



## HEEL AND TOE ONLINE

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



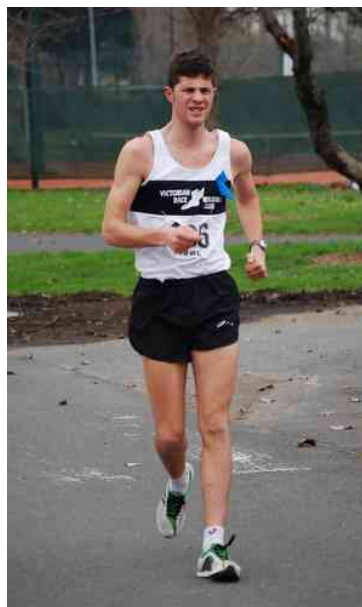
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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week voting ended up a convincing win for **Chris Erickson** for his 5000m track walk PB of 19:24.85 a week ago in Canberra. Chris is one of the many walkers who will be in action at Fawkner Park in a little under 2 weeks time and he is in great form.

This week I have reviewed the various performances recorded in the newsletter and have decided to award my current Walker of the Week to Victorian **Rhydian Cowley** due to his efforts last Saturday at Athletics Victoria Shield competition at Box Hill. There Rhydian started his afternoon's efforts with a win in the 5000m run (15:10.6). Then it was straight to the start line for the 2000m walk which he won with 8:13.7. Then he fronted for his third event, winning the 1500m run outright in 4:13.9. Like Chris, Rhydian will be in action at Fawkner Park and he looks set for a big 20km effort.



**Chris Erickson and Rhydian Cowley in action at Middle Park during the winter season – both Walkers of the Week**

### AV SHIELD COMPETITION, SATURDAY 26 NOVEMBER

First a catchup with some older Athletics Victoria results from the Ballarat and Geelong regions

#### **AV Shield - Ballarat Region - Round 5, Llanberris Reserve, Ballarat, Saturday 19 November**

Back to Round 5 which saw some great walking in Ballarat with Jake Quinton leading the way with a 44 sec PB of 15:15.81. Jake is improving quickly and is someone to watch as the season progresses. Not to be outdone, Daryl Biggin 15:30.66 and Andrew Blood 15:36.54 staged a great battle for the minor points. Sarah Brennan was the fastest of the ladies with a 23 sec PB of 15:45.05. The sole 1500m walker was Jemma Peart with 8:53.62.

#### **3000m Walk**

1.	Jake Quinton	U16	UNA	15:15.81	PB 0:44
2.	Daryl Biggin	40+	UNA	15:30.66	
3.	Andrew Blood	OP	BYC	15:36.54	
4.	Sarah Brennan	OP	BYC	15:45.05	PB 0:23
5.	Kevin Ruddick	OP	BHA	18:21.69	
6.	Kobie Somerfield	U16	UNA	18:43.71	

### 1500m Walk

1.	Jemma Peart	U14	BYC	8:53.62
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### AV Shield - Geelong Region - Round 3, Landy Field, Geelong, Saturday 29 October

And back a further 3 weeks to Round 3 at Geelong where the results have finally come online at the Geelong Athletics website. The women were to the fore with Jmara Hockley-Samon 15:51.46 winning the 3000m and Megan Walker 8:30 winning the 1500m.

### 3000m Walk

1.	Jmara Hockley-Samon	U18	CHI	15:51.46
2.	Nicholas Mirarchi	OP	COR	16:17.58
3.	James Seid-Christmass	40+	COR	16:17.58
4.	Josh Dillon	U18	COR	17:07.17
5.	Jade Lockwood	U18	COR	23:07.00
6.	Jill Lockwood	40+	COR	28:19.16

### 1500m Walk

1.	Megan Walker	U16	COR	8:30.1
2.	Harry Hockley-Samon	U16	CHI	9:01.2
3.	Thomas Mirarchi	U14	COR	11:45.4

And now onto last Saturday when it rained throughout Victoria, casting a pall on the sporting aspirations of cricketers, lawn bowlers, soccer players and athletes alike. Four of our six regions were cancelled – North West, South East, Geelong and Ballarat – but somewhat surprisingly, the East Region and the Bendigo Region were able to get through their programs and are reported below.

### AV Shield - East Region - Round 6, Hagenauer's Reserve, Box Hill, Saturday 26 November

Rhydian Cowley was in great form once again, dominating the 2000m walk at Box Hill with 8:13.7. What people may not know is that Rhydian won the 5000m run (15:10.6) just before his walk and then backed up to win the Open 1500m run (4:13.9) later in the day. Now that is what I call an impressive day's work. Behind him in the walk, Jason Kozica stormed back to top form with an equal PB of 8:52.0 while Adam Garganis 9:31.1 and Simon Evans 9:36.7 both walked PBs and Emmet Brasier made his 2000m debut with an excellent 9:41.0. Stephanie George won the women's walk with a quick 9:52.6 ahead of Michelle Laufer 10:10.8 and Sandra Geisler 10:46.6. Overall, great walking.

### Mixed 2000m Walk

1.	Cowley, Rhydian	M20	GHY	8:13.7	
2.	Kozica, Jason	M24	STK	8:52.0	eq PB
3.	Garganis, Adam	M14	COL	9:31.1	PB 0:18
4.	Evans, Simon	M51	BXH	9:36.7	PB 0:13
5.	Brasier, Emmet	M13	DIV	9:41.0	First one
6.	George, Stephanie	W15	KNX	9:52.6	
7.	Owen, Cooper	M13	DIV	10:08.5	
8.	Laufer, Michelle	W42	COL	10:10.8	
9.	Bernie, Keirl	M48	DIV	10:31.1	
10.	Geisler, Sandra	W34	RWX	10:46.6	
11.	Armstrong, David	M56	DIV	11:06.1	
12.	Dyer, Bill	M50	BXH	11:25.6	
13.	Benke, Geza	M55	OLM	11:57.2	
14.	Facey, Stuart	M61	OSC	12:27.5	
15.	Worsnop, Chris	M54	OLX	13:30.0	
16.	Owen-Smith, Chelsea	W11	DIV	13:45.7	
17.	Boylen, Adele	W12	COL	15:01.7	
18.	Neale, Anthony	M13	COL	15:03.3	
19.	McCann, Adam	M35	ANU	16:32.3	
20.	Derby, Lachlan	M14	COL	18:17.2	
21.	Walpole, Claire	W21	DAC	18:21.2	
	Neale, Peter	M43	COL	DQ	
	Chong, Kait	M39	BXH	DQ	
	Lynch, Christopher	M57	DIV	DQ	

### AV Shield - Bendigo Region - Round 6, La Trobe University, Bendigo, Saturday 26 November

Amanda Heard built on her great 10km walk at Middle Park the previous weekend with a fine 9:58.74 PB win in Bendigo. Ebony Whiley also walked well for her time of 10:20.67 while Jeremiah Jones was the top male with 11:22.18.

### Mixed 2000m Walk

1.	Amanda Heard	U18	EAG	9:58.74	PB 0:11
2.	Ebony Whiley	U18	EAG	10:20.67	
3.	Jeremiah Jones	U16	EAG	11:22.18	
4.	Joshua Savage	U18	EAG	11:27.72	
5.	John Watson	40+	BYM	14:33.86	

## SAMA TRACK RACES, SANTOS STADIUM, MILE END, ADELAIDE, WED 23 NOVEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters. This week saw 3000m and 5000m handicap events at Santos Stadium. Colin commented: *Cool evening with gusty breezes at times*. Top masters performers were George White (27:34 for 86.68%) and Sandy Brunner (32.05 for 86.54%).

### 5000m Yacht Handicap

1.	Kim Mottrom		24.19	
2.	Geoff Byham	M65	31.05	76.03%
3.	Colin Hainsworth	M81	37.44	77.44%
4.	Bill Starr	M69	35.31	69.67%
5.	Jan Layng	W63	41.11	
6.	George White	M66	27.34	86.68%
7.	Graham Harrison	M68	32.56	74.25%
8.	Jack Russell	M59	30.33	72.71%
9.	Leigh Smith	M76	36.46	73.73%
10.	Sandy Brunner	W69	32.05	86.54%
11.	James Hoare	M65	34.53	67.74%
12.	Marie Maxted	W51	33.30	67.22%
13.	Justin Hill		26.53	
14.	Roger Lowe	M68	39.15	62.3%

### 3000m Yacht Handicap

1.	Edna Bates	W58	26.02	54.05%
2.	Gill White	W63	24.24	60.94%
3.	Helen Suridge	W60	19.59	71.93%

## ACTRWC TRACK RACES, AIS ATHLETICS TRACK, BRUCE, THURSDAY 24 NOVEMBER

Thanks to Robin Whyte for the weekly ACT Race Walking Club results from Canberra. It was great to see Jill Hosking back in action again and walking a quick 14:17. Ann Staunton-Jugovic was also in good form with 15:10. In the shorter distances, Zoe Hunt 7:11, Thomas Hopkins 7:15 (a big PB of 31 secs), Callum Burns 7:32 and Gabby Hunt 7:33 were also in fine form. ACTRWC continues to get good fields (29 this week) and attracts walkers of all ages.

### 3000m Walk

1.	Jillian Hosking	14:17
2.	Ann Staunton-Jugovic	15:10
3.	Ally Durr	16:23
4.	Callum Doherty	18:17
5.	Robin Whyte	18:18
6.	Helena Bialecki	18:28
7.	Geoff Barker	19:01
8.	Bryan Thomas	19:40
9.	Jennifer Gilchrist	20:08
10.	Doug Fitzgerald	20:23
11.	Marilyn Banfield	20:47
12.	Rod Gilchrist	21:05
13.	Ruth Baussmann	22:00
14.	Wendy Kupkee	22:02
15.	Margaret McSpadden	24:43
16.	Val Chesterton	24:51

### 1500m Walk

1.	Zoe Hunt	07:11	
2.	Thomas Hopkins	07:15	PB 0:31
3.	Callum Burns	07:32	
4.	Gabby Hunt	07:33	PB 0:01
5.	Ashleigh Resch	07:46	
6.	Karina Hopkins	07:49	
7.	Peter Baker	08:11	
8.	Spencer Burns	08:19	
9.	Emily Hopkins	08:20	
10.	Jordan Bardsley	08:28	
11.	Kara Baker	08:28	

### 700m Walk

1.	Thomas Hunt	04:40
2.	Laura Burns	04:50

## ATHLETICS SA PREMIERSHIP ROUND 5, SANTOS STADIUM, ADELAIDE, FRI 25 NOVEMBER

Over to Adelaide for their weekly Premiership competition where Darren Bown 12:47.25 and Allegra Steele 14:32.00 were the top over 3000m and Alix Harlington was the best over 1500m with 7:37.25.

### 3000m Walk

1.	Darren Bown	MOP	ELIZ	12:47.25	
2.	Allegra Steele	WOP	TTG	14:32.00	PB 0:09
3.	Megan Szirom	WOP	ELIZ	14:39.86	
4.	James Hoare	M35+	PA	21:02.67	
5.	Jack White	MU16	EH	24:54.75	

### 1500m Walk

1.	Alix Harlington	MU14	ELIZ	7:37.20
2.	Rhiannon Lovegrove	WU14	ELIZ	8:43.05

## QA INTERCLUB ROUND 4, GOLD COAST CITY ATHLETICS TRACK, SOUTHPORT, SAT 26 NOV

Queensland Athletics Interclub continued last Saturday on the Gold Coast with 19 year old twins Brandon and Nick Dewar the top performers with 21:16.24 and 21:34.54 respectively for the 5000m. The boys will contest their first 20km events at Fawkner Park on Dec 11<sup>th</sup> and they look in great shape. The other big walk was by 11 year old Yanis Benzenati whose time of 15:19.53 was a PB by over 2 minutes. Wow!

### 5000m Walk

1.	Dewar, Brandon	M19	QRW	21:16.24	PB 0:09
2.	Dewar, Nick	M19	QRW	21:34.54	
3.	Pickles, Jessica	W17	FTA	25:23.22	

### 3000m Walk

1.	Nipperess, Dean	M40	QRW	14:30.56	
2.	Benzenati, Kenza	W14	GCV	15:14.98	
3.	Benzenati, Yanis	M11	QRW	15:19.53	PB 2:09
4.	McCutcheon, Luke	M13	RED	16:04.09	
5.	Woodward, Mikaela	W12	UNQ	16:42.19	
6.	McCutcheon, Jamie	M12	RED	17:32.29	
7.	Brackin, Aimee	W12	QRW	17:32.30	
	Martin, Katya	W14	GCV	DNF	

## BENDIGO WALKERS CLUB RESULTS, ROSALIND PARK, BENDIGO

Thanks to Paul Rance for the latest roadwalk results from Bendigo where the Bendigo Race Walkers Club race on Wednesday evenings at Rosalind Park.

### BRWC Road Walks, Rosalind Park, Wed 16 November

#### 1km Sealed Handicap

E1	Annette Curtis	6.40	PB
E1	Ebony-Jade Jones	7.15	
3.	Norm West	7.55	
4.	Jeremiah Jones	5.34	

#### 5km Sealed Handicap

1.	John Carter	33.04
2.	Paul Rance	27.14
3.	Josh Savage	31.04
4.	Geoff Major	37.54
5.	Colin Cleary	39.03

### BRWC Road Walks, Rosalind Park, Wed 23 November

#### 1.2km Handicap

1.	Jeremiah Jones	6.08
2.	Ebony-Jade Jones	8.51

#### 3.2km Handicap

1.	Barb Bryant	18.35
2.	Colin Cleary	23.21
3.	Annette Curtis	22.24
4.	John Carter	21.44
5.	Josh Savage	19.36
6.	Geoff Major	DNF

## ERIN TAYLOR-TALCOTT – 50KM PIONEER



An interesting thing happened a couple of months ago in America when, on Sunday 11 September, Erin Taylor-Talcott won the USA 40km Championship outright with a time of 3:41:50. She then decided to kick on for a 50km time, recording an American women's best of 4:41:36, a time which ranks her quite highly in the USA rankings and which bettered the standard required to contest the USA Olympic 50km trial. The only issue – she is a women and the World Cup 50km is a men-only event. The following article, written by Heather Ainsworth for the New York Times, traces what followed.

OWEGO, N.Y. — After training along the country roads of this village to the south of the Finger Lakes, Erin Taylor-Talcott recently achieved a qualifying time for the 2012 Olympic trials in the 50-kilometer racewalk. Except for one catch: there is no 50K racewalk for women at the trials or at the Olympics.

So Taylor-Talcott sought for two months to gain entry into the men's race at the United States trials, to be held Jan. 22 in Santee, Calif. The 50K (31-mile) racewalk remains a lingering vestige of inequality in international track and field, a sport that for decades prohibited women from competing in Olympic distance events from the half-mile to the marathon.

Even among American men, the 50K race is obscure. Only about a dozen are expected to compete in the Olympic trials, and perhaps one will qualify for the London Games next summer. Still, Taylor-Talcott, 33, wanted to compete in the trials to bring attention to women's interest in the event.

On Wednesday she finally gained provisional entry into the trials and, according to a spokeswoman for USA Track and Field, perhaps became the first woman to do so in a men's event.

Taylor-Talcott can compete in the 50K Olympic trials as a so-called guest upon agreeing not to try to participate in the men's event at the London Games, the national governing body said.

She said she was willing to sign a waiver this one time, given that her chance of achieving the 2012 Olympic participation standard of 4 hours 9 minutes was remote. Her best time is 4:41:36, which is under the United States men's Olympic trials standard of 4:45 but nowhere near the top times of male racers from countries like Russia, China, Australia, Ecuador, Italy, Norway and Spain.

"It's more important to be on the starting line at the trials than to say I should be allowed to go to the Olympics," Taylor-Talcott said. "It's a huge first step to getting a women's 50K added."

Unresolved is what would happen if Taylor-Talcott qualified at the same trials for the 50K men's event at the World Cup of racewalking in May in Russia. The standard for that event is considered more attainable, but in that case Taylor-Talcott could find herself challenging track and field's world governing body, the International Association of Athletics Federations, whose rules would seem to exclude her.

"This is great, but I still want the ability to be named to international teams," Taylor-Talcott said Wednesday. "That'll be a bigger fight."

Her effort over the past two months to compete alongside men at the Olympic trials had raised a fundamental question about what should determine an athlete's eligibility: performance or sex?

"Since it is the trials for the men's team, some people think women shouldn't be competing," said Elliott Denman, a 50K racewalker at the 1956 Melbourne Olympics, freelance journalist and founder of the modern Shore Athletic Club in New Jersey, to which Taylor-Talcott belongs. "But she has the time. She has earned every right to compete in some capacity."

A 20-kilometer (12.4-mile) racewalk became an Olympic sport for women in 1992. There is also a separate 20K race for men. The I.A.A.F. said there was insufficient interest among female competitors to hold an Olympic race at 50 kilometers, calling the event "pretty much nonexistent."

Yet, Taylor-Talcott excels at the longer distance, having won first place in the past two 50K United States championships for women, a race that is contested nationally but not internationally in major meets.

Unofficially, she is the 14th-fastest woman ever at 50K, recording her best time on Sept. 11 at a race in Ocean Township, N.J. And she is faster than some elite American men in a sport that requires competitors to keep one foot on the ground at all times and to straighten their leading leg as the body passes over it.

During that same race in September, Taylor-Talcott also won the national women's 40K (24.8-mile) title, bettering the time of her husband, Dave Talcott, who won the men's title, by more than three minutes.

"The I.A.A.F. says there has to be a certain amount of interest before they include a 50K for women," Talcott said. "However, without any races, there's never going to be any participation."

In conversations over the past week, Taylor-Talcott had expressed frustration over her inability to get direct answers from track and field officials about the status of her eligibility for the Olympic trials.

"They're afraid I'll beat a bunch of guys, and that'll be embarrassing," she said Tuesday at her home west of Binghamton, N.Y. "My response to the guys is, Go faster. They should be saying, We have a girl that's pretty good at 50K; let's be proud."

Article from [http://www.nytimes.com/2011/11/17/sports/erin-taylor-talcott-allowed-to-racewalk-in-50k-olympic-trials.html?\\_r=3](http://www.nytimes.com/2011/11/17/sports/erin-taylor-talcott-allowed-to-racewalk-in-50k-olympic-trials.html?_r=3)

## AUSTRALIAN 50KM CARNIVAL – FINAL LISTINGS

Entries have now closed for the Australian 50km Championship Carnival and the count stands at 48 entries! I have added the PBs for each walker as a matter of interest. I am excited to see top Irish walkers Jamie Costin and Robbie Heffernan in the 50km field. That will be one of a number of keenly contested races. This meet will also be the opening round of the inaugural **Australian Race Walking Series** which was announced a couple of weeks ago – see <http://www.rwa.org.au/aevents-1.shtml> for a fuller explanation of how that Series works.

### **Open Men 50km Australian Championship (cutoff 5 Hours) - 8**

Costin, Jamie	IRE	3:50:51 (2009)
Deakes, Nathan	VIC/AIS	3:35:47 (2006)
Erickson, Chris	VIC/AIS	3:54:52 (2011)
Evans, Simon	VIC	5:38:06 (2011)
Heffernan, Robbie	IRE	3:45:30 (2010)
Rayson, Ian	NSW	3:59:23 (2010)
Reading, Brendon	ACT	-
Tallent, Jared	VIC/AIS	3:38:56 (2009)

### **Open 20km Men Invitational (cutoff 2:00:00) - 12**

Bird-Smith, Dane	QLD	-
Cowley, Rhydian	VIC	1:29:07 (2011)
Dewar, Nick	QLD	-
Dewar, Brandon	QLD	-
Fitzsimons, Sean	WA	-
Jamieson, Andrew	VIC	1:34:28 (1999)
Kozica, Jason	VIC	-
Malone, Kyle	NSW	1:38:58 (2009)
McDonough, Aaron	VIC	1:49:24
Reading, Brendon	ACT	1:24:51 (2011)
Rutter, Adam	NSW/AIS	1:21:49 (2008)
Smyth, David	WA	2:04:33 (2011)

### **Open 20km Women Invitational (cutoff 2:15:00) - 8**

Fagan, Nicole	NSW	1:35:55 (2011)
Holliday, Tanya	SA	1:37:54 (2011)
Holliday, Gloria	SA	-
Lamble, Regan	VIC/AIS	1:31:39 (2011)
Lee, Beki	NSW	1:35:35 (2011)
Ruddick, Kelly	VIC	1:39:56 (2011)
Steele, Allegra	SA	-
Tallent, Claire	SA/AIS	1:32:02 (2010)

### **U20 Men 10km Invitational (cutoff 56:00) - 4**

Aiton, Brad	QLD	44:00 (2010)
Bates, Harry	ACT	47:35 (2011)
Osborne, Jesse	QLD	44:45 (2011)
Steele, Blake	SA/AIS	43:57 (2010)

### **U20 Women 10km Invitational (cutoff 1:00:0) - 10**

Campbell, Caitlin	VIC	58:06 (2010)
Finnegan, Amelia	VIC	52:56 (2011)
Goznik, Kristie	SA	50:59 (2011)
Heard, Amanda	VIC	58:31 (2011)
Hockley-Samon, Jmara	VIC	56:09 (2011)
Jennings, Shannon	NSW	53:39 (2011)
Klein, Kirsty	NSW	50:52 (2011)
Pickles, Jessica	QLD	-
Tallent, Rachel	VIC/AIS	48:40 (2011)
Whiley, Ebony	VIC	62:35 (2011)

### **U18 Men 5km Invitational (cutoff 28:00) - 4**

Brill, Nathan	VIC	21:35 (2011)
Swan, Kyle	VIC	25:57 (2010)
Tam, Aaron	VIC	25:28 (2011)
Taylor, Lucas	VIC	25:33 (2010)

### **U18 Women 5km Invitational (cutoff 30:00) - 2**

Eastwood, Jessie	VIC	29:47 (2011)
Montag, Jemima	VIC	25:12 (2011)

## MORE ON THE AUSTRALIA VS NEW ZEALAND MATCH

I have had confirmation from Andrew Matthews, the AA Competition Manager, that Hobart entries will close around Friday 10<sup>th</sup> February, roughly 2 weeks before the Carnival. It is only at that stage that AA will select its team to contest the **Oceania Race Walking Trophy**. So all performances done from 1<sup>st</sup> January 2011 to 10<sup>th</sup> February 2012 in ratified events will be reviewed in selecting the team. That means that Victorian walkers have two further chances for getting times on the board

- Sunday 8 January 2012 VRWC Road Races, Middle Park
- Sunday 22 January 2012 VRWC Road Races, Middle Park

I have added a page on the Racewalking Australia website to track this competition – see <http://www.rwa.org.au/aevents-2.shtml>.

## DATE FINALISED FOR ANNUAL VICTORIAN MASTERS 4X800M RELAY

The date has now been set for the **2012 Victorian Masters 4x800m Walk Relay** – the event will be held in conjunction with our existing VRWC track walk meet at the Collingwood Harriers track in Clifton Hill on Wednesday 8<sup>th</sup> February. We hope that this will encourage more of our Masters walkers to contest this annual race – come along, have a walk in one of the earlier events and then finish off with an 800m relay walk. As usual, all events can be entered on the night – all you have to do is get your Masters team organized. Remember you need to be registered with VMA prior to the event (the new VMA year starts on 1 January 2012). The VMA Relay categories are 40+, 50+, 60+ etc. The timetable now reads as follows

VRWC and VMA Walks, George Knott Reserve, Clifton Hill, Wednesday 8 February 2012		
6:30PM	VRWC 5000m and 3000m walks	Open
7:15PM	VRWC 1500m walk	Open
7:25PM	VMA 4x800m Walk Championship	Masters

## VRWC AGM UPDATE

On Sunday 20 November, VRWC held its AGM at our Middle Park headquarters. This annual event gives us a chance to reflect on the financial year just finished and sees us elect a new Committee. Main items were as follows

1. The Annual Report was presented. You can read it at <http://www.vrwc.org.au/VRWC%20AGM%202011.pdf>
2. This year saw two of our Committee members stand down.
  - **Ron Miller** joined the club in 1955 and was awarded Life Membership way back in 1987, such was his contribution up to that time. Not content to rest on his laurels, he has continued to serve the club in various capacities since then, including a long stint as Secretary, from 1989 to 2000. It was during this time that we lost our clubrooms and went through a particularly low period. Ron was one of the main players who helped us come through that period and regroup at our new headquarters at the Middle Park Bowling Club. As well as being Secretary, Ron has been Raceday Registrar for many years and has perhaps a greater working knowledge of the club than any other current member. Due to health issues, he has finally decided to stand down from the Committee and from his current role as Raceday Registrar. We are pleased to announce that **Damien Elms** has joined the Committee and will take over that role from Ron. From now on, Damien will now be the man at the desk when you register for your events.
  - Now that she is leaving the junior ranks, **Natalie Laurie** has stood down after serving 3 years as our Junior Club Captain. Nat has done a fantastic job in this role, leading by example, helping with officiating when not racing and helping with presentations and awards. One of the first jobs of the new committee will be to invite one of our current junior members to take on this valuable role for the 2011/2012 year.

We wish to formally thank Ron and Natalie for their contributions to the club. It takes many people to run a club of our size and they are valued contributors.

3. The rest of the Committee renominated and were re-elected unopposed. The new Committee reads as follows:

### 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	TBA



Publicity Officer	Stuart Cooper
Raceday Registrar	Damien Elms
Race Secretary	Tim Erickson
Handicapper	Mark Donahoo
Delegate to Athletics Victoria	Peter Vysma
Judging Coordinator	Peter Vysma
Social Secretary	TBA
Club Coach	Mark Donahoo
Racewalking Australia Liaison Officer	Mark Donahoo
Maintenance Sub Committee	Bob Gardiner, Peter Vysma, Tim Erickson
Uniforms Officer	Heather Carr
Records Officer	Terry Swan
Ordinary Members on Committee (2)	Paul Kozaris, Tony Doran
Auditor	Timothy Matthews

## WHAT'S COMING UP

- Next Saturday sees the Athletics Victoria Shield competition continue with 3000m and 1500m walks on offer. Let's hope the weather is kinder to us this time around!

Sat 3 Dec	AV Shield - South East Region - Round 7	Ballam Park Athletic Track, Frankston
Sat 3 Dec	AV Shield - Bendigo Region - Round 7	La Trobe University, Bendigo
Sat 3 Dec	AV Shield - North West Region - Round 7	Lakeside Stadium, Albert Park
Sat 3 Dec	AV Shield - Geelong Region - Round 7	Landy Field, Geelong
Sat 3 Dec	AV Shield - Ballarat Region - Round 7	Llanberris Reserve, Ballarat
Sat 3 Dec	AV Shield - East Region - Round 7	Reischick's Reserve, Doncaster

- Next weekend also sees the **Australian All Schools Track & Field Championships** in Brisbane. The walk events are:

Sat 3 Dec	4:50PM	3000m Walk U14 Boys and Girls
	6:05PM	5000m Walk U18 Boys and Girls
Sun 4 Dec	11:05AM	3000m Walk U16 Boys and Girls

Alas, this meet is now very much a cutdown version of its former self and only includes 3 age groups (U14, U16 and U18). Further, the maximum team size is two athletes per State per event in U14, and three athletes per State per event in U16 & U18 (if entering 3 athletes, one must be U15 or U17 respectively). But it is still an opportunity for our best young walkers to come together and it is still a prestigious title to win. So good luck to all our Victorian walkers Emmet Brasier, Cooper Owen, Emily Hamilton, Jemima Montag, Caitlin Campbell, Amy Burren, Jmara Hockley-Samon, Nathan Brill, Lucas Taylor, Billy Allamby, Stephanie George and Jade Sanders.

- And a reminder of the AA Walk Judging Seminar coming up for Saturday 10 December in Melbourne. Full details are on the application form which is posted on the VRWC website (see <http://www.vrwc.org.au>).

## 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.

### 2011/2012 Australian/Victorian Summer Season Key Dates

3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sat 10 Dec 2011	AV Walk Judging Seminar, Melbourne. See <a href="http://www.vrwc.org.au">http://www.vrwc.org.au</a> for registration details.
Sun 11 Dec 2011	<b>2011 Australian 50km Championship</b> , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See <a href="http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887">http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887</a>
Wed 14 Dec 2011	VRWC Track Races, COL Harriers Track, Clifton Hill
Sun 8 Jan 2012	VRWC Road Races, Middle Park
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sun 22 Jan 2012	VRWC Road Races, Middle Park
Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	<b>Australian 20km roadwalk Championships</b> , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	<b>Australian Junior Championships</b> , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , Melbourne
13-15 Apr 2012	<b>Australian Open T&amp;F Championships</b> , Melbourne (5000m walks)

### 2012 International Fixture



Feb 5-12, 2012      **Oceania Masters Championships, Tauranga, New Zealand**  
Apr 3-8, 2012      **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
May 12-13, 2012    **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012    **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

#### **2012 IAAF Race Walking Challenge Dates**

Sat 3 Mar, 2012      Chihuahua, MEX  
29-31 Mar, 2012      Taicang, CHN  
Sat 14 Apr, 2012      Rio Major, POR  
12-13 May, 2012      IAAF Race Walking Cup, Saransk, RUS  
Sun 26 May, 2012      La Coruna, ESP  
Sat 2 June, 2012      Sesto San Giovanni, ITA  
3-12 Aug, 2012      Olympic Games, London, GBR  
Sat 15 Sept, 2012     IAAF RW Challenge Final, Erdos, CHN

#### **2013 International Fixture**

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

#### **2014 International Fixture**

2014                    **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
Mar/Apr 2014        **World Masters Indoor Championships, Budapest, HUN**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

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

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>  
July 2020              **32<sup>nd</sup> Olympic Games**      City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)