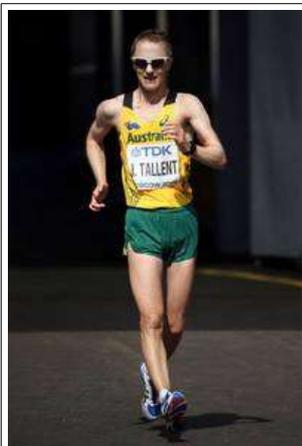


TIM'S TOP TEN MEN FOR 2013

It's that time of the year again so off we go with my Top Ten Men for 2013. It's a bit different this year with 3 walkers on Equal 2nd (I couldn't split them) and 3 walkers on Equal 10th. Remember they are my own views - you might have a different order or you might even have a different mix of walkers in the final listing.



1. Jared Tallent

29 year old Jared is once again the top of my list - for the fifth time out of 5 such reviews. Won the Aust 20km in Feb (1:22:10), 3rd in the IAAF Challenge race in Taicang in March (1:20:41), won the La Coruna Challenge 20km in June (1:21:21), won the LBG 20 Mile in Canberra in June (2:20:41), took bronze in the IAAF World Champs 50km in Moscow in August (3:40:03) and won the IAAF Challenge Series overall for 2013. What more can be said!



E2. Chris Erickson

32 year old Chris had his best year ever. Won the Chinese 50km championship in March (3:55:24), won the 10km, 15km, 20km and 30km Victorian championships over the winter, was second to Jared in the LBG 20 Mile in Canberra in June in a PB 2:21:10, came a great 16th in the IAAF World Championship 50km in Moscow in August in a PB 3:49:41 and finished off the year with a very strong 10th place in the 4 day long Taihu Race Walking Rally in China in October.



E2. Dane Bird-Smith

Another great year for 21 year old Dane, starting with second place behind Jared Tallent in the Australian 20km champs in Hobart in February (1:22:27). This set the scene for some great 20km performances - 3rd in Sesto San Giovanni in May (1:23:18), 4th in La Coruna in June (1:22:03) and 11th in the IAAF World Championship 20km in Moscow in August (1:23:06), finishing off with a win in the Australian Winter 20km championship in Launceston in September (1:25:43). The one disappointing blip was his failure to finish in the 4 day long Taihu Race Walking Rally in China in October. He dominated the track races around the country and reduced his 5000m time to 18:56.96 in July.



E2. Nathan Brill

17 year old Nathan had a superb year which started with a win in the Youth Olympics 5000m in Sydney in March (20:08). Second place in the AA invitational U20 10km in Hobart in Feb (43:36), wins in the Australian U20 10,000m (42:48) and U18 5000m (20:33) in Perth in March, a superb 5th place in the IAAF World Youth Championship 10,000m in Donetsk in July (42:33) and a win in the Australian U18 10km roadwalk championship in Launceston in September (43:34) cemented his place at the top of our Junior ranks.



5. Jesse Osborne

Another hugely talented junior, 18 year old Jesse started off his year in Hobart in February with a surprise start in the Australian Open 20km Championship - and a great 1:29:24 for 6th place. A few weeks later, he showed his versatility with second in the Victorian Open 5000m with a PB 20:00.68. Had to lower his colours to Nathan Brill in the Australian U20 10,000m championship in Perth in March (43:24). Won the LBG 10 Mile in Canberra in June in a great 1:10:57, was second to Chris Erickson in the Victorian 10km (43:41), 15km (1:08:36) and 20km championships (1:32:43), won the Australian U20 10km roadwalk in Launceston in September (44:32) and finished off the year with a win in the AA Invitational 10km at Fawkner Park in December in a PB 42:16. Overall, PBs galore from 1500m (5:32) to 20km.



6. Tyler Jones

15 year old Tyler Jones has been undefeated in his age group in Australia all year and has been more than competitive against his older junior rivals. Won the Australian U16 3000m in Perth in March (13:10) and took 4th in the U20 10,000m at that same meet (47:34). Won both the U16 3km (13:33) and the U18 5km (23:36) at the LBG Carnival in Canberra in June, competed above his age group in the Australian U18 10km in Launceston in September (2nd in 46:01) and finished off the year with 3rd at Fawkner Park in the Junior 10km (43:43) in December. Set PBs all through the year over all distances from 1500m (5:54) to 12km and is in line for a 2014 World Cup trip at only 15 years of age.



7. Rhydian Cowley

22 year old Rhydian Cowley started off his year with 6th in the Australian 20km champs in Hobart in Feb (1:26:40), walked more solid 20km races in Sesto San Giovanni in May (1:25:45) and La Coruna in June (1:24:22) and competed in his first World Champs meet in Moscow in August (1:33:25). A somewhat disappointing year in which he was unable to build on his August 2012 20km time of 1:24:34 but one which did consolidate him into our top group of 20km men and one which does still put him in my top 10 for the year.



8. Kim Mottrom

29 year old Kim has had his best year ever this year, culminating in his first national championship win at Fawkner Park in December (50km 4:28:12) and his subsequent selection in the 2014 World Cup Team. This built on his great 20 mile walk in Canberra in June (4th with 2:37:59) as well as a whole swag of other PBs done during the year, including 5km (21:08), 15km (1:07:01) and 20km (1:31:14).



9. Peter Bennett

58 year old Peter Bennett continues to amaze with his ultra walk feats. This year he won the annual Rouen 24H walk classic with 213km (his 5th win from 7 outings) in June, finished 8th (against a field of runners) in the Australian 48 Hour Championships in July (272.114km) and won the VRWC 24 Hour race in Middle Park in September (185.199km). And of course, he races over the shorter distances with QRWC and the Queensland Masters and is no slouch there either - his 2013 best times have included 24:55 (5000m), 49:47 (10km) and 1:51:21 (20km).



E10. Andrew Jamieson

67 year old Andrew Jamieson raced sparsely but produced the goods when it counted with 2 golds (10km and 20km) and one silver (5000m) in the World Masters Champs in Brazil in October. On top of that, his 2013 best times of 14:47 (3000m), 24:45 (5000m), 49:02 (10km), 1:14:44 (15km) and 1:48:30 (20km in Brazil which was nearly 21km in length!) show the quality of his walking - few masters walkers can match him, not even those in younger age groups.



E10. Kyle Swan

One end of the age spectrum to the other - 14 year old Kyle has been in my list for the past couple of years and makes it in again in 2013. Like Tyler in the age group above him, Kyle clearly leads in his age group and has had another strong year. Won the U15 3000m (16:36) at the Australian T&F Champs in Perth in March, was 3rd in the LBG U16 3km (14:09) and 4th in the LBG U18 5km (25:17) in June and won the Australian U16 5km roadwalk champ in Launceston (23:52) in September. Set PBs over all distances in 2013 - 6:42 (1500m), 9:19 (2000m), 13:23 (3000m), 22:54 (5km) and 48:07 (10km).



E10. Ralph Bennett

71 year old Ralph Bennett is another of our outstanding Masters walkers and he did even better than Andrew at the World Masters in Brazil, taking all 3 golds in his age group (5000m, 10km and 20km). A great competitor, he races nearly every week and regularly produces leading M70 times - his 2013 bests are 10:59 (2000m), 16:57 (3000m), 28:27 (5000m), 57:19 (10km) and 1:59:23 (20km),