



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2007/2008 Number 12
16 December 2008



AUSTRALIAN 50 KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 14 DECEMBER 2008

With a huge low pressure dumping rain on Melbourne all weekend, things looked grim for the annual Australian 50 km championship. The 2 km course was under water and steady rain and dark skies greeted the competitors at the start line.

It did not deter Olympic silver medallist **Jared Tallent** who was out for a 30 km hitout and he made his intentions clear, powering through the first 10 km in 41:51 and then speeding up to pass the 20 km mark in 1:23:10. He slowed slightly in the final 10 km to pass the 30 km mark in 2:06:33 before calling it quits, well satisfied for so early in his post-Olympic training preparation.

Behind him, **Chris Erickson** and **Duane Cousins** were walking together, a familiar sight in recent years. But on this occasion, it was Chris who proved the stronger, making the vital break soon after the 16 km mark. From then on he was never headed as he walked evenly to his second Australian 50 km championship win in a PB time of 3:55:30. It easily broke his 3:58+ best time, set in the 2006 Commonwealth Games. His 2 km splits tell the story of his race: 9.26, 9.34, 9.21, 9.23, 9.27, 9.23, 9.28, 9.28, 9.29, 9.16, 9.23, 9.19, 9.19, 9.23, 9.23, 9.29, 9.25, 9.26, 9.27, 9.28, 9.24, 9.26, 9.30, 9.25, 9.29. For a solo walk, it was an impressive performance and it augurs well for the future. Duane held on well to record 4:00:34, yet another fine performance from a walker who never gives an inch in a race.



Chris Erickson and Duane Cousins fight it out in the rain before Chris makes his winning break

Behind them, **Andrew Jamieson**, the 2007 IAAF Masters Athlete of the Year, had his own private goal – to break the one Masters M60 World record had had thus far alluded him. It was perhaps the toughest one in the books, a time of 4:23:29 set by the great German walker Gerhard Weidner in 1993. And take it he did with a final time of 4:23:16. He now holds every M60 World walking record but I am sure that this is now his favourite one! You can read a great article on Andrew's latest record breaking walk on the Victorian Masters website at http://www.vicmastersaths.org.au/vma_news.html

New Zealanders **Tony Sargisson** (2nd in the 2006 Commonwealth Games) and **David Sim** also contested the event but both were forced to retire mid race. Even they found the weather tough and they are New Zealanders!

To be fair, the weather did eventually clear by the half way mark and we were able to gradually sweep the many large puddles off the course but it remained cold and the wind picked up a little to just put the icing on the cake from a meteorological perspective. It certainly made it a memorable day!

Event 1 Men 50 km Race Walk Open, 7AM

1.	Chris Erickson	AIS/VIC	3:55.30 (PB)
2.	Duane Cousins	VIC	4:00.34
3.	Andrew Jamieson	VIC	4:23.16 (M60 World Record)
	Tony Sargisson	NZ	DNF
	David Sim	NZ	DNF
	Jared Tallent	AIS/VIC	DNF (30 km in 2:06:33)

The occasion also saw some of our best 20 km walkers in action and we were treated to vintage performances from 2008 Olympians **Adam Rutter** (1:23:48) and **Claire Tallent** (1:35:30). The 20 km events also featured PBs by three of our younger rising stars in **Ian Rayson** (1:29:16), **Brendon Reading** (1:33:07) and **Jill Hosking** (1:41:02). Finally, to top things off, **Lyn Ventris** shattered the current Masters W50 World Record by some 3 minutes. In fact, she threatened to completely destroy it with a time of around 100 minutes until she was forced to slow.

Event 2 Men 20 km Race Walk Open, 8AM

1.	Adam Rutter	AIS/NSW	1:23.48
2.	Ian Rayson	NSW	1:29.16 (PB)
3.	Brendon Reading	ACT	1:33.07 (PB)
4.	Stuart Kollmorgen	VIC	1:50.33
	Ralph Bennett	VIC	DNF
	Tom Barnes	VIC	DQ

Event 3 Women 20 km Race Walk Open, 8AM

1.	Claire Tallent	AIS/SA	1:35.30
2.	Jillian Hosking	ACT	1:41.02 (PB)
3.	Lynette Ventris	WA	1:45.13 (W50 World Record)
	Megan Szirom	VIC	DNF
	Fiona Alldis	NSW	DQ



Adam Rutter, Andrew Jamieson, Claire Tallent, Ian Rayson and Dane Bird-Smith in action



Lyn Ventris, Brendon Reading, Jared Tallent, Jillian Hosking and Regan Lamble

Our top juniors also had the chance to test themselves over the 10 km distance, with the standout performance coming from 16 year old Queenslander **Dane Bird-Smith** - his PB of 45:09 was a great performance. **Daniel Coleman** was forced to settle for second place after losing a lot of training time recently to an ankle injury but he came through strongly for his 45:15. 16 year old WA walker **Sean Fitzsimons** was well up for most of the race but was forced to retire in the last lap when things went wrong. **Daniel Payne** continued his good form with an excellent 47:24. The girls' race was an all Victorian affair with 2008 World Cup representative **Regan Lamble** winning in 51:15 ahead of 15 year old **Rachel Tallent**, the youngest walker in the field.

Event 4 Men 10 km Race Walk Junior, 8:30AM

1.	Dane Bird-Smith	QLD	45.09 (PB)
2.	Daniel Coleman	TIS	45.15
3.	Daniel Payne	VIC	47.24
4.	Rhydian Cowley	VIC	47.54
	Sean Fitzsimons	WA	DNF

Event 5 Women 10 km Race Walk Junior, 8:30AM

1.	Regan Lambie	VIC	51.15
2.	Rachel Tallent	VIC	55.03
3.	Tamara Attard	VIC	59.14

Chris's fine win pushes him up 2 places to 12th on the Australian All Time ranking list. The exciting thing is that 6 of the top 12 performances have been done since 2006. Ian's 20 km PB moves him up to 36th on the 20 km Australian All Time ranking list as well.

1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006
2	3:39:27	Jared Tallent	VIC	17/01/1984	2	Beijing	22/08/2008
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989
4	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980
5	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998
6	3:47:45	Luke Adams	NSW	22/10/1976	10	Beijing	22/08/2008
7	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007
8	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006
9	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988
10	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001
11	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001
12	3:55:28	Chris Erickson	VIC	01/12/1981	1	Melbourne	14/12/2008
13	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993
14	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000
15	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992

1.	1:17.33.0	Nathan Deakes	V	170877	1	Cixi City, China	23-Apr-05
2.	1:19.15.0	Luke Adams	N	221076	7	Cheboksary, Russia	10-May-07
3.	1:19.22.0	Dave Smith	V	240755	1	Hobart	19-Jul-87
4.	1:19.33.0	Nick A'Hern	N	60169	1	Melbourne	15-Dec-90
5.	1:19.41.0	Jared Tallent	V	171084	1	Melbourne	23-Feb-08
6.	1:20.43.0	Andrew Jachno	V	130462	1	Brisbane	26-Aug-90
7.	1:20.49.0	Dion Russell	V	80875	1	Melbourne	19-Mar-99
8.	1:21.19.0	Simon Baker	V	60258	1	Canberra	27-Aug-88
9.	1:21.36.0	Willi Sawall	V	71141	1	Melbourne	4-Jul-82
10.	1:21.49.0	Adam Rutter	N	241286	3	Melbourne	23-Feb-08
11.	1:22.55.0	Chris Erickson	V	11281	31	Cheboksary, Russia	14-May-08
12.	1:24.11.0	Liam Murphy	S	50679	1	Adelaide	26-Jul-03
13.	1:24.20.0	Duane Cousins	V	130773	5	Melbourne	19-Mar-99
14.	1:24.34.0	Brent Vallance	N	300472	15	Naumburg, Germany	23-May-98
15.	1:24.54.0	Paul Copeland	V	250467	1	Melbourne	10-Nov-91
16.	1:24.56.0	Darren Bown	S	300674	4	Sydney	6-Mar-05
17.	1:25.02.0	Troy Sundstrom	N	300581	7	Melbourne	19-Mar-99
18.	1:25.31.0	Steve Beecroft	V	140371	2	Canberra	28-Jan-94
19.	1:25.34.0	Mike Harvey	V	51262	3	Melbourne	25-Aug-90
20.	1:26.33.0	Mark Donahoo	V	270558	1	Melbourne	22-May-94
21.	1:26.40.0	Tom Barnes	V	220982	1	Melbourne	24-Aug-08
22.	1:27.12.0	Tim Erickson	V	231150	1	Melbourne	14-Dec-80
23.	1:27.19.0	Dominic McGrath	V	40672	10	Melbourne	19-Mar-99
24.	1:27.20.0	Daniel (Thorne) Walters	V	191279	1	Melbourne	16-Dec-01
25.	1:27.29.0	Bill Dyer	V	260361	-	Melbourne	22-Jun-85
26.	1:27.35.0	Michael McCagh	W	160486	6	Canberra	28-Jan-07
27.	1:27.42.0	Brad Malcolm	V	70878	1	Melbourne	19-Jul-98
28.	1:28.18.0	Mike Woods	N	111062	30	Bergen, Norway	24-Sep-83
29.	1:28.25.0	Rob McFadden	S	150366	5	Canberra	27-Aug-88
30.	1:28.29.0	Steve Hausfeld	N	70452	6	Richmond	9-Apr-88
31.	1:28.29.0	Shane Pearson	Q	50674	8	Melbourne	27-Feb-97
32.	1:29.04.0	Craig Jeffery	V	120568	3	Melbourne	4-Aug-91
33.	1:29.08.0	Marcus Dwyer	V	260377	3	Melbourne	19-Jul-98
34.	1:29.12.0	Noel Freeman	V	251238	1	Melbourne	6-Apr-68
35.	1:29.13.0	Ian Waters	V	10467	-	Melbourne	19-Dec-93
36.	1:29.16.0	Ian Rayson	N	40288	2	Melbourne	16-Dec-08
37.	1:29.22.0	Rohan Best	T	240273	1	Hobart	4-Aug-90
38.	1:29.23.0	Craig Brill	V	101167	2	Melbourne	4-Aug-91
39.	1:29.40.0	Travis Harbour	V	121275	10	Melbourne	27-Feb-97
40.	1:29.48.0	Martin Richardson	V	'63	3	Melbourne	5-Feb-84
41.	1:29.51.0	Mark Blackwood	V	251177	2	Melbourne	1-Sep-96



**Masters record breakers Lyn Ventris and Andrew Jamieson
Australian 50 km medallists Duane Cousins, Chris Erickson and Andrew Jamieson.**

JARED TALLENT STARS IN SPANISH 10 KM RACE, SUNDAY 7 DECEMBER 2008

last week I reported on the fine walk by Jared Tallent in Spain on Sunday 7th December (only a week before his 30 km hitout this week. There are now plenty of photos online from that event – see <http://www.fcatletisme.cat/Fotografies/gpcatmarxa2008/>
Here is one of the best, showing Jared contesting the lead with Spaniard Francisco Fernandez.



LAST WEEK'S MYSTERY PHOTO



A number of people correctly guessed this photo. It was the Australian team that contested the World Cup in San Jose in California on 1-2 June 1991. The names are

Back Rows: Lorraine Jachno, Andrew Jachno, Paul Copeland, Craig Hilliard, Sue Cook, Bill Dyer, Sharon Schnyder, Simon Baker and Ricky Cook

Middle Row: Sally Pierson (Garnham), Nat Camplin, Harry Summers, Kerry Saxby and Dave Smith

Front Row: Mike Harvey, Nick A'Hern, Craig Brill and Kevin Lowden

Craig Hilliard was coach, Harry Summers was manager and Sally Pierson was physiotherapist. The team was ably led by Simon Baker who finished 2nd in the 50 km and Kerry Saxby who finished 5th in the women's 10 km event.

The first correct entry was from **Mark Wall** who had the names and dates back to me from the UK within the hour – now that's impressive. John Leydon of SA also got the full 18 names while Elke Raselli and Michael Bodey got 17 out of 18.

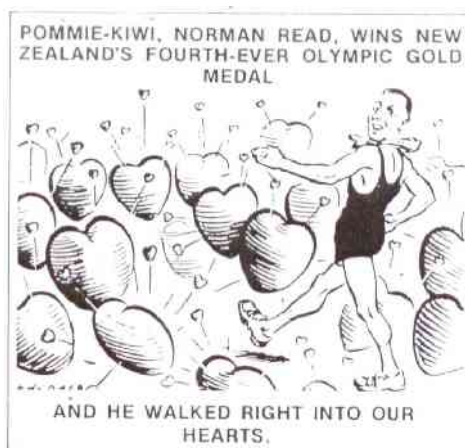
THIS WEEK'S MYSTERY PHOTO

Hah...this week will be a toughie. Just the usual – name the event and place (hint: it was a trial event in the mid 90's) and contestants! Now I am even struggling a bit myself on some of these so the challenge is out there!



THIS WEEK'S WALKING CARTOON

Well, not so much a cartoon as a sketch. The occasion was the 1956 Olympic 50 km win by New Zealand representative Norm Read and the following sketch was published in the Auckland Star. It was indeed an interesting story.



The following biography was written by P. N. Heidenstrøm and was taken from the IAAF website and explains it all nicely.

Norman Richard Read was born at Portsmouth, England, on 13 August 1931, the son of Marjorie Ellen Luff and her husband, Richard Frederick Read, a Royal Navy stoker who later became a painter and decorator. He was brought up at Portsmouth and later Steyning, and after leaving school completed an apprenticeship as a carpenter. He emigrated to New Zealand in 1953, and over the following 40 years, was to live in Auckland, Wellington, Hawera, Whangarei and finally New Plymouth. He worked at various times as a carpenter, salesman, grocer and financial agent.

When he arrived in New Zealand, Read was an undistinguished race walker a reputation amply demonstrated when, in his first two seasons here, his best result on the track was a struggling third in a three-man race. However, when controversies led to track walking being dropped internationally in favour of road walking, the much longer distances proved more favourable. In September 1955 he unofficially walked 50 kilometres in the world-class time of **4:36:41**, and the following year he won New Zealand titles in both the 20-kilometre and 50-kilometre races.

Passed over by New Zealand and Britain for the Olympic Games to be held in Melbourne in November and December 1956, Read crossed the Tasman and in September won the Australian championship in **4:30:17**, only 2 minutes outside the Olympic record. He was hastily added to New Zealand's team.



Norm Reid wins the 1956 Olympic 50 km

On the day of the 50-kilometre event he almost missed the start after getting lost in the maze of passages beneath the Melbourne Cricket Ground's grandstand. For most of the race he walked conservatively, letting others make the pace in temperatures rising above 30° C. He made his challenge over the last 15 kilometres, walking at such a pace that he soon caught the leaders. At the 45-kilometre mark he had a lead of 1 minute 22 seconds, which he continued to increase, eventually winning in **4:30:43**. Only 6 competitors completed the course inside 5 hours, and 6 of the 21 starters did not finish at all, a reflection of the exhausting conditions.

Read was voted New Zealand's Sportsman of the Year, a far cry from his relative obscurity the previous year.

Before the 1960 Olympics he lowered his 50-kilometre time twice in a single week, to **4:27:25** and then **4:21:23**, which persuaded him to attempt both walking events at Rome. It was brave but risky. Five days after coming fifth in his second string, the 20-kilometre, he failed to finish in his specialty. His best New Zealand time would have won the race by over four minutes.

Read was unable to gain selection for the 1964 Tokyo Olympics despite recording his second-fastest time ever 50 km (**4:24:46**). The selectors pronounced it to be 'only a oncer', and even when he followed it with his third-fastest time (**4:27:18**), he was still not considered good enough.

Read's international career ended in Jamaica in 1966 when, in the sport's first appearance at the British Empire and Commonwealth Games, he came third in the 20-mile walk. He continued in national competition for another 18 years, finally retiring at the age of 52. In all he won 18 championship gold medals, three silver and four bronze, a feat unmatched by any other New Zealand walker; he also won several Australian and British titles. His only loss in 11 New Zealand championship races over 50 kilometres was his last, in 1981, and his 1965 championship record of **4:26:27** was 10 minutes faster than any other New Zealander could do for a quarter of a century afterwards.

Norm Read was such a fair walker that never in his long career was he disqualified or even cautioned. Once he refused to take credit for a personal record time, insisting (correctly) that the track must be short. Though later admitting that cheats had made walking 'a laugh, a complete mockery', Read kept his faith in the ultimate goodness of the sport.

He had married Megan Ann Crafar on 29 August 1968 in Whangarei; they had three daughters and a son. Moving to New Plymouth, he formed New Zealand's first race-walking club, which grew into a nationwide movement. His mana and commitment persuaded the authorities to restore track walking to the national athletics championships, kindling a boom in the sport. As a judge he became only the second New Zealander to officiate at an Olympic Games in Barcelona in 1992. He was awarded a diploma by the International Amateur Athletic Federation on its 75th Jubilee in 1987 and in 1990 he was elected a foundation member of the New Zealand Sports Hall of Fame.

When he suffered a fatal heart attack competing in a veterans' cycling race at Pirongia on 22 May 1994, Norman Read was serving as president of Athletics New Zealand. He was survived by his wife, Megan, and his children.

Not too many walkers can say that they have had a postage stamp issued in their honour but that was the case for Read in 1956 with the following commemorative stamp issued by the Dominican Republic.



WHAT'S COMING UP

It's been a busy first half of the summer season but things are now winding down towards Christmas. Our Victorian Shield competition kicks off again on Saturday 10 January but more about that closer to the date. For the time being, enjoy a well earned break and don't forget to do some training!

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

Sat 10 Jan, 2009	AV Shield Competition, Round 9 (3000m/1500m walks)
Jan 14-18, 2009	Australian Youth Olympic Festival, Sydney (5000m walk)
Sat 17 Jan, 2009	AV Shield Competition, Round 10
Sun 18 Jan, 2009	VRWC races – RWA Summer Postal Races, Clifton Hill athletics track
Thur 22 Jan, 2009	AV Shield Competition, Round 11 (2000m walk)
Jan 24-26, 2009	Victorian Country Championships, Landy Field, Geelong
Thur 29 Jan, 2009	VRWC track races, Olympic Park, 6PM
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)
Sun 15 Feb, 2009	VRWC events, Albert Park
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 Entries close 5 December 2008 so get to it! Time is running out.
Thur 26 Feb, 2009	AMA Postal Relay events (4 x 800m walk), East Burwood, 7PM
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
Sun 22 Mar, 2009	VRWC and VMA Track races, Mentone Athletics Track
Mar 28-29, 2009	AV Overage & Victorian Masters T&F Championships, Box Hill
Apr 3-5, 2009	Australian U20 All Schools, U20 & U23 Championships, SA (includes 10,000m walk)
Apr 10-13, 2009	Australian Masters T&F Championships, Adelaide

Victorian & National Fixture – Winter 2009

Sunday 7 June, 2009	Lake Burley Griffin Carnival, Canberra
July 11-12, 2009	Racewalking Australia Winter Postal Challenge
Sun Aug 30, 2009	Australian Roadwalking Championships, NSW (Sydney?)

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 - http://www.iaaf.org/wyc09/preview.html
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 - http://www.iaaf.org/wch09/index.html
Oct 10-18, 2009	World Masters Games, Sydney - 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 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
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