



HEEL AND TOE ONLINE

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TIM'S WALKER OF THE WEEK

Yes, we are back after a week off with *Walker of the Week* and this week I am jointly awarding it to **Lyn Ventris** and **Andrew Jamieson** who were reported in last week's newsletter for their recognition in the World Masters Athlete of the Year. As reported, Lyn won the women's division for the second year in a row and Andrew, who won it in 2007, was equal second in voting in the men's division. To have two of the best Masters walkers in the world here in Australia is a great effort. Huge congrats to Lyn and Andrew.



Andrew Jamieson and Lyn Ventris at the 2012 Australian Roadwalk Champs in Adelaide in August

GOLD COAST MASTERS WALKS, GOLD COAST, QLD, SUNDAY 7 OCTOBER.

Thanks to Robyn Wales for these Queensland Masters walk results. She commented: *It was very hot and humid with a wind in the back straight. As Masters don't "book" the track they kindly allow other athletes to "train" and receive a time so, in her first walk since South Coast Regional, Tiffany Hammans (13) showed what a bit of effort and training can do walking 1500m in 10:21 which was a big improvement on her previous time of 11:56. A bit more training and Tiffany will be in there with everyone else.*

5000m Walk

1.	Nyle Sunderland	W45	29:22
2.	Paul Lindenberg	M45	30:37
3.	Kay Shaw	W50	32:07
4.	Sally Lynch	W65	36:39
5.	Denise Fellowes	W45	39:03
6.	Richard Lynch	M80	40:04

1500m Walk

1.	Tiffany Hammans	F13	10:21
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RACEWALK STAMPS

I have had lots of feedback from the brief article last week on postage stamps featuring racewalkers so here are a few more. This week I feature postage stamps featuring Australian racewalkers - and there are 4 of them.



The first is one of a series of Olympic stamps issued by the Dominican Republic in 1956. The Dominican Republic is a nation on the island of Hispaniola, part of the Greater Antilles archipelago in the Caribbean region. The western third of the island is occupied by the nation of Haiti, making Hispaniola one of two Caribbean islands that are shared by two countries.

This stamp featured 1956 Olympic 50km winner Norm Read of NZ. But to his left is seen British walker Don Thompson and on his right is Australian walker **Ron Crawford**.

This was one of 8 stamps celebrating the 1956 Olympics in Melbourne. To see all 8 stamps in this series, check out <http://www.postbeeld.com/en/stamps/view/sdm0585-olympic-winners-8v/>



Australia Post decided to issue a postage stamp for each winner in the 2004 Olympic Games. With **Jane Saville** and **Nathan Deakes**, getting bronze medals in those Games, they came close but missed out.

Australia Post then decided to continue with this concept for the 2006 Commonwealth Games in Melbourne. Since Jane won the women's 20km walk and Nathan won the men's 20km and 50km events, they featured on the gold medallist stamps (Jane once and Nathan twice). These are shown on the left.

Australia Post did the same in the 2008 Olympic Games and Jared Tallent came close to postage stamp fame with his bronze and silver medals.



With his win in the 2010 Commonwealth Games in Delhi, Jared should have joined Nathan and Jane but, for reasons unknown, Australia Post did not produce Gold Medal stamps for those Games.

They did produce them again for the 2012 Olympic Games and again Jared went so close, finishing second in the 50km race. So close yet so far!



More racewalk stamps next week. A special thanks to Ian and Margaret Beaumont who have forwarded me lots of info about this theme.

POLISH NATIONAL JUNIOR CHAMPIONSHIPS, PIŁA, POLAND. SATURDAY 6 OCTOBER

Last weekend saw the Polish Junior 20km roadwalk championships in the city of Piła. The carnival also featured Masters National 5km roadwalk champs as well as Open 20km National Criterium events and a whole swag of races for the younger age groups. The results below show the first few places in the combined Open/U20 20km events as well as the Masters Men. For the full results, check out http://www.pzla.pl/zdjecia/zal_j/2012-10-06-pila-mpj-ch-20km_201210062353.pdf. A special mention for Lukasz Nowak who won the 5km in a very quick 19:48.

20km Men

1.	JELONEK Jakub	1985	KS AZS AWF Kraków	1:25:40	
2.	HERBA Jakub	1992	KS AZS AWF Kraków	1:31:07	pb
3.	GAWROŃSKI Paweł	1990	KS AZS AWF Kraków	1:33:21	pb
4.	SZABO Wiktor	1993	MKS Polonia Warszawa	1:34:29	pb (1-NJC)
5.	KUSZNERUK Jakub	1992	MKS Żak Biała Podlaska	1:35:14	pb
6.	KOSTKA Łukasz	1994	GTS Bojszowy	1:35:16	debut (2-NJC)
7.	MATUSZEWSKI Adrian	1994	KL Lechia Gdańsk	1:39:31	debut (3-NJC)

20km Women

1.	ŚWIERCZYŃSKA Justyna	1987	PLKS Gwda Piła	1:38:25	pb
2.	ELLWARD Agnieszka	1989	KL Lechia Gdańsk	1:43:50	pb
3.	BEMOWSKA Joanna	1994	PLKS Gwda Piła	1:46:35	debut (1-NJC)
4.	WIERUS Karolina	1993	CKS Budowlani Częstochowa	1:47:25	pb (2-NJC)
5.	CHOJECKA Marlena	1994	WLKS Iganie Nowe	1:48:09	debut (3-NJC)
6.	LUPA Magdalena	1994	CWKS Resovia Rzeszów	1:49:50	debut

5km Masters Men

1.	GOLAŃSKI Janusz	1966	WLKS Iganie Nowe	24:38
2.	MAŁECKI Waldemar	1958	Maraton Korzeniowski Bieruń	26:03
3.	KWITA Zbigniew	1959	Przeźmierowo	26:37
4.	ZAWORSKI Marek	1959	Orkan Środa	27:14
5.	HARASIŃSKI Ryszard	1956	Łódź	28:01
6.	SIANKOWSKI Mariusz	1966	Maraton Korzeniowski Bieruń	30:23

5km Men

1.	NOWAK Łukasz	1988	AZS Poznań	19:48
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USA 5000M TRACK CHAMPIONSHIPS, KINGSPORT, TENNESSEE, SATURDAY 29 SEPTEMBER

The O Marchador Blog (see <http://omarchador.blogspot.pt/2012/10/campeonato-de-5-km-dos-e-u-da-america.html>) reported on the USA 5000m Track Championships which were held recently in Kingsport, Tennessee. David Swarts won the men's title in a race that saw a lot of key disqualifications, specifically those of 2011 Champion Dan Seranni, Jonathan Hallman and Michael Mannozi who were all disqualified in the last 100m of the race. Mexican Francisco Pantoja, residing in Denver and competing as a visitor, was first legally across the line with a time of 21:17. Olympian Theresa Vaill easily won the women's title with 23:37.

5000m Men (first 10)

1.	David Swarts	47	23.16
2.	Omar Nash	38	24.31
3.	Ian Whatley	53	24.37
4.	Joel Pfahler	22	24.45
5.	Chris Schmid	65	25.05
6.	Dan O'Brien	47	26.27
7.	Andrew Smith	63	26.45
8.	Rod Craig	54	27.00
9.	Damon Clements	55	28.20
10.	Larry Windes	54	28.48

5000m Women (first 10)

1.	Teresa Vaill	49	23.37
2.	Susan Randall	38	24.58
3.	Maite Moscoso	40	26.28
4.	Melissa Moeller	22	26.50
5.	Joan Terry	48	27.07
6.	Debbie Topham	59	29.49
7.	Marianne Martino	62	30.18
8.	Irene Fletemeyer	17	30.28
9.	Sandra De Noon	57	30.34
10.	M. Ann Harsh	62	30.49

USATF ONE HOUR CHAMPIONSHIP, BENTLEY UNIVERSITY, WALTHAM MA, SUNDAY 7 OCTOBER

A week later, the American racewalkers raced in another championship, this time over the 1 Hour timeframe. Teresa Vaill won the women's championship again, this time with a distance of 12.053km. In the men's event, Francisco Jantoja of Mexico was first to finish with 13.453km while Dan Serianni had the judges' ok this time, winning the USA title with 12.931km. Jonathan Hallman set a USA Junior record in the men's event (11.360km) while Chris Schmid set a USA M65 record with his distance of 11.460km.

Men 1 Hour Walk

	Francisco Pantoja (MEX)	36	13,453m
1.	Dan Serianni	22	12,931m
2.	Jonathan Hallman	19	12,884m US JR
3.	David Swarts	47	12,290m
4.	Chris Schmid	65	11,460m US M65R
5.	Spencer Dunn	14	11,066m
6.	Andrew Smith	63	11,064m
7.	Edward O'Rourke III	51	10,375m
8.	Ian Marshall	15	9,989m
9.	Larry Epstein	53	9,926m

Women 1 Hour Walk

1.	Teresa Vaill	49	12,053m
2.	Katie Burnett	24	11,332m
3.	Stephanie Saccente	17	10,501m
4.	Brittany Collins	18	10,335m
5.	Alexa Kluepfel	16	10,250m
6.	Gema Wheatley	16	9,338m
7.	Sydney Sirois	13	8,377m
8.	Kayla Allen	13	8,362m

15TH SRI CHINMOY 6-12-24 HOUR RACES, SOVEREIGN STADIUM, AUCKLAND, OCTOBER 6-7, 2012

Thanks to New Zealand Centurions secretary Philip Sharp for the following report from last weekend's New Zealand Centurions walking events, held in conjunction with the Sri Chinmoy 24 Hour Running Festival in Auckland.

Simahin Pierce said the 15th Sri Chinmoy 6-12-24 hour races in Auckland would long be remembered. Who could argue with this opinion? Three family tents consigned to the bin by the wind, 15 hours of rain showers, and horizontal rain that made it to the back wall of the lap scorers' tent. Despite the elements, personal bests were set by runners and walkers, and Wayne Botha set a world record for the fast time to run 100 km barefeet.

There were five walkers: Linda Law (61) and Elizabeth Mead (59) in the six hour, Hilary Boyd and Cliff Harrison in the 12 hour, and Saul Richardson in the 24 hour. Linda had walked the six hour many times before and was using the race as her last long walk before the Auckland Marathon in three weeks. Elizabeth's experience contrasted markedly with Linda's - the race was her first ultra and her training had consisted mostly of attending zumba classes at the local gym. Hilary is a regular competitor in the 12 hour race and had set a personal best of over 64 km in the 2011 race. Cliff was the fastest of the five walkers with a time of five and a half hours for 50km, but had limited experience at longer events. Saul was over from Sydney to improve upon his distance of 128+ km set at the Sri Chinmoy Australian 24 hour track championship in June.

The end of the first hour saw Linda, Hilary, Cliff and Saul ordered as you might expect from their form. Cliff first, doing 2:40 laps, Linda and Saul not far apart and doing 3:15 laps, and Hilary doing 4:05 laps. Elizabeth was unsure what speed to start at. She began with 3:20 laps. I thought this a little too fast and suggested she slow down a bit. By the end of the first hour she was doing 3:25 to 3:30 per lap.

The weather aside, the first four hours went uneventfully. By the end of this period Cliff had done 35 km, Linda 29 km, Saul 28 km, Elizabeth 27 km and Hilary 23 km. Early in the fifth hour Cliff developed cramp in his quads. He dropped out of racewalking mode and started walking slowly. He recovered to a degree after three hours but never got back into racewalking mode, covering 25 km in the second four hours and 26 kilometres in the last four hours, to give a distance of 86 km for the twelve hours.

Linda maintained her steady pace and finished the six hours with 43 km. After three hours, Elizabeth slowed to 3:35 laps and maintained this to the end for a distance of 40.6 km. Saul and Hilary had reached 41 km and 33 km respectively at this point.

Saul slowed after seven hours. Partly to re-focus he stopped and changed his shoes. Some time after this he calculated that he could cover 80 km in the first 12 hours if he sped up, and he began doing laps noticeably faster than he had at any stage in the race up to then. But before the 12 hours were up he realised that he had misread the timing device he was wearing and needed more laps than he thought to reach 80 km. He ended up with 78 km after 12 hours.

Hilary concluded early in the second half of her race that if she could cover more than 64 km she might come third in the 12 hour race (runners and walker combined) and so get a medal. Thinking further, she decided if she was going to aim for 64 km, she might as well aim for a personal best. This line of reasoning focused her efforts and she ended up with 66.7 km, a personal best by two kilometres.

Three hours later at around half past midnight, the showers stopped and the wind died. But the damage had been done for Saul. Despite changing to a warmer coat, he continued to cool and by 3am could not stop shivering. He had a short break in his tent and then began walking. After two laps he realised he had not recovered enough and with the help of Elizabeth transferred his sleeping gear to the mens changing rooms in the club house on the other side of the track. I checked on him just before 7am and he was still asleep. Not long after he was back on the track and walked to the end of the race, finishing with a distance of just under 115 km, a very creditable performance given the weather.

After the race, I asked Saul for a quote for this report. He said "he wanted to thank AC/DC and Slade for getting him through the dark part of the night." I also asked Elizabeth for quote. She said "she is nearly bitten by the ultrawalking bug." My next goal is the erasement of the word "nearly".

24 Hour Walk

1.	Saul Richardson	NSW	114.934km
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12 Hour Walk

1.	Cliff Harrison	NZ	86.872km
2.	Hilary Boyd	NZ	66.761km

6 Hour Walk

1.	Linda Law	NZ	43.580km
2.	Elizabeth Mead	NZ	40.629km

DUTCH 50KM CHAMPIONSHIP, TILBURG, HOLLAND, SUNDAY 7 OCTOBER

Thanks to Emmanuel Tardi for letting me know about the Dutch 50km championship which was held last Sunday in Tilburg in Holland. He tells me that there were 26 starters (including some overseas walkers) in the 50km which was won by Isle of Man walker Michael George with 4:41:40. In second place and winning the Dutch title was well known local walker Frank van der Gullik.

It was also good to see 3 women in the race and all 3 finishing - Myriam Nicolas of Belgium won the women's race with 5:27:35 ahead of Dora Jakob of Switzerland with 5:29:33 and Claudine Anxionnat (age 61) of France with 6:07:37.

On the 20k event, victory went to Jérôme Caprice of Mauritius, his time of 1:33:00 a new PB and a new National Record which qualifies him to compete in the Francophone Games, the equivalent of our Commonwealth Games, also held every 4 years and scheduled for 2013. And for the record, Emmanuel came 14th in the 20km in 2:22:27. He said the last 5km took a long time!

You can check out the full results at http://www.tigch.nl/snelwandelen/index_2012.htm

Dutch 50km Championship					Dutch Title
1.	Michael George	65	GBR	4.41.38	
2.	Frank van der Gulik	77	NED	5.10.32	1
3.	Richard Leijenaar	59	NED	5.24.43	2
4.	Rob Tersteeg	76	NED	5.26.37	3
5.					
6.	Myriam Nicolas (F)	63	BEL	5.27.35	
7.	Dora Jakob (F)	59	SUI	5.29.33	
8.	Ton van Anandel	58	NED	5.39.31	4
9.	Rein Pistorius	61	NED	5.40.47	5
10.	René Wakkee	65	NED	5.54.41	6
11.	Claudine Anxionnat (F)	51	FRA	6.06.45	
12.	Alex Wijsman	48	NED	6.07.37	7

20km Walk					
1.	Jerome Caprice	83	MRI	1.33.00	NR
2.	Matthias Holtermann	81	GER	1.39.59	
3.	Malte Strunk	73	GER	1.41.06	
4.	Olivier Colette	88	BEL	1.42.32	
5.	Peter Gaus	52	GER	1.48.33	

As usual, thanks to Emmanuel for the following photos.



Harold Van Beek (51), Jerome Caprice (50), Dora Jakob (25), Myriam Nicolas (23) and Michael George (21) in action

24 HOUR WALK, ROYAN, FRANCE, 6-7 OCTOBER 2012

The Stade d'Honneur in Royan, a seaside resort in south west France, was the venue last weekend for what was the first edition of a new ultra run/walk festival. We saw good fields contested the 24 Hour and 48 Hour runs and walks (see full results at <http://www.breizhchrono.com/resultats.htm>) in what will hopefully become an annual event. Stéphane Paille won the 24 Hour walk with 161.011km while Jaroslav Pruckner won the 48 Hour walk with 215.972km.

24 Hour Walk

1.	PAILLE Stéphane	S.A.M MERIGNAC	23:56:03	161,011 km
2.	PIOLET Edwige (F)		23:56:10	151,052 km
3.	PINEAU Laurent	LIEVRES ET TORTUES	23:48:50	131,008 km
4.	LAVAL Laurent	STADE CUBZAQUAIS ATHLETISME	23:56:23	128,650 km
5.	BETAÏLLE Roger	STADE Français	23:48:38	126,884 km

6.	CAILLAUD Franck		23:56:59	123,983 km
7.	VEILLET Claude	SPIRIDON LA CRECHE (79)	23:54:02	121,799 km
8.	RAUZIER Christian		23:57:08	105,373 km
9.	RODRIGUES Laurence (F)		23:56:42	68,865 km

48 Hour Walk

1.	PRÜCKNER Jaroslav	SK BRADLEC	47:56:37	215,972 km
2.	HAUSMANN Martina (F)	LG WURZBURG	47:59:01	208,275 km
3.	CORNICHON Laurent		47:45:39	172,703 km
4.	DE MARCILLAC Bertrand	FOREST HILL	47:50:11	155,424 km
5.	GRASSI Alain	T180277	18:52:12	122,517 km

ITALIAN U23 CLUB CHAMPIONSHIPS, RIETI, ITALY, 6-7 OCTOBER

Men's 10,000m Walk - Sat 6 Oct

1.	Luca MONTOLEONE	ITA	90	45:45.83
2.	Filippo GIRARDI	ITA	92	46:11.45
3.	Tommaso ROMAGNOLI	ITA	91	46:25.28
4.	Luca TARQUINI	ITA	94	46:52.49
5.	Ivan MOBILIA	ITA	91	47:54.66

Women's 5000m Walk - Sat 6 Oct

1.	Elena POLI	ITA	93	24:15.28
2.	Mariavittoria BECCHETTI	ITA	94	24:25.96
3.	Federica CURIAZZI	ITA	92	24:56.39
4.	Cecilia STETSKIV	ITA	91	25:06.34
5.	Ilaria MARIOTTI	ITA	91	25:10.65
6.	Maria Luisa CORCELLA	ITA	91	26:57.89

OVERSEAS SHORTS

FUKUOKA (JPN, Sep 22-23): Yusuke Suzuki won the 10,000m track walk at the Japanese Corporate Teams Championships in Fukuoka in a fast 39:51.34.

GIFU (JPN, Oct 6-7): At the 67th National Sports Festival in Gifu in Japan two weeks later, Yusuke Suzuki was back in action, winning the 10,000m track walk with a time of 40:10.16 while second place went to junior walker Takumi Saito with 40:11.71.

COPENHAGEN (DEN, Oct 6): At the International 50 km walk in Copenhagen last weekend, Poland's Adrian Blocki won with 3:54:41 ahead of Damian Blocki with 3:55:51. Third place went to Håvard Haukenes with 3:56:38, a new Norwegian U23 record.

GEORGE GOULDING - 1912 OLYMPIC CHAMPION

Recent articles on the great Canadian racewalker George Goulding by Mike Parker (in the September 2012 NZ Contact Magazine) and in the *O Marchador* blog¹ have brought the 1912 Olympic champion back into the public spotlight.

Yes, it is 100 years since Goulding won the 10,000m walk at the 1912 Olympic Games in Stockholm. To celebrate, I have padded the articles out into what is hopefully a comprehensive review of this wonderful walker.

George Henry Goulding was born in Hull, England, on 19th November 1884. He was just 18 when he migrated to Canada in 1903, subsequently settling in Toronto and joining a local athletic club. He won the first marathon held in London, Canada, in 1907 when the favourite, Tom Longboat, failed to show. With this win under his belt, he was selected to represent his adopted country in the marathon at the 1908 Olympic Games.

After his arrival in London, Goulding had his first exposure to the sport of race walking. He found he had an aptitude for the event and the technique came naturally to him. He immediately decided to enter the walking events as well as running in the marathon. London 1908 would be the last Games in which a person could enter an event in such a relaxed fashion. His Olympic schedule was a busy one. Competing in both the 3500 metres and the 10 mile walks would mean competing in heats for both events if he was to progress to the finals. Then he had to finish off with the marathon. This meant he would have to complete five gruelling races during the Games.

What made this all the more remarkable was that when Goulding stood on the start line for his heat of the 3500 metres walk he had never taken part in a walking race before. It was even more incredible that he promptly went out and won the race and qualified for the final. In that historic final held two days later, he almost achieved the impossible, holding third place until, in the closing stages of the race, he was overtaken by New Zealander Harry Kerr and relegated to fourth place with a time of 15:49.8.

¹ <http://omarchador.blogspot.com.au/2012/07/ha-100-anos-goulding-vencia-marcha-dos.html>



The final of the 1908 Olympic 3500m walk - winner George Larner is fifth from left. Second placed Ernie Webb is second from right. Bronze medallist Harry Kerr is fourth from left. Fourth placed Goulding is on the right.

Two days after the 3500 metres walk final Goulding missed making the final of the 10 Mile walk when he failed to finish in his heat. He followed his walk performances by finishing 22nd in the marathon out of 27 finishers. There had been a high attrition rate in this race with half of the 55 starters failing to complete the distance.

In the four years leading up to the next Olympic Games, Goulding trained hard and perfected his race walking technique - he was determined to come away from his next Olympic experience a winner. Between 1908 and 1912 he competed extensively in Canada and North America and lost just one race. Usually these races were handicap type events, George giving away huge distances. These events made him work hard and improved his speed and endurance.

In 1909, Goulding entered 19 major walking competitions, winning 18. At his 1910 debut on the American walking scene, he broke the U.S. record for the mile walk with a time of 6:29.2.

By this time, Goulding's rising success had caused quite a stir among Canadian sports fans. A match race was soon set up between him and Olympic dual silver medallist E.J. Webb of England. Goulding easily won both the one and three-mile races as 20,000 fans cheered him on. A second match race against English champion George Larner once again proved to be no contest. In 1911, the unbeatable Goulding proceeded to break the world record for the mile with a time of 6:25.8.

Goulding was so good that he was often handicapped in competition and forced to wait at the starting line while his opponents walked ahead. But even with head-starts of a few hundred yards, opponents still couldn't beat Canada's heel-and-toe champion.



Goulding (right) and Webb (left) in match racing mode

When the 1912 Stockholm Olympic Games came round, Goulding was in great shape. There was only one race walk on offer - the more traditional 10,000m track walk. On July 8th he won his heat in 47:14.5 ahead of Webb (GBR) who was second in 47:25.4. Three

days later, he won the Olympic title with a time of 46:28.4 ahead of Webb with 46:50.4 (the Englishman claiming his third Olympic silver medal, adding to the two he had won in London in 1908) with Altimani (ITA) third with 47:37.6.



Goulding, here in third place behind Webb of England, early in the 1912 Olympic 10,000m walk at Stockholm

After winning the gold medal, Goulding's first act was to send a telegram to his wife. It read only, "Won - George."

Goulding spoke more of the final, as given in Henry Roxborough's *Canada at the Olympics* ²

"In the final, I took the lead right from the start. When I was about 40 yards ahead of Webb, I thought the judges were after me. One of them said something in Swedish which I didn't understand; but when I turned toward him I saw a broad grin on his face and concluded he must have said something nice. Still, it was a ticklish moment, for the judges had the right to pull anyone off the track without previous warnings. With other judges, I could have improved my time; but during the last mile, when I had a lead of about 75 yards, I slowed considerably and took no chance of being disqualified. Besides, in the first heat, I had rubbed the skin off my toes, while wearing almost new shoes; and in the final my feet were really torturing. However, in winning, I soon forgot the pain and remembered only the pleasure."

Despite Goulding's fine walk, the race was controversial. Goulding was a very fast walker and a very fair one (there is no historical evidence showing that he was ever disqualified in a race walk event) and Webb, despite being over 40 years old, was also highly regarded for the standard of his walking, though he was clearly unable to match Goulding's pace. Unfortunately, by the end of the final only four athletes remained in the event, three having been disqualified and three failing to finish. When added to the disqualifications that had occurred during the two qualification heats, notable among them being those of one of the pre-Games favourites Bobby Ridge (GBR) and Australian William Murray (Australasia), eyebrows were raised and questions started being asked about racewalking's place as an Olympic event.



Webb and Goulding lead the 1912 Olympic walk. Was the judging overzealous? Judging by this photo, almost certainly!

² <http://www.sports-reference.com/olympics/summer/1912/ATH/mens-10-kilometres-walk.html>

Racewalking, in only its second Olympic Games, was being issued with a red card. After further controversies in the 1920 and 1924 Games, the Olympic fraternity lost patience with this troublesome sport and, at the next Congress of the International A. A. Federation in the Hague, it voted to exclude walking from the Olympic programme (9 votes to 8), the French representative expressing the hope, in view of the difficulties experienced by judges at former Games, “*that the event would be omitted for ever from the programme of the Olympiad.*”

The voting read as follows:

For the walk: Australasia, Germany, Great Britain, Holland, Ireland, Italy, South Africa and U.S.A.
Against: Austria, Finland, France, Germany, Hungary, Norway, Roumania, Sweden and Switzerland.
Abstaining: Belgium and Poland.

It is also worth mentioning that 1912 was the first time Russian walkers competed at the Olympic Games. Considering the Russians current level of performance their introduction to Olympic competition was rather inauspicious. Their three walkers all failed to make the final, one being disqualified, another failing to finish, their remaining athlete finishing second to last in his heat and only just breaking 60 minutes. What a difference 100 years can make!

Goulding continued racing after his 1912 win but, with the First World War intervening, he had not chance to try for a third Olympics. His career stats read impressively - in invitational track meets in Canada, Britain and the US, he won 300 races at distances from 1 to 40 miles. He also competed in many stunt races, winning against a man driving a horse and buggy and against a 4-man US relay team, attracting thousands of spectators wherever he competed.

In 1915, Goulding's shining star was slightly tarnished when American officials accused him of accepting payment for his athletic feats and succumbing to "professionalism." Goulding, a man known for his honest, gentlemanly conduct, held firmly to his amateur status and proved that he had never accepted payment aside from travel expenses.

Even towards the end of his career, he was still amongst the best in the world as this news cutting testifies

WORLD'S WALKING RECORD EQUALLED
George H. Goulding Wins Mile Race in 71st Regiment Armory in 6:28.
January 21, 1916, Friday, New York Times

George H. Goulding of Toronto, Canada, holder of nearly all the American and world's walking records, equalled the best figures ever made for a mile on a board floor track when he won an invitation handicap event which featured the charity games for the Save-A-Home Fund held in the Seventy-first Regiment Armory last night.



Goulding displays perfect form as he strides to the line to win the 1912 Olympic 10,000m walk

Goulding was one of 50 famous Canadian sports persons inducted into the Canadian Sports Hall of Fame in its inaugural year of 1955.³

He died on 31st January 1966, aged 81.

³ <http://www.sportshall.ca/honoured-members/honoured-members/>

AA SELECTION POLICY ANNOUNCED FOR 2013 WORLD YOUTH T&F CHAMPIONSHIPS

Athletics Australia published the Selection Criteria for the 2013 World Youth Championships on 4 October - see http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/2013_wyc/2013_wyc_selection_policy. Salient details follows

- Only athletes born in 1996 and 1997 can be selected.
- The events include a 10000m walk for men and a 5000m walk for women
- The Australian selection standards have been set at **44:16.75** (men) and **23:30.40** (women).
- A maximum of 2 athletes per event can be selected.
- The qualifying period extends from 1 October 2012 to 17 March 2013. Qualifying times will only be accepted if they are achieved in competitions that meet the specific judging requirements required by the IAAF and are sanctioned by A.A.
- Athletes who win the walk Selection Trial and who have recorded one Athletics Australia Standard Performance during the Athletics Australia Qualifying Period will be automatically selected into the Team.
- Any remaining selections in the Team will be made at the discretion of the selectors.
- The selection trials will be the Australian Junior Championships in Perth on 12-17 March 2013.

These standards are significantly tougher than in previous years and reflect the improved world standard of the last few years.

- 2005 24:20 / 45:10
- 2007 24:45 / 45:20
- 2009 24:25 / 45:20
- 2011 24:00 / 45:00
- 2013 **23:30 / 44:16**

Any competitions organised as qualifying opportunities for the men's 10000m Walk and Women's 5000m Walk must meet the specific judging requirements set out in the document and must be sanctioned by Athletics Australia in advance of the event. All requests in relation to "qualifying opportunities" for the men's 10000m Walk and Women's 5000m Walk must be directed to Andrew Matthews at Athletics Australia.

For Victorians, this means the following key dates are all potential qualifying opportunities provided that AA is forewarned and gives their ok in advance:

Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park	U17/U18 5000m Track Walks
Nov 30 - Dec 2, 2012	Aust Schools T&F Champs, Hobart	U18 5000m Track Walk
Dec 9 (Sun), 2012	Aust 50km Road Walk Meet, Fawkner Park	U20 10km Invitational Road Walk
Jan 26 -28, 2013	Vic Country T&F Champs, Geelong	Open/U20 5000m Track Walk
Feb 8-10, 2013	Vic Junior T&F Champs, Albert Park	U17/U18/U20 5000m Track Walks
Feb 24 (Sun), 2013	Australian 20km Roadwalk Champs, Hobart	U20 10km Invitational Road Walk
Mar 1-3, 2013	Vic Open T&F Champs, Albert Park	Open 5000m Track Walk
Mar 9 (Sat), 2013	Sydney Track Classic	Open 5000m Track Walk (TBC)
Mar 12-17 Mar, 2013	Aust Junior T&F Champs, Perth	U20 10,000m, U17/U18 5000m Track Walks

There are plenty of 5km/10km/5000m race opportunities in our various VRWC Summer Season races but they require us to apply to AA for proper sanctioning pre-event and ensure that we have a full panel of judges and qualified officials. These races include:

Oct 28 (Sun), 2012	VRWC Road Races, Middle Park	5km/10km Road Walks
Nov 25 (Sun), 2012	VRWC Summer Road Champs, Middle Park	5km/10km Road Walks
Dec 12 (Wed), 2012	VRWC Track Races, Clifton Hill	5000m Track Walks
Jan 20 (Sun), 2013	AV Teams Championships, Middle Park	5km Road Walks
Feb 3 (Sun), 2013	VRWC Road Races, Middle Park	5km/10km Road Walks
Feb 17 (Sun), 2013	VRWC Races, Mentone Athletics Track	5000m Track Walks

Again the onus is on prospective World Youth representatives to warn us well in advance that they wish to target a time in one of these events. It is no use ringing us with a week to go - that is not a sufficient timeframe to tick all the AA boxes.

SUMMER SEASON PLANNING

This Saturday sees the Athletics Victoria Shield Competition kick off with all 6 regions running Program 2 of competition (this includes 2000m walks). The venues are as follows:

AV Shield - Bendigo Round 1	La Trobe University Athletics Complex, Bendigo	Program 2
AV Shield - South East Round 1	Knox Park Reserve, Knox	Program 2
AV Shield - North West Round 1	Meadowglen International Athletics Stadium, Epping	Program 2
AV Shield - Ballarat Round 1	Llanberris Reserve, Ballarat	Program 2
AV Shield - East Round 1	Hagenauer Reserve, Box Hill	Program 2
AV Shield - Geelong Round 1	John Landy Athletic Field, Geelong	Program 2

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

This weekend also sees the Melbourne Marathon on Sunday and we normally see quite a few walkers in action in this event.

The next few rounds of AV Shield then continue apace with dates as follows:

Saturday 20 Oct	AV Shield – Round 2 (3000m/1500m walks)
Saturday 27 Oct	AV Shield – Round 3 (2000m walks)
Saturday 3 Nov	AV Shield – Round 4 (3000m/1500m walks)

And our own VRWC Summer Season kicks off on Sunday 28 October with roadwalks at Middle Park. You should have received your summer mailout by now. Our opening races for 2012/2013 read as follows:

Sunday 28th October 2012, VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Sat Oct 13, 2012	AV Shield Starts with Round 1 (2000m)
Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Sun Oct 28, 2012	VRWC Roadwalks, Middle Park
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Sun Nov 18, 2012	VRWC Summer Roadwalk Championships and AGM, Middle Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawcner Park, Melbourne
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2012 International Fixture

Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2014 International Fixture

5-6 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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