

Hello to all Victorian based walkers whose internet addresses I have been able to find. As you may know, I am now the Secretary of the Victorian Race Walking Club and I have decided, as part of my portfolio, to follow in the footsteps of Peter Waddell and produce a regular newsletter focusing on Victorian based walking news. This newsletter will be distributed only by email so if you know of other Vic based walkers with email addresses, let me know so that I can include them from now on.

Ray Smith will continue to produce our regular VRWC news sheet and print off copies for distribution at our VRWC events. I see this newsletter as offering a different sort of information service to that produced by Ray.

Anyway, enough of the editorial blurb...let's get down to the latest news.

**STATE LEAGUE COMPETITION**

State League competition is now underway on Thursday nights at Olympic Park in Melbourne. In the 3 rounds held so far, the results have been impressive and here they are with my own comments from the sidelines.

**Round 1 - 9 November 2000 3000 Metre Walk**

The first round for the summer saw 16 year old Jared Tallent of Ballarat head out hard and stay clear of the field to record a PB in finishing first in the men's race. It was also good to see a number of first time State League competitors in Colin Heywood, David Dos Santos (also 16 years old) and David Price.

Apart from Jared, the main finishers in the mens and womens races were the walkers who dominated last season – Brad Malcolm, Dom McGrath, Paul Kennedy, Marcus Dwyer, Tracey Rosengrave and Wendy Muldoon.

Tim's walker of the round	Jared Tallent	
1. TALLENT, Jared	BYC	12:38.20
2. MALCOLM, Bradley	DON	12:47.80
3. MCGRATH, Dominic	GHY	12:51.00
4. KENNEDY, Paul	MUU	13:09.90
5. DWYER, Marcus	IVA	13:15.10
6. JAMIESON, Andrew	OSC	13:40.80
7. RUSSELL, Shane	GLG	13:41.00
8. FLANAGAN, Andrew	RWD	13:42.40
9. BAKER, Simon	OAK	13:48.40
10. HAWKSWORTH, Daniel	ATE	13:52.40
11. REID, Ross	GHY	13:52.70
12. HEYWOOD, Colin	DIV	13:58.90
13. MIDDLEMISS, Travis	KSH	14:13.40
14. DOS SANTOS, David	RWD	14:46.00
15. COLE, Simon	COR	14:47.10
16. BLOOD, Andrew	BYC	14:55.50
17. RIDDOCH, Clyde	AWA	15:00.50
18. PRICE, David	PTN	15:16.50
1. ROSENGRAVE, Tracy	KSW	13:51.50
2. MULDOON, Wendy	BOH	13:57.80
3. ADAMCEWICZ, Erin	ATE	14:51.40
4. HAY, Shirley	GHY	14:55.70
5. COYTE, Jill	GLG	15:22.90
6. GLEICH, Roisin	ATE	16:13.20

**Round 2 - 16 November 2000 5000 Metre Walk**

This was a hot sunny evening which made for unpleasant racing but Jared Tallent was once again the pace maker. His time was just outside his PB from last summer season. Other competitors found the going tough and a number failed to reach the qualifying standards of

25:00 for men and 28:00 for women. The biggest PB of the night went to young Essendon walker Roisin Gleich who took some 60 seconds off her previous best time to qualify in the women's walk.

Tim's walker of the round	Roisin Gleich	
1. TALLENT, Jared	BYC	21:31.20
2. MCGRATH, Dominic	GHY	21:43.30
3. DWYER, Marcus	IVA	22:19.00
4. COUSINS, Duane	BYM	22:54.60
5. JAMIESON, Andrew	OSC	23:17.00
6. HEYWOOD, Colin	DIV	23:57.50
7. BERTEI, Franklyn	ANW	24:12.10
8. ERICKSON, Christopher	ATE	24:15.40
9. REID, Ross	GHY	24:20.90
10. MIDDLEMISS, Travis	KSH	24:27.80
11. BLOOD, Andrew	BYC	25:47.70
12. RIDDOCH, Clyde	AWA	25:54.00
13. ARMSTRONG, David	DIV	26:49.20
1. MULDOON, Wendy	BOH	23:59.80
2. RANGER, Catherine	EKA	25:01.40
3. ADAMCEWICZ, Erin	ATE	25:20.90
4. HAY, Shirley	GHY	26:03.70
5. GLEICH, Roisin	ATE	27:20.90
6. EMMERSON, Jodie	RWD	27:43.10
7. GIRGIN, Ezo	RIC	28:50.60

### Round 3 - 23 November 2000 3000 Metre Walk

Cooler overcast conditions made for perfect walking and a number of PBs were recorded but none better than Jared Tallent who took nearly 30 seconds off his best time and shattered Steve Beecroft's Vic Country U17 record. He is now fast closing on Dion Russell's State U17 record of 11:52.8, set in 1991. It is interesting to analyse Jared's lap times which were as follows

1:25, 1:38, 1:37, 1:39, 1:40, 1:42, 1:42 and 0:49.

A very even walk considering the super fast start.

Behind Jared, a number of walkers also revelled in the good conditions and set PBs. These included Colin Heywood, David Dos Santos, Travis Middlemiss, Catherine Ranger and Erin Adamcewicz. Overall it was good to see the larger number of qualifiers who beat the 14:30 standard for men and the 15:30 standard for women. It was also good to see Simone Wolowiec having her first race for the summer and starting off with a good time of 13:14.

Tim's walker of the round	Jared Tallent	
1. TALLENT, Jared	BYC	12:08.80
2. MALCOLM, Bradley	DON	12:12.70
3. MCGRATH, Dominic	GHY	12:27.80
4. DWYER, Marcus	IVA	12:42.70
5. KENNEDY, Paul	MUU	13:10.90
6. JAMIESON, Andrew	OSC	13:18.00
7. RUSSELL, Shane	GLG	13:18.20
8. BERTEI, Franklyn	ANW	13:21.00
9. ERICKSON, Christopher	ATE	13:35.00
10. REID, Ross	GHY	13:36.50
11. HEYWOOD, Colin	DIV	13:40.00
12. MIDDLEMISS, Travis	KSH	13:55.60
13. DOS SANTOS, David	RWD	14:16.00
14. JONES, Robert	WEN	14:18.70
15. COLE, Simon	COR	14:29.10
16. RIDDOCH, Clyde	AWA	14:31.10
17. ARMSTRONG, David	DIV	14:55.70

1. WOLOWIEC, Simone	KSW	13:14.20
2. ROSENGRAVE, Tracy	KSW	13:24.20
3. MULDOON, Wendy	BOH	13:47.30
4. RANGER, Catherine	EKA	13:52.10
5. ADAMCEWICZ, Erin	ATE	14:16.80
6. HAY, Shirley	GHY	14:49.80
7. MCGINNISKIN, Erica	EKA	14:55.70
8. EMMERSON, Jodie	RWD	15:55.30
9. GLEICH, Roisin	ATE	16:33.20

#### OTHER NEWS AROUND THE TRACKS

Other strong walking performances have been noted around the venues in the early part of the season. Some of the best so far include

Paul Copeland	12:38 for 3000m walk at Doncaster
Paul Kennedy	8:18 for 2000m walk at Essendon
Jared Tallent	5:50 for 1500m at Ballarat

#### AUSTRALIAN SPORTS AWARDS

Athletics Australia has awarded a new honour, the Australian Sports Medal 2000, to 46 outstanding Australian members in our Track and Field community. It is great to see 6 of our own officials from the walking fraternity getting just recognition. Congratulations to

Bob Gardiner (Vic)  
 Ray Smith (Vic)  
 Harry Summers (Vic)  
 Wayne Fletcher (Tas)  
 Jill Huxley (NSW)  
 Peter Waddell (ACT)

#### WORLD WALKING CUP CHANGE OF DATE

Brian Rowe of AA has put out the following information release.

We advise that the IAAF has decided to change the years in which the World Walking Cup is held. As a result there will be no edition of the World Walking Cup in 2001. The next staging will be in Turin (ITA) on 12th and 13th October 2002.

As a result there will be no selection trial for the mens 50km at the 2000 Australian mens 50km Walk Championships to be held in Melbourne on 17th December. This event will be the Australian Championship only.

Following consultation with coaches, it has been decided that a trial for the mens 50km walk for the 2001 World Championships will be held at a date and venue to be decided in April/May 2001. The selection trials for the mens and womens 20km walk for the World Championships will be at the Australian Championships in Brisbane on 22nd or 23rd March 2001.

#### VICTORIAN ALL SCHOOLS TRACK AND FIELD CHAMPS

##### UNDER 14 WOMEN'S 1,500 METRE WALK

1. Stevi Emmett, Bayswater SC 7:23.64
2. Tyne Boddy, Norlane High 7:24.34
3. Fauve Jacobs, Kardinia Int 7:44.29
4. Lucy Ranger, Loretto Coll 7:48.07
5. Sibon Fuzzard, Spring Gully 8:06.93
6. Georgia Davies, Mullauna 8:08.25
7. Brooke Palfreyman, Bridgewater 8:24.79

8. Nikki Gillespie, Eaglehawk SC 8:38.19
9. Ellisa Walker, Old Orchard 8:44.23
10. Eda Girgin, Richmond Wps 9:12.26.

#### **UNDER 14 MEN'S 1,500 METRE WALK**

1. Jayden Strattan, Drouin 7:26.25
2. Jake Hogan, Warragul Nor 7:51.29
3. Kyle Bryant, Strathfields 7:52.78
4. Liam Heard, Wesley 7:55.56
5. Timucin Girgin, Richmond Wps 8:06.40
6. David Ranger, St Francies 8:30.24
7. Chris Varney, Wantirna SC 8:47.43
8. Chase Lurati, St Joseph's 9:12.80
9. Scott T Dawson, Wesley 9:25.15
10. Jonathon Learmont, Camberwell H 9:30.82

#### **UNDER 15 WOMEN'S 1,500 METRE WALK**

1. Bridgitte Burns, Sacred Geel 7:11.69
2. Emma Gray, Kardinia Int 7:24.74
3. Donna Bryant, Flora Hill 7:44.78
4. Tara Jenkins, St Peter's 7:45.41
5. Amie Schenck, Luther 7:52.81
6. Samantha Cook, Caulfield Gr 7:53.70
7. Kayla Hunt, Weeroona 8:35.10
8. Kylie Vandenheiligenb, Lyndale SC 8:58.49
9. Elisa Drysdale, Sacred Heart 9:28.50.

#### **UNDER 15 MEN'S 1,500 METRE WALK**

1. Richard Kozaris, Trinity 6:51.94
2. Darren Edwards, Beaconhills 6:53.17
3. Jamie Barnes, Belmont High 7:06.90
4. Cameron Strattan, Drouin 7:59.24.

#### **UNDER 16 WOMEN'S 1,500 METRE WALK**

1. Jodie Emmerson, Berwick SC 7:13.97
2. Sarah Catling, Fairhills 7:14.12
3. Jaclyn Bryant, Flora Hill 7:20.88
4. Eti Girgin, Melbourne GC 8:46.95.

#### **UNDER 16 MEN'S 1,500 METRE WALK**

1. David Stevenson, St Patricks 7:30.33.

#### **UNDER 17 MEN'S 3,000 METRE WALK**

1. Jared Tallent, Ballarat HS 13:01.77
2. Evan Thompson, Flora Hill S 14:25.87
3. Travis Middlemiss, Rowville SC 14:48.82.

#### **UNDER 17 WOMEN'S 3,000 METRE WALK**

1. Jamie-Lee Emmett, Bayswater SC 15:39.29
2. 2. Jodie Emmerson, Berwick SC 16:55.68
3. 3. Fauve Jacobs, Kardinia Int 17:41.40.

#### **UNDER 18 WOMEN'S 3,000 METRE WALK**

1. Erica McGinniskin, Maryborough 15:42.35.

#### **UNDER 20 WOMEN'S 5,000 METRE WALK**

1. Catherine Ranger, Loreto Coll 26:12.15
2. Erin Adamcewicz, Melton SC 27:29.13.

#### **UNDER 20 MEN'S 5,000 METRE WALK**

1. Adam Barnes, Oberon High 27:45.20.

**DATES..DATES...DATES**

Sun Dec 17	AA 50 KM CHAMPIONSHIP & VRWC EVENTS, Albert Park			
	7.00am	50km	Australian Championship	Open Mens
	9.00am	20km	Gus Theobald Memorial	Open Mens
		20km		Open Women
	10.00am	10km	Stella Murnane Memorial	Vet Womens
		10km		Open
	10.30am	5km	VRWC Championship	Under 20 Men & Women
		5km		Open
	11.00am	3km	VRWC Championship	Under 15 Men & Women
	11.05am	1.5km	VWC Championship	Under 12 Boys & Girls
		1.5km	VRWC Championship	Under 9 Boys & Girls
	12.30pm	Presentation for events & lunch available		
Jan 19-21	Victorian Underage Championships			
Jan 26-28	Victorian Country Championships - Ballarat			
Sun Feb 4	VRWC EVENTS & Coaching Session, Albert Park			
	9.00am	Coaching session (Theory): How to plan a program for training		
	10.00am	20km	Open	
		15km	Open	
		10km	Open	
		5km	Open	
	11.00am	3km	Under 15	
		2km	Under 12	
		1km	Under 9	
Feb 9-11	Victorian Open & U20 Championships			
Feb 23-25	Australian Underage Championships, Bendigo			
March 23-25	National Open & U20 Championships, Brisbane			

**THAT'S IT FOR THIS WEEK**

That's it for a quick first up newsletter. Good training and good racing to all. See lots of you at Albert Park on Sunday 17 December for the races there.

Tim Erickson  
Secretary, VRWC

VRWC Website:      [www.geocities.com/Colosseum/5654/vicwalker.html](http://www.geocities.com/Colosseum/5654/vicwalker.html)