



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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ATHLETICS VICTORIA SHIELD COMPETITION, THURSDAY 20 JANUARY 2011

Last Thursday evening saw two catchup rounds in the Athletics Victoria Shield competition.

AV Shield - North West Round 5, Moonee Valley Athletics Centre, Moonee Ponds

The North West Region 2000m walk last Thursday saw our biggest field for the summer – 41 walkers in all. Paul Kennedy led from the front as usual to finish with 9:10.3 ahead of Mark Donahoo 9:31.1 and Aaron McDonough 9:40.1 while Kirstin Shaw was the top lady with 10:32.8.

2000m Walk

1.	Kennedy, Paul	M	MELBOURNE UNIVERSITY AC	9:10.3
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	9:31.1
3.	McDonough, Aaron	M	PRESTON AC	9:40.1
4.	McShanag, Connor	M	ATHLETICS ESSENDON	10:04.2
5.	Cook, Allan	M	WESTERN ATHLETICS AC	10:19.1
6.	Shaw, Kirstin	F	WESTERN ATHLETICS AC	10:32.8
7.	Elms, Jason	M	ATHLETICS ESSENDON	10:53.7
8.	Campbell, Caitlin	F	ATHLETICS ESSENDON	10:57.0
9.	Erickson, Tim	M	COBURG HARRIERS AC	11:04.1
10.	Smithson, Kimberley	F	PRESTON AC	11:16.4
11.	Wallace, Anna	F	ATHLETICS ESSENDON	11:29.7
12.	Elms, Donna	F	ATHLETICS ESSENDON	11:40.8
13.	Bertrand, Carly	F	KEILOR ST BERNARDS AC	11:41.4
14.	Shaw, Robyn	F	WESTERN ATHLETICS AC	12:03.2
15.	Kondogonis, John	M	KEILOR ST BERNARDS AC	12:11.5
16.	Irons, Julia	F	KEILOR ST BERNARDS AC	13:01.8
17.	Upton, Ian	M	KEILOR ST BERNARDS AC	13:02.2
18.	Hodgart, Claire	F	WESTERN ATHLETICS AC	13:16.4
19.	Henderson, Keely	F	PRESTON AC	13:57.2
20.	Petersen, Timothy	M	ATHLETICS ESSENDON	14:10.2
21.	Abfalter, Emma	F	KEILOR ST BERNARDS AC	14:28.2
22.	Aplin, Elise	F	KEILOR ST BERNARDS AC	14:37.9
23.	McLaren, Stacey	F	ATHLETICS ESSENDON	14:42.3
24.	Musgrave, Caitlyn	F	PRESTON AC	14:43.9
25.	Stobaus, Anne	F	KEILOR ST BERNARDS AC	14:45.2
26.	Casilli, Anthony	M	PRESTON AC	14:54.9
27.	Abfalter, Maria	F	KEILOR ST BERNARDS AC	15:00.8
28.	Murphy, Stephen	M	ATHLETICS ESSENDON	15:18.7
29.	Ireland, Roslyn	F	BRUNSWICK AC	15:38.4
30.	Dunstone, Phillip	M	WESTERN ATHLETICS AC	15:42.7
31.	Lamb, Jessica	F	BRUNSWICK AC	16:13.0
32.	Matthews, Rhiannon	F	KEILOR ST BERNARDS AC	16:19.8
33.	Rickard, Tess	F	BRUNSWICK AC	16:38.7
34.	Howitt, Jodie	F	BRUNSWICK AC	16:42.1
35.	Rickard, Ian	M	BRUNSWICK AC	16:43.4
36.	Ireland, Olive	F	BRUNSWICK AC	16:43.8
37.	Baker, Gail	F	BRUNSWICK AC	18:20.0
	Dunstone, Daniel	M	WESTERN ATHLETICS AC	DQ
	Crea, Gabriella	F	ATHLETICS ESSENDON	DQ
	Lamb, Steven	M	BRUNSWICK AC	DQ
	Lamb, Heather	F	BRUNSWICK AC	DQ

AV Shield - South East Region - Round 5, Knox Athletic Track, Scoresby

A big field was also seen in Scoresby last Thursday evening when the South East Region caught up on Round 5 which was lost to rain earlier in the season. Bradley Simpson 9:03.31 and Matthew Felton 9:14.41 were the top men while it was great to see Amy Burren back in action and walking fast with 9:26.40.

1.	Simpson, Bradley	M	KNOX AC	9:03.31
2.	Felton, Matthew	M	KNOX AC	9:14.41
3.	Burren, Amy	W	MALVERN HARR	9:26.60
4.	Irshad, Kylie	W	VICTORIAN MA	9:44.80
5.	Attard, Tamara	W	KNOX AC	9:51.50
6.	Tam, Aaron	M	KNOX AC	10:03.48
7.	Taylor, Lucas	M	SOUTH COAST	10:06.95
8.	Allamby, Billy	M	KNOX AC	10:08.44
9.	Irshad, Jasmine	W	KNOX AC	10:34.74
10.	Swan, Kyle	M	KNOX AC	10:43.74
11.	Sanders, Jade	W	CASEY CARDIN	10:47.87
12.	Bennett, Ralph	M	VICTORIAN MA	10:56.39
13.	Lucas, Alan	M	VICTORIAN MA	11:15.48
14.	Hamilton, Emily	W	KNOX AC	11:24.29
15.	McInnes, Simone	W	GLENHUNTLY A	11:27.09
16.	Stadus, Lauren	W	KNOX AC	11:31.67
17.	Walmsley, Reese	M	KNOX AC	11:32.27
18.	Attard, Bianca	W	KNOX AC	11:38.93
19.	Osmand, Kym	M	OAKLEIGH AC	11:54.75
20.	Steed, Gwen	W	VICTORIAN MA	12:18.25
21.	Eastwood, Jessie	W	KNOX AC	12:19.26
22.	Barrow, Geoffrey	M	MENTONE AC	12:35.24
23.	Van Dongen, Rupert	M	CASEY CARDIN	12:38.16
24.	Goodings, Liana	W	ATHLETICS WA	12:51.07
25.	Attard, Michaela	W	KNOX AC	12:52.16
26.	Hutton, Philip	M	GLENHUNTLY A	12:53.73
27.	Morrey, Jan	M	OAKLEIGH AC	13:03.36
28.	Morrison, John	M	SANDRINGHAM	13:32.82
29.	Johnson, Celia	W	VICTORIAN MA	13:40.01
30.	Woodman, Lawrie	M	GLENHUNTLY A	15:11.10
	Eastwood, Elizabeth	M	OAKLEIGH AC	DQ
	Sofianos, Gerald	M	OAKLEIGH AC	DQ
	Winter, Christopher	M	GLENHUNTLY A	DQ

VICTORIAN COUNTRY T&F CHAMPS, LLANBERRIS RESERVE, BALLARAT, 21-23 JANUARY 2011

The first races on the program at the Victorian Country T&F Championships last Friday evening were the 5000m walks and it was a case of watch Kelly Ruddick as she stormed her way to yet another PB (29 secs) and yet another superb time. She walked with Lewis Clark early but then cleared out on her own for a big solo effort, stopping the clock in a fantastic 22:58.0. Lewis also walked well to win the Open Men's event in 24:51.13. Josh Dillon led the event but was disqualified mid race. Also worthy of mention – Heather Carr who came second to Kelly – her time 27:08.11. Not bad for a 61 year old! Wish I could still race that fast!



Kelly Ruddick (side number 19) strides to the front as the gun goes to start the 5000m walk

Men 5000 Meter Race Walk Under 20

1.	Joshua Kaiser	93	SOUTH COAST	27:01.21
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Men 5000 Meter Race Walk 40 Plus

1.	James Seid-Christmass	67	CORIO AC	26:17.42
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Men 5000 Meter Race Walk Open

1.	Lewis Clark	94	ATHLETICS CH	24:51.13
2.	James Seid-Christmass	67	CORIO AC	26:17.42
3.	Andrew Blood	74	BALLARAT YCW	27:54.72
4.	Russell Dickenson	45	SOUTH COAST	28:51.52
5.	Joshua Savage	95	EAGLEHAWK YM	31:38.37
	Collin Bootsman	81	WENDOUREE AC	DNF
	Christopher Timewell	74	SOUTH BENDIG	DQ
	Joshua Dillon	94	CORIO AC	DQ

Women 5000 Meter Race Walk 40 Plus

1.	Annette Major	62	EAGLEHAWK YM	30:39.32
2.	Lisa Minchin	64	SOUTH BENDIG	44:18.42

Women 5000 Meter Race Walk Open

1.	Kelly Ruddick	73	BALLARAT HAR	22:58.00	PB 0:29
2.	Heather Carr	49	EAGLEHAWK YM	27:08.11	
3.	Jmara Hockley Samon	95	ATHLETICS CH	28:01.19	
4.	Ebony Whiley	95	EAGLEHAWK YM	28:19.62	
5.	Amanda Heard	95	EAGLEHAWK YM	28:34.85	
6.	Simone McInnes	91	GLENHUNTLY A	30:31.85	(Invit)
7.	Annette Major	62	EAGLEHAWK YM	30:39.32	
8.	Emily Payne	93	CORIO AC	32:16.11	
9.	Lisa Minchin	64	SOUTH BENDIG	44:18.42	



Also in action in the 5000m walk - Lewis Clark, James Seid-Christmass, Jmara Hockley-Samon, Amanda Heard, Ebony Whiley, Heather Carr and Andrew Blood

The remaining walk races were held last Saturday, with a number of the walkers back in action over different distances and in different age group categories. The 1500m walks kicked off first with Jarrod Coad 8:53.59, Hayley George 8:28.93 and Russ Dickenson 8:09.97 the winners.

Men 1500 Meter Race Walk Under 14

1.	Jarrod Coad	98	SOUTH BENDIG	8:53.59
2.	Thomas Mirarchi	00	CORIO AC	12:43.77
	Harry Hockley-Samon	00	ATHLETICS CH	DQ

Women 1500 Meter Race Walk Under 14

1.	Hayley George	00	SOUTH COAST	8:28.93
2.	Holly Boldiston	99	SOUTH BENDIG	8:33.51
3.	Jemma Peart	01	BALLARAT YCW	9:08.40

Men 1500 Meter Race Walk 60 Plus

1.	Russell Dickenson	45	SOUTH COAST	8:09.97
2.	John Carter	50	SOUTH BENDIG	9:51.94
	Peter Jones	45	BALLARAT HAR	DQ

The last walks on the program were the 3000m ones and there were lots of good times – Lewis Clark 13:34.35, Paul Rance 15:06.08, Heather Carr 15:21.94 and Ebony Whiley (who turned the tables on Jmara Hockley-Samon) with 15:30.25.

Men 3000 Meter Race Walk Under 16

1.	Connor McShanag	96	ATHLETICS ES	15:31.03	(Invit)
2.	Lucas Taylor	96	SOUTH COAST	15:35.08	(First Country walker)
3.	Jeremiah Jones	97	EAGLEHAWK YM	18:01.34	(Second Country walker)

Men 3000 Meter Race Walk Under 18

1.	Lewis Clark	94	ATHLETICS CH	13:34.35
	Jared Walker	95	CORIO AC	DQ
	Joshua Dillon	94	CORIO AC	DQ
	Joshua Savage	95	EAGLEHAWK YM	DQ

Men 3000 Meter Race Walk 50 Plus

1.	Paul Rance	58	SOUTH BENDIG	15:06.08
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Women 3000 Meter Race Walk Under 16

1.	Stephanie George	96	SOUTH COAST	15:35.94
2.	Zoe Boldiston	97	SOUTH BENDIG	15:53.30
3.	Megan Walker	97	CORIO AC	17:19.38

Women 3000 Meter Race Walk Under 18

1.	Ebony Whiley	95	EAGLEHAWK YM	15:30.25
2.	Jmara Hockley-Samon	95	ATHLETICS CH	15:50.19
3.	Amanda Heard	95	EAGLEHAWK YM	15:59.51
4.	Cassandra Raselli	94	SOUTH COAST	16:38.12
5.	Ebony-Jade Jones	94	EAGLEHAWK YM	23:15.10

Women 3000 Meter Race Walk 50 Plus

1.	Heather Carr	49	EAGLEHAWK YM	15:21.94
2.	Annette Curtis	56	SOUTH BENDIG	21:04.80

Women 5000 Meter Race Walk Under 20

1.	Emily Payne	93	CORIO AC	32:16.11
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NSW COUNTRY T&F CHAMPIONSHIPS, HUNTER SPORTS CENTER, GLENDALE, 22-23 JANUARY

NSW also scheduled their Country T&F championships last weekend, with most walk events scheduled on the Saturday. The best of the events had to be the Open Men's 3000m where Troy Sundstrom 13:17.86 won ahead of Jay Felton 14:15.0 and Tyler Jones 15:18.56.

Women 3000 Meter Race Walk 16 yrs

1.	Porley, Tabitha	16	Bma(Blue Mou	18:18.53
2.	Gray, Liesl	16	Ind(Independ	18:53.91
3.	Dhu, Abbey	11	Bma(Blue Mou	20:31.41
4.	Dhu, Rachel	12	Bma(Blue Mou	22:16.56

Women 3000 Meter Race Walk Open

1.	Bonham, Jillian	26	Gos(Gosford)	16:21.50
2.	Keith, Alexandra	23	Gos(Gosford)	17:49.65
3.	Robson, Emma	15	Coh(Coffs Ha	19:06.74
4.	Lees, Rebecca	26	Gos(Gosford)	22:30.54

Women 3000 Meter Race Walk 30-39 yrs

1.	Sundstrom, Jodie	32	Ibs(Illawarr	19:16.82
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Women 3000 Meter Race Walk 40-49 yrs

1.	Shaw, Maryanne	47	Bma(Blue Mou	17:46.52
2.	Porley, Fiona	43	Bma(Blue Mou	18:32.80
	Havadjia, Alison	48	Now(Nowra)	DNF
	Wallace, Helen	50	Woo(Woodberr	DNF

Women 3000 Meter Race Walk 50-59 yrs

1.	Stallard, Trish	53	Wal(Wallsend	24:41.53
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Women 3000 Meter Race Walk 60+ yrs

1.	Brown, Judy	61	Gos(Gosford)	23:14.57
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Men 3000 Meter Race Walk 16 yrs

1.	Dhu, Ethan	14	Bma(Blue Mou	15:51.62
2.	Dhu, Jack	16	Bma(Blue Mou	17:32.93

Men 3000 Meter Race Walk Open

1.	Sunstrom, Troy	30	Ibs(Illawarr	13:17.86
2.	Felton, Jay	16	Gos(Gosford)	14:15.70
3.	Jones, Tyler	13	Wyo(Wyong)	15:18.56
4.	Perin, Anson	22	Ibs(Illawarr	18:41.09
5.	Gunn, Brody	15	Gos(Gosford)	19:01.82

Men 3000 Meter Race Walk 40-49 yrs

1.	Rowe, Gregory	50	Min(Mingara)	18:58.55
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Men 3000 Meter Race Walk 50-59 yrs

1.	Willcox, Rob	58	Gos(Gosford)	18:50.65
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Men 3000 Meter Race Walk 60+ yrs

1.	Smith, John	73	Min(Mingara)	19:51.96
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The 1500m walks were supposed to be held on the Sunday morning but there are no results on the Athletics NSW website so I can't report what happened there.

ATHLETICS SA PREMIERSHIP CUP #10, ST ALBANS RESERVE, CLEARVIEW, SAT 22 JANUARY

Thanks to Peter Crump for his weekly report from Adelaide.

Small fields again as we move closer to the completion of the Santos Stadium track - still 4 weeks away, and counting. Warm conditions did not make walking on the grass track any easier. The 5000m saw Darren Bown have a light workout in 23:49, followed by Peter Crump in 28:59. Kristie Goznik walked the 3000m in 16:50, with the three other participants opting for the lesser 1500m distance. A good workout from Paige Hooper (6:49) as she starts to rebuild her distance.

5000 Metre Race Walk

1.	Darren Bown	74	ELIZ	23:49.0
2.	Peter Crump	60	SPC	28:59.0

3000m Race Walk

1.	Kristie Goznik	93	ELIZ	16:50.0
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1500 Metre Race Walk

1.	Paige Hooper	W92	EHX	6:49.2
2.	Claire Xian	W91	FLINX	8:01.9
3.	Rose Stigwood	W68	WDX	11:09.4

WA INTERCLUB, WA ATHLETICS STADIUM, FRIDAY 21 JANUARY
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Thanks to Terry Jones these 2 sets of Western Australian Interclub results. Quick walking by young Zac Partington!

Friday 7 January – 1500m walk

1.	Partington, Zac	6:42.70
2.	D'Agone, Tiffany	7:11.69
3.	Hennighan, Dale	7:25.95
4.	Watson, Hannah	7:33.12
5.	McDonald, Lachlan	7:46.64
6.	Holt, Kate	7:48.01
7.	D,Agrone, Gabrielle	7:56.86
8.	Unicomb, Carla	8:43.02

Friday 21 January, 1500m Walk

1.	Partington, Zac	6:21.50
2.	Watson, Hannah	7:22.78
3.	Holt, Kate	7:46.35
4.	Hughes, Holly	7:54.56
5.	Hill, Jeremy	8:01.26
6.	McDonald, Lachlan	8:06.11
7.	Unicomb, Carla	8:13.56
8.	Smith, Jacqueline	8:32.37

And an amendment from last week's newsletter where I reported on **Lyn Ventris's** fantastic 3000m time of 14:46.0, done in Perth Interclub that week. I incorrectly read the W56 as meaning that Lyn was now in the W55 division and hence I surmised that this would be a new W55 world record. In fact, it meant that Lyn was born in 1956 and hence she will not enter the W55 division until later this year. So Heather Carr can rest easy for a few more months before Lyn starts to attack her W55 world records. We have just so many wonderful Masters walkers here in Australia – the action never stops!

ACT WALKING CLUB TRACK WALKS, AIS WARM UP TRACK, BRUCE, THURSDAY 20 JANUARY
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Thanks to Robin Whyte for the latest results from Canberra

5000m 1 Michael Reading 26:08 2 Colin Heywood 26:20 3 Elizabeth Hosking 27:08 4 Ann Staunton-Jugovic 27:49
5 Zoe Hunt 28:30 6 Peter Baker 29:35 7 Robin Whyte 31:03 8 Emily Blair 32:18 9 Jane Bates 32:50

10 Geoff Barker 33:22 11 Bryan Thomas 33:44 12 Doug Fitzgerald 36:05 13 Terry Munro 36:07
 14 Val Chesterton 41:06 15 Robert Kennelly 43:41 16 Nola de Chazal 46:44 Caitlin Hosking DNF
1000m 1 Karina Hopkins 05:01 2 Thomas Hopkins 05:01 3 Callum Burns 05:06 4 Gabby Hunt 05:21 5
 Kara Baker 05:26 6 Spencer Burns 06:24 7 Jenny Rayner 08:30 8 Garry Rayner 08:30

QA INTERCLUB #5, STATE ATHLETICS FACILITY, NATHAN, SATURDAY 22 JANUARY

Thanks to Robyn Wales for the following Queensland report – super walking up there as usual!

Hi Tim

Here are our latest results. On Saturday night **Jessica Pickles smashed the World Youth Qualifying time (24:00)** with an awesome walk of **23.48.55!** I first met Jess in 2007 when we both lined up for a 1500m walk at the Gold Coast. She told me she was trying to qualify for National All Schools and hoped to go under the required time of 8.15. She did 8.11 that night and the rest is history...in the making. Jessica gives 100% in every race and training session and absolutely deserves her success!

The others in the 5000m walk on Saturday also recorded very fast times and there were several PBs amongst them. Harry Bates, visiting and training in Brisbane with Jesse Osborne, was a welcome visitor.

Since the Brisbane Floods, the University of Queensland track has been closed after extensive water damage. Apparently a "team of experts" is assessing the damage.

Have a good week

Robyn

Women 5000 Meter Race Walk

1.	Pickles, Jessica	17	JIM	23:48.55	PB 1:13
2.	Benzenati, Kenza	14	GCV	28:04.29	
3.	Morssinkhof, Amy	15	QRW	28:12.72	
4.	Guo, Yue	19	QRW	29:12.61	PB 2:42
5.	Martin, Katya	14	GCV	DNF	

Boys 5000 Meter Race Walk Under 18

1.	Dewar, Nick	19	QRW	21:18.52	PB 1:35
2.	Dewar, Brandon	19	QRW	21:25.56	PB 1:31
3.	Osborne, Jesse	16	QRW	22:00.81	
4.	Bates, Harry	16	ACT	24:00.62	PB 0:20
5.	Cunningham, Matt	17	MRB	27:06.99	

Boys 1500 Meter Race Walk

1.	McCutcheon, Luke	13	RED	9:41.77	
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RACEWALKING NEW ZEALAND GRAND PRIX SERIES #3, 3000M, HAWKES BAY, SAT 22 JANUARY

Thanks to David Sim for the latest NZ result

The 3rd round in the GP Series was held yesterday at the Sylvia Potts Classic meeting. I understand it was quite wet in Hawkes Bay, but almost no wind for the field of 6 very good walkers racing in the 3km event. The race was an open handicap race so the GP points are awarded by finishing order, not the race time.

First across the line was Palmerston North walker, Allannah Parker who was very steady in her pace and showed a lovely style. I understand Fraser was on go, followed by Allannah on 2 minutes, followed by Natasha on 4 minutes, then Graeme on 5, Daniel on 5.30 and Matthew on 7 minutes. Overall the handicapping made for a good race.

Finish times (based on the gun start) were:

		Finish Time		Actual Time
1.	Allannah Parker	19:36.25	SW	17:36.25
2.	Daniel Lord	19:38.29	M19	19:38.29
3.	Graeme Jones	20:11.29	SM	15:11.29
4.	Matthew Holcroft	20:25.87	M16	13:25.87
5.	Natasha Murrphy	20:26.62	W19	16:26.62
6.	Fraser Samson	21:59.90	M14	21:59.90

We now have a most interesting situation with the Women's GP series where we have 3 women in equal 1st place and 3 in equal 2nd. With the Cooks Classic on Tuesday and the Capital Classic on Friday, there is a wonderful opportunity for any one of you to take a big lead in the series.

In the men's GP series Graeme Jones has taken over the lead from Mike Parker. As with the women's series, the opportunity of two races next week gives someone the chance to take a strong lead - who will that someone be, perhaps Daniel or Matthew or Graeme?

TWO YEARS ON – REMEMBERING ANDREW LUDWIG

This week sees two years since Queensland Race Walking Club member Andrew Ludwig tragically died in a car accident on January 27th 2009. Personally he was a great mate and he is much missed by all his friends in Queensland and throughout Australia. I would

point readers to our valedictory which was published at the time – <http://home.vicnet.net.au/~austcent/andrewludwig.shtml>. Gone but not forgotten.

MORE FROM THE AIS WALKS CAMP

The AIS walks camp is now into it's third and final week and I hear that the training has been of an exceptionally high standard, with a mix of intense track work, long road work and shorter sharper road work. First a couple of great track photos from Phil Reading.



Alex Wright (ENG), Inaki Gomez (CAN), Perseus Karlstrom (SWE), Quentin Rew (NZ), Blake Steele (AUS), Ato Ibanez (SWE), Claire Tallent (AUS) and Brendon Reading (AUS)



Inaki Gomez, Claire Tallent, Dane Bird-Smith, Perseus Karlstrom, Brendon Reading, Alex Wright, Ato Ibanez, Quentin Rew and Blake Steele

And now onto some more photos from Brent Vallance – thanks Phil and Brent. It looks fantastic.



The boys take to the road



Left – Beth Alexander and Rachel Tallent



Right – Ian Rayson, Matej Toth and Quentin Rew

SYDNEY SATURDAY MORNING TRAINING

I hope all NSW readers saw this notice which Jane Saville emailed to the ozwalker discussion group last week. Don't miss out on the opportunity. Some of my fondest walking memories are of group training sessions in years past.

Hi everyone especially those in and around Sydney,
SICK of doing the long KMs by yourself?

If you're interested in training with a group of walkers on Saturday morning there will be a group training out at Bicentennial Park.

We want to bring together as many race walkers and coaches to set up a regular session. It makes it more fun if you can train with others especially on those long distance sessions!

There will be bike riders available to carry drinks.

WHEN: Saturday Morning 7am (22nd January & onward)

WHERE: Entrance Bicentennial Park, Australia Ave. Everyone parks their cars just inside the gate and starts here.

WHO: ALL RACE WALKERS and COACHES interested in doing distance training with a group

DISTANCES: 10 - 20km

So if you're interested please come along. We need to develop race walking in NSW so all athletes welcome it doesn't matter what club you belong, this is all about trying to improve the quantity and quality of race walkers in NSW.

If you have any questions please call Anne Saville 0417 240 609. Anne and Phil Malone will be there to carry drinks on their bikes.

Hope there will be a few athletes and coaches who take up this great opportunity!

Cheers ... Jane

JOE SCOTT – NEW ZEALAND'S MOST AMAZING ATHLETE?

The name of Joe Scott is probably not known to readers of this newsletter but hopefully I can redress that oversight. Let me start with this article, reproduced in the latest issue of the Racewalking New Zealand newsletter, written way back in 1935 for the New Zealand Railway Magazine.¹

THE NEW ZEALAND RAILWAYS MAGAZINE, VOLUME 10, ISSUE 9 (DECEMBER 2, 1935)

NEW ZEALAND'S MOST AMAZING ATHLETE. — TEN-YEAR-OLD LAD DEFEATS CHAMPIONS AND LATER WINS WORLD'S CHAMPIONSHIP

Specially Written for "N.Z. Railways Magazine," by W. F. INGRAM

NOT so long ago I had a discussion with "Dorrie" Leslie, perhaps the best known athletic official in New Zealand and a champion athlete in his day. I asked him his opinion of who was the greatest track athlete seen in New Zealand. Without hesitation he informed me that the palm should go to Joe Scott.

How many of the present generation of sporting enthusiasts have heard of this athlete? Not many, I'll warrant. But Joe Scott was a household name in the years immediately following 1875 and when he passed away, in 1908, the sport lost a most famous personality and a great champion.

On January 1st, 1875, New Zealanders saw the first of many fine performances by this wonderful walker. It was in the days when walking events were exceptionally popular, and on that day at the Caledonian annual sports meeting at Dunedin, history was made. Joe Scott, at that time, was only ten years of age, stood 3 ft. 4 ins. in height and weighed 3 st. 9 lbs., but he was entered in the two miles open championship walk. Sixteen of the country's best heel-and-toe artists were in the field, including J. Spence, the winner in 1874. Spence was a perfect giant, standing 6 ft. 4 ins. in height. Just imagine the contrast—Scott, 3 ft. 4 ins. and Spence, 6 ft. 4 ins.!

The walk was regarded as a certainty for Spence, as he had lately carried off all before him in the North Island. Spence took the lead at the start and maintained it until the commencement of the last lap, Scott lying second, close up. The big chap did his utmost to shake Scott off his heels, but the little man answered spurt for spurt. Rounds of applause greeted the midget as he stuck to his rival, but the climax was reached when, at a signal from his trainer, Austin Smith, Scott made his final effort. Walking in grand style and in the fairest possible manner, he drew up level and amidst the wildest enthusiasm and to the delight and amusement of the crowd, Scott, with a magnificent spurt went clean away from the big fellow and won the race by forty yards.



Joe Scott, aged 12 years.

Fifteen thousand spectators went mad with excitement and broke into the enclosure, delaying the sports for nearly an hour. When order was restored the Governor of New Zealand, Sir George Bowen, who had been an interested spectator, sent for Scott and congratulated him, at the same time presenting him with two sovereigns. Scott was then carried round the ring in the arms of one of the directors, and a sum of nearly £50 was collected.

Publicity methods in those days had not reached the superlative heights known to-day, but the news of Scott's extraordinary walking ability soon spread and within a week his trainer had received offers from all over New Zealand asking that the little chap give displays. Eventually he was booked for a tour lasting twelve months, and visited Wellington, Auckland, Christchurch, Dunedin, and the other principal towns in the Colony. Scott proved a tremendous attraction and the theatres were packed wherever he appeared. His great pace—for one so young—combined with his graceful style of walking, was everywhere admired. Of course, in those days walking races were the vogue, just as wheelbarrow derbies seem to be to-day.

¹ See http://www.nzetc.org/tm/scholarly/tei-Gov10_09Rail-t1-body-d30.html

But Scott was just at the beginning of a great career. In 1877, William Edwards, who had been winning all his races in Australia, arrived in New Zealand and after defeating J. McGregor, who at one time held the seven miles championship of New Zealand, challenged all-comers from one mile to a hundred miles. Scott's trainer promptly accepted the challenge, and matched Scott to walk Edwards for £200 a side and the seven miles championship of New Zealand. At this time, mark you, Scott was only twelve years of age! This race took place in the Garrison Hall, Dunedin, and caused immense excitement. Over six thousand spectators paid good money to see the contest. Scott, weighing only 4 st. 2lbs., was naturally enough the favourite at heart, although sound judges voted for a win by Edwards. Edwards walked as well as he had ever done previously, but proved no match for the midget, and in the last mile, Scott just walked away from him and won easily in 57 min. 6 sec. A few weeks after this Scott walked against Edwards in a race of 100 miles and won just as comfortably. At the age of twelve years, Joe Scott thus held the seven miles and one hundred miles walking championships of New Zealand.

The craze for long-distance walking—then at its height in England and America—now reached New Zealand and, in 1880, the first big twenty-four hours, night and day, competition was organised. This attracted competitors from all parts of the world, but the 15-year-old New Zealander proved equal to the task, winning first place and with it a purse of £200 and the championship belt. To make this belt his own property he had to defend it successfully against all-comers for three years. This he did without any great inconvenience to himself.

During the next few months Scott won twenty-two races in the North Island, the events ranging from twelve hours duration to six days.

About this time Arthur Hancock, the English champion, arrived in Australia and found backers there to match him against Scott to the extent of £500 for a walk of twelve hours. This event, being of international character, excited an extraordinary amount of interest, and Dunedinites were fortunate in arranging the match. Special trains ran from all parts of the land and the Garrison Hall was packed to suffocation, many thousands being unable to gain admission. It was a great race PAGE 80 for fifty miles, after which the staying powers of Scott—uncanny for a lad so young—proved too much for Hancock, who finished a long way behind.

During Hancock's stay in New Zealand he met Scott four times in twelve-hour walks, but the New Zealander won all the races. His transparently easy victories caused unbounded enthusiasm and resulted in a sum of £1,000 being subscribed to send him to England to test him against the world's best heel-and-toe performers.

Scott and his trainer arrived in England in 1888 and on arrival Austin Smith immediately issued a challenge for Scott to walk any man in the world for 12, 24, 48 hours or six days. It should be explained that a six-day walk meant six days of twelve hours continuous walking. There were no takers for the challenge and eventually Scott's trainer deposited £100 to be won by any walker who could defeat the young New Zealander. There were no walkers in England who would risk a side-wager, but there were quite a number willing to walk against Scott on the off-chance that a win would enrich them to the extent of £100 without incurring any financial responsibility. But, come one come all, they failed. Hancock tried Scott out over the 12-hours and lost; Hibberd took the New Zealander on over 24-hours, but did not see Scott after a few hours, while Howes tackled the New Zealander over 24-hours to suffer the same fate.

Scott's next appearance in England was at the Agricultural Hall in the world's championship walk of six days. This carried a cash prize of £200 and a championship belt. Here Scott met the cream of the English walkers, among whom were such striders as Munro, Hibberd, Granks and Giffen—men who were famous long before most of us were born—and fifty others. As was the case in his other races, Scott won this with ridiculous ease. A little later a similar contest was arranged at Bingley Hall, Birmingham. A cash prize of £200 attracted 75 competitors, but Scott won by over thirty miles! A few exhibition walks in Scotland concluded his one year stay in England and, in company with his old trainer, Scott returned to New Zealand.

By a singular coincidence they arrived back in 1889 just as the Caledonian Society's sports were about to commence, and at the request of the officials Scott walked a lap of honour, wearing his championship belt. If you should ever pay a visit to Wellington, call at the Arms Office of the Central Police Station and you will see a photograph of Scott wearing this valuable trophy. Fourteen years to the day after making a sensational debut Scott walked once more the cinders, but whereas he had been a stripling youth of ten years, he was now a well-built young man of 24 years and Champion of the World!

Scott did not do a great deal of serious walking after his return, although he continued to hold his superiority over the others; and it was at 43 years of age that he passed away from an illness aggravated by a habit of taking a mouthful of brass tangles when working at his trade as a bootmaker. These tangles set up an infection of the tongue and in his latter years Scott was a martyr to terrible pain.

Scott's best records were: 12 hours, a distance of 72 miles 890 yards—over two miles better than the English record; 100 miles in 17 hours 40 minutes—twenty-four minutes better than the English record, and 72 hours, a distance of 363 miles 1,510 yards—54 miles better than the English record. These were recognised as world's records and although professional records are not officially endorsed or tabulated as is the case in amateur sport, I cannot find any trace of his efforts having been bettered in later years.

In a brief tribute in the "London Sporting Life" when Joe Scott passed away, in 1908, his old trainer wrote:

"His beautiful style of walking made him very popular with the crowd, for—even when travelling at a very high speed—he always came up to their ideal of fairness'. I have no hesitation in saying that his marvellous achievements as a youngster and his colossal records later on, will stand as a gigantic and everlasting monument to the pluckiest, most graceful and greatest little walker the wide world has ever seen."



Scott with his World Championship Belt - 1889

New Zealand has every reason to be proud of its athletes on track and field. Men of the calibre of Arthur Holder, George Smith, Gerald Keddell, Len McKay, Harry Kerr, Jack Hempton, Pat Webster, Dorrie Leslie, Norman Gurr, Bill Low, Jimmy McKean, W. F. Simpson, F. Creamer, Dave Wilson, Harry Goodwin, and W. H. Madiill have done much to make our sporting name respected. They belong—as competitors—to a past generation, a generation we are sometimes apt to overlook when discussing the deeds of Jack Lovelock, Randolph Rose, Billy Savidan, Alan Elliot, George Davidson, Malcolm Leadbetter and others. But when it comes to quiet reflection, a study of the record books and the most pleasant of all sporting recreations—a quiet chat with one of the old-timers—I feel sure that one and all will agree with me that New Zealand's greatest track athlete was Joe Scott.

What an amazing athlete! Once I was pointed in the right direction by this article and I started my own browsing of the internet, I was amazed at how much information I found, all backing up the information given above and, in some cases, extending it.

- The above article
http://www.nzetc.org/tm/scholarly/tei-Gov10_09Rail-t1-body-d30.html
- 2008 Article from Otago Daily Times
<http://www.odt.co.nz/sport/athletics/23126/great-scott-one-best-walkers-all-time>
- Wikipedia entry
[http://en.wikipedia.org/wiki/Joe_Scott_\(walker\)](http://en.wikipedia.org/wiki/Joe_Scott_(walker))
- New Zealand Hall of Fame entry
<http://www.nzhalloffame.co.nz/page.pasp?searchtext=scott&Go=Go>
- Entry in New Zealand Dictionary of Biography
<http://www.teara.govt.nz/en/biographies/2s8/1>

I also found that there is a special display on Scott at the New Zealand Sports Hall of Fame at the Dunedin Railway Station and that, in his 700-page book, *King of the Peds* (Author House, United Kingdom, 2008), on international professional pedestrianism during the 1870s and 1880s, author Paul Marshall devotes a chapter to Joe Scott and race walking in Dunedin.

WHAT'S COMING UP

Athletics Victoria Shield Competition continues this week with a catch round (2000m walk) for the South East region scheduled for Tuesday evening and then with Round 12 (3000m/1500m walks) scheduled in all regions on Saturday.

Tues 25 Jan	AV Shield - South East Region - Round 7 (rescheduled)	Knox Athletic Track, Scoresby
Sat 29 Jan	AV Shield - South East Region - Round 12	Ballam Park Athletic Track, Frankston
Sat 29 Jan	AV Shield - East Region - Round 12	Bill Sewart Athletics Track, Burwood
Sat 29 Jan	AV Shield - Bendigo Region - Round 12	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 29 Jan	AV Shield - Geelong Region - Round 12	Landy Field, Geelong
Sat 29 Jan	AV Shield - Ballarat Region - Round 12	Llanberris Reserve, Ballarat
Sat 29 Jan	AV Shield - North West Region - Round 12	Meadowglen International Athletics Track, Epping

Next Sunday sees our last VRWC roadwalks for the summer. Alas, we would like to keep scheduling further roadwalks through February and March but we are locked out of the Albert Park area because of preparations for the Australian Grand Prix Motor Race. We lose 3 months each year due to this ongoing fixtured item. Enough said! If you are a slower 20km walker, we don't mind if you start earlier at 8:30AM.

Sunday 30 January 2011, VRWC Events, Middle Park		
9.00am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

Note also that **entries close at midnight on Tuesday 1st February 2011 for the Australian 20km Walk Championships** (incl 10km U20 invit) which are to be held in Hobart on Saturday 19 February. As of yesterday (Monday) morning, the Australian entries were as follows (I just got a list of names so I am guessing which events the walkers have entered). We also have a number of international entries.

20km Men	Luke Adams Rhydian Cowley Nathan Deakes Chris Erickson Sean Fitzsimons Stuart Kollmorgen Ian Rayson Brendon Reading Adam Rutter Jared Tallent	20km Women	Regan Lamble Claire Tallent Cheryl Webb
10km U20 Men	Brad Aiton Dane Bird-Smith Nathan Brill Jesse Osborne Blake Steele	10km U20 Women	Beth Alexander Amelia Finnegan Rachel Tallent

A.A. has also added the required entry standards to the online entry panel. They are

Open Men 20km Race Walking Championships	entry standard 2 hours
Open Women 20km Race Walking Championships	entry standard 2 hours, 15 minutes
Under 20 Men 10km (non Championship event)	entry standard 56 minutes
Under 20 Women 10km (non Championship event)	entry standard 60 minutes

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 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	Australian 20km Walk Championships (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status Entries close at midnight on Tuesday 1 st February 2011
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track. Enter on night.
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park Entries close Thursday 10 th February.
Sun 26 Feb, 2011	QLD Walk Championships (5000m U18, 10000m U20 and Open), Gold Coast City Athletics Track, QLD
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
Sat 5 Mar, 2011	Australian Centurions 6 Hour Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women. Entries close with A.A. on Friday 4 th March.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC. Field nearly full so enter quickly.
April 21-24, 2011	Australian Masters Athletics Championships , Brisbane

2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
Sun 12 June 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT

2011 International Fixture

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).
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 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Sept 7-13, 2011 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series (Category A events)

Sat 5 March 2011 Chihuahua, MEX
Sat 9 April 2011 Rio Major, POR
Sun 24 April 2011 Taicang, CHN
Sun 1 May 2011 Sesto San Giovanni, ITA
Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

2011 key EAA European Meets

Sun 20 Mar, 2011 Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
Sat 26 Mar, 2011 Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km
Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
Sun 22 May, 2011 9th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

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 10-15, 2012 **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 Alegre, Brazil**
2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

2014 International Fixture

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

Looking even further forward

2015 **15th IAAF World Championships in Athletics, Beijing, China**
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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)