



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 47
17 August 2010



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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VRWC ROAD RACES, ALBERT PARK, SATURDAY 14 AUGUST 2010

Our final point scoring day of the season saw walkers battling gale force winds as Melbourne battered down to a day of tempestuous weather. But it did not deter the 73 determined walkers who were after one final chance to add to their points in the Handicap, Actual Time and Style Award points. First thanks to our many officials and helpers who kept the show on the road. Sorry if I missed anyone.

- Course Setup** Harry Summers, Peter Vysma, Damien Elms, Craig Brill
- Officials** Tim Erickson, Ron Miller, Ian Laurie, Natalie Laurie, Stuart Cooper, Paul Kozaris, Matt Owen, Don McLaren
- Judges** Peter Vysma (chief), Terry Knape, Graham George, Brenda Felton, Ralph Bennett, Lloyd Nicholls
- Canteen** Joyce Summers, Marlaine Stanway, Wendy Cooper
- Bike** Justin McLaren, Damien Elms
- Video** Frances Attard -part of our races from 08/08 at <http://www.youtube.com/watch?v=3j3suCMF3eU> and <http://www.youtube.com/watch?v=8bsHH-GSFdo>
- Photos** Simon Baker, Steve Lillie – see <http://vrwc.org.au/coppermine>



The lapscorers hard at work on Saturday – Stuart Cooper, Ian Laurie, Natalie Laurie, Paul Kozaris and Damien Elms

Handicap Starts were used for our Open and Under 15 walkers with our slower walkers starting first and our fastest walkers starting last. The idea is simple – the first walker to complete the race wins the handicap event. Thus the results show the walker's Start Time, Finish Time and Actual Time and the finishing results are in order of Handicap Placings. These events are a bit of work to organise but are always exciting and Saturday was no exception.

Our longest event was over the 8km distance and the tough windy conditions took their toll with quite a few withdrawals as the race progressed. **Chloe McNicol-Davidson** and **Jason Kozica** walked excellent races and each won convincingly in their respective handicap events by over 2 minutes. **Pam Tindal** and Jason were also fastest times.

| 8km Open Handicap Start | | Start Time | Finish Time | Act Time | Act Place |
|-------------------------|-------------------------|------------|-------------|----------|-----------|
| 1. | McNicol-Davidson, Chloe | 00:00 | 52:50 | 52:50 | 3 |
| 2. | Tindal, Pam | 11:44 | 55:03 | 43:19 | 1 |
| 3. | Thompson, Alison | 06:38 | 56:44 | 50:06 | 2 |
| 1. | Kozica, Jason | 11:23 | 53:07 | 41:44 | 1 |
| 2. | Summers, Harry | 00:48 | 55:39 | 54:51 | 3 |

| | | | | | |
|----|-------------------|-------|-------|-------|---|
| 3. | Evans, Simon | 12:37 | 54:31 | 41:54 | 2 |
| | Lucas, Alan | 08:16 | DQ | | |
| | Dickenson, Russ | 07:16 | DNF | | |
| | Felton, Matthew | 14:33 | DNF | | |
| | Brill, Nathan | 17:20 | DNF | | |
| | O'Mahony, Michael | 15:14 | DNF | | |

Our 4km Handicap event was the big drawcard of the day with 25 walkers participating. **Michaela Attard** and **Josh Kaiser** were first to finish, Michaela holding on from a start near the front and Josh coming through from near the backmarkers. Fastest times went to **Kirstin Shaw** and **Mark Donahoo**. Special mention to **Tony Doran** who was hit by a golf ball while walking – and he still finished, even if a bit the worse for wear. Yes, walking is a sport for tough individuals!

| 4km Open Handicap Start | | Start Time | Finish Time | Act Time | Act Place |
|-------------------------|------------------------|------------|-------------|----------|-----------|
| 1. | Attard, Michaela | 01:33 | 28:08 | 26:35 | 11 |
| 2. | Shaw, Kirstin | 07:48 | 28:36 | 20:48 | 1 |
| 3. | Harrison, Maryanne | 00:46 | 28:53 | 28:07 | 12 |
| 4. | Johnson, Celia | 02:51 | 29:16 | 26:25 | 10 |
| 5. | Carr, Heather | 08:28 | 29:23 | 20:55 | 3 |
| 6. | Morrey, Jan | 04:22 | 29:30 | 25:08 | 8 |
| 7. | Elms, Donna | 05:46 | 29:34 | 23:48 | 5 |
| 8. | Steed, Gwen | 05:22 | 29:39 | 24:17 | 6 |
| 9. | Holmes, Janet | 04:37 | 29:39 | 25:02 | 7 |
| 10. | Feldman, Liz | 06:58 | 29:49 | 22:51 | 4 |
| 11. | Gatens, Georgia | 01:54 | 30:23 | 28:29 | 13 |
| 12. | Irshad, Kylie | 09:37 | 30:30 | 20:53 | 2 |
| 13. | Wallace, Anna | 06:13 | 31:39 | 25:26 | 9 |
| | | | | | |
| 1. | Kaiser, Joshua | 08:57 | 29:07 | 20:10 | 3 |
| 2. | Onley, Gordon | 01:32 | 29:15 | 27:43 | 9 |
| 3. | Doran, Anthony | 04:23 | 29:20 | 24:57 | 7 |
| 4. | McDonough, Aaron | 08:50 | 29:39 | 20:49 | 5 |
| 5. | Wicks, Barrie | 01:25 | 29:49 | 28:24 | 10 |
| 6. | Seid-Christmass, James | 09:56 | 29:57 | 20:01 | 2 |
| 7. | Donahoo, Mark | 10:23 | 30:06 | 19:43 | 1 |
| 8. | Wood, Robin | 00:00 | 30:08 | 30:08 | 12 |
| 9. | Elms, Jason | 06:56 | 30:33 | 23:37 | 6 |
| 10. | Barrow, Geoff | 04:11 | 30:36 | 26:25 | 8 |
| 11. | Conboy, Bruce | 01:52 | 30:38 | 28:46 | 11 |
| 12. | Kennedy, Paul | 10:39 | 31:14 | 20:35 | 4 |



Kirstin Shaw, Michaela Attard, Tony Doran, Mark Donahoo and Jason Kozica

Front marker **Stacey McLaren** held off all the chasers to convincingly win the U15 Girls' handicap event while in the Boys' event, **Aaron Tam** had to work hard to hold out a fast finishing **Connor McShanag**. **Jmara Hockley-Samon** and Connor were fastest overall

| 4km Under 15 Handicap Start | | Start Time | Finish Time | Act Time | Act Place |
|-----------------------------|----------------------|------------|-------------|----------|-----------|
| 1. | McLaren, Stacey | 00:00 | 27:01 | 27:01 | 7 |
| 2. | Hockley-Samon, Jmara | 07:51 | 28:23 | 20:32 | 1 |
| 3. | Campbell, Rebecca | 01:25 | 28:26 | 27:01 | 8 |
| 4. | Walker, Megan | 05:08 | 28:52 | 23:44 | 6 |
| 5. | Finnegan, Amelia | 07:50 | 29:17 | 21:27 | 3 |

| | | | | | |
|----|------------------------|-------|-------|-------|---|
| 6. | Montag, Jemima | 08:12 | 29:32 | 21:20 | 2 |
| 7. | Bertrand, Carly | 06:34 | 29:37 | 23:03 | 4 |
| 8. | Attard, Bianca | 06:17 | 29:47 | 23:30 | 5 |
| | George, Stephanie | 07:19 | DNF | | |
| 1. | Tam, Aaron | 07:07 | 28:20 | 21:13 | 2 |
| 2. | McShanag, Connor | 08:44 | 28:43 | 19:59 | 1 |
| 3. | Owen, Cooper | 06:45 | 29:01 | 22:16 | 3 |
| | McNicol-Davidson, Cody | 00:34 | DNF | | |



Aaron Tam, Chloe McNicol-Davidson, Connor McShanag, Jmara Hockley-Samon and Carly Bertrand

Our U12 and U9 walkers had normal start races but the results have been adjusted to show handicap placings. In the U12 events, **Shelby Kay** and **Reese Walmsley** took handicap honours while **Paige De Lisen** (who walked a PB in the wind!) and Reese were fastest overall. We put on a special 1500m for **Charlee Harrison** and she did a PB to record 9:15.

| 2km Un12 Handicap | | Act Time | Act Place |
|--------------------------|-------------------|-----------------|------------------|
| 1. | Kay, Shelby | 11:09 | 3 |
| 2. | De Lisen, Paige | 10:50 | 1 |
| 3. | Kay, Cassandra | 12:45 | 9 |
| 4. | Lillie, Jessica | 12:13 | 8 |
| 5. | Hamilton, Emily | 11:03 | 2 |
| 6. | Crea, Gabbie | 12:05 | 6 |
| 7. | Bertrand, Georgia | 11:47 | 5 |
| 8. | Collis, Lauren | 11:32 | 4 |
| 9. | Hodges, Anaya | 12:58 | 10 |
| 10. | George, Hayley | 12:08 | 7 |
| | | | |
| 1. | Walmsley, Reese | 10:46 | 1 |
| 2. | Feain, Lachlan | 13:16 | 2 |
| 3. | Davidson, Harley | 16:39 | 3 |

| 1.5km Un12 | | Act Time |
|-------------------|-------------------|-----------------|
| 1. | Harrison, Charlee | 09:15 |

Frances Collis and **Hayden Walmsley** were our U9 handicap winners while **Mikhala Hodges** and **Harry Hockley-Samon** were our fastest overall.

| 1km Un9 handicap | | Act Time | Act Place |
|-------------------------|----------------------|-----------------|------------------|
| 1. | Collis, Frances | 07:21 | 8 |
| 2. | Miller, Tegan | 06:08 | 4 |
| 3. | Owen-Smith, Chelsea | 06:01 | 3 |
| 4. | Kay, Payton | 07:07 | 7 |
| 5. | Hodges, Mikhala | 05:42 | 1 |
| 6. | Lillie, Brianna | 05:55 | 2 |
| 7. | Taylor, Lee | 06:34 | 6 |
| 8. | O'Mahoney, Kathleen | 06:16 | 5 |
| | | | |
| 1. | Walmsley, Hayden | 05:59 | 2 |
| 2. | Wright, Ethan | 06:15 | 3 |
| 3. | Hockley-Samon, Harry | 05:16 | 1 |



Charlee Harrison, Harley Davidson, Chelsea Owen-Smith, Reese Walmsley, Paige De Lisen and Shelby Kay



Lee Taylor, Kathleen O'Mahony, Hayden Walmsley, Harry Hockley-Samon and Frances Collis

POINTS COMPETITIONS NOW FINALISED

With our final points scoring day finished for the season, we are now able to finalise and announce our Points Competition winners.

Style Award Competition

The points for Saturday are shown and then below the overall first placegetters are shown as a second row. You can see the full results at <http://www.vrwc.org.au/2010StyleAwardPoints.pdf>

| Open & U15 Men | Open U & 15 Women | U12 & U9 Boys | U12 & U9 Girls |
|-------------------------|--------------------|---------------------------|----------------------|
| 9 Nathan Brill | 4 Kylie Irshad | 4 Harry Hockley-Samon. | 5 Paige De Lisen |
| 4 Aaron Tam | 4 Kirstin Shaw | | 4 Lauren Collis |
| 2 James Seid-Christmass | 4 Pam Tindal | | 2 Emily Hamilton |
| 2 Matthew Felton | 4 Stephanie George | | 1 Charlee Harrison |
| 1 Russ Dickenson | 4 Amelia Finnegan | | |
| | 3 Jemima Montag | | |
| | 3 Heather Carr | | |
| | 3 Megan Walker | | |
| | 2 Bianca Attard | | |
| 1. Nathan Brill 59 | 1. Pam Tindal 34 | 1. Harry Hockley-Samon 22 | 1. Emily Hamilton 24 |

Handicap Points and Actual Time Competitions

Mark Donahoo has added Saturday's points into the mix to finalise our placegetters in each of these competitions and they are shown below. You can see the full results at <http://www.vrwc.org.au/Handicap%20points%202010.pdf> and at <http://www.vrwc.org.au/Actual%20time%20points%202010.pdf>

The major presentation day for the winter season will be on Saturday 4 September after our final winter season walks.

PLACE GETTERS, POINTS COMPETITIONS

| Fastest Time Points – Women | | | | Handicap Points – Women | | | |
|------------------------------------|----|-----------------------|------|--------------------------------|-----------------|-----------------------|------|
| Masters | 1 | Pam Tindal | 37 | Masters | 1 | Jan Morrey | 43 |
| | 2 | Heather Carr | 30 | | 2 | Heather Carr | 40 |
| | 3 | Donna Elms | 16 | | 3 | Maryanne Harrison | 38 |
| Open | 1 | Kylie Irshad | 32 | Open | 1 | Kylie Irshad | 33 |
| | 2 | Gayle McIntyre | 11 | | 2 | Anna Wallace | 31 |
| | 3 | Anna Wallace | 9 | | 3 | Gayle McIntyre | 23 |
| U12 | 1 | Emily Hamilton | 33 | U12 | 1 | Bronte Segota | 28 |
| | 2 | Paige De Lisen | 26 | | 2 | Charlee Harrison | 27 |
| | 3 | Shelby Kay | 16 | | E3 | Paige De Lisen | 26 |
| U15 | 1 | Amelia Finnegan | 32 | U15 | E3 | Emily Hamilton | 26 |
| | 2 | Jmara Hockley-Samon | 28 | | 1 | Megan Walker | 37 |
| | 3 | Jemima Montag | 24 | | 2 | Caitlin Campbell | 28 |
| U20 | 1 | Hilary Brazel | 31 | U20 | E3 | Amelia Finnegan | 26 |
| | 2 | Kirstin Shaw | 17 | | E3 | Jmara Hockley-Samon | 26 |
| | 3 | Cassandra Raselli | 10 | | 1 | Kirstin Shaw | 39 |
| U9 | 1 | Mikhala Hodges | 24 | U9 | 2 | Hilary Brazel | 25 |
| | 2 | Brianna Lillie | 21 | | 3 | Annemaree Gerlich | 22 |
| | 3 | Brodie Richardson | 15 | | 1 | Tegan Miller | 26 |
| Fastest Time Points – Men | | | | Handicap Points – Men | | | |
| Masters | 1 | Mark Donahoo | 39 | Masters | E2 | Mikhala Hodges | 23 |
| | 2 | Simon Evans | 15 | | E2 | Livinia Mason | 23 |
| | 3 | Gordon Onley | 11 | | E2 | Chelsea Owen-Smith | 23 |
| Open | 1 | James Seid-Christmass | 25 | 1 | Gordon Onley | 51 | |
| | 2 | Jason Kozica | 22 | 2 | Harry Summers | 40 | |
| | E3 | Stuart Kollmorgan | 13 | 3 | Alan Lucas | 38 | |
| | E3 | Aaron McDonough | 13 | 1 | Jason Kozica | 43 | |
| U12 | 1 | Kyle Swan | 30 | U12 | 2 | James Seid-Christmass | 32 |
| | 2 | Reese Walmsley | 22 | | 3 | Lindsay Harrison | 25 |
| | 3 | Cooper Owen | 19 | | 1 | Kyle Swan | 39 |
| U15 | 1 | Nathan Brill | 40 | U15 | 2 | Reese Walmsley | 33 |
| | 2 | Connor McShanag | 30 | | 3 | Cooper Owen | 27 |
| | 3 | Aaron Tam | 22 | | 1 | Aaron Tam | 51 |
| U20 | 1 | Joshua Kaiser | 20 | U20 | 2 | Connor McShanag | 48 |
| | 2 | Josh Dillon | 15 | | 3 | Nathan Brill | 33 |
| | 3 | Rhydian Cowley | 14 | | 1 | Joshua Kaiser | 35 |
| U9 | 1 | Ethan Wright | 31.5 | U9 | 2 | Jason Elms | 17.5 |
| | 2 | Hayden Walmsley | 21.5 | | 3 | Michael O'Mahony | 17 |
| | 3 | Harry Hockley-Samon | 20 | | 1 | Ethan Wright | 43 |
| | | | | 2 | Hayden Walmsley | 35 | |
| | | | | 3 | Noah Candotti | 31 | |

WESTERN AUSTRALIAN RESULTS

Thanks to Rick Cattermole (WARWC) for some results from the **WA Little Athletics State Championships** (RWCWA members only), held in Rockingham 7/8/10.

| | | |
|-----------------|------------------------|-------|
| U10 boys 1500m | 1. Luke Button | 8.01 |
| U11 boys 2km | 3. Simeon Leatherland | 10.35 |
| | 4. Kurtis Mathews | 11.01 |
| U10 girls 1km | 2. Summer Brown | 6.04 |
| U10 girls 1500m | 2. Ella Manso-Vukovich | |
| U13 girls 2km | 2. Jemma Brown | 11.12 |
| | 3. Ashley Granado | 11.48 |
| U14 girls 2k | 2. Breanna Brown | 10.11 |
| U16 girls 2km | 1. Andrea Hahn | 10.46 |
| | 2. Melissa Ierace | 11.16 |

ACT RACE & FITNESS WC ROADWALKS, CARILLON, CANBERRA, SATURDAY 14 AUGUST

Thanks to Val Chesterton for the weekly walk results from Canberra. Like the VRWC club at Albert Park, they also had handicap races last weekend. Colin Heywood (42:14), Elizabeth Hosking (20:59), Caitlin Hosking (11:28) and Gabby Hunt (6:44) were the fastest in each of the divisions.

| 8K Handicap | Time | Handicap |
|--------------------------|-------------|-----------------|
| 1. J Gloe | 62.32 | (3.50) |
| 2. D Fitzgerald | 60.13 | (7.15) |
| 3. N Gloe | 62.08 | (6.00) |
| 4. B Parker | 58.39 | (9.45) |
| 5. H Bialecki(f) | 49.43 | (18.55) |
| 6. A Staunton Jugovic(f) | 45.58 | (23.05) |
| 7. J Short | 61.29 | (7.45) |
| 8. R Gilchrist | 56.19 | (13.10) |
| 9. C Heywood | 42.14 | (27.20) |
| 10. M Short(f) | 55.14 | (14.30) |
| 11. J Gilchrist(f) | 61.35 | (8.50) |

| 4K Handicap | Time | Handicap |
|--------------------|-------------|-----------------|
| 1. E Hosking(f) | 20.59 | (19.00) |
| 2. M Banfield(f) | 27.57 | (12.05) |
| 3. H Bates | 20.09 | (20.25) |
| 4. J Bates(f) | 25.50 | (15.10) |
| 5. C Chapman(f) | 32.40 | (8.35) |
| 6. R Thompson(f) | 34.49 | (7.00) |
| 7. J Thackray | 33.57 | (8.05) |
| 8. J Bourke(f) | 38.44 | (3.40) |
| 9. B Chapman | 32.30 | (12.20) |
| 10. R Parker(f) | 38.00 | (9.40) |

| 2K Handicap | Time | Handicap |
|--------------------|-------------|-----------------|
| 1. C Burns | 12.02 | (12.40) |
| 2. T Thomas(f) | 24.52 | (0.00) |
| 3. C Hosking(f) | 11.28 | (13.45) |
| 4. Z Hunt(f) | 11.44 | (13.30) |
| 5. C Bialecki(f) | 18.35 | (7.40) |

| 1K Handicap | Time | Handicap |
|--------------------|-------------|-----------------|
| 1. G Hunt(f) | 6.44 | (3.10) |

WARWC WALK RESULTS, PERTH, SUNDAY 15 AUGUST 2010

Thanks to Terry Jones for the WARWC results from Sunday. Terry comments: *Good luck to all those competing at the Australian and Federation events next weekend in Qld. Also don't forget to enter the City to Surf to be run on 29th August.*

| | | |
|----------------------|--------------------|-------|
| 15K Handicap: | No Starters | |
| | | |
| 5K Handicap | 1 Holly Hughes | 31.55 |
| | 2 Hannah Watson | 27.35 |
| | 3 Kate Holt | 28.14 |
| | 4 Jacqueline Smith | 30.57 |
| | 5 Lesley Romeo | 36.43 |
| | 6 Mathew Gooch | 31.30 |
| | Mitchell Lees | DNF |
| | | |
| 2K Handicap | 1 Zara Williams | 14.28 |
| | 2 Jeremy Hill | 10.41 |
| | 3 Alana Rees | 12.00 |
| | 4 Mikayla Johns | 11.03 |

QRWC RACES, MURARRIE, QLD, SUNDAY 15 AUGUST, 2010

Thanks to Peter Aiton for the Queensland results which included a Men's 15km club championship which was won by Iggy Jimenez in a good 78:17. Others to race well were Brad Aiton 39:58 and Brandon Dewar 39:59 for 8km and Jesse Osborne 23:42 for 5km.

A Grade Mens 15km Club Championship (1) Ignacio Jimenez 78.17 (2) Peter Bennett 84.01 (3) John Harris 97.09

| | | |
|---------------------|--------|---|
| A Grade 10km | Women: | (1) Lyn Woodward, Sally Lynch 71.23 (3) Noela McKinven 83.25 |
| B Grade 8km | Men: | (1) Brad Aiton 39.58 (2) Brandon Dewar 39.59 (3) Nick Dewar 40.48 (4) Richard Lynch 59.02 |
| | Women: | (1) Jessica Pickles 45.56 (2) Robyn Wales 62.52 |
| C Grade 5km | Men: | (1) Jesse Osborne 23.42 |
| | Women: | (1) Rachel Barker, Eloise Jackson 32.44 |
| D Grade 3km | Girls: | (1) Kirsty Barker 21.48. Katya Martin DNF |
| E Grade 2km | Boys: | (1) Ryan Pinchen 12.05 |
| | Girls: | (1) Mikaela Woodward 11.28 |
| F Grade 1km | Girls: | (1) Thalia Martin 8.05 |

BENDIGO WALKERS CLUB RACES, BENDIGO, SUNDAY 15 AUGUST 2010

Thanks to Paul Rance for his report on Bendigo walking

The Bendigo Walkers Club held a 3200m handicap race on Sunday morning with a small number of walkers braving the wet, cold conditions that prevailed.

The race was taken out by Masters athlete Geoff Major as he produced an excellent sprint to the line over the final 400m to hold off the fast finishing Paul Rance who took 2nd place and broke his own 50+ Club record by 21 seconds with Colin Cleary claiming 3rd place just in front of the consistent Annette Curtis.

The Club will hold its end of Winter Season presentations and a teams relay on Sunday 29th August at 10am at Lake Neanger to complete the Winter Season with the Club's Spring/Summer Season commencing on Wednesday 29th September at 6pm in Rosalind Park.

3200m Walk 1. Geoff Major 21.36 2. Paul Rance 16.00 3. Colin Cleary 23.52 4. Annette Curtis 22.49
5. Ebony-Jade Jones 25.08 6. Jeremiah Jones 21.38 7. Jamie-Lee Jones 31.30

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 14 AUGUST 2010

Thank to Peter Crump for his regular weekly report from Adelaide which read as follows:

The regulars came out again to see what the program held this week, and the program was borrowed from the Victorian 2km intervals session from a few weeks ago - 2km intervals at 16 minutes to be exact. All 9 walkers started for the first session and then 7 for the next, then reducing to the 4 "hard nuts" who settled in for the 10km workout. Jemma Potezny (first of 2), Alix Harlington (also first of 2) and Gloria Holliday clocked good personal times for their first 2 km interval, but each could not repeat the first with any consistency. Over the 10km distance, consistent times were evident for Kim Mottrom (we'll excuse the drop in time over the last interval) and Peter Crump, while Gloria Holliday worked out a consistent pace over the last 4 intervals having chased the youngsters too hard in the first. An interesting work out, as a prelude for those of us venturing to more warm climates next week

| 2k intervals | | Int 1 | Int 2 | Int 3 | Int 4 | Int 5 | Total |
|--------------|--------------------|-------|-------|-------|-------|-------|-------|
| 10km | Darren Bown | 9:02 | 8:22 | 8:12 | 8:42 | 8:11 | 42:29 |
| 10km | Kim Mottrom | 9:13 | 9:15 | 9:17 | 9:15 | 8:55 | 45:55 |
| 10km | Peter Crump | 10:54 | 10:54 | 11:01 | 11:03 | 10:54 | 54:46 |
| 10km | Gloria Holliday | 10:47 | 11:24 | 11:22 | 11:27 | 11:29 | 56:29 |
| 4km | Jemma Potezny | 10:03 | 10:21 | | | | 20:24 |
| 4km | Jessica Stephens | 10:55 | 11:54 | | | | 22:49 |
| 4km | Alix Harlington | 11:04 | 12:12 | | | | 23:16 |
| 2km | Piper Douglas | 10:54 | | | | | 10:54 |
| 2km | Rhiannon Lovegrove | 13:47 | | | | | 13:47 |

ATHLETICS VICTORIA COACH EDUCATION WORKSHOPS

This is probably very worthwhile for our coaches so a free plug for the next Athletics Victoria Coach Education Workshop which will be on the topic of **Strength & Conditioning for Athletics** and will be presented by VIS strength and conditioning coach James Karageorgiou. For full details, check out <http://www.athsvic.org.au/news/newsfile.php?newsFileID=4439>

To confirm your place 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 16th September, 2010.

| | | |
|-------------------|--------|--|
| Workshop Details: | WHEN: | Monday 20 th September |
| | TIME: | 6:30pm - 8:00pm |
| | VENUE: | Victorian Institute of Sport Theatre, VIS/Westpac Centre (Olympic Blvd, Melbourne) |
| | COST: | \$10 (payable on the night) |

VRWC SUMMER SEASON DRAFT FIXTURE

Our VRWC Summer Season fixture is just about finalised now and is published for final review. The Albert Park dates have been cleared with Parks Victoria and two of the three track meets have been booked in with the venue owners. Here's what we plan. Note that we have decided to start our Sunday morning races a little earlier than last year in case of hot weather.

| | | |
|--|--|-----------------------------------|
| Sunday 24 October 2010, VRWC Events | | Albert Park |
| 9.00am | 20km, 15km, 10km | Open |
| 9.30am | 5km, 3km | Open |
| | 3km | Under 15 |
| 10:00am | 2km | Under 12 |
| | 1km | Under 9 |
| Sunday 14 November 2010, VRWC Events | | Albert Park |
| 9:00am | 20km Gus Theobald Memorial Trophy | Open Men |
| | 20km | Open Women |
| 9.30am | 10km Heather Carr Trophy | Masters Women |
| | 10km | Open |
| 10.30am | 5km VRWC Championship | Under 20 M & W |
| | 5km | Open |
| | 3km | Open |
| | 3km VRWC Championship | Under 15 B & G |
| 10.45am | 1.5km VRWC Championship | Under 12 B & G |
| | 1.5km VRWC Championship | Under 9 B & G |
| 11:40pm | Presentations | |
| 12:00pm | Annual General Meeting | |
| Wednesday 24 November 2010, VRWC Events | | Collingwood Harriers Track |
| | Venue: George Knott Athletic Field, 143 Heidelberg Rd, Northcote | |
| 6.30pm | 5000m and 3000m | Open |
| 7.15pm | 1500m | Open |
| Sunday 12 December 2010, Australian and Victorian 50 km | | Fawkner Park |
| 7:00am | 50km Australian Championship | Open Men |
| | 50km Victorian Championship | Open Men |
| Wednesday 15 December 2010, VRWC Events | | Collingwood Harriers Track |
| | Venue: George Knott Athletic Field, 143 Heidelberg Rd, Northcote | |
| 6.30pm | 5000m and 3000m | Open |
| 7.15pm | 1500m | Open |
| Sunday 9 January 2011, VRWC Events | | Albert Park |
| 9.00am | 20km, 15km, 10km | Open |
| 9:30am | 5km, 3km | Open |
| | 3km | Under 15 |
| 10.00am | 2km | Under 12 |
| | 1km | Under 9 |
| Sunday 30 January 2011, VRWC Events | | Albert Park |
| 9.00am | 20km, 15km, 10km | Open |
| 9:30am | 5km, 3km | Open |
| | 3km | Under 15 |
| 10.00am | 2km | Under 12 |
| | 1km | Under 9 |
| Sunday 10 April 2011, VMA Championships & VRWC Events | | Venue TBA |
| 8.30am | 5000m VMA Championship | Masters Women |
| 9.15am | 5000m VMA Championship | Masters Men |
| 10.00am | 5000m and 3000m | VRWC Open |
| 10.40am | 1500m | VRWC Open |
| VMA Competitors should provide their own lap scorer. | | |

GOOD LUCK TO BLAKE STEELE

Good luck to SA walker **Blake Steele** who will compete this week in the 10,000m walk at the inaugural Youth Olympic Games in Singapore. The YOG, open to boys and girls born in 1993 or 1994, includes many sports that have been part of the modern Olympic Games first held in 1896 and approximately 3200 athletes will participate in 26 summer sports. It is very much a cut down version of the Olympics with Australia only able to send a total of 10 T&F athletes – so we are very lucky to have a walker in the mix. The Games began on Saturday evening with a lavish Opening Ceremony and the Track and Field competition kicks off today.

WHAT'S COMING UP NEXT

Most of us will be in Brisbane this coming weekend for the Australian Roadwalking Championships but there will be races at Albert Park as usual with the fixture reading as shown below. We can still expect 30-40 walkers in attendance.

| Saturday 21 August 2010, Albert Park | | |
|--|-------|----------|
| VRWC EVENTS: Entries close for all events at 2.00pm sharp. | | |
| 2.15pm | 10km | Open |
| 2.15pm | 5km | Open |
| 2.15pm | 3km | Open |
| 2.15pm | 3km | Under 15 |
| 2.30pm | 2.5km | Under 12 |
| 2.30pm | 1.5km | Under 9 |

Brisbane now looms large, the fields look great and the weather looks promising – mostly sunny with a top of 21°C. Many of our current internationals will be racing including Comm. Games walkers **Cheryl Webb, Claire Tallent** and **Chris Erickson** and 2010 reps **Ian Rayson, Rhydian Cowley, Regan Lamble, Dane Bird-Smith, Beth Alexander, Sean Fitzsimons** and **Rachel Tallent**.

I will be collecting all our VRWC numbers from the Team Manager's meeting on the Saturday evening and will be on deck at the course on Sunday morning until around 9AM. At that stage, I will have to adjourn to the results area as I will then be doing the RWA results for the remainder of the morning. When Mark Donahoo finishes his 20km race around 9:45PM, he will take over as Team Manager. In that short period in between, I will delegate things to a few of our parents.

The timetable reads as shown below so the action will kick off at 8AM.

| | | | | |
|----|----------|----------------------------|---|--|
| 1 | 8.00 am | A.A. R.W.A. R.W.A. | Open Men Masters Men Open Men | 20 km Championship 20 km Championship 20 km Teams Race |
| 2 | 8.00 am | A.A. R.W.A. | Under 20 Men Under 20 Men | 10 km Championship 10 km Teams Race |
| 3 | 8.00 am | A.A. R.W.A. | Under 18 Men Under 18 Men | 10 km Championship 10 km Teams Race |
| 4 | 8.05 am | A.A. R.W.A. | Open Women Open Women | 20 km Championship 10 km Teams Race |
| 5 | 8.05 am | R.W.A. R.W.A. R.W.A. | Open Women Open Women Masters Women | 10 km Championship 10 km Teams Race 10 km Championship |
| 6 | 8.05 am | A.A. R.W.A. | Under 20 Women Under 20 Women | 10 km Championship 10 km Teams Race |
| 7 | 9.25 am | R.W.A. R.W.A. | Under 12 Boys Under 12 Boys | 2 km Championship 2 km Teams Race |
| 8 | 9.25 am | R.W.A. R.W.A. | Under 12 Girls Under 12 Girls | 2 km Championship 2 km Teams Race |
| 9 | 9.45 am | A.A. R.W.A. | Under 14 Boys Under 14 Boys | 3 km Championship 3 km Teams Race |
| 10 | 9.45 am | A.A. R.W.A. | Under 14 Girls Under 14 Girls | 3 km Championship 3 km Teams Race |
| 11 | 10.05 am | A.A. R.W.A. | Under 16 Boys Under 16 Boys | 5 km Championship 5 km Teams Race |
| 12 | 10.05 am | A.A. R.W.A. | Under 16 Girls Under 16 Girls | 5 km Championship 5 km Teams Race |
| 13 | 10.30 am | A.A. R.W.A. | Under 18 Women Under 18 Women | 5 km Championship 5 km Teams Race |
| 14 | 10.30 am | Invitation | Open | 5 km Invitation |
| 15 | 11.00 am | Invitation | Under 10 Boys Under 10 Girls | 1 km Invitation 1 km Invitation |

Around 170 walkers have entered and I have loaded what I believe to be the current entry list to the RWA website at <http://www.rwa.org.au/entries%20as%20of%2010%20aug-V2.pdf>. Let me know if you think there are any errors or omissions.

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.

2010 Australian/Victorian Winter Season Key Dates

Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, St Lucia, Brisbane, QLD

2010/2011 Australian/Victorian Summer Season Key Dates

4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC

Sun 12 Dec, 2011 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawcner Park, Melbourne VIC

Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart

10-14 Mar, 2011 Australian Junior Championships, Sydney Olympic Park, Sydney NSW

2010 International Fixtures

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

Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2011 International Fixture

July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**

July 7-17, 2011 **19th World Masters T&F Champs Stadia, Sacramento, California, USA**. See <http://www.wma2011.com/>

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, Taicang, China**

July 23 - Aug 3, 2014 **20th Commonwealth Games, Glasgow**. See <http://www.glasgow2014.com/>

Looking even further 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>)