



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AV SHIELD COMPETITION ROUND 9, SATURDAY 18 DECEMBER

#### AV Shield South East Region Round 9, Duncan MacKinnon Reserve, Glenhuntly, Saturday 18 December

Although there is obviously no Athletics Victoria Shield competition over the Christmas break, we do have one final result set from Round 9 to complete the pre-Christmas reporting. And it was worth waiting for with Rhydian Cowley starring with a superb 7:54.3 for the 2000m. Young walkers were to the fore with PBs also recorded for Aaron Tam, Tamara Attard and Lucas Taylor.

#### Mixed 2000 Meter Race Walk

1.	Cowley, Rhydian	M	GLENHUNTLY A	7:54.3	PB 19 secs
2.	Tam, Aaron	M	KNOX AC	9:49.1	PB 13 secs
3.	Attard, Tamara	W	KNOX AC	9:51.9	PB ?
4.	Taylor, Lucas	M	KNOX AC	9:54.4	PB 15 secs
5.	Carr, Heather	W	EAGLEHAWK YM	9:54.9	
6.	Riddoch, Clyde	M	ATHLETICS WA	10:14.8	
7.	Bennett, Ralph	M	VICTORIAN MA	10:47.6	
8.	Swan, Kyle	M	KNOX AC	10:57.8	
9.	Attard, Bianca	W	KNOX AC	11:16.0	
10.	Lucas, Alan	M	VICTORIAN MA	11:29.2	
11.	McInnes, Simone	W	GLENHUNTLY A	11:30.5	
12.	Doran, Anthony	M	GLENHUNTLY A	12:07.9	
13.	Steed, Gwen	W	VICTORIAN MA	12:41.7	
14.	Ross, Melissa	W	INVITATIONS	15:15.8	
	Bence, Peter	M	OAKLEIGH AC	DQ	
	Ross, Alex	M	GLENHUNTLY A	DQ	

### ATHSVIC TV STRIKES AGAIN

AthsVicTV guru David Armstrong has now posted his video of the 2010 Australian 50km championship, related events, and interview snippets, to the Athletics Victoria YouTube site – check out <http://www.youtube.com/watch?v=Zl-s5BQy71s>. Well done to David for another quality production.

### TOP MALE PERFORMERS IN 2010 – A BAKER'S DOZEN

With another calendar year now completed, it is time to review and highlight our top Australian performers for 2010, as per my own reckoning, - men this week and women next week. As usual, such a list is produced with the best of intentions but not guaranteed to meet everyone's approval! I found this year that there were so many good performers that I could not stop at 10 – so here are my baker's dozen for the men.

#### 1. Jared Tallent

Jared's year has been wonderful once again, taking all before him. He started with wins over 5000m in the Canberra GP (19:08) in January and the Sydney Track Classic (18:51) in February, along with a win in the Australian 20km championship in Hobart in a PB time of 1:19:15 (he was one of only a small number of walkers world wide who broke 80 minutes this year). He then medalled in the World Walking Cup 50km (3:54:55) in Mexico in May even though he was vomiting for the second half of the race and could not feed! Wins in the Canberra 20 mile in June (2:26:35) and the Victorian 30km (2:08:27) in August were followed by an amazing 10km PB of 38:29 when coming 8<sup>th</sup> in the IAAF Challenge Series final in Beijing in September. The gold medal in the Commonwealth Games 20km in Delhi (1:22:18) was the final icing on the cake. This year was a lower priority walking year for Jared as he worked towards a business degree but the part time nature of his training did not seem to impact on his ability to produce big time performances throughout the year.

#### 2. Dane Bird-Smith

Dane raced an amazing 26 times this year and nearly every walk was at elite standard. Over the 10km distance, he walked under 44 minutes on 8 separate occasions and his PB of 41:32, done when coming 5<sup>th</sup> in the World Junior championship in Canada was as good as we have seen. Undefeated in Australian U20 ranks for the past 2 years, he is still only 18 years of age and will be a junior in 2011. During the year he scooped the pool at National level, winning the Australian Junior 10000m in Sydney in March

(43:16), the U20 10km Federation championship in Canberra in June (43:42) and the Australian Junior 10km in Brisbane in August (43:00). He represented Australia in both the Race Walking World Cup in May (his DQ the only blot on an otherwise flawless year) and the World Junior championships in August. His PBs - 1500m in 5:23, 3000m in 11:23, 5000m in 20:10 and 10000m in 41:32 - mark him out as a champion of the future.

### 3. **Luke Adams**

Luke's year has been another one of continuing high standard, starting with second placings to Jared Tallent in the Australian 20km (1:22:07) and the Sydney Track Classic 5000m (18:56) in February. A disappointing and unexpected DNF in the World Race Walking Cup 50km in May was soon balanced out by some great walking in Europe which included 6<sup>th</sup> in the La Coruna leg of the IAAF Racewalk Challenge Series (1:21:35) and a win in the Cork City Sports Festival 3000m in a PB 10:59.04. Another PB followed when he recorded a great 38:41 to take 9<sup>th</sup> in the IAAF Challenge Series Final 10km in Beijing in September. His silver medal in the Commonwealth Games 20km in Beijing (1:22:31) was a case of "What if..." after a trip at the 18km mark marred what had been up till then the perfect race. He then finished the year off in grand style with an inaugural win in the Australian 50km Championship with a time of 3:47:34.

### 4. **Chris Erickson**

Chris Erickson started off his year in February in grand style with bronze in the Australia 20km championship in Hobart in February (1:23:37) and a win (his 5<sup>th</sup> out in the last 6 years) in the Victorian 5000m title (19:33). His 15<sup>th</sup> place in the World Race Walking Cup 50km in Mexico in May (4:03:56) was his best international finish and could have been even better if not for some unscheduled toilet stops mid race. Seconds to Jared Tallent in the Canberra 20 mile (2:27:59) and the Victorian 30km (2:09:29 - a 3 minute PB) were followed by his first ever win in the Australian 20km championship in Brisbane in August (1:24:45). He then surprised everyone with a 2+ minute PB time of 38:59 in the IAAF Challenge Series Final 10km in Beijing. The only bad race in the entire year was his 8<sup>th</sup> place in the Commonwealth Games 20km in Delhi in October - perhaps it was a case of one race too many. But it does not detract overall from what has been another great year.

### 5. **Ian Rayson**

Ian Rayson broke clear of the other up and coming young male Australian walkers with a year of outstanding walking. He started off strongly in February as the fourth Australian to finish in the Australian 20km championship in Hobart (PB 1:27:53). This walk also won him the U23 championship gold medal. He was the only Australian to finish in the torrid Mexican conditions in the World Race Walking Cup 20km in May (1:31:21). He then chased Jared Tallent and Chris Erickson the whole way in the Canberra 20 mile in June to finish 3<sup>rd</sup> with a PB 2:28:13. In August he finished 2<sup>nd</sup> in the Australian 20km in Brisbane in a PB 1:26:41, improved to 1:26:30 in Melbourne in October and then ended the year on a high by taking silver in the Australian 50km with an inaugural time of 3:59:43.

### 6. **Peter Bennett**

Peter Bennett continues to excel in the high octane sport of ultra distance walking and, once again, I have him in my yearly best. This year, he won the Australian Centurions 24 Hour event in April (171.9km), finished a close second in the Rouen 24 Hour Walking Festival in France in June with a PB 216.24km and then took 4<sup>th</sup> overall in the Australian 48 Hour Track championship in Caboolture in August with a new Australian record of 280.203km. In fact, on that occasion, he was the first male Australian to finish, beating all the runners! He also doubles as our one of our top Masters racewalkers, taking golds in the M50 division in the Pan Pacific Masters Games in October.

### 7. **Brad Aiton**

For the third year in a row, Brad Aiton has been the top walker in his age group in Australia, being virtually undefeated against his peers over that entire 3 year period. Still aged only 16, he is our top U18 male walker and his PBs stand at 5:56 (1500m), 11:46 (3000m), 21:32 (5000m) and 44:00 (10,000m). A real strength walker, his Canberra carnival walks read impressively - 2<sup>nd</sup> in the U20 10km in 48:06, 1<sup>st</sup> in the U16 3km in 13:01 and finally 3<sup>rd</sup> in the U18 5km in 23:19, all in the space of a couple of hours. His 44:00, done at Middle Park in November, is a 2011 World Youth championship qualifier and he looks set to take one of the two team spots on offer next year, given current form.

### 8. **Jesse Osborne**

Jesse Osborne is the most recent Queensland walker to really hit his straps, having battled over the year with Nathan Brill for the title of the top U16 male walker in the country. His most recent win in the Australian All Schools and his superior times overall edge him ahead of the younger Nathan who took the honours against him in Canberra and in the National Roadwalks in Brisbane. Aged only 15, Jesse's PBs stand at 5:54 (1500m), 12:27 (3000m), 21:41 (5000m) and 45:46 (10km). With the 2011 World Youth qualifying standard set at 45:00, his next challenge is now to reduce his 10km time over the summer and hold off any other challengers to consolidate the second selection spot behind Brad Aiton.

### 9. **Nathan Brill**

Nathan, born 24/05/96 and hence aged 14, has had an extraordinary first season of walking, doing PBs week after week and dominating the 14yo age group Australia wide. His winter season saw wins in the Victorian Schools and Victorian Roadwalking titles as well as 3<sup>rd</sup> and 4<sup>th</sup> placings in the Canberra carnival against older walkers. His winter culminated with a big win in the Australian U16 5km championship. He ended the year with second place to Jesse Osborne in the Australian Schools U16 3000m in December in a PB time of 13:07. His PBs are amongst the best ever for a 14 year old Australian (6:16 for 1500m, 13:07 for 3km, 22:29 for 5km and 47:30 for 10km). Another big prospect.

### 10. **Rhydian Cowley**

Rhydian, aged 19, is another talented youngster making his mark on the Australian scene. Over the year, he has raced 28 times, repeatedly setting PBs throughout the year over all distances. A consistent second place getter to Dane Bird-Smith in the Junior ranks, his good form was rewarded with selections to the World Race Walking Cup in May (15<sup>th</sup> in 46:57) and the World Junior Championships in Canada (17<sup>th</sup> in 44:59). His PBs, all done this year, stand at 5:41 (1500m), 7:54 (2000m), 20:54 (5000m), 43:22 (10km) and 1:31:26 (20km). One of his highlights came in August when he took 4<sup>th</sup> place in the Australian Open 20km

championship in Brisbane with 1:35:47. He now looks set to transition well into Open ranks next year.

**11. Blake Steele**

Hard working 17 year old Blake has raced 27 times this year, mostly at a high standard. Unfortunately he suffers from being the youngest walker in a very strong U20 age group and his 4<sup>th</sup> place with 44:27 in the Australian trial in February meant that he missed out on World Racewalking Cup selection. Dropping back to his own age group, he won the Australian U18 5000m championship in Sydney in March with 21:49 and finished 3<sup>rd</sup> in the U20 10000m (45:00), thus narrowly missing out (again) on selection for the World Junior championships. His Canberra double in June - 3<sup>rd</sup> in the Open 10 Mile in 1:18:23 followed by 2<sup>nd</sup> to Dane in the U18 5km (21:36) was impressive. His efforts were rewarded when he was selected to represent Australia in the Youth Olympic Games in Singapore in August, where he finished 11<sup>th</sup> in 48:00 in oppressive conditions. He has now accepted an AIS scholarship and 2011 should see him continue to work his way towards the top of the junior ranks. His PBs, all set this year, are impressive - 5:47 (1500m), 12:22 (3000m), 20:52 (5000m), 43:57 (10km), 1:18:23 (10 miles).

**12. Adam Rutter**

Adam, aged 24, is another of our top walkers who continues to make his presence felt. He started off the year with a fine 2<sup>nd</sup> in the Canberra Grand Prix 5000m walk with 19:52 but then failed to finish the Australian 20km championship in Hobart. Bouncing back to take 3<sup>rd</sup> in the Sydney Track Classic with 19:13, he then failed to finish in the World Race Walking Cup 20km in Mexico. From then on, his year took a turn for the better and has seen him crank out 10km times of 40:30 (Sydney, August), 40:34 (Melbourne, August) and a PB 39:20 (Beijing, September). He finished the year with a win over 20km in Melbourne in December with a time of 1:24:56. His year has shown enough form for us to hope that 2011 will see him back to his best.

**13. Sean Fitzsimons**

Sean Fitzsimons, another 19 year old, has had a mixed year but has shown enough potential to be in the mix, especially in the U20 10km category where he has recorded times of 43:32, 43:05 and 42:14 and where he ranks number 2 behind Dane Bird-Smith. He was selected in the World Race Walking Cup team but unfortunately was disqualified. Hopefully 2011 will see a more consistent year from Sean.



**Jared Tallent, Chris Erickson, Dane Bird-Smith, Luke Adams and Ian Rayson in action during 2010**



**Peter Bennett, Brad Aiton, Jesse Osborne, Nathan Brill and Rhydian Cowley in action during 2010**

## OVERSEAS NEWS

LISBOA (POR, Dec 19): Vera Santos clocked at 22:04 for the 5000m ahead of Lithuania's Kristina Saltanovic (22:16) in a pre-Christmas walking event.

## UKA SELECTION POLICY – EAA RACE WALKING EUROPEAN CUP

One of the great things about being a European nation is the number of high quality international events on offer and the increased opportunities for athletes to represent their country. High on the priority list for 2011 is the EAA Race Walking European Cup which will be held in May in Olhao, Portugal. UK Athletics has announced its selection policy and up to three U20 and four Open athletes can be selected in each walking event. To be considered for selection, walkers must achieve the times shown below

10 km U20 Men	45:30
10 km U20 Women	52:00
20 km Open Men	1:29:00
20 km Open Women	1:41:00
50 km Open Men	4:19:00

Good luck to the British walkers. Let's hope a large number of walkers reach the standard. For the full selection document, see <http://www.uka.org.uk/EasySiteWeb/getresource.axd?AssetID=64022&type=full&servicetype=Attachment>

## MORE ON THE JUNIOR 3000M – FOCUS ON TROY SUNDSTROM

I suggested in the last newsletter that Dane Bird-Smith's 11:23 might be the best 3000m walk by an Australian junior male. It turns out that Troy Sundstrom holds that honour, having recorded the amazing time of **11:16.2** on 27<sup>th</sup> November 1999 in Sydney interclub. Coincidentally, he was also 18 years of age at the time of his 3000m performance.

Troy, born 30 May 1981, was an amazing junior walker and represented Australia in the World Junior championships on 3 separate occasions, in 1996 (aged 15), 1998 (aged 17) and 2000 (aged 19). In these big races, he finished 14<sup>th</sup>, 10<sup>th</sup> and 10<sup>th</sup>. This is no longer possible due to age restrictions placed on team selections but really, would anyone ever be able to replicate that sort of superb early development? He also represented Australia in the 1999 Race Walking World Cup, just shy of his 18<sup>th</sup> birthday and came a creditable 59<sup>th</sup> from 140 starters. Unfortunately he developed injury issues in his early twenties and this prevented his further development. He did get some form back in 2006 and made the Race Walking World Cup team in the 50km but was disqualified due to recurrent back problems. Since then, he has restricted himself to club and Federation only and remains a keen supporter of the Regal Walkers Club.

### International Competition

1996 World Junior	10,000m Walk	14/24	43:46.02
1998 World Junior	10,000m Walk	11/33	44:45.0
1999 Race Walking World Cup	20 km Walk	59/140	1:30:28.0
2000 World Junior	10,000m Walk	10/33	43:32.79
2006 Race Walking World Cup	50 km Walk	82/82	DQ

Nationally, he won 11 gold, 2 silver and 3 bronze medals in Australian championships. His first medal came at the age of 15 when he took bronze in the U20 5000m championship. From then on, he was undefeated in the junior ranks, normally winning by the proverbial mile. His national medals read as follows

### National Competition

1995-96 Aust. Junior T & F	5,000m Walk	3	21:17.84
1996 Aust. Junior Walking	10 km Walk	1	42:47.0
1996-97 Aust. Junior T & F	5,000m Walk	1	21:10.90
1997 Aust. Junior Walking	10 km Walk	1	42:55.0
1997-98 Aust. Junior T & F	5,000m Walk	1	20:45.08
1997-98 Aust. T & F	5,000m Walk	4 (3rd Aust.)	20:28.65
1998 Aust. Junior Walking	10 km Walk	1	43:51.0
1999 Aust. Junior Walking	10 km Walk	1	43:20.0
	20 km Walk	1	1:29:58.0
1999-00 Aust. Junior T & F	10,000m Walk	1	43:03.19
2000 Aust. Junior Walking	10 km Walk	1	43:56.0
	20 km Walk	1	1:26:53.9
2001 Aust. Walking	30 km Walk	1	2:17:17
2003 Aust. Walking	30 km Walk	2	2:30:11
2005 Aust. U23 Walking	30 km Walk	2	2:26:35

Standing just over 6 feet in height, he made it all look so easy with his long raking stride. His PBs make for impressive reading.

3000m	11.16.2	1	Sydney	27/11/1999	18
5000m	19:38.22	3	Sydney	19/02/2000	18
10000m	41.58	1	Sydney	18/08/2000	19
20km	1:25.02.0	7	Melbourne	19/03/1999	17

30km	2:17:17	1	Hobart	03/09/2001	20
50km	4:18:26	32	Melbourne	23/10/2005	24



**Troy competing in the Australian 30km roadwalk in August 2003 in Melbourne and in the Australian 30km roadwalk championship in Adelaide in 2005**

### FOCUS ON PETER BENNETT

What better way to finish the year but with an indepth look at Peter Bennett. Peter is known to us as the President of the Queensland Race Walking Club and as a regular competitor in Racewalking Australia (he has an amazing 18 finishes in the tough Canberra 20 mile event) and National racewalk championships. But he has a parallel career as an elite ultra distance walker, a discipline in which he excels. Let's drill down into the dark world of long distance walking!

Throughout the 1980's and the first part of the 1990's, the Australian Centurions had been in recess with no events being scheduled and no club activity. What was needed was a reformed and rejuvenated Centurion Club and a formal meeting was held on Saturday 14 May 1994 to reform the club. With this done, the first centurion qualifying event in many years was scheduled for October 1994 at the George Knott Athletics Track in Clifton Hill, an inner Melbourne suburb.

This event saw 7 starters, 3 new centurions and one wonderful performance that just missed out on the elusive 100 mile mark due to time constraints. Melbourne turned on its usual fickle weather. The race started in cool windy conditions at 1PM on the Saturday. We were soon greeted with a burst of rain and threatening clouds omened a bad time for all. Unbelievably the clouds rushed across the sky during the course of the afternoon but any further rain fell in other places and we were spared. The wind, however, continued to blow and as night fell, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter cold and wind. It was not until the early hours of the morning that the wind dropped and we were greeted with a much improved Sunday. At least those remaining had good conditions and even some sunshine for the final morning of the event.

Peter Bennett from Queensland, a relative unknown (to us anyway) 38 year old, took the lead from the gun and soon built up a considerable lead with a steady pace of 2:30 per 400m lap. His technique was perfect and he presented a picture of stylish walking as he powered through the miles. Peter had not trained for or prepared specifically for this event and general opinion was that he could not last at this sort of pace. When would he hit the wall? We kept waiting. He passed the 50km mark in the very fast time of 05:11 and had a short rest. Then off again at about 02:45 laps. This was maintained until he reached the 50 mile mark in 08:46 (very fast). A short 15 min rest and then off again at about 03:00 min laps. Amazingly, he kept up this pace and his stylish technique throughout the second half of the race and actually sped up over the last 20 laps. He never showed any real distress throughout the race and finished as Australian Centurion 24 in an outstanding time of **19:42:54**, with general exhaustion but no specific problems of any kind. Those of us who had watched many 100 mile races thought his effort was one of the best we had ever seen and was what might be expected of a seasoned ultra-performer, not a novice to the game.

Behind him, fellow Queenslander Andrew Ludwig powered through to finish in 22:26:29 to become C25 and Victorian Ken Walters finished just behind him in 22:28:31 to become C26. The event also saw the emergence of Carmela Carassi who walked an Australian best of 92 miles 992 yards before she ran out of time. She would return a year later to become C27.

Skip forward 2 years:

Although we had our own 1996 Centurions event planned for Melbourne in October, the Queensland Race Walkers Club planned and put on their own event in September of that year as a fund-raiser for the Queensland Epilepsy Foundation. It incorporated a 24 Hour endurance walk, shorter walking races and a 24 Hour walk relay event. We gave this event our blessing, being of the mind that it was all good publicity for the club. I travelled up to assist in running the event which was held at the QE II Stadium in Brisbane, the site of the 1982 Commonwealth Games. The race saw two outstanding performances, the first being the qualification of Queensland based walker Caleb Maybir as C28 (23:34:20) and the second being the 100km performance of Peter Bennett who carried on from

where he left off in the 1994 Centurions Race in Melbourne. This time, he powered through to a new Australian 100km walk record of **10:51:25**, breaking Ian Jack's 1979 record time of 11:19:10 by a fantastic 28 minutes.

The next year, Peter was back in Melbourne for our 1997 Centurion qualifier at Clifton Hill, keen to improve on his 100km performance of the previous year. He headed off at the requisite pace but slowed due to the heat and persistent back problems, finally calling it quits at the 50 km mark which he passed in 5:23, a good walk at any time.

It would be another 6 years before we saw him back in action as an ultra distance walker. The pressures of work and a young family ensured that his focus was elsewhere. In 2003, I was approached by Khoo Chong Beng, the organiser of the inaugural Malaysia 24 Hour Walk, to be held in the Genting Highlands resort in August, with the offer of one free ticket for an official Australian representative. I approached Peter and he jumped at the opportunity. He had walked in the Australian 20 km championship in Brisbane in April, walked in the Canberra 20 miler in June and then won the Queensland 30 km walk title in mid July so he was in fine shape and was the obvious choice to represent us. But trouble struck as he hurt his back at work only a couple of weeks before flying out. Despite intensive treatment he went over carrying a major injury and in other circumstances, would not have even fronted for the race. And he nearly pulled it off with a superb performance - he zoomed through the first 100 km in under 13 hours but as time went on, his back got so bad that he was forced off the track at the 15 hour mark. He finally returned some 3 hours later and limped along for the remaining 6 hours, finishing with **157.430km**, just 3 miles short of the 100 mile mark.



**Peter (number 327, far left) in pensive mood before the start of the 2003 Malaysia 24 Hour Championship**

Two years later, in September 2005, he was back at Genting Highlands to complete unfinished business, being one of 12 walkers who completed the requisite 162.5 km for Malaysia Centurions club membership. His performance over the tough 800m lap was **172.50 km**, 9<sup>th</sup> place overall and Malaysian Centurion Number 30.

With newly instituted Australian Ultra Distance Masters records now in full swing and with his two Malaysian walks under his belt, Peter had a new spring in his stride and a new enthusiasm for ultra distance walking and, from 2006, he was a regular on the Australian ultra distance walking scene, setting a number of very impressive M45 and M50 records over a variety of distances.

His next big test was not long in coming when, in April 2006, he accepted a late invitation to compete in the 37<sup>th</sup> edition of *The 24 Hours of Rouen* in France. Unfortunately the event was marked by terrible climatic conditions. Of the forty competitors from ten different nations who started at 5PM on the Saturday, half retired within the first five hours because of the ceaseless rain, violent wind and icy cold (it rained for nearly the entire race). But Peter was not amongst the retirees! With only a couple of days to get time off work, sort out his travel and pack, his third place with a career best distance of **176.175 km** was an impressive effort. Peter had turned 50 that year and could now celebrate the milestone in fine style.

The overseas trips continued when, in November 2006, he accepted an invitation to compete in the third edition of the Penang 12 Hour Walk in Malaysia. An amazing 495 competitors in a 12 hour walking race! As expected, conditions were very hot and humid even though the race was held during the night. It was described as more of a "Survivor Penang" than a race. Once again, Peter performed magnificently in the tough conditions. The race was conducted in categories so there was no overall winner declared but he won the Men's Senior Veterans Category with 86 laps (**92.708 km**), the same number of laps as the winner of the Open Men's category.

The Queensland duo of Peter Bennett (M50) and Andrew Ludwig (M40) were a tough act to beat, as evidenced by their one-two finish in the Gosford Coastal Classic 12 Hour event in January 2007. A field of over 50 runners and walkers made this race one of the largest ever track based ultra events held in Australia and Andrew and Peter took all before them in the walking section. Andrew started fast, covering the first 50 km in 5:12:42, reached the 50 Mile mark in 8:55:52 and held on for a winning distance of 103.335 km, easily beating Robin Whyte's race record of 99 km. Peter did it the hard way, flying to Sydney on the Saturday morning and then catching the train up to Gosford for the Saturday 7PM start and taking second place with **98.349 km**. Straight after the race finished at 7AM on the Sunday morning, he did the reverse journey home. By the time he finally went to bed in Brisbane on Sunday evening, he had been up for 40 hours. Centurion Pat Fisher (C 53) took third with a good 81.808 km. Peter's comments:

*"I would never have recorded that far if Andrew hadn't been in the race. At half way I was looking at about 92 km but actually felt much stronger in the latter stages of the race .I think I did more laps in the last two hours than the first two. Andrew and I raced the last couple of minutes and did about a 2.12 for our last 420 metre lap (the event was held in lane 3 of the grass track). No wonder some of the runners thought we were insane. Back at work today after a Christmas-New Year break. No ill effects from the race just a bit weary and I think I will end with a few more black toenails. I am a bit surprised actually as it is only six weeks since I did the 12 hour race in Penang."*



**Gosford 2007 - Peter, Andrew Ludwig and Pat Fisher (Copyright Doug Fitzgerald – reprinted with permission)**

Later that year (August 2007), he was back in Malaysia for the next Malaysia 24 Hour championship and once again he walked well, coming 5<sup>th</sup> overall in the oppressive conditions with yet another centurion finish, this time with **165.26 km**

With the demise of the Gosford Classic 12 Hour, the Caboolture Dawn to Dusk 12 Hour event, held in February 2008, took on added importance in the Australian ultra calendar and that edition of the event saw a record field and a number of fine performances. And once again, the dynamic Queensland duo of Andrew and Peter were amongst the runners. On this occasion, Peter turned the tables on Andrew, winning with **100.700km** ahead of Andrew with 93.026km. The race report acknowledged their performances as follows:

*"We were all honored to a display of power walking or speed walking by Peter Bennett and Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop a 1kph. Peter went on to walk 101kms, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch."*

In fact, Peter set new Australian M50 Records for 12 Hours (100.700 km) and 100 km (11:55:14) on the 500m (certified) compacted decomposed granite surface.

June 2008 saw Peter again travelling overseas to become the first ever Australian entrant in the Colmar classic, contesting the Stages race - 6 stages over 3 days along the Paris-Colmar route for a total distance of 173 km. In what was without doubt the highest profile ever ultra walk by an Australian in Europe, he finished second to Daniel Foudjen of Cameroon, covering the distance in 19 hours 30 mins for an average speed of 8.872 km.

Fresh from his great race in the Stages event, Peter spent a productive three days at his work headquarters in the northern French city of Lille, enjoyed a few days sightseeing in Paris and then travelled to Rouen for his next appointment, a second appearance in the 24 Heures de Rouen Classic. And he completed it in style, winning easily. But surely no one expected a performance of this magnitude - his winning distance an amazing **214.65 km** or 133 miles for those old enough to remember. Putting that into perspective, Peter's Australian 100 km record was 10:51:25, Ian Jack's Australian 100 miles record was 17:59:30 and Jim Gleeson's 24 Hours Australian record was 196.490 km. In rouen, Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Of course, our records are track based so we could not grant his splits 'record' status but what a walk.

A win in the Caboolture 12 Hour Classic walk division (**98.500km**) in February 2009 and then back to Europe in late May for yet another Rouen appearance and a repeat win with an almost identical distance of **213.855 km**. Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. As night fell, Feng lost contact and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of the previous year's record breaking distance was the hot weather that walkers encountered in the final stages of the event. The event certainly had an international flavour with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.

2009 saw him finish the year with his greatest ever workload as he completed two further centurion walks, firstly in Brisbane in June (**19:48:40** for 100 miles) in the Sri Chinmoy Australian 24 Hour championship, and secondly in August in Caboolture when he completed **177.300 km** in the Queensland 24 Hour Track championships.



**Peter wins in Rouen in May 2009 – with 213.855km**

Peter has been just as prolific in 2010, winning the annual Australian Centurions qualifier at Coburg in April (22:01:35 for 100 miles), achieving a PB distance of 216.240 km in coming second in the Rouen classic in June and appearing for the first time in the Australian 48 Hour Track Championship in August. Just to focus in on his 48 Hour walk for a little, his distance of 280.203km saw him finish as the first Australian male (beating all the male runners!). It was his first 48 Hour race but he was able to do it in style, setting 4 new Australian Walk Track Bests along the way:

Australian Open Men 200km:	30:49:08
Australian M50 200km:	30:49:08
Australian Open Men 48 Hour:	280.203 km
Australian M50 48 Hours:	280.203 km

Peter also walked over 100 miles in the first 24 hours to register his 11<sup>th</sup> Centurion qualifier (100 miles in under 24 hours) and his third for the year. This surpassed the previous best by an Australian for the most number of Centurion qualifiers of 10, held by Carol Baird of Canberra



**Rouen 2010 – and yet another fantastic walk by Peter Bennett – 216.240 km**

Peter has now accumulated an amazing 11 centurion walks and shows no signs of slowing.

19:42:54	08-09 Oct 1994	Clifton Hill, Victoria	(C 24)
172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Malaysia	(C 32)
176.175 km in 24H	15-16 April 2006	Rouen, France	
165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia	
214.65 km in 24H	5-6 July 2008	Rouen, France	
213.885 km in 24H	30-31 May 2009	Rouen, France	
19:48:40	27-28 June 2009	St Lucia, Queensland	
177.300 km in 24H	1-2 August 2009	Caboolture, Queensland	
22:01:35	17-18 April 2010	Coburg, Victoria	

216.240 km in 24H	12-13 June 2010	Rouen, France
165.5km in 24H	31 Jul-1 Aug 2010	Caboolture, Queensland

A review of our current Australian Masters records list show Peter's name occurring 9 times (and it would be more except for the fact that so many of his walks have been in non-track races).

M35 50 Miles	8:46:39	Clifton Hill, Victoria	08/10/1994
M35 100km	11:23:25	Clifton Hill, Victoria	08/10/1994
M40 100km	10:51:25	Nathan, QLD	28/09/1996
M50 100km	11:55:14	Caboolture, QLD	10/02/2008
M35 100 Miles	19:42:54	Clifton Hill, Victoria	08/10/1994
M50 200km	30:49:08	Caboolture, QLD	01/08/2010
M35 6 Hour	56.640 Km	Clifton Hill, Victoria	08/10/1994
M50 12 Hour	100.700 Km	Caboolture, QLD	10/02/2008
M50 48 Hour	280.203 Km	Caboolture, QLD	01/08/2010

A review of our Open Records list shows his name appearing 3 times:

100 Km	Men	1996	Brisbane, QLD	10:51:25
200 Km	Men	2010	Caboolture, QLD	1:06:49:08
48 Hours	Men	2010	Caboolture, QLD	280.203 km

Peter, we salute you on a fantastic ultra career and wish you all the best as you continue to rewrite our record books.

### WHAT'S COMING UP

Athletics Victoria Shield competition resumes on **Saturday 8<sup>th</sup> January** with all 6 regions in action. Some of the venues (but not all) have scheduled late afternoon competitions - see the AV website for the timetable specifics.

Sat 8 Jan	AV Shield - South East Region - Round 10	Ballam Park Athletic Track, Frankston
Sat 8 Jan	AV Shield - Bendigo Region - Round 10	La Trobe University Bendigo Athletics Complex, Bendigo
Sat 8 Jan	AV Shield - Geelong Region - Round 10	Landy Field, Geelong
Sat 8 Jan	AV Shield - Ballarat Region - Round 10	Llanberris Reserve, Ballarat
Sat 8 Jan	AV Shield - North West Region - Round 10	Meadowglen International Athletics Track, Epping
Sat 8 Jan	AV Shield - East Region - Round 10	Proclamation Park, Ringwood

**Sunday 9<sup>th</sup> January** sees our next VRWC races at Middle Park with the timetable reading as follows

<b>Sunday 9<sup>th</sup> January 2011, VRWC Events, Middle Park</b>		
9.00am	20km, 15km, 10km	Open
9:30am	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

Note that entrants in the 20km can start at 8:30AM to give themselves some extra time if they think they may need it. Note also that the City2Bay fun run (formerly the Great Australian Run) has also been scheduled for the morning of Sunday 9<sup>th</sup> January and a number of road closures have been announced for roads in the St Kilda, Middle Park and Docklands areas. So plan your trip and make sure you leave home in plenty of time. See <http://www.city2bay.com.au/Event/RoadClosures.aspx> for full road closure details. I am not sure if parking in and around the Middle Park area will also be effected.

Finally, note that entries close on **Monday 10<sup>th</sup> January** for the Victorian Country T&F Championships, to be held in Ballarat in late January.

### 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.

#### **2010/2011 Australian/Victorian Summer Season Key Dates**

Sat 8 Jan, 2010	AV Shield restarts after the Christmas break
Sun 9 Jan, 2010	VRWC Road Races, Middle Park
21-23 Jan, 2011	Victorian Country T&F Champs, Ballarat, entries close 5:00pm Monday 10 <sup>th</sup> January 2011
Sun 30 Jan, 2010	VRWC Road Races, Middle Park
Sat 19 Feb, 2011	<b>Australian 20km Walk Championships</b> (incl 10km U20 invit), Hobart Incorporating Oceania Race Walking Championships & IAAF World Race Walking Challenge status
Thur 24 Feb, 2010	VMA 4x800m walk relays, 7:25PM, East Burwood Athletic Track
26-27 Feb, 2011	Victorian Youth (U14-U20) T&F Championships, Olympic Park
4-6 Mar, 2011	Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
10-14 Mar, 2011	<b>Australian Junior (U14-U20) Championships</b> , Sydney Olympic Park, Sydney NSW
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.

19-20 Mar, 2011 VLA State T&F Championships, Olympic Park  
 2-3 April, 2011 Victorian Masters T&F Championships, Doncaster  
 Sun 10 April, 2011 VMA 5000m track champs and VRWC track races, venue TBA  
 16-17 April, 2011 Australian Centurions 24 Hour walk, Coburg, VIC  
 April 21-24, 2011 **Australian Masters Athletics Championships**, Brisbane

#### 2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC  
 Sun 12 June 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT  
 Sun 10 July 2011 Victorian Schools Roadwalking Championships, Middle Park, VIC  
 20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT

#### 2011 International Fixture

July 6-10, 2011 **7<sup>th</sup> World Youth T&F Championships, Lille, France**  
 July 7-17, 2011 **19<sup>th</sup> World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>  
 Aug 12-22, 2011 **26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>  
 Aug 27-Sept 4, 2011 **13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>  
 Sept 7-13, 2011 **4<sup>th</sup> Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

#### 2011 IAAF RaceWalking Challenge Series (Category A events)

Sat 5 March 2011 Chihuahua, MEX  
 Sat 9 April 2011 Rio Major, POR  
 Sun 24 April 2011 Taicang, CHN  
 Sun 1 May 2011 Sesto San Giovanni, ITA  
 Sat 17 Sept 2011 IAAF Race Walking Challenge Final, La Coruna, ESP

#### 2011 key EAA European Meets

Sun 20 Mar, 2011 Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km  
 Sat 26 Mar, 2011 Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km  
 Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km  
 Sun 22 May, 2011 9<sup>th</sup> EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km  
 Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

#### 2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**  
 May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
 July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
 July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London.** See <http://www.london2012.com/>

#### 2013 International Fixture

Aug 10-18, 2013 **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**  
 July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**  
 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**

#### 2014 International Fixture

2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
 July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

#### Looking even further forward

2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>  
 July 2020 **32<sup>nd</sup> Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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