



Jesse Osborne

athlete profile

RACE WALKER

Date of Birth: 21.01.1995
 Place of Birth: Redcliffe Hospital
 Primary Schools: Kallangur Primary School (Yrs 1-5)
 Kurwongbah Primary School (Yrs 6-7)
 High School: Pine Rivers State High School
 Address: 1 Avoca Crescent, Pascoe Vale Victoria 3044
 Contact Phone: 03 9012 5431
 Associated Clubs: Essendon Athletics Club
 Coach: Simon Baker ~ M: 0438 604 665

RECENT MAJOR RACE WALKING ACHIEVEMENTS

14 March	2nd	10km	43:382	Australian Junior Championships, Olympic Park Stadium, Sydney
2 March	2nd	5km	00:19:46	Victorian Open T&F Championships - 5000m Walk Lakeside Stadium, Albert Park, VIC
14 February	2nd	5km	00:20:50	Victorian Junior T&F Champs - U20 5000m Lakeside Stadium, Albert Park, VIC
2 February	1st	10km	00:41:27	Athletics Australia 10km U20 2014 World Cup Trial Hobart, TAS
19 January	2nd	5km	00:22:14	Victorian 5km Teams Roadwalk Championships Middle Park, Victoria
15 December	1st	10km	00:42:16	AA Invitational 10km U20 Fawkner Park, Melbourne, VIC
1 December	1st	20km	01:31:38	VRWC Road Walks - Open 20km Middle Park, Melbourne, VIC
14 October	3rd	10km	00:45:54	MTR Hong Kong International 10km Roadwalk Hong Kong, Hong Kong
1 September	1st	10km	00:44:32	Australian 10km U20 Championships Symmons Plains, Launceston, Tasmania
4 August	1st	10km	00:45:07	Victorian U20 10km Championships Middle Park, Melbourne, Victoria
13 July	2nd	10km	00:44:01	VRWC - RWA Postal Challenge - U20 10km Middle Park, Melbourne, Victoria
30 June	2nd	20km	01:32:43	Victorian 20km Open Championships Middle Park, Melbourne, Victoria
9 June	1st	10 mile	01:10:57	LBG Carnival - 10 Mile Open Canberra, ACT
26 May	1st	10km	00:42:56	Vic Country Roadwalk Champs - Open 10km North Gdns, Lake Wendouree, Ballarat, VIC
18 May	2nd	15km	01:08:36	Victorian 15km Open Roadwalk Championships Middle Park, Melbourne, Victoria
4 May	2nd	10km	00:43:41	Victorian 10km Open Roadwalk Championships Middle Park, Melbourne, Victoria
24 February	6th	20km	01:29:24	Australian Open 20km Summer Championships Hobart, Tasmania
8 February	1st	5km	00:20:49	Vic Youth T&F Championships - 5000m U20 Lakeside Stadium, Albert Park, Melbourne
9 December	1st	10km	00:43:18	A.A. Invitation 10km U20 Fawkner Park, Melbourne, Victoria

Jesse started race walking as part of the events offered through Little Athletics. He has been a member of Strathpine Little Athletics for 11 years and has had many successes including 4 times winner as Age Champion, set several Club, Regional and State Records and competed in U13 Australian Little Athletics Championships in Melbourne in 2008.

Once Jesse started at Pine Rivers State High School he was able to compete at School's competitions which held race walking events at State level. Jesse has won Age Champion every year and has made it through to every State and National School Championship with a podium finish every time including winning the Pan Pacific Championships in Canberra 2008.

His progression in the sport through his early teenage years was exceptional with winning or placing 2nd in every event he contested. Due to his consistent performances at National level, he was rewarded with a position in U17 AIS Development Squad as a 15 year old and was again selected the following year.

At 16 years of age he was selected in the Australian World Youth Team which competed in France in July 2011. Although he was a year younger than the majority of the field he finished a very credible 18th overall and 3rd for his age.

In 2011 Jesse started working with a new coach, Brent Vallance, was the AIS Senior Athletics Coach for Race Walks, and his results over all distances have improved dramatically with many successful achievements.

In 2012, Jesse was also selected in U19 AIS Development Squad which will ensure that he gets to improve and develop into a senior athlete under the guidance of the best coaches and training facility in the country.

In late 2013, Jesse changed coaches to and began training with Simon Baker, an accredited Race Walker himself winning several medals and representing Australia on a number of occasions. Under Simon's expert guidance Jesse has excelled in many recent event such as winning the U20 10km Road Walks in Hobart in conjunction with Oceania Championships and also placing 2nd to Olympic Champion Chris Erickson in the Victorian Open Championships. His most recent victory would be a 13 sec personal best time in the 1500m walk where his time of 05:19 is the fastest time recorded for a junior athlete in Australia ever and 3rd overall.

Jesse's commitment and dedication to race walking is second to none and his long term goals are to represent Australia at World Juniors and World Walking Cup in 2014 and then to go on and work towards selection in 2016 Olympics. With 2018 Commonwealth Games held at the Gold Coast, selection for that team would be a fantastic experience being able to compete in Queensland in front of friends and family.

“If you don't want it as much as your next breath, then you don't want it enough!”



GOALS

Year	Goal
2014	Selection in Australian World Walking Cup Team, China, 2014 Selection in Australian World Juniors Team, Eugene, Oregon, USA, 2014
LONG TERM GOALS	IAAF World Athletic Championships, Beijing, China, 2015 Selection in Australian 20km Walks @ Olympics, Rio de Janeiro, Brazil, 2016 Selection in Australian Walks Team @ Commonwealth Games, Gold Coast, 2018

PERSONAL BEST RACE TIMES

20km	01:29:24	24/02/2013
10 mile	01:10:57	9/06/2013
15km	01:08:36	18/05/2013
10km	00:41:27	2/02/2014
8km	00:36:43	22/06/2013
6km	00:27:20	11/09/2011
5km	00:19:46	2/03/2014
3km	00:11:51	11/02/2012
2km	00:07:38	18/01/2014
1.5km	00:05:19	23/03/2014

“Pain is temporary, glory is forever!”

“Don’t count the days, make the days count!”

Table below shows how Jesse compares to Australia's best Race Walkers – Past & Present!

COMPARISON TABLE

Result	3rd OG	NR	6th WC	4th OG	2nd OG	NR	NR	NR	
	Deakes	Russell	Adams	Ahern	Tallent	Rutter	Bird-Smith	Sundstrom	Osborne
	U20	U20	U20	U20	U20	U20	U20	U20	U20
3000m	11:34.90	11:47.60	11:48.40		11:54.40	11:38.00	11:27.24	11:16.20	11:51.00
5000m	19:46.88	20:01.35	20:39.41	19:56.03	20:49.85	19:55.35	19:45.89	19:38.22	19:46.00
10000m	41:11.44	41:50.70	44:09.00	42:29.30	43:36.03	41:47.44	40:56.00	41:58.56	41:27.00
20km	1:26:27		NM			1:24:46	1:26:38	1:25:01	01:29.24

