



HEEL AND TOE ONLINE

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WINTER SEASON REVIEW

Hello everyone. No races to report from the Australian front this week as we all enjoy a welcome break between seasons but there is always something to chat about so here goes!

As our club financial year draws to a close, I thought I would extract some stats on what has been for us a year of record membership and record race attendance. First our membership statistics: The table below shows that our membership has grown in 8 of the last 9 years, with this year being the biggest single increase – by 33 members to a huge 210 in total. I have also gone back over the last few years to calculate our retention rate which is sitting around 80%. That is much better than athletics in general in Australia – overall, the global Track & Field figure sits at 65%.

Year	Financial Members	New Members	Returning Members	Numbers not returning	Retention Rate
2000-2001	120				
2001-2002	126				
2002-2003	146				
2003-2004	145				
2004-2005	138	30	112	37	73.00%
2005-2006	155	35	144	11	92.00%
2006-2007	179	55	124	31	80.00%
2007-2008	187	40	147	32	82.00%
2008-2009	210	59	151	36	81.00%

There is of course always a dropoff in members in any club and the challenge is to provide such an enjoyable, inclusive and satisfying environment that most members return for the next year. We seem to be doing that based on the figures.

Like our membership, our race numbers have set new standards. Excluding the second last week of competition when the National Roadwalking championships, were held, we had 1503 starters over 19 weeks at an average of 79 walkers per week. In other years, 79 would have been a top week. This year it was our average.

With such big numbers, many people were required to keep the show on the road. I wish to personally thank all the following who officiated multiple times, some nearly every week (as usual, sorry if I missed anyone)

Officials: Harry Summers, Bob Gardiner, Don McLaren, Matt Owen, Alan Lucas, Ian Laurie, Ron Miller, Ralph Bennett, Marlaine Stanway, Stuart Cooper, Paul Kozaris, Lou Mirarchi, Celia Johnson, Michael Brazel, Bob Hallett
Judges: Peter Vysma, Judy Mason, Gordon Loughnan, Michael Bodey, David Long, Frances Attard, Elke Raselli, Ralph Bennett, Lloyd Nicholls, Brenda Felton, Kathleen Marsh, Shane Bertrand, Alan Lucas
Video: Ray Smith
Photos: Terry Swan, Stuart Cooper
Canteen: Barb Gardiner, Joyce Summers, Kate Suitch, Marlaine Stanway, Celia Johnson
Bike: Jim Leppik (championship days)

Bob and Harry have also asked me to include a special thank you to all those people who helped out in the second half of the season when a number of us were away. Bob emailed me as follows

Club President Harry Summers and Bob Gardiner would like to extend their thanks to the many people who pitched in and helped on race days while Tim was away swanning around sunny Europe. Seemingly small things like filling a few cups of water or helping open up a tent make a big difference to the smooth running of the club and getting races under way on time. For us it is good to get to know new faces, and we hope it gives you some sense of participation in the great sport of racewalking you or your children have chosen to get involved in.

OUT AND ABOUT

Heather Carr successfully competed in the World Triathlon championships in Queensland last weekend, coming fourth in her age group of W60-64. What a fantastic effort!. I asked Heather for the details and she replied as follows:

Arrived home last night, very tired after an early start. Sunday 7:03am for the 60+, but a 6:45am start for the younger age groupers. Transition opened at 5:15am, closed at 6:15am. I didn't know the results until googling them today. There were so many competitors that it was extremely difficult to discover any results at the venue.

I finished in fourth position, which I was very happy with. My time was 1:25:24. The swim was my poorest leg,(as I knew it would be), then I picked it up with the bike, coming in third, but was passed on the run, ending up fourth overall. I was delighted with the result, as my expectations were to finish in the top ten. (Twenty in 60-64 age group)

I'm at work now, trying to keep my eyes open!

Cheers, Heather.

PS: The next event we're competing in will be the World Masters Games in Sydney in October, so I'll probably be 'challenged' out by then.

The Victorian Half Marathon championship was held on Sunday 11th September and a number of our VRWC walkers were in action. Not sure if I got them all but the results are below. Well done everyone!

51 st	Rhydian Cowley	Glenhuntly	1:15:33
124 th	Stuart Kollmorgen	Collingwood	1:21:20
317 th	Ralph Bennett	VMA	1:35:58
402 nd	Clyde Riddoch	Aths Waverley	1:48:54

2009 TOUR DE ROMANDIE A LA MARCHE

If you want a racewalk with a difference, look no further than the annual Tour De Romandie a La Marche – 9 racewalk stages over 9 days for a total distance of 226.6 km (men) or 143.3 km (women). It runs like the Tour de France as the walkers race each day in a different town as they work their way around Switzerland. The stages this year read as follows

Date	City	Men	Women	Type of Stage
28-August	Monthey	25 km	15 km	Prologue
29- August	Vionnaz	14,1	14,1	Mountain
30- August	Echallens	30	15	
31- August	orbe	22,5	15	
01- September	Vallée de joux	30	9	
02- September	Nyon	19	20	Mountain
03- September	Veyrier	36	20	
04- September	Carouge	30	20	Carouge - veyrier - Carouge
05- September	Carouge	20	15	Circuit

2009 saw the 42nd edition of this annual event which boasted a competitor list of exception quality. Victory in the men's event went to Lithuanian Tadas Suskevicius ahead of Ivan Trotski of Bellarussia and Oleksiy Shelest of Ukraine while the Lithuanian team won the teams event. The women's race was won by Lithuanian walker Brigita Virbalyte ahead of Ukrainians Liudmyla Shelest and Nadiia Boroska. See http://www.lamarche.ch/data/pdf/resultats/2009/20090905_tour_de_romandie_classement_final.pdf for the full results, including all splits.

Even Hong Kong had a team in and Bill Purves of Hong Kong tells how you can see some great video from the various stages:

Racewalking fans can see extensive videos of the Tour de Romandie on internet TV. There are lots of shots of our Hong Kong team, but also famous racewalkers who competed in the Olympics and the world championships in Berlin. The videos are at www.europe.tv/info

The site is all in French, but I have created an account you can use. In the box at the top of the screen labelled Identifiant (user name) type 'HKRunners'; the next box is the password.- type 'hongkong'; then push the button labelled connexion.

In the bar at the top of the page, hit the part labelled EuropeTV and you'll get a list of about 10 videos, one for each etape (which means stage). You can tell our guys because we're the only ones with black uniforms. Our numbers are 61,62 and 63. We're in every video.

Bill Purves

2010 WORLD RACEWALKING CUP SELECTION CRITERIA RELEASED

Athletics Australia has finally released the Selection Criteria for the 2010 Racewalking World Cup, to be held in **Chihuahua** in Mexico on **15-16 May next year**. You have to read it in two parts. The initial criteria, released in early August, had some major errors re selection trial dates and an addendum (with the correct trial dates) was subsequently released last week. The link to both files is http://www.athletics.com.au/high_performance/412/high_performance_news/2010_world_walking_cup_selecti

Some criteria are the same as previous years but there are significant differences which are discussed below. First the salient points:

- AA will select up to 5 walkers for each of the 50km men, 20km men, 20km women and up to 3 walkers for each of the 10km Junior men and 10km Junior women

- AA recommends that junior walkers do either the World Junior championships or the World Racewalking Cup but not both. A special exemption is required from AA to do both events.
- The selection trials are as follows:

50km men	Sunday 22 November 2009, Fawkner Park, Melbourne
All other events	Saturday 13 February 2010, Hobart, Tasmania
- The qualifying periods are

50km men	23 August 2009 till 22 November 2010
20km events	23 August 2009 till 13 February 2010
10km events	12 July 2009 till 13 February 2010
- The qualifying standards are

50km men	No standard published
20km men	1:28:00
20km women	1:36:00
10km Junior men	46:30
10km Junior women	50:00
- Those athletes who were selected to represent Australia at the 2009 IAAF World Championships will be automatically selected in the event of their choice subject to spots being available.
- The first 3 places in the Selection Trial for all 20km and 10km events will be automatically selected in the team provided they have achieved the performance standard within the AA qualifying period. Selections for the 50km event are completely at the selectors' discretion.
- All prospective walkers must register their intention to try for the World Racewalking Cup Team – see the Athletics Australia website link at http://www.clubsonline.com.au/events/index.cfm?fuseaction=display_full&EventID=2751&OrgID=887&cfid=39724721&cftoken=36765842&dts=99200937625

This certainly makes for interesting reading on a number of fronts.

- In 2008, selection standards were set for both Individual and Team selections and were as follows

20 km Men	I	1:24:00	T	1:28:30
20 Km Women	I	1:36:30	T	1:38:30
50 Km Men	I	4:03:00	T	4:20:00
10 km Junior Men	I	45:00	T	47:00
10 Km Junior Women	I	50:30	T	52:00

This year, we see a slight tightening of the required team standard in all divisions. However, it is easier for individuals to make the team in cases where a teams event is not put in place. So it is probably a reasonable balance overall. If we look at the main contenders, I am confident we can fill all our teams (sorry if I missed anyone!)

Open Men: Jared Tallent, Luke Adams, Adam Rutter, Chris Erickson, Nathan Deakes, Duane Cousins, Darren Bown, Tom Barnes, Ian Rayson, Daniel Coleman, Brendon Reading
 Open Women: Cheryl Webb, Jess Rothwell, Claire Tallent, Megan Szirom, Jill Hosking
 Under 20 Men: Dane Bird-Smith, Sean Fitzsimons, Rhydian Cowley, Blake Steele, Jordan Mulhearn, Kyle Malone
 Under 20 Women: Rachel Tallent, Beth Alexander, Regan Lambie, Shannon Grant, Paige Hooper

- The selection periods are reduced markedly. Whereas last time, all performances from 1 January 2007 could be counted, this year it is reduced to either 23 August or 12 July as specified above.
- In 2008, the junior spots were completely at the discretion of the selectors. This year, they are firmly set - the first 3 places in the Selection Trial for all 20km and 10km events will be automatically selected in the team provided they have achieved the performance standard within the AA qualifying period. This is definitely much more clearcut but is cutthroat for the junior teams which are restricted to 3 walkers in total. If the top junior walker fails to finish in the top 3 in the junior trial for any reason (sickness, DQ, etc), that walker would miss out if the top 3 all have qualifiers under the belt.
- The exemption given to all IAAF World Championship selectees is new and is obviously meant to allow our top walkers to prepare for this event in the best possible fashion.

So the aim is to ensure that you get qualifiers. The next opportunity will be on November 22nd when the Australian 50km championships are to be held at Fawkner Park in Melbourne. The timetable reads as follows

7.00am	50km Australian Championship	Open Men
8.00am	20km (Non Championship Event)	Men & Women
8.30am	10km (Non Championship Event)	U20 Men & Women

All the contenders should be working towards achieving a qualifier on this occasion. There won't be many opportunities so make the most of the ones on offer.

AUSTRALIA VERSUS NEW ZEALAND WALK

I have been in discussions for the past few months with Mike Parker, the President of Racewalking New Zealand with a view to putting together an Australia vs New Zealand walking match. This was mooted at our Racewalking Australian meeting in June and we have been trying to progress since then.

Initially our aim was to put together a Racewalking Australia team vs a Racewalking New Zealand team based event but we have had interest from both Athletics NZ and Athletics Australia and are waiting on some final word back as to whether this may become an official Cross-Tasman match. I had hoped to officially announce something this week but I am still waiting on further feedback from David Gynther of Athletics Australia so I have decided to at least get the word out there in the meanwhile.

Mike and I have agreed to hold this match within the Australian 20 km championships on **Saturday 13th February** in **Hobart** rather than as a separate event. Mike has already made the announcement at the NZ end and they have an actual selection trial date set. I have advised Brian Roe, the championship organiser, of this additional component to his event and he is happy for us to progress the concept. In an effort to even up such a teams based competition, we have agreed to restrict our Australian walkers to Under 23 (if we were to put in a full Open team, it would not really give NZ much of a chance). The teams competition will consist of two races: 20 km Men (with 4 men per team) and 20 km Women (with 4 women per team).

We have a number of good walkers in the U23 division – a few names that spring to mind include

U23 Men: Ian Rayson, Derek Mulhearn, Daniel Coleman, Brendon and Michael Reading, Daniel Payne
U23 Women: Jess Rothwell, Nicole Fagan, Stephanie Stigwood

While further details are still pending, our aim will be to finalise a team by January 2010 and, depending on whether AA come on board and what they want to do, we may be looking at 20km performances done during 2009 by way of selecting a team.

I am sorry that I can't give you a more comprehensive picture at the moment but it is still a work in progress. The main thing is to get the word out there so that any prospective walkers can look at getting a 20km time on the board if they do not yet have one. Obviously the 20km races at Fawkner Park on Sunday 22 November are an ideal opportunity.

Please contact me if you need to discuss this further. Obviously I can't give you the full details yet until we know whether it is going to be purely Racewalking Australia or whether it will achieve official Athletics Australia status.

Addendum: Australia vs New Zealand racewalking contests were last held in the 1970s (1975, 1977 and 1979) but were discontinued once Australia started to participate in the Lugano Cup (now the World Racewalking Cup). See the full results of each match in document <http://www.racewalkingaustralia.com.au/RacewalkingAustraliaHistory.pdf>

BERND KANNENBERG, 1972 OLYMPIC 50KM CHAMPION

Another article from my ongoing researches to remind older readers of one of the true legends of the sport who inspired a whole generation of young walkers in the seventies. I hope you enjoy!

Bernd Kannenberg, born 20 August 1942 in Königsberg, East Prussia, is remembered as a consummate racewalker, winning gold in the 1972 Olympic 50km event in Munich. His story is indeed an interesting one.

His stocky build (he raced at 75km and was only 175cm in height) combined with his relatively late starting age (he took up racewalking at the age of 24, joining LAC Quelle Fürth) did not omen well for a top international career and his early form was solid but not outstanding.

His first two international appearances were fair but nothing to write home about – in 1970 he finished 13th in the Lugano Cup 50km event in 4:21:43 and in 1971 he took 9th place in the European Championship 20km in 1:32:06.

That perception was changed forever on 27th May 1972 when he stormed to a new 50km world best time of 3:52:45 in Bremen in a Germany vs Great Britain match. Suddenly this strongly built German walker was a serious medal contender for the upcoming Munich Olympics. Rumours surfaced of his huge training regime with up to 6 hours walking per day with weekly mileages of over 200 km.

He timed his surge to the top with precision, winning his first national championships in that same year, at the age of 29, when he took the 10,000m indoor track walk (42:34) and the 20km and the 50km roadwalk titles. These wins earned him selection in both the 20km and 50km events at the Munich Olympics.

His Olympic 20km was nothing to write home about when he failed to finish. But the 50km was considered his stronger event and he did not let the German public down. Faced with a very talented start list that included defending champion Christoph Holne, fellow East German Peter Selzer and Russian ace Venianen Soldatenko, Kannenberg led at every checkpoint and, by the 35km mark, only the Russian remained in contention. Soldatenko was slow in taking his refreshments at the final feeding station and Kannenberg chose that moment to attack. Soldatenko, worried because he had already received a warning, did not respond, allowing the German to storm home in a new Olympic record of 3:56:11 and a win by over 2 minutes. The newspapers captured one of the most famous of all walking photos – Kannenberg powering down the finishing straight, caught in a perfect double support phase (see next page).



Soldatenko and Kannenberg fight out the 1972 Olympic 50 km



Kannenberg storms up the finishing straight to win the 1972 Olympic 50 km event – one of walking's most famous photos

Both walkers easily beat Soldatenko's official road world best time of 3:59:17 and Kannenberg became an instant German hero. The final results read as follows

1.	Bernd KANNENBERG	GER	3:56:11.6
2.	Veniamin SOLDATENKO	SOV	3:58:24.0
3.	Larry YOUNG	USA	4:00:46.0
4.	Otto BARTCH	SOV	4:01:35.4
5.	Peter SELZER	GDR	4:04:05.4
6.	Gerhard WIEDNER	GER	4:06:26.0
7.	Vittorio VISINI	ITA	4:08:31.4
8.	Gabriel HERNANDEZ	MEX	4:12:09.0

That day, 3rd September 1972, became known as "Golden Sunday" in West German sporting history as athletes from the Federal Republic won three gold medals - Klaus Wolfermann by 2cm in the javelin with a new Olympic record of 90.46 meters, Hildegard Falck in the women's 800m and Kannenberg in the 50km walk.

This started a golden few years for Kanneberg. He dominated German walking at a time when it was one of the world's leading racewalking countries with repeat 50km championship wins in 1973 and 1975, repeat wins over 20km in 1974 and 1975 and repeat wins in the 10,000m indoor championship in 1973, 1974 and 1975.

Internationally, he showed that his 1972 Olympic 50km win was no fluke, winning the 1973 Lugano Cup 50km in 3:56:50.8, again beating Bartsch, Holne and Soldatenko.

1974 saw more dominant walks with him establishing three world records and one world best track performance in quick succession. Firstly he set new marks for the 2 hours (27,137 mtrs.) and 30,000m (2:12:58.0) in Kassel on May 11. Then he set new marks for the 20,000m (1:24:45.0) and 1 hour (14,233 mtrs.) in Hamburg on May 25. In this same meet, Gerd Weidner set a new 20 Mile world record. Since Weidner already held the 30 mile and 50,000m world records, this meant that these two German walkers now held every world walking record between them. This was indeed the golden era of German walking.

Julian Hopkins, then the British National Walks Coach, after discussions with West German National Walks Coach Jurgen Kraemer, summarised Kannenberg's training regime as follows ¹

- He does all his training by himself.
- He does a great deal of general endurance work. At present, he is covering 700-800km per month. He has covered 1100km per month when preparing for 50km.
- He trains once per day with distances ranging from 20km up to 60km. In the winter, the training speed is about 10km/hr. In summer, the shorter sessions are covered at 11km/h.
- Each week he includes 1 hour of very fast walking. This is done as one effort in the middle of a long session or as two half-hour sessions with a short recovery.

¹ *W Germany v G.B. Walks Match Analysis*, Julian Hopkins, Athletics Coach magazine, July 1974

- He does not include running in his training.
- He has his own team of coach, medical adviser and physiotherapist.

To top off what had been a wonderful year, he was narrowly beaten by Golbunichiy in the European 20km Championship in hot conditions in Rome. His efforts were suitably recognised when he was awarded the Rudolf-Harbig Memorial Prize, one of Germany's top sporting awards.

In the 1975 Lugano Cup, he was again second in another Championship 20km event in 1:26:20, this time behind Stadtmuller of East Germany. In November 1975, he walked his last 50km event, a track race in Nerviana in Italy, where he set a World Record of 3:56:51.4. This was the first time 4 hours had been beaten on the track - another first for the West German.

With the 50km event no longer on offer in the 1976 Olympics, he could not defend his title but had to focus solely on the 20km event. With his 20km performances over the last few years, he was still rated a definite chance for a second Olympic gold.

But it was not to be. By this time, he was suffering various health related issues, a consequence perhaps of the huge mileages to which he had subjected his body and he was forced to retire from the Olympic 20 km in severe pain.

Numerous operations later, he made an attempted comeback in 1978 but it was short lived. In 1982, Kannenberg made headlines once again as it became known that he was being treated for heart issues.

His career highlights read as follows;

1970	Lugano Cup	Eschborn	50km	13 th	4:21:43
1971	European Championships	Helsinki	20km	9 th	1:32:06
1972	Olympic Games	Munich	20km	DNF	
	Olympic Games	Munich	50km	1 st	3:56:11
1973	Lugano Cup	Lugano	50km	1 st	3:56:50
1974	European Championships	Rome	20km	2 nd	1:29:08
1974	European Championships	Rome	50km	9 th	4:21:46
1975	Lugano Cup	Le Grand Quevilly	20km	2 nd	1:26:20
1976	Olympic Games	Montreal	20km	DNF	

His record speaks for itself. Although his time at the top was brief, his dominance over both Olympic distances in the early seventies ensures that his feats will live on long after he has faded from the public limelight.

CALLING ALL JUDGES

Diane Lowden, Athletics Victoria Officials Education Officer (Race Walks), will be conducting a Race Walking Judging Seminar and exam on the weekend of 21-22 November 2009. Details as follows:

Seminar: Saturday 21 November 2009 , 11.00 – 4.00pm
 Venue: Victorian Race Walking Club Rooms (Middle Park)
 Exam: Sunday 22 November 2009 (after the Australian 50km Walks)

Please notify Diane via her email (dlowden@three.com.au) by Friday 30 October if you wish to participate.

DATES...DATES...DATES

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

2009 International Fixture

Oct 10-18, 2009 **World Masters Games, Sydney** - <http://www.2009worldmasters.com>

2009 – Remaining IAAF Race Walking Challenge Events

Sept 19, 2009 8 - IAAF Challenge Final, Saransk, RUS

Victorian & National Fixture – Summer 2009/2010

Sat 10 Oct 2009 AV Shield Competition commences at all 6 venues with Round 1
 Sun 25 Oct 2009 VRWC Summer Season Opening walks, Albert Park (provisional date)
 6-8 Nov 2009 Victorian All Schools T&F Champs (U14-U18), Olympic Park, Melbourne
 Sun 22 Nov 2009 2009 Australian 50 km championship, Fawkner Park, Melbourne (also 20km Open and 10km U20 walks)
 4-7 Dec 2009 Australian All Schools T&F Championships, Hobart
 22-24 Jan 2009 Victorian Country Championships, Newborough
 Sat 13 Feb 2010 Australian Summer 20 km road championships , Hobart
 Thurs 18 Feb 2010 Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park)
 11-14 Mar 2010 Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs: venue TBC, date tentative.
 20-21 Mar 2009 Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
 26-28 Mar 2010 Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
 2-5 April 2010 Easter weekend - Australian Masters T&F Champs, Perth
 16-18 April 2010 Australian Open and U23 Track and Field Championships, Perth

2010 International Fixture

May 15-16, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**
July 3-10, 2010 Oceania Masters Championships, Tahiti
July 19-25, 2010 **World Junior Championships, Moncton, Canada**
14-26 Aug, 2010 **World Youth Olympics, Singapore**
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2011 International Fixture

July 7-17, 2011 **World Masters T&F Championships, Sacramento, California, USA**
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea**
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
July 7-17, 2011 **19th World Masters Athletics Championships Stadia, Sacramento, USA**

2012 International Fixture

July 27-Aug 12, 2012 **Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**

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