



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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BENDIGO WALKERS CLUB SUMMER SEASON KICKS OFF, WEDNESDAY 3 SEPTEMBER

Thanks to Paul Rance for his report from the Bendigo Walkers Club

The Bendigo Walkers Club's 23rd Spring - Summer Season of race walking commenced in Rosalind Park on Wednesday evening with sealed handicap events held over 1200m and 2400m.

The 1200m race saw Peter Curtis take 1st and fastest with a strong consistent performance while Jarrod Coad claimed 2nd place ahead of Catherine Heard with Leah Cripps, having her first competition with the Club, showing sound form.

The 2400m was won by Josh Savage as he eclipsed the field with a 21 second personal best effort while John Carter took 2nd place and Ebony Whiley and Dane Heiden dead-heated for 3rd place with Amanda Heard also showing strong form to produce a pb for the 2.4km distance.

Wednesday evening results; (In handicap finishing order)

1200m Peter Curtis 6.04, Jarrod Coad 7.38, Catherine Heard 8.16, Carol Coad 9.17, Leah Cripps 9.17, Wendy Ennor DNF

2400m; Josh Savage 13.38, John Carter 16.05, Ebony Whiley 12.32, Dane Heiden 13.12, Ebony-Jade Jones 18.14, Amanda Heard 12.41, Annette Major 14.10, Annette Curtis 17.02, Barb Bryant 14.18, Paul Rance 12.22, Jeremiah Jones 14.08, Colin Cleary 19.28, Geoff Major 18.16

This Wednesday evening, 1600m and 3200m events will be held commencing at 6pm in Rosalind Park. Enquirers phone 5442 6435.

Paul Rance 5442 6435

SCHOOL HOLIDAYS ALL COMERS MEET, UQ ATHLETICS CENTRE, FRIDAY 1 OCTOBER 2010

Thanks to Peter Aiton for passing on the results of two different Queensland track walk competitions held last weekend. The first was from UQ on Friday evening where there was some very fast walking with PBs from 4 of the 5 boys with Nick Dewar just missing the PB he set the week before. What a great time by young Brad Aiton – 11:46.04! Peter tells me that conditions were perfect for racing.

- | | | | |
|----|----------------|----------|------|
| 1. | Brad Aiton | 11:46.64 | (PB) |
| 2. | Brandon Dewar | 12:21.09 | (PB) |
| 3. | Jessie Osborne | 12:27.30 | (PB) |
| 4. | Nick Dewar | 12:47.62 | |
| 5. | Elliot Hodgson | 13:31.36 | (PB) |

PB SERIES #3, GOLD COAST CITY ATHLETICS TRACK, QLD, SATURDAY 2 OCTOBER

Then on Saturday afternoon, the regular weekly competition continued on the Gold Coast and another 3 walkers were in action.

Women 1500 Metre Race Walk

- | | | | | |
|----|------------------|----|--------------------|---------|
| 1. | Benzenati, Kenza | 13 | Gold Coast Victory | 7:30.87 |
|----|------------------|----|--------------------|---------|

Women 3000 Metre Race Walk

- | | | | | |
|----|------------------|----|-----------|----------|
| 1. | Pickles, Jessica | 16 | Jimboomba | 14:50.00 |
|----|------------------|----|-----------|----------|

Men 1500 Metre Race Walk

- | | | | | |
|----|--------------|----|----------|---------|
| 1. | Miles, Trent | 12 | Redlands | 8:20.00 |
|----|--------------|----|----------|---------|

ROBYN WALES REPORTS ON THE MARYBOUROUGH MASTERS GAMES, QUEENSLAND

Robin Wales reported on some walking last weekend at the Maryborough Masters Games in Queensland, held from 25 September to 2 October. To quote Robin

I've just returned from Maryborough (336 kms north of the Gold Coast) where I had the pleasure of competing in the Masters Games which were combined with the Annual Day / Night carnival.

This was pleasantly well organised with great participation numbers from near and far. You sometimes forget when you race and train in the city that there are plenty of talented country athletes with limited opportunities. I will be returning in November to do some coaching and hopefully tidy up some techniques so that walkers can get through at State championships.

Here are the walk results. Conditions were hot and humid on a grass track which had a few pot holes. Although the times weren't great there was lots of enthusiasm and several kids showed an eagerness to improve and train hard.

I do not have the 10kms Walk results as I thought 6am was far too early when I had to drive home that day.

Cheers Robyn

Boys U9 400m walk

1. Tyler Wheeler (Maryborough) 2:52; 2. Bryce Rosser (Bundaberg) 3:10

Boys U10 400m walk

1. Luke Cajella (Maryborough) 2:35; 2. Kallum Hillier (Maryborough) 2:53; 3. Rowan Bolderrow (Maryborough) 2:53

Girls U9 400m Walk

1. Kaitlyn Ryan (Maryborough) 2:38; 2. Sienna Pittard (Maryborough) 2:47; 3. Brianna Progan (South Burnett) 2:53

Girls U10 400m Walk

1. Keely Reilly (Maryborough) 2:31; 2. Tia Elliott 2:39; 3. Shinai Gibbons (Noosa)

Boys U12 800m Walk

1. Ben Mingin (Gin Gin); 2. Coen Watts (Maryborough) 5:08; 3. Zachary Reid (Maryborough) 5:29

Boys U13 800m Walk

1. Lachlan Youngberry (Maryborough) 5:40; 2. Cody Tierney (Maryborough) 6:44

Men U18 800m Walk

1. Matt Cunningham (Wynnum Manly) 3:56

Girls U12 800m Walk

1. Abbey Kassulke (Maryborough) 5:03; 2. Laura Stokes (Deception Bay) 5:34

Girls U13 800m Walk

1. Elara Crook (Maryborough) 4:28; 2. Nicola Clark (Deception Bay) 4:52

Women's 3000m Walk

1. Robyn Wales (Gold Coast) 23:24; 2. Sheryl Coney (Bundaberg) 23:27; 3. Lorna Marcus (Bundaberg) 24:50

Men's 3000m Walk

1. Matt Cunningham (Wynnum Manly) 18:03.50. This was straight after Matt had run a 400m race.

COMMONWEALTH GAMES WALK FIELDS ANNOUNCED

Start lists have finally gone online in Delhi for the Commonwealth Games and the walks will see 16 men and 9 women in action next Saturday morning at 6:30AM and 6:45AM respectively. Add on 5h30m time zone difference and that equates to midday and 12:15PM Melbourne time. The fields read as follows

Men's 20km, Saturday 9 October, 6:30AM		Country	DOB	Season Best	Personal Best
1093	TALLENT Jared	AUS	17 OCT 1984	1:19:15	1:19:15
1015	ADAMS Luke	AUS	22 OCT 1976	1:22:07	1:19:15
1039	ERICKSON Chris	AUS	1 DEC 1981	1:23:37	1:22:53
1161	DUNFEE Evan	CAN	28 SEP 1990	1:24:48	1:24:48
1167	GOMEZ Inaki	CAN	JAN 1988	1:25:57	1:25:57
1325	WRIGHT Alex	ENG	19 DEC 1990	1:25:46	1:25:46
1262	FINCH Luke	ENG	21 SEP 1985	1:27:43	1:27:43
1243	BOSWORTH Tom	ENG	17 JAN 1990	1:28:24	1:28:24
1482	SINGH Harminder	IND	9 MAY 1984		
1388	BABU BHAI Panucha	IND	10 AUG 1978		
1474	SINGH Baljinder	IND	18 SEP 1986		
1616	ROTICH David Kimutai	KEN	19 AUG 1969	1:21:07	1:21:07
1570	KARANI Sylvanus Wekesa	KEN	7 OCT 1976	1:21:07	1:21:07
1618	SIRMA Josephat Kipchumba	KEN	6 SEP 1973	1:25:17	
1648	LO Choon Sieng	MAS	16 NOV 1985	1:27:36	1:27:36
1652	TEOH Boon Lim	MAS	15 NOV 1977	1:30:01	1:30:01
Women's 20km, Saturday 9 October, 6:45AM		Country	DOB	Season Best	Personal Best
1094	TALLENT Claire	AUS	6 JUL 1981	1:32:40	1:32:12
1099	WEBB Cheryl	AUS	3 OCT 1976	1:33:28	1:29:44
1275	JACKSON Jo	ENG	17 JAN 1985	1:30:41	1:30:41

1280	KEHLER Lisa	ENG	15 MAR 1967	1:40:46	1:33:57
1498	YADAV Rani	IND	31 JUL 1990		
1411	KAKKUZUYIL JOLLY Sandhya	IND	3 JUL 1983		
1431	LEIMAPOKPAM Deepamala Devi	IND	16 APR 1985		
1607	NJUE Grace Wanjiru	KEN	10 JAN 1979	1:34:19	1:34:19
1605	NGII Emily Wamusi	KEN	13 AUG 1986	1:44:51	1:44:51

The 5 Australians all look likely to figure in the medal mix based on times and the very early start time means that walkers will be spared the very tough daytime conditions. Of course, it will still be hot and humid but it's all relative. Let's hope we get good TV coverage in Australia.

OVERSEAS NEWS

BERGEN (NOR, Sep 25): Berlin silver medallist Trond Nymark won the Nordic 50 km walk championships in a good 3:54:22.

BACUCH (SVK, Sep 25): Fresh from fast times in the IAAF Challenge final in Beijing, the Slovak walkers won their next international event at home the following week. Matej Toth took the 10 km in 40:52 ahead of Rafal Fedaczynski of Poland (40:59) and Ukrainian Nazar Kovenko (41:22). Zuzana Malikova was the best in the women's race with 45:49 ahead of Lithuanian Brigita Virbalyte (46:49).

NIIGATA (JPN, Sep 24-26): At the Japan Corporate teams championships, the 10000m track walk saw good wins for Koichiro Morioka (39:07.84) and Mayumi Kawasaki (43:01.60).

BORGO VALSUGANA (ITA, Sep 25-26): 2004 Olympic winner Ivano Brugnetti won the 10000m in 40:52.95 at the Italian National Clubs championships.

ROMA (ITA): Elisa Rigauda, the Italian bronze medal winner from Beijing, gave birth to a daughter Elena in September. She plans to return to competition on time for Daegu 2011 and London 2012.

MONTE CARLO (Sep 25): IAAF approved four top athletes' nationality switches, including Polish walker Sylwia Korzeniowska (sister of famous Robert Korzeniowski) who will be able to represent France from June 1, 2013.

YALTA (UKR, Sep 28-30): World Junior bronze medallist Ihor Lyashchenko won the 10000m walk in 43:01 at the National Championships of Sports Schools.

NITRA (SVK, Oct 1): A week after his 10000m walk at Bucach, Slovak walker Matej Toth won an international 5km road competition in his home city of Nitra with a very good time of 19:28. Second was European medallist Grzegorz Sudol of Poland 19:36 and third place went to Anton Kucmin in 20:14. In the women's race, Slovakian record holder Zuzana Malikova won in 21:57 over Poland's Agnieszka Dygacz 22:11 and Hungarian Viktoria Madarasz (22:32).

VALE WERNER HARDMO

One of Sweden's best walkers of all time, Werner Hardmo of Kumla, died on Thursday 16 September at 93 years of age. He was one of the most prolific World record breakers in racewalking history with 22 official and 1 unofficial records at track distances from 3000m to 10 miles in the period from 1942 to 1945.

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 on there while the rest of the world went mad. Swedish runners and walkers continued to train and race and set new standards. Hardmo was not the only Swedish walker setting records during this time. 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 and Harry Olsson set a World Record of 2:28:57.4 for the 30 km track walk in 1943. But Hardmo was the most prolific as his amazing record set shows.

Born as Werner Pettersson on March 25, 1917, he changed his surname to Hardmo in 1943, after the tiny locality where he was born. As mentioned above, during World War II he broke 22 official world records in track race walking (23 in all if you include one unofficial mark) for distances between 3000m and 10 miles. Between 1942 and 1945, he won 91 consecutive races, though mostly confined to Sweden because of the war.

He began competing at the age of seventeen, reaching elite standard in 1940 when he placed third in the Swedish Championships. The following year he finished second and was then unbeatable for the next four years from 1942-45.

During the war years, one would often see the headline "Hardmo saves the evening" which meant that he had beaten a world record yet again while some more famous athletics matador, perhaps Gunder Hagg, had failed to satisfy the record-hungry public.

Hardmo's best year was 1945. It was in this year that he set his PBs of 11.51.8 (3000m), 20.26.8 (5000m) and 42.31.6 (10000m) and when he completed his set of 22 world records and his 91 wins in a row.

After the war, Sweden was expected to continue their walking dominance and they did not disappoint. Michaelsson and John Ljunggren won the 10,000m and 50 km European Championships respectively in 1946 and the Swedish walkers then dominated the 1948 Olympics with Mikaelsson and Ingemar Johansson taking gold and silver in the 10000m walk and Ljunggren taking gold in the

50km walk. But Hardmo was not amongst the winners.

Varicose vein surgery combined with the excessive number of competitions in which he had participated in the preceding years meant that he was not able to regain his record breaking form post-1945. He showed flashes of his old form but was no longer the walker of a few years previous. He was disqualified in the 10000m walk at the 1946 European Championships but soldiered on. He recorded a fine 43.16.6 to earn a berth in the Swedish team at the 1948 Olympics but again he was disqualified in the big event. It is not surprising that he retired after that season to focus on his grocery store in Kumla.

The Sportshall in Kumla remembers his wonderful record breaking career with the following display.



WHAT'S COMING UP NEXT

Next Saturday, the Athletics Victoria Shield competition kicks off with walks being contested at all our venues. I don't have too much internet access here in Delhi so I can't log onto the AV website and confirm the full details but you should be able to check it out for yourselves at <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.

2010 International Fixtures

Oct 3-14, 2010 **19th Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>
Walks are to be held on Saturday 9th October at the Delhi Gate precinct.

2010/2011 Australian/Victorian Summer Season Key Dates

Sat 9 Oct, 2010 AV Shield Competition commences
Sun 24 Oct, 2010 VRWC Summer Season opens with road walks at Albert Park
5-7 Nov, 2010 Victorian All Schools T&F Championships U14-U18 , Olympic Park, Melbourne
Sun 14 Nov, 2010 VRWC Summer Season roadraces and AGM, Albert Park
4-5 Dec, 2010 Australian All Schools Championships, Doncaster Athletics Track, Melbourne VIC
Sun 12 Dec, 2010 Australian 50km Walk Championship (incl. 20Km Open, 10km U20 invit), Fawcner Park, Melbourne
21-23 Jan, 2011 Victorian Country T&F Champs, Ballarat
Sat 19 Feb, 2011 Australian 20km Walk Championships (incl 10km U20 invit), Hobart
26-27 Feb, 2011 Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park
10-14 Mar, 2011 Australian Junior (U14-U20) Championships, Sydney Olympic Park, Sydney NSW
19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park
2-3 April, 2011 Victorian Masters T&F Championships, Knox

2011 International Fixture

July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**
July 7-17, 2011 **19th World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 2010 ? **14th World Junior Championships, Barcelona, Spain**

July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

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

July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**

July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>

July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)