



## HEEL AND TOE ONLINE

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### TIM'S WALKERS OF THE YEAR

Last week I reviewed my top male walkers of the year but in retrospect, I realize that I had one important omission – that of Andrew Jamieson. So before I go onto the women, I must rectify that and give a bit of information about Andrew's 2011 year.

#### **Andrew Jamieson**

Super masters walker Andrew Jamieson turned 65 in June of this year and he has been on the records rampage since then, setting new World M65 bests for 3000m (14:38) and 20km (1:41:27) and new Australian records for 2000m (9:33) and 15km (1:16:51). Andrew already holds all the M60 world records and he has now started on his M65 campaign. At the World Masters Championships earlier this year in USA, he won all 3 M65 division walks (5000m, 10km and 20km) and remains very competitive in the Open division, coming 5<sup>th</sup> in the Australian 20km championship in August (1:41:27) and the LBG 10 Mile in June (1:21:54).

And now onto my list of our top female walkers and what a tough ask it was to decide – so here goes.

#### **1. Regan Lamble**

20 year old Regan Lamble has made dramatic improvement over the past 12 months, starting in February when she came second in the Australian 20km championship with 1:35:08. March saw her record a PB 22:19 for 5000m in Sydney, followed by a win in the Hong Kong 10km in April in 46:30. She then travelled to Taicang in China for an IAAF 20km in which she placed 12<sup>th</sup> in a huge PB time of 1:31:39. June saw her win the LBG 10 mile in an outstanding 1:14:26. With such a preparation, it was not surprising when she came 15<sup>th</sup> in the IAAF World Championship 20km in Daegu in 1:33:38. Her final race of the year saw her win the AA 20km at Fawkner Park in 1:32:06. She now looks set for Olympic selection.

#### **2. Claire Tallent**

Claire Tallent started the year in fine style with a 1:33:38 win in the Australian 20km Championship in February. She followed this up with two great walks in March - 4<sup>th</sup> place in the IAAF Challenge 20km in Mexico (1:35:59) and first in the Sydney 5000m (22:09). The following month she was overseas again and recorded an excellent 1:32:39 in the IAAF Challenge event in Taicang. She placed 6<sup>th</sup> in the Dublin Grand Prix in June 1:35:54) and then 21<sup>st</sup> in the IAAF Championships in Daegu (1:34:46). After a good break, she started her Olympic campaign with a low key 3<sup>rd</sup> place in the Fawkner Park 20km in December (1:37:08). Like Regan, she is a front runner for Olympic selection and remains one of our most consistently highly achieving walkers.

#### **3. Beki Lee**

25 year old Beki Lee has been a revelation this year, taking nearly 10 minutes off her 20km times in the last 12 months and propelling herself into Olympic contention. Her year started in February when she placed 5<sup>th</sup> in the Australian 20km in Hobart with a big PB time of 1:38:06. In April she improved further to 1:35:35 with 22<sup>nd</sup> in the IAAF Challenge race in Taicang. Her next race was in Schenzhen when, in the World University Games, she placed 10<sup>th</sup> with 1:41:54, a great walk in hot and oppressive conditions. Her next 20km appearance in December at Fawkner Park saw her take 2<sup>nd</sup> place with an Olympic A qualifying time of 1:33:09. Rarely do we see such improvement in one year and it ensures that Beki is right up at the top of our list of elite performers.

#### **4. Rachel Tallent**

18 year old Rachel Tallent has had a great first year at the AIS and clearly leads our U20 women as we enter a World Juniors year. She started the year with a 48:40 win in the U20 10km event in Hobart in February. She then won the Australian U20 10,000m title (49:39) the following month. June saw a big double at the LBG carnival in Canberra - 3<sup>rd</sup> in the 10 Mile with 1:24:01 and 3<sup>rd</sup> in the 5km with 23:31. In August she won the Australian U20 10km championship (49:31) and in December she won the U20 10km event at Fawkner Park (48:42). She has been undefeated this year in her age group and is a firm favourite for spots in the 2012 WWC and World Junior champs.

#### **5. Lyn Ventris**

55 year old Lyn Ventris was recognized by the IAAF this year as World Masters Athlete of the Year (Women). It was a well deserved accolade as she is clearly the world's leading masters walker, holding all the W50 world records and transitioning into the W55 division this year with a series of further astonishing walks. Her 20km time 1:39:51 in May was clearly the pick of the

lot with an Age Graded Score of 101.32% - one of the very few times a performance has ever bettered the 100% mark. Lyn currently holds 10 Masters World Records and is our fastest Masters walker, regardless of age group. None of the younger female masters walkers can match her.

**6. Heather Carr**

Like Lyn Ventris, 61 year old Heather Carr is untouchable in her age group world wide and she has continued on her merry way this year, setting a suite of new world records that are amazing in quality. She is also a prolific racer, walking in over 40 races this year as well as excelling as a runner and as a triathlete. Her best times for the year make it hard to believe that she is now 61 years of age - 15:21 for 3000m, 26:10 for 5000m, 55:20 for 10km and 1:56:18 for 20km. She also came 6<sup>th</sup> in LBG 10 mile event in 1:34:42.

**7. Jemima Montag**

13 year old Jemima Montag is untouchable in the U14 age group and she has taken all before her on the national stage this year. Her 2011 PBs are superb for one so young - 6:44.36 (1500m), 2km 9:27, 3km 14:16, 5km 24:51, 10km 53:18. She won the Australian U14 3000m title in March (14:45), the LBG U14 2km in June (9:27), the Australian U14 3km in August (16:17 on a long course) and the U18 5km at Fawkner Park in December (24:51). Not only does she win the big events but she wins by the proverbial mile.

**8. Jessica Pickles**

17 year old Jessica Pickles was the pick of our U18 girls in what was a very competitive age group. Her 2011 PBs included 14:14 (3000m), 23:42 (5000m) and 52:56 (10km). Her great 5000m track walking last summer ensured selection in the 2011 World Youth Championships where she came 15<sup>th</sup> with 24:01. She won the U18 5km in the LBG Carnival in June (24:37), won the Australian U18 5km championship in August (24:42) and won the Australian All Schools U18 5000m in December (23:54). Her next big challenge will be to convert these great 5km/5000m times to 10km but I am sure that she will be up to the challenge.

**9. Kristie Goznik**

18 year old Kristie Goznik is one of the big improvers for 2011 as evidenced by her recent PB times for 3000m (13:59), 5000m (24:16) and 10km (49:55). With her recent 10km performances (2<sup>nd</sup> in Australian U20 10km in August with 50:59 and 2<sup>nd</sup> in the U20 10km at Fawkner Park in December with 49:55) she now has put herself right into contention for spots in the U20 WWC and/or World Junior teams.

**10. Nicole Fagan**

24 year old Nicole had a breakthrough race in the Australian 20km championship in February, coming 3<sup>rd</sup> with a huge PB of 1:35:55, thus cementing her spot in the World University Games team. She also improved her 5000m time to 22:40, confirming her new level of fitness. Her 11<sup>th</sup> place in Schenzen in August was another solid performance and we can expect to see her amongst the main contenders in Hobart next month.

**11. Tanya Holliday**

23 year old Tanya Holliday made a successful return to competition last year after a couple of years sidelined with injury. Although she did not race much this year she still impressed with superb times and performances. In June, she came 2<sup>nd</sup> in the LBG 10 Mile championship (1:17:23) and won the 5km (22:29). In July, she recorded a 10km PB of 44:55 in Adelaide and in August she won the Australian 20km championship with 1:37:54.

Now this was a tough list to prepare and there were a number of walkers who are perhaps unlucky to miss out - **Kirsty Klein, Kelly Ruddick, Amy Burren, Amy Bettiol and Cheryl Webb.**



**Regan Lamble, Claire Tallent, Beki Lee, Rachel Tallent and Lyn Ventris**



**Heather Carr, Jemima Montag, Jessica Pickles, Kristy Goznik, Nicole Fagan and Tanya Holliday**

**THE FALLS CREEK CAMP**

The Falls Creek training camp is underway, the weather has been great and the training has been solid – a mixture of road walks, running and gym work. We have a superb group of walkers assembled: Heather Carr, Amanda Heard, Jasmine Irshad, Kristie Goznik (SA), Katie Holt (WA), Amy and Sarah Burren, Stephanie and Hayley George, Beth Alexander, Nathan Brill, Billy Allamby, Lucas Taylor, Zac Partington (WA) and Simon Evans and a big support group headed by camp coordinator Simon Baker along with Alison Baker, Tim Erickson, Sharon Holt, Marg Alexander, Sabrina and Graham George, Gavin and Joanne Burren, Bill Carr and Cathy Evans. And we even have our next group of young walkers in Callum, Liam and Freya Evans and Elliot Baker. So it's a big group but one that has quickly blended together. With huge numbers of runners doing their annual pilgrimage to Falls Creek along with a good sprinkling of cyclists, triathletes and other village guests and with the likes of Steve Monaggetti and Craig Mottram out running each day, it is a heady atmosphere and one that is conducive to quality training.

Camp highlights so far

- superb luxury accommodation
- great meals and lots of them
- camp mascot (?) Elliot Baker to keep us all amused with his energetic approach to life
- two of our female walkers going on a short run, getting lost and doing a session of nearly 3 hours!
- Bill Carr excelling on the bike
- Everyone mixing in really well
- Trying to survive 5 minutes in the cold mountain water post training (Gavin Burren has attained legendary status)



**Brrr .. that water is so cold!**



**Sharon, Kristie, Kate, Jasmine, Simon, Heather, Brad, Amanda, Lucas, Billy, Zac, Nathan, Tim, Kathy, Freya, Liam, Callum and Simon**



**Lucas, Zac, Billy, Lucas, Kristie, Brad, Heather and Kate**



**Amanda, Jasmine, Simon, Liam and Callum**



**Working hard in the gym**



**Who are these two well attired walkers?**

### **MORE CAMPS COMING UP**

Although the Falls Creek camp finishes on 8<sup>th</sup> January, that is not the end of things as two further camps are scheduled during January.

The annual AIS camp is on once again with AIS Chief Walks Coach Brent Vallance doing his usual superb job of getting funding and putting it all together for a 3 week intensive camp at Thredbo Alpine Village from 7<sup>th</sup> January to 28<sup>th</sup> January. This brings together most of our elite and aspiring elite walkers – the list of Australian walkers includes Jared Tallent, Ian Rayson, Brendon Reading, Sean Fitzsimons, Brad Aiton, Harry Bates, Nathan Brill, Jesse Osborne, Blake Steele, Regan Lamble, Rachel Tallent, Beki Lee, Nicole Fagan, Tanya Holliday, Claire Tallent, Amy Burren, Kirsty Klein, Amy Bettiol and Beth Alexander. They will be joined by 12 overseas walkers for what promises to be a wonderful training opportunity.

And finally, Queensland coach and RWA President Dave Smith has his own training camp which will be held from 14<sup>th</sup> - 21<sup>st</sup> January at Rainbow Beach in Queensland. Dave advertised it recently on the ozwalker discussion group and commented:

*If you are in Qld or interested, give me a call ( Dave ) 0438729601 Bookings are almost chocka with some athletes coming for a few days and most for the week .. CYA on the coast*

### **AUSTRALIAN ATHLETES IN THE WORLD RANKINGS**

Inside Athletics writer Tim McGrath reported a few days ago on the 30 Australian athletes who were ranked in the top 50 in the various Olympic events in 2011 (see <http://www.insideathletics.com.au/news>). The article commented “*Consistent with previous*

years, Australia's race walkers are highly successful, with the rest of the talent spread fairly evenly across event groups, with the exception of the sprints". Here is how the list reads

Men	Event	Rank	Athlete	Performance
	800m	20	Jeff Riseley	1:44.64
	1500m	20	Riseley	3:33.42
	5000m	29	Ben St Lawrence	13:10.08
	5000m	35	Craig Mottram	13:11.51
	10000m	27	St Lawrence	27:24.95
	400m H	41	Brendan Cole	49.60
	3000m St	25	Youcef Abdi	8:16.41
	High Jump	=46	Josh Hall	2.26m
	Pole Vault	=38	Steve Hooker	5.60m
	Long Jump	1	Mitchell Watt	8.54m
	Long Jump	=32	Robbie Crowther	8.12m
	Triple Jump	24	Henry Frayne	17.04m
	Triple Jump	=30	Kane Brigg	16.97m
	Shot Put	=46	Dale Stevenson	20.05m
	Discus	16	Benn Harradine	66.07m
	Discus	24	Julian Wruck	65.74m
	Javelin	31	Jarrold Bannister	82.25m
	<b>20km Walk</b>	<b>11</b>	<b>Jared Tallent</b>	<b>1:19:57</b>
	<b>20km Walk</b>	<b>27</b>	<b>Luke Adams</b>	<b>1:21:00</b>
	<b>50km Walk</b>	<b>7</b>	<b>Tallent</b>	<b>3:43:36</b>
	<b>50km Walk</b>	<b>11</b>	<b>Adams</b>	<b>3:45:31</b>
	<b>50km Walk</b>	<b>17</b>	<b>Nathan Deakes</b>	<b>3:48:02</b>
	<b>50km Walk</b>	<b>33</b>	<b>Chris Erickson</b>	<b>3:51:57</b>
Women	Event	Rank	Athlete	Performance
	100m	=45	Sally Pearson	11.20
	1500m	37	Zoe Buckman	4:05.06
	1500m	42	Kaila McKnight	4:05.65
	10000m	28	Eloise Wellings	31:41.31
	100m H	1	Pearson	12.28
	400m H	27	Jana Pittman	55.75
	400m H	30	Lauren Boden	55.78
	Pole Vault	=18	Alana Boyd	4.60m
	Discus	23	Dani Samuels	62.33m
	Javelin	8	Kim Mickle	63.82m
	Javelin	36	Kathryn Mitchell	59.47m
	<b>20km Walk</b>	<b>43</b>	<b>Regan Lamble</b>	<b>1:31:39</b>

## OVERSEAS RESULTS

It is pretty quiet around the world at the moment but I did come across one result from mid December when, in the 12<sup>th</sup> Arab Games held in Doha in Qatar, the 20km walk for men was won by Tunisian walker Hassanine Sbaï (1:28:20) and the women's 10,000m track walk was won by Tunisian Chaima Trabelsi (48:17.91).

## ENTRIES NOW OPEN FOR HOBART

The Australian 20km Road Walking Championships and Selection Trials will be held at Constitution Dock, Hobart Waterfront, Tasmania on the 25<sup>th</sup> February, 2012. Events to be conducted are:

- 20km Race Walk - Open & U23 Men & Open & U23 Women - Championship Event
- 20km Race Walk - U23 Men & U23 Women
- 10km Race Walk - U20 Men & U20 Women
- 5km Race Walk - U18 Men & U18 Women

This event also incorporates the Oceania Race-walking Cup between Australia and New Zealand.

Entries are now open on the Athletics Australia website. Point your browser to [https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=789&OrgID=887](https://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=789&OrgID=887) and submit your entry as soon as possible.

## WHAT'S COMING UP

As our Christmas / New Year break comes to a close, walks competitions will soon resume on the local Victorian front:

The next round of AV Shield for the Bendigo and Geelong regions is scheduled for Saturday 7<sup>th</sup> January. The other regions recommence two weeks later on Saturday 21<sup>st</sup> January.

The next VRWC road races will be held on Sunday 8<sup>th</sup> January at Middle Park – the timetable reads as follows:

<b>Sunday 8<sup>th</sup> January 2012, VRWC Events, Middle Park</b>		
8.30am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The Victorian Country T&F Championships will be held in Bendigo from 13-15 January. See the Athletics Victoria website for further information.

From then on, things will hot up as we build up towards the National Championships.

## 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	<b>Australian 20km roadwalk Championships</b> , 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	<b>Australian Junior Championships</b> , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone (venue to be confirmed)
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , Melbourne
13-15 Apr 2012	<b>Australian Open T&amp;F Championships</b> , Melbourne (5000m walks)

### 2012 International Fixture

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

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

### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, HUN</b>

July 22-27, 2014      **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**  
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**  
2016                        **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>  
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**      City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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