



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 35
25 May 2010



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VRWC CLUB CHAMPIONSHIPS, ALBERT PARK, SUNDAY 25 MAY 2010

Our major winter season club championships day was held on Sunday in perfect Melbourne weather – cold early but clearing into a beautiful sunny morning with temperatures in the mid teens . While Sunday mornings do not suit everyone, we still had 83 walkers in action and were able to award full medal sets in most of our club championship divisions. Photos in this week's newsletter are complements of **Stuart Cooper** and **Terry Swan**. Additionally, Terry has posted over 90 photos from the day to our VRWC photo gallery at <http://vrrwc.org.au/coppermine/>

Sunday saw a new race on the winter season fixture – our 4 Hour 'walk as far as you can' event - and with 15 competitors taking up the challenge, it has to be deemed a great first up success so we will definitely be holding another one next year. Michelle Thompson and Liz Feldman walked furthest overall, both completing 36km, with Karyn O'Neill not far behind with 33km. John Timms and Steve Jordan, both with 30km, were the best of our men. It was also great to see Ian Jack back on the road after many years. Ian was one of our best 50km walkers in the 1970s and still holds the Australian 100 mile record at under 18 hours! The Ray Smith Trophy was held in conjunction with this event and is contested over 35km. Once we took out our Club Rules walkers (shown with an *), we had no one walking under the IAAF rules who could complete the requisite distance so unfortunately this trophy goes unrepresented this season.



Steve Jordan, Liz Feldman, John Timms, Bob Gardiner, Michelle Thompson and Karyn O'Neill in the 4 Hour walk

VRWC 4 HOUR RACE

- | | | |
|----|----------------------|-----------------|
| 1. | Timms, John * | 30km in 4:01:42 |
| 2. | Jordan, Steve * | 30km in 4:05:44 |
| 3. | Skrucany, Rudolf * | 28km in 4:00:00 |
| 4. | McDonough, Aaron | 27km in 2:43:43 |
| 5. | Gardiner, Bob | 20km in 2:09:00 |
| 6. | Beaumont, Ian * | 20km in 2:52:32 |
| 7. | Jack, Ian * | 18km in 1:59:21 |
| 8. | Erickson, Tim | 15km in 1:41:30 |
| 9. | O'Neill, Terry | 15km in 1:52:26 |
| | Bennett, Ralph | DQ |
| | | |
| 1. | Thompson, Michelle * | 36km in 4:00:07 |
| 2. | Feldman, Liz * | 36km in 4:05:25 |
| 3. | O'Neill, Karyn | 33km in 4:07:12 |
| 4. | Carmel, Julie * | 24km in 4:10:31 |
| 5. | Beaumont, Margaret | 20km in 2:52:32 |

VRWC 35km CLUB CHAMPIONSHIP – RAY SMITH TROPHY

O'Neill, Karyn	DNF
O'Neill, Terry	DNF
McDonough, Aaron	DNF
Bennett, Ralph	DQ

And now onto the rest of our club championships. The next to kick off were the 15km events for Open Women and U20 men and women. In the Open Women's division, Pam Tindal was the winner with a superb time of 1:22:45 (a 6 min PB). And it got better from there with new Australian Masters records by Heather Carr (W60 – 1:25:43) and by Marlane Stanway (W70 – 1:49:04). What fantastic walking by all three ladies. In our U20 divisions, Rhydian Cowley, fresh from his World Cup walk in Mexico last weekend, was the fastest overall with a zippy 1:11:23 while Bianca Attard, still only 14, won the women's event in a PB time of 1:37:45.

VRWC 15km OPEN WOMEN CLUB CHAMPIONSHIP – ELSIE JACOBSON TROPHY

1. Tindal, Pam	1:22:45
2. Carr, Heather	1:25:43 (New Aust W60 record)
3. Hammond, Nardene	1:30:34
4. Elms, Donna	1:40:24
5. Stanway, Marlane	1:49:04 (New Aust W70 record)

VRWC 15km UNDER 20 CLUB CHAMPIONSHIPS

1. Cowley, Rhydian	1:11:23
2. Simpson, Brad	1:20:55

1. Attard, Bianca	1:37:45
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Bianca Attard, Rhydian Cowley, Heather Carr, Marlane Stanway and Pam Tindal in action in the 15km championships

Our U12 and U9 1km club championships were next and the pace was frenetic from the gun. In the U12 division, Kyle Swan (4:44), Cooper Owen (4:54) and Emily Hamilton (4:56) all broke the 5 minute barrier while Jade Sanders and Paige De Lisen were not far behind, crossing the line together in 5:04. In the U9 divisions, Brodie Richardson (5:20) Mikhala Hodges (5:23) and Harry Hockley-Samon (5:25) were our fastest and once again, the walking was fantastic. We also welcomed first time VRWC walkers Charisma Boothroyd, Arabella Phillips and Chelsea McDonald (Chelsea is Heather Carr's grand daughter).

VRWC 1km UNDER 12 CLUB CHAMPIONSHIPS

1. Swan, Kyle	04:44
2. Owen, Cooper	04:54

2. Hamilton, Emily	04:56
E2 Sanders, Jade	05:04
E2 De Lisen, Paige	05:04
3. Kay, Shelby	05:24
4. Crea, Gabriella	05:30
5. George, Hayley	05:30
6. Hodges, Anaya	05:35
7. Lillie, Jessica	05:37
8. Xuereb, Tara	06:03
9. Brown, Hayley	06:04
10. Harrison, Charlee	06:17
11. Boothroyd, Charisma	06:34

VRWC 1km UNDER 9 CLUB CHAMPIONSHIPS

1. Hockley-Samon, Harry	05:25
2. Wright, Ethan	06:45

- | | | |
|-----|---------------------|-------|
| 1. | Richardson, Brodie | 05:20 |
| 2. | Hodges, Mikhala | 05:23 |
| 3. | Lillie, Brianna | 05:31 |
| 4. | Owen-Smith, Chelsea | 05:40 |
| 5. | O'Mahony, Kathleen | 06:04 |
| 6. | Taylor, Lee | 06:05 |
| 7. | Phillips, Arabella | 06:28 |
| 8. | Mason, Livinia | 06:29 |
| 9. | Kay, Payton | 06:34 |
| 10. | McDonald, Chelsea | 06:59 |



U12 walkers Cooper Owen, Shelby Kay, Kyle Swan, Emily Hamilton, Paige De Lisen and Jade Sanders



U9 walkers Brianna Lillie, Mikhala Hodges, Brodie Richardson, Chelsea McDonald, Ethan Wright and Harry Hockley-Samon

Our U16 5km and U14 3km divisions were our last championship events for the day and they also saw big fields and quick times. The U16 boys event saw a great battle between Nathan Brill and Josh Dillon. Josh lead through the first km in around 4:15 and was still slightly in front at the 3km mark, passed in around 13:44. But then Nathan kicked up a cog and stormed home, taking over a minute off his best time with 23:27. Josh, who is mixing footy with walking so is probably a bit underdone at the moment, held on well for 24:16, a great time itself. Josh Kaiser did a 5 sec PB to take third in the high quality event. Jmara Hockley-Samon (26:48) and Amelia Finnegan (27:05) had a good battle in the U16 girls' event with Jmara claiming gold. In the 14 events, Connor McShanag (a big PB of 14:49) and Stephanie George (15:09) were our U14 winners while U12 walkers Kyle Swan (15:32), Emily Hamilton (17:12), Paige De Lisen (19:09) and Jade Sanders (19:09) jumped up to the U14 event as a second event and all walked strongly.

VRWC 5km UNDER 16 CLUB CHAMPIONSHIPS

- | | | |
|----|----------------|-------|
| 1. | Brill, Nathan | 23:27 |
| 2. | Dillon, Josh | 24:16 |
| 3. | Kaiser, Joshua | 26:23 |
| 4. | Felton, Matt | 32:20 |
| 5. | Tam, Aaron | 33:23 |

1.	Hockley-Samon, Jmara	26:48
2.	Finnegan, Amelia	27:05
3.	Campbell, Caitlin	27:43
4.	Mason, Ella	30:53
5.	Callaway, Jessica	33:23
	Raselli, Cassie	DNF

VRWC 3km UNDER 14 CLUB CHAMPIONSHIPS

1.	McShanag, Connor	14:49
2.	Swan, Kyle	15:32
3.	Allamby, Billy	DQ
1.	George, Stephanie	15:09
2.	Irshad, Jasmine	16:01
3.	Hamilton, Emily	17:12
4.	Walker, Megan	17:34
5.	De Lisen, Paige	19:09
6.	Sanders, Jade	19:09



U16 walkers Amelia Finnegan, Josh Dillon, Nathan Brill, Caitlin Campbell, Jmara Hockley-Samon and Josh Kaiser



Stephanie George, Matt Felton, Connor McShanag, Jasmine Irshad, Stuart Kollmorgen, Michael O'Mahony and Kylie Irshad

We also had a variety of club non-championship events on offer for everyone else. Just to highlight a few performances, Stuart Kollmorgen had an easy stroll over 20km in preparation for Canberra, recording 1:46:18, Michael O'Mahony took over 1 minute off his 10km PB with 53:57 and Kylie Irshad walked a very quick 25:35 for the 5km.

VRWC 20km Open

1.	Kollmorgen, Stuart	1:46:18
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VRWC 10km OPEN

1.	O'Mahony, Michael	53:57
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- | | | |
|----|------------------------|-------|
| 2. | Seid-Christmass, James | 54:55 |
| 3. | Armstrong, David | 60:46 |
| 4. | Lucas, Alan | 61:36 |
| 5. | Dickenson, Russ | 62:58 |
| 6. | Summers, Harry | 71:53 |
| | Wood, Robin | DNF |
| | | |
| 1. | Wallace, Anna | 64:18 |

VRWC 5km Open

- | | | |
|----|-----------------|-------|
| 1. | Kozica, Jason | 28:22 |
| 2. | Onley, Gordon * | 39:41 |
| | | |
| 1. | Irshad, Kylie | 25:35 |
| 2. | McIntyre, Gayle | 29:01 |
| 3. | Johnson, Celia | 33:33 |

Thanks also to our many volunteers who keep the show on the road every week. Sorry if I have missed anyone.

Officials: Tim Erickson, Harry Summers, Bob Gardiner, Russ Dickenson, Stuart Cooper, Ian Laurie, Natalie Laurie, Matt Owen

Judges: Peter Vysma (chief), Terry Knappe, Judy Mason, Lloyd Nicholls, Gordon Loughnan

Canteen: Barb Gardiner, Joyce Summers, Kate Suich



Club medallists Bianca Attard, Rhydian Cowley, Shelby Kay, Paige De Lisen, Jade Sanders, Emily Hamilton and Kyle Swan



Brianna Lillie, Mikhala Hodges, Brodie Richardson, Harry Hockley-Samon, John Timms and Michelle Thompson



Jmara Hockley Samon, Caitlin Campbell, Emily Hamilton, Jasmine Irshad, Stephanie George, Kyle Swan and Connor McShanag



Josh Dillon, Nathan Brill, Josh Kaiser, Heather Carr, Pam Tindal and Nardene Hammond

HOW AGE GROUPS WORK

Age Group designation is particularly tricky for parents of younger walkers as there are so many different interpretations. Let's review.

VRWC AGE

Is your age at the start of our financial year which falls on **1st October 2009**. If your child was aged 11 at that time, then he/she remains an U12 walker from our perspective for the full 2009/10 year. This follows the Little Athletics model and the walker may continue to compete U12 in our various VRWC club championships throughout the year even though that walker may have turned 12 in the meanwhile.

CANBERRA CARNIVAL AGE

The Canberra carnival works on '**Age on the Day**'. Personally, I think this is the fairest way to run championships and Racewalking Australia uses that model where possible. The member clubs must verify age for their club members when they submit their entries.

ATHLETICS VICTORIA AND ATHLETICS AUSTRALIA AGES

Some years ago, the world governing body of athletics (the IAAF) promulgated that at World Junior (U20) and World Youth (U18) championships, all athletes must be under the age limit for the entire year. Thus this year's World Junior championships are only open to athletes who do not turn 20 until next year. At the same time, they rewrote the U18 and U20 world records based on 'Age at 31 December of the Current Year'. The governing bodies of all countries, Australia included, had to follow suit. Australia additionally retrofitted this to the lower age groups of U14-U17 for consistency. Then the State governing bodies (like AV) had to go along for consistency. Thus in any AV or AA competition, age is '**Age on 31st December 2010**'. This means

- Any athlete born in the second half of the year is permanently disadvantaged throughout his/her junior career compared to those born in the first half of the year. Anyone born on 31st December has a lot to be upset about! As my boys were all born in the last quarter of the year, they had to suffer this situation throughout their under age career.
- Athletes often have the feeling that they are being forced to compete 'up an age group'. For instance, a boy born on 5th October 1996 can compete in U13 in Little Athletics and VRWC races but come the Victorian Roadwalking championships in early August, he has to compete in U16. Thus we have U13 in LA and U16 in AV/AA.

This can only be fixed at the National Level if Athletics Australia and the Australian Little Athletics Association can reach an understanding. In the past, attempts by the two organisations to move closer together have failed so we continue to live with the complications of different age group rules in different organisations.

Just to complicate things even further, VRWC and VLAA have a financial year that starts on 1st October but AV and the other AA member states have a financial year that starts on 1st April. This is another key area where some consensus is needed. You know the old saying – Life wasn't meant to be easy!

ACT RACE & FITNESS WALKING CLUB RACES, MOLONGLO REACH, CANBERRA, SAT 22 MAY

Thanks to Robyn Whyte for last Saturday's results from Canberra

10km Walk

1.	B Reading	50.36
2.	M Reading	50.54
3.	C Heywood	52.28
4.	R Whyte	61.08
5.	M Short(f)	68.20
6.	D Robinson	72.30
7.	P Fisher	73.02
8.	B Parker	74.41
9.	J Short	77.40
10.	D Fitzgerald	77.40

1.5km Walk

1.	C Doherty	9.38
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5km Walk

1.	H Bates	24.53
2.	M Griffin(f)	32.17
3.	J Bates(f)	33.47
4.	M Banfield(f)	34.59
5.	J Hosking(f)	36.08
6.	R Parker(f)	36.52
7.	J Reading(f)	39.30
8.	C Chapman(f)	39.51
9.	J Thackray	40.10
10.	C Booth(f)	43.26
11.	M Worrall	45.07
12.	B Chapman	45.07
13.	R Thompson(f)	46.14
14.	N de Chazal(f)	50.32
	J Flaxman	DNF

SA WALKING RESULTS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 MAY 2010

Thanks to Peter Crump for his usual weekly report from South Australia and congrats to him on his State Championship win.

The first Athletics SA State Championships for SA registered athletes for the year saw a few of our club members unable to participate in the marquee events. With the top flight walkers not participating, Peter Crump took out his first open state title at the 20km distance. Paige Hooper continued her excellent form this year, leading up to World Juniors, by (again) dipping under 50:00 for 10km. Samara Holliday's improvement of late has been a highlight to watch, as she took out the U18 8km. Jemma Potezny beat out Lotta Danner over 5km, winning a close race between two of our top junior walkers.

Darren Bown had a strong work out over 5km, giving Blake Steele something to chase over the shorter distance. While not included in the listed results, members were delighted to see Tanya Holliday returning after an extensive break and putting in a good 4km time before pulling out of the 5km with a lap to go. Our new junior walkers continue to impress with their application each week, and this will be recognised in our first Patron's awards to be announced in two weeks.

<p>Athletics SA State Championships</p> <p>Open Men 20km</p> <table> <tr><td>1.</td><td>Peter Crump</td><td>1:57:27</td></tr> </table> <p>Over 35 Men 20km</p> <table> <tr><td>1.</td><td>Jim Hoare</td><td>2:20:42</td></tr> </table> <p>Over 35 Women 20km</p> <table> <tr><td>1.</td><td>Barb Cain</td><td>2:31:02</td></tr> </table> <p>Under 20 Women 10km</p> <table> <tr><td>1.</td><td>Paige Hooper</td><td>49:50</td></tr> </table> <p>Under 18 Women 8km</p> <table> <tr><td>1.</td><td>Samara Holliday</td><td>43:46</td></tr> <tr><td>2.</td><td>Kristie Goznic</td><td>44:21</td></tr> </table> <p>Under 16 Girls 5km</p> <table> <tr><td>1.</td><td>Jemma Potezny</td><td>26:33</td></tr> <tr><td>2.</td><td>Lotta Danner</td><td>26:59</td></tr> <tr><td>3.</td><td>Jessica Stephens</td><td>31:34</td></tr> </table> <p>Under 14 Boys 3km</p> <table> <tr><td>1.</td><td>Alix Harlington</td><td>18:44</td></tr> </table>	1.	Peter Crump	1:57:27	1.	Jim Hoare	2:20:42	1.	Barb Cain	2:31:02	1.	Paige Hooper	49:50	1.	Samara Holliday	43:46	2.	Kristie Goznic	44:21	1.	Jemma Potezny	26:33	2.	Lotta Danner	26:59	3.	Jessica Stephens	31:34	1.	Alix Harlington	18:44	<p>Support Races</p> <p>Open Men 20km</p> <table> <tr><td>1.</td><td>Kim Mottrom</td><td>1:47:18</td></tr> <tr><td>2.</td><td>Bill Starr</td><td>2:24:21</td></tr> </table> <p>Open Women 20km</p> <table> <tr><td>1.</td><td>Sandy Brunner*</td><td>2:06:43</td></tr> </table> <p>Open Men 5km</p> <table> <tr><td>1.</td><td>Darren Bown</td><td>21:34</td></tr> <tr><td>2.</td><td>Blake Steele</td><td>21:45</td></tr> </table> <p>Open Mixed 3km</p> <table> <tr><td>1.</td><td>Mason Heath</td><td>18:21</td></tr> <tr><td>2.</td><td>Rebecca Burat</td><td>18:22</td></tr> <tr><td>3.</td><td>Alisha Martland</td><td>22:01</td></tr> <tr><td>4.</td><td>Simone Martland</td><td>22:04</td></tr> <tr><td>5.</td><td>Thomas Martland</td><td>27:31</td></tr> </table> <p>Open Mixed 2km</p> <table> <tr><td>1.</td><td>Ethan Martland</td><td>19:09</td></tr> </table> <p>Open Mixed 1km</p> <table> <tr><td>1.</td><td>Rhiannon Lovegrove</td><td>6:11</td></tr> <tr><td>2.</td><td>Michaela Goodman</td><td>6:41</td></tr> <tr><td>3.</td><td>Michael Nicolaides</td><td>8:10</td></tr> </table>	1.	Kim Mottrom	1:47:18	2.	Bill Starr	2:24:21	1.	Sandy Brunner*	2:06:43	1.	Darren Bown	21:34	2.	Blake Steele	21:45	1.	Mason Heath	18:21	2.	Rebecca Burat	18:22	3.	Alisha Martland	22:01	4.	Simone Martland	22:04	5.	Thomas Martland	27:31	1.	Ethan Martland	19:09	1.	Rhiannon Lovegrove	6:11	2.	Michaela Goodman	6:41	3.	Michael Nicolaides	8:10
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BENDIGO RACE WALKING CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 23 MAY 2010

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 2 races at Lake Neangar on Sunday morning with a small number of walkers competing in the 2km and 5km events. Annette Curtis kept her unbeaten record intact as she won her 4th race in succession taking out the 5km sealed handicap from Josh Savage 2nd and Barb Bryant in 3rd place. In the 2km race Ebony-Jade Jones took victory with her mother Jamie-Lee in 2nd place.

2km Walk: Ebony-Jade Jones 14.52, Jamie-Lee Jones 17.51

5km Walk: Ebony Whiley 29.02, Josh Savage 30.36, Barb Bryant 31.04, Annette Curtis 35.39, Colin Cleary 41.42

Next Sunday 2km, 4km and 8km races will be held at Lake Neanger commencing at 9-30am. Enquirers phone 5442 6435 or 0400649610.

OVERSEAS BITS AND PIECES

MORTALAZ (ESP, May 22): World Cup winner Maria Vasco won the 5km walking event in 21:51 ahead of Julia Takacs (21:54). David Dominguez was the best man over 10km with 42:12 ahead of veteran Jesus Angel Garcia (42:15).

RUSSIAN EUROPEAN CHAMPS WALK SELECTION

MOSCOW (RUS): Russia's Andrey Krivov and Vera Sokolova, who finished third and fourth respectively in the men's and women's 20km Walk at the IAAF World Race Walking Cup in Chihuahua, Mexico, earlier this month, have been selected for the European Athletics Championships in Barcelona this summer. The rest of the Russian team, who can all be expected to be contenders for medals, will be selected at a later stage. Selection is guaranteed for reigning world champions Valeriy Borchin, Sergey Kiryapkin and Olga Kaniskina. The Russian Championships on June 12-13 in Cheboksary will be the decider for the rest of the team. Valery Filpchuk and Anna Lukyanova, who got the individual bronze medals in the junior 10km races in Chihuahua were also selected for the World Junior Championships in Moncton, Canada, in July after their performances in Mexico. National junior champions will be added as second representatives.

MOSCOW (RUS, May 22): The second day of the European Youth Olympic Games Trials saw Russian walker Nadezhda Leontyeva win the 5000 m walk in 22:24.95.

2010 ALF ROBINSON MEMORIAL - NOMINATIONS CLOSE MAY 28

A reminder that nominations for the Alf Robinson Foundation close this Friday. The memo from Athletics Australia reads as follows:

When former Racewalking Australia President Alf Robinson died in 1977, a Foundation was setup, seeded by an initial sum of money donated by Mr. Harold and Mrs. Cora Brennan. This Foundation was designated 'The Alf Robinson Memorial Race Walking Foundation.'

It was envisaged that the interest from this Foundation would be used on an ongoing basis to assist Australian racewalkers on the international stage.

The funds within this Foundation are held in trust by Athletics Australia and a Board of Trustees, made up of representatives of Athletics Australia and Racewalking Australia.

The trustees will review all submissions and allocate the available funds to those walkers they consider most appropriate.

Both Athletics Australia and Racewalking Australia view this Foundation as a developmental fund which should focus on either our most promising junior walkers or those open aged walkers under the age of 25 years who show the potential to achieve internationally.

The amount of money to be allocated each year is not large and the Board of Trustees will decide the number of walkers amongst whom to distribute funding and the level of support to be given to each walker.

There will be one funding allocation per calendar year. In 2010, the closing date for funding submissions is Friday 28 May.

Use link http://www.clubsonline.com.au/events/index.cfm?fuseaction=display_full&EventID=4075&OrgID=887 to make a submission.

VRWC TEAM FOR THE CANBERRA CARNIVAL NOW FINALISED

Canberra Carnival entries have now closed and we have a huge team just like last year – 82 walkers who have entered a grand total of 132 events. We have teams in every teams event except for the U20 10km men. I am also excited to announce that five of our World Racewalking Cup walkers will be representing us in the carnival – Jared Tallent, Chris Erickson, Rhydian Cowley, Regan Lamble and Rachel Tallent.

Daryl Biggin and I will be joint team managers and we would like to put a call out for volunteers who could look after particular event groups. For instance, if you are a parent of one of the U12 girls (event 14), then you might like to take care of that age group for us on the day – checking that all the girls are there and have their uniforms and race numbers, coordinating them for a pre-race

warmup, taking them to the start area and looking after them until they are called to the line, taking their times during the race and noting what places they finish. That then leaves Daryl and me a bit freer to oversee the entire day.

We also have to provide as many officials and judges as we can. **If any of our judges are going, I would appreciate it if you could advise me of your availability for morning and afternoon judging activities. With regard to officiating, at a very minimum, we are required to provide lapscorers for events 8-10 (the 10km walks) and events 19-21 (the 5km walks). So if anyone can spare some time, let me know and I can pencil you in for a 30 min block of officiating.**

And now here's what everyone has been waiting for – the list of entries. Let me know if I have any mistakes.

1	OPEN 20 MILES	08:00 AM	Erickson, Chris Knox, Duncan (V) Kollmorgen, Stuart (V) Tallent, Jared
2	FITNESS 20 MILES	08:00 AM	
3	M/W AACT 30 KM	08:00 AM	Erickson, Chris Tallent, Jared
4	W OPEN VET 10M	08:00 AM	Carr, Heather (V) Elms, Donna-Marie (V) Irshad, Kylie Lamble, Regan Smith, Emma Wallace, Anna
5	M OPEN VET 10M	08:00 AM	Bennett, Ralph (V) Biggin, Daryl (V) Gardiner, Bob (V) Prendergast, Maurice (V) Simpson, Brad Summers, Harry (V)
6	FITNESS 10M	08:00 AM	Ogilvie, Rory
7	FITNESS 5M	09:00 AM	Elms, Damien Elms, Jason McNicol-Davidson, Chloe McNicol-Davidson, Karen Wood, Robin
8	MEN U20 10 KM	10:30 AM	Cowley, Rhydian
9	AACT MEN U20 10KM	10:30 AM	
10	OPEN 10 KM	10:30 AM	
11	BOYS U10 1 KM	11:40 AM	Candotti, Noah Davidson, Harley Hockley-Samon, Harry McShanag, Ethan Walmsley, Hayden Wright, Ethan
12	GIRLS U10 1 KM	11:40 AM	George, Hayley Hodges, Anaya Hodges, Mikhala Lillie, Brianna Lotherington, Katelyn Mason, Livinia Miller, Tegan Montag, Piper Owen-Smith, Chelsea Peart, Jemma Louise Richardson, Brodie Taylor, Lee Xuereb, Tara
13	BOYS U12 2 KM	11:50 AM	Candotti, Samuel Hockley-Samon, Harry Owen, Cooper Swan, Kyle Walmsley, Hayden * Walmsley, Reese
14	GIRLS U12 2KM	11:50 AM	De Lisen, Paige

			Hodges, Anaya * Hodges, Mikhala * Kay, Shelby Lillie, Jessica Lotherington, Katelyn * Richardson, Brodie *
15	BOYS U14 2 KM	12:10 PM	Allamby, Billy Candotti, Samuel Jones, Jeremiah McNicol-Davidson, Cody McShanag, Connor * Owen, Cooper Richardson, Jacob Swan, Kyle Taylor, Lucas Walmsley, Reese * Wright, Ethan *
16	GIRLS U14 2KM	12:30 PM	Burren, Sarah Campbell, Rebecca Hamilton, Emily Irshad, Jasmine Montag, Jemima Ohlsen, Shae Somerfield, Kobie Swan, Emily
17	BOYS U16 3 KM	12:50 PM	Allamby, Billy * Brill, Nathan Dillon, Josh Felton, Matt Jones, Jeremiah * McNicol-Davidson, Cody * McShanag, Connor * Tam, Aaron
18	GIRLS U16 3 KM	01:15 PM	Attard, Bianca Burren, Sarah * Callaway, Jessica Campbell, Caitlin Campbell, Rebecca * Finnegan, Amelia George, Stephanie Hockley-Samon, Jmara Irshad, Jasmine Mason, Ella Montag, Jemima* Ohlsen, Shae * Raselli, Cassie Somerfield, Kobie
19	BOYS U18 5 KM	01:40 PM	Allamby, Billy ** Brill, Nathan * Dillon, Josh * Felton, Matt * Kaiser, Josh McShanag, Connor ** O'Mahony, Michael Simpson, Brad * Tam, Aaron * Taylor, Lucas *
20	GIRLS U18 5 KM	01:40 PM	Attard, Bianca * Brazel, Hilary Burren, Amy Callaway, Jessica * Campbell, Caitlin * Campbell, Rebecca ** Hamilton, Emily * Raselli, Cassie Tallent, Rachel
21	WOMEN 5 KM	02:20 PM	Attard, Bianca **

			Burren, Sarah ** Callaway, Jessica ** Campbell, Caitlin ** Elms, Donna-Marie * Finnegan, Amelia * Hockley-Samon, Jmara * Kay, Shelby Lambie, Regan McInnes, Simone Raselli, Cassie Smith, Emma * Tallent, Rachel * Wallace, Anna *
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* Second event

** Third event

ADVANCE NOTICE – RACEWALKING SEMINAR AT ALBERT PARK ON SAT JUNE 26TH

Matt Griffin of Athletics Victoria has been keen for some time to run a racewalking workshop and he has been able to twist our arms and get Simon Baker, Mark Donahoo and me to agree to present the highly sought after event. You can read the flyer on the AV website at <http://www.athsvic.org.au/news/newsfile.php?newsFileID=4241>. Main details from the flyer read as follows

2010 Coach Education Workshop - Long Term Development for Junior Race Walkers

Presented by Simon Baker, Tim Erickson & Mark Donahoo

Three of the most experienced heads in Australian race walking, Simon Baker, Tim Erickson and Mark Donahoo will be conducting a 'not to be missed' workshop for any race walking athlete, coach or enthusiast. With a collective competition resume of 12 IAAF Race Walking World Cups (including a gold medal performance), five IAAF World Championships, four Olympic Games, and five Commonwealth Games (yielding a gold and bronze medal) between them, there isn't much that this highly experienced and credentialed trio don't know about the art of race walking.

With a focus on long term talent development, the three presenters will discuss the key components of planning and preparing for future success, drawing on their experiences as elite athlete, high performance coaches, and the lessons they have learnt through their involvement with some of the world's most successful race walking coaches.

To register your interest, and confirm your attendance at this workshop, please contact Athletics Victoria Development Manager Matt Griffin on (03) 9428 8195 or via email, matt@athsvic.org.au, by 5:00pm, Thursday 24h June 2010.

Workshop Details:

WHEN: Saturday 26th June
 TIME: 10:00am - 12:30pm (registration 9:45am for 10:00am start)
 VENUE: Auxiliary Room, Middle Park Bowling Club, Canterbury Rd, Middle Park
 COST: \$10 (payable on the day)

WHAT'S COMING UP NEXT

Next Saturday sees one of our most popular events for the winter – one of our handicap start days. Contrary to what it says in the winter fixture, as long as you have raced a comparable distance in VRWC competition over the past 12 months, Mark can issue you a handicap. You don't need to have raced the actual 8km or 4km distance this winter season. Walkers start in order of handicap, from expected slowest walker to expected fastest walker. The walker who reaches the finish line first in each event (male and female are always counted as separate events) and gets the all clear from the judges is declared the winner of that race. We only do this with the U15 and Open events – we keep a mass start for our U12 and U9 walkers as it has led to a bit of confusion with them when we have tried it in the past.

The handicap winner of each of the 10 events on offer gets to pick from our table of prizes – and there are generally some good ones on offer.

Saturday 29 May 2010		Albert Park	
VRWC EVENTS: Entries close for all events at 1.45pm sharp. Prizes for handicap winners			
2.15pm	8km	Handicap start	Open
2.15pm	4km	Handicap start	Open
2.15pm	4km	Handicap start	Under 15
2.45pm	2km	Handicap	Under 12
2.45pm	1km	Handicap	Under 9
3:30pm	Announcement of all handicap winners and prize picking.		

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.

Australian/Victorian Winter Season Key Dates

Sun June 13, 2010	44 th Lake Burley Griffin Racewalking Australia Carnival, Canberra, ACT
Sat June 26, 2010	A.V. Racewalking Seminar, VRWC Club Rooms, Albert Park, VIC
Sun June 27, 2010	Australian Masters, Victorian and Victorian Schools roadwalking championships, Albert Park, VIC Entries for AMA 20km championship close on Sat 19 June. AMA entry form: http://vicvets.mhsoftware.com/attachments/23/111/AMA_20k_EntryForm_2010.pdf
Sat July 24, 2010	Racewalking Australia State Challenge, in each State
Sun Aug 8, 2010	Major Victorian Roadwalking championships carnival, Albert Park, VIC
Sun August 22, 2010	Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD

2010 International Fixtures

July 3-10, 2010	Oceania Masters Championships, Tahiti
Aug 3, 2010	8 th World Gay Games VIII, Cologne, GERMANY (5000m walks). See http://www.gaygames.com/
July 19-25, 2010	13th World Junior Championships, Moncton, Canada. See http://www.moncton2010.ca/
Aug 14-26, 2010	1st World Youth Olympics, Singapore (10000mW boys, 5000mW girls). See http://www.singapore2010.sg
Oct 3-14, 2010	19th Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni , Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see http://www.racewalking-naumburg.de)
Aug 28, 2010	20 th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011	19th World Masters T&F Championships Stadia, Sacramento, California, USA
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 2010 ?	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London. See http://www.london2012.com/

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
July 24 - Aug 4, 2013	World Masters Athletic Championships, Port Alegre, Brazil

2014 International Fixture

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

Looking even furthe forward

Aug 2016	31st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32nd Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)