VICTORIAN RACE WALKING CLUB



ANNUAL REPORT

2004

VRWC COMMITTEE FOR 2003/2004

OFFICERS

President Senior Vice President Junior Vice President Treasurer Secretary

GENERAL COMMITTEE

Asst. Secretary/Treasurer Club Captain Club Vice Captain Publicity Officer Race Secretary Handicapper Delegate to Athletics Victoria VRWC Selectors (2) Judging Coordinator Social Secretary Development Officer AFORWC Liason Officer General Committee Auditor Harry Summers Mark Donahoo Bob Gardiner Michael Bodey Tim Erickson

Ron Miller Andrew Jamieson Marlaine Stanway Ray Smith Ron Miller Mark Donahoo Peter Vysma Ron Miller, Mark Donahoo Diane Lowden

Mark Donahoo Mark Donahoo Paul Kozaris, Heather Carr Alan Cater

LIFE MEMBERS

PRESIDENTS

1923-1925 1925-1928 1928-1929 1929-1931 1931-1937 1937-1941 1946-1976 1976-1983

1983 -

Robert Croll William Dickenson Rexx Merrick / Frank Byrne Frank Byrne Edward Drayton Alfred Robinson

Alfred Robinson Raymond Smith Harold Summers

SECRETARIES

TREASURERS

1923-1924	Victor Dowling	1923-1926	Rex Merrick
1924-1925	Rex Merrick	1926-1928	Ern Fitzgerald
1925-1926	Frank O'Rourke	1928-1931	Jack Coffey
1926-1927	Rex Merrick / Fred O'Grady	1931-1936	Rupert Blackley
1927-1931	Alf Robinson	1936-1937	Rupert Blackley / Ian McDougall
1931-1932	Alf Robinson / Rupert Blackley	1937-1939	Ian McDougall
1932-1936	Rupert Blackley	1939-1940	Ben Blakey
1936-1937	Rupert Blackley / Ian McDougall	1940-1941	Clem Marshall / Rupert Blackley
1937-1940	Ian McDougall	1941	Douglas Murrell
1940-1941	Clem Marshall / Rupert Blackley		-
1941	Douglas Murrell	1946-1947	Ben Blakey
		1947-1949	Alex Philpotts
1946-1947	Ben Blakey	1949-1950	Noel Bomford
1947-1949	Alex Philpotts	1950-1952	Vic Sharp
1949-1950	Noel Bomford	1952-1973	Norm Goble
1950-1952	Vic Sharp	1973-1982	Charles Jacobson
1952-1971	Norm Goble	1982-1983	Elsie Jacobson
1971-1974	Alan Lucas	1983-1990	Ray Smith
1974-1975	Bruce Thorne / Greg Ellis	1990-1994	Bob Gardiner
1975-1976	Greg Ellis	1994-1998	Tony Barrett
1976-1984	Alan Minter	1998-1999	Brian Glover
1984-1988	Doris Waters	1999-	Michael Bodey
1988-2000	Ron Miller		-
2000-	Tim Erickson		

PRESIDENT'S REPORT

The participation and support for our races this year has been the best since the mid 80's. This augurs well for the future of our club.

The walkers winning the only individual medals for the track and field team at the Athens Olympics also stands our sport in good stead.

I would like to thank the Committee, the volunteers and the judges for devoting their time and effort to ensure our success. Special thanks to Tim Erickson whose enthusiasm and vitality have the club running smoothly.

We watch with interest the outcome of the AA review. There will be changes that will effect our sport. It looks like the Athletic Federation, which was our "voice" to AA, will be disbanded. Hopefully Racewalking Australia will be recognised in the new structure.

Our finances are healthy and we will be purchasing some new race day equipment. We look forward to your continued support and another good year.

Harry Summers President, VRWC

SECRETARY'S REPORT

Over the last 4 years, our membership has been as follows

2001120200212620031462004145

At a time when the future of Track and Field Athletics is being questioned in Australia, the Victorian Race Walking Club continues to grow and to provide an environment that attracts walkers, both new and old.

This year, our membership was split between 133 competitive members and 13 non-competitive members who were in various categories – general supporters, officials and life members.

The 133 competitive members were split into age groups (as based on our age cutoff date of 1 October 2003) as follows

Age Group	Female	Male	Total
U10	9	3	12
U12	9	5	14
U14	10	7	17
U16	3	3	6
U18	6	2	8
U20	1	1	2
20+	8	5	13
30+	7	4	11
40+	6	8	14
50+	6	13	19
60+	5	10	15
70+	0	2	2
TOTALS	70	63	133

Our weekly racing numbers averaged over 50 walkers per week throughout the winter and this meant that races were always keenly contested. For large parts of the season we were missing a number of out top walkers for one reason or another, but what we lacked in top end quality we made up for with enthusiasm and depth.

This winter season, we re-instituted a weekly Style Award points competition with the progressive scores being on show each week. Marlaine Stanway donated the final trophies that were won by Tom Barnes, Kylie Irshad and Siobhan Donovan. All the feedback was positive and we shall continue with this award next winter.

We also donated 6 perpetual trophies to Racewalking Australia (4 new ones and 2 replacement ones) for the Canberra carnival. As we are one of the bigger walking clubs in the competition, we must do our bit to ensure that the sport continues to prosper at the National level.

We were proud to have six club members in the Australian Racewalking World Cup team which competed with distinction in Germany in May 2004. Of these, Nathan Deakes was the outstanding walker with a bronze medal. When Nathan followed up with Olympic bronze in Athens, the club and Australian racewalking in general was on a high that continues even now. After the negative press following the 2000 Olympics, it was great to see walking back in the public eye for all the correct reasons. Nathan is a wonderful role model and spokesman and we are fortunate that, although Canberra based, he continues to remain a VRWC member.

Our racing courses are the best in Australia. We improved them even further this year by widening the narrow turns at the northern end of each course. Special thanks must be given to our President Harry Summers who organised this and to Harry and Bob Gardiner who manned the shovels one weekday to aid the bitumen layers. The continued use of Albert Park for Athletics Australia championships and trials reflects this fact. This, combined with our facilities at the Middle Park Bowling Club, make our walking club unique in Australia.

But this comes at a price. Nearly one third of our yearly revenue goes into facilities management (rental fees, etc). It is lucky we have large numbers of members who race frequently as this helps us defray our large overheads. I believe that our fees are small given what we offer to our walkers.

Our current Committee form a very experienced and hard working group who have ensured that the Club remains a club for the members. The social atmosphere each Saturday is a reflection on the team spirit that pervades the club at the moment. Thanks to everyone who has made the year such a successful one from an administrative point of view.

Those who toe the line every weekend for another race do not perhaps realise the hard work that goes on behind the scenes to make it all happen. I wish to personally thank all those who perform above and beyond the course of duty. This list includes

- Harry, Bob, Ross and the others who set up and dismantled the courses
- Barb, Joyce and Kate who provided for us all in the canteen and kitchen
- Michael and Ron who took the race entries and look after all money matters
- Paul, Lou, Mark, Julie and the various helpers who looked after the timekeeping and recording
- Mark who did the handicapping and ran the coaching sessions
- Ray who manned the camera, showed the results after the race and producesd the weekly newsletter
- Gordon, Ray, Peter, Marion, Alan, Lloyd, Michael, David and the other judges without whom we would have no sport.

My apologies to anyone I have missed. There are so many people who make our club tick.

Communication is one of the highlights of our club. Ray's weekly newsletter provides a great selection of information, both historical and topical, and over the course of a season, I think everyone must have featured at least once in the many photos. My own internet based newsletter has a weekly distribution of over 100 email addresses and probably reaches around 150 people. The website is also kept up to date with all racing results as well as other important information. And on top of that, Ray's regular videoing of races lets everyone review their performance and discuss style and technique with the many experts within the club.

Many people comment to me that this club is special as everyone is so friendly and the atmosphere is so good. This is reflected in the large number of people who stay around after the weekly races for socialising and post-race reviewing. I personally feel this is one of the very strong features of the club.

Once again we combined with our sister walking clubs in Ballarat and Geelong to field strong teams in the Australian Federation of Race Walking Clubs Carnival in Canberra where 43 members competed. We continue to constructively build our relationship with the country walking clubs.

VRWC also hosted a series of championships during the course of the year. These included

- The Australian 50 Km Selection Trial for the 2004 World Cup
- All of the Athletics Victoria Roadwalking championships
- The Athletics Victoria Schools Roadwalking championships
- Th Athletics Victoria Country roadwalking championships
- The Victorian Veteran Assn Roadwalking championships
- Our own VRWC club championships.

Thus we can indeed lay claim to be at the centre of Melbourne and Victorian based walking.

Tim Erickson Secretary

VRWC CLUB CHAMPIONSHIPS

Four separate sets of VRWC club championships were run during the year. These events covered a variety of distances and age groups and involved a number of perpetual trophies. Unfortunately, the sheer number of events to be contested by competitors meant that these events were not always regarded as significant and, on a number of occasions, we had no entries in particular divisions. This is unfortunate as the VRWC Committee regards these club championships as important and prestigious events. Medallists are as follows

ALBERT PARK, 9 NOVEMBER 2003

VRWC 20 KM OPEN MEN GUS THEOBOLD MEMORIAL		VRWC 10 KM VETERAN WOMI STELLA MURNANE MEMORIA	
1. Liam Murphy	1:26:32	1. Heather Carr	59:27
2. Duncan Knox	1:53:46	2. Janet Holmes	1:01:12
		3. Celia Johnson	1:03:02
VRWC 5 KM UNDER 20 MEN		VRWC 5 KM UNDER 20 WOME	N
No starters		No starters	
VRWC 2K UNDER 15 BOYS		VRWC 2K UNDER 15 GIRLS	
1. Daniel Payne	17:48	1. Anne Whitworth	19:32
VRWC 1.5K UNDER 12 BOYS		VRWC 1.5K UNDER 12 GIRLS	
No starters		1. Alicia Neylan	8:32
		2. Emily Payne	9:07
		E3. Nicole Hallett	10:06
		E3. Nikki Apostolidis	10:06
VRWC 1.5K UNDER 9 BOYS		VRWC 1.5K UNDER 9 GIRLS	
No starters		No starters	

ALBERT PARK, 23 MAY 2004

VR	WC 35 KM OPEN MEN		VF	WC 15 KM OPEN WOMEN			
RAY SMITH TROPHY			ELSIE JACOBSON TROPHY				
No	starters		1.	1. Kylie Irshad			
			2.	Alison Thompson	1:26:19		
			3.	Laura Gleich	1:27:55		
VRWC 15 KM UNDER 20 MEN			VF	WC 15 KM UNDER 20 WOME	N		
No	starters		No starters				
VR	WC 5KM UNDER 16 BOYS		VF	WC 5KM UNDER 16 GIRLS			
1.	Shaun Burgess	28:03	1.	Siobhan Donovan	26:03		
2.	Bradley Elms	34:09	2.	Sarah Alexander	27:46		
VR	WC 5KM UNDER 14 BOYS		VF	WC 5KM UNDER 14 GIRLS			
1.	Daniel Payne	16:19	1.	Regan Lamble	16:05		
2.	Tim Girgin	16:41	2.	Eda Girgin	16:55		
3.	Tommy Harrison	17:04		-			
VR	WC 1KM UNDER 12 BOYS		VF	WC 1KM UNDER 12 GIRLS			
1.	Ergenekon Girgin	5:02	1.	Chloe Di Francesco	5:08		
2.	Tommy Harrison	5:11	2.	Hilary Brazel	5:12		
3.	Jayson Stoddart	6:13	3.	Alicia Neylan	5:15		
VR	WC 1KM UNDER 9 BOYS		VF	WC 1KM UNDER 9 GIRLS			
			1.	Sar ah Burren	6:40		
			2.	Chloe McNicol-Davidson	6:45		
			3.	Jasmine Irshad	7:05		

ALBERT PARK, 18 JULY 2004

VRWC 20 KM MEN		VRWC 10 KM WOMEN	
ALF ROBINSON MEMORIAL		MABEL ROBINSON MEMORIA	L
1. Chris Erickson	1:31:33	1. Kylie Irshad	52:14
2. Tom Barnes	1:32:07	2. Carma Watson	52:40
3. Andrew Jamieson	1:41:58	3. Erin Adamcewicz	54:14
VRWC 1.5 KM U12 BOYS		VRWC 1.5 KM U12 GIRLS	
1. Jayson Stoddart	8:53	1. Hilary Brazel	8.01
2. Damien Elms	11:29	2. Cassandra Raselli	8.11
		3. Chloe Di Francesco	8:16
VRWC 1.5 KM U9 BOYS		VRWC 1.5 KM U9 GIRLS	
No starters		1. Sarah Burren	9.55
		2. Chloe McNicol-Davidson	10.46
		3. Jasmine Irshard	11.07

ALBERT PARK, 8 AUGUST 2004

VRWC 2 KM U12 BOYS	VRWC 2 KM U12 GIRLS	
No starters	1. Mietta Feery	10:35
	2. Hilary Brazel	11:07
	3. Cassandra Raselli	11:17
VRWC 2 KM U9 BOYS	VRWC 2 KM U9 GIRLS	
No starters	1. Sarah Burren	13:55
	2. Chloe McNicol-Davidson	14:34
	3. Jasmine Irshad	14:57

ATHLETICS VICTORIA CHAMPIONSHIPS

VRWC hosted all 5 A.V championship days during the winter season. Our officials and judges form an expert pool from which A.V. can draw and we provide a key service to A.V. in hosting these events.

The Open Championships saw starting fields in all events but our longer distance events continue to be poorly supported. Many of our men do not find the time to train for these longer distances and, like the Canberra 20 Mile event, the current fields lack depth at both State and National level.

A.	V. 50 KM OPEN MEN, 24/10	/2004					
1.	Chris Erickson	ATE	4:39:46				
2.	Andrew Jamieson	OSC	4:46:44				
A.	V. 30 KM OPEN MEN, 08/08	/2004					
1.	Andrew Jamieson	OSC	2:32:35				
A. V	V. 20KM OPEN MEN, 18/07/	2004		A.V	V. 20 KM OPEN WOMEN, 0	8/08/200	4
1.	Chris Erickson	ATE	1:31:33	1.	Carma Watson	ATE	1:51:59
2.	Tom Barnes	GHY	1:32:07	2.	Kylie Irshad	RWD	2:02:02
3.	Andrew Jamieson	OSC	1:41:58	3.	Justijana Roseman	ATE	2:13:24
A.\	V. 15 KM OPEN MEN, 01/05	/2004		A.	V. 15KM OPEN WOMEN, 01	/05/2004	ļ.
1.	Daniel Walters	COR	1:08:35	1.	Kylie Irshad	RWD	1:19:12
2.	Tom Barnes	GHY	1:09:33	2.	Sandra Geisler	RWD	1:22:21
3.	Travis Middlemiss	KNOX	1:16:57	3.	Rachel Loone	ACW	1:22:58
A. V	V. 10KM OPEN MEN, 03/04/	2004		A.V	V. 10KM OPEN WOMEN, 18	3/07/2004	l .
	H. "BERT" GARDINER ME			1.	Kylie Irshad	RWD	52:14
1.	Tom Barnes	GHY	47:11	2.	Carma Watson	ATE	52:40
2.	Mark Donahoo	ATE	48:15	3.	Erin Adamcewicz	ATE	54:14
3.	Travis Middlemiss	RWD	48:49				
				1			

The Athletics Victoria Under Age championships are keenly contested in the younger age groups (Under 16 and Under 14) but our numbers drop significantly in the Under 18 and Under 20 age groups. This is an Australian wide phenomenon that effects all Track and Field disciplines but it is still disappointing to see Victorian championships going to beg.

	V. 20 KM U20 MEN, 08/ o starters	/08/2004					
A.	V. 10 KM U20 MEN, 18/	/07/2004		A.	V. 10 KM U20 WOMEN, 08	/08/2004	
No	starters			1.	Emma Gray	ACW	56:13
				2.	Fauve Jacobs	DKN	57:16
				3.	Kylie Vandenheiligenberg	KNOX	1:10:38
A .	V. 8 KM U18 MEN, 08/08	8/2004		A.	V. 8 KM U18 WOMEN, 08/0	08/2004	
No	starters			1.	Siobhan Donovan	KNOX	44:26
A.	V. 5 KM U16 BOYS, 08/0	08/2004		A.`	V. 5 KM U16 GIRLS, 08/08/	2004	
1.	Kyle Bryant	SBE	25:32	1.	Jessica Rothwell	SBE	25:21
2.	David Ranger	EKA	26:17	2.	Sarah Alexander	BOH	26:34
3.	Shaun Burgess	ACW	27:13	3.	Eda Girgin	ATE	28:14
A .	V. 3 KM U14 BOYS, 08/0	08/2004		A.	V. 3 KM U14 GIRLS, 08/08/	2004	
	Rhydian Cowley	KNOX	15:52	1.	Regan Lamble	ANW	15:38
1.			16:41	2.	Natalie Laurie	ANW	16:30
1. 2.	Timucim Girgin	ATE	10.41	2.	1 (uturio Buurio		10.00

The Victorian All Schools roadwalks were held on 18 July 2004 and attracted good fields, especially on the female side.

A.V. U20 BOYS 10 K	M SCHOOLS, 18/07/2004	A.	V. U20 GIRLS 10 KM SCHO	OOLS, 18/07/2004
No starters		1.	Fauve Jacobs	56:38
		2.	Kylie Elms	1:08:08
		3.	Stephanie Tymms	1:08:18
A.V. U18 BOYS 5 KM	SCHOOLS, 18/07/2004	A.'	V U18 GIRLS 5 KM SCHOO	DLS, 18/07/2004
1. Tim Stevenson	27:01	1.	Siobhan Donovan	25:54
2. Bradley Elms	33:35	2.	Sibon Fuzzard	27:25
		3.	Sarah Alexander	27:39
A.V. U16 BOYS 3 KM	SCHOOLS, 18/07/2004	A.'	V. U16 GIRLS 3 KM SCHOO	DLS, 18/07/2004
1. David Ranger	14:36	1.	Jessica Rothwell	14:53
2. Shaun Burgess	15:44	2.	Regan Lamble	15:23
3. Daniel Payne	15:55	3.	Jessie Palreyman	16:02

ATHLETICS AUSTRALIA CHAMPIONSHIPS AND TRIALS

The Athletics Australia 50 km trial for the 2004 Racewalking World Cup was held at Albert Park on Sunday 7 December and VRWC successfully filled the role of the Local Organising Committee (LOC). Those of us who were there on the day were able to witness the fastest 50 km ever walked in Australia and one of the fastest ever witnessed anywhere in the world as Nathan Deakes took 4 minutes off Simon Baker's Australian/Commonwealth best time. With Victorians filling 4 of the first 6 positions, Victoria upheld its pre-eminent position in men's distance walking.

A.A. OPEN MEN 50 KM	RACEWALKING W	VORLD CUP TRIAL, 24/10/2004, ALBERT PARK
1. Nathan Deakes	VIC/AIS	3.39.43
2. Craig Barratt	NZ	3.50.34
3. Duane Cousins	VIC	4.09.43
4. Chris Erickson	VIC	4.19.48
5. Tony Sargisson	NZ	4.27.48
6. Frank Bertei	VIC	4.27.52
7. Graeme Jones	NZ	4.29.54
8. Andrew Ludwig	QLD	4.36.02

The Australian Under 20 10 km roadwalk for men was held in Canberra in June and Jamie Barnes was the sole Victorian representative

	RRA		
NSW	42:10		
QLD	47:28		
ACT	47:53		
VIC	55:17		
	QLD ACT	QLD 47:28 ACT 47:53	QLD 47:28 ACT 47:53

The main Athletics Australia winter championships were held in Canberra on Sunday 28 August and a small team of Victorians made the interstate trip.

A.	A. OPEN MEN 30 KM, 28/08	/2004, C	ANBERRA	A.A. OPEN WOMEN 10 KM, 28/08/2004, CANBERRA			
1.	Jared Tallent	VIC	2:23:22	1. Claire Woods ACT 49:35			
2.	Chris Erickson	VIC	2:23:54	2. Erin Adamcewicz VIC 53:44			
3.	Aaron Mellor	NSW	2:31:30	3. Sara-Jane Cattermol WA 54:43			
5	Andrew Jamieson	VIC	2:36:01	7. Justijana Roseman VIC 60:02			
A.	A. U20 MEN 20 KM, 28/08/20	004, CAN	BERRA	A.A. U20 WOMEN 10 KM, 28/08/2004, CANBERRA	A		
1.	Ashley Colquhoun	ACT	1:40:24	1. Lisa Grant NSW 51:39			
2.	Aaron Humphrey	TAS	2:02:26	2. Chloe Jones NSW 54:19			
				3. Jillian Rutter NSW 54:37			
				4. Emma Gray VIC 55:02			
A.	A. U18 MEN 8 KM, 28/08/200)4, CANI	BERRA	A.A. U18 WOMEN 8 KM, 28/08/2004, CANBERRA			
1.	Ian Rayson	NSW	39:38	1. Jill Hosking ACT 40:43			
2.	Matt Harris	SA	39:59	2. Tanya Holliday SA 41:40			
3.	Martyn Wheatley	WA	40:00	3. Jessica Heazlewood NSW 42:50			
A.	A. U16 MEN 5 KM, 28/08/200)4, CANI	BERRA	A.A. U16 WOMEN 5 KM, 28/08/2004, CANBERRA			
1.	Brendon Reading	ACT	24:24	1. Katrina Grgurovic WA 24:46			
2.	Greg Wolszczak	SA	24:57	2. Jess Rothwell VIC 25:09			
3.	Daniel Coleman	TAS	25:00	3. Cassandra StaplesNSW26:06			
5.	Kyle Bryant	VIC	25:59	7. Sarah AlexanderVIC27:42			
7.	Shaun Burgess	VIC	27:04				

A.A. U14 MEN 3 KM, 28/0	8/2004, CANB	ERRA	A.A. U14 WOMEN 3 KM, 28/08/2004, CANBERRA			
1. Aaron Jelfs	SA	14:50	1. Paige Hooper	SA	15:00	
2. Kyle Malone	NSW	15:27	2. Lauren Biagioni	WA	15:06	
3. Chase Richardson	TAS	16:14	3. Kini Chapple	NSW	15:54	
			7. Rachel Tallent	VIC	16:29	
			8. Mietta Feery	VIC	16:32	

Athletics Victoria hosted the annual A.A. 50 km title in October and VRWC once again helped conduct the event at Albert Park. Unfortunately the late notification of this event (two months notification is not sufficient to enable walkers to prepare for such a demanding event) meant a small field of only 4 starters (all Victorians) and only 2 finishers. We continue to be at the mercy of Athletics Australia who seem unable to focus on a long term calendar.

A.A. OPEN MEN 50 KM, 24/10/2004, ALBERT PARK

1.	Chris Erickson	VIC	4:39:46
2.	Andrew Jamieson	VIC	4:46:44

38TH AFRWC WALKING CHAMPS, WESTON PARK, CANBERRA, 13 JUNE 2004

The Canberra Carnival was, as always, a very successful event. The Peter Waddell memorial walk was held on the Saturday afternoon with around 50 walkers remembering Peter's memory in a 5 km non-competitive walk. The Federation Conference saw David Smith take over the reigns as AFRWC President. The Sunday races saw around 200 walkers from all over Australia keenly race against each other. NSWRWC continue to set the standard and won the Brennan Shield once again but our walkers did themselves proud with some fine walking. The carnival was extended to include official AFRWC championships for U10, U12, U14, U16, U18 and U20 as well as the usual Open and Masters categories. Many of our walkers did PBs and no Victorian walkers were disqualified – a great result.

The Victorian results were as follows

AFR	WC OPEN 20 MILES (32KMS)		AFR	WC WOMEN OPEN 10 MILES	5
2	Chris Erickson	2:37:07	1	Simone Wolowiec	1:20:32
8	Duncan Knox	3:23:21	6	Sandra Geisler	1:32:58
			10	Liz Feldman	1:40:45
			11	Justijana Roseman	1:41:41
			15	Marlaine Stanway	1:52:07
AFR	WC MEN 10 MILES		AFR	WC WOMEN OPEN 5,000M	
3	Trevor Mayhew	1:29:16	10	Heather Carr	28:19
4	Tim Erickson	1:32:03	18	Belinda Platt	32:01
6	Alan Lucas	1:36:00	21	Kelly Jones	34:47
8	David Dos Santos	1:40:41		-	
9.	Bob Gardiner	1:40:47			
12	Harry Summers	1:50:13			
AFR	WC MEN UNDER 20 10,000M		AFR	WC WOMEN UNDER 20 5,000	M
5	Jamie Barnes	55:16			
AFR	WC BOYS UNDER 18 5,000M		AFR	WC GIRLS UNDER 18 5,000M	[
			5	Emma Gray	28:19
	WC BOYS UNDER 16 3,000M			WC GIRLS UNDER 16 3,000M	[
6	Daniel Payne	16:08	3	Siobhan Donovan	15:12
7	Shaun Burgess	16:30	10	Sarah Alexander	16:09
10	Joshua Platt	16:57	14	Jacinta Polmear	17:38
17	Nicholas Mirarchi	17:50			
AFR	WC BOYS UNDER 14 2,000M		AFR	WC GIRLS UNDER 14 2,000M	[
6	Joshua Platt	11:06	1	Regan Lamble	9:44
7	Jayson Stoddart	11:10	6	Natalie Laurie	10:34
10	Nicholas Mirarchi	11:42	11	Alicia Neylan	11:53
AFR	WC BOYS UNDER 12 2,000M			WC GIRLS UNDER 12 2,000M	[
1	Tommy Harrison	10:57	4	Rachel Tallent	10:43
6	David Butteriss	14:44	8	Hilary Brazel	11:17
			13	Emily Payne	12:20
			22	Josephine Mirarchi	15:58
AFR	WC BOYS UNDER 10 1,000M		AFR	WC GIRLS UNDER 10 1,000M	
3	Luke Polmear	7:06	2	Nicole Hallett	5:16
			3	Cassandra Raselli	5:20
			6	Ebony Tallent	5:48
			11	Chloe McNicol-Davidson	6:56

Highlights were many. A few of the ones to stick in my mind are as follows

- **Regan Lamble** winning out in a memorable final sprint in the Under 14 Girls 2000m. Her time of 9:44 was an 8 second PB as she continues her outstanding season.
- **Jared Tallent** doing a 30 sec PB to just go down to Adam Rutter in an unforgettable Under 20 Mens 10 km walk. Adam walked 42:13 and Jared walked 42:18 in a wonderful display of sustained speed.
- Tommy Harrison coming from behind to win the Under 12 Boys 2000m.
- Simone Wolowiec easily winning the Open Womens 10 Mile for the second time in a row.
- Chris Erickson doing a huge PB (6+ mins) to come second in the Open 20 mile and take the Federation Shield as first Australian.

WINNERS OF PERPETUAL SHIELDS

Winner, Under 12 Boys 2000m	Tommy Harrison
Winner, Under 14 Girls 2000m	Regan Lamble
Winner Open Women 10 Mile	Simone Wolowiec
Winner Veteran Men 10 Mile	Trevor Mayhew
Winner Open Men 20 Mile	Chris Erickson (2 nd finisher but first Federation member)
U10 Girls 1000m Teams Event Winners	Nicole Hallett, Cassandra Raselli, Ebony Tallent
U14 Girls 2000m Teams Event Winners	Regan Lamble, Natalie Laurie, Alicia Neylan

OTHER TEAMS EVENT MEDALLISTS

U12 Girls 2000m	2^{nd}	Rachel Tallent, Hilary Brazel, Emily Payne
U14 Boys 2000m	2^{nd}	Joshua Platt, Jayson Stoddart, Nicholas Mirarchi
U16 Boys 3000m	2^{nd}	Daniel Payne, Shaun Burgess, John Platt
U16 Girls 3000m	3^{rd}	Siobhan Donovan, Sarah Alexander, Jacinta Polmear
Open Women 10 Mile	2^{nd}	Simone Wolowiec, Sandra Geisler, Liz Feldman

AFRWC WALKING CARNIVAL, QUEENSLAND, 1 AUGUST 2004

The second AFRWC carnival for the year was hosted by Queensland Race Walking Club but only NSW and Queensland walkers supported it. This carnival remains a contentious one. Ever since it was moved from the May to the August timeframe, it has struggled for relevance.

Sarah Alexander was the only VRWC walker who made the trip to Mudjimba on the Sunshine coast and she walked well to come 4^{th} in the Under 16

AFRWC UNDER 16 GIRLS 3,000M4. Sarah Alexander16:12

2004 RACEWALKING WORLD CUP, 1-2 MAY 2004, GERMANY

Six VRWC members were selected in the Australian team that competed in the Racewalking World Cup in Germany on 1-2 May 2004 - Duane Cousins, Nathan Deakes, Chris Erickson, Simone Wolowiec, Frank Bertei and Jared Tallent.



From left to right - Duane, Nathan Deaes, Chris, Simone, Frank and Jared

Results in the World Championships were as follows:

Open Men 20 Km	3	Nathan Deakes	1:19:11
	75	Jared Tallent	1:30:01
Open Women 20 Km	DQ	Simone Wolowiec	
Open Men 50 Km	26	Duane Cousins	4:09:14
	31	Chris Erickson	4:14:16
	40	Frank Bertei	4:21:22

After a long break from the international circuit due to injury, **Nathan Deakes** returned to win his first medal in a major walks championships, claiming the bronze in the Men's 20km. Nathan clocked an Olympic A qualifying time over this distance with1:19.11, a season's best, his second best performance and just the second ever medal by an Australian in a major 20km Race Walking championship. He used this as a springboard to his wonderful Olympic Bronze medal in the Olympic 20 Km event.

Jared Tallent, the youngest member of the senior team at only 20 years of age, entered the event after time off with injury. Although lacking in race fitness, he still passed the 10 km mark in a PB time of 42:56 before fading to finish 75th in 1:30:01. He showed in this race that he is ready for the next step. He has the right attitude and will benefit immensely in the competitive AIS environment.

Simone Wolowiec was tragically disqualified at the 18 km mark when heading for an Olympic A qualifier and a huge PB. Our thoughts go out to Simone who put so much into this race and had to resign herself to missing the 2004 Olympics.

The men's 50 km was just about an all Victorian event. **Duane Cousins**, the reigning Australian champion, walked a seasons best time of 4:09:14 to finish 26^{th} , while **Chris Erickson**, in his first international race, set a new personal best of 4:14:16 to cross the line in 31^{st} position. **Frank Bertei** came home in 40^{th} place (4:21:22) only 6 weeks after walking a PB 50 km in Mexico to force his way into the team. Frank walked 3 50 km events in 6 months, a tough ask by any standard.

OLYMPIC 20 KM FOR MEN, SATURDAY 14 AUGUST 2004

In this annual report, we acknowledge the outstanding performance of Nathan Deakes who became Australia's second ever Olympic medallist in the racewalk. He follows in the footsteps of fellow Victorian Noel Freeman who took silver in the 1960 Olympic 20 event.

On a hot sunny August day in Athens, Nathan realised his dream with an Olympic bronze medal in the 20 km event. The heat was brutal and it was not a day for great times but the favourites Brugnetti, Fernandez, Perez and Deakes walked shoulder to shoulder in an ever quickening pace to leave the rest of the field behind. The Italian Brugnetti finally broke free to win in 1:19:40, a PB, and Nathan was third in **1:20:02.** He commented after the race

"I did come to win, but the others got away. I was a little apprehensive thinking I had two reports (they turned out to only be cautions), but I tried to make a last-ditch bid to win with 3km to go. They got away again. I tried everything I had left with 1500m to go but they were too far ahead. "



The Olympic medallists make the decisive break - Nathan Deakes, Francisco Fernandez and Ivano Brugnetti

1. Brugnetti Ivano	ITA	1:19:40
2. Fernández Francisco Javier	ESP	1:19:45
3. Deakes Nathan	AUS	1:20:02

The Olympic 50 km race was contested 5 days later and Nathan was once again in an elite leading pack with defending champion Korzenioski and World Record holder Nizhegorodov of Russia. Just after the 30 km mark Nizhegorodov dropped off the pace and there were now only 2 walkers left – Deakes and Korzenioski. But tragedy struck when the Victorian was disqualified at the 33 km mark. Like Edmonton in 2001, a report free 20 km race had been followed by a disqualification in the 50 km event.

At the age of 27, Nathan has compiled a most impressive international record, with medals at the Olympics, the Racewalking World Cup, the Goodwaill Games, the World Junior Championships and the Commonwealth Games. Without doubt, his big time performances make his Australia's greatest ever racewalker, be it male or female. We are privileged to have him as a club member.

AWARD WINNERS

2004 ATHLETICS VICTORIA TROPHY WINNERS

NORM GOBLE TROPHY BETTY NEWMAN TROPHY AVIS REDMAN TROPHY TOM DAINTRY TROPHY Most points earned in Mens AV Championships: Womens Walking Team Champions: Under 16 Most Improved Girl: Best Under 14 First Year Walker: Tom Barnes Ringwood Sarah Alexander Regan Lamble

2004 VRWC TROPHY WINNERS FASTEST TIMES POINTS & HANDICAP POINTS COMPETITIONS

Open Women Fastest Times Points : Open Women Handicap Points : Open Men Fastest Times Points : Open Men Handicap Points : Under 20 Women Fastest Times Points : Under 20 Women Handicap Points : Under 20 Men Fastest Times Points : Under 20 Men Handicap Points : Under 15 Girls Fastest Times Points : Under 15 Girls Handicap Points : Under 15 Boys Fastest Times Points : Under 15 Boys Handicap Points : Under 12 Girls Fastest Times Points : Under 12 Girls Handicap Points : Under 12 Boys Fastest Times Points : Under 12 Boys Handicap Points : Under 9 Girls Fastest Times Points : Under 9 Girls Handicap Points : Veteran Women Fastest Times Points : Veteran Women Handicap Points : Veteran Men Fastest Times Points : Veteran Men Handicap Points :

2004 VRWC JACK LARKIN TROPHY HIGHEST POINT SCORING COUNTRY ATHLETES

Men: Women:

2004 VRWC MERRIFIELD AWARDS COMBINED FASTEST TIMES AND HANDICAP POINTS

Veteran Men: Veteran Women: Open Men: Open Women: Under 20 Men: Under 20 Women: Under 15 Men: Under 15 Women:

STYLE AWARDS Male

Female

Sandra Geisler Sandra Geisler David Dos Santos Duncan Knox Kylie Vandenheiligenberg Kylie Vandenheiligenberg Bradley Elms **Bradley Elms** Sarah Alexander Anne Whitworth Shaun Burgess Nicholas Mirarchi **Regan Lamble** Josephine Mirarchi Damien Elms Damien Elms Chloe McNicol-Davidson Chloe McNicol-Davidson Heather Carr Marlaine Stanway Alan Lucas Alan Lucas

Shaun Burgess Heather Carr

Alan Lucas Marlaine Stanway David Dos Santos Sandra Geisler Bradley Elms Kylie Vandelheiligenberg Shaun Burgess Anne Whitworth

Tom Barnes Kylie Irshad Siobhan Donovan

CLUB TEAM FUND RECIPIENTS

Canberra	AFRWC U10 Girls 1km AFRWC U12 Girls 2km AFRWC U12 Boys 2 km AFRWC U14 Girls 2km AFRWC U14 Boys 2km AFRWC U16 Boys 3km AFRWC U16 Girls 3km AFRWC Open Women 10M AFRWC Open Women 5km Team Managers	1^{st} 2^{nd} DNF 1^{st} 2^{nd} 2^{nd} 3^{rd} 2^{nd} 6^{th}	Nicole Hallett, Cassandra Raselli, Ebony Tallent Rachel Tallent, Hilary Brazel, Emily Payne Tommy Harrison, David Butteriss, Jayson Stoddart Regan Lamble, Natalie Laurie, Alicia Neylan Joshua Platt, Jayson Stoddart, Nicholas Mirarchi Daniel Payne, Shaun Burgess, John Platt Siobhan Donovan, Sarah Alexander, Jacinta Polmear Simone Wolowiec, Sandra Geisler, Liz Feldman Heather Carr, Belinda Platt, Kelly Jones Tim Erickson, Daryl Biggin
Sydney	Team Manager		Harry Summers

Handicap Points - Women

Fastest Time Points - Women

Sandra Geisler	Open	41	Sandra Geisler	Open	42
Kylie Irshad	Open	33	Kyie Irshad	Open	39
Mandy Emmett	Open	20	Mandy Emmett	Open	19
Josephine Mirarchi	U12	73	Regan Lamble	U12	40
Cassandra Raselli	U12	60	Hilary Brazel	U12	37.5
Hilary Brazel	U12	57	Mietta Feery	U12	34
Anne Whitworth	U15	54	Sarah Alexander	U15	32
Sarah Alexander	U15	38	Anne Whitworth	U15	30
Eda Girgin	U15	38	Siobhan Donovan	U15	29
Kylie Vandenheiligenberg	U20	40	Kylie Vandenheiliegenberg	U20	14
Emma Gray	U20	9	Emma Gray	U20	3
Tyne Boddy	U20	6			
Chloe McNicol-Davidson	U9	80	Chloe McNicol-Davidson	U9	51
Sarah Burren	U9	56	Sarah Burren	U9	50
Jasmine Irshad	U9	38	Jasmine Irshad	U9	21
Marlaine Stanway	Vet	83	Heather Carr	Vet	41
Margaret Beaumont	Vet	65.5	Janet Holmes	Vet	33
Gwen Steed	Vet	62.5	Liz Feldman	Vet	25

Handicap Points - Men

Fastest Time Points - Men

Duncan Knox David Dos Santos Tom Barnes	Open Open Open	22 20.5 16	David Dos Santos Tom Barnes Daniel Lowe Mark Donahoo	Open Open Open Open	24 14.5 13 13
Damien Elms	U12	55	Damien Elms	U12	29
Tommy Harrison	U12	32	Tommy Harrison	U12	27
Ergenekon Girgin	U12	31	Ergenekon Girgin	U12	23
Nichola Mirarchi	U15	75.5	Shaun Burgess	U15	60
Shaun Burgess	U15	63	Nicholas Mirarchi	U15	44
Jason Elms	U15	51	Timucin Girgin	U15	32
Bradley Elms	U20	32	Bradley Elms	U20	16
Alan Lucas	Vet	63	Alan Lucas	Vet	40
John Morrison	Vet	55.5	John Bunker	Vet	32
Ian Beaumont	Vet	53.5	John Morrison	Vet	27

TREASURER'S REPORT

Welcome to my fifth report as Treasurer. It has been a successful year as we have recorded a surplus of over \$2000.00.This has been due to a number of factors. The surplus from the canteen is around \$896.40 whilst there has been an increase in subscriptions and a huge increase in race fees. The race fees exceeded \$5000 which, at an average of \$5 per race fee, numbers 1080 entries for the year. An amount of \$1195 was received from Athletics Australia, relating to the running of events from the previous year.

Most expenses have remained constant and I hope this continues into the future. Some expenses have increased, like trophies and engraving, but I think it is money well spent and shows that there are good and encouraging prizes to be won. None of the money is wasted.

As long as the subscriptions and race fees increase at modest amounts, and we have a few donations coming in and we are compensated for running one or two major events per year and our expenses remain constant, then I believe the club will remain profitable.

Thanks to all who helped out in some way during the year.

I look forward to serving another term as Treasurer.

Michael Bodey

VICTORIAN RACE WALKING CLUB INC. TREASURER'S REPORT 01/10/2003-30/09/2004

STATEMENT OF INCOME & EXPENDITURE FOR THE YEAR ENDING 30/09/2004

12 months	Receipts	12 months	12 months	Expenditure	12 months
30/9/2003		30/9/2004	30/9/2003		30/9/2004
\$3,162.50	Subscriptions	\$3,349.00	\$22.50	Subs paid twice	\$50.00
\$4,809.00	Race Fees	\$5,427.00	\$3,300.00	MPBC Rental	\$3,300.00
\$3,355.00	Canteen	\$3,714.00	\$2,832.52	Canteen	\$2,817.60
\$455.00	Merchandising-Vests	\$280.00	\$1,463.00	Merchandise-Vests	
\$144.00	Merchandising-Beanies	\$72.00	\$363.00	Merchandise-Beanies	
\$527.00	Federation Entries	\$683.00	\$525.00	Federation Entries	\$683.00
	Luncheon	\$24.00		Luncheon	\$24.00
\$719.00	Uniforms	\$642.00	\$191.15	Uniforms	\$784.55
\$736.00	Merrifield/Team Awards	\$880.00	\$736.00	Merrifield/Team Awards	\$727.00
\$15.52	Bank Interest	\$20.73	\$45.40	Government Taxes	\$45.30
	Event Running	\$1,195.00	\$150.00	AV Affiliation	\$160.00
* • • • • • •	AV Subs/Entries	\$43.00	* • • • • • •	AV Subs/Entries	\$43.00
\$66.00	Donations	\$130.00	\$160.00	AFORWC Affiliation	\$177.00
\$70.00	Prepaid Subscriptions	\$35.00	\$330.00	Parks Victoria-Rental	\$330.00
* • • • •	Equipment	\$700.00	\$165.05	Equipment	\$747.42
\$6.50	Book Sales		\$33.00	Consumer Affairs-Vic	\$35.00
\$10.00	Sundries		\$419.55	Postage	\$510.38
			\$279.55	Telephone	\$297.43
			\$100.00	Audit Fees	\$50.00
			\$220.00	Photocopy Supplies	\$510.62
			\$46.65	Stationery/Paper	\$89.90
			\$384.56	Gas	\$485.01
			\$1,632.40	Trophies/Engraving	\$2,222.46
			\$150.33 \$27.75	Newsletter Production	\$149.20
			\$27.75	Certificates	\$10.00
				Bookkeeping	\$8.00
				Asphalt	\$381.00
				First Aid Graffiti Removal	\$120.00
				Printer Ribbon	\$50.00 \$54.89
				Gifts	\$34.89 \$108.20
					\$108.20
			\$60.24	Starting Pistol Caps Death Notice	\$30.00
			\$60.24 \$154.00	Tent Hire	
			\$134.00 \$20.70	Invoice books	
			\$20.70 \$17.60	Safety Pins	
			\$33.94	Catering	
			\$211.63	Surplus	\$2,193.77
\$14,075.52		\$17,194.73	\$14,075.52	Sulpius	\$17,194.73
INVESTMEN Merrifield No 1	T ACCOUNTS AS AT 30/ Account, invested at 5.5%	09/2004 for 12 months 1	naturing 26/09		\$ 12,910.62
	nd No 2 & 3, invested at 5.5 nt No 4 invested at 5.5% for				\$ 23,545.42 <u>\$ 56,031.43</u> \$ 92,487.47
BALANCE OI General Account Social Account TOTAL		AS AT 30/09/2	004		\$ 5,106.28 <u>\$ 4,333.78</u> \$ 9,440.06
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Michael Bodey, VRWC Treasurer

Alan Cater FCPA, VRWC Auditor