



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was shared between Victorian **Emmet Brasier** and Queenslander **Clara Smith** who both performed so well in the Australian All Schools Championships in Hobart.

This week sees more great walking on the Australian front and I have highlighted 4 of the many outstanding walks for voting.

- NSW/AIS walker **Luke Adams** confirmed his place for next year's IAAF World Championships with a win in the Australian 50km championship last Sunday. Luke won this title in 2010 and was back on the podium again with his time of 3:57:24.
- NSWIS walker **Ian Rayson** also knocked out an A qualifier for next year's IAAF World Championships with his second place time of 4:00:39 in the same race. Ian was in two minds as to whether to do the 50km or the 20km event on Sunday but he obviously made the right choice!
- 17 year old Queenslander **Jesse Osborne** walked a 57 sec PB to win the Junior 10km invitational walk at Fawcner Park, his time of 43:18 a huge improvement on his 44:15, walked at this year's World Walking Cup in Russia. It confirms his continuing improvement under the steady eye of coach Brent Vallance.
- Queensland ultra walking specialist **Peter Bennett** was at it again last weekend, testing himself out against the runners in the annual Coast to Kosci. This 240km iconic race from the NSW coast to the top of Mt Kosciusko, Australia's highest mountain, is one of the toughest on the local calendar. Peter completed it last year in 38:06:38. This year, he was even better, improving to **37:17:57** and finishing 17<sup>th</sup> out of the field of 34 (the others all being runners).

You can read more about each performance in the newsletter and then you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.

### AUSTRALIAN 50KM CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE, SUNDAY 9 DEC

I will lead with what was the major event of the week - the Australian 50km championship which was held last Sunday morning in Melbourne After a 37°C Saturday, Sunday morning was cool and overcast with the occasional flurry of wind, just about perfect for the walkers who assembled for the 7AM start time at Fawcner Park. The AA Press Release tells the story of the race:

#### Adams to join Tallent in Moscow

Luke Adams (NSW) will join Jared Tallent (VIC) on the start line for the men's 50km walk at the 2013 IAAF World Championships after winning the Australian championship in an 'A' Qualifying time of 3:57:24 this morning. Excitingly for the Australian Flame team, Ian Rayson (ACT) has staked his claim for the third and final spot after crossing the line second in 4:00:39, also an 'A' Qualifying time.

Adams looked strong from the outset. Sitting alongside Rayson and fellow 2010 Commonwealth Games representative Chris Erickson (VIC) for the opening five kilometres, the 36-year-old Adams broke away from his challengers to a comfortable lead before moving through the 10-kilometre mark at 46:19. Extending his lead to beyond 500 metres at the halfway point, Adams continued to surge before moving through 40 kilometres in 3:04.57 near on one kilometre ahead. Erickson was forced to withdraw at 36 kilometres, leaving Rayson as a clear second, with Adams closing out his formidable race in a time of 3:57:24 and Rayson second in 4:00:39.

Adam's victory is his second national 50km walk title after winning in 2010. He has also won the Australian 20km walk championship on two occasions, and the Australian 30km walk championship once. A three-time silver medallist across 20km at the Commonwealth Games, Adams has donned the green and gold at two Olympic Games and five world championships, with 5<sup>th</sup> in the 50km walk in Daegu (KOR) last year his best result (editor - Luke also took 5<sup>th</sup> place in the IAAF World Championship 20km in Paris in 2003, underlining his world class performance over a long period of time).

Andrew Jamieson and Simon Evans were also DNF's, Andrew stopping after 34km with a back issue and Simon falling outside the 5 Hour cutoff mark and deciding to call it quits at the 44km point.

David Armstrong has posted an interview with Luke Adams to athsvicTV2: <http://www.youtube.com/watch?v=PE6Fi1-LHNM> and hopes to have the race footage out very soon.

#### Men 50km Road Walk Australian Championship

|    |                 |         |         |                  |
|----|-----------------|---------|---------|------------------|
| 1. | Luke Adams      | AIS/NSW | 3:57:24 | IAAF A Qualifier |
| 2. | Ian Rayson      | NSWIS   | 4:00:39 | IAAF A Qualifier |
|    | Simon Evans     | VIC     | DNF     |                  |
|    | Andrew Jamieson | VIC     | DNF     |                  |
|    | Chris Erickson  | VIC     | DNF     |                  |



Luke Adams, Ian Rayson and Chris Erickson in action on Sunday

Various other invitational events were on offer and a number of our top walkers took up the challenge. Tahya Holliday 1:36:31 and Brendon Reading 1:26:33 won the Open 20km events. Behind them, we saw lots of PBs as you can see below. Special mentions for Kelly Ruddick 1:38:32, Rachel Tallent 1:40:52 (her first ever venture over 20km), Stephanie Stigwood 1:43:57 and Daniel Coleman 1:32:53.

#### Women 20km Road Walk Invitation

|    |                    |         |         |            |
|----|--------------------|---------|---------|------------|
| 1. | Tanya Holliday     | SA      | 1:36:31 |            |
| 2. | Regan Lamble       | AIS/VIC | 1:38:10 |            |
| 3. | Kelly Ruddick      | VIC     | 1:38:32 | PB 1:24    |
| 4. | Rachel Tallent     | AIS/VIC | 1:40:52 | First Ever |
| 5. | Stephanie Stigwood | TAS     | 1:43:57 | PB 20:31   |
| 6. | Michelle Laufer    | VIC     | 1:48:27 | PB 1:38    |
| 7. | Kirstin Shaw       | VIC     | 1:55:17 | PB 3:21    |
| 8. | Heather Carr       | VIC     | 2:02:01 |            |
|    | Tracy Feiner       | VIC     | DNF     |            |
|    | Beth Alexander     | VIC     | DNF     |            |

#### Men 20km Road Walk Invitation Open

|    |                 |     |         |         |
|----|-----------------|-----|---------|---------|
| 1. | Brendon Reading | ACT | 1:26:23 |         |
| 2. | Daniel Coleman  | TAS | 1:32:53 | PB 0:45 |
| 3. | Kim Mottrom     | SA  | 1:33:26 |         |
| 4. | Justin Hill     | SA  | 1:41:22 | PB 1:54 |
| 5. | Jason Kozica    | VIC | 1:44:44 | PB 0:41 |
|    | David Smyth     | VIC | DNF     |         |
|    | Bradley Simpson | VIC | DNF     |         |

The Junior 10km events saw a great race between 17 year old Jesse Osborne and 16 year old Nathan Brill. On this occasion, Jesse had the upper hand and walked a magnificent PB 43:18. Nathan was only 2 secs outside his own PB with 43:44, yet another World Youth qualifier. Harry Bates 47:58 and Stephanie George 53:41 both walked PBs to round out the finishing list.

#### Women 10km Road Walk Invitation U20

|    |                  |     |       |         |
|----|------------------|-----|-------|---------|
| 1. | Stephanie George | VIC | 53:51 | PB 0:22 |
|    | Jasmine Irshad   | VIC | DNF   |         |

**Men 10km Road Walk Invitation U20**

|    |               |     |       |                            |
|----|---------------|-----|-------|----------------------------|
| 1. | Jesse Osborne | QLD | 43:18 | PB 0:57                    |
| 2. | Nathan Brill  | VIC | 43:44 | IAAF World Youth Qualifier |
| 3. | Harry Bates   | ACT | 47:58 |                            |

The final events on offer were the U18 5km roadwalks which saw Jemima Montag 24:24 and Kyle Bird 23:43 take line honours.

**Women 5km Road Walk Invitation U18**

|    |               |     |       |  |
|----|---------------|-----|-------|--|
| 1. | Jemima Montag | VIC | 24:24 |  |
|----|---------------|-----|-------|--|

**Men 5km Road Walk Invitation U18**

|    |                |     |       |         |
|----|----------------|-----|-------|---------|
| 1. | Kyle Bird      | VIC | 23:43 |         |
| 2. | Adam Garganis  | VIC | 24:41 |         |
| 3. | Reese Walmsley | VIC | 24:51 | PB 0:01 |
| 4. | Lucas Taylor   | VIC | 25:28 |         |
| 5. | Kyle Swan      | VIC | 27:48 |         |

And congratulations to **Rhydian Cowley** who ran in the Zatopek 10,000m on the Saturday evening - 16<sup>th</sup> with a PB time of 30:49.47. Pretty good effort Rhydian!



**Regan Lamble, Rachel Tallent, Nathan Brill, Jesse Osborne and Kim Mottram in action**



**Stephanie George, Jasmine Irshad, Kyle Bird, Adam Garganis, Lucas Taylor, Kyle Swan, Reese Walmsley, Jemima Montag**





Beth Alexander, Stephanie Stigwood, Justin Hill, Rachel Tallent, Regan Lamble, Brad Simpson and Kelly Ruddick

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 DECEMBER**

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide. Colin commented: *Good conditions, cool, slight breeze at times.*

**3000m Yacht Handicap**

|    |     |                 |       |        |
|----|-----|-----------------|-------|--------|
| 1. | W61 | Helen Suridge   | 20:42 | 70.21% |
| 2. | M79 | David Robertson | 23:23 | 71.08% |
| 3. | W64 | Gill White      | 23:24 | 64.31% |
| 4. | M76 | Paul Boyce      | 24:33 | 64.83% |
| 5. | W60 | Edna Bates      | 25:36 | 56.15% |

**5000m Yacht Handicap**

|     |     |                   |       |        |
|-----|-----|-------------------|-------|--------|
| 1.  | M69 | Roge Lowe         | 36:26 | 67.92% |
| 2.  | M82 | Colin Hainsworth  | 37:27 | 79.31% |
| 3.  | M67 | George White      | 27:22 | 88.31% |
| 4.  | M70 | Bill Starr        | 36:08 | 69.32% |
| 5.  | M66 | Geoff Byham       | 31:15 | 76.47% |
| 6.  | M69 | Graham Harrison   | 32:39 | 75.79% |
| 7.  | W64 | Jan Layng         | 38:39 | 67.12% |
| 8.  | W52 | Marie Maxted      | 32:40 | 69.59% |
| 9.  | M60 | Jack Russell      | 30:30 | 73.55% |
| 10. | M74 | Rodger Barber     | 37:02 | 71.2%  |
| 11. | W52 | Gloria Holliday   | 28:35 | 79.53% |
| 12. | W70 | Elaine MacFarlane | 42:34 | 66.21% |

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 6 DECEMBER**

Thanks to Robin Whyte for the weekly results from Canberra

**1500m Handicap Start**

|     |                    |       |
|-----|--------------------|-------|
| 1.  | Peter Baker        | 07:42 |
| 2.  | Karina Hopkins     | 08:02 |
| 3.  | Geoff Barker       | 09:08 |
| 4.  | Ewen Thompson      | 08:34 |
| 5.  | Helena Bialecki    | 08:33 |
| 6.  | Rod Gilchrist      | 09:39 |
| 7.  | Thomas Hopkins     | 07:05 |
| 8.  | Zoe Hunt           | 07:16 |
| 9.  | Jennifer Gilchrist | 10:34 |
| 10. | Doug Fitzgerald    | 10:59 |
| 11. | Robin Whyte        | 08:59 |
| 12. | Emily Hopkins      | 08:36 |

|     |                    |       |
|-----|--------------------|-------|
| 13. | John Donovan       | 11:01 |
| 14. | Margaret McSpadden | 12:12 |
| 15. | Jordan Bardsley    | 09:04 |

### ATHLETICS VICTORIA SHIELD, SATURDAY 1 DECEMBER

#### AV Shield Round 7 - Ballarat Zone, Llanberris Reserve, Ballarat

First to a catchup as the Ballarat Zone results are now available from last week's Athletics Victoria Shield. Kelly Ruddick was a clear winner with a time of 8:48.76, just outside her PB.

#### 2000m Walk

|    |                |   |              |          |
|----|----------------|---|--------------|----------|
| 1. | Ruddick, Kelly | M | BALLARAT HAR | 8:48.76  |
| 2. | Peart, Jemma   | W | BALLARAT YCW | 11:32.52 |
| 3. | Peart, Alanna  | W | BALLARAT YCW | 12:48.74 |
| 4. | Ruddick, Kevin | M | BALLARAT HAR | 13:19.09 |

### AV SHIELD COMPETITION, THURSDAY 6 DECEMBER

And now onto this week's Athletics Victoria Shield competition which continued last Thursday evening with our walkers contesting 3000m / 1500m track walks in all 6 regions.

#### AV Shield Round 8 - East Zone, Lakeside Stadium, Albert Park

Stuart Kollmorgen 13:25.6 and Brad Simpson (a PB of 13:51.2) were the outstanding walkers at Lakeside while Sandra Geisler 15:17.7 won the women's division comfortably. Emmett Brasier was in top form in the 1500m, equalling his PB with 6:25.7. Tracey Feiner also dropped down to the shorter distance, recording an excellent 6:46.6.

#### Mixed 3000m Walk

|     |                    |   |                     |         |         |
|-----|--------------------|---|---------------------|---------|---------|
| 1.  | Kollmorgen, Stuart | M | COLLINGWOOD         | 13:25.6 |         |
| 2.  | Simpson, Bradley   | M | ATHLETICS NU        | 13:51.2 | PB 0:08 |
| 3.  | Geisler, Sandra    | W | RINGWOOD AC         | 15:17.7 |         |
| 4.  | Laufer, Michelle   | W | COLLINGWOOD         | 15:56.8 |         |
| 5.  | Keirl, Bernie      | M | DIAMOND VALLEY AC   | 16:25.2 |         |
| 6.  | Smyth, David       | M | COLLINGWOOD         | 16:45.5 |         |
| 7.  | Laurie, Natalie    | W | ATHLETICS NU        | 17:02.8 |         |
| 8.  | Gardiner, Bob      | M | COLLINGWOOD         | 17:13.6 |         |
| 9.  | Evans, Simon       | M | BOX HILL AC         | 17:29.7 |         |
| 10. | Hammett, Gary      | M | DIAMOND VALLEY AC   | 17:56.3 |         |
| 11. | Jack, Clarrie      | M | RICHMOND HAR        | 18:19.6 |         |
| 12. | Walshe, Kerry      | W | DIAMOND VALLEY AC   | 18:27.0 |         |
| 13. | Clarke, Patrick    | M | DIAMOND VALLEY AC   | 18:38.9 |         |
| 14. | Benke, Geza        | M | OLD MELBURNIANS AC  | 18:40.9 |         |
| 15. | Iacono, Thomas     | M | COLLINGWOOD         | 18:57.9 |         |
| 16. | Best, David        | M | COLLINGWOOD         | 19:18.4 |         |
| 17. | McCann, Adam       | M | ATHLETICS NU        | 22:22.7 |         |
| 18. | Garganis, Clare    | W | COLLINGWOOD         | 22:32.0 |         |
| 19. | Wilson, Bruce      | M | UNATTACHED          | 24:02.9 |         |
|     | Gardner, Neville   | M | BOX HILL AC         | DQ      |         |
|     | David, John        | M | IVANHOE HARRIERS AC | DQ      |         |

#### Mixed 1500m Walk

|    |                  |   |                   |         |          |
|----|------------------|---|-------------------|---------|----------|
| 1. | Brasier, Emmet   | M | DIAMOND VALLEY AC | 6:25.7  | Equal PB |
| 2. | Feiner, Tracy    | W | KNOX AC           | 6:46.6  |          |
| 3. | Garganis, Adam   | M | COLLINGWOOD       | 7:15.4  |          |
| 4. | Owen, Cooper     | M | DIAMOND VALLEY AC | 7:23.3  |          |
| 5. | Huse, Philippa   | W | UNATTACHED        | 7:33.4  |          |
| 6. | Schwerkolt, Zoe  | W | BOX HILL AC       | 8:09.3  |          |
| 7. | Walburg, Kirsten | W | DONCASTER AC      | 9:45.7  |          |
| 8. | Noonan, Emily    | W | COLLINGWOOD       | 9:59.3  |          |
| 9. | Brown, Tammarah  | W | RICHMOND HAR      | 11:41.6 |          |

#### AV Shield Round 8 - South East Zone, Knox Park Reserve, Knox

Kyle Bird 14:05.9 took fastest time in the 3000m at Knox. It was also great to see former Victorian (and now SA) walker Megan Szirom in action and recording an excellent 14:19.7. Jemima Montag fired in the 1500m walk, officially beating her PB with 6:45.9 (although she walked faster in her first 1500m in the All Schools last weekend). Corey Dickson was the best of the boys with 7:28.1. Corey is only 10 years old so he was definitely boxing above his weight!

#### Mixed 3000m Walk

|    |               |   |              |         |
|----|---------------|---|--------------|---------|
| 1. | Bird, Kyle    | M | MORNINGTON P | 14:05.9 |
| 2. | Szirom, Megan | W | INVITATION   | 14:19.7 |

|     |                        |   |                    |         |
|-----|------------------------|---|--------------------|---------|
| 3.  | Walmsley, Reese        | M | KNOX AC            | 15:21.2 |
| 4.  | Guy, Rachael           | W | CASEY CARDIN       | 16:13.1 |
| 5.  | Sanders, Jade          | W | CASEY CARDIN       | 16:44.2 |
| 6.  | Bennett, Ralph         | M | VICTORIAN MA       | 16:46.4 |
| 7.  | Riddoch, Clyde         | M | ATHLETICS WAVERLEY | 16:53.7 |
| 8.  | Thillaisundaram, Anand | M | MENTONE AC         | 17:38.0 |
| 9.  | Attard, Michaela       | W | KNOX AC            | 18:32.7 |
| 10. | Attard, Bianca         | W | KNOX AC            | 18:51.5 |
| 11. | Steed, Gwen            | W | VICTORIAN MA       | 19:09.2 |
| 12. | Hutton, Philip         | M | GLENHUNTLY AC      | 19:38.1 |
| 13. | Barrow, Geoff          | M | MENTONE AC         | 19:55.0 |
| 14. | Marston, Janice        | W | ATHLETICS WAVERLEY | 20:26.9 |
| 15. | Johnson, Celia         | W | VICTORIAN MA       | 20:30.4 |
| 16. | Morrison, John         | M | SANDRINGHAM AC     | 21:15.8 |
| 17. | Buller, Peter          | M | GLENHUNTLY AC      | 21:23.3 |
| 18. | Molnar, Jo             | W | ATHLETICS WAVERLEY | 22:57.9 |

#### Mixed 1500m Walk

|     |                    |   |              |        |         |
|-----|--------------------|---|--------------|--------|---------|
| 1.  | Montag, Jemima     | W | MACCABI AC   | 6:45.9 | PB 0:04 |
| 2.  | Dickson, Corey     | M | KNOX AC      | 7:28.1 |         |
| 3.  | Hamilton, Emily    | W | KNOX AC      | 7:29.8 |         |
| 4.  | Vasiljevic, Taylor | W | CASEY CARDIN | 7:34.7 |         |
| 5.  | De Lisen, Paige    | W | KNOX AC      | 7:35.0 |         |
| 6.  | Richardson, Brodie | W | INVITATION   | 8:00.3 |         |
| 7.  | Swan, Emily        | W | KNOX AC      | 8:10.8 |         |
| 8.  | Hodges, Mikhala    | W | KNOX AC      | 8:23.9 |         |
| 9.  | Lillie, Jessica    | W | KNOX AC      | 8:31.6 |         |
| 10. | Walmsley, Hayden   | M | KNOX AC      | 8:32.6 |         |
| 11. | Eastwood, Jemma    | W | OAKLEIGH AC  | 8:55.8 |         |
| 12. | Brown, Hayley      | W | KNOX AC      | 9:00.3 |         |

#### AV Shield Round 8 - North West Zone, Moonee Valley Athletics Track, Aberfeldie

Aaron McDonough was on fire at the newly resurfaced Aberfeldie track, winning the 3000m in a huge PB time of 14:18.7. Robyn Shaw was the best of the women with 17:39.8 while Gabriella Crea was the fastest in the 1500m with 8:52.8.

#### Mixed 3000m Walk

|     |                   |   |                    |         |         |
|-----|-------------------|---|--------------------|---------|---------|
| 1.  | McDonough, Aaron  | M | PRESTON AC         | 14:18.7 | PB 0:23 |
| 2.  | Donahoo, Mark     | M | ATHLETICS ESSENDON | 15:29.3 |         |
| 3.  | Hawkins, Trenton  | M | PRESTON AC         | 15:40.6 |         |
| 4.  | Aplin, Elise      | W | KEILOR ST BE       | 16:37.4 |         |
| 5.  | Knox, Duncan      | M | ATHLETICS ESSENDON | 16:42.9 |         |
| 6.  | McShanag, Connor  | M | ATHLETICS ESSENDON | 17:07.0 |         |
| 7.  | Shaw, Robyn       | W | WESTERN ATHL       | 17:39.8 |         |
| 8.  | Elms, Donna       | W | ATHLETICS ESSENDON | 18:09.9 |         |
| 9.  | Ryan, Maeve       | W | WILLIAMSTOWN AC    | 20:37.7 |         |
| 10. | Dunstone, Phillip | M | WESTERN ATHL       | 21:51.8 |         |
| 11. | Ireland, Roslyn   | W | BRUNSWICK AC       | 23:06.8 |         |
| 12. | Nicol, Stuart     | M | SOUTH MELBOURNE AC | 24:36.4 |         |
| 13. | Hodgart, Janice   | W | WESTERN ATHL       | 24:56.7 |         |
| 14. | Ireland, Olive    | W | BRUNSWICK AC       | 25:25.6 |         |
| 15. | Gunn, Nicole      | W | KEILOR ST BE       | 26:19.1 |         |
| 16. | Rickard, Ian      | M | BRUNSWICK AC       | 26:38.5 |         |
|     | Bulic, Anton      | M | BRUNSWICK AC       | DQ      |         |

#### Mixed 1500m Walk

|     |                    |   |                    |         |
|-----|--------------------|---|--------------------|---------|
| 1.  | Crea, Gabriella    | W | ATHLETICS ESSENDON | 8:52.8  |
| 2.  | Campbell, Rebecca  | W | ATHLETICS ESSENDON | 9:03.1  |
| 3.  | Wellington, Shea   | M | KEILOR ST BE       | 9:15.5  |
| 4.  | Utber, Brooklyn    | W | WESTERN ATHL       | 9:16.0  |
| 5.  | Utber, Courtney    | W | WESTERN ATHL       | 9:28.8  |
| 6.  | Matthews, Rhiannon | W | KEILOR ST BE       | 10:51.2 |
| 7.  | Abfalter, Emma     | W | KEILOR ST BE       | 11:02.8 |
| 8.  | Grenade, Christoph | M | PRESTON AC         | 11:03.1 |
| 9.  | Tonelli, Ashley    | W | KEILOR ST BE       | 11:23.7 |
| 10. | Tonelli, Jamie     | W | KEILOR ST BE       | 12:38.0 |
| 11. | Lumakovski, Sasho  | M | WHITTLESEA CITY AC | 15:55.2 |
|     | Motta, Anthony     | M | WHITTLESEA CITY AC | DQ      |

**AV Shield Round 8 - Bendigo Zone, La Trobe University Track, Bendigo**

Former international Duane Cousins was a surprise starter in the 3000m in Bendigo. By the look of things, he walked with Amanda Heard as they both finished very close together, Duane with 15:09.68 and Amanda with 15:10.23. Madison Hill won the 1500m with 9:04.93.

**Mixed 3000m Walk**

|    |                |   |                |          |
|----|----------------|---|----------------|----------|
| 1. | COUSINS, DUANE | M | EAGLEHAWK YMCA | 15:09.68 |
| 2. | HEARD, AMANDA  | W | EAGLEHAWK YMCA | 15:10.23 |
| 3. | SAVAGE, JOSHUA | M | EAGLEHAWK YMCA | 19:32.58 |

**Mixed 1500m Walk**

|    |               |   |               |         |
|----|---------------|---|---------------|---------|
| 1. | HILL, MADISON | W | SOUTH BENDIGO | 9:04.93 |
|----|---------------|---|---------------|---------|

**AV Shield Round 8 - Geelong Zone , John Landy Athletic Field, Geelong**

Alas, no results online for Geelong yet so that will have to wait until next week.

**AV Shield Round 8 - Ballarat Zone, Llanberris Reserve, Ballarat**

And finally to Ballarat where Kelly Ruddick continues to dominate, her time this week of 13:28.27 only 1 second outside her PB. Good to see Andrew Blood continuing his recent good form with 14:53.97. Rodney Davis was the sole 1500m walker with 8:28.71.

**Mixed 3000m Walk**

|    |                |   |              |          |
|----|----------------|---|--------------|----------|
| 1. | Ruddick, Kelly | M | BALLARAT HAR | 13:28.27 |
| 2. | Blood, Andrew  | M | BALLARAT YCW | 14:53.97 |
| 3. | Ruddick, Kevin | M | BALLARAT HAR | 20:55.99 |

**Mixed 1500m Walk**

|    |               |   |              |         |
|----|---------------|---|--------------|---------|
| 1. | Davis, Rodney | M | WENDOUREE AC | 8:28.71 |
|----|---------------|---|--------------|---------|

**QA ALL COMERS MEET, QSAC, NATHAN, SATURDAY 8 DECEMBER**

Dane Bird-Smith was way out in front in Queensland on Saturday with his 3000m time of 11:29.78.

**Mixed 3000m Walk**

|    |                  |     |     |          |
|----|------------------|-----|-----|----------|
| 1. | Bird-Smith, Dane | M20 | Qrw | 11:29.78 |
| 2. | Dewar, Brandon   | M20 | Qrw | 12:28.64 |
| 3. | Pickles, Jessica | W18 | Unq | 15:31.72 |
| 4. | Jackson, Eloise  | W17 | Qrw | 15:31.76 |
|    | Dewar, Nick      | M20 | Qrw | DQ       |

**SA PREMIERSHIP CUP WEEK 6, SANTOS ATHLETIC STADIUM, MILE END, SATURDAY 8 DECEMBER**

Only a small contingent in action in Adelaide Interclub with a number of their walkers in Melbourne at Fawkner Park.

**5000m Walk**

|    |             |     |     |          |
|----|-------------|-----|-----|----------|
| 1. | Troy Hooker | M48 | SAL | 28:32.14 |
|----|-------------|-----|-----|----------|

**2000m Walk**

|    |                    |     |     |          |
|----|--------------------|-----|-----|----------|
| 1. | Alix Harlington    | M13 | SAL | 10:02.18 |
| 2. | Rhiannon Lovegrove | W12 | PA  | 11:13.80 |
| 3. | Felicity Henderson | W16 | SPC | 12:23.99 |
| 4. | Linda Whitelaw     | W58 | EH  | 17:13.20 |

**ATHLETICS WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 7 DECEMBER**

Interclub in Perth saw 6 walkers in action with Holly Brown taking the honours with 16:22.10.

**Mixed 3000m Walk**

|    |                    |   |                  |          |
|----|--------------------|---|------------------|----------|
| 1. | Hughes, Holly      | W | Athletics WA     | 16:22.10 |
| 2. | Maynard, Jo-Anna   | W | Kingsway Seniors | 17:31.20 |
| 3. | Tolardo, isabella  | W | Melville         | 17:36.20 |
| 4. | Gerken, Caitlin    | W | Athletics WA     | 18:23.60 |
| 5. | Gerken, Christophe | M | Athletics WA     | 19:15.20 |
| 6. | Ellis, Daryl       | M | Mandurah/Roc     | 19:34.30 |

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 8 DEC**

And finally to Hobart where Louis Rose and Sarah Guy were in action in interclub there.

**3,000m Walk**

|    |            |     |     |          |
|----|------------|-----|-----|----------|
| 1. | Louis Rose | M17 | OVA | 17:06.99 |
| 2. | Sarah Guy  | W13 | OVA | 22:25.18 |

**NEW ZEALAND SECONDARY SCHOOLS T&F CHAMP, DUNEDIN, 7-9 DECEMBER**

Open track walks were held as part of the New Zealand Secondary Schools T&F Championships last weekend and it was Jonathon Lord who provided the walk of the meet with his 3000m time of 13:00.05 while Erin O'Brien won the Girls's 2000m with 11:41.50.

**Girls 2000m Walk Open**

|    |               |    |                |          |
|----|---------------|----|----------------|----------|
| 1. | O'Brien, Erin | 97 | St Hilda's     | 11:41.50 |
| 2. | Meikle, Sarah | 95 | Avonside Girls | 12:19.99 |
| 3. | Batin, Kerri  | 97 | Hagley         | 13:02.48 |

**Boys 3000m Walk Open**

|    |                |    |                    |          |
|----|----------------|----|--------------------|----------|
| 1. | Lord, Jonathon | 96 | Timaru Boys        | 13:00.05 |
| 2. | Hood, Stuart   | 95 | Wellington College | 15:08.58 |
| 3. | Kokich, Josh   | 96 | Burnside High      | 15:11.51 |
| 4. | Free, Jared    | 97 | Kelston Boys       | 15:25.21 |
| 5. | Shaw, Jamie    | 98 | Nelson College     | 16:10.79 |
| 6. | Samson, Fraser | 96 | St Pats Kilbirni   | 17:45.96 |

**SPANISH WINTER WALKING CHAMPIONSHIPS, GAUDIX, SPAIN, SATURDAY 8 DECEMBER**

Thanks to the oMarchador team for the following results (see <http://omarchador.blogspot.pt/2012/12/guadix-acolheu-campeonatos-de-promocao.html> ).

The Spanish Winter Walking Championships, held in the city of Gaudix, Granada, last Saturday, saw some 70 Junior (U20), Youth (U18) and Juvenile (U16) walkers from across Spain competing in 5000m and 3000m track walks. Results were excellent, especially for juniors Álvaro Martin (20.20), Marc Tur Pico (20:33), and Laura Garcia Caro (24.03) and juveniles Diego Garcia (20:49) and Maria Garcia Perez (24.36). The Juvenile races were both close battles with Daniel Oliva (25.42) and Carmen Escariz (14.09) each winning by 1 second. Main placings follow.

**5000m Junior Men**

|    |                                 |                     |       |
|----|---------------------------------|---------------------|-------|
| 1. | Alvaro Martin Uriol             | Playas de Castellon | 20.20 |
| 2. | Marc Tur Pico                   | S.G. Pontevedra     | 20.33 |
| 3. | Fabian Bernabe Rama             | Cueva de Nerja-UMA  | 21.44 |
| 4. | Arturo Peralbo Ruiz             | Independiente       | 21.55 |
| 5. | David Albuquerque Sanchez       | ISS L'Hospitalet    | 22.38 |
| 6. | Marc Guerrero Plaza             | ISS L'Hospitalet    | 22.53 |
| 7. | Adrian Lopez Sanchez            | At Almendralejo     | 23.17 |
| 8. | Jorge Jimenez Fernandez         | Atletismo Membrilla | 23.39 |
| 9. | Francisco Jesus Navarro Fuentes | Antorcha-Andújar    | 24.51 |

**5000m Junior Women**

|    |                                 |                     |       |
|----|---------------------------------|---------------------|-------|
| 1. | Laura Garcia-Caro Lorenzo       | Bidezabal Atletismo | 24.03 |
| 2. | Sandra Troyano Marcos           | ISS L'Hospitalet    | 25.18 |
| 3. | Laura Sanchidrian Martinez      | Cronos-Villaviciosa | 26.36 |
| 4. | Lorena Pedrero Duarte           | ISS L'Hospitalet    | 27.18 |
| 5. | Maria Mediavilla Carranza       | Proacir-Twiner      | 27.29 |
| 6. | Miriam Gil Romero               | UCAM-Cartagena      | 27.51 |
| 7. | Irene Santamaria Olivera (Grupo | SN Navarra At       | 28.40 |

**5000m Juvenile Men**

|     |                             |                      |       |
|-----|-----------------------------|----------------------|-------|
| 1.  | Diego Garcia Carrera        | A.D. Marathon        | 20.49 |
| 2.  | Pablo Oliva Requena         | Cueva de Nerja-UMA   | 21.59 |
| 3.  | Manuel Bermudez Jimenez     | UCAM-Athleo Cieza    | 22.42 |
| 4.  | Daniel Chamosa Dacasa       | Comesaña Sporting C. | 23.52 |
| 5.  | Pedro Javier Justicia Gamez | Unicaja Atletismo    | 24.38 |
| 6.  | Basilio Santos Rex          | At Almendralejo      | 24.43 |
| 7.  | Ivan Arenas De La Fuente    | Pratenc AA           | 25.08 |
| 8.  | Alejandro Saiz Millan       | C. A. Sant Joan      | 25.10 |
| 9.  | Manuel Leon Fernandez Ortiz | At Almendralejo      | 25.37 |
| 10. | Jorge Bayarte Citores       | Simply-Scorpio       | 25.46 |



**5000m Juvenile Women**

|     |                                    |                      |       |
|-----|------------------------------------|----------------------|-------|
| 1.  | Maria Perez Garcia                 | Cueva de Nerja-UMA   | 24.36 |
| 2.  | M <sup>a</sup> José Jiménez Mendez | UCAM-Athleo Cieza    | 25.20 |
| 3.  | Alexia Hartmann Fernandez          | At. Pitius           | 25.36 |
| 4.  | Lidia Sanchez-Puebla Fernandez     | Atletismo Alcorcon   | 25.48 |
| 5.  | Alexandra Tardio Ortega            | At Almendralejo      | 26.03 |
| 6.  | Carmen Fuentes Castro              | Comesaña Sporting C. | 26.15 |
| 7.  | Carla Santaclena Garcia            | CAS Cajasegovia      | 26.16 |
| 8.  | Melisa Sanchez Bermejo             | UCAM-Athleo Cieza    | 26.32 |
| 9.  | Marta Tejedor Puentes              | CAS Cajasegovia      | 27.33 |
| 10. | Alicia Del Rio Hernandez           | A.D. Marathon        | 28.09 |

**5000m Cadet Men**

|    |                               |                    |       |
|----|-------------------------------|--------------------|-------|
| 1. | Daniel Oliva Requena          | Cueva de Nerja-UMA | 25.42 |
| 2. | Carlos Tur Mongé              | At. Pitius         | 25.43 |
| 3. | Brais Prieto Espiño           | Atletismo Cuntis   | 25.57 |
| 4. | Enrique Santisteban Fernandez | Juventud Guadix    | 26.22 |
| 5. | Javier Monterrubio De Cruces  | At Almendralejo    | 27.01 |
| 6. | Daniel Bocos Navarro          | ISS L'Hospitalet   | 27.15 |
| 7. | Ivan Torres Iglesias          | Juventud Guadix    | 27.46 |
| 8. | Miguel Angel Torres Plaza     | Atletismo Axati    | 33.01 |

**3000m Cadet Women**

|     |                                  |                     |       |
|-----|----------------------------------|---------------------|-------|
| 1.  | Carmen Escariz Mella             | Atletismo Cuntis    | 14.09 |
| 2.  | Antia Chamosa Dacasa             | Atletismo Cuntis    | 14.10 |
| 3.  | Irene Vazquez Gea                | UCAM-Athleo Cieza   | 14.12 |
| 4.  | Marina Peña Alonso               | C.D. Florentino FDR | 14.23 |
| 5.  | Alicia Vazquez Gea               | UCAM-Athleo Cieza   | 15.00 |
| 6.  | Irene Montejo Garces De Marcilla | Grupo Oasis         | 15.18 |
| 7.  | Aroa Diaz Ruiz                   | Unicaja Atletismo   | 15.21 |
| 8.  | Alicia Castejon Latras           | ISS L'Hospitalet    | 15.35 |
| 9.  | Estela Matea Climent             | Olimpico de Almansa | 16.05 |
| 10. | Margalida Adrover Riera          | Joan Capo-Felanitx  | 16.06 |

**GAUDIX RACEWALKING GRAND PRIX, , GAUDIX, SPAIN, SATURDAY 8 DECEMBER**

The underage championships described above took place under the coordination of the Athletics Federation of Andalusia and were held alongside the now traditional Gaudix Racewalking Grand Prix which caters for Open and Masters age groups. A strong Irish team contested the Open Men's event with Robert Heffernan (20:23), Michael Doyle (20:50) and Brendan Boyce (21:09) taking 3 of the top 4 placings while Ainhoa Gonzales (14:02) easily won the Open Women's division.

**Open Men 5000m**

|    |                                       |     |                      |       |
|----|---------------------------------------|-----|----------------------|-------|
| 1. | ROBERT, HEFFERNAN                     | 78M | IRLANDA              | 20 23 |
| 2. | MICHAEL, DOYLE                        | 87M | IRLANDA              | 20 50 |
| 3. | IVAN, PAJUELO PAREDES                 | 93M | AD MARATHON          | 21 04 |
| 4. | BRENDAN, BOYCE                        | 86M | IRLANDA              | 21 09 |
| 5. | DAVID, MATEOS                         | 81M | CLUB ATLETISMO NERJA | 21 52 |
| 6. | JUAN ANTONIO , RAYA SÁNCHEZ           | 93M | UNICAJA ATLETISMO    | 22 43 |
| 7. | MARCOS, BUENAVENTURA MONTERRUBIO FERN | 81M | INDEPENDIENTE        | 24 00 |
| 8. | LUIS MANUEL, PEREZ OSORIO             | 92M | AD MARATHON          | 24 07 |
| 9. | ISMAIL, LAARIBI                       | 99M | AT. CUNTIS           | 31 31 |

**Masters Men 5000m**

|     |                                |     |                           |       |
|-----|--------------------------------|-----|---------------------------|-------|
| 1.  | JUAN ANTONIO , PORRAS HIDALGO  | 72M | UNICAJA ATLETISMO         | 20 35 |
| 2.  | MIGUEL, PERIAÑEZ GARCIA        | 62M | PERCEIANA                 | 22 54 |
| 3.  | JOSE MANUEL, RODRIGUEZ JIMENEZ | 75M | C.A. MURCIA               | 24 58 |
| 4.  | EVARISTO, BAILÉN CANALES       | 74M | ATLETISMO ALMORADI TRIKIL | 25 03 |
| 5.  | PEDRO, ABELEDO CORTIZAS        | 67M | ATLETISMO AFFLELOU NARÓ   | 26 38 |
| 6.  | RUBÉN , PIÑOL VALLE            | 71M | ESPORTIU PENEDÉS          | 26 49 |
| 7.  | LUIS, MAHUGO TEJERA            | 60M | PUERTO CRUZ REALEJOS      | 27 45 |
| 8.  | JOAQUIN, VINAGRE BLAZQUEZ      | 73M | MillenniumTorrevieja      | 28 40 |
| 9.  | ANGEL, RUATA MARTIN            | 57M | INTEC-ZOITI               | 30 39 |
| 10. | LUCIANO, VINAGRE BARRIGA       | 49M | MillenniumTorrevieja      | 31 42 |

**Open Women 3000m**

|    |                                       |     |                         |       |
|----|---------------------------------------|-----|-------------------------|-------|
| 1. | AINHOA, PINEDO GONZALEZ               | 83F | AD MARATHON             | 14 02 |
| 2. | M <sup>a</sup> DOLORES, MARCOS VALERO | 79F | MillenniumTorrevieja    | 14 43 |
| 3. | JENIFER, RAYA SÁNCHEZ                 | 00F | ATLETISMO SIERRA MAGINA | 16 23 |
| 4. | LUCIA, CORRAL MEDINA                  | 97F | CLUB ATLETISMO COLMENAR | 16 31 |

|     |                               |     |                          |       |
|-----|-------------------------------|-----|--------------------------|-------|
| 5.  | DEBORA, PATO SABARIS          | 96F | Comesaña Sporting C.     | 16 50 |
| 6.  | ELENA, FRAGUAS IGLESIAS       | 97F | Comesaña Sporting C.     | 17 18 |
| 7.  | MARÍA JOSÉ, ÁLVAREZ NAVIA     | 97F | C.A ALMENDRALEJO         | 17 19 |
| 8.  | INMACULADA, HIDALGO LÓPEZ     | 98F | ATLETISMO SIERRA MAGINA  | 18 01 |
| 9.  | MARINA, RODRIGUEZ HERNANDEZ 3 | 97F | A.D.A. Guadix            | 18 26 |
| 10. | ANA, HERNANDEZ GRAJALES       | 98F | JUVENTUD ATLETICA GUADIX | 18 30 |

#### Masters Women 3000m

|    |                                   |     |                      |       |
|----|-----------------------------------|-----|----------------------|-------|
| 1. | CARMEN MERCEDES, HERNÁNDEZ BURGOS | 69F | AD MARATHON          | 16 43 |
| 2. | RAQUEL, GALISTEO PÉREZ            | 75F | CLUB ATLETISMO NERJA | 17 11 |
| 3. | ALICIA, LOZANO RAYANO             | 70F | ATLETISMO AXATI      | 19 11 |
| 4. | MACARENA, URIOL BATUECAS          | 60F | C.A ALMENDRALEJO     | 20 12 |

### 3<sup>RD</sup> PUTRAJAYA INTERNATIONAL 12 HOUR WALK, PUTRAJAYA, MALAYSIA, 8-9 DECEMBER

Last weekend, our intrepid international reporter Emmanuel Tardi was in Putrajaya, just outside Kuala Lumpur, for the annual Malaysian 12 Hour Walk. Now it is pretty hot in that part of the world so the event had a start time of 8PM on the Saturday evening. But that does not mean that it was not hot - with the overnight temperature hovering around 30°C, it is always a tough event. Like previous years, the field was huge - 600 men and 600 women for a total field size of 1200 (entries closed way back in September once the field limit of 1200 was reached). The circuit was a 1km loop right in the middle of Putrajaya, the Federal Administrative Centre for Malaysia, some 25km south of Kuala Lumpur. Emmanuel reported as follows:

Peter Black from Singapore led the race for the first two hours, passing the 10km mark in 56:00. Behind him, a group of around 10 formed, including eventual winner Christer Svensson of Sweden and last year's winner Thomas Eng. Svensson took the lead after 2 hours, passed the 50km mark in around 5:24, and went on to win easily with 104km. A local Malaysian walker took second with 95km while Dutch walker Frans Leijtens, who started slower but who stayed at the same speed along the 12 hours, finished third with 92km. Thomas Eng finished fourth, also with 92km.

In the women's event, local Malaysian girls took the first 4 places. The winner Norliana Rusni won the race in perfect style, leading from the start. The ages of the 3 first girls were 20, 20 and 29.

For me, the first 7.5 hours went well until suddenly I was tired and I needed to sleep. After 2 laps wandering over the road, I stopped for an hour to sleep. So for me the overall result was disappointing.

And now onto the top 10 placings in each division. Rather than disqualify walkers, the judges deduct a lap for incorrect walking technique - a sensible approach for such a demanding and long event.

#### 12 Hour for Men

|     |                           |             |          |        |          |
|-----|---------------------------|-------------|----------|--------|----------|
| 1.  | Christer Svensson         | Sweden      | 105 laps | 104 km | 11:58:14 |
| 2.  | Mohd Rahman Bin Abu Baker | Malaysia    | 85 laps  | 95 km  | 12:01:21 |
| 3.  | Frans Leijtens            | Netherlands | 92 laps  | 92 km  | 11:57:20 |
| 4.  | Eng Hup Boh               | Malaysia    | 94 laps  | 92 km  | 12:00:24 |
| 5.  | Kali Devan A/L Kerisnan   | Malaysia    | 91 laps  | 91 km  | 12:01:17 |
| 6.  | Azuwan Bin Mohd Hanafiah  | Malaysia    | 91 laps  | 89 km  | 12:00:48 |
| 7.  | Foon Fatt Heng            | Malaysia    | 81 laps  | 81 km  | 11:57:40 |
| 8.  | Chan Wai On               | Hong Kong   | 80 laps  | 80 km  | 11:59:25 |
| 9.  | Wong Yew Tho              | Malaysia    | 79 laps  | 79 km  | 11:46:30 |
| 10. | Irishnan A/L Renyasamy    | Malaysia    | 78 laps  | 78 km  | 11:57:40 |

#### 12 Hour for Women

|     |                              |             |         |       |          |
|-----|------------------------------|-------------|---------|-------|----------|
| 1.  | Norliana Bt Mohd Rusni       | Malaysia    | 92 laps | 92 km | 11:51:52 |
| 2.  | Loh Chooi Fern               | Malaysia    | 86 laps | 85 km | 11:54:18 |
| 3.  | Norazilah Binti Osman        | Malaysia    | 82 laps | 82 km | 12:00:43 |
| 4.  | Wong Siew Leng               | Malaysia    | 80 laps | 80 km | 12:02:42 |
| 5.  | Komathi Ramalingam Jayaraman | Singapore   | 79 laps | 89 km | 12:00:36 |
| 6.  | Suen Wai-Ha                  | Hong Kong   | 78 laps | 78 km | 11:49:51 |
| 7.  | Kowsula Kaur                 | Singapore   | 78 laps | 78 km | 11:54:35 |
| 8.  | Jodi Lister                  | New Zealand | 78 laps | 78 km | 12:00:41 |
| 9.  | He Mun Foong                 | Malaysia    | 76 laps | 76 km | 12:00:41 |
| 10. | Lee Yau Hong                 | Malaysia    | 71 laps | 71 km | 11:46:43 |



**Left: Emmanuel ponders the task ahead**



**Right: Men's Podium**



**Women's Podium**



**Christer Svenson crosses the finish line the final time to claim victory**

**PETER BENNETT CONQUERS COAST TO KOSCI AGAIN!**

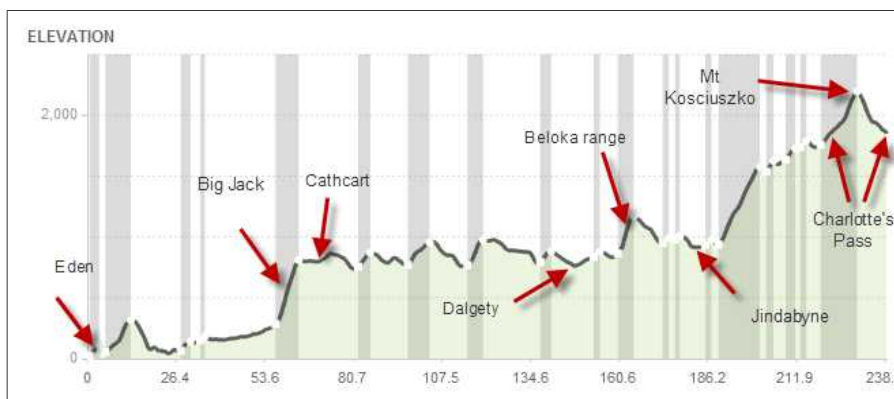
Fancy a nice walk through some of Australia's finest scenery? Then look no further than the Coast to Kosci. This iconic event has been going since 2004 when it was first held informally with 3 runners, two of whom completed the full 240km route. It has now built up into one of the major events on the Australian ultra calendar and this year saw a record 34 entrants testing themselves out in this most daunting of events. The race started at 5:30am on Friday December 7<sup>th</sup> at Boydton Beach on the NSW coast and proceeded inland, climbing over 2000m overall to Australia's highest point atop Mt Kosciusko. It is a mixture of road, off road and just outright ridiculous with competitors this year having to cross snow drifts in the final section.

Once again, we had one intrepid racewalker in action in **Peter Bennett**. Peter competed last year, coming 19<sup>th</sup> in 38:06:38. This year, he was even better, improving to 17<sup>th</sup> in **37:17:57**. Helped by VRWC member Terry O'Neill and QRWC member Sarah Vardanega as part of his crew, he was on the road continuously. It is pretty tough on the crew in such a long event as they take turns driving the support vehicle, walking with Peter (if they can keep up!), preparing food and snatching whatever rest they can through the 2 day ordeal.

This map shows the course route.



And here is the altitude – it just gets tougher and tougher the longer the event goes.



Here are Peter's checkpoint times: pretty consistent walking!

|                            |       |          |
|----------------------------|-------|----------|
| Checkpoint 1 Rocky Hall    | 50km  | 06:22:00 |
| Checkpoint 2 Cathcart      | 70km  | 08:53:00 |
| Checkpoint 3 Gunningrah Rd | 106km | 14:06:00 |
| Checkpoint 4 Dalgety       | 148km | 20:15:00 |
| Checkpoint 5 Jindabyne     | 184km | 26:04:00 |
| Checkpoint 6 Perisher      | 219km | 30:58:00 |
| Finish                     | 240km | 37:17:57 |

For the record, the race was won by runner Ewan Horsburgh in 27:31:51 (he won last year also) while the first woman to complete the course was Bernadette Benson in 31:49:21. Full results at <http://www.coast2kosci.com/live.php>.

And thanks to Terry O'Neill for this fantastic report from his perspective as crew member.

### Coast to Kosi Report .. by Terry O'Neill

Sarah and Caroline and I were support crew for Peter Bennett on the Coast to Kosi ultra marathon, 240 gruelling kilometres over rough terrain, dirt and bitumen roads. Starting on the beach foreshore at Eden at 5:30AM on the Friday morning, Peter had to walk 24km up steep terrain before we could join him on the roads and start attending to his needs. I was fortunate that the girls were well organised and had things ready for him at 3km intervals.

Peter was content to set his own steady pace early and was not concerned about the runners ahead of him. As the kms clicked over and a few more hills come into play, he was able to start picking up the first runners who had already stopped to a walk. At around the 40km mark we met our first challenge - the long 7km climb called Big Jack. Caroline was determined she wanted to run up this hill with Peter and was able to keep pace with him for all but the last km which saw her completely spent. Peter was unfazed, maintaining his usual steady pace and passing yet more runners who were really struggling on the hill.

Peter passed the 100 mile mark in approximately 22 hours. By this time he was keeping pace with a number of the better runners and others had dropped well behind. As night fell we were able to go out and walk with Peter and I was happy to say I was able to keep pace with him, but of course I had not walked 100 miles already! By this time the girls and I took turn in driving, walking with Peter or getting a bit of shut eye, as well as tending to his needs.



Peter had now passed Dalgety, well on his way to Jindabyne and still maintaining a steady pace. His back was starting to tighten up but it did not slow him down. He passed through Jindabyne around 6:30AM on the Saturday morning, then attacked the 38km unrelenting climb up to Charlotte Pass. By this stage Peter had a noticeable lean to the side because of his back, he was in pain, his pace had slowed but he still kept the kms clicking over. The girls were doing everything they could to keep him motivated. We all took turns walking with him, swapping amongst ourselves every 2km.

When we reached the top of Charlotte Pass, the girls had already arranged Peter's back pack for the 9km climb to the peak of Kosciuszko, 2229m above sea level. We were all able to walk this section with him. Around 500 metres before the peak the track was covered with snow and we had to form a human chain. Slowly, inch by inch, we formed foot holes for Peter to step into. It took about 20 minutes for us to cover about 100m of this snow section. Elation was high as we reached the top, Peter still in a lot of pain and panadol having no effect at all. It was a steady walk back to Charlotte Pass, where Peter finished in 17th place overall in 37hrs 17min, some 50 minutes faster than last year.

My thoughts - it was a great experience and it was great working with Sarah and Caroline, we all worked well as a team. Peter you are a champion on and off the track.



**The support team - Caroline, Terry and Sarah**

Sarah posted plenty of great photos on facebook (<http://www.facebook.com/sarah.vardanega>) and I have pinched a few for the newsletter. Well done to Peter on another amazing walk! I am tired just thinking about it.



**Left: All set to go**



**Right: On the road**





Left: Keep those fluids up



Right: Atop Mt Kosciusko - 240km in 37 hours!

#### 4 WALKERS NAMED IN AUSTRALIAN YOUTH OLYMPIC TEAMS

Sixty of our finest young stars were named last week as part of the Australian team to contest the 2013 Australian Youth Olympic Festival (AYOF) to be held in Sydney from 16 – 20 January 2013. The multi-national, multi-sport event, an initiative of the AOC, was held for the first time in 2001 and the sixth edition is set to be the biggest yet. It will welcome athletes from 30 countries in 17 sports, with the host nation set to field two equal athletics teams, each of size 30, dubbed Australia Green and Australia Gold. You can read the Athletics Australia press release at <http://ayof2013.olympics.com.au/sports/athletics>. Each team has two walkers

Australia Gold: **Zoe Boldiston (VIC) and Nathan Brill (VIC)**  
 Australia Green: **Adam Garganis (VIC) and Tayla-Paige Billington (NSW)**

Congratulations to Zoe, Nathan, Adam and Tayla. May this be one of many Australian vests for you.

#### WALKING CARTOONS AND SKETCHES NOW ONLINE

Some years ago, I reproduced a series of racewalk related cartoons in the newsletter. I finally got around to uploading them all to our website. You can relive the fun at <http://www.vrwc.org.au/vrwccartoons.shtml>. If you have any others in your own archives, I would love to add them to my list.

#### 2013 SUMMER UNIVERSIADE SELECTION CRITERIA RELEASED BY ATHLETICS AUSTRALIA

The 27<sup>th</sup> Summer Universiade Games will be held in Kazan, Russia, from 6-17 July 2013 (see <http://www.kazan2013.com>) and 20km walk spots are on offer for eligible walkers. Athletics Australia released its selection policy on its website last week (see [http://www.athletics.com.au/home/high\\_performance/high\\_performance\\_news/team\\_information/wug/policy](http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/wug/policy)) so let's have a look at what is required to get a berth.

Each country can be represented by up to five (5) athletes in each walk event, all of whom have achieved the FISU entry standard for the event in the year before the World University Games or three (3) athletes who have not achieved the entry standard.

The Games are open to athletes born between 1<sup>st</sup> January 1985 and 31<sup>st</sup> December 1995 and either:

- enrolled and currently studying a diploma or higher courses at a university or TAFE\* (\*conditions apply) or other tertiary institution (please note deferred students are not eligible for selection) or
- have graduated from a university in the year immediately prior to the event (ie: graduated after 6 July 2012).

Athletics Australia has adopted qualification standards consistent with a top 8 finish across the last 4 World University Games.

- Men 20 Km Walk **1:26:30** (was 1:28:00 in 2011)
- Women 20 Km Walk **1:39:35** (was 1:38:00 in 2011)

The qualifying period extends from 1 January 2012 to 13 April 2013.

The trials will be the Australian 20km Championships in Hobart, 24 February 2013 .

The first placed eligible athlete from the Australian Championships / Selection Trial will be an Automatic Selection in the 2013 World University Games Team provided he/she attains the Athletics Australia qualification standard by 14 April 2013.

Performances achieved in Australia must be achieved in a competition sanctioned by Athletics Australia as an Athletics Australia "National Permit Meeting".

I am confident that we have the depth to send a good contingent of quality walkers to this event so stay tuned.

### JARED TALLENT SPOTTED IN RIDEON

I was reading the latest edition of *RideOn*, the Bicycle Victoria monthly magazine, when I spotted Jared Tallent and thought I would have to share it with everyone.



### SPOTLIGHT ON LUKE ADAMS

With Luke Adams' win last weekend in the 2012 Australian 50km championship at Fawkner Park, it is timely to review the long and illustrious career of this wonderful walker. First some stats.

Luke was born 22<sup>nd</sup> October 1976 so is currently 36 years of age. Hailing originally from Sydney, he has been a scholarship athlete at the AIS for many years now and seems set to retain his spot there for a few more years yet, based on Sunday's fine walk.

In Australian National Championships, he has won 7 golds, 9 silvers and 4 bronzes, an enviable record by any standard.

|                                     |               |          |
|-------------------------------------|---------------|----------|
| 1995 Aust. Junior 20 km Road Walk   | 1             | 1:37:28  |
| 1996 Aust. Junior 5,000m Track Walk | 1             | 20:39.41 |
| 1996 Aust. Junior 10 km Road Walk   | 2             | 43:48    |
| 1998 Aust. Open 30 km Road Walk     | 2 (1st Aust.) | 2:21:48  |
| 1999 Aust. Open 20 km Road Walk     | 3             | 1:23:52  |
| 2001 Aust. Open 20 km Road Walk     | 2             | 1:26:31  |
| 2002 Aust. Open 20 km Road Walk     | 2             | 1:23:56  |
| 2002 Aust. Open 50 km Road Walk     | 3             | 4:04:03  |
| 2003 Aust. Open 20 km Road Walk     | 1             | 1:23.22  |
| 2004 Aust. Open 20 km Road Walk     | 2             | 1:25:31  |
| 2005 Aust. Open 20 km Road Walk     | 2             | 1:21:39  |
| 2006 Aust. Open 20 km Road Walk     | 2             | 1:23:09  |
| 2007 Aust. Open 20 km Road Walk     | 1             | 1:25:10  |
| 2007 Aust. Open 50 km Road Walk     | 3             | 3:53:19  |
| 2008 Aust. Open 20 km Road Walk     | 2             | 1:20:32  |
| 2009 Aust. Open 20 km Road Walk     | 3             | 1:26:33  |
| 2010 Aust. Open 20 km Road Walk     | 2             | 1:22:07  |
| 2010 Aust. Open 50 km Road Walk     | 1             | 3:47:34  |

|                                 |   |         |
|---------------------------------|---|---------|
| 2011 Aust. Open 20 km Road Walk | 2 | 1:21:00 |
| 2012 Aust. Open 50 km Road Walk | 1 | 3:57:24 |

Without doubt he has compiled one of the most impressive international records in race walking. Particularly outstanding are the three Commonwealth Games silver medals, but on the world stage his seven top-10 finishes at Olympics and World Championships are superb. His list of representations includes

- 3 Olympics (2004, 2008 and 2012)
- 3 Commonwealth Games (2002, 2006 and 2010)
- 5 IAAF World Championships (2003, 2005, 2007, 2009 and 2011)
- 7 IAAF Racewalking World Cups (1999, 2002, 2004, 2006, 2008, 2010 and 2012)
- 19 Australian teams in the last 13 years.

Here is the full list

|      |                       |            |         |                  |          |
|------|-----------------------|------------|---------|------------------|----------|
| 1994 | World Junior Champs   | Lisbon     | 10,000m | 24 <sup>th</sup> | 44:09.59 |
| 1999 | Racewalking World Cup | Mezidon    | 20 km   | 55 <sup>th</sup> | 1:30:11  |
| 2001 | Summer Universiade    | Marjorka   | 20 km   | 10 <sup>th</sup> | 1:28:02  |
| 2002 | Commonwealth Games    | Manchester | 20 km   | 2 <sup>nd</sup>  | 1:26:03  |
| 2002 | Racewalking World Cup | Turin      | 50 km   | 29 <sup>th</sup> | 4:07:08  |
| 2003 | IAAF World Champs     | Paris      | 20 km   | 5 <sup>th</sup>  | 1:19:35  |
| 2004 | Racewalking World Cup | Naumburg   | 20 km   | 14 <sup>th</sup> | 1:21:24  |
| 2004 | Olympic Games         | Athens     | 20 km   | 16 <sup>th</sup> | 1:23:52  |
| 2005 | IAAF World Champs     | Helsinki   | 20km    | 10 <sup>th</sup> | 1:21.43  |
| 2006 | Commonwealth Games    | Melbourne  | 20km    | 2 <sup>nd</sup>  | 1:21.38  |
| 2006 | Racewalking World Cup | La Coruna  | 20km    | 18 <sup>th</sup> | 1:22.11  |
| 2007 | IAAF World Champs     | Osaka      | 20km    | 7 <sup>th</sup>  | 1:23.52  |
| 2008 | Racewalking World Cup | Cheboksary | 20km    | 7 <sup>th</sup>  | 1:19.15  |
| 2008 | Olympic Games         | Beijing    | 20km    | 6 <sup>th</sup>  | 1:19.57  |
|      |                       |            | 50km    | 10 <sup>th</sup> | 3:47:45  |
| 2009 | IAAF World Champs     | Berlin     | 20km    | 18 <sup>th</sup> | 1:22.37  |
|      |                       |            | 50km    | 6 <sup>th</sup>  | 3:43.39  |
| 2010 | Racewalking World Cup | Chihuahua  | 50km    | DNF              |          |
| 2010 | Commonwealth Games    | Delhi      | 20km    | 2 <sup>nd</sup>  | 1:22:31  |
| 2012 | IAAF World Champs     | Daegu      | 50km    | 4 <sup>th</sup>  | 3:45:31  |
| 2012 | Racewalking World Cup | Saransk    | 20km    | 27 <sup>th</sup> | 1:23:28  |
| 2012 | Olympic Games         | London     | 50km    | 26 <sup>th</sup> | 3:53:41  |

And now onto a 2010 Athletics NSW interview with Luke, put together by David Tarbotton and Ron Bendall – see <http://www.nswathletics.org.au/news/index.cfm?fuseaction=NewsItem&NewsID=16480>. It says it all better than I could do!

**ANSW: How did you start in athletics?**

**Luke:** I began my love affair with athletics at the age of four years with Ryde Little Athletics at Dunbar Park. From that year on I never missed a season.

**ANSW: What events/sports did you do in your teens?**

**Luke:** In athletics; I always competed in every event except the pole vault as it wasn't really offered as an option and did so every year right through until the end of high school. But I did start to focus on the endurance events, running the 800, 1500, 2000m steeplechase and 3000m as well as the high jump. I started walking in high school as well. I played cricket and soccer until the last two years of high school when it became apparent I needed to focus my energy on athletics to reach my lofty goals.

**ANSW: You went to the World Juniors at 17 years, but it would be another five years before you represented Australia and a further four years (aged 26y) before you made an Olympics or World Championships. What were the challenges in this period? Did you consider quitting? What advice do you have?**

**Luke:** The biggest challenge during this period was quite simply injury. I think all the years of getting kicked in the shins and so on in soccer from a very young age pre-disposed me to some serious shin injuries and then once one thing breaks down everything seems to get unbalanced. It became a very hard road to get back to an injury free status. I even had a qualifying time for the Atlanta Olympics in 96' but injuries prevented my real progress into the world senior ranks. Before the Sydney Olympics I had surgery on my shins to rectify compartment syndrome. The surgery forced me to rush my preparations for the Olympic trials. I competed, narrowly missed the team then broke down again and had to go under the knife again.

Other challenges to me during these years were typical for a teenager becoming a young adult in a big city. Chasing girls and having a good time and wanting to do all the things your friends were doing was always a big temptation that often got the better of me. Burning the candle at both ends became my motto.

Did I consider quitting? Absolutely. Not making the big senior teams and being injured all the time while trying so hard was very disconcerting. I think I came close to stopping many times but somehow I hung in there. Actually, I remember an NSWIS talk that was arranged for athletes with former world beating stars of the sport speaking to us. On this particular occasion I think it was Ralph Doubell and John Walker speaking to us. John offered some advice that night which really helped me. He talked of his career and the various highs and lows but pointedly he talked of his "injury riddled" periods and said if you hang in there through the injured periods, sooner or later you'll get a run of no injuries and that would be the time for you. I walked away from that night with the hope of things to come, burning with ambition.

Another thing that helped me through this time was the big decision to move away from my family and friends in Sydney and the



many distractions the city held for me. I moved to Canberra and started training with the best Australian walkers who were very serious and professional in their approach to the sport making them among the best in the world! I also can't forget the biggest supporters of my career, my parents. Without their support my athletics career would have been short-lived.

**ANSW: Six straight top-10s at an Olympics or Worlds is amazing. How have you been so consistent?**

**Luke:** A number of elements are important here aside from the obvious – being highly motivated and very dedicated. The most important element I'd say is being professional. I am competing against guys who have been selected out of all their peers at a young age to pursue race walking and have trained very hard for years with every resource at their disposal. The only way to compete with such professionals is to become professional yourself in every possible way. I did have help however. After two years in Canberra I was offered an AIS scholarship. The scholarship gave me the resources I needed to train professionally. Persistence at all times is also vital. I also had the fortune of being coached in my early years in Sydney by Yvonne Melene. She believed in me and really laid the foundations for my athletics career.

**ANSW: And to that Commonwealth Games 20km walk in Delhi and the rock on the road?**

**Luke:** Well it was a purely horrible moment for me after setting the pace throughout the entire race, making all the right moves and breaking the entire field. I had resisted easily the one attack Jared Tallent had made during the race at the 14km mark. He turned around after 17km and saw that he couldn't break me so he slowed considerably and moved aside to let me lead yet again. I put in a little teaser surge initially and then with 2.3km to go launched a big attack. I walked away from him instantly opening up a lead and then out of nowhere I hit the blob of concrete and stumbled to the ground. I hit it quite hard and the shock and concern of injury really threw me. Just as Alberto Contador rode past Andy Schleck in the Tour De France this year when Schleck's chain came off giving him the winning break, so too Jared took his chance and surged away from me at this unfortunate time, opening up a winning margin that he retained in the final lap. So naturally I felt robbed of my chance for gold in Delhi.

**ANSW: What are your goals over the next few years?**

**Luke:** Athletically speaking I'm currently putting the training plan together for the next two years with the major goals being the Olympics in London in 2012 and the World Championships in Daegu next year. I will prepare for both the 20km and 50km events and assess my best strategy to win either or both of these events at both Championships. My goals are set at the highest level possible, now it's time to go and achieve them.

ANSW: Thanks Luke for your time and best wishes for the next few years.

And to finish off, a selection of photo highlights from Luke's long and illustrious career.



**A young Luke races at Homebush in Sydney in 1997**



**Luke on his way to fifth place in the 20km walk in the 2003 IAAF World Championships in Paris - leading at the 11km mark.**



Copyright 2008 www.racewalk.com - Jeff Salvage  
 Luke enters the stadium to take tenth place in the 2008 Olympic 50km in Beijing



Luke chases Nathan Deakes in the 2006 Commonwealth Games 20km in Melbourne - one of 3 Commonwealth Games silver medals that he has won.



Luke walking in the 20km event in the 2004 World Cup, Naumburg - 14<sup>th</sup> with 1:21.24



Copyright 2009 www.racewalk.com  
 Luke and Jared Tallent went head to head in the 50km event at the 2009 World Championships in Berlin - they led until the 40km mark, eventually finishing 6<sup>th</sup> (Luke - 3:43:39) and 7<sup>th</sup> (Jared - 3:44:50). It's no use wondering 'what if' in an event like this. You go for it!

**AV 5KM ROADWALK TEAMS CHAMPIONSHIPS COMING UP SOON - SUNDAY 20 JANUARY**

For the past few years, we have scheduled the Victorian 5km Walk Teams Championships at the start of our winter season. This year, we have opted to bring the scheduling forward to the summer season. As a result. The **2013 Victorian 5km Teams Championships** will be held on **Sunday 20 January at Middle Park** alongside other VRWC events. I have already contacted AV and they expect online entries to open tomorrow. The timetable reads as follows

| Sunday 20 <sup>th</sup> January 2013, AV and VRWC Events |                           | Middle Park |
|--|---------------------------|-------------|
| 8.30am   | 20km, 15km, 10km          | Open        |
| 9:30am   | AV 5km Teams Championship | Open Men    |
|  | AV 5km Teams Championship | Open Women  |
|  | 5km, 3km                  | Open        |
|  | 3km                       | Under 15    |
| 10.00am  | 2km                       | Under 12    |
|  | 1km                       | Under 9     |



The rules for the Teams Championship are unchanged

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Now is the time to start socializing the date and organizing your team of 3 walkers. We hope that this event can grow to be one of our major Victorian walk fixtures. The 2012 medalists were

#### 2012 Men 5km Teams Championship

|        |           |  |
|--------|-----------|--|
| 1. COR | 33 points | Josh Dillon, James Christmass, Nicholas Mirarchi |
| 2. KNA | 31 points | Billy Allamby, Kyle Swan, Reese Walmsley         |
| 3. SCA | 21 points | Josh Kaiser, Lucas Taylor, Russ Dickenson        |

#### 2012 Women 5km Teams Championship

|        |           |  |
|--------|-----------|--|
| 1. SCA | 22 points | Stephanie George, Jasmine Irshad, Kylie Irshad |
| 2. KNA | 12 points | Emily Hamilton, Emily Swan, Hayley Brown       |
| 3. WES | 12 points | Kirstin Shaw, Robyn Shaw, Courtney Utber       |

Who will win in 2013?

### WHAT'S COMING UP

Tomorrow evening (Wednesday), we have VRWC track walks at Clifton Hill and we are expecting a big crowd for some quality racing in the leadup to the Christmas break. The timetable reads as follows:

|   |                      |      |
|---|----------------------|------|
| <b>Wednesday 12<sup>th</sup> December 2012, VRWC Events, Clifton Hill</b> |                      |      |
| Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill       |                      |      |
| 6.30pm  | VRWC 5000m and 3000m | Open |
| 7.15pm  | VRWC 1500m           | Open |

Then on Saturday, we have our final Athletics Victoria Shield round for this calendar year.

|                                     |   |
|-------------------------------------|---|
| AV Shield Round 9 - East Zone       | Hagenauer Reserve, Box Hill               |
| AV Shield Round 9 - South East Zone | Dolomore Reserve, Mentone                 |
| AV Shield Round 9 - North West Zone | Moonee Valley Athletics Track, Aberfeldie |
| AV Shield Round 9 - Bendigo Zone    | La Trobe University Track, Bendigo        |
| AV Shield Round 9 - Geelong Zone    | John Landy Athletic Field, Geelong        |
| AV Shield Round 9 - Ballarat Zone   | Llanberris Reserve, Ballarat              |

Check the AV website for the latest timetables <http://www.athsvic.org.au>.

### 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.

#### 2012/2013 Victorian/Australian Summer Season Key Dates

|                    |  |
|--------------------|--|
| Wed 12 Dec 2012    | VRWC Track Races, Clifton Hill   |
| Jan 16-20, 2013    | Australian Youth Olympic Festival, Sydney  |
| Sun Jan 20, 2013   | Victorian 5km Teams Championships, Middle Park   |
| Jan 26-28, 2013    | Victorian Country T&F Champs, Geelong  |
| Sun Feb 3, 2013    | VRWC Road Walks, Middle Park   |
| Thurs Feb 7, 2013  | AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood   |
| Feb 8-10, 2013     | Victorian Junior T&F Champs, Albert Park   |
| Sun Feb 17, 2013   | VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone   |
| Sun Feb 24, 2013   | Australian 20km Summer Championships, Hobart, TAS  |
| Mar 1-3, 2013      | Victorian Open F&F Champs, Albert Park   |
| Mar 12-17, 2013    | Australian Junior Athletics Championships, Perth, WA   |
| Mar 16-17, 2013    | VMA State T&F Championships, East Burwood Athletics Track, East Burwood  |
| Mar 29-Apr 1, 2013 | Australian Masters T&F Champs, Canberra, ACT   |
| April 11-14, 2013  | Australian Open Athletics Championships, Sydney, NSW   |
| October 5-12, 2013 | Australian Masters Games, Geelong, See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> |

### **2013 International Fixture**

July 6-17, 2013 **27<sup>th</sup> Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)  
July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

### **2013 IAAF Race Walking Challenge (C category events still to be announced)**

Sat 23 Feb 2013 IAAF Permit Meeting, Chihuahua MEX  
Fri 1 Mar 2013 IAAF Permit Meeting, Taicang CHN  
Wed 1 May 2013 IAAF Permit Meeting, S.S. Giovanni ITA  
Sun 1 June 2013 IAAF Permit Meeting, La Coruña ESP  
10-18 Aug 2013 IAAF World Championships, Moscow RUS  
Sept 2013 Challenge Final, tbc CHN

### **2013 European Athletics Permit Meets**

March 17, 2013 Mario Albisetti Memorial Meet, Lugano, Switzerland  
April 6, 2013 Rio Maior Grand Prix, Rio Maior, Portugal  
April 13, 2013 Podebrady Meet, Podebrady, Czech Republic  
June 29, 2013 Dublin Grand Prix, Dublin, Ireland

### **2014 International Fixture**

3-4 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**

### **Looking even further forward**

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
2015 **9<sup>th</sup> World Youth T&F Championships, Cali, Colombia**  
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>  
2017 **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017 **16<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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