

# VICTORIAN RACE WALKING CLUB



## ANNUAL REPORT

2012

**VRWC COMMITTEE FOR 2011/2012**

## OFFICERS

President	Harry Summers
Senior Vice President	Mark Donahoo
Junior Vice President	Bob Gardiner
Treasurer	Ralph Bennett
Secretary	Tim Erickson

### GENERAL COMMITTEE

Club Captain - Women	Marlaine Stanway
Club Captain – Men	Russ Dickenson
Junior Club Captain	Stephanie George
Publicity Officer	Stuart Cooper
Raceday Registrar	Damien Elms
Race Secretary	Tim Erickson
Handicapper	Mark Donahoo
Delegate to Athletics Victoria	Peter Vysma
Judging Coordinator	Peter Vysma
Social Secretary	-
Club Coach	Mark Donahoo
Racewalking Australia Liason Officer	Mark Donahoo
Maintenance Sub Committee	Bob Gardiner, Peter Vysma, Tim Erickson
Uniforms Officer	Heather Carr
Records Officer	Terry Swan
Ordinary Members on Committee (2)	Paul Kozaris, Anthony Doran
Auditor	Timothy Matthews

LIFE MEMBERS				PRESIDENTS	
1928	Frank O'Rourke *	1971	Radcliffe Grace *	1923-1925	Robert Croll *
1933	Alfred Robinson *	1975	Elsie Jacobson *	1925-1928	William Dickenson *
1933	Frank Byrne *	1978	Mabel Robinson *	1928-1929	Rexx Merrick / Frank Byrne *
1933	William Billsborrow *	1983	Ray Smith *	1929-1931	Frank Byrne *
1936	James McDonald *	1987	Robert Gardiner	1931-1937	Edward Drayton *
1938	Rupert Blackley *	1987	Ronald Miller	1937-1941	Alfred Robinson *
1946	Edward Drayton *	1990	Thomas Daintry *	1946-1976	Alfred Robinson *
1948	Herbert Gardiner *	1990	Harold Summers	1976-1983	Raymond Smith
1948	Jack Larkin *	1998	Alan Johnson	1983 -	Harold Summers
1955	James Gaylor *	2001	Mark Donahoo		
1955	Norman Goble *	2005	Tim Erickson		
1955	Fred O'Grady *	2007	Peter Vysma		
1956	Frank McGuire *	2008	Marlaine Stanway		
1959	Charles Jacobson *	2008	Barbara Gardiner **		
1960	Jack Cummins *	2008	Joyce Summers **		
1961	Augustus Theobald *	2009	Lloyd Nichols		
1964	Ralph Field *	2010	Kate Suich **		
1964	George Knott *				
* deceased					
** honorary life members					

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
1946-1947	Ben Blakey	1947-1949	Alex Philpotts
1947-1949	Alex Philpotts	1949-1950	Noel Bomford
1949-1950	Noel Bomford	1950-1952	Vic Sharp
1950-1952	Vic Sharp	1952-1973	Norm Goble
1952-1971	Norm Goble	1973-1982	Charles Jacobson
1971-1974	Alan Lucas	1982-1983	Elsie Jacobson
1974-1975	Bruce Thorne / Greg Ellis	1983-1990	Ray Smith
1975-1976	Greg Ellis	1990-1994	Bob Gardiner
1976-1984	Alan Minter	1994-1998	Tony Barrett
1984-1988	Doris Waters	1998-1999	Brian Glover
1988-2000	Ron Miller	1999-2007	Michael Bodey
2000-	Tim Erickson	2008 -	Ralph Bennett

## PRESIDENT'S REPORT

Recently, a number of our members attended the funeral of Frank McGuire. Frank lived to reach 100 years. To me it was the end of an era. Following World War 2, a group of enthusiastic and dedicated VAWC members got together to rebuild our club. Most of them have their names on our life members board: Alf Robinson, Norm Goble, Bert Gardiner, Charley Jacobson, Frank and others. Their wives formed an active social committee. They built the club back to a powerful organisation attracting large fields of competitors including Olympians and world record holders. The club was cemented together with regular social functions including dances with live bands (fox trot and waltzes, no head bangers).

Following the 1956 Olympics, things changed rapidly. The advent of television meant our entertainment needs changed, we preferred to stay at home and watch the box rather than attend social functions. We saw European walkers with different techniques than ours, the AIS was established, sports science and biomechanical advances saw new techniques and training programs (the 50km world record has improved by about 3/4 of an hour).

Today the club is thriving under the leadership of Tim Erickson and the Committee with the same enthusiasm shown by the 1940/1950 committees. We have the same size fields but with a very different age spread.

We were represented at the London Olympics by four club members, we have talented juniors ready to take their place and a group of little athletes walking remarkable times. Our future is looking good.

Our thanks go to our group of volunteers who keep the club going, our judges and officials who donate their time so we may compete and to all our competitors and parents for supporting our club.

Harry Summers  
President, VRWC

1<sup>st</sup> November 2012

## SECRETARY'S REPORT

2011/2012 was another bumper year for the club in every possible way.

From a membership perspective, we dropped slightly from 202 to 188 but this was expected as fewer country walkers joined our club this year as second claim members now that they can compete in interstate carnivals as part of the Racewalking Victoria team. The good news is that we have been hovering around the 200 mark since 2008. That means 5 years of very strong and active participation. There is of course considerable churn in our membership with many people signing up, giving our sport a try and then finding it is not for them. Although we do try to make our club as attractive as possible to our members, this sort of turnover is a fact of life in any sporting club and our aim is to ensure that overall, our numbers are maintained.

We acknowledge the hard work of the many coaches and club administrators who bring new blood into our sport and who then point their aspiring walkers to our club. This is a very big factor in our large membership. In this regard, I must also acknowledge our close liason with Little Athletics Victoria via LAVic Development Officer Shane Bertrand.

This winter, our winter season racing numbers were slightly down but still very good - in the 2011 winter season we averaged 74 walkers per week over the 20 weeks of the winter season, with a high of 96. This winter we averaged 65 walkers per week over the 19 weeks of the winter season with a high of 89. The main dropoff was in the U9 and U12 divisions where our numbers were smaller than last year. After a few teething problems early in the season, our many officials handled the large numbers efficiently and racedays were on time and ran smoothly.

With the continuing strong income from large membership subscriptions and steady racing fees, the club was able to push considerable monies back to its membership. This included

- \$1100 spread between Kelly Ruddick, Nathan Brill and Rhydian Cowley for international representations
- \$670 distributed to members via the Club Teams Fund
- \$450 distributed to members via the Merrifield Award
- \$2871 spent on trophies and prizes (5 prize days were held during the winter season with prize pools in the vicinity of \$250 and the annual presentation day was held at the end of the winter season)

Money was also spent on various ways to improve our infrastructure

- New DQ board (\$277) - made by Bob Gardiner
- Digital Clock repairs (\$250)
- New Freezer (\$600)
- Refurbishment of VRWC and RWV club uniforms.

I must also acknowledge the generous help of Gordon Onley who organized a new cordless microphone for us to use on racedays and Geoff Barrow who organized new witches hats for us for raceday usage.

We also received a generous grant from Parks Victoria to enable purchase of a new Emergency Defibrillator Unit and a new 6x3m tent, total value \$4500. Such grants enable us to purchase major infrastructure items.

Neil Ryan, the proprietor of Runners World Kew, continued with his generous sponsorship of our summer and winter seasons, with major awards totalling \$5000!

- |                          |                  |   |
|--------------------------|------------------|---|
| • Summer – Top Male      | Nathan Brill     | \$500 cash and \$500 Runners World gift voucher |
| • Summer – Top Female    | Jemima Montag    | \$500 cash and \$500 Runners World gift voucher |
| • Winter - Open Men:     | Simon Evans      | \$500 cash and \$500 Runners World gift voucher |
| • Winter - Open Women:   | Michelle Laufer  | \$500 cash and \$500 Runners World gift voucher |
| • Winter - Junior Men:   | Nathan Brill     | \$500 Runners World gift voucher                |
| • Winter - Junior Women: | Stephanie George | \$500 Runners World gift voucher.               |

Once again, our winter season was delayed due to the March scheduling of the Australian Motor Racing Grand Prix and our first races could not be scheduled until Saturday 28 April. In 2013 we do not expect to start racing at our Middle Park headquarters until the same time or later. We have learnt to live with this intrusion into our yearly calendar but the winter and summer seasons both remain shorter than they used to be and this does have an impact on our finances and on the overall enjoyment of our walkers.

As usual, VRWC hosted a large number of championships at Albert Park. These included

- All 5 days of the 2012 Athletics Victoria roadwalking championships (May-September 2012)

- The 2012 Athletics Victoria Schools roadwalking championships (June 2012)
- The 2012 Victorian Masters Association roadwalking championships (May and June 2012)
- The 2012 Australian Masters Association 20km roadwalking championships (June 2012)
- Our own VRWC club championships (five sets in all)

We also hosted the Victorian Masters 5000m track championships in March 2012 and helped Athletics Australia run the Australian 50 km roadwalk championship in December 2011 at Fawkner Park, providing equipment and manpower on both occasions.

We charge AA and AV for helping to run their championships and received \$150 (AA) and \$675 (AV) for our efforts. While we used to provide our services and facilities for free, it is now a user-pays world and we need to ensure that the club benefits from the work of its many volunteers.

We donated all takings from the RWA Interstate Challenge race day (14 July 2012) to Brain Tumour Research. What with race fees and donations and a top-up from the club, \$401 was forwarded to the International Brain Tumour Alliance.

VRWC participated in both major Racewalking Australia Carnivals this year as part of RWV. In June, a record 87 Victorian walkers travelled to Canberra for the Lake Burley Griffin Carnival, with many of the walkers participating in more than one event to help in the teams competitions. Overall, RWV was the dominant club, winning 9 individual golds and 8 team golds. We then backed up with a team of 38 walkers for the Second Federation event in Adelaide, held in conjunction with the Australian roadwalk championships, and we continued our dominance there, winning 4 individual golds and 3 team golds. So we continue to maintain our position as the top walking State.

Communication continues to be one of our strongest assets. This year, the Heel & Toe newsletter was published 52 times to a distribution list of around 390 email addresses. Terry Swan ably wielded the camera as our official club photographer, adding large numbers of photos weekly to our online gallery. Frances Attard continued with her role as our official club video coordinator, producing a number of race excellent videos which were uploaded to YouTube for general consumption. Stuart Cooper fed our weekly results to the Press and ran our Facebook page for internal club communication. Finally club member David Armstrong continued with his role as athsvicTV producer with an ongoing selection of high quality videos that captured the atmosphere at our big championship days. What a team!

Last financial year, we implemented Club Records, with Terry Swan joining the Committee in the inaugural role of Records Officer. This year our walkers have risen to the challenge with a staggering 64 club records broken. Certificates, designed by Emily Swan, have been presented to every record breaker and the current list of club record holders is maintained on our website. This has been a real win for the club.

The club boasted a whole swag of Australian Champions during the last 12 months

- Australian Schools T&F Championships, Brisbane, 3-4 December 2012
 

Nathan Brill	U16 3000m	12:58.04
Jemima Montag	U14 3000m	14:25.13
- Australian Summer 20km Roadwalk Championships, Hobart, 25 February 2012
 

Jared Tallent	20km	1:23:01
---------------	------	---------
- Australian U14-U18 T&F Championships, Sydney, 14-18 March 2012
 

Amelia Finnegan	U18 5000m	25:11.95
Nathan Brill	U17 5000m	21:30.04
Jasmine Irshad	U16 3000m	14:56.84
Billy Allamby	U16 3000m	14:15.02
Jemima Montag	U15 3000m	14:17.75
Kyle Swan	U14 3000m	14:54.29
- Australian Roadwalk Championships, Canberra, Sunday 26 August 2012
 

Nathan Brill	U18 10km	45:03
Kyle Swan	U14 3km	14:41

Our Masters walkers led by example again this year. The main trend setter had to be Andrew Jamieson whose onslaught of the M65 world records continues unabated. Andrew was once again nominated for the World Masters Athlete of the Year and narrowly missed out on winning (he won it in 2008). Other Masters walkers at the top of their game included Heather Carr, Pam Tindal, Ralph Bennett, Michelle Laufer and Kelly Ruddick.

This year saw international representations by a lot of our elite walkers but none better than Jared Tallent with a bronze medal in the World Racewalking Cup and a silver medal in the Olympics.

2012 World Racewalking Cup, Russia, May

Jared Tallent	3 <sup>rd</sup> in the Men's 50km (3:40:32)
Chris Erickson	21 <sup>st</sup> in the Men's 20km (1:22:20)
Rhydian Cowley	45 <sup>th</sup> in the Men's 20km (1:25:41)
Nathan Brill	32 <sup>nd</sup> in the Men's U20 10km (44:52)
Regan Lamble	24 <sup>th</sup> in the Women's 20km (1:34:34)
Rachel Tallent	21 <sup>st</sup> in the Women's U20 10km (50:24)

World Junior Championships, Barcelona, July

Rachel Tallent	22 <sup>nd</sup> in the Junior 10km in 49:55
----------------	--

Oceania Championships, Cairns, July

Kelly Ruddick	2 <sup>nd</sup> in the 5000m walk in 23:09 and 3 <sup>rd</sup> in the 10km in 48:39
---------------	---

Olympic Games, London, August

Jared Tallent	7 <sup>th</sup> in the Men's 20km (1:20:02) and 2 <sup>nd</sup> in the Men's 50km (3:36:53) WOW!!!!
Nathan Deakes	22 <sup>nd</sup> in the Men's 50km (3:48:45)
Chris Erickson	38 <sup>th</sup> in the Men's 20km (1:24:19)
Regan Lamble	17 <sup>th</sup> in the Women's 20km (1:30:03)

We are privileged to have as club members so many of Australia's current international representative walkers. These elite club members are backed up by a large pool of talented youngsters who will hopefully provide the next generation of champions. Our challenge is to provide a nurturing environment in which they can continue to develop and hone their walking skills until they are ready to take over the mantle. And, of course, there are the many club members who race for the love of the sport and to maintain their health and well being in a constructive and enjoyable way. All are vitally important to the club.

All this ensures that Victoria remains the State of choice for racewalkers and major championships and it gives our Victorian walkers maximum opportunity to achieve their sporting goals.

It takes many people working together to run a successful club like ours. It is always difficult to single out particular people but I would like to mention

- Harry, Bob, Damien and Mark who shoulder much of the burden of race day coordination with me
- Peter who fulfils the role as VRWC Chief Judge and is on deck every week to coordinate and oversee this vitally important task.
- Barb, Joyce, Kate and Wendy who provide for us all in the canteen and kitchen
- Paul, Ian, Natalie, Stuart, Harry, Bob, Don, Matt, Mark, Michael, Craig, Susan and the many helpers and parents who look after the timekeeping and recording and equipment setup and pulldown each week
- Mark who runs the handicapping and points competitions and runs our coaching sessions
- Terry and Frances who man the cameras each week
- Jason and Justin who ride the bikes on racedays and generally help out in many and varied ways
- Peter, Gordon, Lloyd, Stuart, Michael, Judy, Brenda, Shane, Kathleen and Frances who form the backbone of our judging panel with some of them on deck nearly every week

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

Finally, thank you to our VRWC Committee who are all quiet achievers. We meet monthly to review and plan and guide the club forward. All the initiatives you take for granted are the results of Committee review and deliberation and planning.

I would also like to acknowledge the Middle Park Bowling Club and Parks Victoria. MPBC are very supportive landlords, their facilities are top of the range and they give us a headquarters which is the envy of other clubs. Parks Victoria allow us to use the service roads around Middle Park for our races and, like the Bowling Club, the Albert Park rangers are uniformly supportive and value us as park users.

Thank you one and all for making this year such a successful one. I look forward to returning next financial year and helping us become an even bigger and better club.

Tim Erickson  
Secretary, VRWC, 10<sup>th</sup> November 2012

## VALE FRANK MCGUIRE: 1912 - 2012

We were saddened recently to learn of the death of VRWC Life Member Frank McGuire after 71 years of club membership. Frank, born 29 March 1912, joined Collingwood Harriers in 1929 as a runner and was a member of its first premiers team. He joined VAWC as a junior in 1931 and was immediately successful, winning the Victorian Junior walk titles over 880 yard (3:30) and 7 miles (61:47) ahead of Collingwood teammate Jim Gaylor. In 1932, he won the Victorian Junior 5 mile title in 40:05, again just ahead of Jim.

Throughout the 1930s Frank competed but his career was interrupted by the Second World War. It was not until after the club reformed in 1946 that he achieved his best national performance - a third placing to Ted Allsopp and Ray Goulding in the inaugural Australian 10,000m title in 1948.



**Frank (in centre in black shorts) competing in 1949**

At around this stage, he transferred to the reformed Chelsea Club. He won the 1951 Melbourne to Frankston handicap and became VAWC club Captain in 1952 and stayed in that capacity until 1956. His last interstate competition was the 1954 Australian 50 km championship as captain of the Victorian team and soon after that, he retired from racing and turned his attention to coaching.

He was appointed club coach in 1956 and attacked the task with great vigor. His innovative use of slow motion cine film to analyse walking technique was revolutionary and his recommendations that judges adopt angle judging was accepted first at VAWC level and then at Federation and Australian level. It was at this stage (1956) that he was awarded life membership of VAWC. Frank was a walk judge at the 1960 Olympics and in the same year was appointed national walk coach. He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. When his definitive book "Training for Race Walking" was published in 1962, he presented 40 copies to the club to sell for club funds.

He was declared a professional by the AAU in the 1960s for charging for his services and in 1966 was forced to resign his position as Club Coach with VAWC. It is recorded that the committee received this resignation with great regret. But Frank continued to work tirelessly behind the scene, coaching and writing.

Frank and his wife Freda helped set up veteran athletics at Mentone in 1978 and the venue is still going strong over 20 years later. He was also prominent as a veteran competitor, forming an unbeatable duo with Tom Daintry and Jack Webber. Together they won the teams event at the 1981 World Vets in Christchurch (65+) and in the 1987 World Vets in Melbourne (70+).

In 2000 Frank was awarded the Australian Sports Medal for outstanding contribution to sport. It was yet one more achievement in a life full of achievements, big and small.

He remained involved in athletics and regularly coached on Saturday mornings at the Mentone Athletics Track into his nineties. It was not until 2007 that Frank bid farewell to his home suburb of Chelsea and moved to the Emerald Glades Hostel in Emerald to be closer to his family. At that stage, at 95 years of age, he finally retired from his Saturday morning coaching.

He died on Friday 28 September 2012, having celebrated his one hundredth birthday earlier in the year, along with many of his friends from VRWC. With his passing, our final link to those early days of Australian racewalking was severed but I know that Frank's memory will live on for many years as one of the giants of Australian racewalking.

## VRWC CLUB CHAMPIONSHIPS

Five separate VRWC club championship days were run during the year. These events covered a variety of distances and age groups and involved a number of perpetual trophies. There were four separate sets of Under 9 and Under 12 championships during the year and this ensured that our youngest club members were able to contest their own championships alongside the older walkers on Victorian championship days. Medallists are shown below.

### ALBERT PARK, 20 NOVEMBER 2011

<b>VRWC 20 km Open Men - Gus Theobald Mem.</b> 1. Scott Nelson 1:40:05 2. Andrew Jamieson 1:44:50 3. Simon Evans 1:51:31	<b>VRWC 10 km Vet. Women – Heather Carr Trophy</b> 1. Pam Tindal 53:20
<b>VRWC 5 km Under 20 Men</b> 1. Lucas Taylor 26:31	<b>VRWC 5 km Under 20 Women</b> No starters
<b>VRWC 3k Under 15 Boys</b> No finishers	<b>VRWC 3k Under 15 Girls</b> 1. Jemima Montag 14:16 2. Jade Sanders 16:28 3. Shelby Kay 17:30
<b>VRWC 1.5k Under 12 Boys</b> 1. Jonty Brennan 08:33 2. Joseph Rickard 08:37 3. Thomas Rickard 09:53	<b>VRWC 1.5k Under 12 Girls</b> 1. Hayley George 08:07 2. Rebecca Henderson 08:38
<b>VRWC 1.5k Under 9 Boys</b> No starters	<b>VRWC 1.5k Under 9 Girls</b> 1. Mercedes Brennan 10:38

### ALBERT PARK, 7 JULY 2012

	<b>VRWC 15 km Open Women Elsie Jacobson Memorial Trophy</b> 1. Laufer Michelle 1:21:10 2. Sarah Brennan 1:24:28 3. Kirstin Shaw 1:25:22
<b>15km Under 20 Men</b> 1. Kyle Bird 1:19:46	<b>15km Under 20 Women</b> No starters
<b>5km Under 16 Boys</b> 1. Nathan Brill 21:13 2. Billy Allamby 23:47 3. Adam Garganis 24:10	<b>5km Under 16 Girls</b> 1. Megan Walker 28:36 2. Emily Swan 30:55 3. Carly Bertrand 31:48
<b>3km Under 14 Boys</b> 1. Kyle Swan 14:53	<b>3km Under 14 Girls</b> 1. Paige De Lisen 16:55 2. Courtney Utber 19:43 3. Madeleine Feain 20:00
<b>Under 12 2.5 km Boys</b> 1. Corey Dickson 13:02 2. Hayden Walmsley 14:57 3. Lachlan Feain 15:56	<b>Under 12 2.5 km Girls</b> 1. Hayley George 13:17 2. Mikhala Hodges 13:27 3. Brodie Richardson 14:02
<b>Under 9 1.5 km Boys</b> 1. Jared Hodges 09:42 2. Thomas Kennedy 12:26	<b>Under 9 1 km Girls</b> No starters



**ALBERT PARK, 24 JUNE 2012**

<b>VRWC 20 km Open Men - Alf Robinson Trophy</b> 1. Simon Evans 1:44:33 2. Scott Nelson 1:45:11 3. Stuart Kollmorgen 1:45:50	
<b>VRWC 2 km Under 12 Boys</b> 1. Hayden Walmsley 12:01 2. Ethan Wright 12:25 3. Joseph Rickard 12:29	<b>VRWC 2 km Under 12 Girls</b> 1. Mikhala Hodges 10:48 2. Brianna Lillie 10:50 3. Brodie Richardson 11:05
<b>VRWC 1 km Under 9 Boys</b> 1. Jared Hodges 05:59 2. Thomas Kennedy 07:15	<b>VRWC 1 km Under 9 Girls</b> 1. Carissa Brook 06:01 2. Gemma Lillie 06:37 3. Freya Evans 07:07

**ALBERT PARK, 29 JULY 2012**

	<b>VRWC 10 km Open Women Mabel Robinson Trophy</b> 1. Michelle Laufer 53:41 2. Pam Tindal 54:04 3. Mathilde Lacaze 58:15
<b>VRWC 3 km Under 12 Boys</b> 1. Hayden Walmsley 18:56 2. Ethan Wright 19:46	<b>VRWC 3 km Under 12 Girls</b> 1. Brianna Lillie 16:30 2. Jemma Peart 16:42 3. Brodie Richardson 17:22
<b>VRWC 2 km Under 9 Boys</b> 1. Jared Hodges 14:37	<b>VRWC 2 km Under 9 Girls</b> 1. Alanna Peart 11:45 2. Carissa Brook 12:45 3. Gemma Lillie 13:04

**ALBERT PARK, 9 SEPTEMBER 2012**

<b>VRWC 35 km Open Men Ray Smith Trophy</b> 1. Simon Evans 3:27:20 2. Aaron McDonough 3:30:24 3. Michelle Thompson 3:41:23	
---	--

## ATHLETICS VICTORIA CHAMPIONSHIPS

VRWC hosted all five A.V. championship days during the winter season. Our officials and judges form an expert pool on which A.V. can rely and we provide a key service to that organisation in hosting these events. The Open Championships saw starting fields in all events but our longer distance events continue to be a challenge to which few of our walkers seem to aspire.

<b>A.V. 50 KM OPEN MEN, 09/09/2012</b> 1. Simon Evans BOH 5:17:01 2. Terry O'Neill GPA 5:22:44 3. Aaron McDonough PTN 5:28:38	
<b>A.V. 30 KM OPEN MEN, 29/07/2012</b> 1. Simon Evans BOH 2:49:19 2. Terry O'Neill GPA 3:04:54 3. James Christmass COR 3:18:17	
<b>A.V. 20 KM OPEN MEN, 24/06/2012</b> 1. Simon Evans BXH 1:44:33 2. Stuart Kollmorgen COL 1:45:50 3. Aaron McDonough PTN 1:47:05	<b>A.V. 20 KM OPEN WOMEN, 24/06/2012</b> 1. Beki Lee (NSW) INV 1:36:45 2. Michelle Laufer COL 1:50:09 3. Sarah Brennan BYC 1:54:14 4. Kirstin Shaw WES 1:59:28
<b>A.V. 15 KM OPEN MEN, 07/07/2012</b> 1. Josh Dillon COR 1:14:52 2. Simon Evans BOH 1:15:58 3. Andrew Jamieson OSC 1:18:26	<b>A.V. 15 KM OPEN WOMEN, 07/07/2012</b> 1. Laufer Michelle COL 1:21:10 2. Sarah Brennan BYC 1:24:28 3. Kirstin Shaw WES 1:25:22
<b>A.V. 10 KM OPEN MEN, 19/05/2012</b> 1. Andrew Jamieson OSC 0:48:38 2. Bradley Simpson KNA 0:49:21 3. Simon Evans BXH 0:51:40	<b>A.V. 10KM OPEN WOMEN, 19/05/2012</b> 1. Kelly Ruddick BHA 0:47:07 2. Michelle Laufer COL 0:52:51 3. Sarah Brennan BYC 0:54:33
<b>A.V. 5 KM TEAMS EVENT MEN, 05/05/2012</b> 1. COR 33 J Dillon, J Christmass, N Mirarchi 2. KNA 31 B Allamby, K Swan, R Walmsley 3. SCA 21 J Kaiser, L Taylor, R Dickenson	<b>A.V. 5KM TEAMS EVENT WOMEN, 05/05/2012</b> 1. SCA 22 S George, J Irshad, K Irshad 2. KNA 12 E Hamilton, E Swan, H Brown 3. WES 12 K Shaw, R Shaw, C Utber

The Victorian Underage roadwalking championships were also keenly contested.

<b>A.V. 10 KM U20 MEN, 29/07/2012</b> 1. Brad Simpson KNA 49:11 2. Cody McNicol-Davidson SCA 1:09:47	<b>A.V. 10 KM U20 WOMEN, 29/07/2012</b> Chloe McNicol-Davidson SCA 1:08:41
<b>A.V. 10 KM U18 MEN, 29/07/2012</b> 1. Nathan Brill BXH 44:24 2. Kyle Bird MPA 57:10	<b>A.V. 5 KM U18 WOMEN, 29/07/2012</b> 1. Stephanie George SCA 25:40 2. Amelia Finnegan KNA 27:12 3. Amanda Heard EAG 27:15
<b>A.V. 5 KM U16 BOYS, 29/07/2012</b> 1. Adam Garganis COL 24:32 2. Reese Walmsley KNX 26:20 3. Ross Darlow EKA 27:15	<b>A.V. 5 KM U16 GIRLS, 29/07/2012</b> 1. Jemima Montag MAC 24:39 2. Zoe Boldiston SBE 25:27 3. Jasmine Irshad SCA 26:53
<b>A.V. 3 KM U14 BOYS, 29/07/2012</b> 1. Kyle Swan KNX 14:47 2. James Burren KNX 17:45	<b>A.V. 3 KM U14 GIRLS, 29/07/2012</b> 1. Shelby Kay KNX 16:25 2. Hayley George SCA 16:30 3. Georgia Bertrand KSB 16:41

The Victorian All Schools roadwalks were held on 24<sup>th</sup> June 2012, with good fields in nearly all age groups.

<p><b>AV SCHOOLS 5KM U18 MEN, 24/06/2012</b></p> <p>1. Brill, Nathan 21:15            2. Bird, Kyle 23:34            3. Taylor, Lucas 25:26</p>	<p><b>AV SCHOOLS 5KM U18 GIRLS, 24/06/2012</b></p> <p>1. George, Stephanie 26:00            2. Finnegan, Amelia 26:41            3. Heard, Amanda 27:25</p>
<p><b>AV SCHOOLS 3KM U16 BOYS, 24/06/2012</b></p> <p>1. Allamby, Billy 13:56            2. Garganis, Adam 14:07            3. Walmsley, Reese 15:23</p>	<p><b>AV SCHOOLS 3KM U16 GIRLS, 24/06/2012</b></p> <p>1. Montag, Jemima 14:27            2. Irshad, Jasmine 14:56            3. Eastwood, Jessie 15:26</p>
<p><b>AV SCHOOLS 3KM U14 BOYS, 24/06/2012</b></p> <p>1. Swan, Kyle 14:59            2. Walmsley, Hayden 19:34</p>	<p><b>AV SCHOOLS 3KM U14 GIRLS, 24/06/2012</b></p> <p>1. Guy, Rachael 16:15            2. Bertrand, Georgia 16:53            3. Utber, Brooklyn 16:58</p>

## 46<sup>th</sup> AFRWC WALKING CHAMPS, WESTON PARK, CANBERRA, 10 JUNE 2012

The 46<sup>th</sup> edition of the annual Lake Burley Griffin Carnival was successfully held on Sunday 10<sup>th</sup> June with over 250 walkers descending on Canberra for what is Australia's largest racewalking carnival. Conditions were torrid early on with the 20 Mile and 10 Mile events starting at 8AM in frosty conditions and a low -3C. But as the day progressed, the sun gradually warmed competitors, officials and spectators and later events were held in perfect conditions.

With nearly 90 RWV walkers competing in a variety of events, it was our biggest representation ever and the Racewalking Victoria team performed admirably, winning 26 individual medals and with 19 different teams winning medals. The RWV honour list read as follows:

Individual Gold	Jared Tallent	Open Men 20 Mile	2:18:00
	Regan Lamble	Open Women 20 Mile	2:32:17
	Rhydian Cowley	Open Men 10 Mile	1:10:48
	Scott Nelson	Masters Men 10 Mile	1:24:06
	Corey Dickson	U10 Boys 1km	5:03
	Kyle Swan	U14 Boys 2km	9:35
	Jemima Montag	U16 Girls 3km	14:10
	Stephanie George	U18 Girls 5km	25:29
	Rachel Tallent	20 Women 5km	23:02
Individual Silver	Chris Erickson	Open Men 20 Mile	2:26:36
	Karyn O'Neill	Open Women 20 Mile	4:01:16
	Rachel Tallent	Open Women 10 Mile	1:21:20
	Michelle Laufer	Masters Women 10 Mile	1:29:57
	Aaron McDonough	Masters Men 10 Mile	1:26:55
	Nathan Brill	U18 Boys 5km	21:29
	Rachel Tallent	Open Women 5km	23:02
Individual Bronze	Heather Carr	Masters Women 10 Mile	1:34:19
	Nathan Brill	Open Men 10 Mile	1:15:33
	Ralph Bennett	Masters Men 10 Mile	1:31:29
	Alannah Peart	U10 Girls 1km	5:21
	Reese Walmsley	U14 Boys 2km	9:45
	Billy Allamby	U16 Boys 3km	13:58
	Jasmine Irshad	U16 Girls 3km	14:44
	Amanda Heard	U18 Girls 5km	26:45
	Jemima Montag	U18 Women 5km	25:28
Team Gold	Open 20 Mile	Jared Tallent, Chris Erickson, Regan Lamble	
	Open Men 10 Mile	Rhydian Cowley, Nathan Brill, Bradley Simpson	
	U10 Boys 1km	Corey Dickson, Jared Hodges, Bailey Ohlsen	
	U14 Boys 2km	Kyle Swan, Reese Walmsley, Ross Darlow	
	U16 Girls 3km	Jemima Montag, Jasmine Irshad, Emily Hamilton	
	U18 Boys 5km	Nathan Brill, Josh Dillon, Kyle Bird	
	U18 Girls 5km	Stephanie George, Amanda Heard, Shelby Kay	
Open Women 5km	Rachel Tallent, Jemima Montag, Jasmine Irshad		
Team Silver	Open 20 Mile	Simon Evans, Terry O'Neill, Duncan Knox	
	Open Women 10 Mile	Rachel Tallent, Michelle Laufer, Heather Carr	
	U10 Girls 1km	Alannah Peart, Arnika Nelson, Carissa Brook	
	U12 Boys 2km	Corey Dickson, Hayden Walmsley, Ethan Wright	
	U12 Girls 2km	Mikhala Hodges, Georgia Bertrand, Brodie Richardson	
	U14 Girls 2km	Rachael Guy, Paige De Liesen, Shelby Kay	
U16 Boys 3km	Billy Allamby, Ross Darlow, Reese Walmsley		
Team Bronze	Open Men 10 Mile	Jason Kozica, Scott Nelson, Aaron McDonough	
	U10 Girls 1km	Gemma Lillie, Andie Montag, Freya Evans	
	U14 Girls 2km	Mikhala Hodges, Brianna Lillie, Jemma Peart	
	U18 Boys 5km	Billy Allamby, Kyle Swan, Reese Walmsley	

## RWA WALKING CARNIVAL, ADELAIDE, SUNDAY 26 AUGUST 2012

RWV sent only a relatively small team to Adelaide to contest the Second Federation Carnival but the Victorians performed excellently, taking 10 individual medals and 7 teams medals. The strong performance ensured that we retained the Brennen Shield and confirmed our position as the top walking club in Australia.

### Individual Medals

Gold	Masters Men 20km	Andrew Jamieson	1:41:52
	U18 Men 10km	Nathan Brill	0:45:03
	U14 Boys 3km	Kyle Swan	0:14:41
Silver	U16 Girls 5km	Zoe Boldiston	0:24:38
	Open Men 20km	Rhydian Cowley	1:24:34
	Masters Men 20km	Simon Evans	1:45:33
Bronze	U18 Women 5km	Stephanie George	0:26:34
	Masters Women 20km	Michelle Laufer	1:50:05
	U10 Girls 10km	Alana Peart	0:05:26
	U16 Boys 5km	Adam Gargaris	0:23:51

### Team Medals

Gold	U18 Men 10km	Kyle Bird, Nathan Brill, Cody Mcnicol-davidson
	U12 Girls 2km	Zahra Hayes, Tegan Miller, Jemma Peart
	U18 Girls 5km	Stephanie George, Amanda Heard, Ebony Whiley
Silver	Open Men 20km	Rhydian Cowley, Simon Evans, Andrew Jamieson
	U14 Girls 3km	Georgia Bertrand, Hayley George, Rachael Guy
Bronze	U16 Boys 5km	Billy Allamby, Adam Gargaris, Reese Walmsley
	Open Womens 10km	Sarah Brennan, Kirstin Shaw, Michelle Laufer

## 2012 WINTER SEASON AWARD WINNERS

### ATHLETICS VICTORIA TROPHY WINNERS

NORM GOBLE TROPHY	Most points earned in Mens AV Championships	Simon Evans
BETTY NEWMAN TROPHY	Womens Walking Team Champions	Collingwood Harriers
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Jemima Montag
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Rachael Guy

### VRWC RUNNERS WORLD SPONSORSHIPS

Open Men	Simon Evans
Open Women	Michelle Laufer
Under 20 Men	Nathan Brill
Under 20 Women	Stephanie George

### VRWC FASTEST TIMES POINTS & HANDICAP POINTS COMPETITIONS

Open Women	Fastest Times Points	Sandra Geisler
Open Women	Handicap Points	Simone O'Neill
Open Men	Fastest Times Points	Jason Kozica
Open Men	Handicap Points	Jason Kozica
Under 20 Women	Fastest Times Points	Chloe McNicol-Davidson
Under 20 Women	Handicap Points	Chloe McNicol-Davidson
Under 20 Men	Fastest Times Points	Josh Kaiser
Under 20 Men	Handicap Points	Josh Kaiser
Under 15 Girls	Fastest Times Points	Paige De Lisen
Under 15 Girls	Handicap Points	Paige De Lisen, Emily Hamilton
Under 15 Boys	Fastest Times Points	Kyle Swan
Under 15 Boys	Handicap Points	Reese Walmsley
Under 12 Girls	Fastest Times Points	Brodie Richardson
Under 12 Girls	Handicap Points	Brodie Richardson
Under 12 Boys	Fastest Times Points	Corey Dickson
Under 12 Boys	Handicap Points	Hayden Walmsley
Under 9 Girls	Fastest Times Points	Gemma Lillie
Under 9 Girls	Handicap Points	Gemma Lillie
Under 9 Boys	Fastest Times Points	Jared Hodges
Under 9 Boys	Handicap Points	Jared Hodges
Masters Women	Fastest Times Points	Heather Carr
Masters Women	Handicap Points	Gwen Steed
Masters Men	Fastest Times Points	Simon Evans
Masters Men	Handicap Points	James Christmass

### VRWC JACK LARKIN TROPHY - HIGHEST POINT SCORING COUNTRY ATHLETES

Men	James Christmass
Women	Simone O'Neill

### VRWC MERRIFIELD AWARDS - COMBINED FASTEST TIMES AND HANDICAP POINTS

Masters Men	James Christmass
Masters Women	Donna Elms
Open Men	Jason Kozica
Open Women	Simone O'Neill
Under 20 Men	Josh Kaiser
Under 20 Women	Chloe McNicol-Davidson
Under 15 Men	Reese Walmsley
Under 15 Women	Paige De Lisen

### VRWC STYLE AWARDS

Men	Nathan Brill	Women	Paige De Lisen
Boys	Corey Dickson	Girls	Gemma Lillie

### VRWC CLUB TEAM FUND RECIPIENTS

46 walkers competed in the Teams Events in the LBG Carnival in age groups from Under 18 and down:

Billy Allamby, Carly and Georgia Bertrand, Kyle Bird, Caine Justin and Nathan Brill, Mackayla Davison, Paige De Lisen, Corey Dickson, Josh Dillon, Callum Freya and Liam Evans, Hayley and Stephanie George, Rachael Guy, Emily Hamilton, Amanda Heard, Anaya Jared and Mikhala Hodges, Jasmine Irshad, Shelby

Kay, Brianna Gemma and Jessica Lillie, Stacey McLaren, Chloe and Cody McNicol-Davidson, Tegan Miller, Andie and Jemima Montag, Arnika and Leticia Nelson, Brendan and Kathleen O'Mahony, Brodie Richardson, Jade Sanders, Emily and Kyle Swan, Megan Walker, Hayden and Reese Walmsley, Ebony Whiley and Ethan Wright

21 walkers competed in the Teams Events in the Adelaide Carnival in age groups from Under 18 and down:

Billy Allamby, Georgia and Carly Bertrand, Kyle Bird, Mercedes and Jonty Brennan, Nathan Brill, Adam Garganis, Hayley and Stephanie George, Rachael Guy, Amanda Heard, Jasmine Irshad, Shelby Kay, Chloe and Cody McNicol-Davidson, Tegan Miller, Jemima Montag, Kyle Swan, Reese Walmsley, Ebony Whiley

### VRWC PLACE GETTERS, POINTS COMPETITIONS

<b>Fastest Time Points – Women</b>				<b>Handicap Points – Women</b>			
Masters	1	Heather Carr	27	Masters	1	Gwen Steed	32
	2	Donna Elms	26		E2	Donna Elms	29
	3	Liz Feldman	23		E2	Pam Mews	29
Open	1	Sandra Geisler	24	Open	1	Simone O'Neill	30
	2	Kirstin Shaw	23		2	Anna Wallace	19
	3	Anna Wallace	22		3	Sandra Geisler	17
U20	1	Chloe McNicol-Davidson	19	U12	1	Brodie Richardson	28
	2	Jmara Hockley Samon	11		2	Tegan Miller	26
	3	Stephanie George	8		3	Brianna Lillie	23
U15	1	Paige DeLisen	31	U15	E1	Paige DeLisen	23
	2	Emily Hamilton	30		E1	Emily Hamilton	23
	3	Megan Walker	22		3	Megan Walker	22
U12	1	Brodie Richardson	35	U20	1	Chloe McNicol-Davidson	25
	2	Brianna Lillie	24		E2	Stephanie George	7
	3	Georgia Bertrand	22		E2	Mikhala Hodges	7
U9	1	Gemma Lillie	40	U9	1	Gemma Lillie	39
	2	Freya Evans	17		2	Freya Evans	20
	3	Zara Irshad	9		3	Zara Irshad	6
<b>Fastest Time Points – Men</b>				<b>Handicap Points – Men</b>			
Masters	1	Simon Evans	28	Masters	1	James Christmass	30
	2	James Christmass	27		2	Simon Evans	27
	3	Paul Kennedy	18		3	Gerard Feain	22
Open	1	Jason Kozica	27	Open	1	Jason Kozica	25
	2	Brad Simpson	23		2	Brad Simpson	18
	3	Kyle Bird	11		3	Kyle Bird	4
U20	1	Josh Kaiser	34	U12	1	Hayden Walmsley	36
	2	Nathan Brill	28		2	Corey Dickson	31
	3	Jake Kellar	13		3	Lachlan Feain	30
U15	1	Kyle Swan	33	U15	1	Reese Walmsley	35
	2	Reese Walmsley	30		2	Kyle Swan	28
	3	Billy Allamby	25		3	Billy Allamby	18
U12	1	Corey Dickson	42	U20	1	Josh Kaiser	30
	2	Hayden Walmsley	35		2	Nicholas Mirarchi	15
	3	Lachlan Feain	27		E3	Jake Kellar	13
U9	1	Jared Hodges	35	E3	Cody McNicol-Davidson	13	
	2	Thomas Kennedy	19	U9	1	Jared Hodges	34
	3	William Kennedy	6		2	Thomas Kennedy	19
			3		William Kennedy	6	