Republic

Jun 8, 2014 British Grand Prix of Racewalking, York, England

Jun 13, 2014 International Festival of Alytus, Lithuania

Aug 31, 2014 Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**

2015 **9th World Youth T&F Championships, Cali, Colombia**

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**

July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**

May 2016 **27th IAAF World Race Walking Cup, Cheboksary, Russia**

2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>

Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>

2017 **29th Summer Universiade, Taipei**

August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**

May 2018 **28th IAAF World Race Walking Cup, Cheboksary, Russia**

2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**

July 2020 **32nd Olympic Games, Tokyo**

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