



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VALE RAY SMITH 1929-2010

It is with deep sadness that I pass on the news the Ray Smith died overnight last Thursday at his home in St Kilda, aged 80 years. Ray was one of the most well known and deeply respected members of the Australian racewalking community and of the Victorian Race Walking Club. His accolades were many and included

- 1956 Olympian (6th in the 50km racewalk)
- Australian 50km champion and former Australian 50km record holder
- IAAF racewalk judge (1977-1995)
- IAAF Race Walking Committee member (Oceania)
- Athletics Australia Life Member
- Athletics Victoria Life Member
- Coburg Harriers Life member
- Victorian Race Walking Club Life Member and past President and Treasurer
- Athletics Victoria 50 year Membership Award (2004)
- Athletics Victoria 50 Year Officiating Award (2004)
- Race Walking Australia 40 Year Merit Award (2009)
- Australian Sports Medal (2000).

Ray's judging activities saw him judge international events in Australia, China, England, Germany, the Isle of Man, Italy, Korea, New Zealand, Scotland, Singapore, Spain, Sweden, USA and the former USSR.

Ray remained active in the Victorian Race Walking Club throughout his later years, judging there regularly until he eventually decided to hang up the paddles locally in 2006. At the same time, he finally stopped producing his weekly VRWC news bulletin on race days and retired from his position as club Communications Officer. But Ray was never one to sit back quietly so he simply moved to the video camera, experimenting as he went, and producing high quality weekly videos of all VRWC races right up till the end of the 2009 winter season. He was in his element sitting in the clubrooms the following week and explaining the intricacies of the walking technique and how each could improve his/her style. His knowledge of the sport was encyclopedic and his enthusiasm never slowed with the passing years. This willingness to 'put in' made him a highly valued member of the VRWC Committee and the club and we shall all miss him greatly.

I have been inundated by email replies and phone calls from so many people whose lives have been touched by Ray over the years. Our own VRWC tribute to Ray may be sourced at <http://www.vrwc.org.au/tim-archive/wv-ray-smith.pdf> . **We expect Ray's funeral to be held next week and I will email everyone once details are confirmed.**



Ray in grass track racing mode in 1955



Ray in recent times, camera around the neck, chatting and filming

VRWC ROAD WALKS, ALBERT PARK, SATURDAY 5 JUNE 2010

It was yet another handicap day at Albert Park on Saturday with prizes for the winners of each event so I have presented the results in handicap finish order and show as a separate column how much each walker's actual time compared to their handicap time. The last column shows the actual places in terms of fastest times. The weather was cool and overcast for the most of the races so perfect for fast walking, but the rain started to come down towards the end of the day and the slower 10km walkers bore the brunt of the change. A total of 97 walkers contested our various events so it was our biggest race day so far for the winter.

We stopped for one minute's silence before the first events to remember club Life Member **Ray Smith** who died unexpectedly on Thursday night. All walkers wore black armbands in remembrance of Ray – his impact on so many of us was great and we mourn his passing and pass our condolences onto his sister Valerie and his extended family.

Thanks as usual to **Terry Swan** for his great photo selection – now uploaded to <http://www.vrwc.org.au/coppermine> and used in this newsletter. Thanks also to **Fran Attard** who put together a great video of the previous week's races – this was played both before and after our races on Saturday so that everyone had a chance to check out their techniques. I have taken Fran's DVD and extracted 10 mins worth to Youtube – check out <http://www.youtube.com/watch?v=WK8qfjBLcCs>. Thanks for taking on this important club task Fran.

The 10km event saw three of our World Cup walking team in action – **Chris Erickson** flew out of the blocks with a 4:00 first kilometre and powered through to fastest time of 42:44. Behind him, **Rhydian Cowley** and **Regan Lamble** were out to show their fitness ahead of next month's World Junior Championships and they excelled with great times of 44:01 and 47:13 respectively. In fact, Regan's 47:13 was a 59 sec PB so was outstanding. Not to be outdone, **Heather Carr** bettered her own pending **Masters W60 World Record** by nearly 1 minute with her time of 53:56. Yet the handicap wins went to **Gayle McIntyre** and **Russ Dickenson** who kicked back into top form with 56:46 and 56:32 respectively. Other great walks were seen from **Bob Gardiner** 60:59 (M70!), **Pam Tindal** 53:56, **Nardene Hammond** 56:36 (1m+ PB) and **James Seid-Christmass** 52:38 (17 sec PB).



Regan Lamble, Chris Erickson, Rhydian Cowley, Jason Elms, Russ Dickenson, Gayle McIntyre, Nardene Hammond, Bernie Keirl and Heather Carr

10km Open Handicap	Time	Diff to H'cap	Actual Time Place
1. Gayle McIntyre	56:46	-1:58	5
2. Nardene Hammond	56:36	-1:16	4
3. Heather Carr	53:56	-0:57	3
4. Pam Tindal	53:19	-0:14	2
5. Alison Thompson	60:14	+0:15	6
6. Marlaine Stanway	72:30	+0:22	8
7. Margaret Beaumont	79:46	+1:08	9
8. Liz Feldman	62:36	+1:43	7
9. Regan Lamble	47:13	No h'cap	1
1. Russ Dickenson	56:32	-3:49	6
2. Bob Gardiner	60:59	-1:31	7
3. James Seid-Christmass	52:38	-0:57	3
4. Aaron McDonough	54:36	-0:50	4
5. David De Bondi *	69:30	-0:43	9
6. Duncan Knox	56:18	-0:35	5
7. Rhydian Cowley	44:01	-0:29	2
8. Harry Summers	68:59	+0:01	8
9. Chris Erickson	42:44	No h'cap	1

Anna Wallace 29:47 and **Rudolf Skrucany** 33:43 won the handicaps last week and they won again this week with more good walking. Fastest times went to **Kylie Irshad** 25:07 and **Josh Dillon** 24:31 while **Cassie Raselli** 26:21, **Hilary Brazel** 25:33, **Donna Elms** 30:07 and **Josh Kaiser** 25:52 all did good PBs, such was the standard of this event.



Rudold Skrucany, Josh Dillon, Cassie Raselli, Anna Wallace, Bob Gardiner, Hilary Brazel and Stephanie George

5km Open Handicap	Time	Diff to H'cap	Actual Time Place
1. Anna Wallace	29:47	-2:00	4
2. Kylie Irshad	25:07	-1:57	1
3. Cassie Raselli	26:21	-1:09	3
4. Hilary Brazel	25:33	-0:35	2
5. Donna Elms	30:07	-0:35	5
6. Gwen Steed	31:25	-0:15	6
7. Karen O'Neill	34:55	No h'cap	7
1. Rudolf Skrucany	33:43	-2:09	8
2. Howard Gibson *	37:42	-1:18	10
3. Joshua Kaiser	25:52	-0:50	3
4. Josh Dillon	24:31	-0:43	1
5. Barrie Wicks	35:44	-0:34	9
6. Jason Kozica	27:25	-0:21	5
7. Alan Lucas	28:42	-0:06	6
8. Robin Wood	38:24	+0:09	11
9. Bernie Keirl	27:02	+0:15	4
10. Ian Beaumont *	40:16	+0:16	12
11. Geoff Barrow	32:51	+0:30	7
12. Mark Donahoo	25:38	+1:04	2

Janet Holmes 18:08 and **Gordon Onley** 21:05 took the honours in the 3km handicaps while **Ella Mason** 17:12 and **Jason Elms** 17:08 were fastest overall. We welcomed first time walker **Ruth Nicholls** who walked a very creditable 19:10.



Gordon Onley, Ruth Nicholls, Geoff Barrow, Janet Holmes, Ella Mason, Ian and Margaret Beaumont

3km Open Handicap		Time	Diff to H'cap	Actual Time Place
1.	Janet Holmes *	18:08	-0:58	2
2.	Ella Mason	17:12	-0:33	1
3.	Maryanne Harrison	21:06	-0:21	5
4.	Jan Morrey	18:53	-0:11	3
5.	Georgia Gatens	21:26	+1:01	6
6.	Ruth Nicholls *	19:10	No h'cap	4
	Amy Burren	Ab		
1.	Gordon Onley *	21:05	-1:52	3
2.	Lindsay Harrison	21:55	+0:04	4
3.	Jason Elms	17:08	+0:10	1
4.	Llew Jenkins	20:30	+0:10	2

Caitlin Campbell recorded a 1:16 PB with 15:34 while **Aaron Tam** walked a 20 sec PB with 16:23 and this was good enough to win them the 3km U15 handicaps. **Lucas Taylor** also walked a big PB with 15:34 and was only 1 sec behind Aaron on handicaps. **Amelia Finnegan** is getting back into top shape and took the fastest time amongst the girls with 14:54 while **Nathan Brill** excelled once again with the fastest male time of 13:36.



Aaron Tam, Nathan Brill, Amelia Finnegan, Jmara Hockley-Samon, Connor McShanag, Caitlin Campbell and Lucas Taylor

3km U15 Handicap		Time	Diff to H'cap	Actual Time Place
1.	Caitlin Campbell	15:34	-1:16	3
2.	Bianca Attard	16:13	-0:54	5
3.	Amelia Finnegan	14:54	-0:44	1
4.	Megan Walker	17:27	-0:39	7
5.	Jmara Hockley Samon	15:03	-0:37	2
6.	Amy Ventura	18:35	-0:30	9
7.	Beth Barbour	17:33	-0:26	8
8.	Jasmine Irshad	15:53	-0:13	4
9.	Carly Bertrand	17:15	+0:05	6
	Rebecca Campbell	Ab		
	Stephanie George	Ab		
1.	Aaron Tam	16:23	-1:19	6
2.	Lucas Taylor	15:34	-1:18	5
3.	Billy Allamby	15:04	-0:47	2
4.	Nathan Brill	13:36	-0:19	1
5.	Matthew Felton	15:31	-0:12	3
6.	Adam Garganis	18:25	-0:11	7
7.	Connor McShanag	15:33	+0:14	4

Charisma Boothroyd 12:38 and **Harley Davidson** 16:56 were our U12 handicap winners but the standard was superb with nearly every walker beating her/his respective handicap time. **Emily Hamilton** was the fastest girl with 10:44 while **Kyle Swan** 9:34 and **Cooper Owen** 10:16 were the fastest boys as usual. What fine walking we are seeing in this age group.

2km U12 Handicap		Time	Diff to H'cap	Actual Time Place
1.	Charisma Boothroyd	12:38	-1:48	11
2.	Mikhala Hodges	11:19	-1:05	4
3.	Georgia Bertrand	11:17	-0:55	3
4.	Bronte Segota	11:49	-0:45	6
5.	Anaya Hodges	11:58	-0:39	9

6.	Paige De Lisen	11:00	-0:36	2
7.	Charlee Harrison	13:03	-0:36	13
8.	Jessica Lillie	11:52	-0:30	8
9.	Shelby Kay	11:27	-0:28	5
10.	Emily Hamilton	10:44	-0:26	1
11.	Cassandra Kay	13:08	-0:23	14
12.	Hayley Brown	12:54	-0:21	12
13.	Brodie Richardson	11:51	-0:11	7
14.	Gabriella Crea	12:19	+0:15	10
1.	Harley Davidson	16:56	-0:58	7
2.	Reese Walmsley	10:40	-0:55	3
3.	Sam Candotti	13:41	-0:48	5
4.	Kyle Swan	9:34	-0:43	1
5.	Cody McNicol-Davidson	12:21	-0:32	4
6.	Cooper Owen	10:16	-0:28	2
7.	Hayden Walmsley	14:46	+0:25	6
	Jacob Richardson	Ab		



U12 walkers Charisma Boothroyd, Kyle Swan, Emily Hamilton, Cooper Owen and Harley Davidson

Tegan Miller 6:13 and **Noah Candotti** 7:31 were our two U9 handicap winners while **Kristina Collins** 5:42, **Brianna Lillie** 5:50 and **Chelsea Owen Smith** 6:02 all showed great speed as the fastest overall. **Ethan Wright** was the fastest of the boys with 6:55. Finally, we welcomed **Ella Segota** for her first walk with us.



U9 walkers Brianna Lillie, Tegan Miller, Noah Candotti, Chelsea Owen-Smith, Ella Segota and Kristina Collins

	1km U9 Handicap	Time	Diff to H'cap	Actual Time	Place
1.	Tegan Miller	6:13	-0:27		4
2.	Livinia Mason	6:32	-0:16		5
3.	Kristina Collins	5:42	-0:09		1
4.	Chelsea Owen-Smith	6:02	-0:03		3
5.	Brianna Lillie	5:50	+0:02		2
6.	Lee Taylor	6:34	+0:17		6

	Ella Segota	7:43	No h'cap	7
1.	Noah Candotti	7:31	-0:13	2
2.	Ethan Wright	6:55	+0:09	1

Thanks as usual to the many people who work hard each week to keep the show on the road. Sorry if I missed anyone.

Officials: Tim Erickson, Ron Miller, Bob Gardiner, Harry Summers, Ian Laurie, Natalie Laurie, Michael Brazel, Matt Owen, Stuart Cooper, Don McLaren

Judges: Peter Vysma (chief), Lloyd Nicholls, Graham George, Shane Bertrand, Terry Knape, Judy Mason, Brenda Felton

Canteen: Kate Suich, Barb Gardiner, Joyce Summers

POINTS COMPETITION UPDATES

All 3 points competitions have now been collated and updated onto the website (<http://www.vrwc.org.au>). The judges were kept very busy with nearly 100 walkers on the course but they did their best to hone in on a few of our best walking stylists. Not unexpectedly, Chris Erickson and Regan Lamble took top honours in this regard – it goes without saying that you need a good style to compete successfully on the international stage and the judges agreed that Chris and Regan looked the goods.



Top stylists Regan Lamble and Chris Erickson, both now resident at the AIS in Canberra

Open & U15 Men	U9 & U12 Boys	Open & U15 Women	U9 & U12 Girls
11 Chris Erickson	The judges did not have time to allocate any points here.	9 Regan Lamble	3 Kristina Collins
5 Russ Dickenson		4 Pam Tindal	2 Brianna Lillie
4 Rhydian Cowley		3 Megan Walker	1 Paige De Lisen
2 Harry Summers		2 Hilary Brazel	
1 Adam Garganis		2 Ella Mason	
1 James Seid-Christmass		1 Gwen Steed	
		1 Beth Barbour	
		1 Heather Carr	
		1 Karyn O'Neill	

RHYDIAN COWLEY WALKS AND RUNS – IN A HURRY!

Watching young Rhydian Cowley scorch around Albert Park in 44:01 on Saturday, spectators may not have realised that he is also a very gifted young runner. The previous Saturday, he competed in the Athletics Victoria 10km Open Road Running Championship at Sandown Racecourse as part of the Glenhuntly team. And what a run it was, coming 40th overall with a time of 32:10 and helping his team to the bronze medal in the Division 1 Teams event. Had he entered his own U20 age group, he might well have won the gold medal and might now be the State U20 road running champion (to match his status as U20 road walking champion) because he came in 9 seconds ahead of the winning U20 runner. Now that is pretty impressive for someone who just does the occasional weekly run as part of his walk training.

Make sure you keep your priorities right Rhydian – walker first, runner second!

ACT RACE & FITNESS WC ROADWALKS, LENNOX GARDENS, ACT, SATURDAY 5 JUNE 2010

Thanks to Robin Whyte for sending through the weekly ACT Race and Fitness Club results. Finishers are sorted in handicap finishing order with their actual times shown. Fastest time in each division is marked.

8K Handicap	Actual	H'cap		4K Handicap	Actual	H'cap
1. J Gilchrist(f)	61.24	(3.50)		1. K Black(f)	27.52	(11.20)
2. A Staunton Jugovic(f)	45.59	(19.35)	F/T	2. R Thompson(f)	34.58	(4.25)
3. B Parker	58.21	(7.25)		3. M Banfield(f)	27.51	(12.35)
4. M Short(f)	54.04	(11.55)		4. J Bourke(f)	36.16	(4.20)
5. J Gloe	64.08	(2.10)		5. N de Chazal(f)	39.22	(1.20)
6. R Gilchrist	54.28	(11.55)		6. J Bates(f)	27.22	(13.30)
7. P Fisher	59.33	(7.45)		7. M Griffin(f)	26.10	(16.10)
8. N Gloe	62.17	(5.10)		8. R Parker(f)	31.34	(11.05)
9. D Robinson	56.36	(11.05)				
10. J Short	60.42	(7.05)		2K Handicap	Actual	H'cap
11. H Bialecki(f)	51.10	(16.45)		1. C Doherty	12.12	(5.50)
12. G Barker	59.24	(11.20)		2. Z Hunt(f)	10.52	(7.30)
				3. K White(f)	13.12	(5.50)
1K Handicap	Actual	H'cap		4. K Baker(f)	13.05	(6.00)
1. G Hunt(f)	6.30	(2.40)	F/T	5. C Burns	12.06	(7.00)
				6. C Hosking(f)	11.20	(7.50)
				7. E Hosking(f)	11.56	(9.10)
				8. C Carlon(f)	18.45	(2.30)

SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 5 JUNE 2010

Thanks to Peter Crump for his weekly take on the South Australian walking scene

A very impressive turn out for the final hit out before Canberra, with 31 walkers completing their nominated distance. In the open 10km, stand out performance was from Paige Hooper who completed a pre-departure time for the World Junior 10km with 49:27, only missing her PB by 1 second. Well done Paige!

Tanya Holliday completed the 5km in the handy time of 24:12, ahead of Claire Xian who walked within 20 seconds of her PB in just her second walk post recovery.

Jemma Potezny and Lotta Danner again fought a tough race over 3km, with Jemma getting the edge this week with 15:30. Behind them PBs were recorded by Mason Heath, Lachlan Tyler Dowd, Jessica Stephens, Rebecca Burat and Alison Stampke, a fine credit to their personal efforts (and to their coaches).

Alix Harlington impressed again over 1 km (5:37) with Rhiannon Lovegrove behind him in a PB 5:57 and Riona Tyler Dowd making her competitive debut with the club.

Our first Patron's awards (courtesy of Bill Starr) were awarded to Alix Harlington and Rhiannon Lovegrove for performance and to Simone Martland and Mason Heath for marked improvement with their technique. More of these awards will be made throughout the season. As Club stalwart Darren Bown commented, we have a fine group of walkers going into Canberra next week and this augurs well for results on the national stage.

10km Roadwalk

1. Darren Bown	44:59
2. Paige Hooper	49:27
3. Kim Mottrom	49:44
4. Peter Crump	58:00
5. Allegra Steele	60:51
6. Bill Starr	68:38

5km Roadwalk

1. Tanya Holliday	24:12
2. Claire Xian	25:20
3. Kristie Goznic	27:03
4. Samara Holliday	28:18
5. Gloria Holliday	29:26
6. Silke Danner	33:15
7. Barb Cain	34:04

3km Roadwalk

1. Jemma Potezny	15:30
2. Lotta Danner	15:37
3. Amber Tuscharski	16:22
4. Piper Douglas	16:47
5. Mason Heath	17:05
6. Lachlan Tyler Dowd	17:09
7. Jessica Stephens	17:27
8. Rebecca Burat	17:40
9. Alison Stampke	17:43
10. Issy Tucker	18:07
11. Julia Potezny	18:55
12. Simone Martland	22:12
13. Alisha Martland	22:13

1km Roadwalk

1. Alix Harlington	5:37
2. Rhiannon Lovegrove	5:57
3. Riona Tyler Dowd	6:20
4. Elsie Potezny	6:44
5. Thomas Martland	7:11

QRWC ROAD RACES, MORNINGSID, BRISBANE, SUNDAY 6 JUNE 2010

Thanks to Peter Aiton for the weekend Queensland report. Peter comments: *It was great to see Ben Tesch back at the club walking for the first time this season.* Also worth a mention: Dane Bird-Smith walked a scorching 10km with 43:37, Nick Dewar was pretty fast over the 5km with 23:49 and Jesse Osborne was the quickest over 3km with 13:13 ahead of Ben Tesch 14:02. I hear it was pretty hot and humid on Sunday morning so not exactly perfect racing conditions.

A Grade 10km

Men: (1) Dane Bird-Smith 43.37 (2) Peter Bennett 54.37 (3) John Harris 64.09 (4) Paul Lindenberg 73.30

Women: (1) Kay Shaw 64.32 (2) Sally Lynch 66.08 (3) Lyn Woodward 67.41 (4) Noela McKinven 76.53

B Grade 8km

Men: (1) Patrick Sela 51.07 (2) Richard Lynch 57.52

Women: (1) Robyn Wales 61.14 (2) Christiane Dauphinet 62.36

C Grade 5km

Men: (1) Nick Dewar 23.49 (2) Brandon Dewar 24.33 (3) Brad Aiton 25.53

Women: (1) Kenza Benzenati 26.55 (2) Jess Pickles 29.14 (3) Rachel Barker 30.43

D Grade 3km

Boys: (1) Jesse Osborne 13.13 (2) Ben Tesch 14.02

Girls: (1) Mikaela Woodward 17.47 eq (2) Kate Sanford, Marybeth Paviell 19.52 (4) Yue Guo 20.19 (5) Kirsty Barker 22.08

E Grade 1.5km

Boys: (1) Yanis Benzenati 8.33

Girls: (1) Thalia Martin 11.13

F Grade 1km

Girls: (1) Cheyenne Trembath 9.03

OVERSEAS RESULTS

VALGA (EST, May 28): The 15th Bruno Junk walk meeting was held in Valga in Estonia on Friday May 28th May. The Men's 10km was won by Latvian Arnis Rumbenieks with 42:37 while the Women's 5 km also had a Latvian winner in Agenes Pastare with a time of 22:34.

LISBON (POR, May 29): Top Portugese international walker Vera Santos won the Women's 3000m track walk at their National Clubs Championships with 12:40.17.

BORSKY MIKULAS (SLK, June 5). This Slovakian racewalk meet (which incorporated the National championships) at Borsky Mikulas was nearly cancelled due to the heavy rains inundating that area of Europe but somehow the weather cleared on Saturday 5 June and the rains cleared for the first time in weeks, giving rise to very hot and sunny conditions. Now sometimes, you just can't plan! For a number of walkers in that area, it was a chance to qualify for the European or World Junior Championships but the unexpected hot weather made the going tough. 2010 World Cup 50km winner Matej Toth was on the entry list but did not start.

20k Open Men

1.	Anton Kučmín	1:26:46
2.	Miloš Bátorvský	1:27:30
3.	Dušan Majdán	1:28:17
4.	Nenad Filipovič	1:32:26
5.	Milan Rízek	1:35:27
6.	Zdeno Medera	1:45:02

10km Open Women

1.	Viktória Madarászová	50:45
2.	Anita Mészárosová	51:57
3.	Miroslava Stašová	55:52

10km Junior Boys

1.	Marcel Fáber	46:14
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5km Junior Girls:

1.	Agné Klebauskaiteová	25:51
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5km Youth Boys

1.	Peter Tichý	23:40
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5km Youth Girls

1.	Katarína Strmeňová	24:36
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ATHLETICS AUSTRALIA SELECTION POLICY RELEASED – 2011 WORLD CHAMPIONSHIPS

Athletics Australia has released its 2011 IAAF World Championship Selection Policy and it reads similarly to the 2010 World Cup policy. See http://www.athletics.com.au/high_performance/high_performance_news/team_information/2011_wch/selection_policy.

AA has decided that the IAAF A standard will be required for selection in the walks:

Men 20 Km	1:22:30
Women 20 Km	1:33:30
Men 50 Km	3:58:00

Other points of interest:

- Each country is entitled to enter up to 3 athletes if they fulfil the required standards.
- There will be no 50km (or marathon) trial but initial 50km selections will be made in the week following the 2010 Australian 50km championship (presumably in Dec 2010) so this event is of obvious importance.
- The 20km trials will be held in conjunction with the Australian 20 km Summer championships (venue and date TBA) and initial 20km selections will be made immediately afterwards.
- Qualifying performances must be achieved during competitions organised or authorised by the IAAF, its Area Associations or its National Member Federations. Doing your qualifier in a 'local' club event is no good.
- The qualifying period for the walks extends from 1 Jan 2010 to 1 May 2011.

ALBERT PARK UPDATES

The following update on the new Victorian Athletics Stadium was written by Athletics Victoria President Anne Lord and published in this month's Athletics International magazine.

Following two years of discussions and meetings with state government officials regarding the new athletics facility at Albert Park, the Memorandum of Understanding (MOU) between Athletics Victoria (AV) and the state government has been agreed to.

This is a significant moment and ends two years of productive negotiations. Nick Honey (AV CEO) and Brett Moore (AV board member) have worked tirelessly with State government officials to arrive at the final MOU document.

Athletics Victoria is extremely pleased with the outcome, which gives us not only an international standard facility but also a user friendly one. AV looks forward to developing the State athletics centre as the hub of Victorian Athletics.

The facility includes:

- International athletics track that is IAAF accredited and certified and associated field facilities including portable discus and hammer cages;
- seating for the front straight(2700) and seating for the back straight (2300);
- terraced bends;
- the stadium is open but has the ability to be physically closed for events;
- it will also include state of the art electronic control and operations rooms as well as a digital electronic scoreboard;
- there will be a warm up track (200m) with a throws training and competition standard cage as well as underground tunnel access to the main track;
- a new three storey athletics building will house both Athletics Victoria and Athletics Australia. There is scope for other athletics bodies to join us in the future;
- the ground floor will consist of a shared reception area and social space which will also house our trophies and athletic memorabilia, a space reflecting and embracing the great tradition of our sport and our athletic heroes.

AV offices will be situated on the 1st floor and Athletics Australia on the 2nd floor.

Rob Fildes, has worked hard in securing a national head office for Athletics Australia at the new facility.

Having both bodies at the precinct provides an outstanding opportunity for our sport.

The tender process is now complete and the builder has been announced. AV and AA will be working closely with the builders and designers until the completion of the project. Khan Sharp and David Gynther will be closely involved in this process and their assistance to date and in the future is greatly appreciated.

It is expected that the Albert Park ground will be completed in June 2011. We will continue to work closely with the Government and the various stakeholders in the development of the State Athletic Centre.

2010/2011 will be a farewell season for our beloved Olympic Park. The main events will be the 50th running of Zatopek, the Victorian Championships, the IAAF Mel-bourne meet and finally the nationals return to Melbourne.

In 2011/2012, the events will be held at the Albert Park Complex in a "welcome season".

Check out this video to see the new track concept: http://www.youtube.com/watch?v=Rcn21eKSpMk&feature=player_embedded

WHAT'S COMING UP NEXT

This weekend a large contingent from the club will travel to Canberra for the Lake Burley Griffin Carnival, the biggest walking event on the Australian walking calendar. Good luck to everyone!

Then the following Saturday, we have yet another Prizes Day with our annual 'Guess Your Finish Time' races. The walker whose guess is closest to his/her actual time will be declared the winner in each race. No watches may be worn and no lap times are called. It is a different race!

Saturday 19 June 2010, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time	Open
2.15pm	5km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Open

2.15pm	3km	Guess your finish time	Under 15
2.30pm	2km	Guess your finish time	Under 12
2.30pm	1km	Guess your finish time	Under 9

Looking further forward, Sunday 27th June is a big day with 5 separate championship events on offer

- **Victorian 20km championships for men and women** – enter with Athletics Victoria via the following entry form: <http://www.vrwc.org.au/2010%20AV%20Walk%20Entry%20Form.pdf> . Entries close **Friday 18 June** (ie just over 1 week's time)
- **Victorian Schools roadwalking championships for U14, U16, U18 and U20**. Enter with Athletics Victoria via entry form: <http://www.vrwc.org.au/2010%20Vic%20All%20Schools%20Road%20Walks%20Entry%20Form.pdf> . Entries close on **Thursday 10 June** (ie in 2 days time).
- **Australian Masters 20km championships for men and women** – enter with VMA via the following entry form: http://vicvets.mhsoftware.com/attachments/23/111/AMA_20k_EntryForm_2010.pdf . Entries close **Saturday 19 June**.
- **Victorian Masters 20km championships for men and women** – enter on the day.
- **VRWC U12 and U9 1.5km club championships** – enter on the day.

Sunday 27 June 2010, Albert Park			
9.30am	20km	Victorian Championship	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Championship	Open Women
9.30am	20km	Australian & Victorian Masters Championship	Masters Men
9.30am	20km	Australian & Victorian Masters Championship	Masters Women
9.30am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.20pm		Presentations	

With regard to the Australian Masters 20km championships, local organiser Alan Lucas emailed me last week as follows

Hi Tim,

Can you please put a special reminder in H&T that competitors wanting to enter this event must have their entries to me (with the \$12 fee) no later than **Saturday June 19th**. I know there are a few people intending to enter who have not done so as yet. I have to get the entries verified by the various State registrars before the event so time will be fairly tight.

Thanks

Alan Lucas

Ph/Fax 03-9758 9345 Mob 0424 012344

29 McIver St, Ferntree Gully, Vic 3156

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	8th 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

Aug 28, 2010 20th 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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496

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