

VICTORIAN RACE WALKING CLUB



ANNUAL REPORT

2009

VRWC COMMITTEE FOR 2008/2009

OFFICERS

President	Harry Summers
Senior Vice President	Mark Donahoo
Junior Vice President	Bob Gardiner
Treasurer	Ralph Bennett
Secretary	Tim Erickson

GENERAL COMMITTEE

Club Captain - Women	Marlaine Stanway
Club Captain – Men	Russ Dickenson
Junior Club Captain	Natalie Laurie
Publicity Officer	Stuart Cooper
Raceday Registrar	Ron Miller
Race Secretary	Tim Erickson
Handicapper	Mark Donahoo
Delegate to Athletics Victoria	Peter Vysma
Judging Coordinator	Peter Vysma
Social Secretary	-
Club Coach	Mark Donahoo
Racewalking Australia Liason Officer	Mark Donahoo
Maintenance Sub Committee	Bob Gardiner, Peter Vysma, Tim Erickson
Ordinary Members on Committee	Paul Kozaris
Auditor	Heather Carr – Uniforms Officer
	-

LIFE MEMBERS				PRESIDENTS	
1928	Frank O'Rourke *	1964	George Knott *	1923-1925	Robert Croll *
1933	Alfred Robinson *	1971	Radcliffe Grace *	1925-1928	William Dickenson *
1933	Frank Byrne *	1975	Elsie Jacobson *	1928-1929	Rexx Merrick / Frank Byrne *
1933	William Billsborrow *	1978	Mabel Robinson *	1929-1931	Frank Byrne *
1936	James McDonald *	1983	Ray Smith	1931-1937	Edward Drayton *
1938	Rupert Blackley *	1987	Robert Gardiner	1937-1941	Alfred Robinson *
1946	Edward Drayton *	1987	Ronald Miller		
1948	Herbert Gardiner *	1990	Thomas Daintry *	1946-1976	Alfred Robinson *
1948	Jack Larkin *	1990	Harold Summers	1976-1983	Raymond Smith
1955	James Gaylor *	1998	Alan Johnson	1983 -	Harold Summers
1955	Norman Goble *	2001	Mark Donahoo		
1955	Fred O'Grady *	2005	Tim Erickson		
1956	Frank McGuire	2007	Peter Vysma		
1959	Charles Jacobson *	2008	Marlaine Stanway		
1960	Jack Cummins *	2008	Barbara Gardiner **		
1961	Augustus Theobald *	2008	Joyce Summers **		
1964	Ralph Field *				
* deceased					
** honorary life members					

SECRETARIES		TREASURERS	
1923-1924	Victor Dowling	1923-1926	Rex Merrick
1924-1925	Rex Merrick	1926-1928	Ern Fitzgerald
1925-1926	Frank O'Rourke	1928-1931	Jack Coffey
1926-1927	Rex Merrick / Fred O'Grady	1931-1936	Rupert Blackley
1927-1931	Alf Robinson	1936-1937	Rupert Blackley / Ian McDougall
1931-1932	Alf Robinson / Rupert Blackley	1937-1939	Ian McDougall
1932-1936	Rupert Blackley	1939-1940	Ben Blakey
1936-1937	Rupert Blackley / Ian McDougall	1940-1941	Clem Marshall / Rupert Blackley
1937-1940	Ian McDougall	1941	Douglas Murrell
1940-1941	Clem Marshall / Rupert Blackley		
1941	Douglas Murrell	1946-1947	Ben Blakey
		1947-1949	Alex Philpotts
1946-1947	Ben Blakey	1949-1950	Noel Bomford
1947-1949	Alex Philpotts	1950-1952	Vic Sharp
1949-1950	Noel Bomford	1952-1973	Norm Goble
1950-1952	Vic Sharp	1973-1982	Charles Jacobson
1952-1971	Norm Goble	1982-1983	Elsie Jacobson
1971-1974	Alan Lucas	1983-1990	Ray Smith
1974-1975	Bruce Thorne / Greg Ellis	1990-1994	Bob Gardiner
1975-1976	Greg Ellis	1994-1998	Tony Barrett
1976-1984	Alan Minter	1998-1999	Brian Glover
1984-1988	Doris Waters	1999-2007	Michael Bodey
1988-2000	Ron Miller	2008 -	Ralph Bennett
2000-	Tim Erickson		

PRESIDENT'S REPORT

Our club continues to improve. We have had another very successful year. The enthusiasm and passion of our committee, ably led by Tim, have the club going from strength to strength.

We have a number of our members at the AIS who are all improving and keeping us among the world leaders in our sport.

The coaches and parents have a challenge to keep our strong group of talented Under 12 walkers happy and keen for the next 5 or so years. The natural ability of our young walkers is exiting and if we can keep them in the sport we will certainly continue to be the world's best walking nation for years to come.

I have been fortunate to have accompanied 15 Australian teams overseas and have observed and or competed in 43 international competitions. From these experiences I know that our facilities and courses are as good as any in the world. With continuing support from Parks Victoria, your membership and our canteen, we have been able to continue to upgrade our facilities.

Thanks to all our volunteers and our members and supporters for your continuing patronage.

Harry Summers. Harry Summers
 President, VRWC
 4th November 2009

SECRETARY'S REPORT

Once again this year our membership grew, this time to an all time high of 210. Of our current 210 members, 59 were new this year and the majority of these were in our younger age groups. In fact, 67 of our current members are aged 12 or younger. This does have implications for us as a club and we must continue to look for ways to make our club an ever more attractive proposition for our young walkers.

Much of this increase is due to the work of the many coaches, both suburban and country, who bring new blood into our sport and who then point their aspiring walkers to our club. The following figures shows the upward membership trend over the last 9 years:

2001	120	2004	145	2007	179
2002	126	2005	138	2008	187
2003	146	2006	155	2009	210

A number of our members are country based walkers who join us as a 'second claim' walking club and compete with us when they can. But the majority of our members continue to be Melbourne based and many turn up nearly every week all season to enjoy the keen racing and fine social atmosphere in the club.

Our race fields were the largest ever this winter and we averaged 80 walkers per week (last winter, we averaged 70 per week). Some years ago, 80 would have been a very large raceday field. This winter, it was our average over the 19 Albert Park race days. I am pleased to say that our many officials handled the increased numbers well and racedays were on time and ran smoothly.

With the continuing strong income from large membership subscriptions and steady racing fees, the club was able to feed back significant amounts of money into its facilities and members. Amongst the many benefits delivered were

- \$500 grant to Tom Barnes who competed at the 2009 World University Games
- \$1255 distributed to members via the Club Teams Fund
- \$600 distributed to members via the Merrifield Award
- Some \$2400 in trophies and prizes (4 prize days were held during the winter season - on each day, the designated winners were able to choose from prize pools in the vicinity of \$200 – and the annual presentation day was held at the end of the winter season).

Our athlete recognition program was enhanced significantly this year when Neil Ryan, the proprietor of Runners World Kew, agreed to sponsor our top winter season walkers with major awards. The inaugural winners were

- Open Men: Tom Barnes \$500 cash and \$500 Runners World gift voucher
- Open Women: Pam Tindal \$500 cash and \$500 Runners World gift voucher
- Junior Men: Rhydian Cowley \$500 Runners World gift voucher
- Junior Women: Amelia Finnegan \$500 Runners World gift voucher.

Neil has very generously agreed to continue the sponsorship this summer with similar awards to our overall top male and female walkers.

Once again, our winter season was delayed due to the March scheduling of the Australian Motor Racing Grand Prix. This year our first Albert Park races could not be scheduled until Sunday 25 April and in 2010 we do not expect to start racing at our Albert Park headquarters until the same time or later. We have learnt to live with this intrusion into our yearly calendar but the winter and summer seasons both remain shorter than they used to be and this does have an impact on our finances and on the overall enjoyment of our walkers.

We were further inconvenienced this winter due to long but understandable delays in fixing a broken Golf Driving Range fence. This meant we were forced to use alternate courses for the first half of the winter season, with some impact on our large walking fields.

I would like to acknowledge the Middle Park Bowling Club who are very supportive landlords. Their facilities are top notch and give us a headquarters which is the envy of other clubs. I would also like to acknowledge Parks Victoria who allow us to use the service roads around Middle Park for our races. Like the Bowling Club, the Albert Park rangers are uniformly supportive and value us as park users.

We were lucky enough to be awarded an equipment grant this year from Parks Victoria and were able to invest in new club signage, new tent sides and new brochure holders. The total value of the grant was \$3129.

As usual, VRWC hosted a large number of championships at Albert Park. These included

- Three of the four days of the 2009 Athletics Victoria roadwalking championships (June-August 2009)
- The 2009 Athletics Victoria Schools roadwalking championships (June 2009)
- The 2009 Victorian Masters Association roadwalking championships (May and June 2009)
- Our own VRWC club championships (five sets in all)

We also ran the 2009 Victorian Masters 5000m track championships for VMA in March 2009 and helped Athletics Australia run the Australian 50 km roadwalking championship in December and the Australian 20 km roadwalking championships in March 2009 at Fawkner Park, providing equipment and manpower on both occasions.

This ongoing club support ensures that Victoria is the State of choice for major championships and gives our Victorian athletes ongoing access to major events.

We donated all takings from the RWA Interstate Challenge race day (11 July 2009) to Brain Tumour Research. What with race fees and donations and a top-up from the club, \$600 was forwarded to the Royal Melbourne Hospital Neuroscience Foundation. This fund raising initiative has now become a regular fixture item.

VRWC participated in both major Racewalking Australia Carnivals this year. In June, 82 walkers travelled to Canberra for the biggest ever Lake Burley Griffin Carnival, with many of the walkers participating in more than one event to help the club in the teams competitions. Overall, we were the dominant club, winning 9 individual golds and 5 team golds. We then sent a small team in late August to compete at the Second Federation event in Sydney which was held with the Australian roadwalking championships.

A number of our long serving members were acknowledged by Racewalking Australia at the inaugural RWA Merit Awards ceremony in June 2009. Congratulations to the following:

- 40 Year Merit Awards: Ray Smith, Harry Summers
- 25 Year Merit Awards: Tim Erickson, Bob Gardiner, Mark Donahoo, Ron Miller, Doncan Knox
- 15 Year Merit Awards: Peter Vysma, Daryl Biggin, Alan Lucas, Clarrie Jack

Our Masters walkers led by example with a number performing excellently at the World Masters Games in Finland in August. Golds were won by Andrew Jamieson, Stuart Kollmorgen and Liz Feldman and they were ably backed up by a strong VRWC contingent of minor medallists.

We are also privileged to have as club members many of Australia's current top walkers, including open walkers Nathan Deakes, Jared Tallent, Chris Erickson, Tom Barnes, Duane Cousins, Kellie Wapshott, Jess Rothwell and Megan Szirom and junior walkers Regan Lambie, Beth Alexander, Rachel Tallent and Rhydian Cowley.

Jess, Jared and Chris were all selected to compete in the IAAF World Championships in August and Tom was selected to compete in the World University Games in July.

These elite club members are backed up by a large pool of talented youngsters who will hopefully provide the next generation of champions. Our challenge is to provide a nurturing environment in which they can continue to develop and hone their walking skills until they are ready to take over the mantle.

And, of course, there are the many club members who race for the love of the sport and to maintain their health and well being in a constructive and enjoyable way. All are vitally important to the club.

Communication continues to be one of our strongest assets. Once again this year, the Heel & Toe newsletter was published 52 times in 52 weeks! With Terry Swan and Stuart Cooper providing photographs and with a number of other people providing ongoing input, the newsletter was circulated to a distribution list of around 300 email addresses. Stuart Cooper also fed our results to the Press each week and it was great to see the Monday morning stats in the newspapers.

This year with help from Terry Swan, we setup a Photo Gallery on our VRWC website to host photos from our weekly races. This has proven very popular with our members and forms part of our ongoing online archive which gets bigger each year.

It takes many people working together to run a successful club like ours. It is always difficult to single out particular people but I would like to mention

- Harry, Bob, Mark and Ron who shoulder much of the burden of race day coordination with me

- Peter who fulfils the role as VRWC Chief Judge and is on deck every week to coordinate and oversee this vitally important task.
- Barb, Joyce and Kate who provide for us all in the canteen and kitchen
- Paul, Lou, Ian, Stuart, Harry, Bob, Ian, Don, Matt, Ross, Michael and Peter and the many helpers and parents who look after the timekeeping and recording and equipment setup and pulldown
- Mark who does the handicapping and runs the coaching sessions
- Ray who mans the video camera on racedays and produces his excellent video compilations for viewing the following week (they just keep getting better each year)
- Gordon, Peter, Lloyd, Fran, Elke, Brian, Kathleen and Michael who form the backbone of our judging panel with many of them on deck nearly every week
- Terry and Stu whose weekly photo shoots catch all the action.

My apologies to anyone I have missed. There are so many people who make our club tick.

Finally, thank you to our VRWC committee who are all quiet achievers. We meet monthly to review and plan and guide the club forward. All the initiatives you take for granted are the results of committee review and deliberation and planning.

Thank you one and all for making this year such a successful one. I look forward to returning next financial year and helping us become an even bigger and better club.

Tim Erickson
Secretary, VRWC
3rd November 2009

VRWC CLUB CHAMPIONSHIPS

Five separate VRWC club championship days were run during the year. These events covered a variety of distances and age groups and involved a number of perpetual trophies. There were 4 separate sets of Under 9 and Under 12 championships during the year and this ensured that our youngest club members were able to contest their own championships alongside the older walkers on Victorian championship days. Medallists are shown below.

ALBERT PARK, 16 NOVEMBER 2008

VRWC 20 km Open Men - Gus Theobald Mem. 1. Erickson, Chris 1:25:26 2. Jamieson, Andrew 1:36:36 3. Donahoo, Mark 1:48:02	VRWC 10 km Vet. Women - Stella Murnane Mem. 1. McIntyre, Gayle 55:13 2. Elms, Donna 66:26 3. Griffiths, Christine 1:47:27
VRWC 5 km Under 20 Men 1. Elms, Jason 29:12 2. Taylor, Lucas 29:43	VRWC 5 km Under 20 Women 1. Alexander, Beth 25:33 2. Shaw, Kirstin 26:38
VRWC 3k Under 15 Boys 1. Simpson, Bradley 14:48 2. Walsh, Robert 15:28 3. Antidormi, Ryan 15:53	VRWC 3k Under 15 Girls 1. Finnegan, Amelia 15:06 2. Burren, Amy 15:12 3. Hockley-Samon, Jmara 17:59
VRWC 1.5k Under 12 Boys 1. Coleman, Harry 08:30	VRWC 1.5k Under 12 Girls 1. Burren, Sarah 07:36 2. Albert, Ashley 07:52 3. Bertrand, Carly 08:05
VRWC 1.5k Under 9 Boys 1. Swan, Kyle 09:03 2. Burren, James 09:45	VRWC 1.5k Under 9 Girls 1. Taylor, Lee 12:12

ALBERT PARK, 3 MAY 2009

VRWC 35 km Open Men Ray Smith Trophy 1. Barnes, Tom 2:46:50 2. Jamieson, Andrew 3:00:55	VRWC 15 km Open Women Elsie Jacobson Memorial Trophy 1. Irshad, Kylie 1:23:59 2. Tindal, Pam 1:28:30 3. Feldman, Liz 1:37:33
15km Under 20 Men 1. Cowley, Rhydian 1:10:02	15km Under 20 Women 1. Tallent, Rachael 1:20:39 2. Shaw, Kirsten 1:35:30 3. Attard, Bianca 1:38:57
5km Under 16 Boys 1. Gardner, Aaron 28:45 2. O'Mahony, Michael 29:52	5km Under 16 Girls 1. Brazel, Hilary 27:07 2. Burren, Sarah 29:01 3. Tallent, Ebony 29:06
3km Under 14 Boys 1. Felton, Matthew 15:22 2. Walker, Jared 15:57 3. Allamby, Billy 16:24	3km Under 14 Girls 1. Albert, Ashley 16:33 2. Stadius, Lauren 17:41 3. Barbour, Beth 18:32
Under 12 1 km Boys 1. Allamby, Billy 5:07 2. Swan, Kyle 5:30 3. Tremigliozi, Paul 6:31	Under 12 1 km Girls 1. Sanders, Jade 5:12 2. Bertrand, Carly 5:16 3. Walker, Megan 5:17
Under 9 1 km Boys 1. Box, Ryan 8:19	Under 9 1 km Girls 1. Bertrand, Georgia 5:43 2. George, Hayley 5:51 3. Crea, Gabriella 5:53

ALBERT PARK, 28 JUNE 2009

VRWC 20 km Open Men - Alf Robinson Trophy			
1. Van Kopplen, Paul	1:34:43		
2. Cowley, Rhydian	1:35:19		
3. Kollmorgen, Stuart	1:41:20		
VRWC 1.5 km Under 12 Boys		VRWC 1.5 km Under 12 Girls	
1. Swan, Kyle	08:59	1. Walker, Megan	07:58
		2. McCann, Tessa	08:36
		3. Hamilton, Emily	08:41
VRWC 1.5 km Under 9 Boys		VRWC 1.5 km Under 9 Girls	
1. Burren, James	09:17	1. Bertrand, Georgia	08:24
		2. George, Hayley	08:39
		3. Lee, Georgia	08:40

ALBERT PARK, 25 JULY 2009

		VRWC 20 km Open Women Mabel Robinson Trophy	
		1. Szirom, Megan	47:53
		2. Alexander, Beth	50:39
		3. Tallent, Rachel	51:08

ALBERT PARK, 9 AUGUST 2009

VRWC 2 km Under 12 Boys		VRWC 2 km Under 12 Girls	
1. Walmsley, Reese	10:40	1. Walker, Megan	10:58
2. Swan, Kyle	10:41	2. Hamilton, Emily	11:23
3. Owen, Cooper	11:02	3. Bertrand, Carly	11:30
VRWC 2 km Under 9 Boys		VRWC 2 km Under 9 Girls	
1. Burren, James	13:07	1. Bertrand, Georgia	11:33
		2. George, Hayley	11:42
		3. Lee, Georgia	12:01

ATHLETICS VICTORIA CHAMPIONSHIPS

VRWC hosted 3 of the 4 A.V championship days during the winter season. Our officials and judges form an expert pool from which A.V. can draw and we provide a key service to A.V. in hosting these events.

The Open Championships saw starting fields in all events but our longer distance events continue to be a challenge to which few of our walkers seem to aspire. This is something that continues to vex the VRWC committee and we look for strategies to redress this issue.

A.V. 50 KM TO BE HELD 22/11/2009 Not yet contested		
A.V. 30 KM OPEN MEN, 09/08/2009 1. Barnes, Tom MUU 2:20:21 2. Evans, Simon BOH 2:59:37 3. Cooper, Stuart SSH 3:27:31		
A.V. 20KM OPEN MEN, 28/06/2009 1. Van Kopplen, Paul CDN 1:34:43 2. Cowley, Rhydian GHY 1:35:19 3. Kollmorgen, Stuart COL 1:41:20	A.V. 20 KM OPEN WOMEN, 28/06/2009 1. Ruddick, Kelly BHA 1:43:57 2. Carr, Heather EAG 1:59:49	
A.V. 15 KM OPEN MEN, 24/05/2009 1. Kollmorgen, Stuart COL 1:17:36 2. Reid, Ross COL 1:24:37 3. Knox, Duncan ATE 1:26:45	A.V. 15KM OPEN WOMEN, 24/05/2009 1. Ruddick, Kelly BHA 1:16:31 2. Carr, Heather EAG 1:27:31 3. Bryant, Barbara EAG 1:29:02	
A.V. 10 KM OPEN MEN, 25/07/2009 C.H. "BERT" GARDINER MEDAL 1. Barnes, Tom MUAC 45:28 2. Van Kopplen, Paul CDN 46:34 3. Jamieson, Andrew OSC 49:19	A.V. 10 KM OPEN WOMEN, 25/07/2009 1. Szirom, Megan FKN 47:53 2. Alexander, Beth KNA 50:39 3. Tallent, Rachel BYC 51:08	

The Victorian underage roadwalking championships were also keenly contested. The numbers were large, especially in the younger age groups, an indication of the healthy nature of our athletic discipline.

A.V. 10 KM U20 MEN, 09/08/2009 1. Cowley, Rhydian GHY 47:45	A.V. 10 KM U20 WOMEN, 09/08/2009 1. Tallent, Rachel BYC 49:31 2. Attard, Tamara KNA 61:30 3. Shaw, Kirstin WES 62:58	
A.V. 10 KM U18 MEN, 09/08/2009 1. Simpson, Brad KNA 54:02	A.V. 5 KM U18 WOMEN, 09/08/2009 1. Alexander, Beth KNA 24:37 2. Brazel, Hilary ANW 27:12 3. Tallent, Ebony BYC 29:20	
A.V. 5 KM U16 BOYS, 09/08/2009 1. Clark, Lewis CHI 26:26 2. Walker, Jared COR 27:30 3. Gardner, Aaron DIV 28:12	A.V. 5 KM U16 GIRLS, 09/08/2009 1. Burren, Amy MAL 25:36 2. Finnegan, Amelia KNA 25:47 3. Hockley Samon, Jmara CHI 26:57	
A.V. 3 KM U14 BOYS, 09/08/2009 1. Allamby, Billy KNA 15:53 2. Heiden, Dane BEU 16:25 3. Taylor, Lucas SCA 16:59	A.V. 3 KM U14 GIRLS, 09/08/2009 1. George, Stephanie SCA 15:07 2. Burren, Sarah MAL 15:38 3. Guy, Rebecca CCA 16:16	

The Victorian All Schools roadwalks were held on 28th June 2009, with good fields in nearly all age groups.

AV SCHOOLS 10KM U20 MEN, 28/06/2009 No finishers	AV SCHOOLS 10KM U20 WOMEN, 28/06/2009 1. ALEXANDER, BETH 52:46 2. SHAW, KIRSTIN 1:01:04
AV SCHOOLS 5KM U18 MEN, 28/06/2009 1. SIMPSON, BRAD 25:54 2. KAISER, JOSHUA 33:23	AV SCHOOLS 5KM U18 GIRLS, 28/06/2009 1. TALLENT, RACHEL 24:50 2. BRAZEL, HILARY 26:23 3. CAMPBELL, CAITLIN 28:37
AV SCHOOLS 3KM U16 BOYS, 28/06/2009 1. CLARK, LEWIS 14:56 2. ANTIDORMI, RYAN 15:14 3. GARDNER, AARON 15:29	AV SCHOOLS 3KM U16 GIRLS, 28/06/2009 1. FINNEGAN, AMELIA 14:57 2. HOCKLEY-SAMON, JMARA 15:16 3. BURREN, AMY 15:33
AV SCHOOLS 3KM U14 BOYS, 28/06/2009 1. ALLAMBY, BILLY 15:49 2. HOGAN, ANDREW 15:54 3. McSHANAG, CONNOR 16:10	AV SCHOOLS 3KM U14 GIRLS, 28/06/2009 1. GEORGE, STEPHANIE 15:26 2. BURREN, SARAH 15:45 3. BOLDISTON, ZOE 16:06

43rd AFRWC WALKING CHAMPS, WESTON PARK, CANBERRA, 7 JUNE 2009

A record 397 entries by 297 competitors meant that the previous year's record attendance was well and truly shattered, making this year's Canberra carnival the biggest walking carnival ever held in Australia. While conditions were perfect for the 20 mile and 10 mile events, intermittent showers later in the day meant that some of the events for the younger walkers were raced in trying conditions - but nothing dampened what was a huge carnival.

VRWC sent its biggest team ever (82 walkers) but this was matched by NSWRC which also sent 82 walkers. Strong teams from QLD and SA made for some very competitive events and smaller teams from Tasmania, ACT, Bendigo, WA and Regal walkers meant that we had a truly Australian wide carnival.

There were many great performances and many PBs. While it is not possible to mention everyone, I will specially acknowledge the many club members who competed in more than 1 event, thus giving us maximum chance of success in the teams competitions. All deserve special congratulations – none more so than Sam Candotti who actually competed in 3 events!

Sam Candotti	U10 Boys 1km, U12 Boys 2km and U14 Boys 2km
Donna Elms	Open Women 10 Miles and 5km
Connor McShanag	U14 Boys 2km and U18 Boys 5km
Billy Allamby	U12 Boys 2km and U14 Boys 2km
Kyle Swan	U12 Boys 2km and U14 Boys 2km
Reese Walsmley	U12 Boys 2km and U14 Boys 2km
Carly Bertrand	U14 Girls 2km and U16 Girls 3km
Rebecca Campbell	U12 Girls 2km and U16 Girls 3km
Caitlin Campbell	U16 Girls 3km and U20 Girls 5km
Jeremiah Jones	U14 Boys 2km and U16 Boys 3km
Cody McNicol-Davidson	U12 Boys 2km and U16 Boys 3km
Chloe McNicol-Davidson	U14 Girls 2km and U16 Girls 3km
Matt Felton	U16 Boys 3km and U18 Boys 5km
Bianca Attard	U14 Girls 3km and U18 Girls 5km
Hilary Brazel	U16 Girls 3km and U18 Girls 5km
Lauren Stadius	U14 Girls 2km and U18 Girls 5km
Rachel Tallent	U18 Girls 5km and U20 Girls 5km

VRWC won 24 individual medals in the main events (9 gold, 6 silver and 9 bronze)

Golds:	Jared Tallent	Open Men 20 Miles	2:14:57
	Megan Szirom	Open Women 20 Miles	2:49:54
	Andrew Jamieson	Masters Men 20 Miles	2:42:53
	Jess Rothwell	Open Women 10 Miles	1:14:33
	Ralph Bennett	Masters Men 10 Miles	1:32:10
	Damien Elms	Fitness 5 Miles	55:49
	Billy Allamby	U12 Boys 2km	10:21
	Jmara Hockley-Samon	U14 Girls 2km	9:55
	Rachel Tallent	U20 Girls 5km	25:15
Silvers:	Pam Tindal	Masters Women 10 Miles	1:32:13
	Ross Reid	Masters Men 10 Miles	1:32:12
	Georgia Bertrand	U10 Girls 1km	5:21
	Billy Allamby	U14 Boys 2km	10:18
	Rachel Tallent	U18 Girls 5km	25:17
Kellie Wapshott	Open Women 5km	22:48	
Bronzes:	Chris Erickson	Open Men 20 Miles	2:22:47
	Ralph Bennett	Open Men 10 Miles	1:32:10
	Bernie Keirl	Masters Men 10 Miles	1:32:53
	Robin Wood	Fitness 10 Miles	1:57:31
	Rhydian Cowley	U20 Men 10 km	44:57
	Jared Walker	U12 Boys 2km	10:22
	Stephanie George	U12 Girls 2km	10:19
	Lewis Clark	U16 Boys 3km	14:20
	Jmara Hockley-Samon	U16 Girls 3km	15:21

and 13 Teams medals (5 gold, 7 silver and 1 bronze)

Open 20 Miles	1	Jared Tallent, Chris Erickson, Andrew Jamieson
Open Women 10 Miles	2	Jess Rothwell, Beth Alexander, Pam Tindal
U10 Boys 1km	2	Sam Candotti, Ethan McShanag, Noah Candotti
U10 Girls 1km	2	Georgia Bertrand, Hayley George, Jessica Lillie
U12 Boys 2km	1	Billy Allamby, Kyle Swan, Cooper Owen
U12 Girls 2km	1	Megan Walker, Paige De Lisen, Emily Hamilton
U14 Boys 2km	1	Billy Allamby, Jared Walker, Jeremiah Jones
U14 Girls 2km	1	Jmara Hockley-Samon, Stephanie George, Bianca Attard
U16 Boys 3km	2	Lewis Clark, Matt Felton, Aaron Gardner
U16 Girls 3km	2	Jmara Hockley-Samon, Amelia Finnegan, Hilary Brazel
U18 Boys 5km	3	Brad Simpson, Matt Felton, Connor McShanag
U18 Girls 5km	2	Rachel Tallent, Natalie Laurie, Hilary Brazel
Open Women 5km	2	Kellie Wapshott, Rachel Tallent, Emma Smith

RWA WALKING CARNIVAL, SYDNEY, SUNDAY 30 AUGUST 2009

A small team of around 30 VRWC members travelled to Sydney for the second Racewalking Australia carnival, held in conjunction with the Australian roadwalking championships at Parramatta Park. But what we lacked in numbers, we more than made up for with quality with 7 of the team medalling in the Australian Championship events and Rachel Tallent picking up 2 medals.

Men Under 20 10k Race Walk	3	Rhydian Cowley	45:23
Women Under 20 10k Race Walk	3	Rachel Tallent	51:18
Girls Under 14 3k Race Walk	1	Stephanie George	14:58
	2	Sarah Burren	15:07
Boys Under 14 3k Race Wal	2	Billy Allamby	15:02
Girls Under 16 5k Race Walk	1	Amy Burren	25:01
	2	Jmara Hockley Samon	25:22
Girls Under 18 5k Race Walk	1	Rachel Tallent	25:21

Congratulations also to the 3 VRWC teams who scored gold or silver in the associated Teams events

Girls Under 16 5k Race Walk	1	Amy Burren, Jmara Hockley Samon, Amelia Finnegan
Girls Under 14 3k Race Walk	1	Stephanie George, Sarah Burren, Lauren Stadius
Boys Under 14 3k Race Walk	2	Billy Allamby, Harry Coleman, Cody McNicol-Davidson

2009 WINTER SEASON AWARD WINNERS

MAJOR AWARD WINNERS

2009 ATHLETICS VICTORIA TROPHY WINNERS

NORM GOBLE TROPHY	Most points earned in Mens AV Championships	Tom Barnes
BETTY NEWMAN TROPHY	Womens Walking Team Champions	Eaglehawk YMCA A.C.
AVIS REDMAN TROPHY	Under 16 Most Improved Girl	Amelia Finnegan
TOM DAINTRY TROPHY	Best Under 14 Walker	Stephanie George

2009 RUNNERS WORLD SPONSORSHIPS

Open Men	Tom Barnes
Open Women	Pam Tindal
Under 20 Men	Rhydian Cowley
Under 20 Women	Amelia Finnegan

2009 VRWC TROPHY WINNERS

FASTEST TIMES POINTS & HANDICAP POINTS COMPETITIONS

Open Women	Fastest Times Points	Gayle McIntyre
Open Women	Handicap Points	Gayle McIntyre
Open Men	Fastest Times Points	James Seid-Christmass
Open Men	Handicap Points	James Seid-Christmass
Under 20 Women	Fastest Times Points	Natalie Laurie & Kirstin Shaw
Under 20 Women	Handicap Points	Anika Peachey
Under 20 Men	Fastest Times Points	Jason Elms
Under 20 Men	Handicap Points	Jason Elms
Under 15 Girls	Fastest Times Points	Amelia Finnegan
Under 15 Girls	Handicap Points	Lauren Stadius
Under 15 Boys	Fastest Times Points	Aaron Gardner
Under 15 Boys	Handicap Points	Connor McShanag
Under 12 Girls	Fastest Times Points	Megan Walker
Under 12 Girls	Handicap Points	Larissa Cullen
Under 12 Boys	Fastest Times Points	Billy Allamby
Under 12 Boys	Handicap Points	Kyle Swan
Under 9 Girls	Fastest Times Points	Georgia Bertrand
Under 9 Girls	Handicap Points	Georgia Bertrand
Under 9 Boys	Fastest Times Points	Sam Candotti
Under 9 Boys	Handicap Points	Sam Candotti
Masters Women	Fastest Times Points	Pam Tindal
Masters Women	Handicap Points	Pam Tindal
Masters Men	Fastest Times Points	Mark Donahoo
Masters Men	Handicap Points	Barrie Wicks

2009 VRWC JACK LARKIN TROPHY

HIGHEST POINT SCORING COUNTRY ATHLETES

Men	James Seid-Christmass
Women	Megan Walker

2009 VRWC MERRIFIELD AWARDS

COMBINED FASTEST TIMES AND HANDICAP POINTS

Masters Men	Mark Donahoo
Masters Women	Pam Tindal
Open Men	James Seid-Christmass
Open Women	Gayle McIntyre
Under 20 Men	Jason Elms
Under 20 Women	Kirstin Shaw
Under 15 Men	Aaron Gardner
Under 15 Women	Amelia Finnegan

2009 STYLE AWARDS

Men	Tom Barnes
Women	Pam Tindal
Boys	Cooper Owen
Girls	Megan Walker

2009 CLUB TEAM FUND RECIPIENTS

47 walkers competed in the Teams Events in the Canberra Carnival in age groups from Under 18 down:

Aaron Gardner, Amelia Finnegan, Anika Peachey, Beth Barbour, Bianca Attard, Billy Allamby, Brad Simpson, Brianna Lillie, Carly Bertrand, Charlee Harrison, Chelsea Owen-Smith, Chloe McNicol-Davidson, Cody McNicol-Davidson, Connor McShanag, Cooper Owen, Ebony Tallent, Ella Mason, Emily Hamilton, Emily Payne, Ethan McShanag, Georgia Bertrand, Hayley George, Hilary Brazel, Jack Allamby, Jared Walker, Jeremiah Jones, Jessica Lillie, Jmara Hockley-Samon, Kyle Swan, Lauren Gelov, Lauren Stadus, Lewis Clark, Madison Jones, Matt Felton, Megan Walker, Michael O'Mahony, Natalie Laurie, Noah Candotti, Paige De Lisen, Rachel Tallent, Rebecca Campbell, Reese Walmsley, Rhianna Biggin, Samuel Candotti, Shae Ohlsen, Shelby Currie, Stephanie George

19 walkers competed in the Teams Events in the Parramatta Carnival in age groups from Under 18 down:

Rachel Tallent, Stephanie George, Sarah Burren, Lauren Stadus, Carly Bertrand, Rebecca Guy, Amy Burren, Jmara Hockley-Samon, Amelia Finnegan, Ella Mason, Ebony Tallent, Ashley Albert, Ryan Antidormi, Aaron Gardner, Emily Payne, Hilary Brazel, Billy Allamby, Harry Coleman, Cody McNicol-Davidson

PLACE GETTERS, POINTS COMPETITIONS

Fastest Time Points - Women			Handicap Points – Women		
Pam Tindal	Masters	50pp	Pam Tindal	Masters	63pp
Heather Carr	Masters	36pp	Jan Morrey	Masters	45pp
Gwen Steed	Masters	19pp	Donna Elms	Masters	42pp
Gayle McIntyre	Open	32pp	Gayle McIntyre	Open	43pp
Kylie Irshad	Open	20pp	Karen Wynen	Open	26pp
Karen Wynen	Open	17pp	Kylie Irshad	Open	24pp
Georgia Bertrand	Un 9	45pp	Georgia Bertrand	Un 9	51pp
Jessica Lillie	Un 9	34pp	Brianna Lillie	Un 9	40pp
Brianna Lillie	Un 9	20pp	Chelsea Owen-Smith	Un 9	37pp
Megan Walker	Un12	45pp	Larissa Cullen	Un12	51pp
Paige De Lisen	Un12	29pp	Paige De Lisen	Un12	45.5pp
Sarah Burren	Un12	21pp	Stacey McLaren	Un12	37pp
Amelia Finnegan	Un15	39pp	Lauren Stadus	Un15	44pp
Lauren Stadus	Un15	25pp	Georgia Gatens	Un15	39.5pp
Ella Mason	Un15	15pp	Amelia Finnegan	Un15	34pp
Natalie Laurie/Kirstin Shaw	Un20	22pp	Anika Peachey	Un20	45pp
Hilary Brazel	Un20	19pp	Kirstin Shaw	Un20	44pp
Anika Peachey	Un20	11pp	Hilary Brazel	Un20	25pp
Fastest Time Points - Men			Handicap Points – Men		
Mark Donahoo	Masters	25pp	Barrie Wicks	Masters	41pp
Russ Dickenson	Masters	14pp	Mark Donahoo	Masters	39pp
Simon Evans	Masters	14pp	Robert Gardiner/Stuart Cooper	Masters	28pp
James Seid-Christmass	Open	48pp	James Seid-Christmass	Open	62pp
Aaron McDonough	Open	21pp	Anand Thillaisundaram	Open	45pp
Tom Barnes	Open	20pp	Lindsay Harrison	Open	44pp
Sam Candotti	Un 9	32pp	Sam Candotti	Un 9	47pp
Noah Candotti	Un 9	19pp	Noah Candotti	Un 9	37pp
James Burren	Un 9	15pp	James Burren	Un 9	20pp
Billy Allamby	Un12	45pp	Kyle Swan	Un12	57pp
Kyle Swan	Un12	35pp	Cooper Owen	Un12	46pp
Reese Walmsley	Un12	27pp	Paul Tremiglozzi	Un12	45pp
Aaron Gardner	Un15	41pp	Connor McShanag	Un15	59pp
Jared Walker	Un15	28pp	Aaron Gardner	Un15	56pp
Matthew Felton	Un15	25pp	Jared Walker	Un15	39pp
Jason Elms	Un20	32pp	Jason Elms	Un20	41pp
Rhydian Cowley	Un20	29pp	Rhydian Cowley	Un20	23pp
Ryan Antidormi	Un20	12pp	Bradley Simpson	Un20	13pp

**VICTORIAN RACE WALKING CLUB INC - TREASURER'S REPORT
FOR THE FINANCIAL YEAR 1st October 2008 – 30th September 2009**

Again, another financially sound year for the Club. Membership numbers and, consequently, race fees have shown modest increases. I would like to acknowledge the continued valuable and reliable service provided by Ron Miller in recording race entries and collecting payments.

This year, as there were sufficient funds in our trading accounts to cover operating costs, and we have a predictable cash flow, the Committee has again decided to reinvest all interest earned on our three term deposits; unfortunately without the high term-deposit interest rates of the previous two years.

The timely efforts of our secretary, Tim Erickson, to ensure that submissions for potential grants and reimbursements are initiated and vigorously followed through has helped us to enjoy another year without the need to increase membership subscriptions or race fees.

The surplus of receipts over expenditure in our operating accounts of \$3,516 is significantly more than last year [\$1,825], even though we have reinvested the interest from our term deposits rather than bring it into our operating accounts. In fact, the Club has improved its financial position this year by \$13,000 [Surplus of \$3,500 + Interest Earned of \$9,500].

The unstinting efforts of our canteen ladies, Joyce, Barbara and Kate, have helped us to provide: a very valued service to our race-day participants; to return a good profit on canteen and catering operations of \$954, (excluding \$800 transferred from the General Account to cover expenditure on the previous year's RWA Carnival catering); and, to enhance our reputation as a welcoming and supportive club.

Next year is likely to see interest earned on term deposits of approximately \$6,000; that is, about two thirds of this year's earnings. This is will adversely affect the amounts available for Club grants and other monetary awards. We are also likely to incur considerable expenditure in restocking our uniform inventory.

The Club's financial position is sound. Our reserve, primarily in the form of a term deposit of some \$76,000 is considered to be necessary to allow for improvements to the existing clubrooms (eg, air-conditioning) and other expenditures that are contingent on the availability of suitable race courses and, possibly, accommodation. Uncertainty is heightened by the unknowns associated with the move of the main athletics venue from Olympic Park to Albert Park.

Ralph Bennett
VRWC TREASURER
10th November 2009

VICTORIAN RACE WALKING CLUB INC - ACCOUNTS

Statement of Financial Position

As at 30th September 2009

PREVIOUS YEAR		CURRENT YEAR
2007-08	ASSETS	2008-09
	Cash:	
6 173.33	General Account Bank Balance	7 765.51
146.00	less Unpresented Cheques	0.00
	General Account Cash Book Balance	7 765.51
3 573.35	Canteen Account Bank Balance	5 327.14
0.00	less Unpresented Cheques	0.00
	Canteen Cash Book Balance	5 327.14
	Merchandise (incl Uniforms, Books)	TBA ¹
	Canteen Stock	TBA ¹
	Equipment	TBA ¹
	Trophies, Honour Boards	TBA ¹
	Investments:	
14 614.57	Merrifield Award Term Deposit	15 822.32
29 888.28	Club Teams Award Term Deposit	32 358.25
70 502.93	Investment No 1 Term Deposit	76 329.30
	Total Investments	124 509.87
1 000.00	Bond with Parks Victoria	1 000.00
<u>125 606.46</u>	TOTAL ASSETS	<u>138 602.52</u>
	LIABILITIES	
0.00	Balance of Loans	0.00
0.00	Other Liabilities	0.00
<u>0.00</u>	TOTAL LIABILITIES	<u>0.00</u>
<u>\$ 125 606.46</u>	NET ASSETS/(LIABILITIES)	<u>\$ 138 602.52</u>
	EQUITY	
116 355.33	Accumulated Funds	125 606.46
9 251.13	Surplus/(Deficit) for year	12 996.06
<u>\$ 125 606.46</u>	TOTAL EQUITY	<u>\$ 138 602.52</u>

Note: 1 TBA - To be advised when inventory valued and stocktake complete

VICTORIAN RACE WALKING CLUB INC
STATEMENT OF INCOME AND EXPENDITURE

For the Year Ended - 30th September 2009

INCOME	PREVIOUS YEAR 2007-08	CURRENT YEAR 2008-09	EXPENDITURE	PREVIOUS YEAR 2007-08	CURRENT YEAR 2008-09
Subscriptions	4 018.00	4 228.50	Utilities	492.44	477.00
Race Fees	6 777.50	7 447.30	Postage	253.40	305.50
Donations	27.70	361.20	Admin/Office Exp	1 011.15	257.93
Uniforms	944.00	1 378.00	Photocopier	398.48	331.90
Merchandise	248.00	111.00	Merchandise	6.00	0.00
Club History	40.00	20.00	Publications		30.00
Function Hosting	1 900.00	750.00	Functions		870.00 ⁴
AFORWC	6.00	0.00	Affiliations	369.00	387.00
Extnl Entry Fees	1 621.00	1 734.00	Extnl Entry Fees	1 617.00	1 829.00
Trophies	1 464.00	50.00	Uniforms	1 326.22	390.90
Charity Fund	270.00	0.00	Trophies/Prizes	2 838.96	2 391.23
Equipment Grant	2 903.40	3 129.09	Equipment	3 141.09	3 592.23
Club Team Fund Int	1 733.91	2 469.97 ¹	Club Teams Fund	1 691.00	1 609.00
Merrifield Interest	847.83	1 207.75 ²	Merrifield Award	440.00	600.00
Investment 1 Int	4 444.16	5 826.37	Charity Donation	750.00	600.00
Bank Interest	27.83	14.05	Bank Charges		0.00
Invest Redemption		0.00	Investments	7 025.90	9 504.09 ³
			Rental/Track Hire	4 640.51	3 840.67
Canteen	3 515.26	4 074.21 ⁴	Canteen	2 875.22	2 320.42
Sundries	70.51	52.40	Sundries	157.50	0.00
				<u>29 033.87</u>	<u>29 336.87</u>
			Surplus Receipts over Expenditure	<u>1 825.23</u>	<u>3 516.97</u>
TOTALS	<u>30 859.10</u>	<u>32 853.84</u>		<u>30 859.10</u>	<u>32 853.84</u>

Notes: Investment interest, in a favourable period, saw receipt of \$2,478 in excess of the prior year's interest receipts.

1 \$925 (2007-08) and \$1,609 (2008-09) has been paid from the General Account to cover Club Team Fund awards.

2 \$440 (2007-08) and \$600 (2008-09) has been paid from the General Account to cover Merrifield awards.

3 Interest on term-deposits was reinvested, and grants (Notes 1, 2) were paid from the General Account.

4 Includes \$800 reimbursement from the General to Canteen Account for catering for the RWA Carnival in 2007-08.