



HEEL AND TOE ONLINE

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NAME THE MYSTERY WALKER



The mystery walker was none other than Simon Baker, the year was 1970 and the event was the Little Athletics Under 12 Interstate Match where the boys were competing in an 800m walk.

In those days, Under 12 was the top age group in Little Athletics and 1970 was the first year in which an Under 12 Interstate Match was held. Two athletes could be selected in each event for each State and the photo shows the two Victorians who competed – Simon Baker (Oakleigh) and Bruce Beaton (Knox). It's an interesting story in that Simon and Bruce were the best two Under 12 walkers in Victoria but both competed in the same Little Athletics region. In the region heats, Bruce had beaten Simon so only Bruce was eligible to contest the Victorian Little Athletics Championships. But both were selected in the Victorian team for the Interstate match. The records show that Simon won while Bruce was disqualified. But it was Bruce who won the Victorian Little Athletics Championship in Simon's absence.

The first correct answer was from **Bill Dyer** who remembers it well as he was at Olympic Park that night spectating with his family. Close behind Bill came correct answers from Sue Barnes, Paul Rance, Michael Bodey and Heather Carr. The photo was actually taken from 1970 booklet 'Race Walking for Little Athletes' by Frank McGuire. A lot of others were able to name the walker as Simon and the year as 1970 but were incorrect with regard to the event – many thought it would have been in the VLAA State Championship.

NAME THIS WEEK'S MYSTERY WALKERS

Ok, this week, another photo from the 1980s. It's a Victorian Championship walk at Albert Park. Your job is to name as many of the walkers as you can, going from left to right. Overall, I can make out 12 walkers so I am expecting 12 names. Some are still walking or officiating at Albert Park to this day but some are now retired.



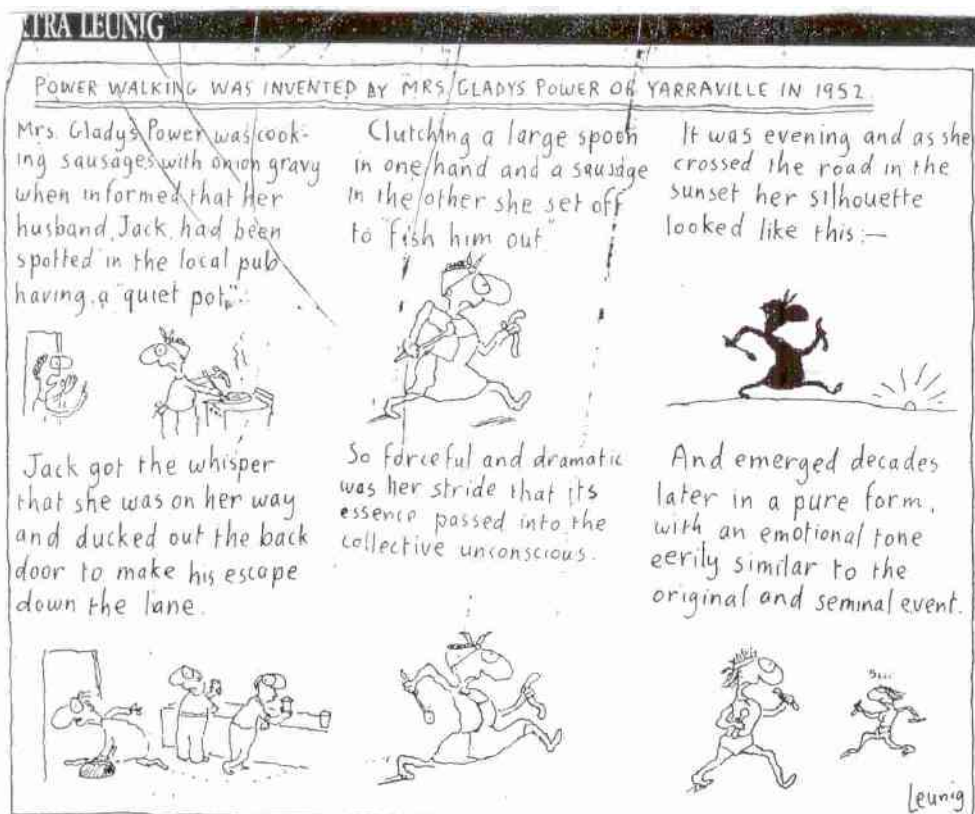
AV COLLECTOR CARDS

Note the following announcement from AV – I'll certainly be trying to collect the full series:

All the excitement of the Beijing Olympics is behind us, but you can help keep all those fantastic memories alive by collecting Athletics Victoria's limited release collector cards. Save them, swap them, have them signed by your favourite athlete- these cards feature all of the Victorians who did us proud in Beijing. Collector card packs will be available when you compete at AV Shield. The more rounds of Shield you do, the more chances you'll get to collect the whole set.

LOOKING FOR WALKING CARTOONS

I am on the lookout for good walking cartoons or sketches to add to the collection. I start off with my all time favourite, created by Melbourne cartoonist Michael Leunig in the early 1990. I would welcome any that you have stored away for reproduction in the next few issues.



KOREAN NATIONAL 20 KM CHAMPIONSHIPS, YEOSU, SUNDAY 12 OCTOBER 2008

Last weekend, the Korean National 20 km championships we held in Yeosu in South Korea and the results were absolutely fantastic with a new Korean National record and the majority of the finishers clocking PBs.

1.	Kim Hyunsub	1:19.41	Korean National Record
2.	Park Chilsung	1:20.17	PB
3.	Lee Daero	1:22.45	
4.	Byun Youngjoon	1:22.59	PB
5.	Shin Ilyong	1:24.59	
6.	Yim Junghyun	1:27.42	
7.	Oh Sehan	1:29.11	PB
8.	Kim Daeho	1:30.44	PB

Four athletes DNF including Kim Dongyoung

Kim Hyunsub, a former World Junior bronze medallist, has been a regular at all the major international events over the last few years and was a 20 km competitor in this year's Olympics (23rd in 1:22:57) but this is his first sub-eighty and takes him to a new level.

Although I don't have the full results, the women's 20 km event was won by Kim Mijung who set also Korean National record with 1:29.38. Leading coach Bohdan Bulakowski reported that conditions were perfect for race walking and that the race had been contested over a 2km loop similar to Beijing.

JOHN LJUNGGREN – SWEDISH GREAT

Sweden was one of the few countries that remained neutral during the Second World War and this meant that day to day life could continue there while the rest of the world went mad. Swedish runners and walkers continued to train and race and consequently, in the period following the war, they dominated the world scene.

The great Verner Hardmo set 29 ratified and unratified walking world records between 1943 and 1945, at distances ranging from 3000 meters to 10 miles. His World Record for the 10,000m at that time stood at 42:39.6. John Michaelsson set a World Record of 1:32:28.4 for the 20 km track walk in 1942. Olle Andersson set a World Record of 25.531 km for the 2 Hour track walk in 1945. Harry Olsson set a World Record of 2:28:57.4 for the 30 km track walk in 1943.

John Ljunggren was amongst the list of elite Swedish racewalkers of that period. An accountant by trade, he had made his debut in 1936 with 4th place in a 10 km walk in Bredaryd. However, the War then intervened and he had to wait a further 10 years before he could make his international debut.

In the first major championship after the end of the War, the 1946 European Championships in Stockholm, Swedish walkers, as expected, won both walks. Michaelsson won the 10,000m track walk by 58 seconds and Ljunggren convincingly won the 50 km by over 4 minutes.

This was the start of an amazing international career for Ljunggren who was at that time already 26 years old. First the vital statistics

Full name:	John Arthur Ljunggren		
Height:	5'10" (178 cm)		
Weight:	130 lbs (59 kg)		
Born:	September 9, 1919 in Forsheda, Jönköping, Sweden		
Died:	January 13, 2000 in Bor, Jönköping, Sweden		
PBs:	10000m track	46:08	1957
	20 km road	1:31:19	1956
	50 km road	4:19:40	1956

There were only two major international competitions on offer in those days – the Olympics and the European Championships, each spaced 4 years apart. Hence Ljunggren's next big appointment was in 1948 when the Olympics were being held in London.



Ljunggren in the 1948 Olympic 50 km event on left and in the 1952 Swedish Olympic Handbook on right

21 competitors started the 1948 Olympic 50 km race which was held over a gruelling course in hot conditions. As expected, the pencil thin Ljunggren, seemingly unaffected by the heat, led from start and had built his lead to 40 seconds by the 5 km mark. At the half way mark, passed in 2:12:17, he had increased the lead to 5 minutes with Harold Whitlock, the defending champion, in second and Martineau of Great Britain in third. Whitlock was forced to retire at 35 km and Martineau began to lose further ground. Ljunggren, walking smoothly, entered the stadium nearly a mile in front to win gold. Behind him 48 year old Tebbs Lloyd-Johnson made a superlative effort to move up into second place, only to give way to Gaston in the closing stages. With his third place, Lloyd-Johnson became the oldest person ever to win an Olympic track and field medal. 16 walkers finished the event, 5 retired during the race and there were no disqualifications. This was without doubt Ljunggren's greatest victory – and gave him Olympic gold to add to his European gold.

1.	John LJUNGGREN	SWE	4:41:52
2.	Gaston GODEL	SWI	4:48:17
3.	Tebbs LLOYD JOHNSON	GBR	4:48:31
4.	Edgar BRUUN	NOR	4:53:18
5.	Harold MARTINEAU	GBR	4:53:58

Two years later, in 1950, he took silver in the 50 km event at the European Championships in Brussels with a similar time, 4:43:25.

But come 1952 and his Olympic 50 km defense was in trouble. Despite walking better than ever and despite the fact that he now had two world records to his name, he could not cope with the bitterly cold conditions in Helsinki and faded to 9th, struggling home in 4:43:45.

In the 1954 European Championships in Bern in Switzerland, he contested both the 10,000m track walk (13th in 49:19) and the 50 km road walk (4th in 4:38:09).

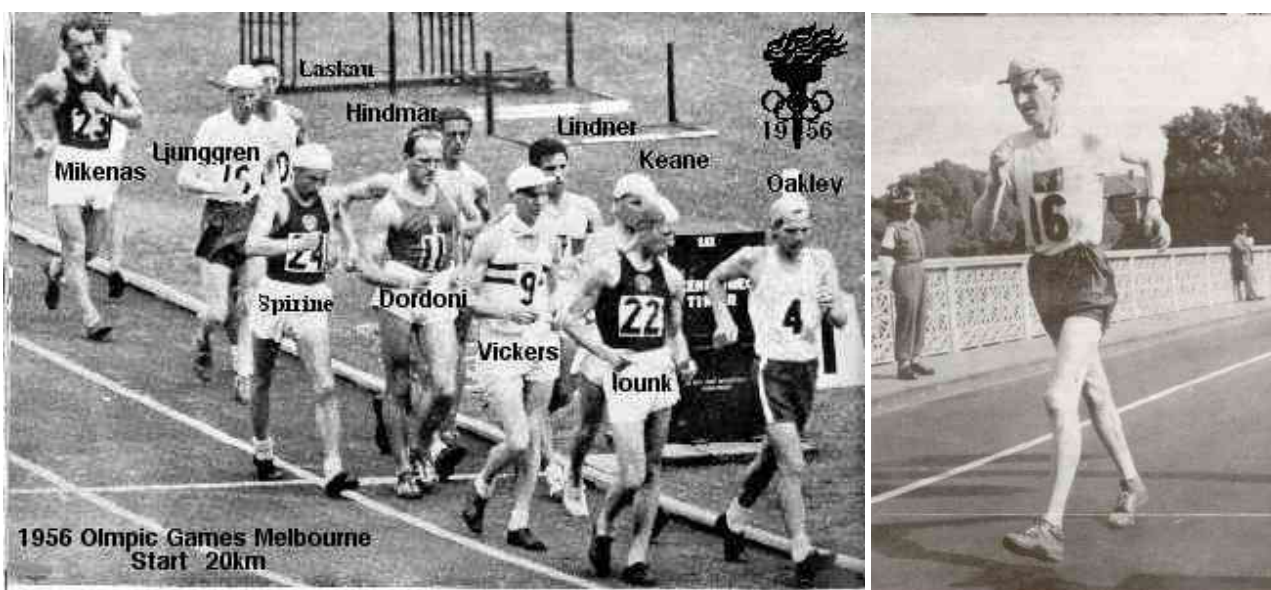
In the 1956 Olympics in Melbourne, he was selected to walk in both the 20 km and the 50 km walks but nearly didn't make it. A few days before leaving for Melbourne, he was hit with a badly poisoned toe and looked like being forced to withdraw. But he rallied and was allowed to front for the 50 km walk in Saturday 24th November. The weather was expected to be hot and it lived up to expectations - the 1:30PM start saw blue skies and a strong sun.

The favourites were deemed to be Dolezal, Lavrov, Skroat, Ljunggren and Allsopp. However, the race was won by a walker who did not feature with the bookies. Norm Read had moved from England to New Zealand in 1954. As the Melbourne Olympics approached, he wrote to the British A.A.A. asking for permission to represent Great Britain as a walker. He was rejected. At first he was rejected in New Zealand as well, but a strong showing in races in Australia and New Zealand paved the way for him. On the day of the 50km race, Read got lost in the corridors of the stadium and didn't find his way to the track until the other walkers were already standing on the starting line. Maskinkov led over most of the course, with Read two and a half minutes back after 30 kilometres. At 42 kilometres, however, Read caught the tiring Soviet walker and pulled away to a decisive victory. His unexpected win caused wild cheering in the stadium, and a whole section of the New Zealand contingent had to be restrained from streaming onto the track. Again Ljunggren performed wonderfully in the heat to take the bronze to add a second Olympic medal to his collection.

1.	Norman READ	NZL	4:30:42.8
2.	Yevgeny MASKINSKOV	SOV	4:32:57.0
3.	John LJUNGGREN	SWE	4:35:02.0
4.	Abdon PAMICH	ITA	4:39:00.0
5.	Antal ROKA	HUN	4:50:09.0

The British Association Team Report on the 50 km walk read in part as follows

The effects of the weather were visible in the final 10 kilometres, Klimov and Thompson, who collapsed completely at 42 kilometres when in fifth place, being among those who did not finish. Ljunggren finished strongly, making up three minutes on Maskinkov in the last five kilometres, but there was a big gap after Parmich had finished in fourth place, only six competitors completing the course inside five hours, a reflection of the exhausting conditions in which the race was held.



Left: Ljunggren in the pack soon after the start of the 1956 Olympic 20 km walk (photo from Ray Smith)
Right: Ljunggren crosses the Morrell St bridge on his way back to the Olympic Stadium in the 1956 Olympic 20 km event

Amazingly, he fronted 4 days later on Wednesday 28th November for the 20 km event, coming a strong fourth in 1:32:24. To have recovered so quickly from the effects of the gruelling 50 km event says a lot for his fitness and strength. In fact, he held second place

at the 15 km mark but was just not able to hold off the Russians who stormed home. Again, to quote from the British Team Report for the 20 km event

Ljunggren made a courageous effort to ward off the mass Soviet challenge and did magnificently, in view of his efforts in the longer race, to finish fourth, and the best stylist of the leading men,

His fourth Olympic foray, in 1960 in Italy, saw him again selected in both 20 km and 50 km events. The 20 km event was first and he walked well, finishing 7th in 1:37:59. But the 50 km event was his speciality and he was keen to do even better, especially since it was expected to be hot once again. He must have been pleased when he lined up for the start of the 50 km event on 7th September – it was in the heat of the afternoon with the temperature nudging 87°F.

After some mid-race disqualifications and with some other walkers fading in the oppressive conditions, English walker Don Thompson found himself in the lead at the half way mark. Ljunggren, two days shy of his 41st birthday, caught him by the 30 km mark and the two walked together for some time. At the 45 km mark, they were still side by side but, towards the end, Thompson gradually eased ahead and reached the stadium with a 20-second lead. He held on to become Britain's only track and field gold medallist at the 1960 Games. Ljunggren finished 17 seconds behind him to take silver with 4:25:47. It gave him the full set – a gold from 1948, a bronze from 1956 and now a silver in 1960.

1.	Don THOMPSON	GBR	4:25:30.0	OR
2.	John LJUNGGREN	SWE	4:25:47.0	
3.	Abdon PAMICH	ITA	4:27:55.4	
4.	Aleksandr STCHERBINA	SOV	4:31:44.0	
5.	Thomas MISSON	GBR	4:33:03.0	

Ljunggren completed his stellar Olympic career four year later in Tokyo at 45 years of age. However, the cold rainy conditions did not suit him and he finished well back, coming 16th in the 50 km event (4:29:09) and 19th in the 20 km event (1:37:03).

This marked the end of his international career which had extended from 1964 to 1964, a period of 19 years and included

- 6 world records
- 5 Olympic Games participations
- Olympic gold, silver and bronze medals
- European Championship gold and silver medals

The international competition results show that he was never disqualified and confirm that he was an excellent walking technician.

1946	European Championship	Stockholm	50 km	1 st	4:38:20
1948	Olympic Games	London	50 km	1 st	4:41:52
1950	European Championships	Bruxelles	50 km	2 nd	4:43:25
1952	Olympic Games	Helsinki	50 km	9 th	4:43:45
1954	European Champs	Bern	50 km	4 th	4:38:09
1954	European Champs	Bern	10000m	13 th	49:19
1956	Olympic Games	Melbourne	50 km	3 rd	4:35:02
1956	Olympic Games	Melbourne	20 km	4 th	1:32:24
1958	European Championships	Stockholm	50 km	9 th	4:52:40
1960	Olympic Games	Rome	50 km	2 nd	4:25:47
1960	Olympic Games	Rome	20 km	7 th	1:37:59
1961	Lugano Cup	Lugano	20 km	4 th	1:34:21
1962	European Championships	Belgrade	50 km	5 th	4:30:19
1963	Lugano Cup	Varese	20 km	7 th	1:35:53
1964	Olympics	Tokyo	50 km	16 th	4:29:09
1964	Olympics	Tokyo	20 km	19 th	1:37:03

I can find details of three of his six world records which read as follows

50 km track walk	4:32:52.0	Gislavad	29-07-51
30 km track walk	2:21:36.8	Varnamo	03-08-52
50 km track walk	4:29:58.0	Fristad	08-08-53

I found a Swedish site which quoted some huge statistics. During his Open walking career, he raced 543 times for 364 wins. He also competed in a further 103 events in other disciplines such as cycling and skiing. As a Veteran athlete, he continued competing between 1965 and 1992, winning gold in the 1977 World Veterans Championships and again in the 1982 European Championships. Throughout his entire career, he competed in an astounding 1,498 competitions! During the 60 years in which he trained, he accumulated a total distance of 28,000 km. The site also states that, throughout his school and work career, he never had a day off for illness.

He remains one of the walking greats and is, alongside the Russian Golubnichy, only one of two walkers to have walked at 5 successive Olympic Games.

'CAN WE HELP' INVESTIGATES WALKING THIS FRIDAY

The ABC1 television program 'Can We Help' is on Australian television weekly at 6:30PM each Friday evening. This Friday, 17th October, one of the segments is on racewalking and sees host Peter Rowsthorn interviewing Simon Baker and getting some tips on how to walk. The show is repeated on ABC2 at 5:35PM the following Monday. Make sure you get home in time to watch or, if all else fails, dust off the trusty VCR!

2008 AUSTRALIAN 50 KM CHAMPIONSHIP DETAILS FINALISED

Details have now been finalised for the 2008 Australian 50 km championship, to be held at Fawkner Park in Melbourne on Sunday 14 December. 20 km events for men and women and 10 km events for junior men and women have been added on the program (timetable below). Note that AA has had to put cutoff times on the events - the route is relatively narrow and large fields would be an issue. These cutoff times are in line with what was done last year. The associated events should be seen as an opportunity for our aspiring elite walkers to race in a high quality event.

7.00am	Australian 50km Road Walking Championship	cut-off: 5 hours
7.00am	Victorian 50km Road Walking Championship	cut-off: 5 hours
8.00am	20km Walk: Men and Women	cut-off: 2 hours Men, 2 hours 15 minutes Women
8.30am	10km Walk: Men and Women	cut-off: 56 minutes Men, 60 minutes Women

Entry will be via an online panel on the Athletics Australia website (<http://www.athletics.org.au>) and is in the process of creation. Note that the 20 km and 10 km events no longer require separate start times for men and women. IAAF has relaxed this restriction for road events. Obviously pacing of women by men is not allowed – common sense should prevail in mixed races.

WHAT'S COMING UP

The Summer Season really kicks off this weekend for most of our Victorian based walkers as the Athletics Victoria Shield competition starts. Unfortunately most of the venues are running Program 1 which is the non-walks week. But there are some walks on offer as follows

- The Bendigo region is already up to Round 3 and has 3000m and 1500m walks scheduled at 2:30PM
- The North West Region is holding a 1500m invitation walk on Program 1 days. This Saturday, it will be on at 1:35PM.

Also, VRWC kicks off its summer season this Sunday at Albert Park with the usual mix of road walk. The day reads:

Sunday 19 th October 2008, VRWC Events, Albert Park		
9.00am	20km, 15km, 10km	Open
10:30am	5km, 3km	Open
	3km	Under 15
11.00am	2km	Under 12
	1km	Under 9

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Victorian & National Fixture – Summer 2008/2009

Sun 19 Oct, 2008	VRWC road races, Albert Park VLAA Racewalking Clinic and Walk Judging Seminars, George Knott Reserve, Clifton Hill, 10:30AM-12:30PM. See Shane Bertrand (shane.bertrand@vlaa.asn.au)
Sat 25 Oct, 2008	AV Shield Competition, Round 2 (2000m walk)
Sat 1 Nov, 2008	AV Shield Competition, Round 3 (3000m/1500m walks)
Nov 7-9, 2008	Victorian All Schools T&F Championships, U14-U18, Olympic Park, Melbourne
Sat 15 Nov, 2008	AV Shield Competition, Round 4
Sat 22 Nov, 2008	AV Shield Competition, Round 5 (2000m walk)
Sun 23 Nov, 2008	E.M.H's Super Sunday (Junior T&F Meet) Olympic Park, Melbourne 800m Walk U12 U13, 1500m Walk U14 U15, 2000m Walk U16 U17 U18
Sat 29 Nov, 2008	AV Shield Competition, Round 6 (3000m/1500m walks)
Nov 29 – Dec 6, 2008	8th Pacific School Games, Canberra
Sat 6 Dec, 2008	AV Shield Competition, Round 7
Sat 13 Dec, 2008	AV Shield Competition, Round 8 (2000m walk)
Sun 14 Dec, 2008	2008 Australian 50 km championship, Fawkner Park, Melbourne
Sat 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Sat 10 Jan, 2009	Canberra GP Series Meet (probably no walks this year due to early scheduling)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	Victorian Country Championships, Landy Field, Geelong
Sat 31 Jan, 2009	AV Shield Competition, Round 12 (3000m/1500m walks)

Sat 7 Feb, 2009 AV Shield Competition, Region Finals (2000m walk)
 Sat 7 Feb, 2009 Australia Cup GP Series Meet, Queensland (elite 5000m walk?)
 Sat 14 Feb, 2009 AV Shield Competition, Shield Final (2000m walk)
 Feb 19-22, 2009 **Victorian Open and U20 T&F Championships, Olympic Park, Melbourne**
 Feb 21-25, 2009 **2009 Australian Masters Games, Geelong** - <http://www.AustralianMastersGames.com>
 Feb 27-Mar 1, 2009 **Victorian Youth T&F Championships, Olympic Park, Melbourne**
 Sat 7 March, 2009 **2009 Australian 20 km Summer Championships, Fawkner Park, Melbourne**
Mar 28-29, 2009 AV Overage & Victorian Masters T&F Championships, venue TBC
 Apr 3-5, 2009 **Australian U20 All Schools, U20 & U23 Championships, SA** (includes 10,000m walk)

2008 IAAF Race Walking Challenge (remaining races)

Sept 21, 2008 IAAF Race Walking Challenge Final, Murcia, Spain

2009 International Fixture

May 24, 2009 EAA Race Walking Cup, Metz, France
 July 1-12, 2009 **25th World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>
 July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy**
 July 28 – Aug 8, 2009 **XVIII World Masters Athletics Championships Stadia, Lahti, Finland** - <http://english.wma2009.org/>
 Aug 15-23, 2009 **IAAF World Championships in Athletics, Berlin, Germany.** See <http://www.iaaf.org/wch09/index.html>
 Oct 10-18, 2009 **World Masters Games, Sydney.** See <http://www.2009worldmasters.com>

2009 IAAF Race Walking Challenge

Mar 14-15, 2009 Chihuahua, Mexico
 Apr 4-5, 2009 Rio Major, Portugal
 Apr 18-19, 2009 Wuxi, China
 May 1, 2009 Sesto S Giovanni, Italy
 May 30, 2009 Krackow, Poland
 June 20, 2009 La Coruna, Spain
 Aug 15-23, 2009 IAAF World Championships, Berlin
 Sept 19, 2009 IAAF Challenge Final, Saransk, RUS

EAA Permit Walks 2009

Mar 8, 2009 Lugano, Switzerland
 Mar 28, 2009 Dudince, Slovakia
 Mar 28, 2009 Ibiza, Spain
 Apr 25, 2009 Podebrady, Czech Republic
 June 12, 2009 Altyus, Lithuania
 June 28, 2009 Dublin, Ireland

2010 International Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
 July 20-25, 2010 **World Junior Championships, Moncton, Canada**
 Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2011 International Fixture

Aug 24-Sept 4, 2011 **IAAF World Championships in Athletics, Daegu, Porea.** See <http://www.iaaf.org/wch09/index.html>

Tim Erickson, Secretary, VRWC

terick@melbpc.org.au

Home: 03 90125431 Mob: 0412 257 496

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