



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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GEELONG WALKERS CLUB EVENTS, GOLDSWORTHY TRACK, CORIO, THURSDAY 10 DECEMBER 2009

No recent races to report this week as we are all enjoying a Christmas break but thanks to Harold Boddy for this report from Geelong from a couple of weeks ago.

Last Thursday night saw walkers attempt to walk two 1200 metre time trials in identical times, the winner being determined by the smallest time difference. Some chose to tackle the race at pace while others chose to take the opportunity to concentrate on style rather than speed. Carla Degraaf won the night recording a zero time difference and that with a broken arm. Next came Wayne Charmichael on 3 seconds difference followed by Sharmaine Brockenshire and evergreen Michelle DeGraaf both on 4 seconds. Fastest time for the night was set by James Seid-Christmass who stopped the clock at 5min 58sec in the 2nd leg, this after competing the night before when he recorded a 5km PB time of 24min20sec at the VRWC meet. Next week is the club's last event before the Christmas holiday break and will be a novelty tri-athlon event of 100, 200 & 400metres where each walker must nominate their times for each leg and heavy point penalties apply for time differences

NAME	AGE	1st 1200	2nd 1200	DIFF	PLACE
DE GRAAF CARLA	VET F	12.03	12.03	0	1
CARMICHAEL WAYNE	VET M	11.49	11.46	3	2
BROCKENSHIRE SHARMAINE	VET F	11.55	11.51	4	3
DE GRAAF MICHELLE	VET F	8.42	8.46	4	3
WIFFEN MARK	VET M	9.22	9.31	9	4
CURRAN ANGELA	VET F	10.35	10.25	10	5
LOCKWOOD JADE	U14G	10.35	10.25	10	5
MURPHY PENNI	VET F	10.35	10.25	10	5
FAIRBROTHER BARBARA	VET F	13.19	13.07	12	9
LOCKWOOD JILL	VET F	11.12	10.59	13	10
SEID-CHRISTMASS JAMES	VET M	6.11	5.58	13	10
BODDY HAROLD	VET M	7.50	7.36	14	12

AUSTRALIA U23 VS NZ OPEN RACEWALKING MATCH UPDATE

Athletics New Zealand has now updated its website to include details of the Aust-U23 vs NZ-Open walking match that will take place on Saturday 13 February 2010 in Hobart - see <http://www.athletics.org.nz/Article.aspx?ID=6333>. They have also published their own selection policy. David Gynther advises that A.A. should have something similar in place any day now so keep watching the A.A. website for press releases, expression of interest forms, etc.

My unofficial 20km rankings (best 20km times done since 01/01/09) for our U23 walkers (those born 1988, 1989 or 1990) read

U23 Men

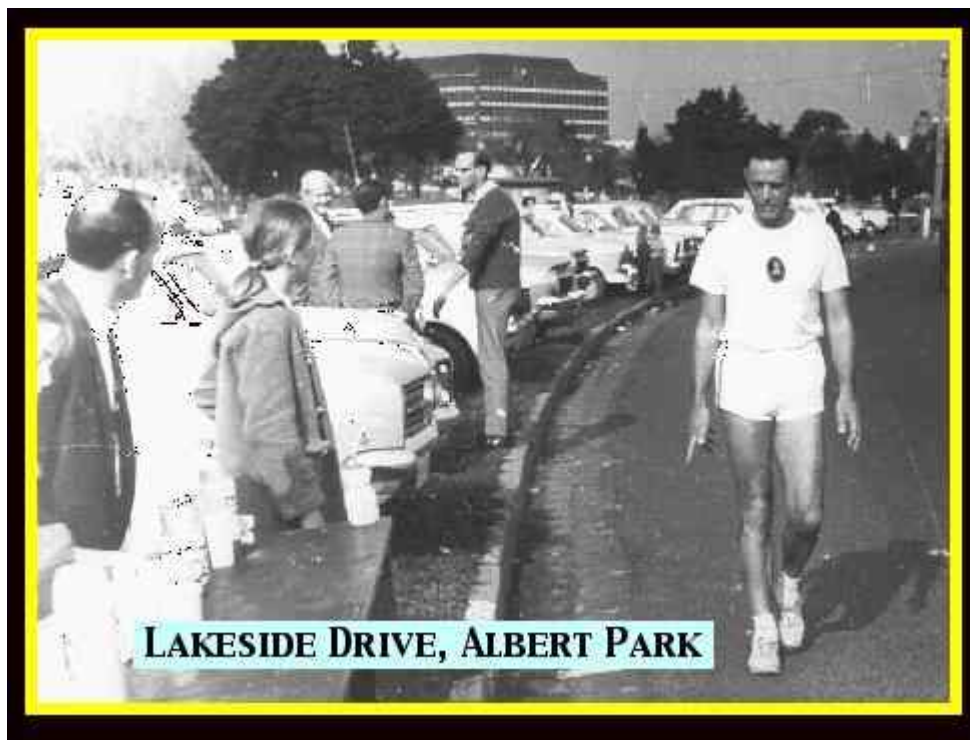
1:27.29	Ian Rayson	N	040288	32	Wuxi, China	18-Apr	(IAAF event)
1:30.19	Brendon Reading	A	260189	8	Melbourne	07-Mar	(AA 20km)
1:31:53	Daniel Coleman	T	020289	1	Hobart	01-Aug	(Tas 20km title)
1:38.35	Derek Mulhearn	N	041090	1	Sydney	26-Jul	(NSW 20km title)
1:43:28	Daniel Payne	V	300190	4	Melbourne	22-Nov	(AA invitational)

U23 Women

1:30.25	Jess Rothwell	V	180689	2	Melbourne	07-Mar	(AA 20km)
1:50.40	Nicole Fagan	N	240789	2	Sydney	30-Aug	(AA 20km)
1:53:20	Lauren Bourke	N	200790	5	Melbourne	22-Nov	(AA invitational)
2:06:28	Tamara Attard	V	190490	7	Melbourne	22-Nov	(AA invitational)
2:21:46	Caitlin Brunton	V	251189	8	Melbourne	22-Nov	(AA invitational)

Presumably our team of UP TO 4 male and UP TO 4 female walkers will come from this short list.

Some further big news on this meet which includes the Australian Summer 20km Open and U23 championships and Commonwealth Games and World Cup trials and the Australian U20 10km World Cup Trials. David Gynther has applied to the IAAF for it to be added to the list of **2010 IAAF World Walking Challenge** events as a **Level C** event. This will add even more prestige to an event that is becoming bigger and bigger.



Thanks to Ray Smith for this picture, taken on August 30, 1969 during the VAWC 20 mile Club Championship and Commonwealth Games Selection Trial. It shows Ray retiring at the 10 mile mark. Also identified are Ron Miller (front left) and Neil Ryan (in middle with arms folded). Ron is still going strong at VRWC while Neil is the proprietor of Runners World Kew and a major club sponsor.

This race went down as one of the the greatest ever held in Australia outside the 1956 Olympics. Weather was ideal (the official race report says it was fine, warm, very mild) and a large field of 33 walkers (16 entrants for the trial and a further 17 for the VAWC Club Championship) made for very competitive walking.

The **20 Miles Commonwealth Games trial** results are recorded as follows for the 16 official entrants

1.	Bob Gardiner	VIC	2:31:37
2.	Noel Freeman	VIC	2:34:17
3.	Frank Clark	NSW	2:39:24
4.	Graeme Nicholls	VIC	2:45:18
5.	Justin Coxhead	VIC	2:47:36
6.	Robin Whyte	NSW	2:49:25
7.	Ted Allsopp	VIC	2:52:01
8.	Peter Waddell	NSW	2:57:09
9.	Peter Whitham	SA	2:59:52
10.	Eddy Dawkins	NSW	3:19:02

Retirees: Varel Newmark and Robin Wood (VIC), Arthur Jones, Frank Overton, Keith Henness and L Wade (NSW)

The results of the **VAWC Blackney Memorial Handicap 20 Mile Club Championship** read as follows

1.	Norm Marr	2:57:52	30:30 handicap
2.	Tom Daintry	3:28:23	60:50 handicap
3.	Claude Martin	3:24:28	56:40 handicap
4.	Bob Gardiner	2:31:57	3:40 handicap
5.	Justin Coxhead	2:47:37	19:40 handicap
6.	John Busst	3:26:00	57:40 handicap
7.	R. Mills	3:11:22	43:00 handicap
8.	Gus Theobald	3:33:12	64:30 handicap
9.	Noel Freeman	2:34:17	Scratch
10.	Clarrie Jack	3:02:15	27:30 handicap
11.	Ted Allsopp	2:52:01	16:10 handicap
12.	Graeme Nicholls	2:45:17	9:30 handicap
	Eric Froude	Retired at 12 miles (1:48:30)	
	Murray Brown	Retired at 12 miles (1:51:32)	
	G. Mills	Retired at 12 miles (1:52:15)	
	Varel Newmarks	Retired at 10 miles (1:20:08)	

Robin Wood	Retired at 10 miles (1:24:48)
Andrew Jamieson	Retired at 10 miles (1:31:23)
Ray Smith	Retired at 10 miles (1:32:17)
G Ennis	Retired at 10 miles (1:32:49)
Alan Lucas	Retired at 10 miles (1:35:32)
Tim Holland	Retired at 6 miles (0:56:05)
Alan Minter	Retired at 6 miles (1:03:43)
Bruce Thorne	Retired at 4 miles (0:36:30)

And now onto a race analysis. The big guns - Frank Clark, Noel Freeman and Bob Gardiner - dominated as expected but the final trial placings were not necessarily what everyone expected. These three walkers had met only once during the 1969 winter season when in early May, Frank won the Australian 20 km in Centennial Park in Sydney with 91:56, ahead of Noel with 92:37 and Bob with 1:38:07. But from then on, Noel and Bob had the advantage of racing against each other on a weekly basis in Melbourne whereas Frank was isolated in NSW. In retrospect, this enabled the two Victorians to peak for the August trial as we will see later

The early VAWC winter season saw Noel leading Bob with both walkers firing. The Victorian 10 km road title in mid May saw Noel winning in 45:06 with Bob 3 seconds in arrears. In early June, Noel won the Victorian 10 Mile track walk at Melbourne University track in 1:13:32 with Bob second in 1:15:03. Three weeks later Noel won the Victorian 20 km in cool windy conditions in a new race record time of 1:30:48. Again Bob was second, this time in a PB time of 1:31:14. On 20 July a special 20 Mile Track Trial was put on at the Melbourne University Track to allow them both the chance to attack the existing records. It proved a triumph for Noel who set new Commonwealth, Australian and Victorian records for both 30 km (2:23:08) and 20 Miles (2:33:54). His time on the wet slow cinders track beat the existing Commonwealth records by some 2 minutes. For Bob it was a disappointing day as he dropped off the pace at the 10 mile mark and retired at 18 miles. Pundits now expected Noel to fight out the trial with Frank.

But Bob was coming good at the right time and in early August, in a reversal of form, he won a VAWC 7 Mile event at Albert Park in a PB of 50:01 with Noel relegated to second in 51:56. It was a rare victory for Bob over Noel that winter and it signalled something special that was not long in coming. On August 30 in the Commonwealth Games 20 mile trial at Albert Park, it was Bob who powered through the first 10 miles in 76:43 before speeding up to record 74:53 for the second half. His final time of 2:31:36.6 was only 3.6 seconds outside the World Track Record held by Russian walker Vedjakov. Although he had done PBs over all distances during the winter, he had been overshadowed by Noel but his fighting ability over the longer distances came to the fore when it really counted. Noel took second in 2:34:17, just outside his recent track record time. Frank was third in a distant 2:39:24. Thus Bob and Noel gained selection for the 1970 Commonwealth Games and Frank missed out. The rest is history!

For the statistically minded, Bob's 2 mile splits make for interesting reading:

15:28, 15:31, 15:24, 15:08, 15:12, 15:06, 14:54, 14:58, 14:54, 15:02 = 2:31:37

The 'Heel and Toe' report (by editor Justin Coxhead) was aptly titled "THE ROAD TO THE ISLES", given that the 1970 Commonwealth Games were to be held in Scotland (this title was actually penned by Ray Smith). The report reads as follows:

On the day, Noel Freeman, with a recent 2:33:54, started slightly favourite from Frank Clark, NSW champion, who had a 2:36 on the board. Bob Gardiner had the fastest time in the field with 2:33:12 last year but was under-rated for this one. The event was given an international flavour with the inclusion of Arthur Jones. Arthur competed for England in the 1968 Olympics over 20 kilos and is now living in Sydney. In all, there were 6 Olympic athletes in the field. The course was over a 2 mile lap which meant 30 sharp "U" turns had to be encountered during the race.

LAP ONE: The first 2 miles came up in 15:28 with Freeman, Jones, Clark and Gardiner together at this stage, just feeling each other out. Graeme Nicholls and Ted Allsopp, 15:36, were next followed by Varel Newmark, Robin Whyte NSW in 15:50 with Justin Coxhead 16:14 the next closest.

LAP TWO: The big four remained unchanged, holding the same pace, with Graeme Nicholls moving up to be only 4 sec down. Robin Whyte went into 6th place ahead of Newmark and Allsopp with Coxhead 14 sec behind. A further 75 sec to Robin Wood and Eddy Dawkins making a forward move. Amongst the club title boys, only Norm Marr, Eric Froude and Ray Smith were bettering 9's.

LAP THREE: The trio of Bob, Noel and Frank went through in 46:23, about 5 yards up on Jones. At this stage, it appeared to be a very tactical race with Nicholls in close attendance. Whyte was 11 sec in front of Newmark, Allsopp and Coxhead who put in a fast lap. Wood led Dawkins by a minute with another minute to Waddell, Overton and Whitham.

LAP FOUR: The leaders still remained the same with a slight increase in pace. Nicholls had passed Jones with Coxhead just up on Allsopp and Newmark. Whyte was slowing considerably, possibly feeling the strain of his 4:43 50 kilo two weeks previously.

LAP FIVE: The halfway came up in 76:43 with Nicholls in 4th place in a fast 77:22. Jones was finding it tough and went through in 80:00, trailing Ted Allsopp who had made a breakaway burst for 79:51. Newmark led Coxhead by 7 sec with Whyte half a minute down.

LAP SIX: Saw Gardiner and Freeman 3 sec ahead of Clark with Nicholls dropping back. Allsopp was only 2 sec up on Coxhead who was having a good day. Jones and Newmark retired, leaving Whyte 45 sec out on his own.

LAP SEVEN: As they entered the 7th lap, the small crowd was still wondering who was going to make a break. They weren't guessing for long as Bob Gardiner stepped up the pace to 14:54 for the lap to have 13 sec on Noel with Frank another 23 down. Nicholls was beginning to tire and Coxhead began the long chase, gaining a minute on Allsopp with Whyte coming back into the race.

LAP EIGHT: Bob maintained a 14:58 pace and was well clear. Officials began to realise that Bob was up on the Empire

Track record of Noel's and was not far off the world record.

LAP NINE: A 14:54 circuit put Bob in an unbeatable position, 1½ minutes ahead of Noel with Frank another 4 mins behind. Nicholls was hanging onto his lead over Coxhead who was walking his best 20. Robin Whyte had a clear advantage over the gallant Allsopp who was not quite fit enough for a gruelling 20 miles.

FINAL: Bob did not relent his fantastic pace and crossed the line in a phenomenal 2:31:36.6 to be a mere 3.6 sec outside the WORLD TRACK record of Russian athlete Vediakov. Noel crossed in 2:34:17 only 23 sec outside his own Empire Track Record but as he said himself he had no answer for Bob's speed. Frank Clark who won this trial in Sydney in 1966, could not match the two Victorians on the day and finished in 2:39:24. Graeme Nicholls found a little over the final stages for 2:45:1. Justin Coxhead battled the last 8 on his own for 5th in 2:47:35. Robin Whyte kept moving well for 2:59:46 with Tedd Allsopp doing well to finish in 2:52:01.



The final chapter – the 3 medallists from the 1970 Commonwealth Games 20 Miles – Bill Sutherland (SCO) 3rd in 2:37:24, Noel Freeman (AUS) 1st in 2:33:33 and Bob Gardiner (AUS) 2nd in 2:35:55

WHAT'S COMING UP

We now have a break from competition until Victorian Shield competition restarts in early January. The key January and February dates for Victorian walkers are shown below. Note that

- The last 3 rounds of AV Shield for the metropolitan venues are all on Thursday evenings (14/01, 21/01 and 28/01)
- There are a number of 5000m walk opportunities for our younger walkers keen to qualify for the National Champs in March – the Victorian Country U20 5000m walk championships on 22-24 January, the Victorian U20 5000m walk championship on Thursday 18 February and the Victorian U18 5000m walk championship on the weekend of 26-28 February. Entries to the Aust Underage championships close on Sunday 28 Feb – ie at the conclusion of the Vic Underage champs.

January

Sat 09/01	AV Shield - Round 11 (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
Sat 09/01	AV Shield - Round 11 (GEELONG REGION)	Landy Field, South Geelong
Sat 09/01	AV Shield - Round 10 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sun 10/01	VRWC Road Races	Albert Park
Thurs 14/01	AV Shield - Round 10 (SOUTHEAST REGION)	Duncan MacKinnon Reserve, Murrumbeena
Thurs 14/01	AV Shield - Round 10 (EAST REGION)	Hagenauer's Reserve, Box Hill
Thurs 14/01	AV Shield - Round 10 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Sat 16/01	AV Shield - Round 12 (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
Sat 16/01	AV Shield - Round 12 (GEELONG REGION)	Landy Field, South Geelong
Sat 16/01	AV Shield - Round 11 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Thurs 21/01	AV Shield - Round 11 (SOUTHEAST REGION)	Ballam Park Athletic Track, Frankston
Thurs 21/01	AV Shield - Round 11 (EAST REGION)	Bill Sewart Athletics Track, Burwood

Thurs 21/01	AV Shield - Round 11 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
22-24 Jan	Victorian Country Athletics Championships	Joe Carmody Athletic Track, Newborough
Thurs 28/01	AV Shield - Round 12 (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
Thurs 28/01	AV Shield - Round 12 (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Thurs 28/01	AV Shield - Round 12 (EAST REGION)	Reischiek's Reserve, Doncaster
Thurs 30/01	AV Shield - Round 12 (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 30/01	Possible 3000m handicap walk at the Victorian Athletic League meet at St Albans in Melbourne.	

February

Sat 06/02	AV Shield - Region Final (EAST REGION)	Hagenauer's Reserve, Box Hill
Sat 06/02	AV Shield - Region Final (SOUTHEAST REGION)	Knox Athletic Track, Scoresby
Sat 06/02	AV Shield - Region Final (BENDIGO REGION)	La Trobe University Athletics Complex, Bendigo
Sat 06/02	AV Shield - Region Final (BALLARAT REGION)	Llanberris Reserve, Ballarat
Sat 06/02	AV Shield - Region Final (NORTHWEST REGION)	Moonee Valley Athletics Centre, Moonee Ponds
Sat 13/02	AV Shield - FINAL	Reischiek's Reserve, Doncaster
Sat 13/02	Australian Summer 20 km road championships Includes U20 10km World Cup trials and AustU23 vs NZOpen 20km Teams Competition	Hobart
Thurs 18/02	Victorian Open & U20 5000 Walk C'ships	AV All Comers Meet, Olympic Park, Melbourne
Thurs 25/02	AMA 4 x 800 Walk Relays, 7:45PM	Bill Sewart Athletics Track, Burwood
26-28/02	Victorian Youth Track & Field Championships	Olympic Park, Melbourne

FORWARD PLANNING FOR THE 2010 VRWC WINTER SEASON

Mark Donahoo and I have started forward planning for the VRWC 2010 Winter Season fixture and invite members to forward their ideas to us (please email us both – me at terick@melbpc.org.au and Mark at mdonahoo@optusnet.com.au). We have already received a number of good suggestions which include

- More of an emphasis of gradually increasing race distances during the winter, building up to our long races in the second half of the season
- The occasional different race format (eg 3x3km reps race or such like)
- The possibility of a race based on time (eg as far as you can walk in 3 hours – stop / go as you like, the clock keeps ticking)

We have a big percentage of our club membership of ages 12 and downwards. We do hold three U12 and U9 club championships during the winter and do have a number of Prizes days. What else can we do to enhance the experience for our younger walkers?

Finally we are also looking to revamp the AV Teams Races and replace the current three male teams races with one male and one female teams race over a 5km distance early in the season (minimum of 3 finishers from the one AV club for a team). Stay tuned on that one.

Let us know your thoughts – our aim is to make our winter program even better for you, our walkers.

HAVE A WONDERFUL CHRISTMAS

To all our readers, we the committee of the Victorian Race Walking Club wish you all a wonderful Christmas and hope that your 2010 year will be one of great enjoyment and satisfaction. On a personal note, a big hug for all my many friends in the racewalking world. May your joints never wear out and may your step remain forever light!

DATES...DATES...DATES

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

Sat 9 Jan 2010	Athletics Victoria Shield competition resumes at country venues
Sun 10 Jan 2010	VRWC road races, Albert Park
Thurs 14 Jan 2010	Athletics Victoria Shield competition resumes at metropolitan venues
22-24 Jan 2009	Victorian Country Championships, Newborough
Thurs 28 Jan 2010	Invitational VMA 5000m/3000m walks at East Burwood Masters, East Bwd Aths Track, 7:50PM
Sat Jan 30, 2010	Canberra Grand Prix (including Australia Cup) – includes Invitation 5000m walks
	Possible 3000m handicap walk at the Victorian Athletic League meet at St Albans in Melbourne.
Sat 13 Feb 2010	Australian Summer 20 km road championships, Hobart (including U20 10km World Cup trials)
	Incorporating Australia U23 vs New Zealand Open 20km Teams Competition
Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)

Thurs 25 Feb 2010 AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
 26-27 Feb 2010 Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
 27 Feb 2010 Sydney Grand Prix – 5000m walks
 11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
 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
 Sun 11 April 2010 VMA 5000m track championships and VRWC events, venue TBC
 16-18 April 2010 Australian Open and U23 Track and Field Championships, Perth

2010 International Highlights

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico.** See <http://www.iaaf.org/wrc10/preview.html>
 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** (10000m walk boys, 5000m walk girls)
 Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Series (dates now confirmed)

Apr 10, 2010 IAAF Race Walking Challenge, Rio Maior, POR
 May 1, 2010 IAAF Race Walking Challenge, Sesto san Giovanni, ITA
 May 15-16, 2010 IAAF World Racewalking Cup, Chihuahua, MEX
 May 29, 2010 IAAF Race Walking Challenge, Na Rynek marsz Krakow, POL
 June 19, 2010 IAAF Race Walking Challenge, La Coruna, ESP
 Sept 18, 2010 IAAF Race Walking Challenge Final, Beijing, CHN

2010 – Other International Opportunities

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)

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

May 2012? **IAAF World Race Walking Cup, Saransk, Russia**
 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**

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au Home: 03 90125431 Mob: 0412 257 496

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