



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 24 FEBRUARY 2010

Thanks to Paul Rance for his usual weekly report on the Bendigo walking scene.

The Bendigo Walkers Clubs Summer Season of racewalking was completed on Wednesday evening with the end of Season presentation of awards and a 3x1200m teams relay.

The Presentation of awards saw Grace Edlin take out her 2nd successive Walker of the Year award after an outstanding Year of consistent and improved performances. Grace scored placings in 17 of the 25 point scoring events over the 2009-10 year with many personal bests and one Club record.

Outside of Club events Grace was a silver medalist at last years Victorian Little Athletics Championships and also a bronze medalist at the Australian Federation Titles in Canberra. Former winner Dane Heiden was runner-up in the Walker of the Year award with Grace Edlin's younger sister Charlotte taking 3rd place.

Grace Edlin's superb Season also saw her win the short distance aggregate, short distance most improved and short distance most consistent and she finished just one point behind Dane Heiden in the short distance fastest time award with Dane taking out the award with a narrow victory over Grace in the last point scoring walk of the Season.

The long distance awards saw Colin Cleary win the aggregate and most improved with Annette Curtis winning the most consistent while Ebony Whiley won the fastest time award and Club Champion award.

In the 3x1200m teams race the team of Charlotte Edlin, Jarrod Coad and Catherine Heard scored a strong victory.

1. Team 6 Charlotte Edlin 6.22, Jarrod Coad 7.04, Catherine Heard 8.08
2. Team 3 Annette Major 6.49, Barb Bryant 6.59, Annette Curtis 8.00
3. Team 4 Amanda Heard 5.57, Geoff Major 7.51, Ebony-Jade Jones 8.05
4. Team 2 Dane Heiden 6.15, Josh Savage 6.23, Norm West 9.20
5. Team 1 Ebony Whiley 6.05, Jeremiah Jones 6.10, Jamie-Lee Jones 9.58
6. Team 5 Grace Edlin 6.10, John Carter 7.26, Eddie Rowan 8.44

The Club's Winter Season will commence at Lake Neanger Eaglehawk on Sunday 18th April at 10am with 1km and 4km sealed handicap events to be conducted.

4th WORLD MASTERS INDOOR CHAMPIONSHIPS, KAMLOOPS, CANADA

As mentioned in last week's newsletter, The World Masters Indoors Championships were completed this week in Canada. As expected, USA led the medal count with 240 medals (105 gold, 78 silver and 57 bronze), Canada was close behind at 210 medals (70 gold, 76 silver and 64 bronze), with Germany (38 gold, 25 silver, 31 bronze, 94 total), Australia (18 gold, 13 silver, 16 bronze, 47 total) and Great Britain (16 gold, 24 silver, 13 bronze, 53 total) rounding out the top five.

Heather Carr was our sole representative in the walks and she won golds in both the 3000m track walk (with a **new W60 World Indoors Record of 15:54.75**) and the 10km road walk. Here is what Heather had to say after her first gold on Wednesday

Good news!! I finished first in my 3000m walk, in a time of 15:54.75. I was pleased with the result as conditions were very different than competing on a 400m track. It's a 200m track and indoors. It seems like you turn one corner and then you're into the next! Other competitors such as shot put and high jump are so close, and you feel a little claustrophobic! I started conservatively, as I wasn't sure what the judging would be like, but as I didn't get any red cards on the DQ board, I was able to walk comfortably. I wasn't sure of the time, as it's a 200m track, but was pleasantly surprised to see that I was capable of breaking the existing record as I entered the finish straight. The existing record was 15:59.53. I will go into Fridays race with confidence now. Am looking forward to the 10km outdoor race, as the conditions are not as severe as I thought they may have been. No snow on the ground, no bitter wind, just cool temperatures.

For the record, her time in winning gold in Friday's 10km roadwalk was a quick **56:17.1**. Straight after her second win, she went directly to the Kamloops Airport to begin the return trip home to Melbourne — a sad journey, as she was going home for the funeral of her mother, who died on the eve of her trip to Kamloops. Our thoughts are with you, Heather.

I reproduce below the first 5 placings from each age groups. Some of the bigger age groups had a lot more than 5 entrants so the entire list is significantly bigger. Full results can be seen on the website at <http://www.kamloops2010masters.com/Results/index.htm>. Big names from the past included Janice McCaffrey of Canada, a three-time Olympian (1992, 1996, 2000) and Commonwealth Games medallist, who won golds in the W50 age group and Marcel Jobin, 1978 Commonwealth Games gold medallist, who took silvers in the M65 10km event.

3000m Track Indoors

W35	1	Samson, Caroline	W39	Canada	17:20.83
	2	Rodriguez Ruah, Pa	W36	Canada	19:20.33
W40	1	Megli, Milena	W43	Italy	15:33.20
	2	Brooke, Susan	W44	Canada	15:45.77
	3	Hanne, Liland	W40	Norway	16:00.51
	4	O'Leary, Sharon	W41	Canada	17:51.11
W45	1	Booyens, Ada G	W48	South Africa	15:57.06
	2	Hulley, Elizabeth	W46	Canada	16:06.36
	3	Gormley, Anne	W46	Ireland	18:27.12
	4	Saelen, Nina Solva	W46	Norway	18:44.50
	5	Krogenaes, Mette	W45	Norway	21:05.23
W50	1	McCaffrey, Janice	W50	Canada	15:24.99
	2	Sweazey, Nancy	W54	Canada	16:58.48
	3	Wilson, Linda	W54	Canada	17:02.04
	4	Cochereau, Veronique	W50	France	17:04.28
	5	Rodrigue-Poscente,	W50	Canada	17:34.36
W55	1	Flipsen, Johanna	W55	Canada	17:00.52
	2	Watts, Sherry	W56	Canada	17:32.41
	3	Martino, Marianne	W59	United States	17:47.01
	4	Nityagovskaya, Liu	W55	Russia	18:15.48
	5	Turner, Joanne	W57	Canada	18:37.55
W60	1	Carr, Heather R.	W60	Australia	15:54.75 WR
	2	Buitrago, Olga	W62	Argentina	18:36.19
	3	Moskwa, Janet	W60	Canada	19:04.50
	4	Frable, Kathleen	W64	United States	19:51.63
W65	1	Jonkers, Riet	W66	Netherlands	19:49.59
	2	Rosenitsch, Ann Ma	W69	Canada	20:06.90
	3	Nagell-Dahl, Halld	W67	Norway	20:24.27
	4	Herrendoerfer, Urs	W69	Germany	21:19.73
	5	Sarkar, Eileen	W67	Canada	21:26.57
W70	1	McCall, Bev	W73	United States	20:03.45
	2	Langford, Jill L.	W70	Great Britain	20:09.07
	3	Sinkovec, Rita	W70	United States	20:09.53
W75	1	Carrier, Ruth	W79	Canada	25:04.56
	2	Acton, Myrtle	W77	Canada	26:02.10
W80	1	Estrada Esquivel,	W80	Mexico	23:53.84
	2	Buschhaus, Hildega	W81	Canada	25:51.70
	3	Pagu, Elena N	W83	Romania	26:36.78
M40	1	Svensson, Christer	M40	Sweden	13:38.39
	2	Kropik, Franz	M42	Austria	15:22.76
	3	Staedler, Karsten	M41	Germany	16:19.98
	4	Tardi, Emmanuel	M43	France	20:50.25
M45	1	De Los Angeles, Gu	M49	Mexico	13:19.52
	2	Gutierrez Brenes,	M48	Costa Rica	13:34.13
	3	Gnauck, Dick	M45	Germany	13:39.73
	4	Bodet, Glen	M48	United States	13:52.11
	5	Dietsche, Klaus	M47	Germany	13:55.66
M50	1	Matthews, Jonathan	M53	United States	13:05.14
	2	Bogaert, Dirk	M51	Belgium	14:12.06
	3	Kenney, James	M53	Canada	14:14.16
	4	Lyzhin, Sergey	M54	Russia	14:57.14
	5	Venturi Degli Espo	M53	Italy	14:59.51
M55	1	Schwarz, Alfons	M55	Germany	15:37.36
	2	Dragomir, Gerald	M58	Canada	15:42.36
	3	Thiedmann, Klaus	M55	Germany	16:02.34
	4	Harper, Steve	M59	United States	16:06.90
	5	Bruegel, Juergen	M56	Germany	16:55.09
M60	1	Niestelberger, Lud	M61	Austria	15:03.35
	2	Hall, John D.	M61	Great Britain	15:17.08
	3	Giannuzzi, Luigi	M61	Italy	16:07.63
	4	Frable, Norman	M64	United States	16:24.98
	5	Fiori, Mario	M62	Italy	16:28.61
M65	1	Turner, Colin	M65	Great Britain	15:59.55
	2	Jobin, Marcel	M68	Canada	16:05.22

	3	Karlov, Vladimir	M69	Russia	16:20.98
	4	Kittredge, John	M65	Canada	16:51.63
	5	Strieder, Hermann	M69	Austria	16:51.66
M70	1	Irbe, Zigurds	M74	Latvia	17:33.23
	2	Rubenis, Gunars	M71	Latvia	17:56.48
	3	Gottert, Klaus	M71	Germany	18:19.25
	4	Mikulis, Gunars Ja	M72	Latvia	21:12.76
	5	Finch, Bernie	M70	United States	21:16.76
M75	1	Du Bois, Alfred	M78	United States	20:04.35
	2	Popov, Yury	M75	Russia	21:15.33
	3	Shirzad, Sadegh	M76	Iran	21:40.03
	4	De Silva, Henry	M76	Great Britain	21:57.33
	5	May, John C.	M79	Great Britain	22:25.83
M80	1	Starr, John	M81	United States	20:45.90
M85	1	Albrecht, Horst	M86	Germany	25:05.13

10km Road

W35	1.	Bergeson, Jolene,		Canada,	1:06:29.40
	2.	Rodriguez Ruah, Paola,		Canada,	1:07:02.20
W40	1.	Megli, Milena,		Italy,	54:06.80
	2.	Brooke, Susan,		Canada,	55:33.80
	3.	Hanne, Liland,		Norway,	57:21.70
	4.	O'Leary, Sharon,		Canada,	1:01:54.10
W45	1.	Booyens, Ada G,		South Africa,	54:23.30
	2.	Hulley, Elizabeth,		Canada,	58:21.70
	3.	Gormley, Anne,		Ireland,	1:05:18.10
	4.	Saelen, Nina Solvaar,		Norway,	1:07:30.10
	5.	Krogenaes, Mette,		Norway,	1:13:06.40
W50	1.	McCaffrey, Janice,		Canada,	55:24.20
	2.	Cochereau, Veronique,		France,	1:00:18.00
	3.	Wilson, Linda,		Canada,	1:00:36.50
	4.	Rodrigue-Poscente, Michelle,		Canada,	1:03:21.90
	5.	Archibald, Sandra,		Canada,	1:03:37.80
W55	1.	Flipsen, Johanna,		Canada,	57:14.80
	2.	Martino, Marianne,		United States,	1:00:29.00
	3.	Watts, Sherry,		Canada,	1:00:41.80
	4.	Nityagovskaya, Liudmila,		Russia,	1:03:58.30
	5.	Crerar, Joanne,		Canada,	1:05:45.00
W60	1.	Carr, Heather R.,		Australia,	56:17.10
	2.	Buitrago, Olga,		Argentina,	1:05:34.40
	3.	Moskwa, Janet,		Canada,	1:06:18.40
	4.	Frable, Kathleen,		United States,	1:08:33.40
	5.	Jacob, Penny,		Canada,	1:31:37.70
W65	1.	Nagell-Dahl, Halldis M.,		Norway,	1:11:29.90
	2.	Herrendoerfer, Ursula,		Germany,	1:12:34.10
	3.	Van Leeuwen, Dianne,		Canada,	1:14:16.80
W70	1.	McCall, Bev,		United States,	1:09:22.50
	2.	Langford, Jill L.,		Great Britain,	1:09:36.80
	3.	Sinkovec, Rita,		United States,	1:09:38.50
W80	1.	Estrada Esquivel, Petra,		Mexico,	1:23:38.00
	2.	Pagu, Elena N,		Romania,	1:28:50.20.
M40	1.	Svensson, Christer,		Sweden,	48:08.60
	2.	Kropik, Franz,		Austria,	55:54.80
	3.	Staedler, Karsten,		Germany,	56:30.20
	4.	Tardi, Emmanuel,		France,	1:08:04.90
M45	1.	De Los Angeles, Guadalupe,		Mexico,	47:13.70
	2.	Gutierrez Brenes, Sergio Antonio,		Costa Rica,	47:40.30
	3.	Gnauck, Dick,		Germany,	48:17.70
	4.	Bodet, Glen,		United States,	50:12.90
	5.	Dietsche, Klaus,		Germany,	50:25.10
M50	1.	Matthews, Jonathan,		United States,	46:34.20
	2.	Bogaert, Dirk,		Belgium,	51:38.20
	3.	Venturi Degli Espost, Franco,		Italy,	52:15.70
	4.	Kenney, James,		Canada,	52:27.20
	5.	Lyzhin, Sergey,		Russia,	52:58.60
M55	1.	Dragomir, Gerald,		Canada,	52:31.10
	2.	Harper, Steve,		United States,	55:58.40
	3.	Charrois, Henry,		Canada,	56:13.00
	4.	Thiedmann, Klaus,		Germany,	56:22.50
	5.	Bruegel, Juergen,		Germany,	59:11.10
M60	1.	Niestelberger, Ludwig M.,		Austria,	53:45.20

	2.	Hall, John D.,	Great Britain,	55:29.70
	3.	Frable, Norman,	United States,	56:23.80
	4.	Giannuzzi, Luigi,	Italy,	58:07.40
M65	1.	Turner, Colin,	Great Britain,	56:11.80
	2.	Jobin, Marcel,	Canada,	57:51.90
	3.	Kittredge, John,	Canada,	59:15.50
	4.	Purves, Bill,	Hong Kong,	59:58.80
	5.	Bjorsvik, Arvid,	Norway,	1:02:24.30
M70	1.	Irbe, Zigurds,	Latvia,	1:01:30.00
	2.	Rubenis, Gunars,	Latvia,	1:01:37.40
	3.	Gottert, Klaus,	Germany,	1:02:19.50
	4.	Mikulis, Gunars Janis,	Latvia,	1:14:59.70
	5.	Finch, Bernie,	United States,	1:21:58.00
M75	1.	Du Bois, Alfred,	United States,	1:09:25.40
	2.	De Silva, Henry,	Great Britain,	1:15:22.90
M80	1.	Starr, John,	United States,	1:13:14.00

Thanks to Emmanuel Tardi for some nice photographs of Heather in action in the 10km event at the championships.



Heather wins the W60 10km walk at the World Masters Championships

ACT RACE & FITNESS WALK CLUB RESULTS

Thanks to Robin Whyte for the last 3 weeks of walk results from Canberra. I must give a special mention to AIS walker **Luke Adams** who sped over 3000 m on 4th March in the super quick time of **11:06**.

ACT Race & Fitness Walk Club Walks, AIS Stadium, Canberra, Thursday 11 February 2010

1200m

1.	Hunt, Zoe	6.26
2.	Baker, Kara	6.42
3.	Burns, Callum	7.05
4.	Hunt, Gabby	7.25
5.	Adams, Emma	7.54

2000m

1.	Reading, Michael	9.00
2.	Hosking, Elizabeth	9.22
3.	Bates, Harry	9.43
4.	Reading, Brendon	9.46
5.	Hosking, Caitlin	10.25
6.	Baker, Peter	10.35
7.	Kennedy, John	11.00
8.	Bialecki, Helen	11.31
9.	Whyte, Robin	11.43

10.	Gilchrist, Rod	12.45
11.	Thomas, Bryan	13.11
12.	Williams, Alan	13.14
13.	Bates, Jane	13.18
14.	Donovan, John	13.20
15.	Baumann, Ruth	13.29
16.	Fitzgerald, Doug	13.33
17.	Barker, Geoff	14.00
18.	Munro, Terry	14.10
19.	Gilchrist, Jennie	14.32
20.	Greathead, Sheryl	14.50
21.	Thackray, Jack	16.05
22.	Essam, Phil	16.19
23.	Chesterton, Val	16.31
24.	Kennelly, Robert	17.58

ACT Race & Fitness Walk Club Walks, AIS Stadium, Canberra, Thursday 25 February 2010

1200m

1.	Hunt, Zoe	6.37
2.	Thackray, Jack	9.28

10,000m

1.	Bates, Harry	57.59
2.	Staunton-Jugovic, Ann	58.55
3.	Whyte, Robin	61.29
4.	Gilchrist, Rod	68.47
5.	Barker, Geoff	70.56
6.	Robinson, Derek	72.19
7.	Donovan, John	72.19
	Thomas, Bryan	DQ
	Fitzgerald, Doug	DNF
	Reading, Michael	DNF

ACT Race & Fitness Walk Club Walks, AIS Stadium, Canberra, Thursday 4 March 2010

5,000m

1.	Reading, Michael	24.53
2.	Staunton-Jugovic, Ann	27.27
3.	Baker, Peter	28.18
4.	Thomas, Bryan	32.40
5.	Gilchrist, Rod	32.58
6.	Bates, Jane	33.50
7.	Donovan, John	34.58
8.	Gilchrist, Jennie	36.41
	Whyte, Robin	DQ
	Barker, Geoff	DNF

3,000m

1.	Adams, Luke	11.06
2.	Hosking, Elizabeth	14.15
3.	Bates, Harry	14.58
4.	Fitzgerald, Doug	20.27
5.	White, Kelsey	20.50

1500m

1.	Hunt, Zoe	8.30
2.	Thackray, Jack	11:56

ATHLETICS SA INTERCLUB FINALS, SANTOS STADIUM, ADELAIDE, SATURDAY 6 MARCH 2010

Thanks to Peter Crump for the results from Day 2 of the Athletics South Australia Interclub finals which saw good times for Paige Hooper, Claire Xian (19 sec PB), Kristie Goznic and Jemma Potezny (26 sec PB and a good time for a 14 year old). That ends the formal track and field competition for the summer and South Australian walkers can now enjoy a rest from races until the winter season start in May.

5000m Walk

1.	Paige Hooper	24:08.8	
2.	Kim Mottrom	24:32.9	
3.	Claire Xian	25:03.9	19 sec PB
4.	Kristie Goznic	25:39.5	
5.	Jemma Potezny	27:58.1	26 sec PB
6.	Peter Crump	28:22.4	
7.	Jim Hoare	33:51.1	

1500m Walk

1. Piper Douglas 7:57.2

COBURG 6 HOUR WALK CHAMPIONSHIPS, MELBOURNE, SUNDAY 7 MARCH 2010

Last Sunday saw the annual Coburg 6 Hour Walk and Run Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. Of the field of 35 entrants, there were 14 walkers and, while none of our top walkers were there, it was still an enthusiastic group of participants, ably led by VRWC member Terry O'Neill. Special mentions to Alex Poore who came second in the men's event at 71 years of age and to Michelle Thompson who won the women's walk in her first ever competitive walk (Michelle is a well credentialled ultra runner). The first 5 placings in each event are as follows:.

6 HOUR WALK MEN

- | | | | |
|----|----------------|-----|--------|
| 1. | O'NEILL, Terry | VIC | 50.746 |
| 2. | POORE, Alex | VIC | 45.139 |
| 3. | JORDAN, Steve | VIC | 44.440 |
| 4. | TIMMS, John | VIC | 44.328 |
| 5. | VOITIN, John | VIC | 41.310 |

6 HOUR WALK WOMEN

- | | | | |
|----|--------------------|-----|--------|
| 1. | THOMPSON, Michelle | VIC | 49.133 |
| 2. | O'NEILL, Karyn | VIC | 44.302 |
| 3. | SNELL, Raffy | VIC | 41.318 |
| 4. | ABLETT, Katrina | VIC | 38.240 |
| 5. | HOWORTH, Sandra | VIC | 37.468 |

This is very much a buildup event for the annual Coburg 24 Hour event which is on in 5 weeks time at Coburg. Thanks to Stuart Cooper for the great photos.



Terry O'Neill, Alex Poore, Michelle Thompson and Karyn O'Neill in action at Coburg last weekend

ITALIAN INDOOR CHAMPIONSHIPS, ANCONA, SATURDAY 27 FEBRUARY 2010

Alex Schwazer was the star of the recent Italian Indoor championships, winning the 5000m walk in the year's best time of 18:46.49 (just pipping the 18:47.57 time of Frenchman Yohan Diniz, done earlier this year). Interestingly, both these walkers are specialist 50km exponents, showing that they have a rare turn of speed as well as a great endurance base. Schwazer's splits were 3:43.1, 7:24.6, 11:11.3, 14:59.6 and 18:46.49. The first 3 places in the men's and women's championships were

5000m Championship for Men

- | | | |
|----|--------------------------|----------|
| 1. | SCHWAZER Alex | 18:46.49 |
| 2. | NKOULOUKIDI Jean Jacques | 19:11.13 |
| 3. | PARIS Daniele | 20:02.53 |

3000m Championship for Women

- | | | |
|----|----------------------|----------|
| 1. | DI VINCENZO Sibilla | 12:42.15 |
| 2. | GIORGI Eleonora Anna | 12:55.86 |
| 3. | RAGONESI Agnese | 13:06.22 |

SOUTH AMERICAN RACE WALKING CHAMPIONSHIPS, COCHABAMBA, BOLIVIA, 6-7 MARCH 2010

Strong performances by Ecuadorians Rolando Saquipay and Mesías Zapata highlighted the 17th South American Race Walking Championships that took place in Cochabamba, a city in central Bolivia, high in the Andes mountain range, on 6-7 March. Times were slow overall but that was to be expected considering that walkers were competing at the always challenging altitude of **2574m!**

On the first day of the Championships (6 March), 29 year-old Zapata took the 50km race in 4:17:00, leaving compatriots Washington López (21 years old) in second place (4:21:08), and Washington Guevara in third (4:22:37). Zapata repeated the victory he had obtained in 2008 edition, held in Cuenca.

Colombian Sandra Galviz won the women's 20km in 1:40:48. The 23 year-old set a solid pace from the start and, by the 10km split (49:54), was already leading by 1:04 over Bolivian Claudia Balderrama, who captured second place.

Brazilian Caio Bonfim provided the only victory for his country by taking the 10km Junior race (43:08).

The other winners of the day were Colombian Eider Arévalo (10km Youth; 43:35), Bolivian Wendy Cornejo (10km Junior; 52:46), and Peruvian Kimberly García (5km Youth; 24:24).

Day Two (7 March) saw 30 year old Saquipay win the men's 20km event in 1:24:50 (7 March), leaving Colombian Gustavo Restrepo in second place with 1:27:40, and Chilean Yerko Araya in third (1:30:45). To win the event for the second time in his career, after his triumph in Los Ángeles, Chile in 2004, Saquipay took an early lead, and was ahead of compatriot Andrés Chocho by 8 seconds at the 5km split (21:18), by 27 seconds at 10km (42:34) and by 15 seconds by 15km (1:03:49). Chocho crossed the finish line in 1:26:10, but was disqualified after finishing the race. Saquipay, who has a PB of 1:19:21 (2005), has recorded his best international performances at the 2004 Olympic Games (17th), 2007 World Championships (12th) and 2004 and 2008 World Cup (12th). The Ecuadorian won the 2005 Pan American Cup, where he set his PB, and was also silver medalist at the 2007 Pan American Games.

All champions qualified for the 2010 IAAF World Race Walking Cup, to be held in Chihuahua, Mexico, on 15-16 May.

Medal table (G-S-B-Total)

1. Ecuador	2-4-4-10
2. Colombia	2-2-0-4
3. Bolivia	1-1-1-3

50km Open Men (6)

1. Mesías Zapata	ECU	4:17:00
2. Washington Alvarado	ECU	4:21:08
3. Washington Guevara	ECU	4:22:37

20km Open Women (7)

1. Sandra Galviz	COL	1:40:48
2. Claudia Balderrama	BOL	1:42:48
3. Milangela Rosales	VEN	1:43:33

20km Open Men (7)

1. Rolando Saquipay	ECU	1:24:50
2. Gustavo Adolfo Restrepo	COL	1:27:40
3. Yerko Araya	CHI	1:30:45

10km Junior Women (7)

1. Wendy Cornejo	BOL	52:46
2. Ana Karina Bustos	ECU	54:02
3. Marisol Álvarez	ECU	55:20

10km Junior Men (7)

1. Caio Bonfim	BRA	43:08
2. José Luis Montaña	COL	43:20
3. Niel García	PER	46:10

5km Youth Girls (6)

1. Kimberly García	PER	24:24
2. Ana Karina Bustos	ECU	25:11
3. Wendy Cornejo	BOL	25:23

10km Youth Male (6)

1. Eider Arévalo	COL	43:35
2. Brian Pintado	ECU	47:00
3. Oscar Villavicencio	ECU	47:51



Rolando Saquipay of Equador (right) walks with Equador's greatest walker Jefferson Perez in this 2005 shot

CHRIS ERICKSON TIES THE KNOT

Many of his friends from the racewalking world gathered at Queenscliff in country Victoria last Saturday to help Chris Erickson celebrate his marriage to fiancée Rachel Semmens. I thought the opportunity too good to miss so gathered all the assembled walkers, current and past, together for one large photo and it's a pretty impressive lot of talent on show. The list includes **Adam Rutter, Jared and Claire Tallent, Tom Barnes, Brent Vallance, Tim Erickson, Nathan Deakes, Duncan Knox, Kellie Wapshott, Frank Bertei, Andrew and Lorraine Jachno, Jess Rothwell, Clarrie and Ian Jack and Megan Szirom**. Wow!



WEBSITE UPDATES

I have been doing some VRWC website updates over the last couple of weeks and take the opportunity to alert readers to them.

Yearly Results Compendiums

Each year, the Heel and Toe newsletters report on many races from Victoria, Australia and overseas. Once the year has ended, I extract all the main events into a single document and I have now tidied these documents up and made them available online. Each document contains

- All VRWC race results
- All Victorian and Victorian Country Championships (Masters, Open and Little Athletics)
- All Australian Championships and major Australian races (Masters, Open and Little Athletics)
- All IAAF Championships and other key international races
- All international races in which any Australian walkers have competed

Just go to the VRWC Archive website (<http://www.vrwc.org.au/tim-archive/>) and select the 'Results Compendium' index item.

More Victorian Championships Results

For some time, I have had all the Victorian Open Walk Championship results online. I have now added the last 10 years of Victorian Underage Championship results (Schools and A.V., track and road) as well. They can be accessed via the 'Vic. Championship Results' index item on the VRWC website (<http://www.vrwc.org.au>). Here they are as linked documents for completeness.

- [Victorian Open Racewalking Championships - Men](#)
- [Victorian Open Racewalking Championships - Women](#)
- [Victorian Underage Racewalking Championships - Boys](#)
- [Victorian Underage Racewalking Championships - Girls](#)
- [Victorian Schools Racewalking Championships - Boys](#)
- [Victorian Schools Racewalking Championships - Girls](#)

JIM GLEESON – VRWC LEGEND

There is always time at this stage of the year for a few extra articles and this week I delve back into the past to look at the career of one of our VRWC legends, namely Jim Gleeson.

Jim Gleeson, born 14 June 1931, is recognized as one of the greatest exponents of long distance walking in Australia and he was regarded for many years as the iron man of Victorian Racewalking. I remember Clarrie Jack talking in awestruck terms of Jim's 1971 24 hour walk at the Preston Track when he set the current Australian record of 122 miles 215 yards. What made that walk so special was the incredibly bad conditions with gale force winds and very adverse conditions. So I thought it about time that I reviewed Jim's long and illustrious career.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a walker instead. He did thirty five 50 km races in his years with the Victorian Amateur Walkers Club (VAWC) and won the Victorian 50km titles in 1963 and 1964. His career also included various VAWC club titles and numerous placings at all levels of racewalking in Australia.



**The 1959 Victorian racewalking team for the National Championships
Ted Allsopp, Don Keane, Noel Freeman, Alan Hancock, Laurie Hehir, Noel Norris and Jim Gleeson**

He won the VAWC 50 mile titles in 1961, 1962 and 1963 and this set him off down the path of long distance walking. His first effort in 1961 saw a time of **8:42:29** and a win by some 35 minutes. His second effort in 1962 saw him improve his time by 27 minutes to set a new Australian best time of **8:15:19**. Here is how the VAWC "Heel and Toe" newsletter reported the race

Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14th. Jim becomes the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake.

The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being ¾ mile behind Gavan at 23 miles, Jim's experience in this type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36th mile saw Jim stride past the fading Gavan with the fastest lap of the race, and Gavan's ultimate retirement was in the 42nd mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs.

Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.

The following year, he made it three in a row with a time of **8:23:05**. Again, to quote from the 'Heel and Toe'

Victorian 50 km champion Jim Gleeson earned himself a place in Australian walking history at Albert Park on 12th October, when he scored his third successive victory in the VAWC 50 mile championship. Jim clocked a most creditable 8.23.05 to

equal the three in a row record set in 1928-29-30 by the famous Jack Lewis (to whom the people of Warburton have recently erected a special memorial).

With 6 other enthusiasts, Jim set off at 7 a.m. on a cool overcast morning at a restrained 10.15 pace. Varel Newmark and Alan Hancock held a narrow lead over Jim and Gavan Breen for the first 15 miles (covered in just under 10's). However, when Alan retired at 22 miles, Jim, Gavan and Varel came together in approx 4 hrs 10 mins. From this point Jim began to apply the pressure and, walking each 5,000m lap in just over 30 mins, drew steadily away from Gavan with Varel further back in 3rd place. With 4 laps to go, there seemed a remote chance that Jim might even get down to his 1962 record of 8.15.19, but the strength-sapping wind took its toll and Jim was content to complete the course in his own time, recording 8.23.05 – the second fastest ever walked in Australia.



Jim in winner's sash after winning his first Victorian 50km championship in 1963

Jim did many long distance walks over the ensuing years but none more impressive than his Darwin “Big Walks” of the mid sixties. In September 1961, The Northern Territory News had sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, the newspaper extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women’s team covered their 42 miles in just on 9 hours. This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

Jim was the first walker to benefit from the Northern Territory News sponsorship. A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58°F day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM and was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92°F and the humidity registered a massive 87%. Jim was to walk single handed against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn’t last much longer – his skin was a deep red and the harsh sun was effecting even the local walkers. Jim held 3rd place most of the way and was doing a magnificent job at about 11 minute miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim’s time of **11.03.35** was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organizers as ‘*a superb athletic performance and classic example of endurance and plain old-fashioned guts*’.

The fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day for treatment.

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train, doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg. Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity taking their toll. He was then forced to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than stop, Jim decided to continue on and walk the remaining 30 miles alone. He did that and finished the race in 11.01.14, just over a mile ahead of the Army team which

finished second and another mile back to the R.A.A.F team in third place. Again another performance to write home about.

In 1966 Bob Gardiner, Ted Allsopp and Jim again travelled to Darwin for the 100 km walk, competing as a 3-man team. They won of course, recording the fastest ever time of 9 hours 2 mins (a record that still stands today).

In 1967 Ted Allsopp, Harry Summers and Jim went up for the last time. Again, they won in a time of 9 hours 6 mins. The following article in the N.T. News sums up the atmosphere well.

A rain soaked Harry Summers crossed the finishing line on Saturday afternoon at Gardens Oval No. 2 and gasped, "Where's me stubbie . . . someone get me a stubbie."

Harry had just completed the last leg of the 100,000 metres relay walk for the Victorian team which successfully defended the Jack Feeley Challenge Cup.

Note that the Victorians' win detracted from the Territory team's performance They finished only 51 mins behind the Victorians and at one stage were only three minutes behind.

Jim Gleeson, Victorian walker, summed up the Territory team's effort by saying: "They are very, very good. They have improved a lot and so have their styles."

The final leg of the race for the Territorians was walked by Walkathon winner Robert McFarlane.

The Victorians said that when the rain came towards the end of the race, they took full advantage of the cooler conditions.

Harry Summers, walking in the race for the first time, felt the heat and humidity so much that at one stage he was on the verge of collapse.

Ted Allsopp said that Summers had looked so ill that he had had to go into a hotel and sit under a fan to cool off. But this did not deter Summers who came into Gardens No. 2 looking a mixture of red and white but still able to wisecrack as he made his way around the oval to finish the race.

Of course, Jim remained competitive over the shorter distances and, in 1968, he won the Lake Burley Griffin 20 miler in Canberra, one of the first winners of this prestigious annual event.

When the Australian Centurions were formed in 1971 and the first 24 Hour races were set in motion, VAWC decided that they would stage one. The Edwards Lake Track in Reservoir, a recently laid rubber bitumen track set amidst parkland, was deemed to be a suitable venue. The date was set for 23-24 October 1971 and Alf Robinson, the VAWC President, set about getting a good field in place. Although top walkers like Ted Allsopp declined the challenge, Alf was successful in getting Jim to the line as his 'top gun'.

There were 9 starters overall, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race, the wind was blowing at over 50 miles per hour. This continued for the first 6 hours, followed by squally periods of rain that continued until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say). Jim powered through these changing conditions with no breaks at all, passing the 50 mile mark in a very fast **8:31:27**, setting a new 100 mile mark of **18:33:58** (an Australian record that stood until 1979) and reaching a final 24 Hour distance of **122 miles 215 yards** (this still stands as the Australian record).

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45 to become Centurion Number 4. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt, becoming Australian Centurion number 5 with a time of 21:36:53.



The three new centurions – Stu Cooper (C 5), Jim Gleeson (C 3) and Clarrie Jack (C 4)

Jim did this race on 50 km training and could not get out of bed to go to work the next day as his legs would not respond for some 24 hours. Overall, he had to have a week off work.

He fronted again the following year but being newly married and having work commitments meant that he was unprepared to improve on his 1971 performance, recording **19:16:14** for the 100 miler.

Injuries, age and a lack of available time restricted him in subsequent years from attempting another 100 miler (what's to prove?) but he did take on the occasional long challenge. I came across a cutting in our records recording the fact that in 1977 Jim completed a 95 km walk from Richmond to Sorrento to re-enact a historic walk by Arthur Barrett in January 1893 after missing the boat from Prince Bridge to Sorrento. Jim attempted the walk to raise money for the Chelsea Historical Society's Museum Fund, completing the journey in 11 hours 57 minutes and bettering the late Mr Barrett's time by 2 hours, 18 mins. Long distance runner Tony Rafferty took 2.5 hours more to complete the distance than did Jim.

At age 78, Jim looks in great shape and still does a 2 hour stroll each morning around the Chelsea area. He hopes that many more will take on the challenge of the longer walking distances because as Herb Elliot said "*Any fool can do a mile but it takes a man to do a marathon*".

WHAT'S COMING UP

Our best young walkers will be travelling to Sydney this weekend for the Australian U14-U20 Track and Field championships, with track walks to be contested in all age groups. The walk timetable looks like this

Day One - Thursday 11 March 2010	4:35 PM	5000 metres Walk Under 17/18 Boys
	6:15 PM	5000 metres Walk Under 17/18 Girls
Day Two - Friday 12 March 2010	3:50 PM	1500 metres Walk Under 14 Boys/Girls
	7:10 PM	10000 metres Walk Under 20 Men/Women
Day Three - Saturday 13 March 2010	6:10 PM	3000 metres Walk Under 15/16 Boys
	6:50 PM	3000 metres Walk Under 15/16 Girls

Check out <http://www.athletics.com.au/freestyler/files/All%20Entries%20as%20at%2020%20March.pdf> for the full list of entrants.

A special note to all Victorian Masters walkers. This year's **VMA T&F Championships** which are a joint event conducted by Athletics Victoria and Victorian Masters Athletics, **will now be held at Duncan McKinnon Reserve, Murrumbeena on Saturday 20th and Sunday 21st March 2010**. The venue has been changed from Hagenauer's Reserve, Box Hill as of Monday 1st March 2010.

DATES...DATES...DATES

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

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, venue changed to Duncan McKinnon Reserve, Murrumbeena
20-21 Mar 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, Collingwood
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth
Sat 26 April 2010	Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

Australian Winter Season Key Dates

Sun 13 June 2010	44 th Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat 24 July 2010	Racewalking Australia State Challenge, in each State
Sun 22 August 2010	Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

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 Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albiseti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	XIII Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	XXIV Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B

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**

July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

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