



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 3
19 October 2010



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VICTORIAN SHIELD ROUND 2, SATURDAY 16 OCTOBER

Last Saturday saw round 2 of the Athletics Victoria Shield competition with walkers contesting 3000m or 1500m walks. Unfortunately several days of wintry weather, flooding, heavy rain and even snow in the higher climes, made for tough going. While the East Region competition at Burwood was called off, the other venues ploughed on but from all reports, it was hard going for the 67 walkers who turned out.

AV Shield - Ballarat Region - Round 2, Llanberris Reserve, Ballarat

Kelly Ruddick was the standout walker in Ballarat and her time of 13:52.6 was the fastest women's time overall from the 5 active venues.

Mixed 1500 Meter Race Walk

1. Walker, Taylah	W14	EUREKA AC	10:33.8
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Mixed 3000 Meter Race Walk

1. Ruddick, Kelly	M37	BALLARAT HAR	13:52.6
2. Bootsman, Collin	M29	WENDOUREE AC	17:40.4
3. Ruddick, Kevin	M60	BALLARAT HAR	20:56.9

AV Shield - Geelong Region - Round 2, Landy Field, Geelong

Geelong produced some high quality walking with Lewis Clark 13:43.09, Jmara Hockley Samon 7:31.15 and 9 year old Harry Hockley-Samon 7:51.71.

Mixed 1500 Meter Race Walk

1. Hockley Samon, Jmara	W15	ATHLETICS CH	7:31.15
2. Costelloe, Jesse	M15	BELLARINE AT	7:50.95
3. Hockley-Samon, Harry	M10	ATHLETICS CH	7:51.71
4. Walker, Megan	W13	CORIO AC	8:18.08
5. Lockwood, Jade	W15	CORIO AC	11:52.56
6. Mirarchi, Thomas	M10	CORIO AC	13:18.85

Mixed 3000 Meter Race Walk

1. Clark, Lewis	M16	ATHLETICS CH	13:43.09
2. Dillon, Joshua	M16	CORIO AC	14:20.92
3. Seid-Christmass, James	M43	CORIO AC	15:10.20
4. Lockwood, Jill	W39	CORIO AC	27:15.19

AV Shield - Bendigo Region - Round 2, La Trobe University Bendigo Athletics Complex, Bendigo

Good numbers once again in Bendigo with Ebony Whiley 16:39.1 and Dane Heiden 16:51.4 the best over 3000m and Jeremiah Jones walking well in the 1500m with 8:01.3.

Mixed 1500 Meter Race Walk

1. Jones, Jeremiah	M13	EAGLEHAWK YMCA AC	8:01.3
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Mixed 3000 Meter Race Walk

1. Whiley, Ebony	W15	EAGLEHAWK YMCA AC	16:39.1
2. Heiden, Dane	M13	SOUTH BENDIGO AC	16:51.4
3. Savage, Joshua	M15	EAGLEHAWK YMCA AC	18:28.4
4. Major, Annette	W48	EAGLEHAWK YMCA AC	18:50.6
5. Watson, John	M60	BENDIGO YMCA	22:09.7
6. Major, Geoffrey	M74	EAGLEHAWK YMCA AC	22:31.3
7. Jones, Ebony-Jade	W16	EAGLEHAWK YMCA AC	23:54.5

AV Shield - South East Region - Round 2, Ballam Park Athletic Track, Frankston

There were a couple of additional walkers at Frankston on Saturday in the form of Dane Bird-Smith and Nathan Brill. Dane, who is down from Brisbane for a few weeks training with Rhydian Cowley, fronted for the 3000m walk and blitzed the field, walking a very

impressive 11:45 (after missing the start by 5 secs and walking the first few laps with his jumper on!). Nathan, who also walked by invitation after the East Region venue competition was called off, recorded an impressive 13:09.4 and was not all that far behind Rhydian who walked 12:49.4, a good time given it was only a week after his great half marathon run (see below). Jemima Montag 14:59.3 and Amelia Finnegan 15:16.3 had a good battle in the women's event with both girls recording excellent times. The 1500m saw Jasmine Irshad record a good 7:25.7.

Mixed 1500 Meter Race Walk

1.	Irshad, Jasmine	M13	KNOX AC	7:25.7
2.	Guy, Rachael	W11	CASEY CARDIN	8:23.8
3.	George, Hayley	W10	INV	9:28.0

Mixed 3000 Meter Race Walk

1.	Dane Bird-Smith	M18	INV	11:45.0
2.	Cowley, Rhydian	M19	GLENHUNTLY AC	12:49.4
3.	Brill, Nathan	M14	INV	13:09.9
4.	Montag, Jemima	W12	MACCABI AC	14:59.3
5.	Finnegan, Amelia	W15	KNOX AC	15:16.3
6.	Carr, Heather	W61	EAGLEHAWK YMCA AC	15:57.1
7.	Tam, Aaron	M16	KNOX AC	16:08.4
8.	Bennett, Ralph	M69	VICTORIAN MA	16:18.6
9.	Riddoch, Clyde	M57	ATHLETICS WAVERLEY	16:23.3
10.	Lucas, Alan	W19	VICTORIAN MA	16:29.8
11.	Feldman, Elizabeth	W62	VICTORIAN MA	16:42.4
12.	Sanders, Jade	W13	CASEY CARDIN	17:46.5
13.	Steed, Gwen	W68	VICTORIAN MA	18:59.6
14.	Barrow, Geoffrey	M61	MENTONE AC	19:12.0
15.	Morrey, Jan	M71	OAKLEIGH AC	19:15.6
16.	Morrison, John	M71	SANDRINGHAM AC	22:24.7

AV Shield - North West Region - Round 2, Meadowglen International Athletics Track, Epping

The North West venue was the biggest walk venue of the round with 27 walkers in action. Paul Kennedy 13:57.0 and Trenton Hawkins 14:49.5 were the top walkers over 3000m while Carly Bertrand was the top over 1500m with 7:57.08. I'll be back on deck there next week so watch out everyone (joke!).

Mixed 1500 Meter Race Walk

1.	Bertrand, Carly	W14	KEILOR ST BE	7:57.08
2.	McLaren, Stacey	W14	ATHLETICS ESSENDON	9:15.44
3.	Henderson, Keely	W13	PRESTON AC	9:50.99
4.	Abfalter, Emma	W13	KEILOR ST BE	9:55.28
5.	Musgrave, Caitlyn	W10	PRESTON AC	10:10.36
6.	Long, Izaak	M10	PRESTON AC	11:04.47
7.	Matthews, Rhiannon	W9	KEILOR ST BE	11:13.25
8.	Abfalter, Kate	W11	KEILOR ST BE	11:13.56
9.	Irons, Elaine	W10	KEILOR ST BE	11:26.57
10.	Curkovic, Caroline	W10	KEILOR ST BE	11:27.68
11.	Curkovic, Martin	M13	KEILOR ST BE	11:41.61
12.	Curkovic, Madeline	W9	KEILOR ST BE	11:45.66

Mixed 3000 Meter Race Walk

1.	Kennedy, Paul	M53	MELBOURNE UN	13:57.0
2.	Hawkins, Trenton	M31	PRESTON AC	14:49.5
3.	McDonough, Aaron	M38	PRESTON AC	15:12.6
4.	Donahoo, Mark	M52	ATHLETICS ESSENDON	15:34.0
5.	McShanag, Connor	M14	ATHLETICS ESSENDON	15:34.9
6.	Knox, Duncan	M51	ATHLETICS ESSENDON	15:55.3
7.	Shaw, Kirstin	W19	WESTERN ATHL	16:36.5
8.	Elms, Jason	M20	ATHLETICS ESSENDON	18:12.9
9.	Elms, Donna	W49	ATHLETICS ESSENDON	18:13.2
10.	Wallace, Anna	W28	ATHLETICS ESSENDON	18:26.3
11.	Campbell, Caitlin	W16	ATHLETICS ESSENDON	18:58.2
12.	Shaw, Robyn	W49	WESTERN ATHL	19:22.0
13.	Baric, Amanda	W42	KEILOR ST BE	22:21.6
14.	Stobaus, Anne	W69	KEILOR ST BE	22:21.9
	Harrap, Chris	M50	COBURG HARRIERS AC	DQ

AV Shield - East Region - Round 2, Bill Sewart Athletics Track, Burwood

As mentioned above, this competition was called off because of the inclement weather.

VICTORIAN HALF MARATHON, SUNDAY 10 OCTOBER 2010

Rhydian Cowley was in fine form in the Victorian Half Marathon championship on Sunday 10th October, coming 6th in a PB time of **1:09:48** and was also the first Under 25 runner. What a great run by the talented 19 year old walker/runner.

Tom Barnes also completed the Half Marathon but as a walker, clocking a very good time of **1:36:42** for the 21+km distance.

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, WEDNESDAY 16 OCTOBER

Thanks to Paul Rance for his weekly report from the Bendigo Walkers Club

The Bendigo Walkers Club held 1500m and 3000m handicap events on Wednesday evening in Rosalind Park with backmarker Peter Curtis taking a solid victory in the 1500m with co-limit markers Wendy Ennor & Jamie-Lee Jones taking 2nd and 3rd placings respectively while Norm West, having his first competition after major surgery, also performing strongly.

The 3000m saw Barb Bryant return to fine form as she sprinted to the lead in the final 50 metres to take victory over the consistent John Carter with Josh Savage producing his best time in Club events to take 3rd place while Ebony Whiley recorded fastest time.

Meanwhile Ebony Whiley, Jeremiah Jones and Dane Heiden produced the best performances at the Athletics Bendigo Shield competition on Saturday while Peter Curtis, Josh Savage and Jeremiah & Ebony-Jade Jones will contest the 1500m walk at the VSSA State finals at Olympic Park in Melbourne on Tuesday.

1500m Peter Curtis 7.37, Wendy Ennor 12.20, Jamie-Lee Jones 13.07, Norm West 14.03

3000m Barb Bryant 17.47, John Carter 20.04, Josh Savage 17.41, Annette Curtis 21.21, Dane Heiden 16.54, Ebony Whiley 16.21, Ebony-Jade Jones 23.48, Geoff Major 22.20, Jeremiah Jones 18.57, Annette Major 19.58, Colin Cleary 25.39

This Wednesday evening 1000m and 5000m sealed handicap events will be held in Rosalind Park commencing at 6pm. Enquirers phone 5442 6435.

FROM THE ARCHIVES – THE VRWC CLUBROOMS

In the early days of the club, VAWC used various raceday venues, including the YMCA boatshed on the Yarra, the Royal Melbourne Showgrounds and Olympic Park. With the move of most club races to Albert Park in the 1940's, the need for our own clubrooms took on a higher focus and, over a 15 year period starting in 1948, this need was translated into action and the big project was scoped and completed. The following 'Heel and Toe' article, published on 28 April 1962 to coincide with the official opening of these new clubrooms in Lakeside Drive in Albert Park, explains how it all happened.

OFFICIAL OPENING CEREMONY, 28 APRIL 1962

A Social Committee was formed in October 1948 and decided at its inaugural meeting to raise sufficient money to build a clubroom. Albert Park was felt to be the ideal venue to build, in view of its sporting atmosphere and central position.

Application made to Albert Park Committee of Management in 1949 for a site was unsuccessful. The reason for rejecting our application was given as that we were not an aquatic sport.

Interest lapsed for a period but the Social Committee were still busy raising funds for the day when we would be granted a site on which to build. Further applications for other sites within the Albert park area were made, all of which were unsuccessful.

However, the Chairman Senator P. J. Kennelly was interested in us and eventually asked to meet our trustees, Messrs. Robinson, Theobald and Goble in the winter of 1958. The result of this meeting was that the present site was granted to us. At that time we had approximately £2000 available for the building.

Conditions as to what type of building were laid down by the Albert Park Committee of Management. No second hand bricks were to be used – only cream bricks were allowed for the exterior. Second-hand bricks could be used for the interior walls only. The Albert Park Committee of Management were also against volunteer labour for the shell construction because of the time it would take to complete.

As a result of these stipulations, Frank Doran, a former Club member, was hired to build the shell. Geoff Hall, also a club member, assumed the responsibility of constructing the roof. These tasks were carried out in fine style, but their completion sadly depleted our funds and work came to a halt.

Application to the Commonwealth Bank of Australia resulted in us being granted a loan of £2,000. A condition of the loan was that we find a guarantor for the sum. Accordingly, we applied to the Albert Park Committee of Management to guarantee for us, but our application was unsuccessful and no reason was given for this refusal. An application to Committee of Management for a further loan of £2,000 was also unsuccessful owing to their lack of funds.

Despite these disappointments, functions to raise funds of our own were still being held, and the hopes of our Social Committee were as high as ever.

In January 1961, a scheme suggested by Club member Tom Kelly to launch a Debenture Fund was put into operation and the Fund had reached £1500 by January 1962; 450 short of the £2,000 target. The total number of £10 debentures subscribed was 1455. Of these, Club members purchases 136 while the remaining 17 were purchased by supporters of the club.

Building operations actually commenced in earnest in September 1958, when club members wrecked a former dairy at Kew (with due authority!) Life Member Jim Gaylor supervised the wrecking and loading of trucks with 18,000 second-hand bricks. These were all cleaned by Club members during the summer of 1958-59. Trenches for the foundations were next completed and pouring of concrete was carried out in February 1959. The temperature on that famous day was 108° but 18 members, wearing only shorts and a smile, poured concrete in the 75' x 55' trenches (18" deep, 12" wide) in 3 ½ hours – a wonderful team effort.

All our remaining funds were devoted to constructing the shell and roof, and the building was at last at 'lock-up' stage.

Our tireless Social Committee redoubled their efforts and following the successful response to the Debenture Fund, work was again recommenced on May 14th 1961. All interior work has been carried out through working bees each Sunday since that date. The chief toilers in these working parties were the Club President, Mr. A.E. Robinson and Life Members Messrs. Jacobson, Theobald and Goble. Others who contributed many hours to the construction were Messrs. R. Goulding, T. Daintry, T. Kelly, A. Hancock, G. Breen, R. Gardiner, E. Allsopp, K. Inifer, A. Pomeroy, C. Fraser and L. Fortune. Many other members contributed even as much as one hours work – all of which brought the finished product much closer.

It is of some interest that since work commenced on the final stage of our Club rooms, Messrs. Robinson, Jacobson, Theobald and Goble have not missed a Sunday from their allotted task. These members all have the distinction of being Life Members of the Club and have been an inspiration to younger members.

The work is not as yet completed but we are grateful to ex-Club member Laurie Mack for his supervision and help in arranging for the plumbing to the present stage.

We are proud of what we have achieved and trust that the sport of walking will flourish in the future because of the efforts of the hard-working members.

(Information for this article was kindly produced by Mr. N.L. Goble, our Club Secretary.)

At the official opening, on 28th April 1962, before an attendance of two hundred members, officials, supporters and friends, Mr Ray Meagher, M.L.A., officially opened the clubrooms, which were called Robinson Hall, in recognition of long term club president Alf Robinson. The various speakers praised the work on the committee and workers who were responsible for the building and the Social Committee which had worked tirelessly since it was formed in 1948.

Luckily, some of these speakers were captured for posterity by a young Gary Field in a series of photos which were recently passed onto us by Gary.



VAWC President Alf Robinson speaks to the assembled crowds



Stuart Embling speaks on behalf of V.A.A.A. Social Committee members Elsie Jacobson and Lil Neville are in the background.



Mr Ray Meagher M.L.A. cuts the ribbons to officially open the clubrooms

The clubrooms were used continuously for the next 22 years but more of that in next week's newsletter. For newer members who don't remember it (it was demolished in 1995 to make way for the Australian Grand Prix redevelopments), here is a photo.



Our former clubrooms – summer season race day, early 1980s.

AA/AV WALK JUDGING SEMINAR COMING UP

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on **Saturday, 11th December 2010** at the VRWC headquarters at the Middle Park Bowling Club. The Seminar is open to those interested in becoming walk judges and for existing judges who wish to upgrade their present level. Exams for Walk Judge level A, B and C will be conducted on the following day (Sunday 12 December). The timetable is as follows

Saturday	10.30 am 11.00 am – 4.00 pm	Registration Seminar
Sunday	7:00am ?	Australian 50km Walks Championships – Fawkner Park Exam times and exam venue to be confirmed during seminar

You can download the flyer and entry form at <http://www.vrwc.org.au/WALKS%20SEMINAR%202010%20-%20FLYER.doc>

Entries close on **29th October 2010** with Diane Lowden
Glengollan Village, 13/131 Forest Rd Ferntree Gully Vic 3156
ph:03 8756 4283, email: dlowden@three.com.au

WHAT'S COMING UP NEXT

Next Saturday sees round 3 of the Athletics Victoria Shield competition with 3000m/1500m walks to be contested at all venues. The good news is that the long range weather forecast for the weekend looks good at this stage.

Sat 23 Oct	AV Shield - East Region - Round 3	Hagenauer's Reserve, Box Hill
Sat 23 Oct	AV Shield - South East Region - Round 3	Knox Athletic Track, Scoresby
Sat 23 Oct	AV Shield - Bendigo Region - Round 3	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 23 Oct	AV Shield - Geelong Region - Round 3	Landy Field, Geelong
Sat 23 Oct	AV Shield - Ballarat Region - Round 3	Llanberris Reserve, Ballarat
Sat 23 Oct	AV Shield - North West Region - Round 3	Moonee Valley Athletics Centre, Moonee Ponds

Next Sunday sees our first races for the summer at Albert Park with our usual range of events, ranging from 1km U9 to 20km Open. We have a big contingent of interstate walkers attending

20km:	Ian Rayson (NSWIS) and Brendon Reading (ACT)
10km:	Kim Mottrom (SA), Sean Fitzsimons (AIS/WA), Regan Lamble (AIS/VRWC), Dane Bird-Smith (QLD) Jesse Osborne (QLD), Brad Aiton (QLD), Nick and Brandon Dewar (QLD) and Jessica Pickles (QLD)

Add to that our usual big number of local walkers and it promises to be a great morning of racing.

Note that due to the Albert Park Community Bike Ride, Lakeside Drive will be closed from 10AM for most of the morning so come in plenty of time in case you are caught up in any traffic confusion. The fixture reads as follows

Sunday 24th 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

Looking two weeks further, the **Victorian All Schools T&F Championships** are scheduled for the weekend of **5-7 November** with 3000m walks for U14-U16 and 5000m walks for U17-U18. Entries close with Athletics Victoria on **Thursday 21 October** (ie this Thursday). Entry forms available at <http://www.athsvic.org.au/results/downloadfile.php?table=MeetFile&id=meetFileID&value=13842>. Online entries are also being taken at http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=536&OrgID=189

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.

2010/2011 Australian/Victorian Summer Season Key Dates

Sun 24 Oct, 2010	VRWC Summer Season opens with road walks at Albert Park
5-7 Nov, 2010	Victorian All Schools T&F Championships U14-U18 , Olympic Park, Melbourne
Sun 14 Nov, 2010	VRWC Summer Season road races and AGM, Albert Park
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sat 11 Dec, 2010	AA Racewalk Judging Seminar, VRWC Headquarters, Middle Park Bowling Club, Albert Park, VIC
Sun 12 Dec, 2010	Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011	Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011	VLA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Knox

2011 Australian/Victorian Winter Season Key Dates

Sun 14 June 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011	Victorian Schools Roadwalking Championships, Albert Park, VIC
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT

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 Alegro, 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 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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