



HEEL AND TOE ONLINE

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A BAKER'S DOZEN - TIM'S WALKERS OF THE YEAR

I interrupt the *Walker of the Week* awards to jump to my yearly thoughts on *Walkers of the Year*. This week the focus is on our men and next week I will hone in on our top women. Remember it is my own informal award process and it is based on my own perception of how the year has gone. As usual, such a list is produced with the best of intentions but not guaranteed to meet everyone's approval! I take into account a number of factors which include

- Whether the walker has shown improvement during the year (as evidence by PBs)
- The consistency of performance
- The quality of performance

So here goes with my own **Baker's Dozen – our top 13 men for 2012.**

1. Jared Tallent

27 year old Jared Tallent is once again streets ahead of everyone else. The bookends were wins in the Australian 20km (1:20:19) in Feb and the Australian 50km in Dec (3:49:33). In between were a whole series of top walks including a season leading 1:19:57 when coming 4th in the IAAF 20km in China in April, yet another win in the LBG 20 mile in June (his 6th), 3rd in the IAAF World 50km championships (3:43:36) in Sept and 10th in the IAAF Challenge Final, also in Sept (39:49 for 10km). This magnificent set of results was achieved on what was definitely a sub-maximal workload as he spent the year working part time and studying full time. Jared remains the consummate big time performer.

2. Luke Adams

35 year old Luke Adams raced sparsely this year but the quality was there for all to see. His year started in February with 2nd in the Aust 20km (1:21:00). He was 2nd once again in the Canberra 20 Miles (2:19:46) before heading off to prepare for the World Champs. His usual meticulous training produced the goods in Daegu as he raced to a superb 5th place in the 50km (3:45:31), thus securing his Olympic berth. He then beat Jared to finish 8th in the IAAF Challenge Final 2 weeks later (39:46 for 10km). He also produced two 5000m times of 19:07 during the year, once in Sydney (March) and once in France (July).

3. Dane Bird-Smith

Dane had another superb year, obviously enjoying his final year as a junior (although he does not in fact turn 20 until July 2012). He walked in 21 races during the year with times that were always impressive. During the year, he improved his PBs to 5:21.65 (1500m), 19:44.4 (5000m), 40:56 (10km road – new Australian U20 record) and 41:02.18 (10,000m). He won golds in the Australian Junior 10,000m walk in March, the RWA Junior 10km in June and the Australian Junior 10km roadwalk in August as well as taking second in the Hong Kong 10km international in April and 13th in the IAAF Challenge final 10km in September. He then finished off the year in fine style with a debut 20km of 1:26:38 at Fawkner Park earlier this month. And of course, how can we forget his superb run in the IAAF World Mountain Running championships (first Australian to finish in the Junior event).

4. Nathan Brill

15 year old Nathan Brill has gone on his merry way this year, being undefeated in U16 competition Australia wide. His PBs were all set in 2011 – 1500m (5:58.17), 3000m (12:32.06), 5km (21:32) and 10km (45:42). His workload for the year was impressive – 36 finishes from 36 starts in walk events, most of them seeing him finish in 1st place, even against older walkers. This combined with wins in the Victorian and Australian U16 3000m, the LBG U16 3km, the Australian U16 5km and the Australian All Schools U16 3000m see him right up near the top of this year's list.

5. Tyler Jones

Like Nathan, 13 year old NSW walker Tyler Jones is undefeated in his U14 age group within Australia and has also recorded a very impressive set of PBs this year – 6:34.73 (1500m), 13:57.85 (3000m) and 5km (24:33). Wins included the Australian U14 3000m, the Australian Little Athletics U13 1500m, the LBG U14 2km, the Australian U14 3km and the Australian U14 All Schools 3000m.

6. Ian Rayson

23 year old Ian Rayson has also had a very good year although with a few patchy periods. His first race for 2011 was the Australian 20km in February where he finished with 1:26:56, a time that qualified him for the World Uni Games. He then travelled to Slovakia in March for a 50km but it is fair to say that his great 3:59:43 2nd place in the 2010 Australian 50km had obviously taken a lot more out of him than he expected and he failed to finish in his second 50km. This, combined with his first

year in full time employment, took a fair toll on him and it was not until June that we saw him back in top shape (in the LBG 20 Mile in Canberra in June he came 7th with a PB of 2:31:31). He then headed off to St Moritz to prepare for the World Uni Games in August but suffered a disappointing DQ in the big event. Rather than sit back and feel sorry for himself, Ian bounced back in the best possible manner, recording successive 20km PBs of 1:25:59 (Melbourne, October) and 1:24:25 (Sydney, November). The icing on the top of the cake came in December when he finished 4th in the Australian 50km at Fawkner Park in a PB time of 3:57:55, an Olympic A qualifier.

7. Jesse Osborne

16 year old Jesse Osborne found himself in the bottom half of the U18 division this year so had to compete against walkers a year older than himself but it did not stop him recording some great results. First to his 2011 PBs – 12:10.11 for 3000m, 21:05.14 for 5000m and 44:30 for 10km – which stack up very well against the times recorded by our top walkers at a similar age. A prolific racer, his major performances included gold in the Australian U17 5000m in March, silver in the LBG U18 5km, an excellent 18th in the World Youth Championship 10,000m in Lille in July (45:11), silver in the Australian U18 5km in August and silver in the Australian All Schools U18 5000m in December. He finished off the year in fine style, recording a 44:30 PB over 10km at Fawkner Park a few weeks ago. He will still be U18 next year and will be hard to beat in that age group.

8. Brad Aiton

17 year old Brad Aiton would be the first one to tell you that this year has been a quiet one by his own high standards. Year 12 study requirements ensured that his training was necessarily curtailed and his PBs this year have been restricted to two distances – 1500m (5:41.88) and 5000m (20:37.0). But his racing continued to be of a high standard and golds included the Australian U18 5000m in March, the LBG U18 5km in June, the Australian U18 10km roadwalk in August and the Australian All Schools U18 5000m in December. He also finished 16th in the World Youth Championship 10,000m (45:00) in July.

9. Chris Erickson

30 year old Chris Erickson continues to perform at the elite level demanded of our senior AIS walkers and 2011 has seen him produce PBs over 5000m (19:24.85) and 50km (3:51:57). But in many ways, this has been a disappointing year for him as he walked below form to take 4th in the Australian 20km championships in February (1:25:29) and hence missed out on a 20km berth for the 2011 World Champs. Travelling to Europe in March, he recorded a PB of 3:54:53 in the Dudince 50km but was beaten by a resurgent Nathan Deakes so missed out on a World Champs 50km spot. Racing on the local front for the winter, he recorded 4th in the LBG 20 miles in a good 2:24:37, won the Australian 20km championship in August, recorded an excellent 35km at Middle Park in September (2:37:36) and raced yet another 50km PB at Fawkner Park in December (3:51:57). But once again he found himself ranking 4th in the 50km and so has missed Olympic selection in his preferred event. But he does seem to be coming of age as a 50km walker now and must be looking confidently forward to the next few years.

10. Nathan Deakes

With his last significant races in 2007, the big question was whether 34 year old Nathan Deakes could ever recover sufficient form to challenge again at the international level. His first tentative steps were taken in February when he finished 5th in the Australian 20km championship in 1:25:38. With the cobwebs blown out, he then recorded a very impressive 3:48:08 when coming 6th in the Dudince 50km in Europe in March. His next race was in June when he captured bronze in the LBG 20 mile with 2:21:50. Although his subsequent walk in the IAAF World Championship 50km in Daegu in September was ultimately disappointing for him, we were just so excited to see him lead for the first half of the event – was the Nathan of old back? He finished the year off in good style, taking silver in the Australian 50km championship in December (3:50:34), almost certainly cementing his Olympic selection. He's back!

11. Brendon Reading

22 year old Brendon Reading continued on from his fine form of 2010, recording PBs over nearly all distances - 11:56.73 (3000m), 20:19.70 (5000m), 42:19 (10km), 1:24:51 (20km) and 2:31:10 (20 Miles). His first big race of the year was the IAAF Challenge event in China in April and his time of 1:24:51 cemented his place in the World University Games. His PB in the LBG 20 mile championship in June and his fine 16th place finish in the World Uni meet in China were the other highlights. His 5000m PB of 11:56 came in November and put the finishing touches to a good year.

12. Peter Bennett

56 year old Peter Bennett is a regular in this list and he has forced his way in again this year with more superb ultra distance walks. One of our top Masters walkers and the President of QRWC, Peter just gets better as the distances get longer. You don't do many ultra walks per year for obvious reasons but his two outings were outstanding. In June he won the Rouen 24 Hour Championship in France with 213.000km (his third win in 5 years in this prestigious event) and in December he finished 19th in the Coast to Kosci 240km road race (against a field of runners) in a time of 38:06:38.

13. Blake Steele

18 year old Blake Steele started his year impressively with second to Dane Bird-Smith in the Australian U20 10,000m walk (44:18.66) and recorded a PB time of 20:37.43 for 5000m a week later in Sydney. Alas, a series of niggling injuries and a serious shoulder injury (which required surgery) laid his plans to waste and it was not until December that he burst back, winning the U20 10km at Fawkner Park with a PB 43:27. With Dane moving into senior ranks in 2012, Blake is our top ranking junior and will be a front runner for the 2012 World Junior champs.



Jared Tallent, Luke Adams, Dane Bird-Smith, Nathan Brill, Tyler Jones



Ian Rayson, Jesse Osborne, Brad Aiton, Chris Erickson and Nathan Deakes



Brendon Reading, Peter Bennett and Blake Steele

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, WED 14 DECEMBER

Thanks to Colin Hainsworth for the last walk results for the year from the South Australian Masters in Adelaide. Colin commented:

Evening Tim, results for last night's 3k walk, yacht handicap. Last track walk for this year. Next week a picnic fun evening for SA Masters Club.

3000m Yacht Handicap

M66	George White	16.03	87.52%
	Justin Hill	15.14	
W51	Marie Maxted	19.12	68.56%
M76	Leigh Smith	21.36	73.69%
W69	Sandy Brunner	18.47	85.44%
M81	Colin Hainsworth	22.08	77.41%
M65	James Hoare	20.39	67.28%
M69	Bill Starr	20.50	69.81%
M68	Graham Harrison	19.27	73.90%
W59	Edna Bates	25.42	55.33%
M73	Rodger Barber	22.00	69.48%
M68	Roger Lowe	23.37	60.86%
W51	Gloria Holliday	18.01	73.07%
W60	Helen Suridge	21.21	67.32%
M78	David Robertson	24.02	68.14%
W57	Linda Whitelaw	25.09	55.38%

OTHER RESULTS

And a few final local results to round off the year. First to Ballarat for their AV Shield Round 9 3000m walks

AV Shield Round 9. Llanberris Reserve, Ballarat, Saturday 16 December

Mixed 3000m Walk

1.	Prendergast, Maurice	M48	BYC	18:42.12
2.	Govan, Lee	M56	WEN	20:37.23
3.	Ruddick, Kevin	M61	BHA	20:59.26

and to Western Australia where Zac Partington has been in great shape over 5000m (24:01.11) and 1500m (6:11.40)

Athletics WA Interclub Walks, Perth

Mixed 5000m Walk, Friday 9 December 2011

1.	Partington, Zac	M Athletics WA	24:01.11
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Mixed 1500m Walk, Friday 16 December

1.	Partington, Zac	M Athletics WA	6:11.40
2.	Watson, Hannah	W Melville	7:20.20
3.	Hughes, Holly	W Athletics WA	7:27.70
4.	Holt, Kate	W Melville	7:46.00
5.	Hill, Jeremy	M Athletics WA	7:58.50

ATHLETICS AUSTRALIA WALK JUDGES SEMINAR

On Saturday 10th December, a Racewalk Judging seminar was held in Melbourne. Diane Lowden reports as follows

Dear Friends,

A very successful combined association race walks seminar was conducted by Wayne Fletcher, international race walk judge and Athletics Australia walks lecturer, on the 10th December, with an attendance of 17 people. Two sat their A Grade exam, two sat their B Grade and three people sat their C Grade exam while ten people attended the seminar only.

I would like to thank Wayne for giving of his time and expertise to conduct the course. He made it very enlightening; Lorraine Morgan from Athletics Australia for all her help with the paperwork, Don Blyth from Athletics Victoria for the photocopying and Shane Bertrand for all his help in allowing us to use the Boardroom at Little Athletics Victoria.

This is the third time an official's seminar incorporating all associations - Athletics Australia, Athletics Victoria and LAV - has been conducted in Victoria. Thank you to all participants for making it happen.

I look forward to seeing you all judging race walks at our competitions this season.

Kind regards

Diane Lowden

Oceania Area Walks Judge

Congratulations to the following judges who passed their respective exams:

Ralph Bennett	A	Stuart Cooper	B	Simon Ware	C
Shane Bertrand	A			Simon Evans	C
				Margaret Walker	C

SOME VIDEOS TO WATCH

I recently saw links to some archival newsreel footage from walks of old – only a few minutes each and well worth a watch:

1960 Olympic 50km - Don Thompson (UK)

<http://www.britishpathe.com/record.php?id=41844#.TuNpJ-c6dhc.facebook&mid=54>

1968 British Postal 6 Mile Walk - Ray Middleton Winner

<http://www.britishpathe.com/record.php?id=45490#.TuNs4v88UHs.facebook&mid=54>

Don Thompson wins Italian 100km - 1955

<http://www.britishpathe.com/record.php?id=39876#.TuNqXebaa10.facebook&mid=54>

1932 London to Brighton Race

<http://www.britishpathe.com/record.php?id=2768#.TuPTGOCuFQc.facebook&mid=54>

OCEANIA RACEWALKING CUP – NZ SELECTIONS

The Athletics New Zealand selectors have made their final selections for the team to contest the Oceania Racewalking Cup in Hobart on the 25th February. Here is how the announcement reads:

Athletics New Zealand are pleased to announce that Australian based Scott Nelson (Senior Men) will complete the team that will travel to Hobart. The final team is as follows:

Senior Men -	Quentin Rew, Graeme Jones, Michael Parker, Scott Nelson
Senior Women	Roseanne Robinson, Nyle Sunderland, Lesley Cantwell
Junior Men	Matthew Holcroft
Junior Women	Courtney Ruske

The Team Manager for the trip will be Geoff Robinson.

Our own team will be announced by Athletics Australia closer to the event.

WHAT'S COMING UP

That's it for this year as we all stop for a dose of R&R this Christmas. For us Victorians, the next 2 dates are the VRWC Road Races on Sunday 8th January and the Victorian Country Track and Field Championships in Bendigo on 13-15 January. Entries for the Country Champs close on Tuesday 3rd January – see <http://www.athsvic.org.au/cache/MeetFile/152402012%20VCAC%20Bendigo%20Entry%20Form.pdf>. Remember that metropolitan athletes can enter and walk by invitation.

Lots of us will be heading off to Falls Creek on 30th December and will be there until 8th January. This is the third such camp that Simon Baker has run and it looks like being a beauty this year with just over 20 of us attending. I look forward to reporting on our activities via the newsletter.

In the meanwhile, enjoy your Christmas break and don't forget to train!

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.

2011/2012 Australian/Victorian Summer Season Key Dates

Sun 8 Jan 2012	VRWC Road Races, Middle Park
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sun 22 Jan 2012	VRWC Road Races, Middle Park
Wed 8 Feb 2012	VRWC Track Races and VMA 4x800m Relay Championships, COL Harriers Track, Clifton Hill
Sat 18 Feb 2012	Sydney Track Classic, Sydney (5000m walk)
Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
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	Australian Junior Championships , Sydney Olympic Park

Sun 18 Mar 2012 VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012 **Australian Masters T&F Championships**, Melbourne
13-15 Apr 2012 **Australian Open T&F Championships**, Melbourne (5000m walks)

2012 International Fixture

Feb 5-12, 2012 **Oceania Masters Championships, Tauranga, New Zealand**
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/>

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

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow**. See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia**. See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL**. See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City 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>)