



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 13
25 December 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Rhydian Cowley** whose 1500m time at our VRWC track races a couple of weeks ago was fantastic - a 9 sec PB of 5:29. That is one of the fastest ever times done in Australia and I was there and can confirm that Rhydian looked fantastic.

This week there was not much Australian racing on offer but one walker did stand out for a couple of fine performances - and he is one of those walkers who keeps popping up regularly. I mean of course 14 year old NSW walker **Tyler Jones** who popped up a week ago in the Central Coast Little Athletics Zone qualifiers with a 1500m time of **6:09.64** (a 7 sec PB) and then backed up on Saturday in Sydney interclub with a 5000m time of **23:09.33**, only a couple of seconds outside his best. This makes a pretty impressive double for a 14 year old walker!

TIM'S TOP TEN MEN FOR 2012

Yes, it's that time of the year again so here I go with my top walkers of the year. I couldn't keep it to 10 - so it's a top 11 for the men this year. I will review the women next week. Remember this is my own informal review - I well realise that you might end up with a different list. I try to take into account a number of factors

- Performances in major events like Olympics, etc
- The overall year (so a once off great walk will probably not get you into this list)
- The age of the competitor and his performances relative to his age

I had to leave out a lot of great Australian walkers including Nathan Deakes, Adam Rutter, Ian Rayson, Brad Aiton and Brendon Reading to name a few. It is good that we have such depth.



1. Jared Tallent

28 year old Jared, the World Number One walker as calculated by All-Athletics website and the number one Australian by the proverbial mile. Third in the 2012 World Cup 50km in Saransk (3:40:32) and second in the Olympic 50km (a PB 3:36:53) backed up by 7th in the Olympic 20km (1:20:02). Wins in the Australian 20km championship in February (super hot 1:23:01 in Hobart) and the LBG 20 Miler (2:18:00) as well as a number of top eight finishes in IAAF events including 2nd in the IAAF Challenge Series event in Chihuahua, Mexico (1:21:50) made for a superb year. He was also dominant over the shorter 5000m, recording 18:47 (first Australian and second overall) in the Sydney GP walk and 19:08 to win the 5000m invitational walk at the Australian T&F Champs. What didn't he do!



2. Nathan Brill

16 year old Nathan Brill has gone from strength to strength this year. Set fantastic PBs over all distances - 1500 (5:51), 2000m (7:52), 3000m (12:15), 5000m (20:44), 10km (43:52) and 10 miles (1:15:33). Was second to Blake Steele in the U20 10km World Cup trial in Hobart (46:02 in the heat) and then went on to come a fantastic 32nd in the World Cup in Russia in May with a PB 44:52 (as the youngest competitor in the field, at only 15 years of age). Won the Aust U17 5000m in March in Sydney (21:30) and was third in the U20 event (45:00), did a fantastic double at the LBG carnival in June (3rd in the 10 mile with 1:15:33) and then 2nd in the U18 5km (21:29), won the Australian U18 10km (45:03) in Adelaide in August, won the Australian Schools U18 5000m in Hobart in December (21:05) and already has two 10km qualifiers for the 2013 World Youth Championships (43:42 and 43:44). Looks unstoppable!



3. Chris Erickson

31 year old Chris had another fantastic year but not an easy one. Was one of five Australian 50km Olympic qualifiers but missed out on an Olympic berth by 1 minute. Readjusted his sights to chase a 20km spot. Walked a fantastic Australian 20km championship in Hobart in February, finishing only 1 minute behind Jared Tallent in a clear second place, only to be thwarted by the 38°C temperature - his time of 1:24:12 not fast enough. Improved to 1:23:09 in China in March and then nailed 20th place with 1:22:20 (a 30 sec PB) in the World Cup in Russia in May, being the first Australian to finish in the event and nailing an Olympic A qualifier. Second to Jared in the LBG 20 Miler (2:26:36), he came a valiant 38th in the Olympic 20km in 1:24:19 after a long year.



4. Dane Bird-Smith

20 year old Dane has made a rapid transition into the senior ranks with a string of high quality races and PBs this year. First to the PBs - 11:23 (3000m), 19:02 (5000m), 40:21 (10km) and 1:23:15 (20km). Did his 5000m PB in coming 3rd in the Sydney track classic in February, walked well in the heat of Hobart to take 6th spot in the Australian 20km (1:28:12), improved to 1:23:15 in the China leg of the IAAF Challenge Series in March, came 43rd in the World Cup 20km in Russia in May (1:24:41), won the U20 10km at the LBG carnival in June in his last Junior race (41:05), won the Australian Winter 20km Championship in Adelaide in August (1:23:28) and came a fantastic 5th in the IAAF Challenge Final in China in September (40:32). Not a bad year by any measure.



5. Jesse Osborne

17 year old Jesse Osborne also knocked out PBs galore this year - 1500m (5:39), 3000m (11:51), 5000m (20:23), 10km (43:18) and 10 Miles (1:14:55). Although doing his final year at school, he managed to combine it well with his racewalking and, like Nathan, is another young man with a big future. Was third in the U20 10km World Cup trial in Hobart (a hot 47:12) and went on to walk a great 24th in the World Cup in May - a PB 44:15. He won the U18 5000m (21:29) and was second in the U20 10000m (44:36) at the Australian Champs in March, walked a great double like Nathan in the LBG (2nd in the 10 Mile with 1:14:55 and 3rd in the U18 5km with 22:17). Was second in the U18 10km Aust championship in Adelaide in August (45:57), second in the Australian Schools Champs in Hobart in December (21:46) and finished his year on a winning note with a 10km PB of 43:18 at Fawkner Park the following week.



6. Blake Steele

19 year old Blake Steele won the World Cup trial in Hobart in Feb - his 10km time of 43:46 excellent in the oppressive heat. This was followed by a win in the Australian U20 10,000m championship in March (44:23), 17th place in the World Walking Cup in May in Russia (a PB 43:12), second place in the U20 10km in the LBG carnival in June (44:54) and 17th in the World Junior Champs in Barcelona in July (a PB 43:04). His final high quality race for the year was a second place in the Australian 10km U20 championship in Adelaide in August (45:33). He will join our senior ranks in 2013 so we wait to follow his transition with interest.



7. Andrew Jamieson

66 year old Andrew Jamieson had such a superb year that he was one of 3 finalists for the IAAF Masters Male Athlete of the Year. He continued to re-write the M65 record books, doing times that defy logic. During 2012, he bettered his own or set new World M65 records on 8 separate occasions - new records set this year include 2000m (9:10.4, 27 Oct, Melb), 3000m (14:13.6 - 3 Nov, Melb), 5000m (24:14.0 - 14 Apr, Melb), 10km (48:38 - 19 May, Melb) and 20km (1:40:13 - 29 July, Melb). He also set a new Australian M65 record for the 1500m - 6:52!



8. Tyler Jones

14 year old Tyler Jones has also set PBs over all distances this year - 1500m (6:09), 2000m (9:27), 3000m (13:19), 5000m (23:06) and 10km (50:57). Now that does read impressively for a 14 year old! Was undefeated all year in his age group - firsts in the Australian U15 3000m in March (13:46), LBG U16 3km in June (13:26) and the Australian U16 5km in August (23:33). Bypassed the Australian Schools Champs in December but will be back in action again in Perth in March for his next National outing.



9. Peter Bennett

57 year old Peter Bennett continues to lead the way on the Australian ultra distance walking front. He won the Caboolture 12 Hour walk in Feb (94.593km), walked yet another centurion 100 mile in the Coburg 24H (his umptenth), won the annual Rouen 24 Hour Classic in France in June (a whopping 213km for his fourth win in 6 years), won the Queensland 24 Hour championship (actually beating all the runners on this occasion) with 185.293km, and finally had a great walk in the annual Coast to Kosci in December (240km in 37:17:57 and 17th out of a field of 34, all the others being runners). Combined with this, he regularly races with Queensland Racewalking Club and is their President. And he is one of our top Masters walkers as well, regularly medalling in the M55 division. A jack of all trades!



10. Luke Adams

36 year old Luke Adams only raced sparingly this year, coming off the back of a serious hamstring injury incurred in 2011. His first race was the IAAF Challenge Series 20km in China in March (10th in 1:22:50). From there it was onto Russia for the World Walking Cup where he finished 27th in the 20km with 1:23:28. His Olympic 50km walk saw him come 26th with 3:53:40 and then onto China for the World Walks Challenge Final (9th in 41:06). He finished the year on a high, winning the Australian 50km championship this month in Melbourne with 3:57:24, earning a place in the Australian team for the 2013 IAAF World Championships. Luke continues to walk consistently well and has plenty of top performances left by all indications.



11. Rhydian Cowley

21 year old Rhydian Cowley is starting to make an impact in the senior ranks in this, his second year in the Open division. Has done a whole swag of good PBs this year - 1500m (5:29), 2000m (7:42), 3000m (11:39), 5000m (19:29), 10km (40:38), 20km (1:24:34) and 10 Miles (1:10:48). Started the year with 7th in the Sydney Track Classic in Feb (19:52), had a tough one in the heat at Hobart in March (9th in 1:42:41) but bounced back in March in China, recording 1:27:21. Had another tough walk in the World Cup in May (89th in 1:32:28). But from there on, his year has been fantastic. Won the LBG 10 miler in June (1:10:48), was second in the Australian Winter 20km championship in Adelaide in August (a big PB time of 1:24:34) and has had a succession of very fast track times this summer in Melbourne. He is rapidly improving and I look forward to 2013.

ATHLETICS VICTORIA SHIELD COMPETITION, SATURDAY 15 DECEMBER

AV Shield Round 8- Geelong Zone , John Landy Athletic Field, Geelong, Saturday 15 December

One final catchup - this Victorian Shield result was still outstanding when I went to press last week. Here it is for completeness.

Mixed 3000m Walk

- | | | | | |
|----|--------------------|-----|----------|----------|
| 1. | Christmass, James | M45 | CORIO AC | 14:42.15 |
| 2. | Mirarchi, Nicholas | M21 | CORIO AC | 16:46.49 |

Mixed 1500m Walk

- | | | | | |
|----|------------------|-----|----------|----------|
| 1. | Mirarchi, Thomas | M12 | CORIO AC | 11:33.78 |
|----|------------------|-----|----------|----------|

TYLER JONES IN TOP FORM ON THE CENTRAL COAST

Tyler Jones raced in the Central Coast Little Athletics Zone Championships on Friday 14 December, and even though he was the only one in his age group race, he managed to post a new PB time by 7 seconds. Actually he had a very good weekend with Gold for 1500 Walk, Gold for 200m, Gold for 400m, Silver for 800m, Silver for 4x100m Relay and Bronze for Long Jump !

Boys U 15 1500m Walk

- | | | | |
|----|-------------|-------|---------|
| 1. | Tyler Jones | Wyong | 6:09.64 |
|----|-------------|-------|---------|

See <https://assets.imgstg.com/assets/console/document/documents/central%20coast%20zone%20results%20-%202020121.pdf> for the full results from the Zone Championships meet.

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 20 DECEMBER

The last round of Western Australian Interclub was held for the year in Perth last Thursday with Dale Hennighan winning in 28:03.1.

Mixed 5000m Walk

- | | | | | |
|----|-----------------|---|--------------|---------|
| 1. | Hennighan, Dale | M | Ridgewood | 28:03.1 |
| 2. | Brown, Breanna | W | Athletics WA | 28:35.8 |

3.	Hughes, Holly	W	Athletics WA	29:42.2
4.	Tolardo, isabella	W	Melville	31:54.0
5.	Gerken, Christophe	M	Athletics WA	34:15.4
6.	Gerken, Caitlin	W	Athletics WA	DNF
7.	Watson, Hannah	W	Melville	DNF

ATHLETICS SOUTH REUNION DAY, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 22 DEC

Daniel Coleman and Stephanie Stigwood were in fine form in Hobart last Saturday. I suspect that might have been a PB for Daniel.

Men 3000m Albert Johns Walk

1.	Coleman, Daniel	Southern Saints	12:54.48
2.	Moore, David	Masters	21:56.45
3.	Marsh, Lawrie	Masters	DQ

Women 3000m Albert Johns Walk

1.	Stigwood, Stephanie	Southern Saints	14:55.45
2.	Randall, Alice	Southern Saints	18:21.90
3.	Guy, Sarah	Southern Saints	20:40.15

KINGS SPORT STORE CLUB PREMIERSHIP ROUND 6, SPOAC, SYDNEY, SATURDAY 22 DECEMBER

And Club Premiership continued in Sydney over the weekend as well. Cheryl Webb commented: *Our biggest race for a very long time with 38 walkers racing. Over 500 athletes competed over the whole competition. The walks were delayed for an hour due to the large number of athletes competing across all events. It was a great turn out.*

Great walks by Jasmine Dighton (14:57.42), Tyler Jones (23:09:33), Cheryl Webb (23:17.35) and Kirsty Klein (24:17.71).

Women 1500m Walk Under 14

1.	Brown, Samantha	11	Parramatta C	7:46.61
2.	Batho, Carys	12	Balmain Athl	8:19.26
3.	Kalemusic, Daniell	13	Nowra Athlet	8:33.12
4.	Hardy, Renee	9	Asics Wests	9:25.42
5.	Crichton, Emily	11	Sydney Pacif	10:19.94
6.	Bennett-Ward, Dako	9	Sutherland D	10:30.44

Men 1500m Walk Under 14

1.	Thomson, Ryan	12	Nepean Distr	7:51.23
2.	Gosper, Luke	11	Parramatta C	8:59.34
3.	Little, Bayden	9	Sydney Pacif	9:11.48
4.	Walter, James	9	Sydney Pacif	9:20.98

Women 3000m Walk

1.	Dighton, Jasmine	16	Illawong and	14:57.42
2.	McDonald, Jasmyn	13	Parramatta C	15:56.67
3.	Crichton, Sophie	12	Sydney Pacif	17:31.32
4.	Hopkins, Karina	14	Act (Act)	18:26.36
5.	Hopkins, Emily	13	Act (Act)	18:36.09
6.	McKay, Sybella	9	Gosford Athl	18:57.45
7.	Bardsley, Jordan	14	Act (Act)	20:41.19

Men 3000m Walk

1.	Kerr, Aidan	14	Sydney Pacif	14:58.93
2.	Hopkins, Thomas	14	Act (Act)	15:14.38
3.	Mavin, Harrison	11	Sydney Pacif	16:08.27
4.	Richardson, Dylan	12	Mingara Athl	16:23.61
5.	Barendregt, Travis	12	Nepean Distr	18:14.03
6.	Hyde, Victor	67	Sydney Unive	22:16.05

PB 0:10

Women 5000m Walk Open

1.	Webb, Cheryl	36	Blacktown Ci	23:17.35
2.	Klein, Kirsty	18	Asics Wests	24:17.71
3.	Bourke, Lauren	22	Mingara Athl	24:51.19
4.	Raycanovski, Sarah	29	Mingara Athl	24:58.19
5.	Jennings, Shannon	19	Asics Wests	26:16.07
6.	Cobb, Jessica	22	Blacktown Ci	26:20.54
7.	Southern, Shay	17	Asics Wests	27:51.22
8.	Denney, Hannah	17	Randwick Bot	28:25.16
9.	Brown, Kylie	40	Nepean Distr	29:02.52

eq PB

10. Porley, Tabitha 17 Asics Wests 30:43.14

Men 5000m Walk Open

1. Jones, Tyler 14 Wyong Athlet 23:09.33
2. Birch-Ward, Kurtis 16 Sutherland D 25:03.01
3. Osborne, Robert 57 Nepean Distr 28:27.06
Malone, Kyle 21 Nepean Distr DNF
Birch-Ward, Kurtis 16 Sutherland D DNF

JUNIOR ALPE ADRIA RACE WALKING CUP 2012, KOPER, SLOVENIA, SATURDAY 15 DECEMBER

Thanks to Fabio Ruzzier for the results from the last race of the 2012 Alpe Adria Race Walking Cup, this time from Koper in Slovenia. Fabio tells me that the race was outdoors, held in a temperature of -2°C and with a strong wind! Sounds pretty tough!

U12 Girls 1000m

1. Cassanella Michela Trieste Trasporti Cral A. IT 2001 05.38:9
2. Cah Klara AK Koper SLO 2002 05.56:8

U12 Boys 1000m

1. Silli Giovanni Trieste Trasporti Cral A. IT 2002 05.24:8
2. Lešnjak Žan Žiga AK Bled SLO 2002 05.38:8
3. Lubiana Riccardo Trieste Trasporti Cral A. IT 2001 05.55:6

U14 Girls 3000m

1. Sili Laura Trieste Trasporti Cral A. IT 1999 16.49:4
2. Colacicco Valentina Trieste Trasporti Cral A. IT 2000 17.31:4
3. Čanadi Eva AK Koper SLO 2000 18.07:0

U14 Boys 3000m

1. Lubiana Federico Trieste Trasporti Cral A. IT 1999 15.37:5
2. Demichele Diego Trieste Trasporti Cral A. IT 1999 17.32:0

U16 Girls 3000m

1. Golobić Antonela AK Agram HR 1997 16.32:0
2. Ferfoglija Irene Trieste Trasporti Cral A. IT 1998 17.13:7
3. Cassanella Alessia Trieste Trasporti Cral A. IT 1998 17.52:1
4. Štrk Katarina AK Agram HR 1997 20.50:9

Open Women 3000m

1. Renić Ivana AK Agram HR 1996 16.28:0
2. Strmečki Stakor Martina AK Agram HR 1994 17.26:8
3. Čičak Josipa AK Agram HR 1996 19.21:3
4. Cah Mojca AK Koper SLO 1979 21.10:7

Open Men 3000m

1. Ruzzier Fabio AK Koper SLO 1953 15.07:2
2. Anđelić Matej AK Agram HR 1996 15.19:0
3. Haubrih Želimir Dinamo Zrinjevac HR 1963 15.47:4
4. Čosić Mateo AK Agram HR 1996 16.08:9
5. Dorigo Silvio Marathon Trieste IT 1962 16.16:9
6. Bahčič Igor AK Koper SLO 1962 18.43:1

INDOOR MEET, KAUNAS, LITHUANIA, WEDNESDAY 12 DECEMBER

The European Indoor season is now kicking off and, based on the weather I have been seeing on the news recently, not before time!

Men's 5000m Race Walk Indoor

1. Genadiy KOZLOVSKIY LTU 91 21:44.30
2. Artur MASTIANICA LTU 92 22:09.43
3. Normantas PETRISA LTU 94 22:27.61
4. Paulius ABASEVIČIUS LTU 96 23:24.48
5. Tomas PAGIRYS LTU 96 23:34.62
6. Martynas JARUSEVIČIUS LTU 96 24:37.95
7. Arnoldas BUDRYS LTU 96 24:37.96

Women's 3000m Race Walk Indoor

1. Brigita VIRBALYTĖ-DIMSIENĖ LTU 85 12:46.88
2. Agne KLEBAUSKAITE LTU 92 14:05.83
3. Gintarė VAICIUKEVIČIŪTĖ LTU 94 14:11.50

4.	Inga MASTIANICA	LTU	89	14:15.35
5.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	14:25.72
6.	Monika VAICIUKEVIČIŪTĖ	LTU	96	14:46.70
7.	Austėja KAVALIAUSKAITĖ	LTU	00	15:17.77
8.	Sandra LAURYNAITĖ	LTU	97	16:27.86

BITS AND PIECES FROM AROUND THE WORLD

- Another Russian walker bites the dust. See <http://www.supersport.com/athletics/article.aspx?Id=1721634>

Russia has banned national race walking champion Sergei Morozov for life for doping, the All-Russian Athletics Federation said in a statement on Tuesday. "The anti-doping commission of the All-Russian Athletics Federation has disqualified race walker Sergei Morozov for life based on irregularities in blood test results in the athlete's biological passport," the Federation said. It said further that all Morozov's results from 25 February 2011 would be annulled in line with the rules of the International Association of Athletics Federations. Morozov was previously disqualified for two years on the eve of the 2008 Olympics after he tested positive for the banned drug EPO.

Since he competed in the 2012 World Racewalking Cup, it bumps a few Aussie results up by one place - Chris Erickson now 20th, Adam Rutter now 22nd, Luke Adams now 26th, Dane Bird-Smith now 43rd and Rhydian Cowley now 89th.

- Jeff Salvage & Tim Seaman have announced a revamp to their walking site www.walkingresource.com. They comment:

We are building a more accessible site. You can see from what we've done where we are going. We will add a lot of beginner information related to walking with the hope of pulling more people into walking for exercise and then have them progress to race walking. It's been tried before, but I think with the ever increasing digital reach it will get some legs. It is very tablet/phone friendly. So have a look!

- Athletics Canada has announced its 2012 annual award winners and it is great to see racewalker **Inaki Gomez** winning the Fred Begley Memorial Trophy for outstanding athlete of the year in off-track events. Well done Inaki!
- The Italian Olympic Committee has just announced that it has banned walker Alex Schwazer for four years. He tested positive before the London Olympic Games for EPO. He also had anomalies in his Biological Passport and admitted purchasing and possessing banned substances.

ENTRIES NOW OPEN

Quite a few online entries are now open.

- AV has now opened its online entry panel for the **Victorian 5km Teams Championships** which will be held on **Sunday 20 January** at Middle Park. See <http://www.athsvic.org.au/events/detail/2013-av-walks-series-5km-team-walk>. As mentioned last week, now is the time to start socializing the date and organizing your team of 3 walkers. We hope that this event can grow to be one of our major Victorian walk fixtures.
- Entries have now also opened for the **Victorian Country T&F Championships**, to be held in Geelong on the weekend of **26 January**. See <http://athsvic.org.au/events/detail/victorian-country-athletics-championships>
- Entries have also opened for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24 February**. See http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=962&OrgID=887

Events to be conducted are:

20km Race Walk - Open/U23 Men & Open/U23 Women
10km Race Walk - U20 Men & U20 Women

Entries close: Monday 11th February, 2013

STEVE KING JOINS BRITISH COLOMBIA ATHLETICS HALL OF FAME

Centurion C492 Steve King, who represented Ilford AC and Stock Exchange AC before emigrating to Canada, has been inducted in the British Columbia Athletics Hall of Fame in Canada. Steve is well known in Canada as a successful competitor in ultra-distance races, an organiser of major events and as a sports commentator - he's also been in the commentary box for Canadian Television. Here is the BC Athletics press release.

2011 BC Athletics Hall of Fame Inductee

STEVE KING

Athlete, Coach, Poet, Lyricist, Narrator, Author, Publisher, Educator/Guest Speaker, Counsellor, Announcer, Builder (Athletics & Triathlon)

ATHLETE:

- Success as a school athlete in England in Track & Field, Cross Country Running, Football, Cricket, Gymnastics and Archery
- Race Walking – ranging from 2nd in the 53 Mile London to Brighton; 1st US 50 Mile Championships; Centurion 100 mile in under 24 hours as part of the British Team; to 1st in the BC Seniors Games 5k/10k
- Marathon, Ultra Running, Triathlon:
 - Best Marathon time 2:36:54
 - 50 mile best time 5:36:23
 - 50 km best time 3:17:11
 - 1984 – 6th Ironman Canada
 - 1994 2nd Ultraman Canada/1st age group (12 km swim, 200 mile bike, 52.4 mile run)
 - 1995-1997 Member of Canadian Nat'l 100km Teams
 - 1997 BC Marathon Champion
 - 1997 Winner Haney/Harrison 100km Ultra
 - 1999 – 7th Masters – South Africa's Comrades Marathon (56 miles)
 - 2001 – 4th overall Badwater Death Valley 135 mile Run

COACH:

- Special Olympics Coach
- Fred Johnson, Gold Medallist 400m / Silver Medallist – Special Olympics World Games, Baton Rouge, LA
- Poet, Lyricist, Narrator, Author, Publisher:
 - 20th Century Poets, 1975
 - The World's Great Contemporary Poems, 1981
 - Songs for Jean
 - In the Zone
 - The Distance of Truth
- Ironman Canada 30th Anniversary video
- TRI-FIT Training Log
- Running in the Zone
- Triathlete in Transition
- Publisher TRI-FIT Quarterly
- Impact Magazine
- BC Athletics Record



EDUCATOR/COUNSELLOR/ GUEST SPEAKER:

Since 1090 Steve has presented over 160 times on the topics of:

- Drug and Alcohol Addiction and Treatment
- Organizational Change
- Marathon Preparation
- Hydration and Electrolytes and Testing
- Marathon Mania w. Rod Dixon, Dick Beardsley & Bruce Deacon
- Performance & Motivation

- Adaptation & Attitude
- The Comrades Marathon Experience
- Relaxation and Healing

TV COMMENTATOR / EVENT ANNOUNCER:

- TV Commentator for CBC, TSN, CTV, ESPN, Rogers Sportsnet, Shaw Cable
- Vancouver Sun Run/Vancouver Marathon/World Triathlon Championships/Ironman Canada/BC Winter and Summer Games/Toronto Waterfront Marathon/Canadian 10k Rd Race Championships
- On-site Play-by-Play Announcer – over 150 different events including: '94 Commonwealth Games/'99 Pan Am Games/Triathlons around the World/Marathons throughout No America/Cross Country Skiing/H2H/W50/ World Police & Fire Games/Cycling/BC Distance Swimming Champs/BC & Cdn XC Champs/Hawaiian Ultraman (double Ironman distance) Championships

HONOURS AND AWARDS:

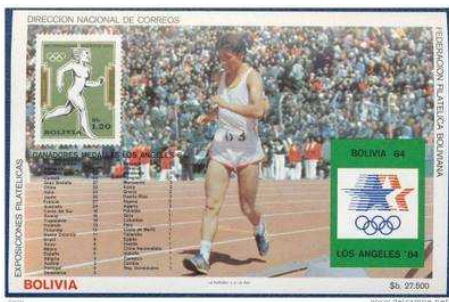
- Interior Running Association Award
- City of the Year – Penticton & District
- Sports Leadership Award – City of Penticton
- Sport BC President's Award
- Frontrunners Walk of Fame – Victoria

BUILDER:

- Originator, Director, Board Member:
- Penticton Pounders Running Club/Blossom 10 Miler/Skaha Lake Ultra Swim/Ironman Canada/Ultraman Canada/Penticton Junior Triathlon

EVEN MORE RACEWALKING STAMPS

Just when I thought that I had captured all the Racewalking stamps on offer, I received an email from Dutch walker Alex Wijsman. Alex has been collecting on this theme for many years and has sent me details of many more racewalking related stamps, of which I was not aware. This is exciting stuff indeed. Here are the first few for everyone



Bolivia - 1984

Bolivia didn't win a walks medal at the 1984 Olympic Games in Los Angeles but they did have a walker in both the 20km and 50km walk events – Morejon finished 36th in the 20km and was a DNF in the 50km.

Their 1984 Olympic stamp featured Ernesto Canto of Mexico who won the Olympic 20km walk.



Ecuador – 2000

We already know about the 1996 stamp put out by Ecuador to honour its gold medallist Jefferson Perez. But they also put out another Olympic stamp in 2000 and it also featured Perez. It is from the XXVII (27th) Olympiad in Sydney 2000 where he finished 4th in the 20km.






Gambia – 1992 Olympics

Gambia put out this 1992 Olympics stamp honouring Jose Pedraza of Mexico who won the first ever Mexican Olympic medal (a silver) in the 1968 20km Walk in Mexico City. However, the drawing shows Volodymyr Golubnichy of USSR who won the gold ahead of him – he was wearing the red soviet top, white shorts and white cap and blue adidas runners. I have the photo which shows the finish. Interesting! A mistake like this makes a stamp even more collectible.



Greece – 2004

Greece put out this postal stamp celebrating the win by home town walker Athanasia Tsoumeleka who won gold in the women's 20km walk at the 2004 Olympic Games in Athens. Interestingly, Tsoumeleka was later banned after failing a drugs test in 2008 and second placed Olympiada Ivanova had previously sat out a 2 year drugs ban in 1997. Jane Saville of Australia finished third in this Olympic walk.

	<p>Guyana - 1996</p> <p>This stamp was one of 4 produced by Guyana to mark the 1996 Olympics. The writing on this stamp reads “20K Walk first introduced in 1956 olympics. LEONID SPIRIN of Russia was the gold medal winner.” The stamp is not from the 1956 Olympic race as the race numbers do not match. Spirin wore race number 24 in that event and race numbers 145 and 714 were not there either. The modern Adidas runners also perhaps indicate a rendering of a more recent race. The partial walking figure on the left looks to be in an Australian uniform which is interesting.</p> <p>Other stamps in the Guyana Olympic set featured</p> <ul style="list-style-type: none"> • Lars Hall, the winner of the 1952 Olympic Modern Pentathlon • the 1996 Olympic Stadium • The ancient Greek Olympic discipline of the Pancratiun, a mixture of extreme boxing and wrestling.
	<p>St. Vincent & the Grenadines - 1994</p> <p>This stamp features gold medallist Peter Frenkel of East Germany who won the 20km walk at the 1972 Munich Olympics. It celebrates 100 Years of the Olympic Committee so I am guessing it was produced in 1994. On the stamp you read the name of Peter Frennel instead of Peter Frenkel. Again, a collector's item due to the error.</p>
	<p>Tuvalu - 1992 ?</p> <p>I've known about this stamp for a while but this is the first time I have seen it. It features walkers from the 1987 IAAF World Championship race in Rome. Women's racewalking was added to the Olympic in 1992 so perhaps that is why this stamp was produced at that stage and an archival shot used. This photo is also featured on the IAAF Judging Handbook of that period.</p> <p>I believe that this stamp was withdrawn from circulation by Tuvalu and hence it is quite rare.</p> <p>From left to right you see (279) Beate Anders - Germany, Giuliana Salce - Italy, (187) Sirkka Oikarinen - Finland, Alison Baker - Canada, (517) Monica Gunnarsson - Sweden, Janice McCaffrey - Canada, Sue Cook - Australia, (519) Ann Jansson - Sweden, Suzanne Griesbach - France, (96) Ann Peel - Canada, Unknown - China, (264) Lisa Langford - England, (9) Olga Krishtop - USSR, Maria Cruz Diaz - Spain and (540) Dana Vavracova Czechoslovakia.</p>

WHAT'S COMING UP - FALLS CREEK CAMP

The racing calendar is completely clear now for 3 weeks. But that does not mean that all is quiet on the Victorian front as we have a large group of walkers who will be travelling to Falls Creek on Saturday 29 December for 2 weeks of high altitude training. We also have a number of interstate walkers who are joining us there. I will be there so look forward to reporting back via the newsletter on how things are going. In the meanwhile, you can read a bit about the camp at our web page - <http://www.vrwc.org.au/vrwc-fallscreek.shtml>

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2012/2013 Victorian/Australian Summer Season Key Dates

Sat 12 Jan, 2013	AV Shield re-commences with Round 10
Jan 16-20, 2013	Australian Youth Olympic Festival, Sydney
Sat 19 Jan, 2013	AV Shield Round 11

Sun Jan 20, 2013	Victorian 5km Teams Championships, Middle Park
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Sat Feb 2, 2013	AV Shield Round 12
Sun Feb 3, 2013	VRWC Road Walks, Middle Park
Thurs Feb 7, 2013	AMA 4 x 800m Walk Relay, Victorian section, East Burwood Athletics Track, East Burwood
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sat 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolomore Reserve, Mentone
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA State T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2013 International Fixture

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

2013 IAAF Race Walking Challenge

9- 10 Feb 2013	Pan American Race Walking Cup	Lima
23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

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
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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