



HEEL AND TOE ONLINE
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STOP PRESS - NATHAN DEAKES BREAKS 50 KM WORLD RECORD

TELSTRA AUSTRALIAN MEN'S 50KM ROAD WALKING CHAMPIONSHIP
 Eastern Beach, Geelong, Victoria, Saturday 2nd December 2006

If you weren't here in Geelong on Saturday morning, you missed something of truly awesome significance. Nathan Deakes broke the 50 km roadwalk world record by 16 seconds, finishing with 3.35.47. To put this in perspective, consider the following

- The course was not easy. With 16 turns, 5 different surfaces (concrete, boardwalk, carpet, road, and the odd cobblestones), two short sharp inclines per lap and windy conditions that increased throughout the event, it just should not have been possible.
- It was a solo performance. Nathan had lapped the entire field by the 30 km mark and walked the whole event on his own.
- At the 40 km mark, Nathan was nearly 3 minutes under the record and could have broken it by much more than 16 seconds if he had had any competition to push him during that vital last 10 km.

Nathan strode to the lead from the start and his first four 10 km splits were around 43:30, 42:30, 42:00 and 42:30. He went through 20 km in 86:00, through 30 km around 2:08:00 and through 40 km around 2:50:30. At that stage, he was heading towards 3:33:00! Absolutely extraordinary! Overcome by tears, he fell to the ground after crossing the finish line, his wife Annette and parents rushing in to congratulate the new world record holder.

He had these words to say after the race: "It's obviously quite a surprise. I didn't think I was in that kind of shape. To break a world record is really special. To do at home is even nicer. The best prepared athletes walk fast anywhere. I had a great training camp at altitude in US but the key has been the fact that I have been injury free for the last 6 months. My hamstring has been really good and I've been able to get through a lot of work. I'm getting older and it's getting harder, but right now I'm very very content."

I suggest you should all congratulate Nathan personally on his effort by emailing him at ndeakes@hotmail.com It will be many years before we see a performance like this again on Australian shores.



Nathan early on and towards the end of his record breaking walk

Luke Adams went straight into second place from the gun and walked the first 40 km on his own until he was forced to slow. He surrendered his position to Jared Tallent and Duane Cousins at around the 42 km mark and retired soon after, having spent himself.

A group of 6 walkers were together for most of the first 20 km – Duane Cousins, Jared Tallent, Chris Erickson, Tom Barnes, Frank Bertei and Darren Bown. First Frank and Darren dropped off and that left 4. Then Tom Barnes, only intending to walk to the 30 km mark, increased the pace at the 25 km mark. Chris Erickson dropped off the back soon afterwards but Duane and Jared were up to the task and caught Tom just before the 30 km mark, passed in around 2:21. From then on, it was a battle between the two Victorians as neither would give an inch. Eventually it was Duane, walking the best race I have ever seen from him, who stormed home to take second in a PB time of 3:53.18 (1 min 17secs better than his previous PB, set in 1994). Jared, walking his first 50 km event, held on well to take third with 3:55.03. All three first place finishers recorded A qualifiers for the 2007 World champs.



Luke Adams, Chris Erickson, Duane Cousins, Tom Barnes and Jared Tallent in action

While on the subject of outstanding walks, 60 year old Andrew Jamieson, the man who never gets old (although he was starting to actually look near his age at 45km!) completed the 50 km in 4:27.40 to set a new Australian M60 Masters record. The M60 WR is an incredible 4:23.29, set in 1993 by Gerhard Weidner of East Germany. He holds the M45, M50 and M55 records also. Andy certainly has something to aim for.



Duane and Jared fight out the final 10 km while Andrew Jamieson heads towards his M60 record

For the record, the final results are as follows

1.	Nathan Deakes	VIC	3:35:47	World Record, A qualifier World Champs
2.	Duane Cousins	VIC	3:53:19	PB, A qualifier World Champs
3.	Jared Tallent	VIC	3:55:08	50km debut, A qualifier World Champs
4.	Darren Bown	SA	4:22:51	
5.	Andrew Jamieson	VIC	4:27:40	Australian M60 Record
	Luke Adams	NSW	DNF	(42km 3:14:52)
	Chris Erickson	VIC	DNF	(40km 3:18:15)
	Thomas Barnes	VIC	DNF	(30km 2:21:20)
	Frank Bertei	VIC	DNF	(20km 1:36:14)
	Troy Sundstrom	NSW	DQ	

Women 20km Walk (non-championship event)

A women's 20 km event was also on offer and all our top women made themselves available. The event soon turned into a race of three as Jane and Natalie Saville and Kellie Wapshott went to a clear lead. With Jane peeling off after the first 10 km (she had announced before the race that she was only intending to do 10 km), Nat and Kellie were left to fight out the second half. Natalie showed brilliant form to win in 1:34:29, her best for some time, while Kellie took second in a PB time of 1:35:45. Michelle French was in third place for most of the race but just lost out to the fast finishing Claire Woods. All four performances were IAAF B qualifiers.

1.	Natalie Saville	NSW	1:34:29	B qualifier World Champs
2.	Kellie Wapshott	VIC	1:35:45	PB, B qualifier World Champs
3.	Claire Woods	SA	1:37:13	B qualifier World Champs
4.	Michelle French	NSW	1:37:32	PB, B qualifier World Champs
5.	Vanessa Ebejer	NSW	1:57:05	
	Megan Szirom	VIC	DNF	(16km 1:19:52)
	Jane Saville	NSW	DNF	(10km 47:12)
	Cheryl Webb	NSW	DNF	(10km 50.30)



Kellie Wapshott breaks new ground as she battles it out with Natalie and Jane Saville

SAT 2 DECEMBER, AV SHIELD COMPETITION
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We had walks galore last weekend and I am pleased to be able to report on the many good performances.

North West Region, Aberfeldie

We had our last walks for the summer at Aberfeldie. It is now to undergo a major track refurbishment and the North West Region will be going to Epping for the next couple of rounds.

3000m Walk

Times were slick in the 3000m with Tim Girgin recording yet another PB to be the best of the juniors. Athletics Essendon showed its walking strength with 5 of the 7 top places but this did not stop Trenton Hawkins from inflicting yet another defeat on Duncan Knox to take the points in Division 2. Yolanda Russell walked a great time of 14:30.6 – she is certainly benefiting from her solid winter season.

1.	DONAHOO, MARK	ATE	13:50.3
2.	HAWKSWORTH, DANIEL	ATE	13:57.2
3.	HAWKINS, TRENTON	PTN	14:12.7
4.	RUSSELL, YOLANDA	GLG	14:30.6
5.	GIRGIN, TIMUCIN	ATE	14:34.2
6.	KNOX, DUNCAN	ATE	14:46.2
7.	GLEICH ROISIN	ATE	16:12.2
8.	ERICKSON, TIM	COB	16:39.1
9.	MCDONOUGH, AARON	PTN	17:20.6
10.	DRENNAN, CARMEL	KSB	17:37.6
11.	STAUNTON, JOHN	COB	19:43.0
12.	CREA, ADRIANNA	COB	19:55.0
13.	GARDNER, ANIKA	PTN	20:24.8
14.	ELMS, DONNA	PTN	21:37.7
	DRENNAN, LAUREN	KSB	DNF
	ELMS, JASON	PTN	DQ

1500m Walk

Our young girls led from the front and took the first 3 places with some very impressive speed walking. As usual, Caitlin Campbell was first overall in her final hitout before the Australian All Schools next week in Sydney.

1.	CAMPBELL, CAITLIN	ATE	7:50.2
2.	BERTRAND, CARLY	KSB	8:54.1
3.	CAMPBELL REBECCA	INV	8:58.1
4.	UPTON, IAN	KSB	9:04.8
5.	GARDNER, AARON	PTN	9:50.0
6.	CREA, ADRIANNA	COB	10:16.2
7.	BULIC, ALEXANDRA	BWK	11:15.1
8.	RICKARD, IAN	BWK	11:45.7

Southern Region, Ballam Park, Frankston

3000m walk

Rhydian Cowley completed his final warmup for the All Schools with an excellent PB time of 13:35 for the 3000m while Clyde Riddoch edged out Heather Carr in the Open section. Tamara Attard was another one to walk well and must have been close to her PB with her time of 16:25

1.	Rhydian Cowley	Glenhuntly U/16	13:35:74
2.	Clyde Riddoch	Athletics Waverley	15:19:79
3.	Heather Carr	Masters	15:33:02
4.	Tamara Attard	Knox U/18	16:25:76
5.	Ralph Bennett	Invitation	16:27:63
6.	Janet Holmes	Glenhuntly	17:16:36
7.	Geoff Barrow	Mentone	17:53:95
8.	John Morrison	Sandringham	18:11:91

800m walk

This is the only venue which features a regular 800m walk for the very young walkers and I must applaud them on this good idea.

1.	Joel di Pasquale	Knox	9:08:72
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1500m walk

Amy Burren is yet another of our very fast U14 walkers and she was well in front in the 1500m walk. It is very good to see the large number of walkers competing at the Southern Region each week.

1.	Amy Burren	Malvern U/14	7:31:61.
2.	Kahlia Chapman	Waverley	8:20:40
3.	Ashley Albert	Malvern U/14	8:39:09
4.	Anthony Doran	Glenhuntly	8:44:26
5.	Gwen Steed	Masters	8:47:76
6.	Phil Hutton	Glenhuntly	8:55:06
7.	Harlene Hercules	Invitation	10:50:06
8.	Fiona Maudsley	Waverley U/16	11:21:73
9.	Sharyn Caulfield	Waverley 1	11:57:90
10.	Darren McGee	Waverley	11:58:33
11.	Peter Battrick	Oakleigh	12:10:96
	Tegan Collins	Malvern U/14	DQ
	David Sommers	Knox	DQ
	Paul Meredith	Oakleigh	DQ

Ballarat, Llanberris Reserve

With Jared Tallent walking in Geelong on Saturday morning, most of the Ballarat walkers missed their Shield competition and travelled south instead.

3000m Walk

1.	BOOTSMAN, KERRY	WEN	18:09.4
2.	QUICK, GRAEME	WEN	20:48.1

1500m Walk

1.	NUNN, CONNOR	EKA	11:26.0
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Bendigo, La Trobe Uni Bendigo Athletics Complex

Kyle Bryant was in hot form in Bendigo with his 23:09 for the 5000m and Jeremiah Jones is certainly improving, based on his 1500m winning time of 8:44.

5000m Walk

1.	BRYANT, KYLE	EAG	23:09.9
2.	PALFREYMAN, JESSIE	EAG	28:07.8
3.	BRYANT, BARBARA	EAG	28:25.6
4.	WELLARD, IAN	BYM	29:59.9

1500m Walk

1.	JONES, JEREMIAH	SBE	8:44.0
2.	JONES, CARA	SBE	9:35.1
3.	WATSON, JOHN	BYM	9:44.8
4.	SCHENKER, ZOE	BYM	10:27.9

Eastern Region, Bill Seward Athletics Track, Nunawading

3000m Walk

A lot of the competitors from this very strong venue might have been competing or spectating in Geelong but Stuart Kollmorgen and Sandra Geisler were up to the task and still recorded good winning times. It was also great to see a few of my old mates testing themselves out over the 3000m.

1.	KOLLMORGEN, STUART	COL	13:55.7
2.	GEISLER, SANDRA	RWD	15:22.3
3.	ARMSTRONG, DAVID	DIV	16:03.5
4.	HAMMETT, GARY	DIV	16:10.1

5.	LUCAS, ALAN	INV	16:24.5
6.	WALSH, ROBERT	ANW	16:42.7
7.	GARDINER, ROBERT	COL	16:44.5
8.	KEIRL, BERNIE	DIV	16:49.4
9.	WATT, TAYLAH	DON	16:51.3
10.	JACK, CLARRIE	RIC	17:09.2
11.	BENKE, GEZA	OLM	17:21.8
12.	WORSNOP, CHRISTOPHER	OLX	17:25.9
13.	BRAZEL, HILARY	ANW	17:31.4
14.	OLDEN, GRAEME	BOH	17:36.8
15.	COOPER, STUART	SSH	17:41.5
16.	REIDY, RUTH	DIV	17:46.7
17.	LAURENCE, PETER	DIV	18:40.0
18.	SOFIANOS, GERALD	STK	19:02.6
19.	ELLIS, ROBERT	RIC	20:05.5
20.	LYON, KELLY	RIC	20:22.5
21.	O'CALLAGHAN, BRIAN	RIC	20:26.5
22.	BROBERG, ROBIN	DIV	20:41.4
23.	CUMBRAE-STEWART, CHARLIE	OLM	22:13.9
24.	SECCULL, ZAK	OLM	23:40.1

1500m Walk

Cassie Raselli was the fastest of our young walkers overall last Saturday and her 7:20.5 is very impressive for an U14 walker.

1.	RASELLI, CASSANDRA	BOH	7:20.5
2.	DYER, CHELSEA	BOH	7:53.3
3.	HALLETT, NICOLE	ANW	8:28.7
4.	DUVAL, SAMANTHA	RWD	8:54.2
5.	WORSNOP, MATTHEW	IVA	9:41.5

NATHAN DEAKES SPORTS CARD – NOW A COLLECTOR'S ITEM



If you were at Geelong on Saturday, you would have seen someone handing out newly printed Nathan Deakes sports cards. Here is what the front looked like. The back contained a summary of Nathan's major walking achievements. The cards are now obsolete one day after printing! Here is what Nathan has to say about the situation:

As no doubt you saw Saturday, Antoinette had new autograph cards printed for me last week. But as they contain my important career achievements, they are obsolete after only having them for one day - not that I am complaining! Would it be possible to put in the newsletter that I have these cards which I wish to give away to anyone who would like to have some. Just email me at: contact@nathaneakes.com

So if you want a part of walking history, email Nathan and get your card!

AMA AND VMA RECORD UPDATE

Clyde Riddoch has emailed me the latest version of the Victorian and Australian Masters Records as of 29 November 2006 and I have uploaded them to the VRWC website for everyone to view. Choose the item 'Masters Walking Records' from the Index. I have also posted a record application form up there too to make record applications even easier.

Thanks Clyde but you will have to redo them after Andrew's 50 km walk on Saturday!

AUSTRALIAN ALL TIME RANKINGS

With the Australian championship results last Saturday, the Australian 50 km All Time rankings have really been shaken up. Nathan extends his lead at the top, Duane rises from 7th to 5th and Jared enters at 9th.

	TIME	NAME		DOB	PL.	VENUE	
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Melbourne	2/12/2006
2	3:43:13	Simon Baker	VIC	6/02/1958	1	L'Hospitalet	28/05/1989
3	3:46:34	Willi Sawall	VIC	7/11/1941	1	Adelaide	6/04/1980
4	3:47:34	Dion Russell	VIC	8/05/1975	1	Melbourne	13/12/1998
5	3:53:19	Duane Cousins	VIC	13/07/1973	2	Melbourne	2/12/2006
6	3:53:23	Andrew Jachno	VIC	10/03/1957	19	Seoul	30/09/1988
7	3:54:37	Liam Murphy	SA	5/06/1979	1	Melbourne	13/05/2001
8	3:55:05	Darren Bown	SA	3/06/1974	2	Melbourne	13/05/2001
9	3:55:08	Jared Tallent	VIC	17/01/1984	3	Melbourne	2/12/2006
10	3:57:20	Michael Harvey	VIC	5/12/1962	1	Hawkesbeury	10/07/1993
11	3:57:51	Dominic McGrath	VIC	4/06/1972	2	Leamington Spa	23/04/2000
12	3:58:22	Chris Erickson	VIC	1/12/1981	3	Melbourne	24/03/2006
13	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992
14	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992
15	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979
16	4:04:03	Luke Adams	NSW	22/10/1976	3	Melbourne	5/05/2002

Nathan and Duane have now each walked 8 sub-4hour 50 km races, one behind the all time best of Simon Baker who did 9 sub-4hour walks during his career. Wow!

Kellie and Michelle have also moved up the Womens All Time 20 km rankings with their fine walks on Saturday. The list of women who have broken 100 minutes for the 20 km walk now reads as follows

1	1:27.44.0	Jane Saville	N	51174	4	Naumburg,Germany	2-May-04
2	1:29.36.0	Kerry Saxby-Junna	N	20661	2	Naumburg,Germany	30-Apr-00
3	1:31.34.0	Natalie Saville	N	70978	25	Naumburg,Germany	2-May-04
4	1:31.43.0	Cheryl Webb	N	31076	26	Naumburg,Germany	2-May-04
5	1:33.00.0	Lisa Sheridan-Paolini	N	101262	1	Sydney	8-Jul-00
6	1:34.27.0	Anne Pembroke-Manning	N	131159	1	Hawkesbury	10-Jul-93
7	1:34.35.0	Wendy Muldoon	V	270571	1	Melbourne	16-Aug-98
8	1:34.44.0	Simone Wolowiec	V	120274	1	Canberra	16-Jan-00
9	1:34.44.0	Lyn Ventris	W	21056	1	Melbourne	16-Dec-01
10	1:35.18.0	Claire Woods	S	60781	18	Yangzhou, China	22-Apr-06
11	1:35.45.0	Kellie Wapshott	V	230881	2	Melbourne	2-Dec-06
12	1:36.16.0	Jenny Jones-Billington	Q	200467	2	Hawkesbury	10-Jul-93
13	1:36.19.0	Sally Pierson	V	100363	1	Melbourne	15-Jul-84
14	1:36.23.0	Sue Orr-Cook	V	230458	1	Canberra	7-Jul-84
15	1:36.40.0	Lisa Grant	N	260485	4	Sydney	4-Feb-06
16	1:36.53.0	Megan Szirom	V	180877	1	Melbourne	2-Jul-06

17	1:37.32.0	Michelle French	N	10482	3	Melbourne	2-Dec-06
18	1:37.34.0	Teresa Letherby	Q	50472	2	Adelaide	3-Sep-95
19	1:37.48.0	Jill Barrett-Maybir	NT	130764	1	Sydney	7-Sep-97
20	1:37.59.0	Bev Wilkins-Hayman	N	90561	1	Sydney	15-Jul-89
21	1:39.02.0	Jane Lewry-Barbour	S	270766	3	Hawkesbury	10-Jul-93
22	1:39.03.0	Jo Strangman	A	171175	1	Sydney	5-Aug-95
23	1:39.49.0	Sue Narbey	W	251164	1	Perth	13-Jul-85

DATES...DATES...DATES

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

2006-2007 National Fixture

Dec 7-10, 2006	Australian All Schools T&F Championships, Sydney
Jan 13, 2007	NSW National Series Meet, Sydney
Jan 19-21, 2007	Victorian Country Championships, Bendigo
Jan 27, 2007	Telstra A Series, Canberra, ACT
Feb 9, 2007	National Series Meet, Hobart, TAS
Feb 9-11, 2007	Telstra Australian Under 20-All Schools, Under 20 & Under 23 Champs, Hobart, TAS
Feb 23-25, 2007	Victorian Open/OverAge Track & Field Championships, Melbourne
Mar 9-11, 2007	Telstra 85 th Australian Athletics Championships, Nathan Aths Centre, Brisbane, Qld
Mar 17-18, 2007	Victorian Masters T&F Championships, Murrumbena
Apr 6-9, 2007	Australian Masters T&F Championships, Hobart, Tasmania
Aug 18/19, 2007	Australian Roadwalking Championships, Perth, WA (tentative date)

2007 International Fixtures

May 20, 2007	European Cup of Race Walking, Leamington, England. See www.walk-leamington2007.org
July 11-15, 2007	World Youth Games, Ostrava, Czech Republic
Aug 8-18, 2007	Summer Universiade (WSG), Bangkok. See http://www.universiade2007.org/
Aug 25 – Sept 2, 2007	IAAF World Championships in Athletics, Osaka Japan. See http://www.osaka2007.or.jp
Sept 4-15, 2007	17th World Masters Athletics Champs, Riccione, Italy. http://www.riccione.wma2007.org

Draft schedule for 2007 IAAF Racewalking Grand Prix

March 10, 2007	Tlanepantla, MEX
March 24, 2007	Kunshan, CHN
April 14, 2007	Rio Major, POR
May 1, 2007	Sesto San Giovanni, ITA
June 2, 2007	La Coruna, ESP
June 23, 2007	Krakow, POL
August 25 – September 2, 2006/7	IAAF World Championship in Athletics, Osaka, JPN
September 29, 2007	IAAF Race Walking Challenge Final, Saransk, Russia

2008

May 23-24, 2008	IAAF World Race Walking Cup, Cheboksary, Russia
July 8-13, 2008	World Junior Championships, Bydgoszcz, Poland
Aug 8-14, 2008	Olympic Games, Beijing. See http://en.beijing2008.com/

2009

July 8-12, 2009	IAAF World Youth Championships. Bressanone, Italy
August 15-23, 2009	IAAF World Championships in Athletics, Berlin, Germany
Oct 2009	World Masters Games, Sydney. See http://www.2009worldmasters.com/index.html

2010

TBA	World Junior Championships, Moncton, Canada
Oct 3-14, 2010	Commonwealth Games, Delhi, India. See http://www.cwgdelhi2010.com/

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Copies of the newsletter are kept on the VRWC website (<http://www.geocities.com/Colosseum/5654/vicwalker.html>) and may be downloaded as required.