



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

This week's Walker of the Week is Melbourne based Australian international **Chris Erickson** who successfully completed the 4 Day Taihu Race Walking Rally in Suzhou, China, last week. Chris had a great meet there - here are his 4 days:

Monday	20km	13 th	1:25:27
Tuesday	15km	16 th	1:03:30
Wednesday	15.5km	11 th	1:05:36
Thursday	15km	6 th	1:03:28

He gave it a real go on days 3 and 4 with two high finishes. On day 3, he was actually in 8th place with 400m to go when he was forced to stop for one minute with the new Pit Lane rule, having received a second red card. This meant he eventually finished in 11th spot but was still only 1:57 behind the winner. On Thursday he did even better, breaking away from the lead group early on and maintaining a solo break until eventually caught by a small chasing group at 13.5km. Even then, he hung on well to finish 6th, only 10 seconds behind the Russian winner.

He finished 10th overall on cumulative time, only a few seconds behind 8th place which is where the big money stopped. So he just missed out on a good payout but still won a bit of cash for his 13th 11th and 6th placings. This performance caps off what has been without doubt Chris's finest year ever.

BRWC ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 13 NOVEMBER

Thanks to Paul Rance for the latest walk results and report from Bendigo.

Last Wednesday evening the Bendigo Walkers Club held 2.4k and 4.8km sealed handicap events in Rosalind Park, which is also the venue for the 10km road walk for the up-coming Oceania Masters Athletic Championships. In the 2.4km event, 12 year old Zahra Hayes produced the best performance, walking fastest time in a new personal best by 24 seconds. She also broke the Club under 14 record formally held by Zoe Boldiston by 3 seconds with a time of 12.08.5. The handicap section was won by Sheridan Commons with Zahra second and Carissa Brook in 3rd place just in front of Madison Hill with Sheridan and Carissa also producing personal best efforts. The 4.8km event saw Club president Paul Rance claim a rare victory in the handicap section, also breaking his own Club 50+ record in 25.00.5 while Barb Bryant walked a time of 29.00.7 to set a new Club 55+ record in finishing in equal 2nd place in the handicap section with John Carter.

4.8km

1.	Paul Rance	25.00
E2.	Barb Bryant	29.00
E2.	John Carter	34.30
4.	Norm West	38.19
5.	Peter Curtis	30.02

2.4km

1.	Sheridan Commons	18.39
2.	Zahra Hayes	12.08
3.	Carissa Brook	13.53
4.	Madison Hill	13.47
5.	Ebony Whiley	13.37

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 13 NOVEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide.

3000m yacht handicap

1.	David Robertson	24:11	69.77%	M80
2.	Edna Bates	24:08	59.56%	W60
3.	Linda Whitelaw	21:53	64.98%	W59
4.	Jan Layng	21:53	69.61%	W65

1500m yacht handicap

1.	Rhiannon Lovegrove	07:46		
2.	Edna Bates	12:12	56.80%	W60
3.	James Hoare	10:33	66.06%	M67
4.	Rodger Barber	10:37	72.48%	M75

5. James Hoare	21:15	66.86%	M67	5. George White	07:48	90.37%	M68
6. Bill Starr	20:52	71.41%	M71	6. David Robertson	12:29	66.18%	M80
7. Roger Lowe	22:17	66.05%	M70	7. Roger Lowe	11:04	65:23%	M70
8. George White	16:16	88.36%	M68	8. Barbara Cain	10:30		
9. Leigh Smith	22:22	73.22%	M78	9. Gill White	12:14	59.77%	W65
10. Graham Harrison	22:12	66.30%	M70	10. Graham Harrison	11:26	63.14%	M70
11. Barbara Cain	22:26						
12. Kristine Freeman	24:36	54.48%	W53				
13. Julie Goodes	26:11	26.11%	W67				

ACT WALKING CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, THURSDAY 14 NOVEMBER

Thanks to Robin Whyte for his weekly report from Canberra. Good walking by Zoe Hunt (14:46 for 3000m).

5km Walk

1. Ann Staunton-Jugovic	27:40
2. Robin Whyte	30:59
3. Jane Bates	31:54
4. Helena Bialecki	32:04
5. Bryan Thomas	35:17
6. Marilyn Banfield	35:46
7. Doug Fitzgerald	37:37

3km Walk

1. Zoe Hunt	14:46
2. Ally Durr	16:05
3. Gabby Hunt	16:12
4. Mitchell Baker	17:50
5. Mick Saunders	20:25
6. Rod Gilchrist	21:05
7. Jack Thackray	26:31
8. Jennifer Gilchrist	29:50

1km Walk

1. Chelsea Rogic	06:30
2. Samantha Papantoniou	07:20
3. Sophie Rogic	07:22
4. Trish Thomas	11:58

AV SHIELD COMPETITION - ROUND 3, SATURDAY 16 NOVEMBER

Athletics Victoria Shield competition continued last Saturday with 2000m walks as part of the T&F competition. Full shield results can be sourced from <http://www.athsvic.org.au/competitions-info/av-shield>. And now to the walks results

Red Zone, Lakeside Stadium, Albert Park

The NE zone was in action at Lakeside Stadium in Albert Park and it was a bit of a Diamond Valley fest with 10 of the 23 walkers from that club. Young speedster Emmet Brasier 8:47.6 was in fine form again to finish some 15 secs ahead of Adam Garganis 9:02.5. 13 year old Eliza Clarke was next in with a big PB time of 9:30.1 (wow!) to win the women's section. It was also good to see Bernie Keirl 10:22.9 walking so well. And I must mention M77 Bob Gardiner with his great time of 11:40.3. A strong venue.

Mixed 2000m Walk

1. Brasier, Emmet	M15	DIAMOND VALLEY AC	8:47.6	
2. Garganis, Adam	M16	COLLINGWOOD	9:02.5	
3. Clarke, Eliza	W13	DIAMOND VALLEY AC	9:30.1	PB 0:23
4. Hawkins, Trenton	M34	PRESTON AC	9:36.9	
5. Galbraith, Jordan	M16	DIAMOND VALLEY AC	10:02.8	PB 0:05
6. Keirl, Bernie	M50	DIAMOND VALLEY AC	10:22.9	
7. Owen, Cooper	M15	DIAMOND VALLEY AC	10:31.7	
8. Collis, Lauren	W15	DIAMOND VALLEY AC	10:35.3	PB 0:12
9. Collis, Hugh	M13	DIAMOND VALLEY AC	11:16.5	PB 0:29
10. Reid, Ross	M59	COLLINGWOOD	11:17.4	
11. Langford, Taylor	W12	DIAMOND VALLEY AC	11:28.5	PB 0:44
12. Gardiner, Bob	M77	COLLINGWOOD	11:40.3	
13. Burgess, Liam	M14	DIAMOND VALLEY AC	11:48.5	
14. Elms, Donna-Marie	W52	PRESTON AC	11:57.7	
15. Laufer, Josephine	W14	COLLINGWOOD	12:34.2	
16. Valladares, Yasmin	W21	PRESTON AC	13:37.9	
17. Noonan, Emily	W13	COLLINGWOOD	13:52.8	
18. Walburg, Kirsten	W15	DONCASTER AC	13:56.2	
19. Noonan, Claire	W9	COLLINGWOOD	13:59.0	
20. Garganis, Clare	W43	COLLINGWOOD	14:05.1	
21. Fisher, Sarah	W26	DIAMOND VALLEY AC	14:25.6	
22. Brown, Tammarah	W14	RICHMOND HAR	16:19.3	
23. Iacono, Thomas	M27	COLLINGWOOD	DQ	

Blue Zone, Knox

Alas, still waiting for the Blue Zone (South East metro clubs) results to be posted. I hear that 15 year old Jemima Montag posted a huge 2000m walk time of around 8:37 but shall have to wait for confirmation on that one.

White Zone, Ringwood

A small but high quality field in Ringwood which saw Brad Simpson win with 8:34.3. In all, 6 walkers broke the 10 minute barrier with Stephanie George winning the women's section with 9:49.3.

Mixed 2000 Walk

1.	Simpson, Bradley	M20	ATHLETICS NU	8:34.3
2.	Kozica, Jason	M26	ST KEVINS AC	9:22.4
3.	Swan, Kyle	M14	ATHLETICS NU	9:29.8
4.	George, Stephanie	W17	SOUTH COAST	9:49.3
5.	Evans, Simon	M53	BOX HILL AC	9:53.6
6.	Taylor, Lucas	M17	YARRA RANGES	9:56.8
7.	Geisler, Sandra	W36	RINGWOOD AC	10:12.0
8.	Irshad, Kylie	W42	UNNATACHED	10:45.3
9.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	11:17.7
10.	Swan, Emily	W16	ATHLETICS NU	12:11.8
11.	Benke, Geza	M57	OLD MELBURNI	12:38.3
12.	Garside, Emilie	W18	CROYDON AC	13:07.1
13.	Hunter, Pia	W47	BOX HILL AC	13:20.9
14.	Worsnop, Christopher	M56	OLD XAVERIANS AC	14:20.5

Yellow Zone, Williamstown Athletics Track,

The western zone saw the biggest walks field with 27 walkers in total and we were all left floundering by 18 year old Jesse Osborne who scorched around the track with an amazing 7:45.5, lapping all but the next couple of walkers. It was a big PB for Jesse and a new VRWC U20 club record. Mark Donahoo walked well for 9:36.3 while Gabriella Crea was the fastest of the women with a big PB time of 11:51.6.

Mixed 2000m Walk

1.	Jesse Osborne	MOP	ATE	7:45.5	PB 0:10
2.	Mark Donahoo	M40+	ATE	9:36.3	
3.	Paul Kennedy	MOP	KSB	10:06.6	
4.	Gerard Feain	MOP	KSB	10:26.2	
5.	Connor McShanag	MU18	ATE	10:41.6	
6.	Tim Erickson	M40+	COB	10:42.5	
7.	Lachlan Feain	MU16	KSB	11:08.4	PB 0:36
8.	John Kondogonis	M40+	KSB	11:09.5	
9.	Gabriella Crea	WU16	ATE	11:51.6	PB 0:21
10.	Rebecca Campbell	WU18	ATE	11:56.6	
11.	Duncan Knox	M40+	ATE	12:00.1	
12.	Robyn Shaw	W40+	WES	12:10.9	
13.	Carly Bertrand	WU18	KSB	12:16.5	
14.	Rhiannon Matthews	WU14	KSB	12:27.5	
15.	Phillip Dunstone	M40+	WES	13:17.8	
16.	Stephen Murphy	M40+	ATE	14:00.1	
17.	Nicole Gunn	WOP	KSB	14:28.0	
18.	Linda Close	WOP	WTN	14:28.8	
19.	Maria Abfalter	W40+	KSB	14:31.1	
20.	Phoebe Cahir	WU18	KSB	14:31.1	
21.	Brian Hamer	M40+	WES	14:40.5	
22.	Dominic Sykes	MU14	KSB	15:06.6	
23.	Corey Webster	MU14	KSB	15:10.1	
24.	Mark Ireland	MOP	BWK	15:13.2	
25.	Brenda Cashin	W40+	WES	16:00.8	
26.	Tess Rickard	WOP	BWK	16:59.9	
27.	Heather Lamb	WOP	BWK	17:01.8	

Ballarat Zone, Llanberris Reserve, Ballarat

Again, still waiting for the Ballarat results to be posted. I hear that Kelly Ruddick won easily with a time in the 8:40's.

Geelong Zone, Landy Field, Geelong

James Christmass won easily in Geelong with a fast 8:54.71,

Mixed 2000m Walk

1.	Christmass, James	46	COR	8:54.71
2.	Mirarchi, Thomas	13	COR	15:47.84

Bendigo Zone, La Trobe University Track, Bendigo

Madison Hill was the best of the Bendigo walkers with 12:11.63.

Mixed 2000m Walk

1.	Hill, Madison	WU14	SBE	12:11.63
2.	Savage, Joshua	MU20	EAG	13:11.03
3.	Watson, John	M40+	BYM	14:49.46

ATHLETICS SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 16 NOVEMBER

Thanks to Kim Mottrom for the latest Adelaide walk results. Kim explains: A 2000m walk has been introduced in the SA program this year, and for our first one we had a big field and a number of very impressive times! There are a heap of PB's below and I believe Neve Goodrem has never done a 2000m walk, so she's done an excellent time in her first attempt!

Open 2000m Walk

1.	Justin Hill	8:27.78	PB 0:31
2.	Anna Cross	9:43.96	
3.	Alix Harlington	9:45.69	PB 0:14
4.	Troy Hooker	9:58.91	PB 0:15
5.	Bethany Cross	10:04.63	PB 0:16
6.	Rhiannon Lovegrove	10:08.01	PB 0:21
7.	Sarah Damin	10:14.24	PB 1:08
8.	Jake Vidler	10:16.42	PB 0:33
9.	Peter Crump	10:33.02	
10.	George White	10:46.76	
11.	Jessica Hahn	10:48.77	PB 2:22
12.	Neve Goodrem	11:11.66	
13.	Felicity Henderson Wilson	11:25.79	
14.	Samantha Findlay	11:47.38	PB 0:17
15.	Barbara Cain	13:54.01	
16.	James Hoare	13:54.43	

NSW RELAY CHAMPIONSHIPS 2013, SOPAC, SYDNEY, 16-17 NOVEMBER

The annual NSW Relay Championships saw 4x1500m walk relays contested last Saturday. Alas, the official results don't give names, only clubs.

Men 4x1500m Relay Track Walk Open

1.	Mingara Region 'A'	25:53.79
2.	Nepean District Athletic Club 'A'	26:19.09
3.	South Sydney Athletics 'A'	29:58.98
4.	U.T.S. Northern Suburbs Athlet 'A'	35:56.69

Men 4x1500m Relay Track Walk U18

1.	Parramatta City Track & Field 'A'	30:26.96
2.	Sydney Pacific Athletics Club 'A'	30:33.86
3.	Girraween Athletics Club Inc. 'A'	33:25.78

Men 4x1500m Relay Track Walk U14

1.	Nepean District Athletic Club 'A'	32:11.40
2.	Sydney Pacific Athletics Club 'A'	36:34.00

Women 4x1500m Relay Track Walk Open

1.	Sydney Pacific Athletics Club 'A'	27:56.80
2.	Asics Wests Track & Field Club 'A'	27:58.17

Women 4x1500m Relay Track Walk U18

1.	South Sydney Athletics 'A'	32:36.82
2.	Nepean District Athletic Club 'A'	32:41.76
3.	Sydney Pacific Athletics Club 'A'	39:48.99

Women 4x1500m Relay Track Walk U14

1.	Mingara Region 'A'	34:51.17
2.	Parramatta City Track & Field 'A'	35:24.45
3.	Nepean District Athletic Club 'A'	39:02.51

WCWA ROADWALKS, WILSON, PERTH, SUNDAY 17 NOVEMBER

Thanks to Rick Cattermole for the latest walk results from the Racewalking Club of Western Australia. To quote Rick: What a morning! Muggy and hot! We will be starting our walks an hour earlier from now on to avoid the heat at 9am! 35c is warm though! For the brave souls who competed, well done. Even though our times were not world beating, they were ok considering.

7.5km Walk

1. Daniel Lowe 46.55

5km Walk

1. Christopher Gerken 30.43
2. Caitlin Gerken 31.35
3. Michelle Butler 32.15
4. Breanna Brown 32.35

3km Walk

1. Sara Cattermole 18.11

2km Walk

1. Jasmin Burgess 10.52
2. Summer Brown 12.13
3. Tim Kezic 12.43
4. Tina Kezic 12.45
5. Ryan Kezic 12.46

1.5km Walk

1. Bailey Burgess 11.41

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

And now to report on Days 3 and 4 from the Taihu Race Walking Rally in China.

Day 3: 15.5km

Day 3 saw 5 laps of a hilly circuit of 3.1km. And it finally saw a non-Chinese athlete winning with Russian Petr Trofimov improving from 4th and 3rd to 1st, his time of 1:03:39 five secs clear of Wei Yu, the winner on days 1 and 2. Europeans filled third and fourth spots with Ihor Hlavan 1:03:51 and Erik Tysse 1:03:52 both improving with each day. The good European men's racing form saw the Europe D team (Trofimov, Hlavan and Yargunkin) leading the teams classification ahead of the Europe E team (Tysse, Sudol and Toth).

In the women's section, Hong Liu won again (2nd, 1st and 1st so far) with 1:10:39 ahead of Portugese walker Vera Santos 1:10:43. It continues to be a two team contest between China and Portugal in the women's category.

The new Pit Rule was used to good effect on Day 3 with quite a few athletes being sidelined for a compulsory one minute once they had incurred two reds. And yet, there were many complaints from the international walkers about the blatant running between judges by some of the local Chinese. I witnessed the same thing when I was in China in March for the IAAF Racewalk Meet in Taicang. It seems to be almost accepted to do that in China and it is a dreadful look. If China want this event to continue, they really need to get their act in order in this regard.

Australian **Chris Erickson** was one of the walkers to experience the 'Sin Bin'. He had walked a superb race and was 400m from the finish and in 8th place and less than one minute behind the leaders when he was sidelined for the compulsory minute, a second red card having been marked against him. His eventually finished 11th (his best finish so far) with a time of 1:05:36, a great result. Jared Tallent continued to have a hard week, finishing 34th in 1:10:03.

The unique nature of a multi day format was starting to take a toll. The men's field had been reduced from 65 finishers on Day 1 to 53 finishers on Day 3 and the women's field had similarly shrunk from 44 to 33. Disappointingly for Australia, Dane Bird-Smith was amongst those who did not front for Day 3. After day 2, the Australian team (Jared, Chris and Dane) was in fourth place. If they could have held that, they would have shared US\$7,500 so a significant payday. My calculations confirm that all Dane had to do was walk with Jared mid-field for days 3 and 4 and the team would have held its position. Alas, his heroics of Day One (third place) came at a big cost as he struggled on Day Two and was then spent. Needless to say, the others could have been justifiably peeved at the outcome - after all, it was a teams event and walkers were expected to know how to pace themselves to see out all four days. It was an expensive learning experience for Dane and a significant financial hit for Chris and Jared.

Day 3 - 15.5km Men

1.	Petr Trofimov	RUS	1.03.39
2.	Wei Yu	CHN	1.03.44
3.	Ihor Hlavan	UKR	1.03.51
4.	Erik Tysse	NOR	1.03.52
5.	Xu Liu	LNG	1.03.52
6.	Iñaki Gomez	CAN	1.03.53
7.	Fuqiang Men	LNG	1.04.58
8.	João Vieira	POR	1.05.04
9.	Enxi Hu	MON	1.05.31
10.	Qi Zhao	JSU	1.05.35
11.	Chris Erickson	AUS	1.05.36
12.	Jijiang Han	SHD	1.05.39
13.	Matej Toth	SVK	1.05.40

14.	Jianmin Liu	SHD	1.05.48
15.	Xubao Wei	SHD	1.05.48
16.	Grzegorz Sudol	POL	1.05.56
17.	Yadong Luo	GAN	1.06.00
18.	Shijia Li	LNG	1.06.03
19.	Zhendong Wang	JSU	1.06.20
20.	Zelin Cai	CHN	1.06.20
21.	Aleksandr Yargunkin	RUS	1.06.32
22.	Chenggang Sun	SHD	1.06.39
23.	Sérgio Vieira	POR	1.06.54
24.	Gang Wang	LNG	1.06.57
25.	Jinguo Li	YNN	1.07.21
26.	Yonqiang He	CHN	1.07.37
27.	Xianyu Ding	YNN	1.08.04
28.	Hatem Goula	TUN	1.08.31
29.	Yongliang Tong	MON	1.08.38
30.	Lianyou Pei	YNN	1.08.45
31.	Hang Zhang	JFJ	1.09.30
32.	Tianlei Li	JSU	1.09.42
33.	Yingqi Wang	BJG	1.09.51
34.	Jared Tallent	AUS	1.10.03
35.	Peng Li	HNN	1.10.42
36.	Wenkui Gao	MON	1.10.44
37.	Kaihua Wang	GGD	1.10.44
38.	Qianlong Wu	MON	1.10.44
39.	Jie Jiang	SHD	1.10.47
40.	Miguel Carvalho	POR	1.10.59
41.	Min Cheng	BJG	1.11.09
42.	Lin Zhang	JFJ	1.11.31
43.	Eder Sanchez	MEX	1.11.34
44.	Guanyu Su	SHD	1.11.41

Day 3 - 15.5km Women

1.	Hong Liu	CHN	1.10.39
2.	Vera Santos	POR	1.10.43
3.	Xiuzhi Lu	CHN	1.10.44
4.	Inês Henriques	POR	1.11.00
5.	Mingxia Yang	SHX	1.11.50
6.	Dandan Duan	HNN	1.11.51
7.	Xuhong Zhang	JSU	1.11.51
8.	Tatiana Korotkova	RUS	1.12.01
9.	Tongmei Zhou	ANH	1.12.04
10.	Yongbo Hou	HNN	1.12.14
11.	Liqin Xu	JGX	1.12.27
12.	Yingqiu Su	JSU	1.12.45
13.	Irina Shushina	RUS	1.13.05
14.	Huanhuan Sun	CHN	1.13.16
15.	Shuyu Liu	HLJ	1.13.24
16.	Huan Liu	SHD	1.13.38
17.	Di Wang	JLN	1.13.52
18.	Genmiao Dong	SHD	1.13.53
19.	Zhen Chen	SHX	1.13.58
20.	Yuanyuan Ni	SHX	1.14.06
21.	Lei Yang	SHD	1.14.27
22.	Ana Cabecinha	POR	1.15.05
23.	Zhenzhen Wang	SHD	1.15.06
24.	Peili Yang	HNN	1.15.12
25.	Viktoria Madarasz	HUN	1.15.44
26.	Ainhua Pinedo	ESP	1.17.03
27.	Xiaoying Zheng	BJG	1.17.44
28.	Shasha Xin	BJG	1.18.29
29.	Yefang Ji	JSU	1.19.23
30.	Wei Li	BJG	1.19.35
31.	Mowen Pei	JSU	1.20.11
32.	Dan Wang	JGX	1.22.44
33.	Lingling Tong	JGX	1.23.10

Day 4: 15km

After the criticisms levelled on Day 3 against Chinese athletes running between judges, the walkers were given strict instructions by the chief judge pre-race and the judges attempted to better cover the long out and back course. This day did see some walkers actually disqualified rather than just put in the sin bin, an outcome that confirms that they did try to crack down on blatant offenders.

The course was not an easy one with rolling hills most of the way alongside the lake - a bit like walking on the Great Ocean Road in Victoria. So not a fast course overall but obviously no one told the walkers! It was the final day and it was time to put the foot down and give it everything.

The men's race saw the main contenders grouped at the front and controlling the pace early but Australian **Chris Erickson** was having none of it. Needing to pick up significant time to push his way into the top eight, he broke clear of the leading group and led in a solo breakaway for most of the race. Ahead at times by up to 100m, he was not caught until the 13.5km mark as the leaders kicked for home. Even so, he held on superbly to finish in 6th place, his time of 1:03:28 seeing him only 10 secs behind the winner. He tweeted: *Gave it a crack and went off the front for some time! In the lead from 2-13.5km but got swamped in the last km and finished 6th. It almost paid off as I needed 1:18 to get into 8th overall but missed by 8 seconds. Still really happy with the 4 days of racing and enjoyed it all. Looking forward to next year already!*

Overall, Petr Trofimov won for the second day in a row with 1:03:18, relegating rally leader Wei Yu to third place with 1:03:22. The big mover was Erik Tysse who just lost out to Trofimov in a sprint finish, his time also recorded as 1:03:18. Jared Tallent had another hard day at the office, finishing 36th. But I am sure that he will be using the hard 4 days of racing to kickstart his 2014 campaign. With the women's race, there were no surprises with Hong Liu 1:09:03 winning again ahead of Chinese teammates Mingxia Yang 1:09:05 and Xiuzhi Lu 1:09:09. Vera Santos was the best of the overseas walkers, finishing fourth with 1:09:11.

Day 4 - 15km Men

1.	Petr Trofimov	RUS	1.03.18
2.	Erik Tysse	NOR	1.03.18
3.	Wei Yu	CHN	1.03.22
4.	Grzegorz Sudol	POL	1.03.22
5.	Qianlong Wu	MON	1.03.22
6.	Chris Erickson	AUS	1.03.28
7.	Matej Toth	SVK	1.03.33
8.	João Vieira	POR	1.03.43
9.	Jianxing Dai	JSU	1.03.57
10.	Inaki Gomez	CAN	1.04.01
11.	Lin Zhang	JFJ	1.04.09
12.	Hlavan Ihor	UKR	1.04.16
13.	Sérgio Vieira	POR	1.04.37
14.	Xianyu Ding	YNN	1.04.47
15.	Dexiang Yan	SHD	1.04.49
16.	Yadong Luo	GAN	1.05.04
17.	Jinguo Li	YNN	1.05.13
18.	Eder Sanchez	MEX	1.05.15
19.	Jianmin Liu	SHD	1.05.21
20.	Fuqiang Men	LNG	1.05.42
21.	Jiexin Wang	JSU	1.05.43
22.	Aleksandr Yargunkin	RUS	1.05.45
23.	Tianlei Li	JSU	1.05.45
24.	Kaihua Wang	GGD	1.05.48
25.	Gang Wang	LNG	1.05.59
26.	Zhendong Wang	JSU	1.06.04
27.	Shijia Li	LNG	1.06.08
28.	Jijiang Han	SHD	1.06.09
29.	Yonqiang He	CHN	1.06.17
30.	Xu Liu	LNG	1.06.33
31.	Hang Zhang	JFJ	1.06.33
32.	Peng Li	HNN	1.06.39
33.	Qi Zhao	JSU	1.06.43
34.	Zelin Cai	CHN	1.06.46
35.	Chenggang Sun	SHD	1.07.11
36.	Jared Tallent	AUS	1.07.28
37.	Xubao Wei	SHD	1.07.35
38.	Yan Wang	GGD	1.07.36
39.	Hatem Goula	TUN	1.07.46
40.	Xing Zhong	MON	1.07.50
41.	Lianyou Pei	YNN	1.08.03
42.	Yingqi Wang	BJG	1.08.49
43.	Guanyu Su	SHD	1.08.56
44.	Mingli Wang	GGD	1.08.57

Day 4 - 15km Women

1.	Hong Liu	CHN	1.09.03
2.	Mingxia Yang	SHX	1.09.05
3.	Xiuzhi Lu	CHN	1.09.09
4.	Vera Santos	POR	1.09.11
5.	Irina Shushina	RUS	1.09.14
6.	Inês Henriques	POR	1.09.50
7.	Tatiana Korotkova	RUS	1.09.59
8.	Yefang Ji	JSU	1.10.05
9.	Huanhuan Sun	CHN	1.10.15
10.	Shuyu Liu	HLJ	1.10.42
11.	Susana Feitor	POR	1.10.50
12.	Mowen Pei	JSU	1.11.10
13.	Dandan Duan	HNN	1.11.14
14.	Yongbo Hou	HNN	1.11.14
15.	Tongmei Zhou	ANH	1.11.17
16.	Yingqiu Su	JSU	1.11.25
17.	Ainhua Pinedo	ESP	1.11.55
18.	Genmiao Dong	SHD	1.11.59
19.	Liqin Xu	JGX	1.12.11
20.	Zhen Chen	SHX	1.12.14
21.	Ana Cabecinha	POR	1.12.18
22.	Yuanyuan Ni	SHX	1.12.29
23.	Di Wang	JLN	1.12.58
24.	Viktoria Madarasz	HUN	1.13.12
25.	Zhenzhen Wang	SHD	1.13.19
26.	Huan Liu	SHD	1.13.32
27.	Lei Yang	SHD	1.13.47
28.	Xuhong Zhang	JSU	1.14.59
29.	Shasha Geng	SHX	1.15.06
30.	Peili Yang	HNN	1.15.39
31.	Shasha Xin	BJG	1.15.54
32.	Wei Li	BJG	1.16.45
33.	Xiaoying Zheng	BJG	1.20.00
34.	Dan Wang	JGX	1.20.08
35.	Lingling Tong	JGX	1.22.52
36.	Lingling Gao	BJG	1.25.42

Big money was on offer for the first 8 overall, on cumulative time. In the men's competition, Wei Yu won from Petr Trofimov and Erik Tysse. Chris Erickson finished in 10th overall with 4:38:01, only 8 seconds outside the money! In the women's competition, there were no surprises as Hong Liu won easily from Xiuzhi Lu and Vera Santos.

Final Standings - Individual Men

1.	Wei Yu	CHN	4.31.57
2.	Petr Trofimov	RUS	4.32.34
3.	Erik Tysse	NOR	4.34.22
4.	Ihor Hlavan	UKR	4.34.33
5.	Iñaki Gomez	CAN	4.34.39
6.	Matej Toth	SVK	4.36.49
7.	Grzegorz Sudol	POL	4.37.48
8.	Xu Liu	CHN	4.37.53

Final Standings - Individual Women

1.	Hong Liu	CHN	5.01.37
2.	Xiuzhi Lu	CHN	5.03.44
3.	Vera Santos	POR	5.04.00
4.	Inês Henriques	POR	5.04.44
5.	Tatiana Korotkova	RUS	5.07.25
6.	Huanhuan Sun	CHN	5.07.38
7.	Mingxia Yang	CHN	5.07.48
8.	Irina Shushina	RUS	5.08.42

Finally, the teams competitions (also for big money) saw Europe D win the men's and China win the women's comps.

Final Standings - Teams Men

1.	Europe D	Trofimov, Hlavan, Yargunkin	13.48.05
2.	Europe E	Tysse, Sudol, Toth	13.48.59
3.	Shandong	Han, Liu, Sun	14.04.15

4.	China	Cai, Yu, He	14.09.19
5.	Liaoning	Li, Men, Wang	14.19.59
6.	Jiangsu	Li, Zhao, Wang	14.23.08
7.	Yunnan	Ding, Li, Pei	14.24.10
8.	Europe C	J. Vieira, Ghoula, Sánchez	14.28.15

Final Standings - Teams Women

1.	China	Liu, Lu, Sun	15.12.59
2.	Portugal	Vera, Inês, Ana	15.24.48
3.	Shanxi	Chen, Ni, Yang	15.43.23
4.	Jiangsu	Ji, Pei, Su	15.51.18
5.	Shandong	Liu, Dong, Wang	15.52.03
6.	Henan	Duan, Hou, Yang	15.54.48
7.	Europe A	Shushina, Pinedo, Madarasz	15.58.02
8.	Pequim	Li, Xin, Zheng	16.54.12



The podium finishing teams in the men's and women's competitions (photos Chris Erickson)

Next year, the Chinese are talking of moving the event forward to October which is probably a better timeframe. This year, there was little lead time and lots of walkers decided not to come or else found it all too difficult to organise at the last minute. Next year with an earlier scheduling and with lots of advance notification, the fields should be even better.

Chris Erickson ended up as the top Australian as shown with his four days of racing

Monday	20km	13 th	1:25:27
Tuesday	15km	16 th	1:03:30
Wednesday	15.5km	11 th	1:05:36
Thursday	15km	6 th	1:03:28

I am looking forward to next year's rally already!

ATHLETICS NZ LONG DISTANCE WALK CHAMPS, DEVONPORT, AUCKLAND, SATURDAY 16 NOV

The Athletics New Zealand Long Distance Walking championships were held last Saturday at Ngataranga Bay Naval Base in Devonport, Auckland, and three Australian walkers were in attendance, all racing over 10km - **Nathan Brill** won the Youth Men 10km in a very fast 43:58, **Kyle Bird** was third with 54:52 and **Tayla-Paige Billington** won the Junior Women's 10km with an inaugural time of 50:41. 19 year old Courtney Ruske was the first finisher in the Open Women's 20km (1:53:59) but the results only show her as coming second Junior Women's 10km with 56:17. Not sure what has happened there. Nice article on Courtney at <http://www.athletics.org.nz/News/ArtMID/4639/ArticleID/24047/Athletics-NZ-Weekly-Round-up-18-November>.

Youth Men 10km

1.	Nathan Brill	Australia	43:58
2.	Jonathan Lord	South Canterbury	51:59
3.	Kyle Bird	Australia	54:52
4.	Jared Free	Waitakere City	55:06

Junior Women 10km

1.	Tayla-Paige Billington	Australia	50:41
2.	Courtney Ruske	Christchurch Avon	56:17

Senior Women 20km

1.	Kate Newitt	Port Hills	1:57:58
2.	Sue Hoskin	Striders	2:22:04

Masters Women 20km

Julie Edmunds	Caversham MW40-44	DQ
Terri Grimmett	Scottish MW55-59	DQ

Open 50km

Graeme Jones	Napier Harrier Club	DQ
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Men 20km Non-Championship

1.	Mike Morresey	Egmont	1:50:01
2.	Rodney Thorne	Unattached	2:10:57

STEYNING OPEN 10KM ROADWALK, STEYNING, ENGLAND, SATURDAY 16 NOVEMBER

Thanks to Peter Ryan for the results from the Steyning Open 10km roadwalk in England. Peter He advises it was held on a lovely but hilly out and back course on a pleasant sunny day. Mark Easton won the men's championship with 51:47 while Ann Jones of Steyning was the first of the ladies with 1:04:31.

1.	Mark Easton	M50	Surrey WC	51:47
2.	Trevor Jones	M55	Steyning AC	53:49
3.	Peter Ryan	M55	Ilford AC	54:14
4.	Steve Allen	M55	Barnet & Dist. AC	54:42
5.	Jimmy Ball	M50	Steyning AC	54:50
6.	Richard Emsley	M60	Steyning AC	58:49
7.	Dan Maskell	M65	Surrey WC	61:37
8.	Peter Hannell	M70	Surrey WC	62:50
9.	Sean Pender	M60	Enfield Harriers AC	63:29
10.	Anne Belchambers	W55	Steyning AC	64:31
11.	Stuart Maidment	M60	Steyning AC	64:42
12.	Peter Gaston	M??	Hastings Runners	66:53
13.	Dave Delaney	M60	Surrey WC	67:32

14. David Hoben	M60	Surrey WC	69:28
15. Norma Grimsey	W55	Enfield Harriers AC	75:01

WALKING SHORTS

- A major change is coming to the process by which athletes qualify for the World Championships and Olympics. The IAAF has announced that starting with the 2015 World Champs in Beijing the current qualifying scheme of A and B standards will be replaced with a single qualification standard for each event.
See http://trackandfieldnews.com/images/stories/tfn_pdfs/qforsite.pdf.
- Continuing with IAAF announcements, I hope our elite walkers like going to Russia because there are going to be further opportunities in 2016 and 2018 because the delegation from the Russian city of Cheboksary, which was led by Mikhail Butov, the General Secretary of the Russian Athletics Federation (ARAF), brought to the table a proposal to host multiple editions of the IAAF Racewalking World Cup. Their bid was successful and Council unanimously approved their application to host two editions – 2016 and 2018. Cheboksary, the capital of the Russian Republic of Chuvashia, hosted a most successful edition of the IAAF World Race Walking Cup in 2008. The 2km loop course to be used in 2016 and 2018, like in 2008, will be in the centre of the city to ensure the greatest possible atmosphere.
- The World Anti-Doping Agency (WADA) has approved stricter punishments for athletes found guilty of doping, doubling bans to four years. A first major offence currently carries a two-year ban, with athletes banned for life if they test positive again. The new code, which comes into effect from 1 January 2015, means offenders will miss at least one Olympic Games.
See <http://www.bbc.co.uk/sport/0/24955873>
- Last Thursday evening, Rhydian Cowley came third in the Victorian 5000m track run championship (B Grade) in a new PB of 14:51.03. Well done Rhydian!
- Less than three months before the opening ceremony of the Sochi Olympics, the antidoping laboratory in Russia charged with conducting drug screenings at those Winter Games has been deemed unreliable and may lose its authority to test Olympic athletes. The World Anti-Doping Agency learned this week that the drug-testing facility, in Moscow, has fallen below the agency's standards. A team of laboratory experts reported those findings to officials at the antidoping agency and recommended that the lab be stripped of its accreditation. That would leave the Sochi Games, in February, without a competent drug-testing facility in the same country.
See <http://www.sportsfan.com.au/provisional-wada-ban-on-russian-doping-lab/tabid/91/newsid/116314/default.aspx>.
- English walking legend Chris Maddocks discusses the lack of walks in the 2014 Commonwealth Games. See <http://www.racewalkuk.com/AW2014.htm>
- Our sympathies to Bruce and Sue Cook on the passing of Bruce's father Bill Cook, former Queensland Race Walking Club President, who passed away on the 14th November. Bill, who was 81 years old, had been battling Parkinson's disease for the last 6 years. He always related that his walking days were his most enjoyable of his life.
- The Walk Central website (see <http://www.walkcentral.com/>) has hit the ground running and has come up with plenty of racewalking scoops in the short few weeks that it has been going. Add that to the Marchia Italiana website (see <http://www.marciaitaliana.com>) and the oMarchador website (see <http://omarchador.blogspot.pt/>) and the racewalking community is indeed well served by a number of very impressive news distribution services.

VRWC CLUB RECORD UPDATE

Yet another VRWC club record to acknowledge this week with 18 year old Jesse Osborne's 2000m walk last Saturday.

Jesse Osborne	2000m Track Walk U20	7:45.5	AV Shield, Williamstown Aths Track	16/11/2013
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JARED TALLENT IS AUSTRALIAN MALE ATHLETE OF THE YEAR

Jared Tallent was named Athletics Australia's 2013 Male Athlete of the Year at a gala dinner in Melbourne last Thursday evening. For Jared, it was yet another accolade following from his bronze medal in the 2013 World Athletics Championships 50km in Moscow. Australian javelin thrower Kim Mickle was named Australia's 2013 Female Athlete of the Year. For all the award winners, check out http://www.athletics.com.au/home/news/news/2013/november/mickle_tallent_win_big_at_awa.



Kim Mickle and Jared Tallent receive their Athlete of the Year awards in Melbourne last Thursday

Also see <http://www.thecourier.com.au/story/1912982/jared-tallent-named-athletics-australia-best-of-the-best/> for a local Ballarat newspaper article on Jared's win.

AUSTRALIAN REPRESENTATIVE BIB NUMBERS UNVEILED

Australia's test cricketers have cap numbers. From now on, Australia's senior athletes will also be recognised by bib numbers, with Edwin Flack most appropriately as number 1 as our sole representative at the 1896 Olympics. This innovation has been made possible by some fantastic work over the last two years by Peter Hamilton, Paul Jenes, Fletcher McEwen and David Tarbotton. See the full list at http://www.athletics.com.au/history/athletes/opencap_1940.htm.

Disappointingly, although World Cross Country is included, the Racewalking World Cup is not - and I would put those two events on a par. Anyway, I have manually perused the full list and extracted all the walkers - I hope I have captured everyone! At one time or another, I have profiled many of these walkers - you can always check out <http://www.vrwc.org.au/tim-archive/> and see who is there.

14	1912 (OG)	William Murray (Vic)	b. 17 Apr 1882	
21	1920 (OG)	George Parker (NSW)	b. 1897	d. 18 Jun 1974
22	1924 (OG)	Ernest Austen (NSW)	b. 25 Jul 1891	d. 21 May 1985
128	1948 (OG)	George Knott (Vic)	b. 19 Aug 1910	d. 22 Mar 2001
177	1952 (OG)	Donald Keane (WA)	b. 12 Nov 1930	
199	1956 (OG)	Ted Allsopp (Vic)	b. 15 Aug 1926	
212	1956 (OG)	Ronald Crawford (NSW)	b. 26 Mar 1936	
244	1956 (OG)	Ray Smith (Vic)	b. 12 Aug 1929	d. 4 Jun 2010
269	1960 (OG)	Noel Freeman (Vic)	b. 24 Dec 1938	
342	1964 (OG)	Robert 'Bob' Gardiner (Vic)	b. 22 Mar 1936	
346	1966 (CG)	Frank Clark (NSW)	b. 11 Apr 1943	
396	1974 (CG)	Peter Fullager (SA)	b. 19 Apr 1943	
398	1974 (CG)	Ross Haywood (Vic)	b. 18 Feb 1947	
400	1974 (CG)	Ian Hodgkinson (WA)	b. 31 Mar 1948	
444	1976 (WCH)	Tim Erickson (Vic)	b. 23 Nov 1950	
445	1976 (WCH)	Willi Sawall (Vic)	b. 7 Nov 1941	
446	1976 (WCH)	Robin Whyte (ACT)	b. 24 Feb 1952	
480	1980 (OG)	David Smith (Vic)	b. 24 Jul 1955	
514	1982 (CG)	Andrew Jachno (Vic)	b. 13 Apr 1962	
539	1983 (WCH)	Simon Baker (Vic)	b. 6 Feb 1958	
548	1984 (OG)	Michael Harvey (Vic)	b. 5 Dec 1962	
598	1987 (WIC)	Susan Cook (Vic)	b. 23 Apr 1958	
601	1987 (WIC)	Kerry Saxby (NSW)	b. 2 Jun 1961	
607	1987 (WCH)	Lorraine Jachno (Vic)	b. 21 Sep 1959	
610	1987 (WCH)	Peter Stubbs (Qld)	b. 15 Dec 1961	
620	1989 (WIC)	Bev Hayman (NSW)	b. 9 May 1961	
634	1990 (CG)	Paul Copeland (Vic)	b. 25 Apr 1967	
662	1991 (WIC)	Nicholas Ahern (NSW)	b. 6 Jan 1969	

683	1992 (OG)	Gabrielle Blythe (Vic)	b. 9 Mar 1969
721	1994 (CG)	Anne Manning (NSW)	b. 13 Nov 1959
729	1994 (CG)	Jane Saville (NSW)	b. 5 Nov 1974
750	1996 (OG)	Duane Cousins (Vic)	b. 13 Jul 1973
757	1996 (OG)	Dion Russell (Vic)	b. 8 May 1975
785	1998 (CG)	Nathan Deakes (Vic)	b. 17 Aug 1977
793	1998 (CG)	Dominic McGrath (Vic)	b. 4 Jun 1972
802	1998 (CG)	Brent Vallance (NSW)	b. 30 Apr 1972
834	2000 (OG)	Lisa Sheridan-Paolini (NSW)	b. 10 Dec 1962
838	2001 (WCH)	Darren Bown (SA)	b. 30 Jun 1974
842	2001 (WCH)	Liam Murphy (SA)	b. 5 Jun 1979
848	2002 (CG)	Luke Adams (NSW)	b. 22 Oct 1976
869	2002 (CG)	Natalie Saville (NSW)	b. 7 Sep 1978
873	2002 (CG)	Simone Wolowiec (Vic)	b. 12 Feb 1974
893	2004 (OG)	Cheryl Webb (NSW)	b. 3 Oct 1976
901	2005 (WCH)	Jared Tallent (Vic)	b. 17 Oct 1984
920	2006 (CG)	Chris Erickson (Vic)	b. 1 Dec 1981
971	2008 (OG)	Adam Rutter (NSW)	b. 24 Dec 1986
972	2008 (OG)	Kellie Wapshott (Vic)	b. 23 Mar 1981
973	2008 (OG)	Claire Woods (SA)	b. 6 Jul 1981
981	2009 (WCH)	Jessica Rothwell (Vic)	b. 18 Jun 1989
1008	2011 (WCH)	Regan Lamble (Vic)	b. 14 Oct 1991
1018	2012 (OG)	Beki Lee (NSW)	b. 25 Nov 1986
1028	2013 (WCH)	Dane Bird-Smith (Qld)	b. 15 Jul 1992
1031	2013 (WCH)	Rhydian Cowley (Vic)	b. 4 Jan 1991
1036	2013 (WCH)	Tanya Holliday (SA)	b. 21 Sep 1988
1040	2013 (WCH)	Ian Rayson (NSW)	b. 4 Feb 1988

REVIEWING THE AUSTRALIAN WOMEN'S 1500M WALK

Continuing on from my article on the men's 1500m track walk in last week's newsletter, this week I concentrate on the women.

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

World best outdoor:	5:47.03	Kjersti Tysse-Plätzer	NOR	01/09/2002	Knarvik, NOR
World best indoor:	5:53.41	Debbi Lawrence	USA	15/10/1993	Hamilton, USA

From an Australian perspective, the early Athletics Australia yearly almanacs do not provide any information of the then holders of the 'best time' as women's Track and Field was separately administered up until the last seventies. The first yearly almanac which actually includes the women's 1500m records was 1982. The records at that time read

Sue Cook	Open	6:19.0	Melbourne, VIC	08/11/1980
Sally Pierson	U20/U18	6:32.4	Melbourne, VIC	08/11/1980
Anne Miller	U16	6:32.6	Melbourne, VIC	05/02/1978

But an indepth review does shed some light on earlier holders of the 'best time'. The first discussion I can find is from the 1972 National Women's T&F Championships when NSW walker Diane Behan set a new women's 1500m world track walk record of 6:49.2. Victorian walker Alison Nichols was also under the old record in finishing 2nd with 6:54.7.

Di Behan	Open	6:49.2	Perth, WA	26/03/1972
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Things stayed as they were for another 6 years until Sue Orr (later Sue Cook) took walking to a new level with her speed and endurance. The 1500m time fell as follows

Sue Orr	Open	6:27.3	Melbourne, VIC	04/02/1978
Sue Cook	Open	6:24.0	Melbourne, VIC	12/01/1980

By 1980, Sue Cook was dominant, also holding the records for 1 Mile, 3000m, 10km, 15km and 20km distances while Sally Pierson and Anne Miller held various the underage records between them.

Since 1980, the almanacs map the record progress as follows

Sue Cook	Open	6:10.8	Canberra, ACT	21/01/1984
Gabrielle Blythe	U20/U18	6:20.2	Geelong, VIC	08/02/1986
Jane Saville	U20-U16	6:18.45	Sydney, NSW	18/02/1989
Kerry Saxby	Open	5:50.41	Sydney, NSW	20/01/1991

Jane Saville	U20/U18	6:14.3	Sydney, NSW	20/01/1991
Natalie Saville	U20-U16	6:10.78	Hobart, TAS	27/03/1994
Renee McAskill	U10-U16	5:59.15	Sydney, NSW	25/02/1996

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

Kerry Saxby-Junna	Open	5:50.41	Sydney, NSW	20/01/1991
Renee McAskill	U20-U16	5:59.15	Sydney, NSW	25/02/1996

And now onto my bare bones and very incomplete ranking list. As for the men, lots of names and performances are missing and this should be seen purely as a starting point. My cutoff point has been set at 6:45.0.

Kerry Saxby-Junna	Open	5:50.41	Sydney, NSW	20/01/1991
Renee McAskill	U16	5:59.15	Sydney, NSW	25/02/1996
Natalie Saville	U16	6:10.78	Hobart, TAS	27/03/1994
Sue Cook	Open	6:10.8	Canberra, ACT	21/01/1984
Jane Saville	U18	6:14.3	Sydney, NSW	20/01/1991
Jessica Pickles	U20	6:17.08	Brisbane, QLD	07/11/2013
Gabrielle Blythe	U17	6:20.2	Geelong, VIC	08/02/1986
Jemima Montag	U15	6:31.7	Melbourne, VIC	02/02/2013
Anne Miller	U15	6:32.6	Melbourne, VIC	05/02/1978
Clara Smith	U16	6:36.06	Brisbane, QLD	07/11/2013
Jane Henderson	U15	6:39.5	Geelong, VIC	07/12/1991
Jasmyn McDonald	U15	6:41.62	Sydney, NSW	07/09/2013
Erin McGinniskin	U13	6:42.12	Melbourne, VIC	23/03/1996



Kerry Saxby-Junna, the undisputed queen of Australian racewalking (Photo www.sporting-heroes.net)

KEY AUSTRALIAN RACEWALK DATES FOR THE SUMMER

The key Australian racewalking championship dates have now all been finalised for the summer. Overall, there are 5 Australian Championship meets which include walks. As per previous years, there is also a 5000m track walk at one of the National Series meets. This time around, it is to be held at the Queensland Track Classic in Brisbane on Saturday 29th March 2014. So the major walk opportunities for the summer read as follows

Meet	Date	Walks on offer
Australian All Schools Athletics Championships, Townsville	6-8 December 2013	U14, U16 & U18 track walks
Australian 50km Walk Championship, Melbourne	Sun 15 December 2013	50km, 20km, 10km U20, 5km U18
Australian 20km Walk Championships, Hobart	Sun 2 February 2014	20km Open, 10km U20
Australian Junior Athletics Championships, Sydney	12-16 March 2014	U14-U20 track walks
Queensland Track Classic, Brisbane	Sat 29 March 2014	5000m Open track walk
92nd Australian Athletics Championships, Melbourne	3-6 April 2014	10,000m Open track walk

Entry for all competitions will be processed through the Athletics Australia online entry system via the AA website. It is the athlete's responsibility to individually enter or nominate for each competition. Not the following entry open/close dates for particular meets.

Event	Entries Open	Entries Close
Australian 50km Walk Meet , Sun 15 December 2013	Friday 1 November 2013	Friday 29 November 2013
Australian 20km Walks Meet , Sun 2 February 2014	Friday 15 December 2013	Friday 17 January
Queensland Track Classic, Sat 29 March 2014	Monday 3 February	Friday 28 February

CANBERRA TRAINING

Thanks to Phil Reading for this great photo of the Canberra based walkers getting ready for a morning training session last Wednesday.



Left to right: Harry Bates, Beki Lee, Regan Lamble, Ian Rayson, Mari Olsson (SWE), Rachel Tallent and Brendon Reading

WILLIAM MURRAY - AUSTRALIA'S FIRST INTERNATIONAL RACEWALKER

With Athletics Australia Bib Number 14 to his credit, Victorian walker Bill Murray is our first Olympic racewalk representative. To mark the unveiling of the bib numbers, here is a reprint of an article I did on Bill some years ago.

Bill Murray, born in 1882, was an incredible sporting personality by any measure. Joining the Melbourne Harriers as a young man, he quickly developed into a top class runner.

His best performance was held to be in the 1910 seven mile open race at Brighton where he secured first and fastest time prizes with 36:21. There was a big field of 108 competitors, including E. Voight, fresh from Olympic and world championship triumphs.

In that same year, he also won the Victorian 10 mile track race and is credited as winning the first marathon run in Melbourne. This event ran from Frankston to Melbourne and he won in 2:58:48. This remained the best marathon time by a Victorian until beaten by Percy Cerrutty 36 years later (when he won the 1946 Victorian marathon in 2:58:11).

His debut as a walker came when he was asked to take part in a race to fill a poor field. To his amazement and the delight of his club, he won. Two weeks later he walked in two races in Melbourne and beat Australian record holder A. O. Barrett.

His walking really came to the attention of people in 1911 with his wins in the Victorian 1 mile (**6:40.8**) and 3 mile (**22:38.6**) walk events. His 1 mile time was a new Victorian and Australasian record, beating A. O. Barrett's 1896 time of 6:42.0.

The next year, he was even faster, winning the titles once again with records that the general sporting population could hardly credit – his 1 mile time was **6:22.8** and his 3 mile time was **20:56.0**.

The rumpus was soon on. The chairman of the Australian Amateur Athletic Union, Mr Richard Coombes, said “*No man in the world can walk that fast.*” And others joined the chorus.

But Bill was strongly supported by A. O. Barrett, whose records he had just broken. Barrett was the founder of the Melbourne Amateur Walking and Touring Club (1884) and was a highly regarded official at this time. He actually judged in the 1912 races and had this to say about the performances:

It was my pleasure to judge the Amateur Championships held on the St. Kilda Cricket Ground on 24th February, 1912, when W. Murray broke my records in the 1 mile and 3 miles Championships of Victoria, and set fresh records for Australasia.

The day was sunny, no wind, and cool. In both those races he walked absolutely faultlessly, and the cheers of the spectators during the last laps must have been as gratifying to him as it was to all of us in the official part of the arena, and only proves what a valuable and noble contest a walking race is in our sports when it is exemplified by a properly trained athlete,

The new records he created were one mile in 6 min. 22.8 sec., and later on the same afternoon he walked the three miles in 20 min. 56 sec. For these details I am indebted to the Hon. Sec. of the V.A.A.A., Mr. F. H. Pizzey.

These 2 performances were so ahead of their time that they withstood all challenges over the next 36 years. When the last Victorian 1 mile and 3 mile walk championships were held in 1948, they still stood as championship records. George Knott walked 21:29.0 to win the 3 mile in 1940 and walked 6:23.2 to win the 1 mile in 1948 –close to but not as good as Bill's 1912 performances.



Bill Murray in 1912 – Australasian record holder

At that time the Victorian Amateur Walkers Club did not exist and Bill walked as a member of the Victorian Walking and Touring Club.

On the basis of his outstanding walks, he was selected to compete for Australasia in the 1912 Olympics. History shows that he was disqualified but there is more to the story as he elaborated in later years

The Australian team struggled from the time it landed in Europe. We had to fend for ourselves and were not properly fit. We were not there long enough to become fit. There were no Olympic Villages. You had to find your own accommodation and eat in cafes.

Once he returned from the Olympics, he put the disappointment behind him and continued his local Victorian athletic career (there were few Australasian titles in those days). He won the Victorian 3 mile titles in 1913-1915 to make it 5 title wins in a row. He also showed good distance potential, winning the inaugural Victorian 25 mile walk in 1914 in 3:58:15 (a time that stood as the Australasian record for many years, finally being bettered in 1927).

The outbreak of World War 1 put an end to further sporting aspirations for Bill and all the other walkers and it was not until 1920 that Victorian Championships were once again resumed. But then, Bill was 38 years of age but he still won the 1920 State 1 mile and 3 mile championships, albeit in considerably slower times (7:05.8 and 24:20.6) than in previous years. That made six Victorian 3 mile titles in a row (1911-1915, 1920).

He was one of the foundation members of the Victorian Amateur Walkers Club in 1922 and remained a member for many years. His serious walking now behind him, he continued to compete for the love of the sport rather than for anything grander. He still placed in the occasional championship - third in the 1922 Victorian 25 mile walking title in 4.21.50 and third in the 1924 Victorian 10 mile walking title in 1.25:57. Bert Gardiner was second in the latter race. As one career was ending, another was starting.

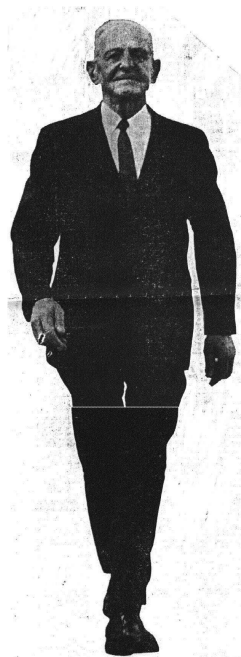
He maintained his enthusiastic involvement throughout the twenties and, as he approached 50 years of age, was still able to place 11th in the 1930 Victorian 10 mile walking title in just under 90 minutes (a performance that would still fare well in Masters circles nowadays).



Bill Murray in 1924 – still looking fit and keen

He also continued running with Melbourne Harriers and took over the Presidency of that club in 1930. He was a regular in the club runs of the time and won his fair share of club handicaps throughout this period.

He was still racewalking in 1931 but he retired soon after to play golf, which he did with great success into his nineties. In fact, in 1964 on the Victoria golf course, when 82 years of age, he went around the 18 holes in less than his age. This is a feat that few ever achieve – Don Bradman did it in his seventies.



Bill Murray at 90 years of age

On 4 September 1971, in the Sporting Globe Magazine, an article was published on Bill Murray and the above photo was taken. At that stage Bill was 90 years old and was Australia's oldest practicing solicitor. From Monday thru Thursday he still walked from his

home in West Brunswick to his office in Collins St and put in a day's work and then he played golf on Friday thru Sunday. He still drove his own car and was Australia's only remaining pre-World war One Olympian.

Bill was truly a remarkable personality on every level and we are unlikely to see his equal again.

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>.

This coming weekend is a quiet one for Victorian walkers but the following weekend AV Shield will kick back in with round 4 (3000m/1500m walks) at our 4 metropolitan and 3 country venues. See <http://www.athsvic.org.au/> for further details.

And advance notice that our next VRWC roadwalks will be held at Middle Park on Sunday 1st December. I have confirmed with Athletics Australia that times done in this meet can count as 2014 World Cup qualifiers provided we have the correct number of qualified judges and timekeepers (which we will). The timetable reads as follows:

Sunday 1st December 2013, 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.

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)
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2013 International Fixture

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
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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, 014	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
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
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
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
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>)