



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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12 November 2013



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TIM'S WALKER OF THE WEEK

You have to feel a bit sorry for 15 year old Melbourne walker Jemima Montag who walked a sensational 22:55 for 5km at VRWC races last Sunday morning. On any normal week, this would romp it in for my Walker of the Week. However, this week, I can't go past 21 year old Queensland walker **Dane Bird Smith** who has put two wonderful performances on the board in the last 5 days.

Last Thursday, Dane won the 1500m walk at the QA Track Classic meet at the University of Queensland track at St Lucia, his time a 5 sec PB of **5:16.39**. This is the second fastest ever done in Australia (second only to his father's 5:12). Then on Friday, he flew out to China to partner Jared Tallent and Chris Erickson in the Taihu Race Walking Rally which started yesterday and is being held over four stages in Eastern China. And he got off to the best possible start in the Rally, coming third in Stage 1 (20km - **1:24:07**) and finishing only 22 secs behind Chinese winner Wei Yu.

BENDIGO WALKERS CLUB ROUNDUP

Thanks to Paul Rance for the results of the last couple of Bendigo Walkers Club meets

Bendigo Walking Cup 2400m, Flora Hill Athletic Complex, Bendigo, Wednesday 30 October

On Wednesday 30th October, the Bendigo Walkers Club held their annual Bendigo Walking Cup 2400m handicap at the Flora Hill Athletic Complex with Madison Hill winning from backmarker Zahra Hayes, both athletes producing personal best efforts, while last year's winner Carissa Brook finished 3rd with an equal PB. First year walker Caitlyn Tozer also produced a personal best effort.

3200m Bendigo Walking Cup

1.	Madison Hill	13.46
2.	Zahra Hayes	12.32
3.	Carissa Brook	14.09
4.	Norm West	18.46
5.	Ebony Whiley	14.10
6.	Peter Curtis	14.35
7.	Caitlyn Tozer	22.11
8.	Annette Major	15.48
9.	Annette Curtis	19.26
10.	John Carter	17.22

BRWC Roadwalks, Rosalind Park, Bendigo, Wednesday 6 November

On Wednesday 6th November, 2km and 5km sealed handicap events were held in Rosalind Park in very hot conditions. The 2km race was won by Carissa Brook with Caitlyn Tozer 2nd and Madison Hill 3rd with all 3 placegetters walking personal bests while Zahra Hayes took fastest time honours. The 5km race was won by Norm West with John Carter 2nd and Barb Bryant and Paul Rance in equal 3rd position.

2km Sealed Handicap

1.	Carissa Brook	11.11
2.	Caitlyn Tozer	17.39
3.	Madison Hill	11.17
4.	Zahra Hayes	10.16
5.	Ebony Whiley	11.11
6.	Peter Curtis	11.10
7.	Sheridan Commons	18.00
8.	Annette Curtis	17.33

5km Sealed Handicap

1.	Norm West	40.05
2.	John Carter	36.24
E3.	Barb Bryant	31.38
E3.	Paul Rance	27.28
5.	Annette Major	35.44

AV SHIELD COMPETITION - ROUND 2, SATURDAY 2 NOVEMBER

A couple of final walk results to complete last week's Athletics Victoria Shield competition.

White Zone, Ringwood

Nathan Brill was in good form in Ringwood with his 3000m time of 12:45.3 as was Kyle Swan who won the 1500m with 6:54.1.

Mixed 3000 Meter Race Walk

1.	Brill, Nathan	M	BOX HILL AC	12:45.3
2.	Simpson, Brad	M	ATHLETICS NU	13:44.6
3.	Evans, Simon	M	BOX HILL AC	15:21.9
4.	George, Stephanie	W	KNOX AC	15:48.5
5.	Taylor, Lucas	M	YARRA RANGES	15:55.3
6.	Swan, Emily	W	ATHLETICS NU	17:46.7
7.	Benke, Geza	M	OLD MELBURNIANS AC	19:03.2
8.	Wright, Jacob	M	ATHLETICS NU	19:45.8
9.	McCann, Adam	M	ATHLETICS NU	20:23.4
10.	Worsnop, Chris	M	OLD XAVERIANS AC	21:01.0
11.	Garside, Emilie	W	CROYDON AC	22:02.7
12.	Molnar, Jo	W	ATHLETICS WAVERLEY	22:46.3

Mixed 1500 Meter Race Walk

1.	Swan, Kyle	M	ATHLETICS NU	6:54.1
2.	Schwerkolt, Zoe	W	BOX HILL AC	8:13.7
3.	Brice, Justin	M	UNATTACHED	8:32.4
4.	Taylor, Lee	W	YARRA RANGES	9:57.7
5.	Schwerkolt, Sophie	W	BOX HILL AC	12:12.5
6.	Price, Paige	W	UNATTACHED	12:12.9

Geelong Zone, Landy Field, Geelong

James Christmass stepped off the plane from Brazil and then dusted the cobwebs off with his 3000m effort in Geelong.

3000m Walk

1.	James Christmass	M40+	COR	15:30.59
2.	Nicholas Mirarchi	MOP	COR	16:32.59
3.	Harry Hockley Samon	MU14	CHI	20:07.75

1500m Walk

1.	Mackayla Davison	WU14	COR	9:58.91
2.	Thomas Mirarchi	MU14	COR	12:00.51

ACTRWC TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 7 NOVEMBER

Thanks to Robin Whyte for his weekly report from Canberra where 16 year old Ashleigh Resch was in great form with a 12 sec PB time of 14:19.

3000m Walk

1.	Ashleigh Resch	14:19	PB 0:12
2.	Zoe Hunt	14:57	
3.	Elizabeth Hosking	15:01	
4.	Callum Burns	15:18	
5.	Gabby Hunt	15:38	
6.	Ann Staunton-Jugovic	15:40	
7.	Colin Heywood	16:33	
8.	Mitchell Baker	17:44	
9.	Kate Black	18:21	
10.	Robin Whyte	18:44	
11.	Helena Bialecki	18:57	
12.	Roger Pilkington	20:13	
13.	Mick Saunders	20:32	
14.	Alan Williams	20:34	
15.	Doug Fitzgerald	21:58	
16.	John Donovan	23:03	
17.	Robyn Saunders	24:32	
18.	Val Chesterton	25:30	
19.	Nick Blackaby	31:42	

1000m Walk

1.	Peter Baker	05:02
2.	Samantha Papantoniou	07:56
3.	Jack Thackray	08:17

QA 1500 METRES CLASSIC MEET, UQ, BRISBANE, THURSDAY 7 NOVEMBER

Last Thursday evening saw the Queensland Athletics 1500m Track Classic meet at the University of Queensland track in St Lucia. The meet originally featured only 1500m run events (with the highlight being elite men's and women's 1500m Classic races) and the carnival has grown each year and now also includes 1500m walks.

The carnival opened with the two racewalks, a great way to showcase our discipline. And with good conditions, it was a perfect opportunity for fast racing over this rarely contested distance. The walkers did not disappoint as **Jessica Pickles (6:17.08)** dominated the women's field with a big PB and **Dane Bird-Smith (5:16.39)** walked the second fastest 1500m ever on Australian soil (second only to his father David) I am sometimes a bit hazy on PBs but I have attempted to quantify things below - it seems a case of PBs everywhere.

Women 1500m Race Walk Open, 5:45PM

1.	Pickles, Jessica	19	University of QLD	6:17.08	PB 0:19
2.	Smith, Clara	15	University of QLD	6:36.08	PB
3.	Woodward, Mikaela	14	QEII Track Club	7:15.87	PB 0:06
4.	Lawrence, Jenna	12	QEII Track Club	7:58.53	PB 0:19
5.	Haig, Jessica	17	QEII Track Club	8:13.68	PB 0:03
6.	Smith, Clancy	13	Noosa	8:15.80	PB 0:06
7.	Hannigan, Caitlin	11	RWQ	9:02.99	

Men 1500m Race Walk Open, 6:00PM

1.	Bird-Smith, Dane	21	RWQ	5:16.39	PB 0:05
2.	Dewar, Nick	21	RWQ	5:42.61	PB 0:01
3.	Dewar, Brandon	21	RWQ	5:43.78	PB 0:04
4.	Nipperess, Dean	42	RWQ	6:10.73	PB 0:06
5.	Guevara, Argenis	45	RWQ	7:13.08	
6.	Buchhorn, Adam	10	RWQ	7:42.57	
7.	Stovin, Jamison	12	QA	7:47.47	
8.	Haig, Callum	13	Uni of Sun Coast	8:05.09	
9.	Lecky, Aidan	13	QA	8:32.76	
10.	Hinton, Kobe	11	QA	9:02.16	

And thanks to Ian Thompson for this great picture of QEII Track Club team mates Mikaela Woodward (left) and Jenna Lawrence (right) warming up before the start of the event - both walked PBs!



Mikaela Woodward and Jenna Lawrence warm up before the 1500m Track Classic walk (photo Ian Thompson)

The Open 1500m walk is not recognised either nationally or internationally but it does remain a test of speed and technique that continues to attract our walkers on the few occasions when it is on offer at this level. I have rummaged through my old files and books to try to put some perspective to these results - here goes!

REVIEWING THE AUSTRALIAN MEN'S 1500M WALK

It is hard to find much in the way of statistical information about the 1500m Walk as it has never really been regarded as an international distance. Swedish statistician Birger Fält lists the 1500m walk World Bests as follows

Outdoor 1500m	5:12.0	Antanas Grigaliunas	LTU	05/12/1990	Vilnius, LTU
Indoor 1500m	5:13.53	Tim Lewis	USA	02/13/1988	East Rutherford, USA

Years ago, the British and their colonial allies (like us!) used to maintain One Mile Walk records and it is there that our story starts.

The 1950 Australian Athletic Union (AAU) Almanac records Don Keane as having set a new Australian Junior 1 Mile Walk record of 6:46.8 (Perth, 12/02/1949). A split time had obviously been taken in that race as two years later the 1952 Almanac added an Australian Junior 1500m Walk record time of 6:21.8, accorded to Don and with the same time and date. This is the first time that an Australian almanac had included the 1500m walk amongst its statistics.

Don Keane	Australian Junior 1500m	6:21.8	Perth, WA	12/02/1949
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Over the next 28 years, the almanac documented the progress of the Australian Junior 1500m Walk record as it dipped below 6 mins.

Ross Haywood	Australian Junior 1500m	6:12.4	Melbourne, VIC	29/01/1966
Steve Hausfeld	Australian Junior 1500m	6:09.7	Sydney, NSW	21/11/1970
Rod Huxley	Australian Junior 1500m	6:06.9	Sydney, NSW	20/11/1977
Peter Stubbs	Australian Junior 1500m	5:56.6	Sydney, NSW	10/02/1979

It must be noted that the rigorous judging of the times precluded super fast times. You could only walk as fast as the rules and the judges of the time allowed!

In the late 1970s, an Australian Open 1500m Walk record category was announced and the event took on a new significance. With State Interclub competitions regularly held over 1500m and 3000m, there were plenty of opportunities to put 1500m times on the board and it was two Victorians, David Smith and Willi Sawall, who led the pack, swapping the record between them.

David Smith	Open	5:38.4	Melbourne, VIC	08/12/1979
David Smith	Open	5:32.0	Adelaide, SA	22/12/1979
Willi Sawall	Open	5:30.8	Melbourne VIC	23/01/1980
David Smith	Open	5:27.5	Melbourne VIC	08/11/1980
David Smith	Open	5:19.1	Melbourne VIC	07/02/1981

Eventually youth won out against age with David's time of 5:19.1, set in February 1981. This time stood untouched until the Australian 1500m Walk record category was eventually removed by Athletics Australia in 2003. Interestingly, David did record an even faster time of 5:12 in Sydney soon after this. Alas, it was never ratified as a record due to an insufficient number of judges.

From the early eighties onwards, the records tumbled regularly, with a further U17 division now added. The 1982 almanac read

David Smith	Open	5:19.1	Melbourne, VIC	07/02/1981
Bill Dyer	U19	5:46.2	Melbourne, VIC	07/03/1981
Alan Muir	U17	5:58.2	Sydney, NSW	31/01/1980

Rather than step through year by year from here, the new records are reproduced below in the order in which they occurred (note the change to U20, U18 and U16).

Andrew Jachno	U20	5:37.5	Melbourne, VIC	06/03/1982
Paul Copeland	U18	5:59.1	Melbourne, VIC	06/03/1984
Nick A'Hern	U18	5:56.8	Sydney, NSW	27/10/1984
Nick A'Hern	U18	5:48.6	Sydney, NSW	05/11/1986
Greg Topperwein	U16	5:56.38	Adelaide, SA	14/09/1987
Matthew O'Donnell	U16	5:51.6	Sydney, NSW	15/11/1989
Greg Robertson	U20	5:32.0	Hobart, TAS	04/01/1989
Dion Russell	U18	5:38.8	Melbourne, VIC	26/10/1992
Wayne McEwan	U16	5:47.7	Hobart, TAS	27/03/1994
Stephen Brooks	U16	5:42.68	Adelaide, SA	26/03/1995

In the 1998 almanac, all but the U16 record were removed and finally in 2003, the Open, U20 and U18 records were decommissioned by Athletics Australia. At the time of decommissioning, the Australian records read as follows

David Smith	Open	5:19.1	Melbourne	07/02/1981
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Greg Robertson	U20	5:32.0	Hobart	04/01/1989
Dion Russell	U18	5:38.8	Melbourne	26/10/1992
Stephen Brooks	U16	5:42.58	Adelaide	26/03/1995

Since then, any statistics gathering for the 1500m walk has been unofficial at best. Some points are worth commenting on at this stage before I move onto my very unofficial ranking list.

- On 7th February 1991, Andrew Jachno recorded 10:56.22 for the 3000m walk at the NEC Classic meeting at Olympic Park in Melbourne. This was an Australian and Commonwealth record (it still stands today) and it averages out at 5:28 per 1500m split.
- Luke Adams was not far behind with his 10:59.04, recorded in Cork, Ireland, in 2010. Again, this corresponds to successive 1500m splits at sub 5:30 pace.
- Jared Tallent's 5000m National Record of 18:41.83 also confirms his pure speed. But he does not have a 1500m time that I have been able to find.
- Nathan Deakes recorded a 1500m time of 5:22.1 in his last official 1500m walk in 1997 (he was aged 19 at the time). What could he have done if he attempted another one later in his career!
- David Smith had an even faster time of 5:12, done in Sydney. I don't have details on that one so have to go with his 5:19 at this stage.

Overall, this list is obviously incomplete but it is a start! The times for Andrew Jachno, Dion Russell, Simon Baker and Nick A'Hern are obviously nowhere near their bests and Jared Tallent is missing completely. Further, the list does not include the many wonderful NSW walkers of the last 20 years - Troy Sundstrom, Douglas Connelly, Brent Vallance, Luke Adams and Adam Rutter to name a few.

Dane Bird-Smith	U23	5:16.39	Brisbane, QLD	07/11/2013
David Smith	Open	5:19.1	Melbourne, VIC	07/02/1981
Nathan Deakes	U23	5:22.1	Geelong, VIC	18/10/1997
Rhydian Cowley	U23	5:29.0	Melbourne, VIC	12/12/2012
Willi Sawall	Open	5:30.8	Melbourne, VIC	23/01/1980
Jesse Osborne	U20	5:32.0	Melbourne, VIC	16/10/2013
Greg Robertson	U20	5:32.0	Hobart, TAS	04/01/1989
Chris Erickson	Open	5:36.0	Sydney, NSW	28/02/2009
Tim Erickson	Open	5:36.6	Melbourne, VIC	08/11/1980
Andrew Jachno	U20	5:37.5	Melbourne, VIC	06/03/1982
Dion Russell	U18	5:38.8	Melbourne, VIC	26/10/1992
Brad Aiton	U18	5:41.88	Southport, QLD	17/12/2011
Stephen Brooks	U16	5:42.68	Adelaide, SA	26/03/1995
Nick Dewar	U23	5:42.61	Brisbane, QLD	07/11/2013
Brandon Dewar	U23	5:43.78	Brisbane, QLD	07/11/2013
Daniel Thorne	U19	5:43.8	Geelong, VIC	07/03/1998
David Cash	Open	5:45.0	Melbourne, VIC	08/11/1980
Simon Baker	Open	5:45.0	Melbourne, VIC	02/12/1983
Bill Dyer	U19	5:46.2	Melbourne, VIC	07/02/1981
Wayne McEwan	U16	5:47.7	Hobart, TAS	27/03/1994
Nick A'Hern	U18	5:48.6	Sydney, NSW	05/11/1986
Steve Beecroft	U18	5:50.2	Melbourne, VIC	25/10/1988
Nathan Brill	U17	5:51.47	Melbourne, VIC	23/10/2012
Barry Birchenall	U20	5:52.0	Melbourne, VIC	04/12/1980
Tyler Jones	U16	5:54.87	Sydney, NSW	07/09/2013
Shaun Bubb	U17	5:56.0	Geelong, VIC	07/12/1991
Greg Topperwein	U16	5:56.38	Adelaide, SA	14/09/1987
Martin Richardson	Open	5:58.0	Melbourne, VIC	22/01/1983
Alan Muir	U17	5:58.2	Sydney, NSW	31/01/1980
Paul Copeland	U18	5:59.1	Melbourne, VIC	06/03/1984

I welcome any feedback to enhance this list - name, performance, venue, event, date.

In finishing, I would love to be trackside to see what I regard as my top 6 lining up against each other in a 1500m walk - in alphabetical order: Andrew Jachno, Dane Bird-Smith, David Smith, Jared Tallent, Luke Adams and Nathan Deakes. It will never happen as they span different eras but it makes for intriguing speculation.

I will zoom in on our Australian women in next week's newsletter.



Andrew Jachno: 10:56.22 for 3000m



Dane Bird-Smith: 5:16.39 for 1500m



David Smith: 5:12 for 1500m



Jared Tallent: 18:41.83 for 5000m



Luke Adams: 10:59.04 for 3000m



Nathan Deakes: 5:22.1 for 1500m age 19

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 8 NOVEMBER

The Western Australian track competition continued last Friday evening in Perth and 14 year old Declan Tingay was in great shape in the 3000m walk, finishing with 14:14.9 for a 41 sec PB.

Mixed 3000m Race Walk

1.	Tingay, Declan	M	Athletics WA	14:14.9	PB 0:41
2.	Hughes, Holly	W	Melville	16:22.7	
3.	Ruane, Tiahna	W	West Track	16:42.1	
4.	Tolardo, isabella	W	Melville	17:32.6	
5.	Gerken, Christopher	M	Athletics WA	18:03.3	
6.	Lowe, Daniel	M	Masters WA	18:07.9	
7.	Kezic, Tina	W	Athletics WA	21:43.1	
	Kezic, Tim	M	Athletics WA	DQ	

ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 9 NOVEMBER

Thanks to Kim Mottrom for last weekend's South Australian Interclub walk results. He commented: We had cool conditions today with a big field in the 3000m. Justin Hill, Anna Cross, Troy Hooker, Rhiannon Lovegrove and Felicity Henderson narrowly missed their PB's, however Sarah Damin, Jake Vidler and Jessica Hahn took big chunks off their previous PB's as they each continue their steady improvement.

3000m Walk

1.	Kim Mottrom	MOP	13:01.44
2.	Justin Hill	MOP	13:24.35
3.	Claire Tallent	WOP	14:37.37
4.	Anna Cross	WU16	14:52.51
5.	Alix Harlington	MU16	15:17.09
6.	Danielle Walsh	WU18	15:28.70
7.	Troy Hooker	M35+	15:34.49
8.	Bethany Cross	WU14	15:44.19
9.	Rhiannon Lovegrove	WU14	15:58.40
10.	Sarah Damin	QU14	15:59.30
11.	Peter Crump	M35+	15:59.32
12.	George White	M35+	16:08.82
13.	Jake Vidler	MU14	16:46.05
14.	James Hoare	M35+	21:33.30
15.			

1500m Walk

1.	Felicity Henderson	WU18	8:08.32
2.	Jessica Hahn	WU16	8:16.42

VRWC SUMMER ROAD CHAMPS, MIDDLE PARK, SUNDAY 10 NOVEMBER 2013

Our first road races for the summer season were held on Sunday at Middle Park and some 38 walkers turned out in cool conditions. The 20km events were first up and Kelly Ruddick was in dominant form, storming through to an excellent 1:35:35. For the men, Jesse Osborne strolled through for a win in the Open Men's 20km club championship for the Gus Theobald Trophy with 1:50:28.

VRWC Open Men 20km Club Championship - Gus Theobald Trophy

1.	Osborne, Jesse	51:44	1:50:28
2.	Evans, Simon	56:03	1:56:22
3.	O'Neill, Terry	1:02:14	2:06:30

VRWC Open 20km

1.	Ruddick, Kelly	48:19	1:35:35
2.	O'Neill, Karyn	1:08:42	2:21:17
3.	Howorth, Sandra	1:17:03	2:39:27

Splits from the Women's 20km event were used to determine placings in our annual Masters Women Club Championship for the Heather Carr Trophy and it also went to Kelly Ruddick. Brad Simpson also walked well for his 49:34 in the men's 10km event.

VRWC Masters Women 10km Club Championship - Heather Carr Trophy

1.	Ruddick, Kelly	48:19
2.	O'Neill, Karyn	1:08:42
3.	Howorth, Sandra	1:17:03

VRWC Open 10km

1.	Simpson, Brad	49:34
2.	Garganis, Adam	51:33
3.	Donahoo, Mark	53:35
4.	George, Stephanie	54:40
5.	Christmass, James	56:10
E6	Irshad, Kylie	1:04:55
E6	Dickenson, Russ	1:04:55
E6	Kozica, Jason	1:04:55

A series of club championships and Open shorter distance races completed the program and we were excited to see a superb race between young walkers Jemima Montag and Kyle Swan - Jemima eventually won out in the 5km with a huge PB of 22:55 ahead of Kyle with 23:00. Reese Walmsley also walked superbly for a big PB of 23:54. Well done to our club champions **Jemima Montag, Kyle Swan, Rebecca Henderson, Hayden Walmsley, Alanna Peart, Nikola Mandic and Freya Evans.**

VRWC Open 5km

1. David Smyth	28:53
2. Feain, Gerard	29:14
3. Feldman, Liz	30:32
4. Johnson, Celia	35:24
5. Machin, Sylvia	35:35

VRWC U20 5km Club Championship

1. Montag, Jemima	22:55	PB 0:47
2. Hamilton, Emily	28:33	
1. Swan, Kyle	23:00	
2. Walmsley, Reese	23:54	PB 0:28
3. Bird, Kyle	26:43	
4. Owen, Cooper	27:44	

VRWC U15 3km Club Championship

1. Henderson, Rebecca	16:03	
2. Huse, Philippa	16:15	Eq. PB
3. Crea, Gabriella	18:24	
1. Walmsley, Hayden	17:25	PB 0:28
2. Feain, Lachlan	17:32	

VRWC Open 3km

1. Feain, Madeleine	19:42
2. Onley, Gordon *	27:31
McShanag, Connor	DNF

VRWC U12 1.5km Club Championship

1. Peart, Alanna	08:17	
2. Henderson, Amber	13:19	First walk with VRWC
1. Mandic, Nikola	07:40	

VRWC U9 1.5km Club Championship

1. Evans, Freya	11:35
2. Irshad, Zara *	13:09

Terry Swan was busy with his camera and has captured the action from Sunday's racing, presentations and VRWC AGM. Check it all out at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=153>. A short selection follows.



James Christmass, Russ Dickenson, Jason Kozica, Kelly Ruddick, Kyle Swan and Jemima Montag



Start of the 3km and 5km walks



Rebecca and Amber Henderson, Hayden and Reese Walmsley



Senior club championship placegetters Simon Evans, Terry O'Neill, Kelly Ruddick, Sandra Geisler and Jesse Osborne



Runners World Kew proprietor Neil Ryan with 3 of the 4 Runners World Winter Season winners - Kyle Swan, Emily Hamilton and Kelly Ruddick

As usual, thanks to our officials and judges - sorry if I have missed anyone

Officials: Mark Donahoo, Tim Erickson, Simon Baker, Harry Summers, Bob Gardiner, Alan Walmsley
Judges: Peter Vysma (chief), Stuart Cooper, Lloyd Nichols, Michael Bodey
Canteen: Wendy Cooper, Kate Suich, Marlaine Stanway
Photos: Terry Swan

UKRAINIAN RACE WALKING CUP, MUKACHEVO, UKRAINE, 2 NOVEMBER 2012

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/11/taca-de-marcha-da-ucrania-em-mukachevo.html>) for their report on the 20th edition of the Ukrainian Race Walking Cup which was recently held as part of the two day Transcarpathia international meet in the city of Mukachevo.

21 year old Ukrainian walker Igor Lyashchenko won the men's 10,000m with a fine time of 40:26.9, ahead of Oleksandr Venglovskiy (40:52.0) and Konstantin Puzanov (42:08.8). Lyashchenko was not too far outside his PB of 39:52.75, set in Yalta earlier this year. The women's 10,000m was won by Inna Kashina with a PB time of 45:43.2, ahead of Vasilina Vitovszcik (47:51.3) and Junior Valentina Mironczuk (48:07.8). The event was attended by about 100 athletes in various age groups, representing 10 districts. Volynska with 204 points was the winning district, followed by Zakarpatska (177) and Zhitomirska (145).

10,000m Men

1.	Igor Lyashchenko	1993	40:26.9
2.	Oleksandr Venglovskiy	1985	40:52.0
3.	Konstantin Puzanov	1991	42:08.8
4.	Vladislav Svidnickiy	1987	42:38.0
5.	Viktor Parfeniuk	1990	42:59.9
6.	Vladislav Lobczenko	1993	43:00.9
7.	Fiodor Dovgun	1986	43:45.1
8.	Kirilo Andrushczenko	1993	45:04.9
9.	Igor Puzanov	1993	45:41.2
10.	Andriiy Vodvud	1996	47:42.0
11.	Valeriy Litaniuk	1994	49:03.9
12.	Oleg Padus	1995	49:45.4

10,000m Women

1.	Inna Kashina	1991	45:43.2
2.	Vasilina Vitovszcik	1990	47:51.3
3.	Valentina Mironczuk	1994	48:07.8
4.	Natalya Koncevic	1984	48:21.3
5.	Okcana Trofimovic	1992	49:03.5
6.	Olga Kisil	1991	49:06.9
7.	Margarita Pasiuk	1994	49:58.4
8.	Ksenia Radko	1994	51:17.1
9.	Olesia Kalenska	1989	53:00.0
10.	Viktorija Bokun	1995	53:16.9

11.	Maria Filiuk	1995	53:17.3
12.	Georgina Kondur	1992	54:29.6
13.	Hristina Michaylishin	1992	55:26.4
14.	Olga Stadnik	1994	56:59.8
15.	Adriana Rozhko	1993	58:36.1
16.	Roksolana Pavlik	1993	58:54.8
17.	Olena Soroka	1994	60:16.9
18.	Andzela Tanczinec	1991	60:21.2

CENTRAL AMERICAN AND CARIBBEAN SCHOOLS GAMES, ARMENIA, COLOMBIA, 31 OCT - 9 NOV

Again, thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/11/jogos-escolares-centro-americanos-e-das.html>) for their report on the Central American and Caribbean Schools Games which were held in Colombia over the last week. These Games are aimed at athletes aged between 15 and 17 years and are for countries in Central America, the Caribbean, Mexico, Bermuda, as well as the South American countries of Surinam, Guyana, Colombia and Venezuela. The men's 10,000m and 5000m track walks were held last Saturday and were won by Colombian Daniela Pastran (25:48.76) and Guatemalan Jurgen Grave (45:43.50).

5000m Women, Saturday 9 November

1.	Daniela Fernanda Pastrana Achicanay	Colômbia	25:48.76
2.	Karin Clarisa Vicente Guzman	Guatemala	26:06.95
3.	Jessica Citlalli Tapia Moreno	México	26:45.11
4.	Sheskaya Ramos	Venezuela	27:14.69
5.	Maria Jose Caliz Blandon	Nicarágua	27:42.23
6.	Kimberly Joseph Torres Correa	Costa Rica	31:03.55

10,000m Men, Saturday 9 November

1.	Jurgen Everhard Grave Chavez	Guatemala	45:43.50
2.	Noel Ali Chama Almazan	México	45:49.01
3.	Cristian David Merchan	Colômbia	48:26.80
4.	Jefferson Jesus Chacon Garcia	Venezuela	49:18.06
5.	Jesus Eduardo Vega Davila	Venezuela	51:23.69
6.	Albin Oliver Herrera Fonseca	Nicarágua	54:07.73
	Jose Alejandro Barrondo Xuc	Guatemala	DQ

87TH ENFIELD OPEN 7 MILE WALK, ERWL RACE 11, LVAC, LONDON, SATURDAY 9 NOVEMBER

Thanks to Ron Wallwork for the results of the 87th Enfield Open 7 Mile Walk which were held at the Lee Valley Athletic Centre in London last Saturday. The 7 Mile walks have long been prestigious events in England and Enfield remains on the calendar even now.

Callum Wilkinson became the first Enfield walker to win this race since 1934. In fact only two others C.W. Hyde with four wins 1928/1931 and J. Johnson in 1934 have their name on the trophy and he is, at sixteen, the youngest ever winner of the event. Fabian Deuter, Chris and Jonathon Hobbs, Wilkinson, Grazina Narviliene and Steve Utley were the early breakaway group, which by half way had splintered into what was to be the finishing order. The latter couple were involved in a thrilling finish and given the same time, which for Narviliene was over a minute quicker than her women's winning time in 2012. Even with a below strength team, Ilford AC retained the team cup for the fourth consecutive year.

Enfield 7 Mile Walk - Men

© = Centurion, *=pb

1.	Callum Wilkinson	U17	Enfield HAC	57.46
2.	Jonathan Hobbs	U21	Ashford AC	58.02
3.	Fabian Deuter	SM	Hillingdon AC	58.47
4.	Steve Utley	M55	Ilford AC	60.17
5.	Trevor Jones	M55	Steyning AC	60.38
6.	Chris Hobbs	M55	Ashford AC	60.56
7.	Peter Ryan ©	M55	Ilford AC	61.50
8.	Jim Ball	M50	Steyning AC	62.21
9.	David Crane	M35	Surrey WC	62.42
10.	Steve Allen	M55	Barnet & D AC	62.48
11.	John Ralph	M55	Enfield HAC	64.19
12.	Malcolm Martin	M55	Surrey WC	64.52
13.	Richard Emsley	M60	Steyning AC	64.58
14.	John Hall	M60	Belgrave H	66.12
15.	Andrew Cox	M60	Hillingdon AC	67.21
16.	Stuart Bennett ©	M50	Ilford AC	67.51
17.	Steve Allen ©	M55	Ilford AC	68.42
18.	Dan Maskell	M65	Surrey WC	69.20
19.	Arthur Thomson	M75	Enfield HAC	69.31

20.	Steve Kemp ©	M50	EVAC	69.40
21.	Sean Pender ©	M60	Enfield HAC	69.44
22.	Amos Seddon	M70	Enfield HAC	69.55
23.	Ken Bobbett	M65	Hillingdon AC	70.07
24.	Paul King ©	M60	Belgrave H	70.57
25.	Peter Hannell	M70	Surrey WC	72.30
26.	Chris Flint ©	M65	Surrey WC	73.01
27.	David Delaney	M70	Surrey WC	74.53
28.	Russell Vroobel	M50	Hillingdon AC	76.07
29.	David Hoben	M60	Surrey WC	77.28
30.	Jon May	M60	Enfield HAC	78.35
31.	Len Ruddock	M60	Ilford AC	83.56
32.	Dave Ainsworth©	M65	Ilford AC	93.14
33.	Mick Barnbrook©	M70	Ilford AC	94.00

Enfield 7 Mile Walk - Women

1.	Grazina Narviliene	W35	Belgrave H *	60.17
2.	Suz Beardsmore ©	W40	Abingdon A *	71.02
3.	Sue Barnett	W60	Enfield HAC *	73.01
4.	Anne Jones	W55	Steyning AC	74.37
5.	Angela Martin	W45	Surrey WC	75.45
6.	Linda Spinks	W45	Enfield HAC	80.12
7.	Norma Grimsey	W55	Enfield HAC	80.12
8.	Geraldine Legon	W50	Bexley	82.26
9.	Kathy Crilley ©	W65	Surrey WC *	85.17

4.6m Walk

1.	Ron Penfold	M70	Steyning AC	49.33
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2.3m Walk

1.	Dave Stevens.	M75	Steyning AC	27.16
2.	Eddie Trotter	M60	Ilford AC	31.09
3.	Ken Livermore ©	M80	Enfield HAC	35.01
4.	Bernie Hercock	M75	Enfield HAC	35.02
	Shaun Lightman	M65	Surrey WC	DNF

Teams mixed – 4 to score

1.	47 pts	Ilford AC	Uttley, Ryan, Bennett, Allen
2.	55 pts	EHAC	Wilkinson, Ralph, Thomson, Pender
3.	60 pts	Steyning AC	Jones, Ball, Emsley, Jones A,
4.	69 pts	Surrey WC	Crane, Martin, Maskell, Hannell
5.	76 pts	Hillingdon AC	Deuter, Cox, Bobbett, Vroobel

TAIHU RACE WALKING RALLY, SUZHOU, CHINA, 11-14 NOVEMBER 2013

Australians **Jared Tallent**, **Chris Erickson** and **Dane Bird-Smith** are amongst a big contingent of overseas walkers who have travelled to Suzhou, on Lake Taihu, in southern China for the inaugural Taihu Race Walking Rally. It is an ambitious idea - a four day racewalk rally styled on the Tour De France, with big prize money and a yellow jersey for the leader each day.

The Australians had hoped to form a four-way Commonwealth team with Canadian **Inaki Gomez** (the eighth place 20km finisher in Moscow) but the organisers are only allowing 3 person teams so Inaki has had to form his own team with 2 other internationals.

The total prize pool is around US\$280,000 and is spread as follows

The first 6 teams, male and female

1 : US\$20,000
 2 : US\$15,000
 3 : US\$10,000
 4 : US\$7,500
 5 : US\$6,000
 6 : US\$4,500

The first 8 overall, male and female

1 : US\$10,000
 2 : US\$7,000
 3 : US\$6,000
 4 : US\$5,000
 5 : US\$4,000
 6 : US\$3,000
 7 : US\$2,000
 8 : USA1,000

The first 15 in each stage, male and female

1 : US\$1,000
 2 : US\$800
 3 : US\$700
 4 : US\$600
 5 : US\$500
 6 : USA400
 7 : US\$300
 8 : US\$200
 9 : US\$100
 10 to 15 : US\$100

On top of that, the leader in the Yellow Vest competition each day receives an additional US\$1,000. Considering that the organisers are also footing the airfares and accommodation for any overseas walkers ranked in the top 100 in the world and you get some idea of the big money behind this venture.



Inaki, Chris, Dane and Jared ready for the action

The event started yesterday with a 20km leg, followed by 15km legs on the following three days. You can see the course maps and further event information at http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1604. Yesterday, which was the 10th National Walking Day, the city held a Fitness Walking Event around the lake for elderly people from across the country and some 6,000 local residents took part in the race alongside the professional walkers.

Stage 1 - 20km - Monday 11 November

With daily maximum temperatures around 16°C, conditions were ideal for the first stage of the four day Rally - a flat 20km out and back course alongside Lake Taihu.



Walkers get underway in Stage 1 at Lake Taihu (photo <http://www.marciaitaliana.com/ita/>)

Thanks to Chris Erickson for the Day One results which he photographed from the results board and emailed on. He advises that the main pack of men walked together for around 12km before the eventual winner Yu Wei (PB 1:19:07) cleared away with a couple of other Chinese and Petr Trofimov of Russia. At around 16km, Yu put the hammer down as part of a sub 20-minute last 5km to win with 1:23:45 ahead of 19 year old countryman Ding Zianyu who took second by the barest of margins (1:24:07) from the fast finishing 20 year old Australian **Dane Bird-Smith** (1:24:07). This is probably Dane's best result thus far and clearly shows the big future that awaits this talented young Queenslander. **Chris Erickson** held on well for 13th (1:25:27) while **Jared Tallent**, who has had a big break since his bronze medal in the Moscow 50km, started conservatively, finishing 25th with 1:28:16. He will improve over the subsequent stages. Chris thinks the Australian team are in third or fourth place in the men's teams competition but official teams results are as yet still to be sighted. Note that the results below show a large number of provincial Chinese teams (YNN, LNG, etc) as well as an official Chinese team. Non-Chinese walkers are marked with an *.

Men's 20km

1.	Yu Wei	CHN	1:23:45
2.	Ding Xianyu	YNN	1:24:07
3.	Dane Bird-Smith *	AUS	1:24:07
4.	Petr Trofimov *	RUS	1:24:14
5.	Matej Toth *	SVK	1:24:32
6.	Ihor Hlavan *	UKR	1:24:36
7.	Liu Xu	LNG	1:26:36
8.	Liu Jianmin	SHD	1:24:37
9.	Inaki Gomez *	CAN	1:24:37
10.	Erik Tysse *	NOR	1:24:52
11.	Grzegorz Sudol *	POL	1:24:56
12.	Li Shijia	LNG	1:25:09
13.	Chris Erickson *	AUS	1:25:27
14.	Aleksandr Yargunkin *	RUS	1:25:41
15.	Han Jijiang	SHD	1:26:16
16.	Zhao Qi	JSU	1:26:20
17.	Sergio Vieira *	POR	1:26:27
18.	He Yongqiang	CHN	1:26:39
19.	Sun Chenggang	SHD	1:26:59
20.	Jaoa Vieira *	POR	1:27:16
21.	Xie Sichao	MON	1:27:39
22.	Xiong Bonan	JSU	1:27:47
23.	Yan Dexiang	SHD	1:27:53
24.	? Dexing	SHD	1:27:53
25.	Jared Tallent *	AUS	1:28:16
26.	Hatam Goula *	TUN	1:28:21
27.	Hu Enxi	MON	1:28:37
28.	Pei Lianyou	YNN	1:28:46
29.	Zhang Lin	JFJ	1:28:48
30.	Gao Wenkui	MON	1:29:02
31.	Wu Qiuolong	MON	1:29:15
32.	Tong Yongliang	MON	1:29:23
33.	Li Peng	HNN	1:29:29
34.	Luo Yadang	GAN	1:29:51
35.	Wang Kaihau	GGO	1:30:04
36.	Wang Gang	LNG	1:30:05
37.	Eder Sanchez *	MEX	1:30:20
38.	Li Jinguo	YNN	1:30:46
39.	Jiang Jei	SHD	1:31:17
40.	Zhong Zing	MON	1:31:19
41.	Wang Jiexin	JSU	1:31:24
42.	Men Fuqiang	LNG	1:31:45
43.	Li Tianlei	JSU	1:31:45
44.	Wang Yingqi	BJG	1:32:05
45.	Su Guanyu	SHD	1:32:15
46.	Wei Xubau	SHD	1:32:16
47.	Lu Dahai	HNN	1:32:24
48.	Li Tengliang	JGX	1:33:15
49.	Chen Chong	JSU	1:33:27
50.	Cheng Min	BJG	1:33:49
51.	Wang Zhendong	JSU	1:33:49
52.	Cai Zelen	CHN	1:33:51
53.	Ma Youshan	MON	1:34:16
54.	Zhang Hang	JFJ	1:34:28
55.	Want Mingli	GGD	1:34:40
56.	Yan Yuanhua	JGX	1:34:45

57.	Miguel Carvalho *	POR	1:34:49
58.	Wang Yan	GGD	1:34:57
59.	Mohamad Shamrin Mohd Aris *	MAS	1:37:31
60.	Sandor Racz *	HUN	1:38:37
61.	Dionisio Ventura *	POR	1:39:08
62.	Luo Xianxu	GGD	1:40:21
63.	Bai Junyang	HNN	1:40:45
64.	Han Di	GJG	1:44:04
65.	Jiang Guofu	BGG	1:51:04

17 year old Chinese walker Ji Yefang (born 04/03/1996) beat the highly favoured 26 year old Liu Hong (PB 1:25:46) by 48 secs to take the leader's yellow jersey in the women's race - 1:33:00 to 1:33:48 - while Portugese walker Ines Henriques took third in 1:33:56, closely followed by fellow Portugese walker Vera Santos with 1:34:04.

Women's 20km

1.	Ji Yefang	JSU	1:33:00
2.	Liu Hong	CHN	1:33:48
3.	Ines Henriques *	POR	1:33:56
4.	Vera Santos *	POR	1:34:04
5.	Lu Xiuzhi	CHN	1:34:17
6.	Sun Huanhuan	CHN	1:34:20
7.	Zhou Tongmei	ANH	1:34:36
8.	Tatiana Korotkova	RUS	1:34:47
9.	Xu Liqin	JGX	1:34:54
10.	Queyang Shijie	CHN	1:35:27
11.	Yang Mingxia	SHX	1:35:20
12.	Liu Huan	SHD	1:35:30
13.	Su Yingqiu	JSU	1:35:45
14.	Susana Feitor *	POR	1:35:50
15.	Liu Shuyu	HLU	1:36:17
16.	Irina Shushina *	RUS	1:36:31
17.	Ana Aabecinha *	POR	1:36:43
18.	Pei Mowen	JSU	1:36:56
19.	Hou Yongbo	HNN	1:37:07
20.	Wang Di	JLN	1:37:37
21.	Duan Dandan	HNN	1:37:42
22.	Ni Yuanyuan	SHX	1:37:58
23.	Chen Zhen	SHX	1:38:11
24.	Ainhua Pinedo *	ESP	1:38:37
25.	Dong Genmiao	SHD	1:40:15
26.	Wang Zhenzhen	SHD	1:40:16
27.	Yang Lei	SHD	1:40:22
28.	Viktoria Madarasz *	HUN	1:40:59
29.	Zhang Xuhong	JSU	1:41:45
30.	Xin Shasha	BJG	1:41:52
31.	Ding Huiqin	GAN	1:42:02
32.	Yang Peili	HNN	1:42:05
33.	Geng Shasha	SHX	1:42:44
34.	Li Wei	BJG	1:44:34
35.	Zheng Xiaoying	BJG	1:44:53
36.	Pua Li Eng *	MAS	1:47:41
37.	Wang Na	HLJ	1:49:08
38.	Tong Lingling	JGX	1:49:19
39.	Liu Ke	HNN	1:49:47
40.	Wang Dan	JGX	1:50:03
41.	Dui Yahui	HNN	1:51:18
42.	Gao Linling	BJG	1:57:58

Stage 2 - 15km - Tuesday 12 November

The second stage used a 3km out and back course with a bit of an incline so probably a harder course than Monday and a few tired bodies to boot. The event also saw an underage 5km walk which started concurrently. This meant a faster start overall than yesterday. Yu Wei led out once again and held on to win with 1:01:06 ahead of 22 year old compatriot Wang Zhendong with 1:01:10. Russian Petr Trofimov was the best of the overseas contingent, taking third place with 1:01:23. Once again, Ihor Hlavan and Inaki Gomez finished well up as did **Dane Bird-Smith** who crossed the line in 8th spot with 1:02:03. **Chris Erickson** was in 16th place with 1:03:30 but was well pleased with his time and place. His Facebook comment: "*Day 2 Results. 15km with a bit of an incline, quicker than yesterday. Thinking there could be some tired bodies from here on in. Happy with my result, finished off strong and might have moved up a spot or two overall. 2 down 2 to go!*" **Jared Tallent** finished in the mid twenties, similar to Monday, to complete the Australian team who continue to do well. Unfortunately I only have the first page of results which read as follows

Men's 15km

1.	Yu Wei	CHN	1:01:06
2.	Wang Zhendong	JSU	1:01:10
3.	Petr Trofimov *	RUS	1:01:23
4.	Zhao Qi	JSI	1:01:46
5.	Ihor Hlavan *	UKR	1:01:51
6.	Inaki Gomez *	CAN	1:02:08
7.	Liu Jianmin	SHD	1:02:10
8.	Dane Bird-Smith *	AUS	1:02:03
9.	Xie Sichau	MON	1:02:15
10.	Erik Tysse *	NOR	1:02:20
11.	Sun Chenggang	SHD	1:02:41
12.	Liu Xu	LNG	1:02:52
13.	Yan Dexiang	SHD	1:02:52
14.	Aleksandr Yargunkin *	RUS	1:03:00
15.	Matej Toth *	SVK	1:03:04
16.	Chris Erickson *	AUS	1:03:30
17.	Grzegorz Sudol *	POL	1:03:34
18.	Joao Vieira *	POR	1:04:02
19.	Zhang Lin	JFJ	1:04:06
20.	Luo Yadong	GAN	1:04:10
21.	Han Jijiang	SHD	1:04:45
22.	Sergio Vieira *	POR	1:04:46

The women's 15km race today saw a clean sweep for the Chinese walkers with Liu Hong, Lu Xiuzhi and Sun Huanhuan finishing ahead of the first 3 overseas walkers Irina Shushina, Ines Henriques and Vera Santos. It looks like China and Portugal are fighting for line honours in the teams race at this stage.

Women's 15km

1.	Liu Hong	CHN	1:08:07
2.	Lu Xiuzhi	CHN	1:09:34
3.	Sun Huanhuan	CHN	1:09:47
4.	Irina Shushina *	RUS	1:09:52
5.	Ines Henriques *	POR	1:09:58
6.	Vera Santos *	POR	1:10:02
7.	Zu Liqin	JGX	1:10:14
8.	Su Yingqiu	JSU	1:10:32
9.	Ji Yefang	JSU	1:10:35
10.	Tatiana Korotkova *	RUS	1:10:38
11.	Duan Dandan	HNN	1:10:58
12.	Susand Feitor *	POR	1:11:20
13.	Yang Mingxia	SHX	1:11:23
14.	Wang Zhenzhen	SHD	1:11:30
15.	Dong Genmiao	SHD	1:11:32
16.	Liu Huan	SHD	1:11:33
17.	Yang Lei	SHD	1:11:33
18.	Ana Cabecinha *	POR	1:11:58
19.	Zhou Tongmei	ANH	1:12:03
20.	Chen zhen	SHX	1:12:11
21.	Liu Shuyu	HLJ	1:12:19
22.	Wang Di	JLN	1:12:37

Tomorrow sees the walkers contest 5 laps of a 3.1km loop for a total distance of 15.5km.

WALKING SHORTS

- A new Australian Federal Parliamentary Library report provides a comprehensive background on the development of the Commonwealth Games. Primarily however, the paper concentrates on a discussion of the Australian experience of the Commonwealth Games and reviews the successes and downsides of each of Australia's Games experiences, and speculates upon what may be some of the possible outcomes for the 2018 Games. It is some 66 pages in length and contains plenty of great reading. See http://parlinfo.aph.gov.au/parlInfo/download/library/prspub/2825633/upload_binary/2825633.pdf;fileType=application%2Fpdf.
- The October edition of the British Race Walking Record is now available. See <http://racewalkingrecord.co.uk/wp-content/uploads/2013/11/RWR-october-2013.pdf>.

- The new WalkCentral website is well worth bookmarking - <http://www.walkcentral.com>. Features currently there include
 - Inaki Gomez talking about his progression and his hopes for the future of Canadian racewalking.
 - Ever wondered what goes into judging of top racewalking competitions and why the camera does lie - an interview with international racewalking judge Peter Marlow.
- In-depth interview with Ireland's Robbie Heffernan, published a few days ago on the IAAF website: <http://competition-elb.aws.iaaf.org/competitions/iaaf-world-race-walking-cup/news/work-rest-and-play-robert-heffernan>

ANDREW JAMIESON DISCOVERS THE JEFFERSON PEREZ QUEZADA

Andrew Jamieson emailed me a few days ago with this little gem of information:

After the WMA Championships, Lyn and I headed north to the Galapagos Islands for a week's holiday. The Galapagos are way out in the Pacific ocean on the Equator and are part of Ecuador and are unique for their birds, reptiles and animals, as no doubt many have seen on David Attenborough's documentaries. On our last day we were looking around the town of Puerto Baquerizo Moreno (Pop. 5600) on the island of San Cristobal and to my delight came across the local stadium named after none other than the great Jefferson Perez, a walker I have admired for a long time. The track was literally a cinder track - volcanic cinder - as the whole island is the remains of an old volcano. The surface was perhaps a little rough but this didn't stop me doing a lap. Perez has been one of the greatest 20km walkers ever with three gold medals and one silver in World Championships, gold and silver in the '96 and '08 Olympics (4th place in 2000 and 2004) and a World record of 1.17.21 He also has two golds and one silver from the World Cup. He is the only Equadorian to have won Olympic medals and rightly is regarded as a National Hero.



Andrew tests out the Jefferson Perez Stadium in Puerto Baquerizo Moreno

VRWC CLUB RECORDS

I forgot to mention in last week's newsletter that Kelly Ruddick's W40 World Record beating time of 13:07.25 was of course a VRWC W40 record - yet another club record to this versatile walker.

And this week, 15 year old Jemima Montag has set new club U16-U18 Women's 5km Roadwalk records with her time of 22:55.

VRWC AGM - THE END OF AN ERA

The VRWC Annual General Meeting was held at the conclusion of our roadwalk meet on Sunday and it was an event of great significance as Harry Summers stepped down after nearly 30 years as our Club President. He took up the reigns in 1984 and now, as we near the end of 2013, he has decided to step aside.

First to the annual report which you can read at http://www.vrwc.org.au/documents/VRWC_AGM_2013_all.pdf. And now onto a

brief review of Harry's wonderful contribution to the club and to Australian Track & Field in general.

Harry Summers steps down as VRWC President



This AGM signals the end of an era as club President Harry Summers steps down after nearly 30 years in this vital role. During this time, he has seen highs and lows, guiding the club through a period of great growth (1980s and early 1990s), then helping us cope with the loss of our clubrooms with its the resulting instability and drop in numbers (1995) and finally overseeing our subsequent rise to become Australia's strongest walking club once again.

Harry was one of the strong Victorian walking squad who came to the fore in the 1950s. He began racing in 1953 as a 17 year old and joined the Victorian Amateur Walkers' Club the following year.

Within two years, he had won his first national medal (a bronze) in the 1955 Australian 10,000m championship in Brisbane (49:21). He gained a second place in the Australian track 2 mile title in 1956 (14:15) and a third in 1960 (15:00) and featured in many clashes with Bob Gardiner and Ted Allsopp in the 1960s. He was also a fine cyclist and successfully mixed the two sports in his early career. Among his cycling victories was the Grafton to Inverell classic.

Harry returned to serious walking with the advent of the Veteran movement and won gold and silver in the 1981 World Veterans Championships in New Zealand. He was also selected in Australia's 1981 Lugano Cup team and rates that selection as the "personal highlight of my career". He was the oldest athlete, at 46, to represent Australia. He was selected again in 1985 in the team to the Isle of Man when 50 years of age – a remarkable achievement.

He was VAWC Vice Captain in the 1958-60 timeframe and when he returned to walking later in his career, he was elected as Club Captain in 1982. In 1983, he was elected to the position of Club President, a position he has held now for 30 years. He was awarded his VRWC life membership in 1990.

Harry has worn many other hats and has had many milestones during his long career in athletics

- He competed in the 1981 World Veterans Champs in NZ (M45), winning gold (5000m) and silver (20 km)
- He competed in the 1981 Lugano Cup 50 km walk in Valencia (aged 46) and in the 1985 Lugano Cup 50 km walk in the Isle of Man (aged 50)
- He managed the 1983 Lugano and Eschborn Cup teams to Bergen and the 1987 Lugano and Eschborn Cup teams to New York
- He managed the first walk team to visit China in 1985, comprising Sally Pierson, Kerry Saxby and Anne Ryan
- He is a Level 5 walks coach (he was one of the first to achieve this status) and has coached a long list of Australian walkers to international status
- He has been on the executive of the Australian Track and Field Coaches Association for the past 20 years
- He was appointed the Australian National Walks Coach in 1998
- He was President of Racewalking Australia from 2002 to 2004

This year, Harry celebrates 60 years of involvement in athletics and he continues to mix his many portfolios and contribute to the sport at so many levels. We thank him for his huge contribution to our club and look forward to his continuing involvement as a valued club member. Perhaps he will now find some time to actually race!

The good news is that the club remains in strong hands as former Olympian Bob Gardiner has stepped up from Vice Captain to take over the presidency. We now welcome Bob to this important role and wish him a happy few years at the helm.



Bob Gardiner steps up to the plate

BOB GARDINER AND HARRY SUMMERS CELEBRATE 60 YEARS IN ATHLETICS

And more news about Bob and Harry. This year, they each celebrate 60 years in athletics. Each started his T&F career in 1953, Bob with Collingwood Harriers and Harry with Preston Harriers, both aged 17. Both joined the Victorian Amateur Walkers' Club (VAWC) in 1954 and are still going strong all this time later on. They have raced each other off and on over the entire period and each has had his fair share of victories. The following two photos are snippets from their many walking encounters



**1955 Melbourne to Oakleigh and Return (25 Miles)
From left to right: Don Keane, Bob Gardiner, Harry Summers, Len Chadwick and Ray Smith**



Bob and Harry at the 1990 World Veterans Championships in Melbourne

Well done Bob and Harry - may you have many more races!

WILLI SAWALL - HAPPY 72ND BIRTHDAY

And finally, the great Willi Sawall (born 7th November 1941) celebrated his 72nd birthday last Thursday so I thought a review of his career might be in order. For our younger readers, he is one of our Australian racewalking legends. Read on and you will see why!

1976	IAAF World Champs	Malmö	50 km	22 nd	4:18:27
1978	Commonwealth Games	Edmonton	30 km	2 nd	2:22:58
1979	Racewalking World Cup	Eschborn	50 km	10 th	3:51:08
1980	Olympic Games	Moscow	50 km	8 th	4:08:25
1981	Racewalking World Cup	Valencia	50 km	DNF	
1982	Commonwealth Games	Brisbane	30 km	4 th	2:15:23
1983	IAAF World Champs	Helsinki	20 km	30 th	1:28:16
1984	Olympic Games	Los Angeles	20 km	16 th	1:28:24
1984	Olympic Games	Los Angeles	50 km	DNF	
1985	Racewalking World Cup	Isle of Man	50 km	11 th	4:06:38
1986	Commonwealth Games	Edinburgh	30 km	5 th	2:14:29
1987	IAAF World Champs	Rome	50 km	26 th	4:14:25

Willi Sawall, born 7th November 1941, migrated to Australia as a child and started athletics at 12, as a sprinter. He moved to distance events and by 1970 he was the Victorian country marathon champion.

Fortunately for race walking a persistent hamstring injury and tendon problems caused a temporary retirement and prevented his continuing participation in marathons. Ballarat's captain Bruce McClure suggested walking, primarily for therapy but also as an alternative discipline to retain his fitness. In desperation he took the advice and went on to rewrite the Australian walking record book and became one of Australia's greatest walkers.

He commenced race walking in 1974 at Ballarat and in 1975 joined the Victorian Walkers Club. He quickly mastered the technique and by August 1975 surprised Australia's walking fraternity by recording a **1:36:03** 20 km time. Within five weeks, Sawall gave further notice of his potential by capturing his first Victorian title. In January he shocked his opponents finishing only 21 seconds behind Ross Haywood (1:32:05) in the Walkers Club 20 km.

"*Who is this athlete?*" was the question being asked outside Victoria? He had come from obscurity to become one of our top walkers in two years. Sawall revolutionized walking in Australia with his aggressive, powerful style.

Haywood and Sawall finished in that order in the 1975/76 AAU 20 km rankings and in the 3 km rankings (Haywood 12:17 and Sawall 12:38).

Willi contested the 1976 Olympic 20 km trial in April but was disqualified. It was just a month too early in his career. From then on, he was untouchable. In the ensuing 1976 winter season, he won the Victorian 10,000m track title in a new Australian record of **43:36**, the Victorian 30 km (**2:23:30**), 15 km (**1:07:34**), 20 km (equalled Noel Freeman's Australian best time of **1:29:12**), the VRWC club

50 km (an Australian best of **4:12:20**), the LBG 20 miles title (**2:33:29**) and finally won a track 50 km walk at the Glenhuntly track in **4:06:39.0** for a new Commonwealth record.

With these performances he would have been a certainty for the 1976 Olympic 50 km, but the Olympic Games Organising Committee dropped the 50 km event from the 1976 Games.

The IAAF continued to recognise the 50 km as a major event and held a world walking championship over that distance at Malmo, Sweden in 1976 so at least he had some sort of compensation for missing out on Olympic selection. In that event, he finished a creditable 22nd in **4:18:27**, just ahead of Tim Erickson. In that race, he paid the penalty for his long season of intense racing and was off his best.

From then on, Willi was undisputed champion over all distances in Australia. He won the Australian 3000m track title 5 times in a row from 1977 to 1982, won the Australian 20 km titles in 1976, 1978 and 1982 and won the Australian 50 km title in 1977, 1981 and 1986. No one could match his mixture of sheer aggression, speed and stamina.

He won the 1978 Commonwealth Games Selection trial in **2:19:25**, breaking his best time by over 2 minutes and well clear of any other Commonwealth competitors. He was ranked number 1 in the athletics team selected for the Edmonton Commonwealth Games and was perhaps Australia's most probable athletics gold medal. But another winter season of hard racing and convincing wins in all the major titles took its toll and he was below peak form for the most important race of the year. In very hot conditions and after a great battle with British walker Olly Flynn, he faded to second in **2:22:28**. While it was still a very good walk, it was nonetheless a disappointing result for Willi.

He bounced back in 1979 and asserted his position as Australia's top walker over all distances with new Australian records over 1500m (**5:33.8**), 3 km (**12:02.3**) and 10 km (**43:35.8**)

He beat two outstanding young juniors Mike Woods and Bill Dyer at the 1979 national track championship, won his fourth successive LBG 20 miles title, won the Federation 20 km title in which he beat David Smith and won the Australian versus New Zealand match.

He won the 1979 Lugano Cup trial trial, beating Tim Erickson and John Sheard in Australian record time (**3:56:07**), becoming the first Australian to break the four-hour barrier. It was just 24 years since Hellyer, Waddell, Jim Short and Eric Kirby had broken the five-hour barrier.

It was a tremendous breakthrough in world rankings for Australia. Willi, with his hard training and aggressive approach, was responsible for the phenomenal improvement in the 1980s. In the next decade Dave Smith, Simon Baker, Andrew Jachno, Sue Cook and Kerry Saxby were placed in world or Commonwealth Games.

Australia sent 12 athletes in our first team to compete in the Lugano and Eschborn Cups. Sawall, Erickson, Sheard and Sockhill in the 50 km; Dave Smith, John Smith, Rod Huxley and Peter Fullager in the 20 km; Sue Cook, Sally Pierson, Lorraine Young and Karen Iselin in the 5 km.



Willi Sawall competes in the 1979 Lugano Cup 50 km trial. Pictured from left to right are Tim Erickson, Clarrie Jack, Bruce Cook, Willi, John Sheard and Peter Vysma.

In Germany, Willi reduced the Australian 50 km best time to **3:51:08**, in the Lugano Cup final, for 10th place. Finally on his third international walk, had put it all together and walked up to his true potential.

In Sydney at the 1980 National track 3,000m championships, Willi clocked **11:32** to retain his title for the fourth consecutive year. He followed this with a fine win in April 1980 in the Olympic 50 trial in Adelaide. His time of **3:46:34** broke his previous best and he was rated an Olympic medal chance.

He was never one to rest on his laurels and continued to race hard and fast through the winter. He won the Victorian 30 km title in another PB (**2:10:11**) and won the Victorian 12 km teams race in an amazing **49:18**. His victory in the Canberra 20mile in June was devastating – his time of **2:16:48** stood as the best time until finally broken by Jared Tallent in 2007 – not even the likes of Simon Baker, Nick A'Hern, Dion Russell or Nathan Deakes were able to approach it. It was perhaps his greatest performance in a long career of great performances.

But he paid a price for these superb performances – a torn groin muscle. This effectively ruined any medal chances in Moscow and his Olympic performance was a big disappointment to him. A cortisone injection enabled him to start and he led early but faded to 15th before rallying to a final place of 8th in **4:08:25**.

By 1981, he was being challenged by a young and equally aggressive Dave Smith and over the next few years, titanic battles raged on the track and road. But Dave was the youngster and Willi was by this stage approaching 40 years of age. Although Willi was still improving, Dave was improving at a faster rate and eventually the tables turned.

Although still troubled by his groin injury, Willi fronted for the 1981 winter season, won the Canberra 20 miler again (his fifth in succession) and then turned his thought to the upcoming Lugano Cup. Dave won the 1981 Lugano Cup 20 km trial in Adelaide in July 1981 in 1:23:31 while Willi was 2nd in **1:25:56**, a PB. Then Willi bounced back and won the Australian 50 km title at Fishermans Bend in Melbourne 2 weeks later in **3:53:55**.



Willi Sawall leads the walkers from the Stadium in the 1980 Olympic 50 km walk.

Off to Valencia for yet another international but once again trouble struck. The 50 km was held in hot conditions on a course that included changing surfaces (competitors had to walk 400m on a new tartan track every 2.5 km). Willi was unable to hold up under these conditions and retired due to shin soreness at around the 35 km mark, when in approximately 12th place.

As 1982 started, Willi was back into shape again and won the VAWC Christmas 20 km in **1:26:55**. This was then followed by a win in the Victorian 10 km walk in **41:17**, another PB.

He took extended long service leave and committed himself fully to walking. As the winter season started, he moved up a notch and had his most convincing winter ever, with winning performances that included the Victorian 15 km (**1:04:55**), VAWC 10 km handicap (**40:53**), Victorian 30 km (**2:08:00.4**), VAWC 10 km (**40:04**), Canberra 20 miles (**2:18:18**), Victorian 20 km (**1:21:36**), Australian 20 km in Brisbane (**1:29:02**), VAWC 10 km (**40:44**), Commonwealth Games 30 km trial (**2:08:28**) and AFRWC 10 km in Richmond, NSW (**40:04**).

With his 2 outstanding 30 km times and his similar split in the Canberra 20miles, he had the 3 top ranking times in the

Commonwealth and he was once again an unbackable favourite. But once again, it was a case of a great season followed by a disappointing finale. Willi was once again nursing injuries in Brisbane and, although leading for the first half of the race in typical fashion, he had to lower his colours to Steve Barry of England, coming 4th in **2:15:23**.

A hamstring injury in 1983 prevented him defending his Canberra 20 mile title and Dave Smith was able to clean up in his absence. Willi had a quiet year by his standard, winning only one state title, the Victorian 15 km roadwalk. He was nevertheless selected to compete in the IAAF World Championships in Helsinki and he finished 30th in **1:28:16**.

When Willi won a place in the 1986 Commonwealth Games team (he was 3rd in the Canberra trial in **2:12:34**), he became the only Australian to have competed in 5 Olympic and Commonwealth Games. He followed up his fine walk in the trial with yet another win in the Canberra 20 mile event in **2:26:26** before recording a fine 5th in **2:14:29** in Edinburgh. This was followed by yet another National title – the 50 km in **3:59:48**. At 44 years of age, Willi was still capable of breaking 4 hours for the 50 km event!

In 1987, the World Veteran titles were held in Melbourne and Willi Sawall, competing in the M45 section, won overall in the 20 km in **1:33:54** in a course around 'The Tan'.

But Willi was after one final Olympics and he walked an outstanding race in the 1988 National 20 km title in August, finishing 3rd behind Baker and Jachno in a time of **1:25:02**, only 2 seconds outside Olympic qualifying. That 2 seconds separated Willi from a third Olympics. A 46 year old walker had walked the amazing time of 1:25 minutes for 20 km.

Willi knew only one way of racing and that was from the front. Even in the 1990 Commonwealth Games trial, he headed out at a fast pace and led before succumbing to a hamstring injury.

This was followed by a 2 year break from top competition for Willi and it was not until May 1992 that he made his next appearance at National level. On this occasion, the 50 year old walker won the Australian 50 km title with **4:12:57**, a time which ranked him second to Simon Baker nationally. This was his 12th National title – and it also made him the oldest walker to win a National Open title. Six weeks later he won the Victorian 50 km title in **4:18:38**. The times were not good enough for Olympic selection but amazing nonetheless for someone of that age.

From then on, Willi raced infrequently but remained competitive and could still produce good times. In the 1997/98 season, he was ranked 11th over the 20 km with a time of **1:35:25** – at over 55 years of age! Even in his sixties, he remained active on the local Ballarat front and still competed in the local Interclub and Cross Country seasons. Now in his seventies, he has hung up his racing shoes but can still be seen on the local Ballarat front doing his occasional walk or run.

Peter Waddell noted that Willi amassed a total of 37 Victorian titles and broke Australian records on 42 occasions. Even now, he still holds the Victorian 2 hour track record of 27.123 km, set at the Box Hill track on May 24 1980.

WHAT'S COMING UP

Athletics Australia has now opened entries for the **Australian 50km Race Walking Championships and associated events (Open 20km, U20 10km and U18 5km)** on **Sun 15th December** at **Fawkner Park** in Melbourne. Note that entries close on 29th November. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1065&OrgID=887.

Victorian Judging Convenor Diane Lowden has asked me to remind everyone of the Walk Judging Seminar that is to be held in Melbourne on Saturday 14 December. It is time to fill out your nomination form and post it back to Diane. See further details at <http://www.vrwc.org.au/documents/2013%20VIC%20Walk%20Judges%20Seminar%2014%20December.pdf>.

Next Saturday, **Athletics Victoria Shield competition** continues with Round 3 (2000m walks) at our 4 metropolitan and 3 country venues. See <http://www.athsvic.org.au/> for further details. Hopefully our summer handbook will be out soon.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Sun Dec 1, 2013	VRWC Road Walks, Middle Park (VIC)
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (Vic - 2014 World Cup 50km trial)
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (Tas) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC - 10,000m walks)

2013 International Fixture

Nov 11-14, 2013	Chinese Racewalk Tournament, Suzhou, China
Sun Dec 1, 2013	Hong Kong 20km Championships - http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent

Dec 7-8, 2013 50km / 12 Hour roadwalks in Putrajaya, Malaysia - <http://www.racewalkermalaysia.com/12-hour-walk.php>

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au>
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
May 3-4, 2014 **26th IAAF World Race Walking Cup, Taicang, China**
May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014 Dudinska 50, Dudince, Slovakia
Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014 Podebrady, Podebrady, Czech Republic
Jun 8, 2014 Grand Prix of York, England
Jun 13, 2014 International Festival of Alytus, Lithuania
Aug 31, 2014 Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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**
2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**
July 2020 **32nd Olympic Games, Tokyo**

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