



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2010/2011 Number 9  
30 November 2010



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### VRWC EVENTS, GEORGE KNOTT RESERVE, CLIFTON HILL, WEDNESDAY 24<sup>TH</sup> NOVEMBER 2010

After a hot Melbourne day, a much needed cooler change came upon us in the late afternoon, just in time for our VRWC walks at the George Knott Athletics Track in Clifton Hill last Wednesday evening. The 3000m and 5000m walks kicked off at 6:30PM and there were some good performances – Josh Dillon did a big track PB with 23:38 as did Michelle Thompson with 29:32 (breaking 30 minutes for the first time). Others in top racing form included Pam Tindal 26:41, Stuart Kollmorgen 23:49, Jemima Montag 15:28, Heather Carr 15:34, Nathan Brill 13:44 and Kyle Swan 15:54.

#### 5000m Walk

1.	Tindal, Pam	26:41
2.	Thompson, Michelle	29:32
3.	Elms, Donna	32:37
	Campbell, Caitlin	DNF
1.	Dillon, Josh	23:38
2.	Kollmorgen, Stuart	23:49
3.	Dickenson, Russ	29:09
4.	Gardiner, Bob	30:16
5.	Donahoo, Mark	32:16
	Dickinson, Murray	DQ

#### 3000m Walk

1.	Montag, Jemima	15:28
2.	Carr, Heather	15:34
1.	Brill, Nathan	13:44
2.	Swan, Kyle	15:54
3.	Garganis, Adam	18:07
	Onley, Gordon	DQ



**Stuart Kollmorgen, Nathan Brill, Pam Tindal, Kyle Swan and Josh Dillon in action at Collingwood**

The 1500m comprised mainly our younger walkers and was considerably bolstered by Matt Owen's Diamond Valley squad. Emmett Brasier was our fastest boy with 7:58 while Lauren Collis was our fastest girl with 8:34.

### 1500m Walk

1. Collis, Lauren 08:34
2. Owen-Smith, Chelsea 09:07
3. Collis, Frances 11:56

1. Brasier, Emmet 07:58
2. Erickson, Tim 07:59
3. Owen, Cooper 08:08
4. Burgess, Liam 08:39
5. Taylor, Michael 09:10
6. Collis, Hugh 09:10



**Jemima Montag, Heather Carr, Michelle Thompson, Lauren Collis and Emmett Brasier in action**

Thanks as usual to our officials and helpers. Sorry if I missed anyone.

**Officials** Tim Erickson, Stuart Cooper, Ian Laurie, Natalie Laurie, Damien Elms, Nelson, Bob Gardiner  
**Judges** Peter Vysma (chief), Judy Mason, Shane Bertrand, Michael Bodey, Stuart Cooper  
**Photographer** Terry Swan  
**Drinks Table** Craig Brill

### ACT RACE & FITNESS WALKING CLUB WALKS, AIS STADIUM, THURSDAY 25 NOVEMBER 2010

Thanks to Val Chesteron for the results from the ACT Interclub walks at the AIS Stadium in Canberra. Harry Bates 9:04 and Michael Reading 9:16 led the way.

**2000m Walk:** H Bates 9.04, M Reading 9.16, Z Hunt(f)10.05, C Heywood 10.12, P Baker 10.33, C Burns 11.05, T Hopkins 11.44, G Hunt(f) 11.53, R Whyte 11.54, E Blair(f) 12.19, J Bates(f) 12.33, B Thomas 12.51  
K Hopkins(f) 13.30, T Munro 14.33, N de Chazal(f) 18.28  
**800m Walk:** T Booth 5.24, V Chesterton(f) 5.44, P Thomson 6.15, G Rayner 6.31, J Rayner(f) 6.31

### VICTORIAN SHIELD COMPETITION, SATURDAY 27 NOVEMBER 2010

Yes, you guessed it – it rained in Victoria AGAIN last weekend – when will it ever stop! For the third time in six competition weeks, most venues were washed out and did not even make a start. The Eastern Region, which has already lost 4 out of 6 weeks, tried to go ahead and did complete the walks before also pulling up stumps.

#### AV Shield - East Region - Round 7, Hagenauer's Reserve, Box Hill

##### Mixed 2000 Meter Race Walk

- |     |                    |   |                |         |
|-----|--------------------|---|----------------|---------|
| 1.  | Antidormi, Ryan    | M | ATHLETICS NU   | 9:13.3  |
| 2.  | Kozica, Jason      | M | ST KEVINS AC   | 9:22.7  |
| 3.  | Jamieson, Andrew   | M | OLD SCOTCH C   | 9:30.3  |
| 4.  | Tindal, Pam        | M | CROYDON AC     | 9:41.3  |
| 5.  | George, Stephanie  | W | CROYDON AC     | 9:58.7  |
| 6.  | Brazel, Hilary     | W | ATHLETICS NU   | 10:12.7 |
| 7.  | Reid, Ross         | M | COLLINGWOOD    | 10:28.8 |
| 8.  | Dyer, Bill         | M | BOX HILL AC    | 10:48.7 |
| 9.  | Dickenson, Russell | M | SOUTH COAST    | 10:49.2 |
| 10. | Garganis, Adam     | M | COLLINGWOOD    | 10:54.1 |
| 11. | Armstrong, David   | M | DIAMOND VALLEY | 10:54.3 |

12.	Hammett, Gary	M	DIAMOND VALLEY	11:07.1
13.	Dyer, Chelsea	W	BOX HILL AC	11:28.1
14.	Jack, Clarrie	M	RICHMOND HAR	11:29.5
15.	Benke, Geza	M	OLD MELBURNIANS	11:37.7
16.	Laurie, Natalie	M	ATHLETICS NU	11:39.2
17.	Wright, Jacob	M	ATHLETICS NU	11:39.4
18.	Facey, Stuart	M	OLD SCOTCH C	12:30.1
19.	Hecker, Danny	M	COLLINGWOOD	12:36.3
20.	Ellis, Robert	M	RICHMOND HAR	12:55.5
21.	Vernal, Stephen	M	ATHLETICS NU	12:57.9
22.	Worsnop, Chris	M	OLD XAVERIANS AC	13:03.3
23.	Cowell, Jacqueline	W	DIAMOND VALLEY	14:00.3
24.	Onley, Gordon	M	ST STEPHENS	14:00.9
25.	Fitts, John	M	RICHMOND HAR	14:06.7
26.	Neale, Anthony	M	COLLINGWOOD	14:17.9
27.	Mah, Lincoln	M	ST KEVINS AC	DQ
28.	Michael, Luke	M	ST KEVINS AC	DQ

I have heard that the Bendigo region also tried to make a start but I don't have any further information there.

#### **AV Shield - Geelong Region - Round 6, Landy Field, Geelong . Saturday November 20**

The Geelong Round 6 results from the previous weekend were not available when I emailed last week's newsletter – they have since been published on the AV website so here they are. Josh Dillon excelled with a 5 sec PB of 13:07.62 as did Jared Walker whose 14:29.11 was a superb 30 sec PB. Simon Blight walked a great 1500m to take line honours with 7:18.91. This is a strong venue.

##### **Mixed 3000 Meter Race Walk**

1.	Dillon, Joshua	M16	CORIO AC	13:07.62	PB 5 secs
2.	Seid-Christmass, James	M43	CORIO AC	14:27.01	
3.	Walker, Jared	M15	CORIO AC	14:29.11	PB 30 secs
4.	Jenkins, Alan	M49	ATHLETICS CH	14:59.64	
5.	Mirarchi, Nicholas	M19	CORIO AC	16:10.48	
6.	Hockley Samon, Jmara	W15	ATHLETICS CH	16:12.96	

##### **Mixed 1500 Meter Race Walk**

1.	Blight, Simon	M15	BELLARINE AT	7:18.91
2.	Walker, Megan	W13	CORIO AC	7:54.23
3.	Hockley-Samon, Harry	M10	ATHLETICS CH	7:54.41
4.	Costelloe, Jesse	M15	BELLARINE AT	8:28.54
5.	Fitzgerald, Leo	M15	BELLARINE AT	11:24.28
6.	Lockwood, Jade	W15	CORIO AC	12:17.65
7.	Mirarchi, Thomas	M10	CORIO AC	12:17.78

I have also been advised by Kevin Ruddick that the Ballarat region events were actually rescheduled and run on the following Tuesday evening as Rounds 4 and 5 were cancelled due to wet weather. Here they are for the record. Top walking by Kelly Ruddick!

#### **AV Shield - Ballarat Region Round 4 , Llanberris Reserve, Ballarat, Tuesday 2 November**

##### **Mixed 3000 Meter Race Walk**

1.	Ruddick, Kelly	M37	BALLARAT HAR	13:35.35
2.	Bootsman, Collin	M29	WENDOUREE AC	17:43.25
3.	Ruddick, Kevin	M60	BALLARAT HAR	20:22.37

#### **AV Shield - Ballarat Region Round 5 , Llanberris Reserve, Ballarat, Tuesday 16 November**

##### **Mixed 2000 Meter Race Walk**

1.	Ruddick, Kelly	M	BALLARAT HAR	8:57.50
2.	Blood, Andrew	M	BALLARAT YCW	10:28.90
3.	Bootsman, Collin	M	WENDOUREE AC	10:36.90
4.	Govan, Lee	M	WENDOUREE AC	12:18.80
5.	Ruddick, Kevin	M	BALLARAT HAR	12:59.10
6.	Jones, Peter	M	BALLARAT HAR	14:27.10
7.	Luke, Peter	M	WENDOUREE AC	15:14.90
8.	Walker, Taylah	W	EUREKA AC	15:17.60
9.	Demeye, Tahlia	W	EUREKA AC	15:17.90
10.	McGookin, Eryiel	W	WENDOUREE AC	15:19.20
11.	Norman, Caitlin	W	WENDOUREE AC	15:19.50

Ballarat Round 7 has been rescheduled to this Thursday evening (December 2<sup>nd</sup>). I expect other venues to now start scheduling catch-up rounds.

## ASA INTERCLUB ROUND 4, ST ALBANS RESERVE, ENFIELD, SATURDAY 27 NOVEMBER

Thanks to Peter Crump for his report from Adelaide from last Saturday

The fourth round of interclub (again on grass) was held under overcast conditions, and provided a last hit out for the juniors prior to All Schools. Darren Bown continued his return from illness, with a steady 22:25 over 5,000m, leading home the masters, Peter Crump and Jim Hoare (finally returning to try out the grass track). The 1,500 metres produced good times for Jess Stephens and Alix Harlington, in his first interclub meet.

### 5,000m Walk

1.	Darren Bown	22:25.4
2.	Peter Crump	27:12.8
3.	James Hoare	36:16.7

### 1,500m Walk

1.	Jessica Stephens	08:18.6
2.	Alix Harlington	08:30.7
3.	Daniel Crouch	08:37.7
4.	Erin Dallimore	08:39.5

## RWCWA INTER-CLUB WALKS, WILSON, Perth, Sunday 28 November 2010

Thanks to Rick Cattermole for the latest Western Australian walk results. Rick advised they were held on a very hot 35°C Sunday.

### 10k open mixed

1.	Sara-Jane Cattermole	61.04
2.	Daniel Lowe	62.53
3.	Melissa Ierace	74.48

### 5k open mixed

1.	David Smyth	31.20
2.	Andrea Hahn	32.56

### 3k open Women

1.	Caitlyn Gerken	21.39
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## BALLARAT RACEWALKING CLUB WALKS, NORTH GARDEN LAKE WENDOUREE, SUNDAY 28 NOV

Daryl Biggin reported as follows from Ballarat:

On Sunday the Ballarat Racewalking Club and Fitness Walkers walked at North Garden, Lake Wendouree. The theme was 'Pick a distance from 1km to 6km'. We had 14 walkers compete, not bad considering the weather. Otherwise a great day of races shown by the times below. Welcome to New member Leah Canavan.

### 1km

1.	Alanna Peart	8.05
2.	Olivia Davis	8.05
3.	Wayne Peart	8.25
4.	Leah Canavan	11.36
5.	John Ohlsen	11.36

### 2 km

1.	Katelyn Lotherington	14.53
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### 3km

1.	Jemma Peart	21.44
2.	Ross Darlow	22.27

### 4km

1.	Kobie Somerfield	30.12
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### 5km

1.	Daryl Biggin	37.55
2.	Paul Nunn	37.55
3.	Rodney Davis	42.50
4.	Amy Canavan	42.50
5.	Shae Ohlsen	43.03

## 2011 WESTERN AUSTRALIAN ALL SCHOOLS STATE CHAMPIONSHIPS , PERTH

Thanks to Terry Jones who forwarded to me the results from the Western Australian All Schools State Championships. By the look of them, they extended over 3 weekends. I also see a few post-school walkers in amongst the finishers – David Smyth, Daniel Lowe, Sean Fitzsimons and Bruce Wikson – so I assume others were also allowed to participate. Note the very fast 1500m time of 5:45.7 by AIS walker Sean Fitzsimons.

**Mixed 3000 Meter Race Walk, Friday 5 November**

1.	Watson, Hannah	W94	MLV	14:57.2
2.	Hughes, Holly	W97	MLV	16:15.8
3.	Smith, Kimberley	W91	Cut	16:40.0
4.	Unicomb, Carla	W98	Cut	16:41.0
5.	Holt, Kate	W96	MLV	16:42.4
6.	Hennighan, Dale	M94	Ath WA	16:43.2
7.	Smith, Jacqueline	W94	Cut	16:46.4
8.	Smyth, David	M	MAWA	16:59.4
9.	Lowe, Daniel	M75	MLV	17:31.6

**Mixed 1500 Meter Race Walk, Friday 12 November**

1.	Fitzsimons, Sean	M	AWA	5:45.7
2.	Watson, Hannah	W94	MLV	7:02.6
3.	Hahn, Andrea	W93	AWA	7:37.1
4.	Hill, Jeremy	M98	CUR	7:37.6
5.	Smith, Kimberley	W90	CUR	7:44.4
6.	Smith, Jacqueline	W93	CUR	7:46.7
7.	Smith, Olivia	W98	AWA	8:09.6
8.	Wilson, Bruce	M45	MAWA	9:03.8
	Unicomb, Carla	W98	CUR	DQ
	Andrews, Jake	M97	AWA	DQ

**Mixed 5000 Meter Race Walk, Friday 19 November**

1.	Watson, Hannah	W94	MLV	26:52.3
2.	Holt, Kate	W96	MLV	27:34.9
3.	Hill, Jeremy	M98	CUR	29:02.7
4.	Hughes, Holly	W97	MLV	29:09.8
5.	Smith, Jacqueline	W93	CUR	30:38.6
6.	Butler, Michelle	W91	AWA	31:52.7
	Nolan, Ethan-Lee	M96	AWA	DQ

**2010 PAN PACIFIC MASTERS GAMES, GOLD COAST, QUEENSLAND, 6-14 NOVEMBER 2010**

I missed the Pan Pacific Masters Games walks when they took place on the Gold Coast in Queensland earlier this month. For completeness, here are the full results from all the walking events. I hear that conditions were very hot and humid. Gauging performances on the Masters rankings percentages, best walks were from Jan Morrey (W70), Peter Bennett (M50) and George White (M65) who all ranked above the 80% mark in their respective events.

**1500m Track Walks, Saturday 6 Nov**

W35	1	Irshad, Kylie	W39	Vic	7:06.01	81.59%
	2	Kingston, Sharon	W36	Nsw	13:20.74	42.66%
W45	1	Elms, donna-marie	W49	Vic	8:30.43	73.77%
	2	Jones, Kim	W45	Nsw	9:03.90	66.98%
W50	1	Shaw, Kay	W51	Qld	8:44.52	73.01%
	2	Pimm, Lynette	W50	Vic	9:45.19	64.89%
	3	Tillman, Annette	W50	Nsw	12:25.20	50.96%
W60	1	Collins, Joy	W60	Qld	10:18.29	67.24%
W65	1	Lynch, Sally	W67	Qld	9:32.76	78.42%
	2	McKinven, Noela	W68	Qld	10:45.18	70.47%
W70	1	Morrey, Jan	W70	Vic	9:28.80	81.99%
W75	1	Dauphinet, Christiane	W79	Qld	11:42.05	75.86%
M35	1	Kingston, Brett	M38	Nsw	10:21.87	51.73%
M40	1	Kropik, Franz	M42	Austria	7:06.86	77.75%
	2	Byrnes, Damian	M42	Qld	9:52.67	56.00%
	3	Wijesinghe, Samaru	M42	Vic	11:43.60	47.17%
M45	1	Baker, Peter	M46	Act	7:38.41	74.79%
	2	Dawe, Michael	M48	Qld	9:54.33	58.65%
	3	Mason, Robert	M45	Nsw	13:49.87	40.98%
M50	1	Bennett, Peter	M54	Qld	7:01.68	87.03%
	2	Worsnop, Christopher	M53	Vic	9:30.30	63.79%
	3	Davis, Kevin	M50	Qld	10:12.34	57.90%
M60	1	Heness, Keith	M64	Qld	8:38.51	78.01%
	2	Chapman, Grant	M60	Qld	12:54.10	50.15%
M65	1	White, George	M65	SA	7:40.63	88.77%
	2	Harrison, Graham	M67	SA	9:30.68	73.27%
M70	1	Sela, Patrick	M71	Qld	9:16.04	78.85%
	2	Biggs, Kevin	M71	Nsw	10:05.15	72.45%
	3	Megas, George	M74	Qld	11:09.56	68.04%
M75	1	Johnson, Ronald	M78	Nzl	10:35.22	75.77%
M80	1	Grigg, Russell	M83	Qld	14:17.02	60.61%

**10km Road Walk, Sunday 10 Nov ember**

W35	1	Irshad, Kylie	W39	Vic	1:06:18.00	63.70%
W45	1	Jones, Kim	W45	Nsw	1:06:29.00	66.65%
	2	Elms, donna-marie	W49	Vic	1:09:21.00	66.25%
W50	1	Shaw, Kay	W51	Qld	1:07:08.00	69.78%
	2	Pimm, Lynette	W50	Vic	1:11:43.00	64.69%
W60	1	Collins, Joy	W60	Qld	1:10:29.00	73.48%
W65	1	McKinven, Noela	W68	Qld	1:19:06.00	73.11%
M40	1	Kropik, Franz	M42	Austria	58:01.00	68.15%
	2	Chand, Dip	M41	Qld	59:25.00	66.02%
	3	Byrnes, Damian	M42	Qld	1:17:15.00	51.18%
M45	1	Lindenberg, Paul	M48	Qld	1:04:58.00	63.84%
M50	1	Bennett, Peter	M54	Qld	55:39.00	78.37%
	2	Worsnop, Christopher	M53	Vic	1:08:15.00	63.35%
M60	1	Heness, Keith	M64	Qld	1:08:29.00	70.09%
M65	1	White, George	M65	SA	57:26.00	84.49%
	2	Harrison, Graham	M67	SA	1:09:28.00	71.45%
	3	Adam, Lynden	M66	Qld	1:14:56.00	65.49%
M70	1	Sela, Patrick	M71	Qld	1:06:27.00	78.44%
	2	Biggs, Kevin	M71	Nsw	1:11:42.00	72.69%
	3	Megas, George	M74	Qld	1:18:15.00	69.33%

**3000m Track Walk, Monday 8 Nov ember**

W40	1	Beikoff, Donna	W43	Qld	23:23.25	52.69%
W45	1	Elms, donna-marie	W49	Vic	18:19.14	70.65%
	2	Jones, Kim	W45	Nsw	19:54.82	62.88%
W50	1	Shaw, Kay	W51	Qld	18:13.77	72.21%
	2	Pimm, Lynette	W50	Vic	20:44.76	62.91%
	3	Tillman, Annette	W50	Nsw	27:20.12	47.75%
W60	1	Collins, Joy	W60	Qld	20:23.94	70.46%
W65	1	Lynch, Sally	W67	Qld	19:54.11	78.50%
	2	McKinven, Noela	W68	Qld	22:20.16	70.88%
W75	1	Dauphinet, Christiane	W79	Qld	23:51.67	78.73%
M35	1	Kingston, Brett	M38	Nsw	21:34.36	50.70%
M40	1	Kropik, Franz	M42	Austria	15:13.81	74.08%
	2	Chand, Dip	M41	Qld	16:26.87	68.06%
	3	Byrnes, Damian	M42	Qld	24:26.21	46.17%
M45	1	Baker, Peter	M46	Act	16:45.54	69.53%
	2	Blanchard, Michael	M49	Usa	17:24.63	68.62%
	3	Lindenberg, Paul	M48	Qld	17:38.98	67.12%
M50	1	Bennett, Peter	M54	Qld	14:59.86	83.15%
	2	Worsnop, Christopher	M53	Vic	19:43.71	62.66%
M60	1	Heness, Keith	M64	Qld	18:19.13	75.02%
M65	1	White, George	M65	SA	15:54.33	87.35%
	2	Harrison, Graham	M67	SA	19:15.54	73.77%
M70	1	Sela, Patrick	M71	Qld	19:06.88	77.96%
	2	Biggs, Kevin	M71	Nsw	22:01.15	67.68%
	3	Megas, George	M74	Qld	23:04.19	67.13%
M75	1	Johnson, Ronald	M78	Nzl	21:17.95	76.89%
M90	1	Cumberland, Alfred	M93	Qld	33:34.22	63.60%

**16<sup>TH</sup> ASIAN GAMES, GUANGZHOU, CHINA, 12-27 NOVEMBER 2010****50km Walk, Thursday 24 November, 7:30AM**

The Asian Games have now been completed and once again they proved to be highly successful. Four Games records were set during the fifth day of athletics at the Asian Games and it all started in the morning with an excellent 50 km walk with all five finishers bettering 4 hours and coming in under the championship record. World Cup 10<sup>th</sup> placer Si Tianfeng won a third walking gold for China with 3:47:04 ahead of his team mate Li Lei 3:47:34. Third placed Japanese walker Koichiro Morioka improved his personal best to 3:47:41. Fourth placed Korean Lim Jung-Hyun registered a new national record of 3:53:24 while fifth placed Korean Kim Dong-Young also recorded a PB of 3:53:52.

1.	SI Tianfeng	CHN	17 June, 1984	3:47:04	SB
2.	LI Lei	CHN	29 November, 1987	3:47:34	PB
3.	MORIOKA Koichiro	JPN	2 April, 1985	3:47:41	PB
4.	YIM Junghyun	KOR	8 September, 1987	3:53:24	PB
5.	KIM Dongyoung	KOR	6 March, 1980	3:53:52	PB

The 5km splits for Si Tianfeng were: 23:00, 45:57, 1:08:57, 1:32:14, 1:55:12, 2:18:25m 2:40:41, 3:04:17, 3:25:06, 3:47:04

## GRAHAM WATT ENTERS THE VICTORIAN PARLIAMENT

We Victorians went to the ballot boxes on Saturday to elect a new State Government and it saw a loss to the incumbent Labor Party and a win to the opposition Liberal Party. Amongst the many new Liberal MPs will be **Graham Watt** who won the Melbourne metropolitan seat of Burwood in emphatic style. Graham is a long time Liberal Party member and his persistence to the cause has been rewarded. You can read all about his convincing win at <http://whitehorse-leader.wherelive.com.au/news/story/state-election-burwood-back-in-liberal-hands/>.

Graham, who originally hails from Western Australia, is of course also a former VRWC member and a pretty good track walker, regularly excelling in A Grade for Box Hill from the mid 1990s up till around 2003. I competed against Graham (a case of young vs old!) on a number of occasions before family and work commitments forced him to focus his energies elsewhere.

One of his greatest athletic achievements was to secure his Centurion membership by the smallest of margins in 2004. He had failed 5 times in a row - 1998 54.8 km, 1999 66.8 km, 2000 60.0 km, 2002 97.2 km and 2003 100.8km. His 2004 100 mile time of 23:59:23 is the closest shave of any attempt, beating the 24 Hour limit by just 37 secs! In fact, his last 2 hours were the fastest of the whole race as he pulled out all stops to beat the final gun. He was unable to even walk after the finish, such was the effort he had expended. His performance is one which will forever stick in my mind.

Sometimes it takes determination and perseverance to gain what you want and Graham is a prime example of how to keep striving. Well done Graham. May your time in Parliament be all that you hope.



**Graham then and now – getting his centurion badge in 2004 and now a successful politician**

## CALLING ALL PAST AND PRESENT MEMBERS OF NSWRC – 2011 CENTENARY DINNER

Question: Which is the oldest racewalking club in Australia?

Answer: New South Wales Race Walking Club, formed in 1911 in Sydney.

Wow, that means that 2011 will be their centenary. With this in mind, a special centenary dinner is being organised. Frank Overton emailed me a few days ago as follows:

*Hi Tim*

*Please see the attached letter that I have been sending to many past and present racewalkers who have been members of the NSWRC. Maybe you could make mention in your newsletter and ask anyone interested in attending to please contact me at: [foverton@gmail.com](mailto:foverton@gmail.com) or 04192134334. I am hopeful that any past members of NSWRC who I don't have addresses for may see it on your web page.*

*Thanks for your assistance.*

*Frank Overton*

And here are the finer details from his letter

Dear Member / ex Member,

Your club, the N S W R W C, will be celebrating their 100<sup>th</sup> year of the Club's foundation in 2011.

The Management committee has decided to hold a 100<sup>th</sup> year Dinner, to be held on **Saturday 25<sup>th</sup> June 2011**, at the Fox Hill's Golf Club, 55 Fox Hills Crescent, Prospect NSW 2148. (Cost \$50 per head).

The sub-committee comprising of Deanna Rahill, Frank Overton, Jenny Lingley, Phil Donelan along with the president Heather Mitchell invite you to attend the celebration Dinner.

If you are interested in attending could you please return the form below to Frank Overton – (organising committee) PO Box 1062, Gosford NSW 2250).

The organising committee are anxious to obtain any memorabilia/photos which can be put on display on the night. This should be mailed asap to Deanna Rahill 8 McClean St,Blacktown NSW 2148. Please show name and event or year on back of photos.

Also if you know of anybody who may have been a member could you please pass on the second form which should be returned to ensure that they are on the data base.

Yours in RaceWalking,

Frank Overton & the organising Committee.

### AUST. SCHOOLS CHAMPIONSHIPS , DONCASTER ATHLETICS TRACK, MELBOURNE, 4-5 DEC.

Next weekend sees the Australian All Schools T&F championships at the Doncaster Athletics Track in suburban Melbourne. The format has changed this year with only U14, U16 and U18 age groups being contested and only two athletes per State per event. That means only a subset of our top walkers will be present but the walk events will still be hotly contested. The entry lists read alphabetically as shown below. Good luck everyone – I will be there trackside supporting.

#### Women 3000m Walk U14, Saturday, 3:30PM

1	Tayla-Paige Billington	97	NSW
2	Zoe Boldiston	97	VIC
3	Piper Douglas	97	SA
4	Holly Hughes	97	WA
5	Tahlia Hunt	98	TAS
6	Zoe Hunt	97	ACT
7	Kirra Jeffcoat	97	NSW
8	Katya Martin	97	QLD
9	Jemima Montag	98	VIC
10	Emma Norris	97	WA
11	Julia Potezny	98	SA
12	Katrina Riese	97	QLD

#### Men 3000m Walk U14, Saturday 4:50PM

1	Billy Allamby	97	VIC
2	Ethan Dhu	97	NSW
3	Tyler Jones	98	NSW
4	Cooper Owen	98	VIC
5	Louis Rose	97	TAS
6	Ben Slimming	97	SA
7	Triston Vincent	97	QLD

#### Women 5000m Walk U18, Saturday 6:05PM

1	Hilary Brazel	93	VIC
2	Sophie Eberhardt	96	TAS
3	Meghann Griffiin	95	ACT
4	Megan Guy	95	TAS
5	Kate Holt	96	WA
6	Kirsty Klein	94	NSW
7	Jessica Pickles	94	QLD
8	Dimitra Psarianos	93	NSW
9	Rachel Tallent	93	VIC
10	Hannah Watson	94	WA

#### Men 5000m Walk U18, Saturday 6:05PM

1	Brad Aiton	94	QLD
2	Lewis Clark	94	VIC
3	Mason Heath	94	SA
4	Zac Partington	96	WA
5	Bradley Simpson	93	VIC
6	Blake Steele	93	SA
7	Steve Washburn	94	NSW

#### Women 3000m Walk U16, Sunday 11:05AM

1	Amy Bettiol	95	NSW
2	Jasmine Dighton	96	NSW
3	Amelia Finnegan	95	VIC
4	Jmara Hockley Samon	95	VIC
5	Kate Holt	96	WA
6	Holly Hughes	97	WA
7	Zoe Hunt	97	ACT
8	Eloise Jackson	95	QLD
9	Amy Morssinkhof	96	QLD
10	Jemma Potezny	96	SA
11	Rachelle Taylor	96	TAS

#### Men 3000m Walk U16, Sunday 10:05AM

1	Ryan Antidormi	95	VIC
2	Harry Bates	95	ACT
3	Kurtis Birch-Ward	95	NSW
4	Nathan Brill	96	VIC
5	Jay Felton	95	NSW
6	Robbie Gilchrist	95	WA
7	Jesse Osborne	95	QLD
8	Zac Partington	96	WA
9	Mitchell Walker	96	TAS

### FAWKNER PARK PREVIEW – SUNDAY 12 DECEMBER

With entries now closed for the Australian 50km championship and associated events, it is time to review the start lists and just how good are they! A total of 40 walkers, including all 10 of our AIS elite group, will be in action. The 50km sees defending champion



Jared Tallent lining up against Luke Adams while the 20km for men sees Nathan Deakes, Chris Erickson and Adan Rutter leading out a top field that will include Sean Fitzsimons in his first 20km race. The women's 20km sees Claire Tallent and Cheryl Webb as favourites while Regan Lambie will try herself out over the longer distance for the first time. The Junior men's 10km will be a huge event. While Dane Bird-Smith will be a clear favourite, the action for the minor places will be thick and fast with Brad Aiton hoping to get another 2011 World Youth qualifier. Numbers are down a bit in the U20 women's 10km but the 3 Victorians – Beth Alexander, Hilary Brazel and Rachel Tallent – make a very impressive group. Note that Rachel has now moved to the AIS so we can expect to see her in that uniform from now on. This morning should be a compulsory spectacle for all Victorians! It is rare that we see so many of our top walkers all ready to race at the one spot and time.

<b>Australian 50km Championship</b>	Adams, Luke	NSW/AIS
	Crump, Peter	SA
	Rayson, Ian	NSW
	Tallent, Jared	VIC/AIS
<b>20km Invitation - Men</b>	Beurion, Mathieu	FRANCE
	Bown, Darren	SA
	Coleman, Daniel	TAS
	Cowley, Rhydian	VIC
	Deakes, Nathan	VIC/AIS
	Erickson, Chris	VIC/AIS
	Evans, Simon	BIC
	Fitzsimons, Sean	WA/AIS
	Jamieson, Andrew	VIC
	Kollmorgen, Stuart	VIC
	Reading, Brendon	ACT
	Rutter, Adam	NSW/AIS
	Tardi, Emmanuel	FRANCE
<b>10km Invitation – Junior Men</b>	Aiton, Brad	QLD
	Bird-Smith, Dane	QLD
	Brill, Nathan	VIC
	Clark, Lewis	VIC
	Dewar, Brandon	QLD
	Dewar, Nick	QLD
	Dillon, Josh	VIC
	Malone, Kyle	NSW
	Osborne, Jesse	QLD
	Simpson, Brad	VIC
<b>20km Invitation - Women</b>	Carr, Heather	VIC
	Fagan, Nicole	NSW
	Holliday, Gloria	SA
	Holliday, Tanya	SA
	Lambie, Regan	VIC/AIS
	Lee, Beki	NSW
	Ruddick, Kelly	VIC
	Tallent, Claire	SA/AIS
	Tindal, Pam	VIC
	Webb, Cheryl	NSW/AIS
<b>10km - Junior Women</b>	Alexander, Beth	VIC
	Brazel, Hilary	VIC
	Tallent, Rachel	VIC/AIS

#### WHAT ELSE IS COMING UP

A reminder that our next **VRWC summer races** are scheduled for **Wednesday 15 December** at the George Knott Athletic Track in Clifton Hill, with 5000m and 3000m races at 6:30PM and 1500m races at 7:15PM. This is one of the few 5000m opportunities this side of Christmas so come along for what should be some competitive racing.

#### LOOKING AHEAD – THE 2011 AUSTRALIAN MASTERS CALENDAR

The Australian Masters walkers will have a busy year in 2011 with the key dates dates now tied in as follows

##### **April 21-24, 2011 Australian Masters T&F Championships, Brisbane**

These annual championships are always held over the four day Easter weekend. Next year (2011), since Easter Monday (April 25) is also Anzac Day, AMA decided to commence the championships one day early on the Thursday (April 21) and conclude them on Easter Sunday (still four days). It was anticipated that many athletes would want to be in home States for Anzac day, thus the change.

##### **Sun May 29, 2011 Australian Masters 20km Championships, Middle Park**

The Australian Masters 20km road championships are now confirmed for Sunday 29 May (2 weeks before the

LBG Carnival) with VRWC hosting them at their headquarters in Middle Park.

**July 7-17, 2011** **19<sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA**  
The next World Masters championships are in Sacramento in USA in July and, by the sounds of things, many Australian walkers will be making the trip. The championship website is <http://www.wma2011.com/>

### 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**

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, Middle Park, VIC  
Sun 12 Dec, 2010 **Australian 50km Walk Championship** (incl. 20Km Open, 10km U20 invit), Fawkner Park, Melbourne  
Wed 15 Dec, 2010 VRWC Track races, Geoge Knott Reserve, Clifton Hill, 6:30PM start time  
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 VLAA State T&F Championships, Olympic Park  
2-3 April, 2011 Victorian Masters T&F Championships, Knox  
April 21-24 **Australian Masters Athletics Championships**, Brisbane

#### **2011 Australian/Victorian Winter Season Key Dates**

Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC  
Sun 14 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT  
Sun 10 July 2011 Victorian Schools Roadwalking Championships, Middle Park, VIC  
20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT

#### **2011 International Fixture**

July 6-10, 2011 **7<sup>th</sup> World Youth T&F Championships, Lille, France**  
July 7-17, 2011 **19<sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>  
Aug 12-22, 2011 **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>  
Aug 27-Sept 4, 2011 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>  
Sept 7-13, 2010 **4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

#### **2012 International Fixture**

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2010 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

#### **2013 International Fixture**

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
**July 24 - Aug 4, 2013** **World Masters Athletic Championships, Port Alegre, Brazil**  
2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

#### **2014 International Fixture**

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

#### **Looking even further forward**

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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