



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AUSTRALIAN ROADWALK CHAMPIONSHIPS, CANBERRA, SUNDAY 21 AUGUST 2011

David Armstrong of AthsVic TV has released their video from last weekend's Australian Roadwalking championships in Canberra. See <http://www.youtube.com/watch?v=whqBzxa8RZk>. Well done to AthsVic for another great video production. David has now produced so many walking videos (13 in total) that I thought it time I put a quick link up via a webpage. I have added links to our own VRWC YouTube videos as well for completeness. See <http://www.vrwc.org.au/vrwcvideos.html>.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 27 AUGUST 2011

I was not at Middle Park on Saturday so thanks to Mark Donahoo for forwarding the results to me for this week's newsletter. I was quite surprised to see 63 walkers in action the week after the National Championships - this must be some sort of a record for this late in the season. Conditions were excellent and the races look to have been keenly contested. Thanks also to Terry Swan for the many fine photos, some of which I have used. See <http://vrwc.org.au/coppermine/>.

This week I will reverse the order and give our younger walkers the star billing. The U9 and U12 walkers were back into familiar territory with 1km and 2km races and the large number of PBs indicate the ongoing improvement of these club members. Brianna Lillie, Caine Brill, Brodie Richardson and Jonty Brennan were fastest in their respective divisions while big PBs came from Liam Evans, Bede Collis, Brendon O'Mahony, Lachlan Feain and Payton Kay.

#### 1km Under 9

|    |                   |       |         |
|----|-------------------|-------|---------|
| 1. | Brianna Lillie    | 05:33 |         |
| 2. | Payton Kay        | 05:43 | PB 0:15 |
| 3. | Kathleen O'Mahony | 05:47 | PB 0:01 |
| 4. | Mercedes Brennan  | 06:22 |         |
| 5. | Frances Collis    | 07:21 |         |
| 6. | Lararose Picioane | 07:35 |         |
| 7. | Gemma Lillie      | 08:22 | PB 0:09 |
|    |                   |       |         |
| 1. | Caine Brill       | 06:02 |         |
| 2. | Bede Collis       | 07:30 | PB 0:35 |

#### 2km Under 12

|    |                    |       |         |
|----|--------------------|-------|---------|
| 1. | Brodie Richardson  | 11:30 |         |
| 2. | Hayley Brown       | 11:43 | PB 0:03 |
| 3. | Chelsea Owen-Smith | 11:52 | PB 0:03 |
| 4. | Philippa Huse      | 11:55 |         |
| 5. | Gabbie Crea        | 12:21 |         |
| 6. | Jessica Lillie     | 12:42 |         |
| 7. | Tegan Miller       | 12:57 |         |
| 8. | Lee Taylor         | 13:22 |         |
|    |                    |       |         |
| 1. | Jonty Brennan      | 10:51 |         |
| 2. | Justin Brill       | 11:58 |         |
| 3. | Brendan O'Mahony   | 12:03 | PB 0:20 |
| 4. | Lachlan Feain      | 12:09 | PB 0:19 |
| 5. | Ethan Wright       | 13:22 |         |
| 6. | Liam Evans         | 14:29 | PB 1:57 |
| 7. | Callum Evans       | 15:18 |         |

For many of our U15 walkers, it was their first ever 4km walk and the times were pretty good. Paige De Lisen and Kyle Swan were our winners, both doing PBs as did Brianna Cooke and Paul Tremigliozi.

#### 4km Under 15

|    |                |       |            |
|----|----------------|-------|------------|
| 1. | Paige De Lisen | 22:49 | PB 0:55    |
| 2. | Shelby Kay     | 22:53 | First time |

|    |                   |       |            |
|----|-------------------|-------|------------|
| 3. | Emily Swan        | 24:12 |            |
| 4. | Mikhala Hodges    | 24:23 | First time |
| 5. | Lauren Collis     | 24:38 | First time |
| 6. | Beth Barbour      | 25:01 |            |
| 7. | Anaya Hodges      | 25:56 | First time |
| 8. | Brianna Cooke     | 27:19 | PB 1:38    |
|    | Jade Sanders      | DNF   |            |
|    |                   |       |            |
| 1. | Kyle Swan         | 20:24 | PB 1:15    |
| 2. | Cooper Owen       | 22:10 |            |
| 3. | Connor McShanag   | 22:36 |            |
| 4. | Paul Tremigliozzi | 24:56 | PB 0:57    |
|    | Reese Walmsley    | DQ    |            |



**Bede Collis, Brendon O'Mahony, Chelsea Owen-Smith, Gemma Lillie and Payton Kay**



**Liam Evans, Lararose Picioane, Kathleen O'Mahony, Hayley Brown and Tegan Miller**

Our Open walkers had a choice of 4km, 6km and 8km with best performances overall going to Pam Tindal, Simon Evans, Aaron Tam and Heather Carr.

#### **4km Open**

|    |                  |       |
|----|------------------|-------|
| 1. | Sandra Geisler   | 21:39 |
| 2. | Heather Carr     | 22:57 |
| 3. | Caitlin Campbell | 23:07 |
| 4. | Donna Elms       | 24:39 |
| 5. | Liz Feldman      | 24:41 |
| 6. | Gwen Steed       | 28:00 |
| 7. | Kelly Davidson   | 32:27 |

|    |                       |       |
|----|-----------------------|-------|
| 8. | Margaret Beaumont     | 32:38 |
| 1. | Ralph Bennett         | 23:04 |
| 2. | Anand Thillaisundaram | 25:01 |
| 3. | Barrie Wicks          | 29:31 |
| 4. | Ian Beaumont          | 32:28 |

**6km Open**

|    |                |       |
|----|----------------|-------|
| 1. | Emily Hamilton | 34:02 |
| 1. | Aaron Tam      | 32:21 |
| 2. | Billy Allamby  | 32:21 |
| 3. | Mark Donahoo   | 33:53 |
| 4. | Gerard Feain   | 35:30 |
| 5. | Geoff Barrow   | 40:09 |
| 6. | Alex Poore     | 45:55 |

**8km Open**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Pam Tindal            | 42:06 |
|    | Kylie Irshad          | DNF   |
| 1. | Simon Evans           | 40:29 |
| 2. | James Seid-Christmass | 45:32 |
| 3. | Alan Lucas            | 46:30 |
| 4. | Jason Kozica          | 51:12 |



**Open walkers Aaron Tam, Heather Carr, Anand Thillaisundaram, Pam Tindal and Simon Evans**



**U15 walkers Paul Tremigliozi, Paige De Lisen, Kyle Swan, Brianna Cooke and Anaya Hodges**

As usual, thanks to the big pool of helpers, officials and judges who ensure our races run so smoothly each week.

**Officials:** Mark Donahoo, Mark O'Mahony, Susan Taylor, Ian Laurie, Natalie Laurie, Marlaine Stanway, Damien Elms, Paul Kozaris, Harry Summers  
**Judges:** Peter Vysma (Chief), Michael Bodey, Stuart Cooper, Lloyd Nichols, Terry Knappe, Gordon Loughnan  
**Race entries:** Mark Donahoo, Stuart Cooper  
**Canteen:** Kate Suich, Wendy Cooper  
**Video:** Frances Attard  
**Photos:** Terry Swan

### ACT WALKERS CLUB ROADWALKS, DICKSON, SATURDAY 27 AUGUST

Thanks to Robin Whyte for his weekly walks report from Canberra

|                  |                        |         |                   |         |                    |         |                 |       |
|------------------|------------------------|---------|-------------------|---------|--------------------|---------|-----------------|-------|
| <b>12km walk</b> | 1 Ann Staunton-Jugovic | 1:11:11 | 2 Bob Parker      | 1:27:21 | 3 Rod Gilchrist    | 1:28:15 |                 |       |
|                  | 4 Val Chesterton       | 1:48:18 | 5 Phil Essam      | 1:49:28 |                    |         |                 |       |
| <b>6km walk</b>  | 1 Emily Fawcett        | 37:22   | 2 Helena Bialecki | 38:06   | 3 Kate Black       | 38:41   | 4 Monika Short  | 40:06 |
|                  | 5 Callum Doherty       | 42:41   | 6 Geoff Barker    | 44:29   | 7 Cilla Chapman    | 50:36   |                 |       |
| <b>2k walk</b>   | 1 Zoe Hunt             | 10:05   | 2 Harry Bates     | 10:30   | 3 Thomas Hopkins   | 10:55   | 4 Gabby Hunt    | 10:59 |
|                  | 5 Karina Hopkins       | 11:59   | 6 Emily Hopkins   | 14:04   | 7 Wendy Kupkee     | 14:46   | 8 Jack Thackray | 16:15 |
|                  | 9 Charlie Durr         | 16:21   | 10 Greg Durr      | 16:21   | 11 Hilary Thackray | 20:23   |                 |       |

### SAMA ROADWALKS, FELIXSTOWE, SOUTH AUSTRALIA, SATURDAY 27 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: *Hilly course, cool arvo. Prizes Yours truly won a box of chocolates which my wife thought was great but I'm trying to keep my weight down ahead of the Australian Masters Games In Adelaide during October!*

#### 8k yacht handicap

|     |                   |         |        |
|-----|-------------------|---------|--------|
| M66 | George White      | 43.59   | 88.61% |
| W69 | Elaine MacFarlane | 1.05.57 | 69.93% |
| M81 | Colin Hainsworth  | 1.02.23 | 76.67% |
| M68 | Graham Harrison   | 54.01   | 73.83% |
| M62 | John Hore         | 1.01.00 | 61.19% |
| M61 | Jeff Kennett      | 1.10.40 | 52.29% |
|     | Roxy Papageorgiou | 1.05.46 |        |
| W76 | Ros Elix          | 1.08.01 | 76.31% |
| M65 | Geoff Byham       | 54.37   | 70.59% |

#### 4k yacht handicap

|     |                    |       |
|-----|--------------------|-------|
| W62 | Gill White         | 31.28 |
|     | Peter Papageorgiou | 35.14 |
| W66 | Jill Rogers        | 31.41 |
| M75 | Paul Boyce         | 31.26 |
| W58 | Edna Bates         | 34.21 |

### SA WALKERS CLUB WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 AUGUST

Thanks to Peter Crump for his report on the South Australian Walkers Club racing in Adelaide.

Second last winter walks this week and a recovery session for Darren Bown as he paced the rest of us over the first 2km before opening up for the balance of the 8km. A very good time from Allegra Steele over 4 km, just as we are about to move into the shorter distances for summer. Over the 2km, Anna Cross recorded a good time a week after Canberra's good times.

#### 8km Walk

|    |             |       |
|----|-------------|-------|
| 1. | Darren Bown | 37:50 |
| 2. | Kim Mottrom | 40:03 |
| 3. | Justin Hill | 43:29 |
| 4. | Peter Crump | 43:49 |
| 5. | Jim Hoare   | 56:09 |
| 6. | Bill Starr  | 57:02 |

#### 4km Walk

|    |                    |       |
|----|--------------------|-------|
| 1. | Allegra Steele     | 21:14 |
| 2. | Lachlan Tyler-Dowd | 23:11 |
| 3. | Alix Harlington    | 23:17 |

|    |                    |       |
|----|--------------------|-------|
| 4. | Danielle Walsh     | 24:20 |
| 5. | Piper Douglas      | 24:31 |
| 6. | Rhiannon Lovegrove | 25:03 |
| 7. | Samantha Findlay   | 27:00 |
| 8. | Barb Cain          | 28:28 |

#### 2km Walk

|    |               |       |
|----|---------------|-------|
| 1. | Anna Cross    | 10:04 |
| 2. | Rhiana Hooker | 11:52 |
| 3. | Sandy Brunner | 12:16 |
| 4. | Beth Cross    | 12:22 |

### GOLD COAST WINTER SERIES MEET, GOLD COAST CITY ATHLETICS TRACK, SAT 13 AUGUST

And to catch up from a couple of weeks ago when we saw some great track walking on the Gold Coast in Queensland. Dane Bird-Smith was only 1 sec outside his PB with a fine 19:45.89 while Jesse Osborne 12:38.62 and Jessica Pickles 6:49.06 were also fast.

#### Women 1500 Metre Race Walk

|    |                   |    |     |         |
|----|-------------------|----|-----|---------|
| 1. | Pickles, Jessica  | 17 | FTA | 6:49.06 |
| 2. | Woodward, Mikaela | 12 | QRW | 7:58.23 |

#### Women 3000 Metre Race Walk

|    |               |    |     |           |
|----|---------------|----|-----|-----------|
| 1. | Haig, Jessica | 15 | USC | 18.35 .00 |
|----|---------------|----|-----|-----------|

#### Women 5000 Metre Race Walk

|    |                  |    |     |          |
|----|------------------|----|-----|----------|
| 1. | Benzenati, Kenza | 14 | GCV | 26:16.68 |
|----|------------------|----|-----|----------|

#### Men 3000 Metre Race Walk

|    |                |    |     |          |
|----|----------------|----|-----|----------|
| 1. | Osborne, Jesse | 16 | QRW | 12:38.62 |
| 2. | Dewar, Nick    | 19 | QRW | 14:25.63 |

#### Men 5000 Metre Race Walk

|    |                  |    |     |          |
|----|------------------|----|-----|----------|
| 1. | Bird-Smith, Dane | 19 | QRW | 19:45.89 |
| 2. | Dewar, Brandon   | 19 | QRW | 23:22.94 |
| 3. | Nipperess, Dean  | 40 | GCV | 24:08.80 |

### IAAF WORLD CHAMPIONSHIPS, SHENZHEN, CHINA

The 13<sup>th</sup> IAAF World Championships in Athletics are now well underway and I am enjoying the fantastic live coverage from SBS Television in Australia. The first of the walks was held on Sunday so let's get straight down to work.

#### 20km Walk Men, Sunday 28 August, 9AM

Russia's Valeriy Borchin successfully defended his title in the 20km race walk on Sunday morning at the IAAF World Championships in Daegu. Borchin hasn't lost a race for more than three years and he was one of the big favourites heading into the race.

Japan's Yusuke Suzuki had built up a 35-second lead over the main chasing pack by half way to put the pressure on. Early leader Giorgio Rubino of Italy was disqualified for lifting and, soon after, Borchin set off in pursuit of the leader. China's world leader, Wang Zhen, went with him and at 15km they found themselves in first and second places. Borchin upped the pace and increased his lead through to the end, clocking a winning 1:19:56. His team-mate Vladimir Kanaykin had a strong finish to move in to second (1:20:27) and Luis Fernando Lopez crept into the bronze medal position, winning Colombia's first ever medal at the World Championships. Wang slipped to fourth, just outside the medals, while home favourite Hyunsub Kim finished sixth with what could prove to be Korea's highest finish of the championships. Both Borchin and Kanaykin have returned to the sport after serving drugs bans.

Australia's main hope **Jared Tallent** finished well back in 27<sup>th</sup> place with what was for him a very disappointing 1:25:25 while the only other Australian starter **Adam Rutter** retired from the race soon after the 15km mark. **Luke Adams** had been selected as part of the 20km team but withdrew last week to concentrate on the 50km event next Sunday.

Jared was interviewed for the Athletics Australia website:

*"I'm pretty disappointed to be honest, I usually should be able to hold that pace easily but it wasn't there today. My preparation hasn't been ideal and I now have a week to turn it around for the 50 kilometre event later in the week. I had some pretty solid long sessions at home before coming here and am hoping to find what I was missing today for the next race."*



Left: Borchin wins ([www.iaaf.org](http://www.iaaf.org))



Right: Jared Tallent in action ([www.athletics.com.au](http://www.athletics.com.au))

|     |                              |     |              |
|-----|------------------------------|-----|--------------|
| 1.  | Valeriy Borchin              | RUS | 1:19:56      |
| 2.  | Vladimir Kanaykin            | RUS | 1:20:27      |
| 3.  | Luis Fernando López          | COL | 1:20:38      |
| 4.  | Zhen Wang                    | CHN | 1:20:54      |
| 5.  | Stanislav Emelyanov          | RUS | 1:21:11      |
| 6.  | Hyunsub Kim                  | KOR | 1:21:17      |
| 7.  | Ruslan Dmytrenko             | UKR | 1:21:31      |
| 8.  | Yusuke Suzuki                | JPN | 1:21:39      |
| 9.  | Alex Schwazer                | ITA | 1:21:50      |
| 10. | Erick Barrondo               | GUA | 1:22:08      |
| 11. | Yafei Chu                    | CHN | 1:22:10      |
| 12. | Sergey Morozov               | RUS | 1:22:37      |
| 13. | Hao Wang                     | CHN | 1:22:49      |
| 14. | Matej Tóth                   | SVK | 1:22:55      |
| 15. | Eder Sánchez                 | MEX | 1:23:05      |
| 16. | João Vieira                  | POR | 1:23:26      |
| 17. | Miguel Ángel López           | ESP | 1:23:41      |
| 18. | Anton Kucmin                 | SVK | 1:23:57      |
| 19. | James Rendón                 | COL | 1:24:08      |
| 20. | Horacio Nava                 | MEX | 1:24:15      |
| 21. | Christopher Linke            | GER | 1:24:17      |
| 22. | Caio Bonfim                  | BRA | 1:24:29      |
| 23. | Trevor Barron                | USA | 1:24:33      |
| 24. | Rafal Augustyn               | POL | 1:24:47      |
| 25. | Youngjun Byun                | KOR | 1:24:48      |
| 26. | Hassanine Sebei              | TUN | 1:25:17      |
| 27. | Jared Tallent                | AUS | 1:25:25      |
| 28. | Recep Çelik                  | TUR | 1:25:39      |
| 29. | Nazar Kovalenko              | UKR | 1:25:50      |
| 30. | Gurmeet Singh                | IND | 1:26:34      |
| 31. | Babubhai Kesharabhai Panucha | IND | 1:26:53      |
| 32. | David Kimutai Rotich         | KEN | 1:27:20      |
| 33. | Yerko Araya                  | CHI | 1:27:47      |
| 34. | Hédi Teraoui                 | TUN | 1:29:48      |
| 35. | Diego Flores                 | MEX | 1:30:00      |
| 36. | Juan Manuel Cano             | ARG | 1:30:00      |
| 37. | Emerson Hernandez            | ESA | 1:30:48      |
| 38. | Ronal Quispe                 | BOL | 1:32:09 (PB) |
|     | Moacir Zimmermann            | BRA | DQ           |
|     | Gustavo Restrepo             | COL | DQ           |
|     | Giorgio Rubino               | ITA | DQ           |
|     | Anatole Ibañez               | SWE | DQ           |
|     | Adam Rutter                  | AUS | DNF          |
|     | Mauricio Arteaga             | ECU | DNF          |
|     | Francisco Javier Fernández   | ESP | DNF          |
|     | Chil-sung Park               | KOR | DNF          |

Veteran American sports writer Elliott Denman wrote the following fantastic piece for the IAAF after Borchin's win (see <http://daegu2011.iaaf.org/newslistdetail.aspx?id=61451>).

### Two-time champion Borchin content as 20Km specialist

Daegu, Korea - Valeriy Borchin has absolutely no interest in trying the other Olympic distance. None whatsoever, nada, zilch. The world's finest 20-kilometre "sprint" race walker - an obvious title now that he has won the gold medals at the last two IAAF World Championships, Berlin 2009 and Daegu 2011, as well as the 2008 Beijing Olympic Games - will be delighted to leave the 50-kilometre distance to the "marathon men" who go 2 1/2 times longer than the route preferred by Borchin and his "sprint" companions. He'll be very happy resting on his laurels, thank you very much.

With - perhaps - the Daegu gold medal draped around his neck, Borchin can return to Daegu's iconic Gongpyeong Junction road loop (a two-kilometer circuit in the heart of town) - Saturday morning to cheer on his 50Km road buddies.

"I am not at all thinking of (ever) doubling (in the style of Polish great Robert Korzeniowski, the 20/50K twin winner of the 2000 Sydney Olympics)," Borchin declared at his post-race press conference. These races are not one and the same thing. It is not like a sprinter running the 100 and 200 metres. They are distinct events. They require very different training and preparation. And I am very happy where I am right now."

He should be. Where he now is - is in position to become the very first man to take repeat Olympic golds in the 20Km. No one's done it since the 20K distance supplanted the 10K on the Olympic program in 1956. The first man to do it will be one for the books. Fourteen Olympic 20Ks have been staged and just two men - Vladimir Golubnichiy, competing for the Soviet Union in 1956-60, and the redoubtable Mauricio Damilano of Italy, now chief of the IAAF's racewalking commission - have come even close to repeating. Golubnichiy struck gold at Rome in 1960 but settled for bronze at Tokyo in 1964 before winning again at Mexico City in 1968. Damilano led the way at Moscow in 1980, then earned bronzes at Los Angeles in 1984 and Seoul in 1988. In short, three medals for each of them, but none in succession. Jefferson Perez of Ecuador is often considered the greatest of "sprint" walkers of the last two decades - with an Olympic gold in 1996 and a silver in 2008, on top of World Championship golds in 2003, 2005 and 2007. The 2003 triumph in the World Championships came in the record time of 1:17:21, then a world record, too.

But now Borchin - a young talent who will mark his 25th birthday on 11 September - seems poised to make his own mark among the greats of the racewalking game. Then again, he's taking nothing at all for granted.

"As we all know, anything can happen in racewalking," Borchin said. "I am happy to be where I am (as the solid winter-book choice for London in 2012) but I cannot rest on my honors. There are many, many other great walkers and great challengers. We all have a year to go. Whoever prepares the best will have the best chance."

Whoever plans to challenge Borchin had best be prepared to go out fast, pick up the pace by midway, and finish with an absolutely scorching homestretch sprint. That's exactly what Borchin did Sunday morning. His consecutive 5K "splits" were 21:15, 20:18, 18:59, and 19:12. Add them up and Borchin crossed the finish line in 1:19:56, downright creditable in the somewhat muggy conditions. Oh, he was also the first non-Kenyan man to strike gold at Daegu, too. Matter of fact, just four past Worlds winners have been faster - Damilano (1:19:37) in 1991, Perez (the record 1:17:21 in 2003 and 1:18:35 in 2005), and Borchin's own 1:18:41 in 2009.

"We were competing for our country and also for Mordovia," said Borchin. Mordovia is the region some 350 miles east of Moscow that must be a racewalker's version of Disneyland. If there's a racewalking heaven on earth, this is the place.

"Oh, it is famous, oh so famous," Russian journalist Nail Zabarov, himself a veteran marathon runner, told an American colleague. The governor of Mordovia, the mayor of Saransk, its walking capital, as well as a good percentage of the populace, "has gone bonkers," some might say, over racewalking.

"It is big-big-big," said Zabarov. The city operates several "academies of racewalking" where promising youngsters come to study the Olympic art of speedy pedestrianism, as a major subject, along with more normal academic disciplines. Running in Saransk? Just a minor diversion. Football, basketball, hockey? They're merely pleasant alternatives to the biggest game in town. Several thousand racewalkers are said to stroll the streets, and drill in the athletic facilities of Saransk, where much of the program is under the direction of head coach Viktor Chegin. And huge throngs will come out to support the walkers when the big events are staged.

Cheboksary, also in Mordovia, hosted the IAAF World Race Walking Cup competition in 2008, and after a sojourn to Chihuahua, Mexico, in 2010, the World Race Walking Cup returns to Mordovia, this time to Saransk, on 12-13 May, 2012. Borchin, of course, is sure to be saluted as a celebrity of all celebrity on this occasion, which will certainly serve as major prelude to the London racewalks just beyond. If ever a racewalker had a "home course edge," it will be Borchin at Saransk next May.

Bottom line to all of this: Valeriy Borchin is at the very top of his game and poised to walk his way into the archives of his event. Sure there are legions of top threats to his continued reign, among them his Russian teammates and top candidates from China, Mexico, Australia, Colombia, Japan, Italy, Spain, France and so many more. Yes, race walking remains one of the most global of all athletics disciplines - witness the 53-entry 20K field Sunday, with strongly competitive representatives from all six continents. But there's only one crown for all of them and right now it's firmly perched atop of the head of Mr. Valeriy Borchin.

The other two walk events will be held on this coming Wednesday and Saturday with Australian representations as shown below

Wed 31 August 9.00AM  
Saturday 3 Sept 8.00AM

20km Walk Women  
50km Men

Regan Lamble, Claire Tallent  
Luke Adams, Nathan Deakes, Jared Tallent

And talking of the 50km, event, the IAAF website has published the following profile of the hugely popular Spanish veteran Jesús García (see <http://www.european-athletics.org/13th-iaaf-world-championships/spains-jesus-angel-garcia-bragado-not-yet-ready-to-go-out-the-back-door.html>)

### Spain's Jesús Ángel García Bragado not yet ready to 'go out the back door'



### Garcia in action in the 2009 World Championship 50km in Berlin

On 3 September, barring injury or any unforeseen last minute problems, a little bit of history will be made when the gun goes for the 50km walk and Spain's Jesús Ángel García Bragado takes his first step. García Bragado, now 41, will have become the first man to compete in 10 IAAF World Championships.

He is also certainly not going to Daegu to earn his accolade the easy way despite his longevity and the presence of plenty of competitors in the athlete's village less than half his age. The Spaniard expects to be at the sharp end of the race and it would be unwise to dismiss his chances of being in the mix for medals.

At the last World Championships in Berlin two years ago, he was one of Spain's two medallists when he took the bronze in the longest event on the championship programme. His major championship record – always at 50km except for a few outings at the World Race Walking Cup and European Cup Race Walking - since he competed on home soil in Barcelona at the 1992 Olympic Games, where he finished 10<sup>th</sup>, is worth recounting.

At his first World Championships, in Stuttgart in 1993, he got the gold medal before finishing fifth in the Swedish city of Göteborg two years later. In the scorching heat of Athens in 1997 he was second and, after failing to finish in Sevilla, he returned to the podium in 2001 in Edmonton with another silver medal. Sixth place in Paris two years later was followed by being disqualified twice in Helsinki and Osaka in 2005 and 2007, respectively, but there were no technical problems two years ago in Berlin when he became his event's oldest ever World Championships medallist and even top eight finisher.

"On that occasion, I'd recovered successfully from a hamstring injury earlier in the year and on the day of the competition, I was just in great shape," reflected García Bragado.

He has also been to five Olympics Games where his best result has been fourth in Beijing three years ago. In addition, he got a silver medal at the 2006 European Athletics Championships. García Bragado has also made a significant mark on the history of the World Race Walking Cup, winning 50km gold medals in 1996, 2000 and 2001.

"I'm going to Daegu to get a good result, you never know, if I have a great day I could even win. If I could get on the podium again, that would be the icing on the cake," said García Bragado recently.

However, he conceded that the Daegu weather potentially may not be conducive to him being at his best. "It's very complicated racing at 100 per cent in Asia, it's a question of the climate and the time difference. It's one thing getting out of bed, it's another to be on top form," he commented.

García Bragado has hinted that although he may appear ageless, the 2012 Olympic Games in London could bring the curtain down on his international career which has earned him 41 Spanish vests. "I don't want to go out the back door," he added. For the moment though, he is expected to be in the front of the shop in Daegu.



## TALKING MARATHONS

Thanks to Steve Jordan for pointing me to this fantastic Stats site for Australian marathon running. It boasts the full marathon results for every marathon run in Australia since 2000 and for the more recent half marathons. In fact, it contains many marathon results back to around 1990. As many of our walkers run or walk the occasional marathon, I am just passing on the site for your reference. See <http://www.ausrunning.info/marathons/index.php>

## MORE VRWC CLUB RECORDS BROKEN

This week, we ratified 6 more VRWC club records - two new ones from Canberra a week ago (for Andrew Jamieson and Kelly Ruddick) and four old ones from past years for Cassie Raselli.

|                 |                         |         |                                 |            |
|-----------------|-------------------------|---------|---------------------------------|------------|
| Cassie Raselli  | U/10 2km Road           | 10:57   | VRWC Club Race, Middle Park     | 21/08/2004 |
| Cassie Raselli  | U12 1500m Track         | 7:20.6  | AV Shield, Box Hill             | 22/10/2005 |
| Cassie Raselli  | U/12 & U/13 2000m Track | 10:17.5 | AV Shield, Box Hill             | 15/10/2005 |
| Cassie Raselli  | U/12 3km Road           | 15:27   | VRWC Club Race, Middle Park     | 19/08/2006 |
| Andrew Jamieson | M65 20km                | 1:41:27 | Australian 20km Champ, Canberra | 21/08/2011 |
| Kelly Ruddick   | W35 20km                | 1:39:56 | Australian 20km Champ, Canberra | 21/08/2011 |

You can check out all our club records at <http://www.vrwc.org.au/vrwc-records.html>. Remember we accept retrospective applications provided we can verify the performance by validating the actual race results.

## SUMMER SEASON DATES FIRM

The Summer Season key dates have now been locked in so it is time to produce the list of main VRWC, Victorian and Australian races. Here goes - let me know what I am missing of if I have anything wrong.

|                        |  |
|------------------------|--|
| Sat 15 Oct 2011        | AV Shield Round 1  |
| Sat 22 Oct 2011        | AV Shield Round 2  |
| Sun 16 Oct 2011        | LAVic Coaching Clinic and Judging Seminar  |
| <b>Sun 23 Oct 2011</b> | <b>VRWC Roadwalks, Middle Park</b>   |
| Sat 29 Oct 2011        | AV Shield Round 3  |
| 4-6 Nov 2011           | Victorian All Schools T&F Champs   |
| Sat 12 Nov 2011        | AV Shield Round 4  |
| Sun 13 Nov 2011        | CityToSea fun run, Melbourne (inaugural scheduling, expected to be very big)                         |
| Thur 17 Nov 2011       | AV Shield Round 5  |
| 19-20 Nov 2011         | LAVic State Multi Event Championships  |
| <b>Sun 20 Nov 2011</b> | <b>VRWC Road Championships and AGM, Middle Park</b>  |
| Sat 26 Nov 2011        | AV Shield Round 6  |
| Sun 27 Nov 2011        | Vic Relay Champs, SAC (the new Victorian State Athletics Centre in Albert Park)                      |
| Sun 3 Dec 2011         | AV Shield Round 7  |
| 3-5 Dec 2011           | Australian Schools T&F Champs, Brisbane  |
| Thur 8 Dec 2011        | AV Shield Round 8  |
| 10-11 Dec 2011         | LAVic Region Relay Championships   |
| Sun 11 Dec 2011        | Australian 50km Championship, Fawkner Park   |
| <b>Wed 14 Dec 2011</b> | <b>VRWC Track Walks, Collingwood Harriers Track, Clifton Hill</b>                                    |
| Sat 17 Dec 2011        | AV Shield Round 9  |
| <b>Sun 8 Jan 2012</b>  | <b>VRWC Roadwalks, Middle Park</b>   |
| 13-15 Jan 2012         | Victorian Country T&F Championships, Bendigo   |
| Sat 21 Jan 2012        | AV Shield Round 10   |
| <b>Sun 22 Jan 2012</b> | <b>VRWC Roadwalks, Middle Park</b>   |
| Sat 28 Jan 2012        | LAVic State Relay Championships, SAC, Albert Park  |
| Tues 31 Jan 2012       | AV Shield Round 11   |
| Sat 4 Feb 2012         | AV Shield Round 12   |
| <b>Wed 8 Feb 2012</b>  | <b>VRWC Track Walks, Collingwood Harriers Track, Clifton Hill</b>                                    |
| Sat 11 Feb 2012        | AV Shield Final  |
| 18-19 Feb 2012         | LAVic Region T&F Championships   |
| 24-26 Feb 2012         | Victorian Junior T&F Championships, SAC, Albert Park   |
| Sat 25 Feb 2012        | Australian 20km roadwalk championships, Hobart   |
| 2-3 Mar 2012           | Australian Olympic Selection Trials, SAC, Albert Park - no walks as they will have already been held |
| 9-10 Mar 2012          | Victorian Open T&F Championships, SAC, Albert Park - 5000m walks                                     |
| Sun 11 Mar 2012        | Centurions 6 Hour Walk, Coburg   |
| 15-19 Mar 2012         | Australian Junior T&F Championships, Sydney - walks for U14-U20 age groups                           |

**Sun 18 Mar 2012**24-25 Mar 2012  
24-25 Mar 2012**VMA 5000m Championships & VRWC Track Walks, Mentone (TBC)**Victorian Overage T&F Championships (joint AV / VMA) - 1500m and 3000m walks  
LAVic State T&F Championships, Bendigo

5-9 Apr 2012

13-15 Apr 2012

14-15 Apr 2012

Australian Masters T&amp;F Championships, Melbourne

Australian Open T&amp;F Championships, SAC, Albert Park (no walks involved)

Centurions 24 Hour Walk, Coburg

**WHAT'S COMING UP**

This Saturday sees our second last VRWC races for the winter season and it will be a bumper racing day. Our 'Beat Your Season Best Time' races are always keenly contested and we will have PRIZES for the winner of each of the 12 events (men and women). Then it's onto our Winter Season Presentations at 3:30PM. **We want the season to finish with a real bang and so I invite ALL our walkers to come down for one final walk for the season. It would be great to see our biggest field yet in our last big club race.**

**Saturday 3 September 2011, Middle Park****VRWC EVENTS: Beat Your Season Best time. Prizes for all winners.****The winners are the walkers in each race to beat their season best time by the largest margin.**

|        |                            |          |
|--------|----------------------------|----------|
| 2.15pm | 10km                       | Open     |
| 2.15pm | 5km                        | Open     |
| 2.15pm | 3km                        | Open     |
| 2.15pm | 3km                        | Under 15 |
| 2.15pm | 2km                        | Under 12 |
| 2.30pm | 1km                        | Under 9  |
| 3.30pm | VRWC Winter Presentations. |          |

The following Sunday sees the final races in our winter season, including our long distance championships. The Women's 50km event is a combined VRWC / RWA championship so there will be two sets of medals on offer. There is no time limit and it is one of the very few occasion when our ladies can test themselves out over such distances. Please contact me if you are intending to race in one of these long events. You can still enter on the day for all events except the Victorian 50km championship but we need to know numbers so that we can plan accordingly. I have already had a number of walkers indicate their attendance.

**Sunday 11 September 2011, Middle Park**

|         |  |                   |
|---------|--|-------------------|
| 7.30am  | <b>50km Victorian Championship</b>               | <b>Open Men</b>   |
|         | <b>50km VRWC/RWA championship</b>                | <b>Open Women</b> |
|         | <b>35km VRWC Championship – Ray Smith Trophy</b> |                   |
|         | 5 hour race *                                    | Open              |
|         | 4 hour race *                                    | Open              |
| 10.00am | 20km   | Open              |
| 11.00am | 10km   | Open              |

**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.

**2011 Australian/Victorian Winter Season Key Dates**7-16 Oct, 2011 13<sup>th</sup> Australian Masters Games, Adelaide (see [www.AustralianMastersGames.com](http://www.AustralianMastersGames.com))**2011 International Fixture**Aug 27-Sept 4, 2011 13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea. See <http://daegu2011.iaaf.org/home.aspx>**2011 IAAF RaceWalking Challenge Series – Remaining Races**

|                      |                                    |                 |            |
|----------------------|------------------------------------|-----------------|------------|
| 27 Aug - 4 Sept 2011 | The IAAF World Champs, Daegu (KOR) | Category A Meet | 20km, 50km |
| 17 Sept 2011         | Challenge Final, La Coruña (ESP)   | 10km            |            |

**2011/2012 Australian/Victorian Summer Season Key Dates**

|                 |  |
|-----------------|--|
| Sat 15 Oct 2011 | AV Shield Competition starts   |
| Sun 16 Oct 2011 | LAVic Coaching Clinic and Judging Seminar  |
| Sun 23 Oct 2011 | VRWC Summer Season commences, Middle Park, Melbourne   |
| 4-6 Nov 2011    | AV Schools T&F Championships, Melbourne  |
| 3-5 Dec 2011    | 2011 All Schools Championships, University of Queensland, St Lucia                               |
| Sun 11 Dec 2011 | 2011 Australian 50km Championship, Fawkner Park, Melbourne, VIC                                  |
| 13-15 Jan 2012  | Victorian Country T&F Championships, Bendigo   |
| Sat 25 Feb 2012 | Australian 20km roadwalk Championships, Hobart, TAS (World Walking Cup trials for 10km and 20km) |
| 24-26 Feb 2012  | Victorian Junior T&F Championships, Melbourne  |
| 2-4 Mar 2012    | IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park               |
| 9-10 Mar 2012   | Victorian Open T&F Championships, Melbourne  |
| 15-19 Mar 2012  | 2012 Australian Junior Championships, Sydney Olympic Park  |

5-9 Apr 2012 Australian Masters T&F Championships, Melbourne

#### **2012 International Fixture**

Feb 5-12, 2012 **Oceania Masters Athletics Championships, Tauranga, New Zealand**  
Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

#### **2012 IAAF Race Walking Challenge Dates**

Sat 3 Mar, 2012 Chihuahua, MEX  
29-31 Mar, 2012 Taicang, CHN  
Sat 14 Apr, 2012 Rio Major ,POR  
12-13 May, 2012 IAAF Race Walking Cup, Saransk, RUS  
Sun 26 May, 2012 La Coruna, ESP  
Sat 2 June, 2012 Sesto San Giovanni, ITA  
3-12 Aug, 2012 Olympic Games, London, GBR  
Sat 15 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

#### **2013 International Fixture**

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

#### **2014 International Fixture**

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

#### **Looking even further forward**

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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