



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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2009 AUSTRALIAN UNIVERSITY GAMES, GOLD COAST, 29 SEPTEMBER – 1 OCTOBER

The 2009 Australian University Games have just been completed at the Gold Coast City Athletics Track at Southport and 5000m track walks were contested as usual. Tom Barnes and Nicole Fagan were worthy winners as shown below, This was Tom's third or fourth win and was not far outside his Uni Games record of 21:09. VRWC members Erin Adamcewicz and Jason Kozica also walked well as did Ballarat walker David Ranger.

Women 5000 Metre Race Walk

1.	Fagan, Nicole	20	MQU	24:05.83
2.	Aldis, Fiona	21	UTS	25:09.64
3.	Bourke, Lauren	19	USYD	25:44.99
4.	Adamcewicz, Erin	26	UBAL	27:40.22
	Heazlewood, Jessica	22	USYD	DNF
	Lee, Beki	23	ACPE	DQ

Men 5000 Metre Race Walk

1.	Barnes, Thomas	27	MELB	21:36.83
2.	Mulhearn, Derek	19	USYD	22:35.66
3.	Ranger, David	20	MON	25:12.05
4.	Kozica, Jason	21	DEAK	28:49.28
5.	Smith, Andrew	20	CSU	28:59.73

AUSTRALIA VERSUS NEW ZEALAND WALK

Yes, it's progressing with further discussions bringing us ever closer to a final announcement. Sorry it is not finalised yet but stay tuned.

STUART COOPER REPORTS IN FROM OVERSEAS

VRWC Publicity Officer Stu Cooper has been in England for the past few weeks and made sure that he caught up with the world of racewalking over there. Here is what he had to say when he emailed me last week

Gday Tim,

Our brief stay in the UK is becoming briefer by the day, as they do, and we'll soon be back home. I guess Melbourne is in the thrall of anticipation of the Geelong v. St.Kilda GF and talk will be of little else. How will you cope? I'm a little sorry to be missing it, as I was out of the country when the Cats won in '07 and I still don't quite believe they did it.

After two wind-down days in Manchester we headed for Rotherham to stay with my family. Thanks to Google, I got wind of two races being held within five days of each other and decided to have a crack at both. Unfortunately the first one – a South Yorkshire League evening meeting of handicaps over 2, 3 and 5km – started without me as I was swallowed up in Sheffield's peak-hour traffic. I did get to meet Brian Adams, who finished behind you in Edmonton in '78. Brian is currently coaching juniors and putting on races himself, running a one-man operation to keep race walking alive in the Yorkshire area. This is sad when you consider how strong Sheffield United Walking Club was up until the mid-80's. Now it seems there are no senior walkers active in the area, though veterans like John Warhurst and Roy Thorpe still act in a coaching and judging capacity.

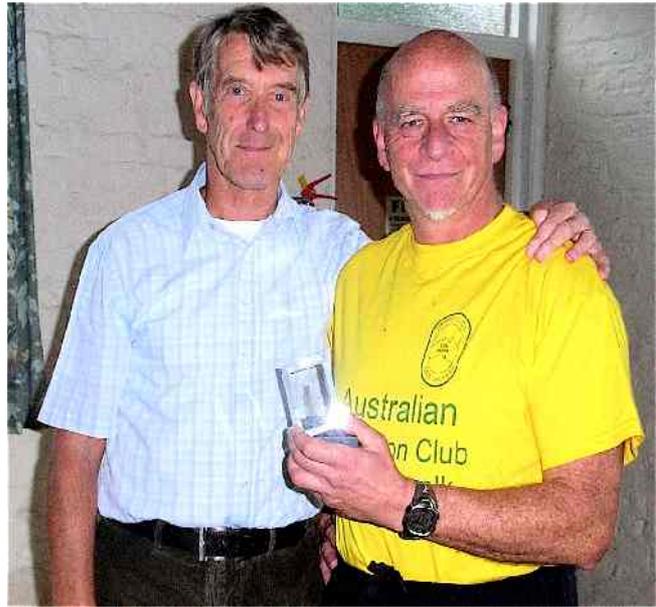
The second race was scheduled to be held in the village of Simister in Lancashire. It was listed as the 'Simister Nightmare', a 10km slog over 18 steep climbs and drops - not, apparently, for either the faint-hearted or the remotely intelligent! I was digesting the prospect of this lunacy (and the possible toll on hamstrings, knees, PT tendons, you name it), when I received an e-mail saying the event had been changed. It was now a 20km trophy event over a much kinder, undulating course. Somewhat relieved, I headed over the Pennines and met the members of Lancashire Walking Club. The race started in two packs – slow and faster. I went with the slow pack and was passed in the last 3km by one of the faster guys, Greg Smith, to be 2nd across the line, 7th overall, in 2h 13m 35s - a season best. It was a pleasing result on a course choked with village traffic, including buses and hay trucks.

Afterwards I had the pleasure of meeting Ron Wallwork, winner of the first Commonwealth Games walk in Jamaica 1966.

Ron is also a Centurion. He very kindly presented me with a special glass memento of Richard Dunwoody's re-enactment of Capt. Robert Barclay's 1,000 mile effort.



Racing in the Simister 20km ... 5k to go!

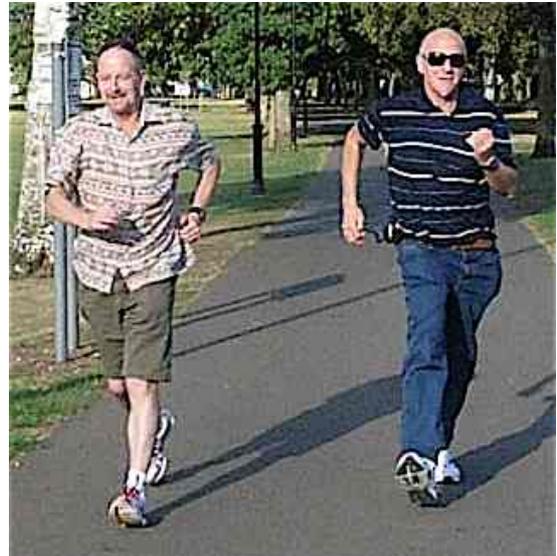


Receiving a commemorative 1,000 miles souvenir from former CG champion Ron Wallwork.

The next day it was down to Northampton to meet up with Mark Wall. He hasn't changed much below the hairline (and not at all behind it) – still fit, funny and enthusiastic, as ever. We had lunch with him and his partner Sue, followed by a tour of Northampton city which – naturally! – included some of the parks where he trains and coaches. It was great to meet up with Mark once again and reminisce about old times, and to see how active he still is in the sport. They need more like him over here.



With Mark Wall and his partner Sue, whom he introduced to race walking and is coaching



Reliving memories of past Albert Park battles!

Then it was on to a few days of touring around the Fens country of West Anglia, taking in parts of Cambridgeshire and Norfolk. The highpoint of this was a visit to Ely cathedral, where the long climb to the top of the octagonal tower made me grateful for the road races I'd managed this winter! Now back in Rotherham, we're again enjoying the company of family prior to our departure for Oz next Sunday.

Be seeing you soon,

Stu

2009 AUSTRALIAN 50KM CHAMPIONSHIP, SUNDAY 22 NOVEMBER, FAWKNER PARK, MELBOURNE

Athletics Australia has posted event information and entry procedures for the 2009 Australian 50km Road Walking Championships which will be contested at Fawkner Park (Melways ref. 2L B6)), in Melbourne on Sunday 22nd November. See the full release at http://www.athletics.com.au/competition/events/australian_50km_road_walk_cham

As previously advised, there will also be a non-championship 20km road walk for Men and Women, and a non-championship 10km road walk for Junior Men and Women.. Entries for these events must also be made via the AA online panels. - see http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=419&OrgID=887

The following timetable and regulations apply:

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: 2 hours Men, 2 hours 15 minutes Women
8.30am	10km Walk: Men and Women	Cut-off: 56 minutes Men, 60 minutes Women

Entry fee is \$20.00 per event.

Note that **entries close on the 6th of November** and AA will not accept late entries so get to it right away. Victorians should note that this event also includes the Victorian 50km event. To enter the AV 50km event, you have to enter the AA event – you are then automatically covered for both events.

FROM THE ARCHIVES – VAWC 1937 WINTER SEASON FIXTURE

Former club auditor and now retired walker Graeme Russell recently posted me a copy of the 1937 Victorian Amateur Walkers Club Winter Season fixture and I thought it would make interesting reading for our members. It came in two parts – the first page detailed the Social Fixture and the second page detailed the Racing Fixture.

Social Fixture

May 23	Hike from Blackwood	Meet at State Theatre	9:30 a.m.
June 2	Presentation Dance	Wayside Inn	8.00 p.m.
June 20	Hike from Kinglake Nth	Meet at State Theatre	9.30 a.m.
July 17	Relay to Healesville	Y.M.C.A.	11.30 a.m.
July 18	Trip from Healesville	as arranged	
Aug 8	Hike from Toolangi	State Theatre	8.00 a.m.
Sept 11	House Party – Mr Knott's home		8.00 p.m.
Sept 12	Picnic Hike	as arranged	

Dinner to be arranged

Note: The bus will leave punctual to times stated above.

Racing Fixture

Apr 17	Pack Walk	Collingwood Club Rooms	3.00 p.m.
Apr 24	Pack Walk	Caulfield Race Course	3.00 p.m.
May 1	3 Miles Handicap	Y.M.C.A.	2.45 p.m.
May 8	4 Miles Handicap	Y.M.C.A.	2.45 p.m.
May 15	3 Milees Novice Handicap and 5 Miles Handicap	Y.M.C.A.	2.45 p.m.
May 22	4 Miles Handicap	Y.M.C.A.	2.45 p.m.
May 29	6 Miles Handicap	Y.M.C.A.	2.45 p.m.
June 5	10,000 Metres Club Championship	Royal Show Grounds	2.45 p.m.
June 12	7 Miles Handicap	Alvert Park	2.45 p.m.
June 19	5 Miles State Championship	Royal Show Grounds	3.00 p.m.
June 26	5 Miles V.A.A.A. Open Teams Race	Albert Park	3.00 p.m.
July 3	8 Miles Handicap	Y.M.C.A.	2.45 p.m.
July 10	10 Miles State Championship	Royal Show Grounds	3.00 p.m.
July 17	Relay to Healesville	Y.M.C.A.	11.30 a.m.
July 24	6 Miles Handicap	Y.M.C.A.	2.45 p.m.
July 31	8 Miles Handicap	Albert Park	2.45 p.m.
Aug 7	20,000 Metres Handicap	Albert Park	2.30 p.m.
Aug 14	15 Miles Handicap	Albert Park	2.30 p.m.
Aug 21	7 Miles Handicap	Y.M.C.A.	2.45 p.m.
Aug 28	20 Miles Handicap	Albert Park	2.00 p.m.
Sept 4	Training Walk, as arranged		2.45 p.m.
Sept 11	Biennial 7 Miles Teams, Race Walking Clubs of Australia	Royal Show Grounds	2.45 p.m.
Sept 18	25 Miles Handicap	Albert Park	1.00 p.m.
Sept 25	Training Walk, as arranged		2.30 p.m.
Oct 2	50 Kilos Club Championship	Royal Show Grounds	11.00 a.m.

The **Y.M.C.A** meeting point mentioned was the Y.M.C.A boatshed at Princes Bridge, right in the middle of the city. Walkers normally changed in the boatshed clubrooms and raced along Alexandra Avenue, either to Morell Bridge and back or to Anderson Street and back or on a 1 mile out and back lap.

The **Royal Show Grounds** in Flemington were a regular racing venue. Track walks were held on the shellgrit track around the central showgrounds and road walks were also held from that venue, around the local streets.

When races were scheduled for **Albert Park**, the Albert Park Rowing Club was used.

Handicap races were always staggered starts with the slowest walkers starting first and the fastest walkers starting last, based on their handicaps or expected times. As fields were not large, this was not an issue.

OUT AND ABOUT

OKAYAMA (JPN, Sep 25-26): The Japanese Corporate Team Track and Field Championships, held in Okayama last weekend, featured 10,000m track walks which were won by Yuki Yamazaki 40:27.08 and Mayumi Kawasaki 43:21.90.

CAORLE (ITA, Sep 26): During the first day of the Italian Club Championships (final round), 2004 Olympic winner Ivano Brugnetti won the 10000m track walk in 40:18.38.

STAN MALBUT – RACEWALKING NATIONAL EVENT COACH, 1981 - 1985

Stan Malbut is well known to Australian walkers as our Racewalking National Event Coach from 1981 to 1985. But there is a lot more to say about Stan so here goes. Special thanks to Bob Cruise for information gleaned from his 2009 book 'A History of Race Walking in South Australia'. The rest is taken from a couple of long phone calls with Stan!

Stan was born in North Shields, just outside Newcastle in the county of Northumberland in England on 4th November 1932 and, even though he migrated to Australia in 1963, when you hear him talk it is still obvious to all that he is 'Geordie'.

Stan started his sporting career as a cyclist – he got his first bike two months after the Second World War ended, at 13 years of age, and never looked back. His big breakthrough came at the age of 19 when he was roped into riding the Brighton to Glasgow 6 Day stage race. It was a tough initiation and after two days of racing he was spent. Team management wanted to withdraw him but he was adamant that he could continue – and continue he did, climbing to fourth place overall at the end of 5 days. It was only a snapped chain 9 miles from Glasgow on the final stage that prevented a huge finish and he had to be content with 13th overall after losing some 5 minutes. But he had found his niche -as a stages rider. The future looked bright.

Unfortunately, the British Government had different ideas and he was conscripted to the army (this was the days of compulsory military service) on his 21st birthday. For the next two years, his cycling career ceased and he was given little if any opportunity to train and none to race. When he was eventually demobbed two years later, he was starting from scratch once again.

It took a year of hard work to get a semblance of fitness back and then another year of solid racing before his form really returned. In 1957 he was the Northern England champion and in 1958 he competed in the Tour of Britain, the ultimate contest for English riders.

Alas, this marked the end of Stan's riding career. Married with one small child and a second on the way, he could no longer spare the many hours required to compete at the top level - few sports require as many hours of training as cycling and Stan had other commitments.

Little did Stan know what his future held when he arrived in Australia from England in June 1963 with his wife Shiela and 3 daughters, aged 7, 4 and 1 years. He was eventually talked into taking on the bikes again and actually captained the South Australian cycling team at the 1966 Australian titles. Then life took a further unexpected turn when he and Shiela became the proud parents of twin girls – making a grand total of 5 daughters. There was no more time for even social cycling!

In 1967, Central Districts Athletics Club was formed and, within a month, Stan became a member along with his two eldest daughters Lesley and Dianne. His interest in racewalking began when Lesley won the 800m walking event in Interclub competition. As all good fathers do, Stan started taking her to all the racewalking events around the State. Unable to find the right coach, he took on the role himself.

Not surprisingly, walking club members attempted to entice Stan to walk. After all, he was there with his daughter. After a number of approaches, Bill Starr finally convinced him to have a go. His first race was an 8km event in which he started first and finished last. He subsequently said “It was a horrible experience and I suffered badly”. However, not to be beaten, he decided to give the sport a go and by 1969 was a regular at South Australian walking events.

In 1970, British international walker Peter Fullager arrived in Australia. Stan first saw him walk in the South Australian 50km championship and they soon became friends, a friendship that endures to this day. Stan eventually took on the role as Peter's adviser and he learnt a lot during the seventies from his experiences with Peter. Their many discussions on various aspects of fitness, training methods and tactics quickly made him a knowledgeable walking coach.

Stan's own walking career flourished, even though he was now nearing forty. He won three Gawlor to Adelaide events during the seventies and was a regular member of SA walking teams along with Peter Fullager, Tim Thompson, Frank Leonard, Peter Whitham and others. His best interstate performance was probably in 1975 when, along with Fullager and Thompson, he was part of the SA

team which won the Canberra 20 Mile teams event, inflicting one of very few defeats on the strong Victorian contingent.



Stan in walking mode in 1970

Stan's increasing commitment to coaching (four or five times a week) limited his ability to train as he would like and he realised that his own competitive career was coming to an end. In 1979, he and his wife Shiela returned to the UK for a seven week holiday. Whilst there, he participated in the famous London to Brighton race, the longest classic on the British walking fixture. He finished the 53 mile (85 km) race in around 9½ hours and it remains one of his competitive highlights.

Back in Australia, he hung up his walking shoes and made coaching his number one priority. He worked hard to achieve his Australian Track & Field Coaches Association (AT&FCA) Level 3 certification (he was in fact one of the first walking coaches in Australia to attain what was then the highest accreditation possible) and continues coaching nowadays with his abiding interest in walking biomechanics and walking efficiency.



September 2009 - Stan with coaching charges Jessica Stephens, Kelly Watson, Kristie Gosnik and Darren Bown

AT&FCA had been founded in 1974 as an association for all track and field coaches. It was as a result of a concerted push from AT&FCA that National Event Coach (NEC) positions were finally advertised in 1979. A dearth of qualified walking coaches presented a quandary as a Racewalking National Event coach was amongst the required NECs. The closest they had was Victorian John Boas, better known as a jumps coach (he coached Ken Lorraway, Gary Honey and Ian Campbell amongst others) but also with a finger in the walking pie (as he also coached me). John had already been given the role of Jumps NEC and he was asked to temporarily take on the role of Racewalking NEC until someone suitable could be found. John enthusiastically threw himself into his dual roles and I remember attending a number of camps and testing opportunities during his time.

By 1981, Stan had the runs on the board and had his AT&FCA Level 3 certification so he was asked to apply for the Racewalking NEC job. Stan's application was of course accepted and he took over the walks role from John that same year. He subsequently held the position for 4 years until the baton was passed to AIS walks coach Craig Hilliard in 1985.

Stan was an enthusiastic and gregarious NEC who travelled to all major championships and who ran various training camps in all States. When approached by any walker, he freely gave his time and expertise and was well liked and respected by all our senior walkers. The NEC role ran on a shoestring budget at this time and he spent considerable time trying to get the necessary funding to run camps and cover his own considerable costs.

When he finished his stint as Racewalking NEC, his national role ended but he has continued to coach enthusiastically within South Australia and he has influenced a wide number of walkers over the years. Some names that spring to mind include Ian Fay, Craig Topperwein, Bernadette Jenner, Sandra Kramer, Darren Bown and Greg Wolszczak.

With his children now grown up and his NEC role finished, he was finally free to resume some cycling. With typical enthusiasm, he threw himself back into racing the bikes. When I retired from racewalking at the end of 1983, I also moved to the bikes and Stan and I had many an enjoyable and competitive hitout. I well remember in 1986 when he teamed up with 5 other riders (including a blind rider on a tandem) to attempt the AUDAX 24 Hour Bike Ride. Teams could choose their own distance, start from a designated point and then ride to Melbourne. Stan's team chose a distance of 570km and started at Mt Gambier in South Australia. They duly arrived in Melbourne 24 hours later, having achieved a new Australian endurance cycling record for 24 Hours.

Now aged 76, Stan is still riding the bikes, still an active member of the Central Districts Cycling Club and still competing regularly with the South Australian Veterans. And, of course he is still coaching racewalkers some 42 years after he first started in 1967.

VRWC SUMMER SEASON UPDATE

No sooner had I finalised the VRWC 2009/2010 Summer Season dates than I was forced to change one date due to a clash with a triathlon at Albert Park. The roadwalks scheduled for Sunday 30 January have now been brought forward to Sunday 10 January. The final fixture, which everyone should have received in the mail, correctly shows the amended date as does our online copy at <http://www.vrwc.org.au/vrwcs10.html>. The VRWC dates now read as follows

Sunday 25 October 2009, VRWC Road Races	Albert Park
Sunday 15 November 2009, VRWC Road Races	Albert Park
Sunday 22 November 2009, Australian and Victorian 50 km	Fawkner Park
Wednesday 9 December 2009, VRWC Track Races	Collingwood Harriers Track
Sunday 10 January 2010, VRWC Road Races	Albert Park
Sunday 11 April 2010, VMA 5000m Track Championships & VRWC Track Races	Track venue to be advised

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

2009 International Fixture

Oct 10-18, 2009 **World Masters Games, Sydney** - <http://www.2009worldmasters.com>

Victorian & National Fixture – Summer 2009/2010

Sat 10 Oct 2009	AV Shield Competition commences at most venues with Round 1
Sun 25 Oct 2009	VRWC Summer Season Opening walks, Albert Park
6-8 Nov 2009	Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
21-22 Nov 2009	Racewalk Judging seminar, Albert Park
Sun 22 Nov 2009	2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
4-7 Dec 2009	Australian All Schools T&F Championships, Hobart
22-24 Jan 2009	Victorian Country Championships, Newborough
Sat 13 Feb 2010	Australian Summer 20 km road championships , Hobart
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010	IAAF World Race Walking Cup, Chihuahua, Mexico
July 3-10, 2010	Oceania Masters Championships, Tahiti
July 19-25, 2010	World Junior Championships, Moncton, Canada
14-26 Aug, 2010	World Youth Olympics, Singapore
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

2011 International Fixture

July 7-17, 2011	World Masters T&F Championships, Sacramento, California, USA
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
July 7-17, 2011	19th World Masters Athletics Championships Stadia, Sacramento, USA

2012 International Fixture

July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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