



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ALL THE BEST TO ALL OUR READERS

I wish the very best of Christmas cheer to all our newsletter readers and supporters world wide and I hope that 2011 brings only good things to you all and to the sport of racewalking....Tim

2010 AUSTRALIAN 50 KM CHAMPIONSHIP, FAWKNER PARK, SUNDAY 12 DECEMBER

A couple of final words from the Australian 50km, on which we reported last week. I have since been forwarded a great photo of third place getter Peter Crump of SA – thank to Tom from AV for the snap. I also got an email from Emmanuel Tardi to report on weather conditions back in Paris upon his return – with a photo taken outside his flat. Further words are not needed! Boy, I'm glad I am in Melbourne at the moment!



VRWC TRACK RACES, GEORGE KNOTT TRACK, CLIFTON HILL, WEDNESDAY 15 DECEMBER 2010

Last Wednesday evening, we had our last VRWC summer races before Christmas and a small number of keen walkers availed themselves of the chance for a hitout in perfect conditions – overcast and cool.

The 5000m and 3000m races kicked off at 6:30PM and the star had to be 11 year old **Kyle Swan** whose 25:57 was amazing for one so young. At the other end of the age spectrum, 74 year old **Bob Gardiner** recorded his best 5000m for some time with a sensational 29:30. In the 3000m **Donna Elms** recorded a track PB with 17:43 to round out the good performances.

The 1500m followed at 7:15PM and it did not take long for **Rhydian Cowley** to amaze us all with his 5:41 – wow! **Lucas Taylor** was next in with a 3 sec PB of 7:03 while **Jason Kozica** completed his second race for the night with 7:20. Behind them, young walkers also recorded a number of PBs – **Liam Burgess** 8:14, **Kurtis Mathews** 9:02 and **Lee Taylor** 9:40. All in all, a great night's walking.

5000m Walk

- | | | |
|----|-------------------|-------|
| 1. | Swan, Kyle | 25:57 |
| 2. | Kozica, Jason | 27:24 |
| 3. | McShanag, Connor | 28:47 |
| 4. | Gardiner, Bob | 29:30 |
| | Dickinson, Murray | DNF |
| | Campbell, Caitlin | DNF |

3000m Walk

1.	Bennett, Ralph	16:32
2.	Elms, Donna	17:43
3.	Bertrand, Carly	18:40
	Onley, Gordon	DQ

1500m Walk

1.	Cowley, Rhydian	05:41
2.	Taylor, Lucas	07:03
3.	Kozica, Jason	07:20
4.	Erickson, Tim	07:55
5.	Burgess, Liam	08:14
6.	Mathews, Kurtis	09:02
7.	Bertrand, Georgia	09:15
8.	Mathews, Jayah	09:29
9.	Taylor, Lee	09:40

And thanks to our special guest photographer **Rebecca Campbell** who has taken this week's shots. These and more have been uploaded to our photo gallery at <http://vrwc.org.au/coppermine/>.



Bob Gardiner, Donna Elms, Ralph Bennett, Kyle Swan and Jason Kozica in action in the 3000m/5000m races



Scorching over the 1500m – Rhydian Cowley, Lucas Taylor, Kurtis Mathews, Lee Taylor and Liam Burgess

And finally, thanks to the officials and judges – sorry if I miss anyone

Officials:	Tim Erickson, Ian Laurie, Damien Elms, Nelson Petrovski
Judges:	Peter Vysma (chief), Mark Donahoo, Terry Swan
Photos:	Rebecca Campbell
Drinks Table:	David and Cherylanne Campbell

AV SHIELD COMPETITION ROUND 9, SATURDAY 18 DECEMBER
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Athletics Victoria Shield continued last Saturday with all regions including walks except for Bendigo which hosted its annual multi-event championships.

AV Shield Round 9, Llanberris Reserve, Ballarat Region, Saturday 18 December

The Ballarat region saw Collin Bootsman walking well to win in 10:35.18 ahead of evergreens Paul, Maurice, Kevin and Peter!

2000m Race Walk

1.	Bootsman, Collin	M	WENDOUREE AC	10:35.18
2.	Nunn, Paul	M	WENDOUREE AC	11:00.24
3.	Prendergast, Maurice	M	BALLARAT YCW	11:51.46
4.	Ruddick, Kevin	M	BALLARAT HAR	12:30.75
5.	Jones, Peter	M	BALLARAT HAR	14:16.82

AV Shield Round 9, Geelong Region, Landy Reserve, Geelong, Saturday 18 December

The Geelong venue proved fast yet again with Josh Dillon continuing his purple patch of racing – yet another PB with 8:13.24. And behind him, more PBs to Lewis Clark 8:42.08, Jared Walker 9:00.11 and James Seid-Christmass 9:17.20.

2000m Race Walk

1.	Dillon, Josh	M	CORIO	8:13.24	PB 33 secs
2.	Clark, Lewis	M	CHILWELL	8:42.08	PB 19 secs
3.	Walker, Jared	M	CORIO	9:00.11	PB 11 secs
4.	Seid-Christmass, James	M	CORIO	9:17.20	PB 9 secs
5.	Mirarchi, Mirarchi	M	CORIO	9:56.27	
6.	Larkins, Jared	M	CORIO	10:41.11	
7.	Walker, Megan	F	CORIO	11:19.04	
8.	Payne, Emily	F	CORIO	11:40.99	
9.	Mirarchi, Thomas	M	CORIO	16:50.50	
10.	Lockwood, Jill	F	CORIO	20:46.50	

AV Shield Round 9, North West Region, Moonee Valley Athletics Track, Aberfeldie, Saturday 18 December

As usual, the North West zone saw the biggest walk field with 36 starters and, as usual, it was Paul Kennedy 9:13.47 and Trenton Hawkins 9:23.24 making the pace out the front. Kirstin Shaw as the fastest lady with 9:43.79

Mixed 2000m Race Walk

1.	Kennedy, Paul	M	MELBOURNE UN	9:13.47
2.	Hawkins, Trenton	M	PRESTON AC	9:23.95
3.	McDonough, Aaron	M	PRESTON AC	9:59.24
4.	Donahoo, Mark	M	ATHLETICS ES	10:03.95
5.	McShanag, Connor	M	ATHLETICS ES	10:05.32
6.	Shaw, Kirstin	W	WESTERN ATHL	10:43.79
7.	Campbell, Caitlin	W	ATHLETICS ES	10:58.95
8.	Erickson, Tim	M	COBURG HARRI	11:03.09
9.	Bertrand, Carly	W	KEILOR ST BE	11:24.89
10.	Aplin, Elise	W	KEILOR ST BE	11:25.34
11.	Elms, Donna	W	ATHLETICS ES	11:46.59
12.	Shaw, Robyn	W	WESTERN ATHL	12:04.66
13.	Kondogonis, John	M	KEILOR ST BE	12:24.61
14.	Henderson, Keely	W	PRESTON AC	12:25.85
15.	McLaren, Stacey	W	ATHLETICS ES	13:15.81
16.	Irons, Julia	W	KEILOR ST BE	13:16.09
17.	Utber, Demi	W	INVITE	13:18.81
18.	Hodgart, Claire	W	WESTERN ATHL	13:29.53
19.	De Girolamo, Chant	W	WESTERN ATHL	13:31.01
20.	Stobaus, Anne	W	KEILOR ST BE	13:34.45
21.	Utber, Courtney	W	WESTERN ATHL	14:09.95
22.	Abfalter, Emma	W	KEILOR ST BE	14:15.23
23.	Irons, Matthew	M	MELBOURNE UN	14:15.23
24.	Long, Izaak	M	PRESTON AC	14:22.82
25.	Abfalter, Maria	W	KEILOR ST BE	14:48.64
26.	Musgrave, Caitlyn	W	PRESTON AC	14:49.38
27.	Ireland, Roslyn	W	BRUNSWICK AC	14:51.25
28.	Matthews, Rhiannon	W	KEILOR ST BE x	14:54.55
29.	Rickard, Ian	M	BRUNSWICK AC	14:54.70
30.	Ireland, Olive	W	BRUNSWICK AC	15:41.21
31.	Edwards, David	M	BRUNSWICK AC	16:57.69
32.	Dunstone, Phillip	M	WESTERN ATHL	17:29.69
33.	Matthews, Patrick	M	KEILOR ST BE	17:34.81
34.	Dunstone, Daniel	M	WESTERN ATHL	17:43.66
	Elms, Jason	M	ATHLETICS ES	DQ
	Crea, Gabriella	W	ATHLETICS ES	DQ

AV Shield East Region Round 9, Hagenauer's Reserve, Box Hill, Saturday 18 December

Jason Kozica 9:36.0 and Pam Tindal 9:43.2 were the fastest at Box Hill where large walk fields were also seen. Good to see Ross Reid back on the track after a horror run with his back.

2000m Race Walk

1.	Kozica, Jason	M	MACCABI AC	9:36.0
2.	Tindal, Pam	M	CROYDON AC	9:43.2
3.	Beaton-Wells, Michael	M	OLD SCOTCH C	10:12.6
4.	Reid, Ross	M	COLLINGWOOD	10:16.2
5.	Dyer, Bill	M	BOX HILL AC	10:39.3
6.	Armstrong, David	M	DIAMOND VALLEY	10:53.2
7.	Hammett, Gary	M	DIAMOND VALLEY	10:55.3
8.	Gardiner, Bob	M	COLLINGWOOD	11:03.0
9.	Dickenson, Russ	M	SOUTH COAST	11:11.2
10.	Dyer, Chelsea	W	BOX HILL AC	11:24.0
11.	Jack, Clarrie	M	RICHMOND HAR	11:28.6
12.	Noonan, Patrick	M	ST KEVINS AC	11:57.2
13.	Facey, Stuart	M	OLD SCOTCH C	12:06.7
14.	Worsnop, Chris	M	OLD XAVERIANS	12:44.9
15.	Ellis, Robert	M	RICHMOND HAR	12:52.0
16.	Walburg, Kirsten	W	DONCASTER AC	12:54.9
17.	Cooke, Brianna	W	DIAMOND VALLEY	13:33.1
18.	Fitts, John	M	RICHMOND HAR	13:52.2
19.	Laurence, Peter	M	DIAMOND VALLEY	13:58.2
20.	Cowell, Jacqueline	W	DIAMOND VALLEY	14:00.5
21.	Wright, Jacob	M	ATHLETICS NU	14:40.1
22.	Laurie, Natalie	M	ATHLETICS NU	14:40.2
23.	Dodge, Madeleine	W	ATHLETICS NU	14:40.8
24.	Onley, Gordon	M	ST STEPHENS	15:32.9
25.	Neale, Anthony	M	COLLINGWOOD	17:03.6

AV Shield South East Region Round 9, Duncan MacKinnon Reserve, Glenhuntly, Saturday 18 December

The results from Glenhuntly have not yet been posted on the AV website.

AV Shield Round 8, Geelong Region, Landy Reserve, Geelong, Saturday 11 December

And finally from last week, the Geelong Round 8 results are up but I don't know whether they are complete as they show only 2 walkers.

3,000m Walk

1.	Jenkins, Alan	M	CHILWELL	22:54.5
2.	Lockwood, Jill	W	CORIO	28:37.1

QUEENSLAND WRAP

Anyone following the fortunes of our Queensland walkers during the year would have been impressed by the fantastic times and high quality. It was on show once again on the Gold Coast last Saturday in the final 3000m and 5000m walks for the year. With the temperature in the 30s and the humidity at 90%, conditions were tough but the performances came as usual, led by **Dane Bird Smith's** whose **11:27.24** was a new U20 Queensland Record. In fact, I am struggling to find an Australian U19 or U20 track walk time faster than Dane's. Nathan Deakes used to hold the Australian U20 3000m walk record at 11.34.9, set in Geelong in December 1996, but it was amongst the record categories decommissioned by A.A. In 2005. Dane's time betters that.

Gold Coast PB Series Meet 8, Gold Coast City Athletics Track, Southport, Saturday 18 December 2010

3000m Track Walk

1.	Dane Bird-Smith	11:27:24	New PB and U20 State Record
2.	Nick Dewar	12:26:40	New PB
3.	Brandon Dewar	12:35:68	
4.	Brad Aiton	12:46:30	
5.	Jesse Osbourne	13:01:55	
6.	Nicole Fagan (NSW)	13:48:58	
7.	Jessica Pickles	14:19:98	New PB
8.	Brandon Pritchard	17:45:31	
9.	Mikaela Woodward	17:56:21	
	Katya Martin	DNF	
	Amy Morsinkhoff	DNF	

5000 Track Walk

1.	Matt Cunningham	25:58:15	New PB
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And that leads me to a quick review of the Queensland walking scene which certainly punches well above its weight. Let's go through a few of the Dane Smith stable who are currently walking so well.

Dane Bird-Smith is of course the absolute standout with his 5th place at World Junior Track & Field Championships earlier this year in Canada. His times are absolutely fantastic for an 18 year old (5:23 for 1500m, 11:23 for 3000m, 20:10 for 5000m and 41:32 for 10000m, all done on the track). Add to that his 400m run time of 48.03 and what we see here is an all round sportsman who could achieve in a variety of disciplines – luckily for us, he has chosen walking. I can hardly wait to see him break into the Open ranks in 2012. The sky is the limit for this super talented athlete.

For the third year in a row, **Brad Aiton** has been the top walker in his age group in Australia, being virtually undefeated within his own age group over that entire 3 year period. Still aged only 16, he is our top U18 male walker and his PBs stand at 5:56 (1500m), 11:46 (3000m), 21:32 (5000m) and 44:00 (10,000m). His 44:00, done at Middle Park in November, is a 2011 World Youth championship qualifier and he looks set to take one of the two team spots on offer, given current form.

Jesse Osborne is the most recent Queensland walker to really hit his straps, having battled over the year with Nathan Brill for the title of the top U16 walker in the country. His most recent win in the All Schools and his superior times overall probably edge him ahead of the younger Nathan who took the honours against him in Canberra and in the National Roadwalks in Brisbane. Aged only 15, Jesse's PBs stand at 5:54 (1500m), 12:27 (3000m), 21:41 (5000m) and 45:46 (10km). With the 2011 World Youth qualifying standard set at 45:00, his next challenge is now to reduce his 10km time over the summer and hold off any other challengers to consolidate second spot behind Brad Aiton.

16 year old **Jessica Pickles** is also accumulating a pretty good set of PBs – 6:34 for 1500m, 14:19 for 3000m and 25:08 for 5000m – and she also has a good competitive record, having picked up a couple of silver medals this year in National competitions. She could well be the next one from this stable to really kick on and set the standard.



Dane Bird-Smith, Jessica Pickles, Jesse Osborne and Brad Aiton in action in 2010

And behind this group of top walkers is a big pool of other young walkers, all training and racing together and all benefiting from the strong Racewalking Queensland structure. QAS has now come to the party and set in place a structure to better support local Queensland athletes and QA is also slotting certain walkers into their TID and Future Squads. And the man behind it all is coach David Smith (Dave is also President of Racewalking Australia) who continues to inspire walkers with his own enthusiasm and hunger to succeed. Well done to Dave, the Queensland walkers and their parents – all part of a successful State structure that is producing the goods.

And the final word from Dave Smith

*We are currently working hard throughout the School / Xmas holidays with athletes training up to 3 times daily (they don't have a life) and we have recently had Nathan Brill (VIC) and Nicole Fagan (NSW) training with us. Taylor Billington and Melissa Hayes (NSW), Rachele Taylor (TAS) and a few more are set to join us over the next few weeks, so it will be a busy time as athletes prepare for a huge race in Hobart on February 19th next year. Anyone is welcome and we shall do our very best to accommodate you. Just call me direct on 0438729601 or email on david@aktivsportz.com.au
Merry Xmas and see you all next year .. Dave*

Note that Dave is not the only one looking to use the holiday period profitably for his walkers. Simon Baker and Elke Raselli are taking our own Victorian walkers to Falls Creek next week for 10 days of altitude work. More of that later in the newsletter.

BENDIGO WALKERS CLUB CHRISTMAS TEAM RELAYS, BENDIGO, WEDNESDAY 15 DEC

Thanks to Paul Rance for his final report for the year from Bendigo.

The Bendigo Walkers Club Christmas Teams Relay was held on Wednesday evening with 5 teams of 4 walkers racing over a total distance of 5.6km. The first competitor from each team walked 800m with the other three team members racing over 1.6km. The winning team was captained by Amanda Heard with other team members Jarrod Coad, Annette Curtis and John Carter. Two

first time walkers competed with 9 year old Zahra Hayes and her 7 year old sister Yazmin both showing excellent technique in their first ever race.

Several Club records and Club Personal best's were achieved on the night with Zoe Boldiston recording the fastest time by a Club female of any age to break Natalie Gleeson's 12 year old U14 record by 8 seconds with a 7.38 personal best performance. Dane Heiden broke the U14 boys Club record with a personal best time of 7.49, Barb Bryant recorded a time of 9.12 to take 11 seconds off her own W55+ record while Club President Paul Rance broke his own record in the M50+ age group with a PB time of 7.29. Other personal bests on the night were recorded by Jarrod Coad, Amanda Heard, Josh Savage and Annette Curtis.

1.	Team 4	Jarrold Coad	4.22	Annette Curtis	10.45	John Carter	10.07	Amanda Heard	7.53
2.	Team 1	Jamie-Lee Jones	6.31	Josh Savage	8.11	Catherine Heard	11.01	Paul Rance	7.29
3.	Team 5	Zahra Hayes	5.00	Ebony-Jade Jones	11.27	Barb Bryant	9.12	Dane Heiden	7.49
4.	Team 2	Norm West	6.22	Geoff Major	11.25	Zoe Boldiston	7.38	Jeremiah Jones	8.35
5.	Team 3	Yazmin Hayes	6.32	Annette Major	9.10	Colin Cleary	11.39	Ebony Whiley	8.14

The Club's next competition will be held on 12th January 2011 at 6pm in Rosalind Park with athletes racing for either 10 minutes or 20 minutes.

ATHLETICS SOUTH AUSTRALIA INTERCLUB, ST ALBANS TRACK, ENFIELD, SATURDAY 18 DEC

Thanks to Peter Crump for his weekly report from South Australia.

Our final interclub meet for the 2010 year saw the usual small number of competitors out on the grass track. In the 3,000m, Darren Bown led out with Blake Steele showing that he is not too rusty after a quiet few weeks after Inter Schools. Peter Crump finished in his favorite third position, still feeling the effects of the 50k from the previous week. In the support 1,500m, Mason Heath and Piper Douglas were the sole underage competitors, with Allegra Steele still opting for the shorter distance during her training drought.

3000m Walk

1.	Darren Bown	12:49.3
2.	Blake Steele	13:08.8
3.	Peter Crump	16:38.4

1500m Walk

1.	Heath Mason	07:49.8
2.	Piper Douglas	08:23.3
3.	Allegra Steele	08:44.6

Our new year's resolution is for more of our colleagues to come out and do some hard work on the grass track. We wish all of our interstate walkers and officials a safe and merry Christmas and a successful year in 2011.

ATHLETICS WA INTERCLUB WALK RESULTS

Thanks to Terry Jones for the latest results from Western Australia

Mixed 1500m Race Walk , 26th November

1.	Ethan-Lee Nolan	M96	AWA	6:55.8
2.	Hannah Watson	W94	MLV	6:56.4
3.	Dale Hennighan	M93	AWA	7:25.6
4.	Holly Hughes	W97	MLV	7:29.9
5.	Jeremy Hill	M98	CUR	7:36.7
6.	Brooke Barritt	W96	Man/Roc	7:39.9
7.	Andrea Hahn	W93	AWA	7:57.9
8.	Carla Unicomb	W98	CUR	8:13.7
9.	Riley Burke	M98	AWA	9:17.1
10.	Alexaner Nolan	M98	AWA	9:21.9

Mixed 3000m Race Walk , 3rd December

1.	Hill, Jeremy	M98	CUR	16:49.7
2.	Unicomb, Carla	W98	CUR	17:29.1

3. Mixed 1500m Race Walk , 10th December

4.	Hill, Jeremy	M98	CUR	7:40.2
5.	Smith, Kimberley	W90	CUR	7:55.4
6.	Smith, Jacqueline	W93	CUR	8:05.0

Mixed 5000m Race Walk , 17th December

No Starters

STUART KOLLMORGEN WINS THE NORM GOBLE TROPHY

With the 50km now completed, I have been able to finalise the last of the Athletics Victorian racewalking perpetual trophies – the Norm Goble Trophy. This is awarded annually to the Athletics Victoria walker who scores the most points in the various Victorian Open Men's racewalking championships contested during the winter season. This year, it has been won by Collingwood Harriers walker **Stuart Kollmorgen**, due mainly to his wins in the Victorian 10km and 20km roadwalk championships. Although this did not count for points, he was also the first walker to finish in the 5km Teams Championship.

Stuart has had a great winter, doing PBs over all distances, and culminating in his big 20km PB at Fawkner Park a week ago with 1:38:32. Stuart also won the VRWC Runners World Award as our top Open walker during the winter. Talk about taking all before you! Well done on a stellar year Stuart.



Stuart wins the Victorian Open 20km championship at Middle Park in June 2010

VALE DAVID BLACK

It is with sadness that I must advise VRWC members and supporters of the untimely death of one of our former members and friends, Dave Black.

Dave walked as both a member of the Victorian Amateur Walkers Club and as a member of the Preston Amateur Athletics Club in the 1960s and 1970s.

Dave made his first appearance in a Victorian racewalking championship in 1965, coming 11th in the 10,000m event held at the Melbourne University track – his time on that occasion an inauspicious 55:54. Over the next 10 years, he was a regular competitor both on the local Victorian front and on the National front, in the various Federation carnivals of the day. His best Victorian championship result was bronze in the 1971 Victorian 30km event, his time on that occasion being 2:42:52. His last Victorian championship appearance was in 1974.

The following photo shows Dave (far left) with Andrew Jamieson, Geoff Laycock, Ted Allsopp, Graeme Nicholls and Justin Coxhead before the start of the 1966 Australian 50km championship at Albert Park.



After 1974, his own family and business commitments meant that we saw less of him but he remained a loyal and interested racewalking follower and club supporter.

He was part of the famous Preston racewalking team of that era, helping them to win Victorian Racewalking Teams championships on 7 occasions (1965, 1966, 1969, 1979, 1972 and two in 1974), alongside walkers such as Varel Newmark, Harry Summers, Dave Grenfell, Barry Larchin and Neil Larchin.

The Black family migrated to Australia from Kirriemuir in Scotland when Dave was a child, and Alan Minter recalls Dave's family referring to it as the birthplace of Peter Pan as it was there that J. M. Barrie (the author of Peter Pan) was born.

His family ran a cake shop in High Street Northcote, and Dave regularly supplied pies, pasties, sausage rolls and cakes for Walkers' Club functions. It was not surprising that Dave himself became a pastry cook and eventually set up his own shop in Ballarat.

Club member Stuart Cooper summed Dave up superbly in an email he sent to me a few days ago

Tragic news. David went too early - he wasn't that much older than us, Tim. I knew him as a down-to-earth character with a typically wry Aussie humour (who could forget his marginally obscene battlecry in Federation events - "Wop it up 'em, Vics, b***s and all!"). He was also a tough, uncompromising competitor with a talent for walking that perhaps was never fully realised. Not possessed of lightning speed (though by no means slow), he was a member of that critical mass of middle/long distance 'hard men' that were the backbone of the club in the 60s/early 70s, and, along with Varel Newmark and the Larchin boys he helped make the 'Tonners' (Preston AAC) a formidable opponent in teams competitions. For all that, Dave was a friendly guy who was always ready with a training tip or other encouragement for a young or inexperienced walker, or praise for the achievement of others. I hold fond memories of him as a serious athlete, a keen club man and a good, decent bloke. Farewell, Blackie.

Dave's funeral was held yesterday in Ballarat with many of his old sparring mates in attendance. To his wife Carole and to his children Stuart and Alison, we pass on our sincerest sympathies on their great loss.

WALKING GETS ME PLACES

The following article, on top walker Jess Rothwell, was published in the Melbourne Age of Sunday 19th December and I reproduce it here for the wider walking readership. See <http://www.theage.com.au/sport/walking-gets-me-places-20101218-191fj.html>

Jessica Rothwell walks the walk



Jess in Mexico in May with coach Simon Baker (photo from Emmanuel Tardi)

WHY do I do what I do? My coach Simon Baker asked me this question while we were preparing for the Commonwealth Games. I struggled to answer, other than the obvious reasons of enjoyment and the fact I was soon to be competing on the international stage. How training alone with our faithful farm dogs along the riveting bitumen roads of Katunga has paid off!

Sport has always been a passion. I was very energetic as a child which prompted Mum to start a gymnastic club, register us at Shepparton Little Athletic Club and play school netball. I never would have believed I would make my first senior Australian team at 20, competing at the 2009 World Athletic Championships in Berlin in the 20-kilometre walk. "Race walking, what's that? Is that even a sport?" are comments I hear frequently.

I learnt to race walk at Shepparton Little Athletics, won championships in high school and only really began pursuing it seriously after year 12. It's not a lucrative sport, no fancy contracts, so completing a degree in nutrition and working part-time are necessary and things I'm interested in.

I see the athletic scene as another world and an exciting one. Travelling to places such as St Moritz for altitude training, dancing alongside the Jamaican greats at after-parties, watching the AFL semi-finals in downtown Beijing, representing your country and making friends across the world are continual highlights.

In between comes the gruelling but fun part. The racing - your single opportunity to showcase the hours dedicated to training,

appointments, and the team that has supported you. Imagine you're at the 14-kilometre mark where the race really starts. Fatigue is setting in and you're on two reports and your competitor is on one. Can you lift the intensity without receiving a final report and getting disqualified? Three reds and all of that preparation is thrown away. Why on earth do we do it?

The absolutely drained and gutted sensation you experience after a major race is euphoric. It is so horrible yet so addictive. Knowing you couldn't have done anything else is a reward in itself.

Of course, there are disappointments and injury has been a significant one for me. I withdrew from the Commonwealth Games and have recently had my hamstring tendon re-attached. This wasn't a fun time. However, I realised how important it was to keep things in perspective. My injury was preventing me from doing something I love and worked hard towards. And there's always somebody worse off.

I also hear athletes complaining about their sacrifices. But it's not a sacrifice if we choose to do it. At the end of the day, we are the individuals pursuing our dreams.

2011 AUSTRALIAN AUSTRALIA SUMMER SEASON NEWS

Athletics Australia has announced details of its 2011 Australian Athletics Tour meets and racewalking is in the mix with two big events

- **Australian 20km Roadwalk Championships, Hobart, Saturday 19 February**

The Australian Open 20km championships are back in Hobart again in 2011 and will include a whopping \$25,000 in prize money. As well as being an IAAF World Race Walking Challenge Series Category C event, it now has another status - **Oceania Race Walking Championship**. David Gynther of AA explains

After the success of last year, AA was approached by OAA (Oceania Athletics Association) to add IAAF Area Championship status to the event. OOA have been successful in gaining some support from the IAAF and we are currently looking as ways to use this to support Oceania athletes and coaches. There will now of course also be the title of Oceania Champion and a Medal for same.

The carnival also includes Under 20 10km roadwalks (non-championship) like 2010 – and it is the same fast course right alongside Salamanka place in the Hobart CBD. Fantastic!

- **Australian Athletics Tour Sydney Track Classic, SOPAC, Sydney, Saturday 19 March**

The Sydney leg of the National Track Series will include **5000m walks** for men and women. It is great that once again walking is included in the premier T&F comp. I am sure all our walkers will be targetting this one.

WHAT'S COMING UP

What's coming up? Christmas! Yes, it's time for a good break from racing and work and a chance to spend time with family and friends.

Then it will be off to Falls Creek in the Victorian Alps for a lot of our young Victorian walkers - for 10 days of quality training at altitude. The camp, led by Simon Baker, extends from **Dec 26th to January 3rd** and, if the Easter 2010 camp is anything to go on, it will be a fantastic experience on all levels. I hope to have a few pics for the next couple of newsletters. To whet the appetite, here is a file shot from the Easter camp with some of the group enjoying themselves in non training mode



Amy, Stephanie, Sarah, Beth, Paige, Nicole and Hilary at Falls Creek at Easter 2010

For Victorians, competition resumes on Saturday 8th January with Athletics Victoria Shield comp scheduled in all 6 regions:

Sat 8 Jan	AV Shield - South East Region - Round 10	Ballam Park Athletic Track, Frankston
Sat 8 Jan	AV Shield - Bendigo Region - Round 10	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 8 Jan	AV Shield - Geelong Region - Round 10	Landy Field, Geelong
Sat 8 Jan	AV Shield - Ballarat Region - Round 10	Llanberris Reserve, Ballarat
Sat 8 Jan	AV Shield - North West Region - Round 10	Meadowglen International Athletics Track, Epping
Sat 8 Jan	AV Shield - East Region - Round 10	Proclamation Park, Ringwood

Then the next day, we have our next set of road races at Middle Park

Sunday 9th January 2011, VRWC Events, Middle Park		
9.00am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

And then it's into the business part of the summer season – and it looks exciting.

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

Sat 8 Jan, 2010	AV Shield restarts after the Christmas break
Sun 9 Jan, 2010	VRWC Road Races, Middle Park
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat, entries close 5:00pm Monday 10th January 2010
Sun 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC
April 21-24, 2011	Australian Masters Athletics Championships , Brisbane

2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
Sun 12 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	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 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series (Category A events)

Sat 5 March 2011	Chihuahua, MEX
Sat 9 April 2011	Rio Major, POR
Sun 24 April 2011	Taicang, CHN
Sun 1 May 2011	Sesto San Giovanni, ITA
Sat 17 Sept 2011	IAAF Race Walking Challenge Final, La Coruna, ESP

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 10-15, 2012	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
2013	8th World Youth T&F Championships, Donetsk, Ukraine

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

2015 **15th IAAF World Championships in Athletics, Beijing, China**
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>)