



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 12  
18 December 2012



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*

*Telephone: 03 9817 3503*

*Hours : Monday to Friday: 9:30am to 5:30pm*

*Saturday: 9:00am to 3:00pm*

*Website: <http://www.runnersworld.com.au/>*

*Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>*

### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week saw a large number of votes for each of **Jesse Osborne** (who walked 43:18 to win the Junior 10km invitational walk at Fawkner Park) and **Peter Bennett** (who walked the 240km Coast to Kosci ultra challenge in a time of 37:17:57, finishing 17<sup>th</sup> out of the field of 34, the others all being runners). A review now shows that Jesse has taken the overall honours ahead of Peter. However, Jesse emailed me during the week to say "If I happen to win Walker of the Week, I would like you to give it to Peter Bennett as I think his walk was an outstanding achievement."

Well, I think the best thing to do in that case is to jointly award it to both these Queensland walkers. That recognizes both achievements and also partly honours Jesse's request.

I have reviewed this week's races and one performance stands out - that of **Rhydian Cowley** whose 1500m time at our VRWC track races last Wednesday night was fantastic - a 9 sec PB of 5:29. That is one of the fastest ever times done in Australia and I was there and can confirm that Rhydian looked fantastic. Well done Rhydian on a great walk.



**Rhydian powers through to 5:29 last Wednesday evening at Clifton Hill**

### FINAL SNIPPETS FROM THE AUSTRALIAN 50KM CHAMPIONSHIP

A couple of links to finish off reporting from last week's Australian 50km championship meet at Fawkner Park

- IAAF article on Luke Adams - <http://www.iaaf.org/news/report/different-luke-adams-clinches-moscow-selectio>
- athsvicTV 50km video produced by David Armstrong - <http://www.youtube.com/watch?v=qe2cH1RIXz4>

### AV SHIELD COMPETITION, THURSDAY 6 DECEMBER

**AV Shield Round 8 - Geelong Zone , John Landy Athletic Field, Geelong**

I found out that the Round 8 Shield competition at Geelong last week was cancelled - this explains why I could not find any results on the AV website

## SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 12 DECEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented that it was HOT!

### 3000m Yacht Handicap

|     |     |                  |       |        |
|-----|-----|------------------|-------|--------|
| 1.  | M69 | Roger Lowe       | 21:38 | 67.23% |
| 2.  | M62 | Phil Coles       | 23:55 | 56.27% |
| 3.  | M60 | Jack Russell     | 17:36 | 74.93% |
| 4.  | W52 | Marie Maxted     | 19:21 | 68.63% |
| 5.  | M82 | Colin Hainsworth | 22:31 | 77.32% |
| 6.  | M67 | George White     | 16:51 | 84.32% |
| 7.  | M76 | Paul Boyce       | 24:35 | 64.74% |
| 8.  | M66 | Geoff Byham      | 19:32 | 71.91% |
| 9.  | M56 | Richard Moyle    | 23:01 | 55.16% |
| 10. | M65 | Graham Harrison  | 20:41 | 70.32% |
|     | M79 | David Robertson  | DNF   |        |

## VRWC TRACK RACES, GEORGE KNOTT RESERVE, CLIFTON HILL, WEDNESDAY 12 DECEMBER

Our last VRWC races for the calendar year were held last Wednesday evening at the George Knott Reserve in Clifton Hill. Unfortunately a very hot night with temperatures in the mid thirties meant that the going was very tough for those who came along. But we still saw some very good walks - special mentions to **Kyle Bird** 24:24 and **Adam Garganis** 24:59 in the 5000m and to **Nathan Brill** 12:49 and **Jemima Montag** 14:33 in the 3000m. Our one PB for the night was reserved for **Rhydian Cowley** who zoomed through the 1500m walk in a 9 sec PB of 5:29 and he looked fantastic. In fact, Rhydian's time is a new VRWC U23 club record, breaking Nathan Deakes' 1996 time of 5:32.9 (Nathan was still U20 at the time so his U20 record still stands).

### 5000m Walk

|    |                   |   |       |
|----|-------------------|---|-------|
| 1. | Bird, Kyle        | M | 24:24 |
| 2. | Garganis, Adam    | M | 24:59 |
| 3. | Lacase, Mathilde  | F | 28:31 |
| 4. | Geisler, Sandra   | F | 29:37 |
| 5. | Smyth, David      | M | 30:44 |
| 6. | Sanders, Jade     | F | 31:25 |
| 7. | Gardiner, Bob     | M | 31:40 |
| 8. | Dickinson, Murray | M | 33:59 |

### 3000m Walk

|    |                   |   |       |
|----|-------------------|---|-------|
| 1. | Brill, Nathan     | M | 12:49 |
| 2. | Montag, Jemima    | F | 14:33 |
| 3. | Christmass, James | M | 15:33 |
| 4. | George, Stephanie | F | 15:40 |
| 5. | Clarke, Patrick   | M | 18:22 |
| 6. | Best, David       | M | 20:15 |

### 1500m Walk

|     |                   |   |       |         |
|-----|-------------------|---|-------|---------|
| 1.  | Cowley, Rhydian   | M | 05:29 | PB 0:09 |
| 2.  | Christmass, James | M | 07:08 |         |
| 3.  | Swan, Kyle        | M | 07:47 |         |
| 4.  | Erickson, Tim     | M | 07:56 |         |
| 5.  | Collis, Lauren    | F | 08:00 |         |
| 6.  | Taylor, Michael   | M | 08:03 |         |
| 7.  | Langford, Taylor  | F | 08:08 |         |
| 8.  | Clarke, Eliza     | F | 08:13 |         |
| 9.  | Burgess, Liam     | M | 08:26 |         |
| 10. | Elms, Donna       | F | 08:44 |         |
| 11. | Collis, Bede      | M | 09:16 |         |
| 12. | Collis, Hugh      | M | 09:40 |         |
| 13. | Collis, Frances   | F | 10:08 |         |
| 14. | Holmes, Charlotte | F | 10:25 |         |
| 15. | Garganis, Clare   | F | 10:34 |         |

Thanks as usual to the various people who rolled up their sleeves and helped out in various roles.

**Officials:** Tim Erickson, Damien Elms, Jason Elms, Craig Brill

**Judges:** Peter Vysma (Chief), Terry Swan, Michael Bodey

**Drinks Table:** Kylie and Jasmine Irshad, Beck Bird

**Photos:** Sabby George

Terry Swan has uploaded a selection of photos to the web - see our gallery at <http://www.vrwc.org.au/coppermine/>.



**James Christmass, Rhydian Cowley and Nathan Brill in action at Clifton Hill**



**Kyle Bird, Adam Garganis and Jemima Montag**

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 13 DECEMBER**

Thanks to Robin Whyte for the latest results from Canberra. Queenslander Jesse Osborne was in town and took overall honours in the 5000m with a fast 22:54 ahead of Brendon Reading with 24:00. Spencer Burns won the 1000m with 5:01.

**5000m Track Walk**

|     |                    |       |
|-----|--------------------|-------|
| 1.  | Jesse Osborne      | 22:54 |
| 2.  | Brendon Reading    | 24:00 |
| 3.  | Colin Heywood      | 26:44 |
| 4.  | Thomas Hopkins     | 27:46 |
| 5.  | Zoe Hunt           | 28:22 |
| 6.  | Harry Bates        | 28:51 |
| 7.  | Emily Hopkins      | 31:32 |
| 8.  | Helena Bialecki    | 31:45 |
| 9.  | Robin Whyte        | 31:50 |
| 10. | Callum Burns       | 33:15 |
| 11. | Karina Hopkins     | 33:46 |
| 12. | Geoff Barker       | 34:07 |
| 13. | Bryan Thomas       | 34:16 |
| 14. | Rod Gilchrist      | 34:54 |
| 15. | Jennifer Gilchrist | 37:52 |
| 16. | Sheryl Greathead   | 39:14 |
| 17. | Val Chesterton     | 41:36 |

**1000m Track Walk**

|    |                 |       |
|----|-----------------|-------|
| 1. | Spencer Burns   | 05:01 |
| 2. | Jordan Bardsley | 05:36 |
| 3. | Tom Hunt        | 06:57 |
| 4. | Laura Burns     | 07:09 |
| 5. | Lorna England   | 08:59 |
| 6. | Carmen Carlon   | 10:30 |

18. Robert Kennelly 41:50  
Ashleigh Resch DNF

### RWCWA ROAD WALKS, WILSON, SUNDAY 16 DECEMBER

Thanks to Rick Cattermole for the latest from the Racewalking Club of Western Australia. They raced in Perth on Sunday.

#### 10km Open

1. Breanna Brown 61.29

#### 5k Open

1. Caitlin Gerken 31.30

#### 3k Open

1. Christopher Gerken 20.00

#### 2k Open

1. Summer Brown 11.18  
2. Daniel Turner 12.08

#### 1.5km Open

1. Jasmin Burgess 8.35  
2. Ryan Kezic 10.12  
3. Tina Kezic 10.40  
4. Tim Kezic 10.41  
5. Bailey Burgess 14.20

### ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 15 DECEMBER

Last Saturday saw our final Athletics Victoria Shield round for this calendar year and it was a huge one for walkers with well over 120 of them in action (without counting Geelong whose results are not yet up). Conditions were good and it was a final chance for a hitout before the Christmas break so many walkers made the most of the opportunity.

#### AV Shield Round 9 - East Zone, Hagenauer Reserve, Box Hill

An amazingly big field of 51 walkers set off with the gun at Box Hill (I am sure this is a Shield biggest ever) and Nathan Brill led from the front, finishing with a fine 7:59.1. Jason Kozica 8:40.5 and Emmet Brasier 8:54.9 were also under 9 minutes in a very high quality finish. It was also great to see former Victorian Colin Heywood back for an invitation walk and recording 9:54.1. Sandra Geisler 9:54.1 and Michelle Laufer 9:55.4 fought out the women's event with Sandra finishing just one second ahead.

#### Mixed 2000m Walk

|                         |     |                    |         |         |
|-------------------------|-----|--------------------|---------|---------|
| 1. Brill, Nathan        | M16 | BOX HILL AC        | 7:59.1  |         |
| 2. Kozica, Jason        | M25 | ST KEVINS AC       | 8:40.5  | PB 0:04 |
| 3. Brasier, Emmet       | M14 | DIAMOND VALLEY AC  | 8:54.9  |         |
| 4. Evans, Simon         | M52 | BOX HILL AC        | 9:23.7  |         |
| 5. Simpson, Bradley     | M19 | ATHLETICS NU       | 9:27.7  |         |
| 6. Geisler, Sandra      | W35 | RINGWOOD AC        | 9:54.1  |         |
| 7. Heywood, Colin       | M58 | UNATTACHED         | 9:54.1  |         |
| 8. Laufer, Michelle     | W43 | COLLINGWOOD        | 9:55.4  |         |
| 9. Keirl, Bernie        | M49 | DIAMOND VALLEY AC  | 10:29.7 |         |
| 10. Cochrane, Andrew    | M57 | OLD SCOTCH C       | 10:57.5 |         |
| 11. Dyer, Bill          | M51 | BOX HILL AC        | 11:02.0 |         |
| 12. Gardiner, Bob       | M76 | COLLINGWOOD        | 11:18.7 |         |
| 13. Dyer, Chelsea       | W19 | BOX HILL AC        | 11:19.5 |         |
| 14. Schwerkolt, Zoe     | W14 | BOX HILL AC        | 11:19.8 |         |
| 15. Noonan, Patrick     | M34 | ST KEVINS AC       | 11:26.0 |         |
| 16. Wright, Jacob       | M18 | ATHLETICS NU       | 11:54.8 |         |
| 17. Jack, Clarrie       | M67 | RICHMOND HAR       | 11:55.7 |         |
| 18. Walshe, Kerry       | W50 | DIAMOND VALLEY AC  | 12:00.8 |         |
| 19. Benke, Geza         | M56 | OLD MELBURNIANS AC | 12:04.2 |         |
| 20. Hunter, Pia         | W46 | BOX HILL AC        | 12:28.0 |         |
| 21. Garside, Emilie     | W17 | CROYDON AC         | 12:34.0 |         |
| 22. Best, David         | M49 | COLLINGWOOD        | 12:44.4 |         |
| 23. Owen, Cooper        | M14 | DIAMOND VALLEY AC  | 12:59.9 |         |
| 24. Handasyde, Ian      | M59 | OLD SCOTCH C       | 13:05.5 |         |
| 25. Clarke, Eliza       | W12 | DIAMOND VALLEY AC  | 13:18.5 |         |
| 26. Owen-Smith, Chelsea | W12 | DIAMOND VALLEY AC  | 13:31.7 |         |
| 27. Walburg, Kirsten    | W14 | DONCASTER AC       | 13:39.1 |         |
| 28. Laufer, Josephine   | W13 | COLLINGWOOD        | 13:42.0 |         |
| 29. McCann, Adam        | M36 | ATHLETICS NU       | 13:53.3 |         |
| 30. Garganis, Clare     | W42 | COLLINGWOOD        | 14:02.6 |         |
| 31. Neale, Anthony      | M14 | COLLINGWOOD        | 14:05.2 |         |
| 32. Lui, Yuan Chow      | M13 | DONCASTER AC       | 14:08.5 |         |
| 33. Watson, Nick        | M17 | DONCASTER AC       | 14:08.5 |         |
| 34. Derby, Shane        | M52 | COLLINGWOOD        | 14:42.3 |         |
| 35. O'Keefe, Jessica    | W14 | DONCASTER AC       | 14:44.4 |         |

|     |                        |     |                     |         |
|-----|------------------------|-----|---------------------|---------|
| 36. | Bassett, Charlotte     | W14 | DONCASTER AC        | 14:46.7 |
| 37. | Camilleri, Brent       | M11 | DIAMOND VALLEY AC   | 15:25.2 |
| 38. | Page, Kirsty           | W49 | COLLINGWOOD         | 15:30.9 |
| 39. | Imbriano, Dino         | M38 | ST KEVINS AC        | 16:14.1 |
| 40. | Clarke, Monica         | W15 | OLD XAVERIANS AC    | 16:16.3 |
| 41. | McKay, Campbell        | M19 | OLD XAVERIANS AC    | 16:44.3 |
| 42. | White, Leah            | W19 | ATHLETICS NU        | 17:17.9 |
| 43. | Laurie, Natalie        | W21 | ATHLETICS NU        | 17:18.2 |
| 44. | Finch, Rob             | M15 | DONCASTER AC        | 17:18.6 |
| 45. | Power-Priede, Octavian | M16 | DONCASTER AC        | 17:19.5 |
| 46. | Jarvis, Heather        | W48 | COLLINGWOOD         | 17:23.4 |
| 47. | Meagher, John          | M49 | BOX HILL AC         | 17:32.9 |
| 48. | Antonelli, Jason       | M32 | OLD XAVERIANS AC    | 18:11.6 |
| 49. | Coumaros, Conrad       | M17 | DONCASTER AC        | 21:44.7 |
|     | O'Callaghan, Brian     | M72 | RICHMOND HAR        | DQ      |
|     | David, John            | M54 | IVANHOE HARRIERS AC | DQ      |

#### AV Shield Round 9 - South East Zone, Dolomore Reserve, Mentone

It was a case of the young walkers to the fore at Mentone with Kyle Swan 10:09.6, Paige De Lisen 10:13.8 and Emily Hamilton 10:17.5 showing a clean pair of heels to their older counterparts.

#### Mixed 2000m Walk

|     |                    |     |                    |         |         |
|-----|--------------------|-----|--------------------|---------|---------|
| 1.  | Swan, Kyle         | M13 | KNOX AC            | 10:09.6 |         |
| 2.  | De Lisen, Paige    | W14 | KNOX AC            | 10:13.8 | PB 0:10 |
| 3.  | Hamilton, Emily    | W14 | KNOX AC            | 10:17.5 |         |
| 4.  | Carr, Heather      | W63 | EAGLEHAWK YMCA AC  | 10:44.0 |         |
| 5.  | McInnes, Simone    | W21 | GLENHUNTLY AC      | 10:45.8 |         |
| 6.  | Riddoch, Clyde     | M59 | ATHLETICS WAVERLEY | 11:00.4 |         |
| 7.  | Bennett, Ralph     | M71 | VICTORIAN MA       | 11:19.7 |         |
| 8.  | Swan, Emily        | W15 | KNOX AC            | 11:25.1 |         |
| 9.  | Vasiljevic, Taylor | W13 | CASEY CARDIN       | 11:25.9 |         |
| 10. | Gourlay, Marlene   | W61 | VICTORIAN MA       | 11:34.2 |         |
| 11. | O'Neill, Terry     | M56 | CASEY CARDIN       | 11:36.8 |         |
| 12. | Van Dongen, Rupert | M38 | CASEY CARDIN       | 11:55.4 |         |
| 13. | Lillie, Jessica    | W13 | KNOX AC            | 12:03.4 |         |
| 14. | Eastwood, Jemma    | W12 | OAKLEIGH AC        | 12:23.4 |         |
| 15. | Osmand, Kym        | M30 | OAKLEIGH AC        | 12:30.2 |         |
| 16. | Steed, Gwen        | W70 | VICTORIAN MA       | 12:39.7 |         |
| 17. | Barrow, Geoff      | M63 | MENTONE AC         | 12:56.7 |         |
| 18. | O'Neill, Karyn     | W57 | CASEY CARDIN       | 13:01.4 |         |
| 19. | Chapman, Kahlia    | W25 | ATHLETICS WAVERLEY | 13:05.6 |         |
| 20. | Eastwood, Jessie   | W15 | OAKLEIGH AC        | 13:12.6 |         |
| 21. | Johnson, Celia     | W65 | VICTORIAN MA       | 13:13.6 |         |
| 22. | Buller, Peter      | M68 | GLENHUNTLY AC      | 13:31.4 |         |
| 23. | Morrison, John     | M73 | SANDRINGHAM AC     | 13:36.8 |         |
| 24. | Ross, Andrew       | M50 | GLENHUNTLY AC      | 14:34.8 |         |
| 25. | Molnar, Jo         | W51 | ATHLETICS WAVERLEY | 15:05.3 |         |
|     | Zeleznikow, John   | M62 | GLENHUNTLY AC      | DQ      |         |
|     | Robertson, Neil    | M37 | HAILEYBURY AC      | DQ      |         |

#### AV Shield Round 9 - North West Zone, Moonee Valley Athletics Track, Aberfeldie

The Aberfeldie numbers were swelled by a group of 20 Malaysian school students who are over here on a sporting exchange. Two of them joined us in the walk and they certainly walked impressively, Mohd Jamaraszaman and Elena Goh both headed off fast and stylishly and finished well up. Chris Erickson won overall with 8:25.3 ahead of Mohd with 9:22.7 while Elena faded slightly to finish with 10:41.6, second woman behind Kirstin Shaw with 10:15.2.

#### Mixed 2000 metres Race Walk

|     |                    |     |                    |         |
|-----|--------------------|-----|--------------------|---------|
| 1.  | Erickson, Chris    | M31 | ATHLETICS ESSENDON | 8:25.3  |
| 2.  | Kamarazaman, Mohd  | M   | MALAYSIA           | 9:22.7  |
| 3.  | McDonough, Aaron   | M40 | PRESTON AC         | 9:27.0  |
| 4.  | Hawkins, Trenton   | M33 | PRESTON AC         | 9:59.4  |
| 5.  | Shaw, Kirstin      | W21 | WESTERN ATHL       | 10:15.2 |
| 6.  | McShanag, Connor   | M16 | ATHLETICS ESSENDON | 10:32.7 |
| 7.  | Kondogonis, John   | M51 | KEILOR ST BE       | 10:41.6 |
| 8.  | Goh, Elena Ling Yi | W   | MALAYSIA           | 10:43.8 |
| 9.  | Erickson, Tim      | M62 | COBURG HARRIERS AC | 10:45.7 |
| 10. | Knox, Duncan       | M53 | ATHLETICS ESSENDON | 10:56.9 |
| 11. | Shaw, Robyn        | W51 | WESTERN ATHL       | 11:35.1 |
| 12. | Elms, Donna        | W51 | ATHLETICS ESSENDON | 11:52.1 |
| 13. | Smithson, Kimberle | W27 | PRESTON AC         | 12:01.4 |
| 14. | Crea, Gabriella    | W13 | ATHLETICS ESSENDON | 12:28.1 |

|     |                    |     |                    |         |
|-----|--------------------|-----|--------------------|---------|
| 15. | Ryan, Maeve        | W23 | WILLIAMSTOWN AC    | 13:12.4 |
| 16. | Matthews, Rhiannon | W11 | KEILOR ST BE       | 13:35.2 |
| 17. | Law, Rosa          | W44 | SOUTH MELBOURNE AC | 13:52.6 |
| 18. | Baric, Amanda      | W44 | KEILOR ST BE       | 13:54.2 |
| 19. | Murphy, Stephen    | M51 | ATHLETICS ESSENDON | 13:56.7 |
| 20. | Casilli, Anthony   | M13 | PRESTON AC         | 14:18.8 |
| 21. | Ireland, Roslyn    | W29 | BRUNSWICK AC       | 14:27.7 |
| 22. | Aplin, Elise       | W24 | KEILOR ST BE       | 14:32.0 |
| 23. | Sykes, Dominic     | M11 | KEILOR ST BE       | 14:33.8 |
| 24. | Cashin, Brenda     | W48 | WESTERN ATHL       | 15:59.1 |
| 25. | Colley, Jamee-Leig | W22 | PRESTON AC         | 16:11.1 |
| 26. | Hamond, Tamara     | W31 | ATHLETICS ESSENDON | 16:15.2 |
| 27. | Arnold, Madison    | W18 | PRESTON AC         | 16:15.9 |
| 28. | McLaren, Donald    | M43 | ATHLETICS ESSENDON | 16:18.4 |
| 29. | Ireland, Olive     | W52 | BRUNSWICK AC       | 16:40.5 |
| 30. | Scott, Caroline    | W31 | SOUTH MELBOURNE AC | 16:51.8 |
| 31. | Rickard, Ian       | M56 | BRUNSWICK AC       | 17:24.9 |
|     | Baker, Gail        | W55 | BRUNSWICK AC       | DQ      |
|     | Neale, John        | M61 | PRESTON AC         | DQ      |
|     | Pathak, Laura      | W23 | ATHLETICS ESSENDON | DQ      |
|     | Coventry, Catherin | W22 | ATHLETICS ESSENDON | DQ      |
|     | Morgan, Alison     | W22 | ATHLETICS ESSENDON | DQ      |

#### AV Shield Round 9 - Ballarat Zone, Llanberris Reserve, Ballarat

Only two walkers in action in Ballarat with Kevin Ruddick fastest with 13:10.78

##### Mixed 2000m Walk

|    |                |     |              |          |
|----|----------------|-----|--------------|----------|
| 1. | Ruddick, Kevin | M62 | BALLARAT HAR | 13:10.78 |
| 2. | Govan, Lee     | M57 | WENDOUREE AC | 13:15.84 |

#### AV Shield Round 9 - Bendigo Zone, La Trobe University Track, Bendigo

Duane Cousins fronted for another walk in Bendigo, taking line honours with 9:18.16 ahead of Paul Rance whose time of 9:31.17 was very impressive for someone who toes the line only rarely.

##### Mixed 2000m Walk

|    |               |      |     |          |
|----|---------------|------|-----|----------|
| 1. | DUANE COUSINS | MOP  | EAG | 9:18.16  |
| 2. | PAUL RANCE    | M50+ | SBE | 9:31.17  |
| 3. | ZAHRA HAYES   | WU14 | SBE | 11:06.92 |
| 4. | MADISON HILL  | WU14 | SBE | 12:23.26 |
| 5. | JOSHUA SAVAGE | M18  | EAG | 12:46.18 |
| 6. | JOHN CARTER   | M60+ | SBE | 13:24.42 |
| 7. | JOHN WATSON   | M60+ | BYM | 15:14.85 |

#### AV Shield Round 9 - Geelong Zone , John Landy Athletic Field, Geelong

Alas, no results from Geelong again this week. Not sure what that means.

### BRWC GUESS YOUR TIME DAY, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUN 16 DEC

Thanks to Sarah Brennan for the latest results from the Ballarat Racewalkers Club. She explained

*The track was wet but the sun came out for the inaugural Guess Your Time Day hosted by the BRWC. It was great to see some of our new junior members in action, all of whom walked faster than predicted in their first hit out on the North Gardens track. Youngster Bailey Ohlsen claimed victory, walking 9:56 for 1km, 4 seconds faster than his estimated 10:00.*

|     | Guess Your Time Race | Distance | Est. Time | Act. Time | Difference |
|-----|----------------------|----------|-----------|-----------|------------|
| 1.  | Bailey Ohlsen        | 1km      | 10:00     | 09:56     | 00:04      |
| 2.  | Mia Darlow           | 1km      | 07:10     | 07:04     | 00:06      |
| 3.  | Jessika Bridges      | 1.5km    | 11:55     | 11:36     | 00:19      |
| 4.  | Sarah Brennan        | 3km      | 16:20     | 15:48     | 00:32      |
| 5.  | Mia Lepair           | 1km      | 08:00     | 07:24     | 00:36      |
| 6.  | Rex Brennan          | 1km      | 09:30     | 10:07     | 00:37      |
| 7.  | Ross Darlow          | 1.5km    | 07:30     | 08:11     | 00:41      |
| 8.  | Kasey Bishop         | 1.5km    | 12:25     | 11:35     | 00:50      |
| 9.  | Josh Dillon          | 3km      | 14:00     | 14:52     | 00:52      |
| 10. | Eliza Lepair         | 1.5km    | 12:00     | 10:55     | 01:05      |
| 11. | Kayla Bridges        | 1km      | 09:10     | 08:04     | 01:06      |
| 12. | Alice Lepair         | 1km      | 09:15     | 07:31     | 01:44      |



## GOLD COAST MASTERS CHAMPIONSHIPS, SUNDAY 16 DECEMBER

Thanks to Robyn Wales for these results from the Gold Coast Masters in Queensland. She commented: *I met Isle of Man walker Michael George at Park Run on Saturday and was excited to see another walker there. He's visiting from the Isle of Man for a few weeks so I invited him to race at the Gold Coast Masters championships on Sunday as a visitor. It was really hot and humid so great results all round. Sally Lynch crossed the line in the 5000m and declared it her last ever walk. However, she lined up 3 hours later for the 1500! Here's a photo of Christiane Dauphinet showing great technique for a woman in her 80's!*

### 5000m Walk

|    |                      |     |          |
|----|----------------------|-----|----------|
| 1. | Michael George       | INV | 26:35.34 |
| 2. | Nyle Sunderland      | W45 | 30:22.49 |
| 3. | Paul Lindenberg      | M50 | 31:41.44 |
| 4. | Donna Beikoff        | W45 | 33:36.83 |
| 5. | Sally Lynch          | W65 | 35:22.04 |
| 6. | Bert Janes           | M75 | 36:44.20 |
| 7. | Christiane Dauphinet | W80 | 37:25.12 |



**Christiane Dauphinet in action in the 5000m walk**

## ZENONAS SVEIKAUSKAS CUP, KAUNAS, LITHUANIA, WEDNESDAY 12 DECEMBER

Brigita Virbalytė (Vilnius, Alytus) won the women's 3,000m indoor walk at Kaunas in Lithuania with 12:46.88 while Genadij Kozlovskij won the men's 5,000 meters with 21:44:30. The events, run by the Winter Sports University of Lithuania, were aimed at student athletes of various ages and posthumously honored Zenonas Sveikauskas, university professor and track coach, who was also linked to racewalking via several published works about training methodologies.

### Men's 5000m Race Walk Indoor

|    |                       |     |    |          |
|----|-----------------------|-----|----|----------|
| 1. | Genadij KOZLOVSKIY    | LTU | 91 | 21:44.30 |
| 2. | Artur MASTIANICA      | LTU | 92 | 22:09.43 |
| 3. | Normantas PETRISA     | LTU | 94 | 22:27.61 |
| 4. | Paulius ABASEVIČIUS   | LTU | 96 | 23:24.48 |
| 5. | Tomas PAGIRYS         | LTU | 96 | 23:34.62 |
| 6. | Martynas JARUSEVIČIUS | LTU | 96 | 24:37.95 |
| 7. | Arnoldas BUDRYS       | LTU | 96 | 24:37.96 |

### Women's 3000m Race Walk Indoor

|    |                            |     |    |          |
|----|----------------------------|-----|----|----------|
| 1. | Brigita VIRBALYTĖ-DIMSIENĖ | LTU | 85 | 12:46.88 |
| 2. | Agne KLEBAUSKAITE          | LTU | 92 | 14:05.83 |
| 3. | Gintarė VAICIUKEVIČIŪTĖ    | LTU | 94 | 14:11.50 |
| 4. | Inga MASTIANICA            | LTU | 89 | 14:15.35 |
| 5. | Živilė VAICIUKEVIČIŪTĖ     | LTU | 96 | 14:25.72 |
| 6. | Monika VAICIUKEVIČIŪTĖ     | LTU | 96 | 14:46.70 |
| 7. | Austėja KAVALIAUSKAITE     | LTU | 00 | 15:17.77 |
| 8. | Sandra LAURYNAITĖ          | LTU | 97 | 16:27.86 |

## JOHN WALKER NIGHT OF MILES MEET, LLOYD ELSMORE PARK, AUCKLAND, SAT 15 DEC

Thanks to David Sim for these results from the John Walker Night of Miles walk

### 1 Mile Walk

|    |                               |      |           |          |
|----|-------------------------------|------|-----------|----------|
| 1. | Mike Morresey                 | SM   | Egmont    | 07.16.81 |
| 2. | Miguel Ángel Blanco Rodriguez | SM   | SPAIN     | 07.24.53 |
| 3. | Cirrine Smith                 | SW   | Whangerie | 07.57.04 |
| 4. | Jared Free                    | MU18 | WTKC      | 07.58.91 |
| 5. | Nathan McDougall              | MU15 | HillB     | 09.27.35 |
| 6. | Sarah-Amy Rhind               | WU20 | RWA       | 09.28.00 |
| 7. | Emma Dunbar                   | WU15 | HILLB     | 10.04.91 |
| 8. | Katie Tahere                  | SW   | Egmont    | 10.28.82 |
| 9. | Mesha White                   | WU15 | WTKC      | 10.30.27 |

## 2013 IAAF RACE WALKING CHALLENGE DATES NOW FINALISED

The full race calendar for the 2013 IAAF Race Walking Challenge has now been published and reads as shown below (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge>). In a significant change, the final event (the IAAF Challenge Final which was scheduled for China) has been cancelled with the final event now assigned to the World Championships in Moscow.

|                |   |                   |
|----------------|---|-------------------|
| 9- 10 Feb 2013 | Pan American Race Walking Cup                                   | Lima              |
| 23 Feb 2013    | Circuito Internacional de Marcha Chihuahua 2013                 | Chihuahua         |
| 24 Feb 2013    | Oceania Race Walk Championships                                 | Hobart            |
| 1 Mar 2013     | 2013 IAAF Race Walking Challenge - Taicang China                | Taicang           |
| 10 Mar 2013    | Asian 20km Race Walking Championships                           | Nomi City         |
| 17 Mar 2013    | Lugano Trophy - Memorial Mario Albisetti                        | Lugano            |
| 6 Apr 2013     | African Race Walking Championships                              | Maurice           |
| 6 Apr 2013     | 22º Grande Prémio Internacional de Rio Maior em Marcha Atlética | Rio Maior         |
| 13 Apr 2013    | Podebrady 2013  | Podebrady         |
| 1 May 2013     | Coppa Città di Sesto San Giovanni                               | Sesto S. Giovanni |
| 19 May 2013    | 10th European Cup Race Walking                                  | Dudince           |
| 1 June 2013    | XXVII Gran Premio Cantones de La Coruña                         | La Coruña         |
| 29 June 2013   | Dublin Grand Prix of Race Walking                               | Dublin            |
| 10-18 Aug 2013 | 14th IAAF World Championships in Athletics                      | Moscow            |

## SHORTS

And to finish off, assorted links for articles and videos of general interest

- European junior race-walking champion Tatyana Mineyeva has been banned for two years after failing a drugs test, the Russian athletics federation said on Friday - <http://www.supersport.com/athletics/article.aspx?Id=1716894>
- Irish Olympic 50km walker Colin Griffin reflects on what is next for him post-London. <http://www.colingriffin.ie/my-future/>
- And finally lots of links from last week's Malaysian 24 Hour championship

Frans Leijtens' photo gallery: <https://picasaweb.google.com/centurion949/VakantieMaleisieEn12UurVanPutrajaya>

Caroline Wong Siew Leng's photo gallery:

<http://www.facebook.com/media/set/?set=a.10151214203541849.447227.703736848&type=1>

The official Malaysian Racewalking Assn photo gallery:

<https://picasaweb.google.com/race.walker.association.malaysia/RWAM3rdPutrajaya12HourWalk2012>

And 3 videos from Malaysia, compliments of Emmanuel Tardi

video 1 : in the middle of the night : <http://youtu.be/f0VMrGt6UKw>

video 2 : refreshment : <http://youtu.be/oZhfa8TMKZc>

video 3 : in daylight : <http://youtu.be/7aZUn6SOgag>

## VRWC CLUB RECORD UPDATE

And more VRWC club records have been broken - with more great walking by Kelly Ruddick and Rhydian Cowley.

|                |                          |         |                                    |            |
|----------------|--------------------------|---------|------------------------------------|------------|
| Kelly Ruddick  | W35 20km Road Walk       | 1:38:32 | Fawkner Park, Melbourne            | 09/12/2012 |
| Rhydian Cowley | Men U23 1500m Track Walk | 5:29.0  | George Knott Reserve, Clifton Hill | 12/12/2012 |



## TALKING STAMPS

It's funny how articles pop up at just the right time for the newsletter. Today I received a Christmas parcel from VRWC walkers Margaret and Ian Beaumont and it contained a number of very interesting items including

- A new racewalking stamp that has come to light. In the 2008 Beijing Olympics, hosts China produced stamps celebrating each of their gold medallists - and that included Chinese walker Chen Ding who became the first ever Chinese to win Olympic gold in a racewalk event - the 20km. Here is the stamp which I will add to my stamps page - <http://www.vrwc.org.au/vrwcstamps.shtml>



- A First Day Pre-Stamped Envelope from Romania (1982) featuring postmen racewalking. Although strictly not a stamp (pre-stamped envelopes are a different kettle of fish) it is another great addition to our racewalking stamps page. Here it is.



Also included in the package were a number of articles from the internet on the subject of Postman's Walks, a unique form of British and European racewalking championship with a long history and one that I have written about previously. So here goes with a revamp.

Thanks so much Margaret and Ian!

## THE POSTMAN'S WALK - A POTTED HISTORY

The following information on the Postman's Walk is sourced from the British Postal Museum & Archive website - see <http://postalheritage.wordpress.com/tag/race-walking/>

The British Post Office has had a long history of participation in sports – much of which was initiated as a way of coping with split shifts. Postmen in the late 19<sup>th</sup> Century worked long hours, and often found their duties split into three or four attendances in a single day – meaning that many would start work at 6am and not finish until 10pm. Whilst some postmen took to the pub, others took up sports.

By the 1930s, most large towns had Post Office football, cricket and tennis teams and were starting to develop the more recent spread of sports and recreation Associations.

In 1952, Mr. K. A. Richmond, Night Telephonist (London Telegraph Region Directory Enquiries) was selected for the Heavyweight Wrestling at the Helsinki Games and took a bronze medal. Richmond was a former whale ship crewman in Antarctica, turned wrestler, with another significant claim to fame: he was the shirtless man seen banging the enormous gong which preceded the opening credits of the Rank Organisation's films, such as Great Expectations and Kind Hearts and Coronets.

Race walker Ray Middleton, of Golders Green sub-district Office, competed in the Tokyo Olympics in 1964, finishing 12<sup>th</sup> in the 50km walk. Ray was a notable Post Office athlete, with a career spanning the 1960s and extending into the 1970s, during which he won 2 golds, 8 silvers and 4 bronze medals in British Championships and represented England internationally on 11 occasions. He won silvers at the 1963 Lugano Cup and the 1966 Commonwealth Games and was the first winner of a postal sporting event that has taken place annually since 1962: the Postman's Walk.

The Postman's walk is a competitive racewalking event which is open to postal workers across the UK, from novices to trained athletes. Covering laps of a one mile circuit around Coram's Field near Mount Pleasant in London, participants originally wore full uniform and carried a sack. Nowadays, the rules are a little more relaxed – the sack is no longer required and shorts and trainers are allowed.

In 1970, 35-year old Ray Middleton led a team of British postmen to victory in the European Postal Road Walking Championship at Crystal Palace – beating teams of competitors from 13 other countries. An article in The Daily Mirror celebrated the success, whilst Ray was later named as one of the top celebrities of the year by comedian Charlie Chester. In September 2011, Middleton attended the 50th Annual Postman's walk, seeing Dave Allen win for the sixteenth time – making him the most successful competitor in the event ever.

2012 marked the fiftieth anniversary of that first Postman's Walk in London and the 2012 British event was held in Douglas on the Isle of Man on October 21<sup>st</sup>. It was open to postmen and women across the country and 80 people participated in a 6 mile walk, including teams from York, Isle of Man, Edinburgh and London. This year, women walked over 3 miles and the men walked over 6 miles. Ray Middleton, the winner of the inaugural event in 1962, was on hand to welcome the finishers. You can read about it at <http://postalheritage.wordpress.com/2011/09/26/50th-annual-postman%E2%80%99s-walk>. And you can see the results at [http://www.racewalkuk.com/EventDetails.asp?id=4505&race=Isle\\_of\\_Man\\_Postmans\\_Walk](http://www.racewalkuk.com/EventDetails.asp?id=4505&race=Isle_of_Man_Postmans_Walk).

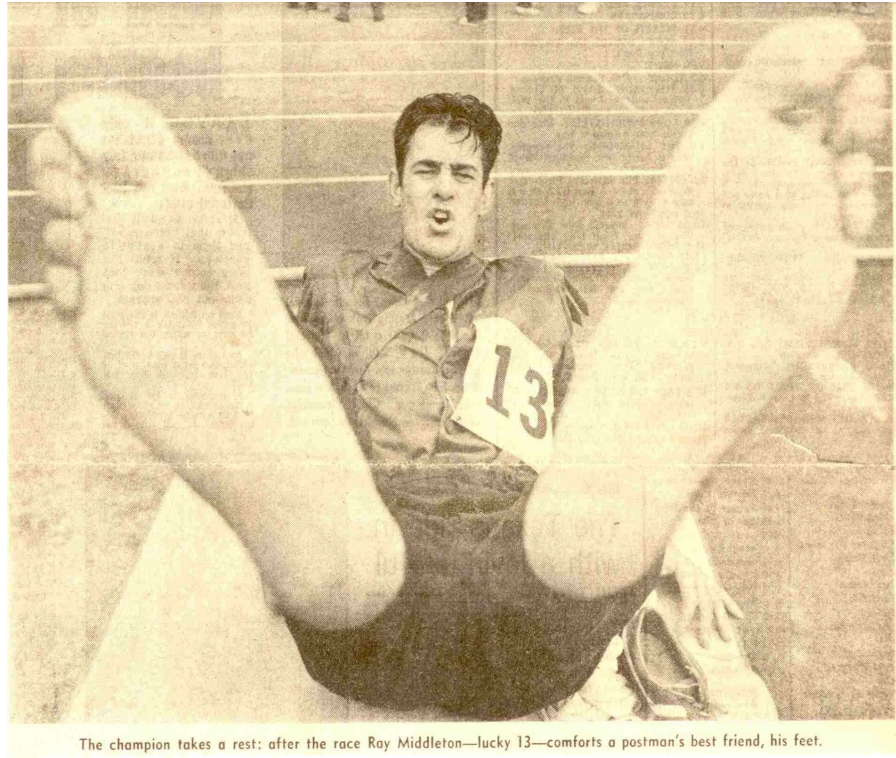
To finish, a couple of items related to past Postman's Walks.

Ray Middleton, the winner of the inaugural 1962 event, won the European Postman's Walk Championship in 1970. That win was captured by a very nice article in the Daily Mirror on Wednesday 16 September 1970 .

### **Britain's postmen show that they have the fastest feet in the West**

The fastest postman in Europe is Ray Middleton. He has had his eye on the title for years. Ray is so keen on walking that he regards his daily postal round as no more than a stroll. Yesterday in London, 35-year-old Ray led a team of British postmen (see photo below) to victory in the Postman's Walk – postal code for the European Postal Road Walking Championship. They took on the cream of postmen from thirteen other countries. For nine and a quarter miles, they walked around the Crystal Palace circuit in full uniform. Ray took his win modestly. He examined his feet for sores and went home to Hendon. His daughter Lesley was much more excited. She was seven yesterday and Daddy's win was as thrilling as a birthday parcel.





The champion takes a rest: after the race Ray Middleton—lucky 13—comforts a postman's best friend, his feet.

In 1971, the European Postman's Championships were held in Stuttgart in Germany with a track walk over 10,000m. The photo below show eventual winner Len Duquemin of Guernsey leading while Ray Middleton is in third place. But I am a bit disappointed that they were all wearing normal racing gear rather than postal uniforms - very bad form, guys!



**Len Duquemin on his way to a win in the European Postman's Championship in Stuttgart in 1971**

## CHRIS ERICKSON GETS HIS NAME ADDED TO THE ATHLETICS ESSENDON OLYMPIANS BOARD

I was at the Aberfeldie Athletics track tonight to watch the Athletics Essendon Christmas Gift and to see a new 2012 Olympians plaque added to the Athletics Essendon Olympians Honour Board. There was only one name on the board - that of Chris Erickson. Chris was there as well to see the new addition and I captured the occasion for the newsletter.

Athletics Essendon boasts walk representatives at 7 of the last 8 Olympic Games - what an astonishing feat for one single club. The list reads as follows

|      |                |               |
|------|----------------|---------------|
| 1984 | Andrew Jachno  | 20km          |
| 1988 | Andrew Jachno  | 20km and 50km |
| 1992 | Andrew Jachno  | 20km          |
| 1996 | Dion Russell   | 20km          |
| 2000 | Dion Russell   | 20km and 50km |
| 2008 | Chris Erickson | 20km          |
| 2012 | Chris Erickson | 20km          |



**Chris Erickson in front of the Athletics Essendon Olympians Honour Board**

## CARLO BOMBA DIES

Last week saw the passing of Italian walker Carlo Bomba. While he was not a major player on the world walking scene, he was one of those many people who give their lives so completely to the sport that they become legends themselves.

It was in Alberto Sordi's 1951 movie "Mamma mia che impressione" that he first came to prominence as a character who participates in a foot race in an effort to woo a beautiful woman. The following YouTube video shows the fun of the final moments of the race, with Carlo walking side by side with a group of actual walkers from sports team ACLI: <http://www.youtube.com/watch?v=00COHqMZS28>. It was one of several files he made with Sordi and he always played the part of a walker.

Born September 13, 1921, he died on December 11<sup>th</sup>, aged 91 years. His style of walking was certainly not classical but he never complained if disqualified and he showed a lifelong love of the sport. Indeed he never married, prompting people to say he was in fact married to the sport itself!

For half a century it was common to see his small and dynamic figure at the start of Italian walking races. His only big wins were in the Castel Gandolfo in 1956 and four regional titles, but he often made the podium in the Castel Gandolfo, in the Tour of Rome and in other classics. In 1953 and 1954 he made the Italian national team in Italy vs Switzerland matches.

It was as a veteran that he did his best walking, collecting seven World Veteran titles and eight Europeans Masters titles. In 1987, at 66 years years of age, he set three M65 World Records - 25:31.5 for 5000m and 48:41 for 10,000m and 1:48:32 for the 20km, times that are still impressive today. His last major races were in 2007 when he competed in the World Masters Championships in

Riccione, racing in the M85 5000m track walk and 10km road walk.

We remember a walking legend.



**Carlo Bomba competes in the 2007 World Masters champs in Riccione, Italy**  
(Photo from <http://www.atleticanet.it/master/news/27067-ci-lascia-carletto-bomba.html>)

#### **AV 5KM ROADWALK TEAMS CHAMPIONSHIPS COMING UP SOON - SUNDAY 20 JANUARY**

Last week I reminded people of the upcoming Victorian 5km Teams Championships on Sunday 20 January. AV has now opened its online entry panel at <http://www.athsvic.org.au/events/detail/2013-av-walks-series-5km-team-walk>

As mentioned last week, now is the time to start socializing the date and organizing your team of 3 walkers. We hope that this event can grow to be one of our major Victorian walk fixtures.

#### **WHAT'S COMING UP - FALLS CREEK CAMP**

Wow, the racing calendar is completely clear now for 3 weeks. But that does not mean that all is quiet on the Victorian front as we have a large group of walkers who will be travelling to Falls Creek on Saturday 29 December for 2 weeks of high altitude training. We also have a number of interstate walkers who are joining us there. I will be there so look forward to reporting back via the newsletter on how things are going. In the meanwhile, you can read a bit about the camp at our web page - <http://www.vrwc.org.au/vrwc-falls-creek.shtml>

#### **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.

##### **2012/2013 Victorian/Australian Summer Season Key Dates**

|                    |  |
|--------------------|--|
| Sat 12 Jan, 2013   | AV Shield re-commences with Round 10   |
| Jan 16-20, 2013    | Australian Youth Olympic Festival, Sydney  |
| Sat 19 Jan, 2013   | AV Shield Round 11   |
| Sun Jan 20, 2013   | Victorian 5km Teams Championships, Middle Park   |
| Jan 26-28, 2013    | Victorian Country T&F Champs, Geelong  |
| Sat Feb 2, 2013    | AV Shield Round 12   |
| Sun Feb 3, 2013    | VRWC Road Walks, Middle Park   |
| Thurs Feb 7, 2013  | AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood |
| Feb 8-10, 2013     | Victorian Junior T&F Champs, Albert Park   |
| Sat 16 Feb, 2013   | AV Shield Final, Albert Park   |
| Sun Feb 17, 2013   | VMA 5000m Walk Championships & VRWC races, Dolomere Reserve, Mentone                   |
| Sun Feb 24, 2013   | Australian 20km Summer Championships, Hobart, TAS                                      |
| Mar 1-3, 2013      | Victorian Open F&F Champs, Albert Park   |
| Mar 12-17, 2013    | Australian Junior Athletics Championships, Perth, WA                                   |
| Mar 16-17, 2013    | VMA State T&F Championships, East Burwood Athletics Track, East Burwood                |
| Mar 29-Apr 1, 2013 | Australian Masters T&F Champs, Canberra, ACT   |



April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW  
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

#### **2013 International Fixture**

July 6-17, 2013 **27<sup>th</sup> Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)  
July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

#### **2013 IAAF Race Walking Challenge**

|                |   |                   |
|----------------|---|-------------------|
| 9- 10 Feb 2013 | Pan American Race Walking Cup   | Lima              |
| 23 Feb 2013    | Circuito Internacional de Marcha Chihuahua 2013                             | Chihuahua         |
| 24 Feb 2013    | Oceania Race Walk Championships   | Hobart            |
| 1 Mar 2013     | 2013 IAAF Race Walking Challenge - Taicang China                            | Taicang           |
| 10 Mar 2013    | Asian 20km Race Walking Championships                                       | Nomi City         |
| 17 Mar 2013    | Lugano Trophy - Memorial Mario Albisetti                                    | Lugano            |
| 6 Apr 2013     | African Race Walking Championships  | Maurice           |
| 6 Apr 2013     | 22 <sup>o</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética | Rio Maior         |
| 13 Apr 2013    | Podebrady 2013  | Podebrady         |
| 1 May 2013     | Coppa Città di Sesto San Giovanni   | Sesto S. Giovanni |
| 19 May 2013    | 10th European Cup Race Walking  | Dudince           |
| 1 June 2013    | XXVII Gran Premio Cantones de La Coruña                                     | La Coruña         |
| 29 June 2013   | Dublin Grand Prix of Race Walking   | Dublin            |
| 10-18 Aug 2013 | 14th IAAF World Championships in Athletics                                  | Moskva            |

#### **2013 European Athletics Permit Meets**

March 17, 2013 Mario Albisetti Memorial Meet, Lugano, Switzerland  
April 6, 2013 Rio Maior Grand Prix, Rio Maior, Portugal  
April 13, 2013 Podebrady Meet, Podebrady, Czech Republic  
June 29, 2013 Dublin Grand Prix, Dublin, Ireland

#### **2014 International Fixture**

3-4 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**

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

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
2015 **9<sup>th</sup> World Youth T&F Championships, Cali, Colombia**  
August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>  
2017 **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017 **16<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto: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>)