



HEEL AND TOE ONLINE

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COMMONWEALTH GAMES WALKS, DELHI, SATURDAY 9 OCTOBER 2010

Last Saturday morning saw the Commonwealth Games walks in Delhi. The early morning start times of 6:30AM (men) and 6:45AM (women) ensured that conditions were optimised but it was still humid and warm. I was trackside but found the experience a frustrating one due to the heavy military shutdown of the area. My requests to get closer to the action to get some footage of the race fell on deaf ears and I was forced to watch from well back in what could only be described as a poor viewing position.

But it was a small hiccup in the big picture as **Jared Tallent** (gold), **Luke Adams** (silver) and **Claire Tallent** (silver) all collected medals on a triumphant day for the green and gold. They were well backed up by fellow team members **Chris Erickson** (eighth) and **Cheryl Webb** (fifth).

The men's event was an exciting one with Jared, Luke, local favourite Harminder Singh (IND) and David Rotich (KEN) locked together for the first two thirds of the race. Coming up to the 14 km mark, Jared and Luke started applying the pressure and it was soon the two of them out the front and matching it stride for stride. Just before the 18km mark, Jared was able to make the decisive break as Luke stumbled over a section of raised concrete. He made the most of the hiccup and stormed home to win in 1:22:18 with Luke a gallant second in 1:22:31. The Athletics Australia website takes up the story from there:

Jared said his victory was one of the most rewarding moments of his career. "It's pretty special, it's got to be right up there. The Olympics is very special and I've come second and third at the Olympics and third at the World Cup so to finish on the top of the podium is a very nice feeling, I'm ecstatic," he said.

Racing neck-and-neck alongside Adams for much of the race, Tallent was sympathetic to his teammate's misfortune. "I was still feeling pretty comfortable (towards the end of the race) and Luke managed to get a bit of a break but I was waiting for a kilometre to go and when I saw that it was the opportunity, I went for it," he said. "He just seemed to trip and it was a perfect chance to take my opportunity and go for the win but it was unfortunate for Luke."

Alas, not all the Australians had good days and Chris Erickson was devastated by his walk when he found the tank empty right from the start. If only we could figure out the magic formula to always get it right! For Chris, it is the one hiccup in an otherwise superb year.

1.	TALLEN Jared	AUS	17 OCT 1984	1:22:18
2.	ADAMS Luke	AUS	22 OCT 1976	1:22:31
3.	SINGH Harminder	IND	9 MAY 1984	1:23:28
4.	ROTICH David Kimutai	KEN	19 AUG 1969	1:25:29
5.	GOMEZ Inaki	CAN	16 JAN 1988	1:27:09
6.	DUNFEE Evan	CAN	28 SEP 1990	1:28:13
7.	SIRMA Josephat Kipchumba	KEN	6 SEP 1973	1:28:15
8.	ERICKSON Chris	AUS	1 DEC 1981	1:28:35
9.	SINGH Baljinder	IND	18 SEP 1986	1:29:18
10.	FINCH Luke	ENG	21 SEP 1985	1:29:37
11.	BOSWORTH Tom	ENG	17 JAN 1990	1:30:44
12.	KARANI Sylvanus Wekesa	KEN	7 OCT 1976	1:32:00
13.	WRIGHT Alex	ENG	19 DEC 1990	1:34:26
14.	LO Choon Sieng	MAS	16 NOV 1985	1:35:29
15.	TEOH Boon Lim	MAS	15 NOV 1977	1:36:45
	BABU BHAI Panucha	IND	10 AUG 1978	DNF

The 2km splits were as follows: 8:26, 16:34, 24:45, 32:58, 41:13, 49:30, 57:49, 1:05:54, 1:14:05, 1:22:18

Jared's victory is the fifth consecutive win by an Australian athlete in this walking competition at the Commonwealth Games, the winning streak started by Nick A'Hern in the 30km event at the 1994 Games in Victoria, Canada. Luke's second place is his third consecutive silver in the men's race walk event at the Commonwealth Games, the 33-year-old finishing second in both Manchester in 2002 and Melbourne in 2006.

In the women's 20km event, Claire claimed her first medal at a major international meet with silver, in a time of 1:36.55, behind winner Jo Jackson (ENG, 1:34.22) while the Bronze went to Kenya's Grace Wanjiru with a time of 1:37:49. Significantly, Jo's win broke Australia's 20-year stranglehold on the event to take out gold. Until Delhi 2010, an Australian had won the Gold in each edition of the Games since the Women's Walk came in as a 10km event in Auckland in 1990. Kerry Saxby Junna (AUS) won the first two Gold medals and Jane Saville (AUS), the next three.

On her Commonwealth Games debut, Claire was determined to hold up her half of the deal she had made with husband Jared and this she did in fine style. Early on, Jo and Claire and Grace walked together but when Jo put the foot down mid race, it became a race of one. Claire held on well, eventually wearing the Kenyan down in the hot and humid conditions to take silver. Cheryl had to be content with fifth after her preparation was severely interrupted by a foot injury in July. But she did make it to the start line and walked well considering everything. Again to quote from the Athletics Australia website

"It's my first Commonwealth Games and my goal with Jared coming in was to both get on the podium and share it together. Jared gave me a good 'come on' when he went past and it's great to have him out there cheering me on."

The 25-year-old Victorian, who took to the sidelines in support of wife and training partner Claire immediately following his win, said it was a great day for the Tallent family and Australian race walking. "I'm so proud of Claire, we train together every day, we work so hard, she helps me so much and I try to help her as much as I can. It's just amazing to be out there and cheer her on and see her get a silver medal," he said.

1.	JACKSON Jo	ENG	17 JAN 1985	1:34:22
2.	TALLEN Claire	AUS	6 JUL 1981	1:36:55
3.	NJUE Grace Wanjiru	KEN	10 JAN 1979	1:37:49
4.	KEHLER Lisa	ENG	15 MAR 1967	1:40:33
5.	WEBB Cheryl	AUS	3 OCT 1976	1:42:03
6.	NGII Emily Wamusyi	KEN	13 AUG 1986	1:49:01
7.	KAKKUZIYIL JOLLY Sandhya	IND	3 JUL 1983	1:51:44
	LEIMAPOKPAM Deepamala Devi	IND	16 APR 1985	DNF
	YADAV Rani	IND	31 JUL 1990	DQ (Drug Test Failure)

The 2km splits for Jo were: 10:02, 19:26, 28:44, 37:54, 47:07, 56:27, 1:05:52, 1:15:15, 1:24:48, 1:34:22

There was an unexpected footnote to this report when, a few days later, it was announced that Indian walker Rani Yadav, who had finished sixth, had tested positive for the anabolic agent 19-Norandrosterone. Commonwealth Games Federation president Mike Fennell made the announcement on the following Wednesday morning to audible gasps from the large contingent of Indian media, with the athlete's identity confirmed less than three hours later. The drug announcement came a day after the CGF disqualified two Nigerian sprinters, the 100m champion Oludamola Osayomi and sixth placed 110m hurdler Samuel Okon for their positive test results to the stimulant methylhexanamine.

All in all, it was a good meet for Australian Track and Field with the team taking 11 golds, 6 silvers and 3 bronzes. The 3 medals won by the walkers was a very good contribution to this fine result.



Jared and Claire celebrate after their great walks



A couple of shots from the women's race

VICTORIAN SHIELD COMPETITION KICKS OFF, SATURDAY 9 OCTOBER

The Athletics Victorian Shield kicked off on Saturday with 95 walkers in action across the 3 country and 3 metropolitan venues. I hear that the weather was mild with temperatures in the teens so I suspect that walking conditions were good. Of course, our Little Athletics season and Victorian Masters summer competitions are also underway so the number of walkers in action in Victoria over the past week would have been in the hundreds! While quite a few of our top walkers were missing from the AV competition, the standard was great for the first week and we can expect to see numbers grow and times drop over the next few weeks.

AV Shield Ballarat Region Round 1, Llanberris Reserve, Ballarat

It was a low key start to the Ballarat summer season with only 2 walkers in attendance but we can expect to see the numbers increase over the next few weeks.

Mixed 2000 Meter Race Walk

1.	Govan, Lee	M	WENDOUREE AC	13:20.70
2.	Ruddick, Kevin	M	BALLARAT HAR	13:21.10

AV Shield Bendigo Region Round 1, La Trobe University Bendigo Athletics Complex, Bendigo

Bendigo saw 10 walkers in action with Ebony Whiley and Amanda Heard having a great battle by the look of things, both girls finishing a little over 10 minutes. Dane Heiden also walked excellently for 10:17 to be the first male home!

Mixed 2000 Meter Race Walk

1.	WHILEY, EBONY	W15	EAGLEHAWK YMCA	10:10.00
2.	HEARD, AMANDA	W15	EAGLEHAWK YMCA	10:11.00
3.	HEIDEN, DANE	M13	SOUTH BENDIGO	10:17.00
4.	JONES, JEREMIAH	M13	EAGLEHAWK YMCA	11:22.00
5.	SAVAGE, JOSHUA	M15	EAGLEHAWK YMCA	11:30.00
6.	WATSON, JOHN	M60	BENDIGO YMCA	14:20.00
7.	MAJOR, GEOFFREY	M74	EAGLEHAWK YMCA	14:34.00
8.	JONES, EBONY-JADE	W16	EAGLEHAWK YMCA	15:27.00
9.	MINCHIN, LISA	W46	SOUTH BENDIGO X	16:12.00
	MAJOR, ANNETTE	W48	EAGLEHAWK YMCA	DNF

AV Shield Geelong Region Round 1, Landy Field, Geelong

Junior walkers Dillon, Lewis Clark and Jared Walker showed the way at Geelong with fast times while James Seid-Christmass continued his good form from the winter to also break the 10 minute barrier.

Mixed 2000 Meter Race Walk

1.	Dillon, Joshua	M	CORIO AC	8:48.19
2.	Clark, Lewis	M	ATHLETICS CH	9:01.14
3.	Walker, Jared	M	CORIO AC	9:30.04
4.	Seid-Christmass, James	M	CORIO AC	9:53.77
5.	Hockley Samon, Jmara	W	ATHLETICS CH	12:11.21
6.	Costelloe, Jesse	M	INVITATION	12:14.20
7.	Hockley-Samon, Harry	M	ATHLETICS CH	12:23.64
8.	Walker, Megan	W	CORIO AC	12:57.70
9.	Lockwood, Jade	W	CORIO AC	17:32.38
10.	Lockwood, Jill	W	CORIO AC	17:39.13

AV Shield East Region Round 1, Hagenauer's Reserve Box Hill

Box Hill was the pick of the venues with 29 walkers in attendance and the first 6 all bettering 10 minutes for the 2000m. Nathan Brill started off his first season of AV Shield with the fastest time overall out of the 6 venues – a brisk 8:44.5. Jason Kozica walked a huge PB to take second with 9:14.9 ahead of masters supremo Andrew Jamieson with 9:19.00. Pam Tindal was the first woman with an excellent 9:38.5 while Ryan Antidormi also showed good speed with 9:51.2. It was great to see Michael Beaton-Wells back on the track after a break of some 4-5 years. Michael, who was one of our top senior walkers some years ago, showed good form for 9:53.40.

Mixed 2000 Meter Race Walk - 26

1.	Brill, Nathan	M	BOX HILL AC	8:44.50
2.	Kozica, Jason	M	MACCABI AC	9:14.90
3.	Jamieson, Andrew	M	OLD SCOTCH C	9:19.00
4.	Tindal, Pam	W	CROYDON AC	9:38.50
5.	Antidormi, Ryan	M	ATHLETICS NU	9:51.20
6.	Beaton-Wells, Michael	M	OLD SCOTCH C	9:53.40
7.	Owen, Cooper	M	DIAMOND VALLEY AC	10:36.60
8.	Dyer, Bill	M	BOX HILL AC	10:55.10
9.	Gerlich, Annemaree	W	DIAMOND VALLEY AC	11:07.80
10.	Reid, Ross	M	COLLINGWOOD	11:10.70
11.	Garganis, Adam	M	COLLINGWOOD	11:17.70
12.	Dickenson, Russell	M	SOUTH COAST	11:24.30
13.	Gardiner, Bob	M	COLLINGWOOD	11:27.90
14.	Laurie, Natalie	W	ATHLETICS NU	11:55.95
15.	Wright, Jacob	M	ATHLETICS NU	11:56.34
16.	Worsnop, Chris	M	OLD XAVERIANS AC	12:06.81
17.	Jack, Clarrie	M	RICHMOND HAR	12:07.18
18.	Facey, Stuart	M	OLD SCOTCH C	12:32.69
19.	Walburg, Kirsten	W	DONCASTER AC	12:54.15
20.	Cooper, Stuart	M	ST STEPHENS	12:58.31
21.	Summers, Harry	M	BOX HILL AC	13:00.35
22.	Ellis, Robert	M	RICHMOND HAR	13:43.42
23.	Cooke, Brianna	W	DIAMOND VALLEY AC	14:21.99
24.	O'Callaghan, Brian	M	RICHMOND HAR	15:06.89
25.	Neale, Anthony	M	COLLINGWOOD	16:08.80
26.	Mah, Lincoln	M	ST KEVINS AC	16:33.75
27.	Benke, Geza	M	UNATTACHED	11:35.43
28.	Laurence, Peter	M	UNATTACHED	14:16.15
	Onley, Gordon	M	ST STEPHENS	DQ

AV Shield North West Region Round 1, Moonee Valley Athletics Centre, Aberfeldie

Paul Kennedy was the fastest walker at Aberfeldie (as usual!) with 9:02.7 ahead of Trenton Hawkins with 9:22.5. Connor McShanag was in great form with 9:52.1 while Kirstin Shaw must have done a PB with her time of 10:00.6.

Mixed 2000 Meter Race Walk - 28

1.	Kennedy, Paul	M	MELBOURNE UN	9:02.7
2.	Hawkins, Trenton	M	PRESTON AC	9:22.5
3.	McDonough, Aaron	M	PRESTON AC	9:43.8
4.	McShanag, Connor	M	ATHLETICS ESSENDON	9:52.1
5.	Shaw, Kirstin	W	WESTERN ATHL	10:00.6
6.	Knox, Duncan	M	ATHLETICS ESSENDON	10:03.1
7.	Hammond, Nardene	W	ATHLETICS ESSENDON	10:36.9
8.	Bertrand, Carly	W	KEILOR ST BE	11:12.0
9.	Elms, Jason	M	ATHLETICS ESSENDON	11:47.8
10.	Elms, Donna	W	ATHLETICS ESSENDON	11:50.5
11.	Shaw, Robyn	W	WESTERN ATHL	12:17.9
12.	Campbell, Caitlin	W	ATHLETICS ESSENDON	12:36.8
13.	Wallace, Anna	W	ATHLETICS ESSENDON	12:59.1
14.	McLaren, Stacey	W	ATHLETICS ESSENDON	13:35.0
15.	Henderson, Keely	W	PRESTON AC	14:39.7
16.	Stobaus, Anne	W	KEILOR ST BE	15:04.5
17.	Baric, Amanda	W	KEILOR ST BE	15:04.7
18.	Ireland, Roslyn	W	BRUNSWICK AC	15:09.2
19.	Irons, Julia	W	KEILOR ST BE	15:14.7
20.	Abfalter, Kate	W	KEILOR ST BE	15:52.5
21.	Matthews, Rhiannon	W	KEILOR ST BE	15:54.5
22.	De Bono, Taylah-Ro	W	PRESTON AC	16:08.0
23.	Curkovic, Caroline	W	KEILOR ST BE x	16:15.8
24.	Harrap, Chris	M	COBURG HARRIERS AC	16:37.5
25.	Rickard, Ian	M	BRUNSWICK AC	17:12.2

26.	Sykes, Alexander	M	KEILOR ST BE	18:35.3
27.	Matthews, Patrick	M	KEILOR ST BE	18:35.6
28.	Long, Izaak	M	PRESTON AC	19:11.4

AV Shield South East Region Round 1, Knox Athletic Track, Knox

Bradley Simpson 9:02.61 (great time!) and Amelia Finnegan 9:59.38 were the fastest at Knox where we had 16 walkers in total.

2000m Walk Mixed

M40+	CLYDE RIDDOCH	AWA	10:33.46
	ANTHONY DORAN	GHY	12:26.74
	JOHN MORRISON	SAN	14:19.40
MU18	BRADLEY SIMPSON	KNA	9:02.61
	AARON TAM	KNA	10:26.10
MU16	LUCAS TAYLOR	KNA	10:29.18
MU14	JASMINE IRSHAD	KNA	10:13.58
	REESE WALMSLEY	KNA	10:35.01
	KYLE SWAN	KNA	10:35.33
FOP	ELIZABETH FELDMAN	VMA	10:59.77
	GWEN STEED	VMA	12:14.05
FOP	CELIA JOHNSON	VMA	13:17.91
FU18	MICHAELA ATTARD	KNA	13:11.44
FU16	AMELIA FINNEGAN	KNA	9:59.38
	REBECCA GUY	CCA	11:25.60
FU14	EMILY HAMILTON	KNA	10:46.82

BENDIGO WALKERS CLUR WALKS, ROSALIND PARK, WEDNESDAY 9 OCTOBER

Thanks to Paul Rance for his weekly report from the Bendigo Walkers Club in country Victoria.

The Bendigo Walkers Club held 1600m and 3200m sealed handicap events in wet conditions in Rosalind Park on Wednesday evening. The 1600m event was won by Ebony-Jade Jones with Jarrod and Carol Coad in equal 2nd place and Jeremiah Jones snaring fastest time honors. John Carter, showing strong early Season form secured a fine victory in the 3200m winning the event from Catherine Heard with Dane Heiden claiming 3rd place.

1600m Ebony-Jade Jones 12.15, Jarrod Coad 11.22, Carol Coad 12.22, Jeremiah Jones 11.18

3200m John Carter 21.45, Catherine Heard 23.13, Dane Heiden 18.19, Amanda Heard 17.27, Annette Curtis 23.08, Josh Savage 19.19, Paul Rance 16.41, Barb Bryant 19.49, Ebony Whiley 18.10, Geoff Major 23.54, Annette Major 21.27, Colin Cleary DNF

Meanwhile Club members Jeremiah Jones, Peter Curtis, Josh Savage and Ebony-Jade Jones produced fine efforts at the Northern Zone School athletics Championships in the 1500m walk event with all 4 qualifying for the Victorian Secondary School Sports Association's State finals to be held in Melbourne on Tuesday 19th October.

While many Club members also contested the 2km walk on the first day of the Athletics Victoria Shield Competition at the Latrobe University Bendigo Athletic Complex on Saturday with Ebony Whiley, Amanda Heard and Dane Heiden all producing excellent first up performances.

The Bendigo Walkers Club will conduct 1500m and 3000m handicap events in Rosalind Park on Wednesday evening commencing at 6pm, enquirers phone 5442 6435.

OVERSEAS NEWS

JINJU (KOR, Oct 10): The 91st Korean National Sports Festival saw a new 20km National record with Kim Hyun-Sub clocking 1:19:36.

IVANO-FRANKIVSK (UKR, Oct 9-10): Ukrainian 50 km champion Sergiy Budza won over 50km with a time of 3:54:20. Second and third places went to Polish walkers Rafal Fedaczynski (3:55:06) and Rafal Sikora (3:55:56)

WHAT'S COMING UP NEXT

Next Saturday sees round 2 of the Athletics Victoria Shield competition with 3000m/1500m walks to be contested at all venues.

Sat 16 Oct	AV Shield - South East Region - Round 2	Ballam Park Athletic Track, Frankston
Sat 16 Oct	AV Shield - East Region - Round 2	Bill Sewart Athletics Track, Burwood
Sat 16 Oct	AV Shield - Bendigo Region - Round 2	La Trobe University Bendigo Athletics Complex, Bendigo

Sat 16 Oct	AV Shield - Geelong Region - Round 2	Landy Field, Geelong
Sat 16 Oct	AV Shield - Ballarat Region - Round 2	Llanberris Reserve, Ballarat
Sat 16 Oct	AV Shield - North West Region - Round 2	Meadowglen International Athletics Track, Epping

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.

2010/2011 Australian/Victorian Summer Season Key Dates

Sun 24 Oct, 2010	VRWC Summer Season opens with road walks at Albert Park
5-7 Nov, 2010	Victorian All Schools T&F Championships U14-U18 , Olympic Park, Melbourne
Sun 14 Nov, 2010	VRWC Summer Season roadraces and AGM, Albert Park
4-5 Dec, 2010	Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2010	Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawcner Park, Melbourne
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011	Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Knox

2011 International Fixture

July 6-10, 2011	7th World Youth T&F Championships, Lille, France
July 7-17, 2011	19th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyvaskyla, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 2010 ?	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th 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 Alegro, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

Aug 2016	31st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32nd Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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