



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN MEN FOR 2019

It's that time of the year again so off we go with my Top Ten Men for 2019. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough ask.



1. Rhydian Cowley (VIC)

28 year old Rhydian Cowley had his best year ever in 2019, with PBs over 10km (39:48), 20km (1:20:19), 30km (2:10:33) and 50km (3:52:58). He started his year with a PB 40:07 in the Canberra Track Classic 10,000m in January, recorded his PB of 1:20:19 in the IAAF Challenge 20km in Kobi, Japan, in March, was 2nd in the Australian 10,000m Track walk in April (40:44), won the Victorian 10km and 15km in May, recorded 1:21:02 in La Coruna, Portugal, in June, won the Oceania 10,000m walk in Townsville in June, cleaned up the Victorian 20km and 30km in June/July, won the Australian winter 20km roadwalk championship in September in Adelaide, finished 3rd in the annual Lake Taihu 3 Day Classic in China in October and finished off the year in grand style with a win in the Australian 50km in Melbourne in early December in his first attempt at this distance. The only blip on the radar was his DNF in the World Champs in Doha in horrendously hot conditions, but this was a minor blip in what was a stellar year.



2. Dane Bird-Smith (QLD)

27 year old Dane Bird-Smith had a quiet 2019, with only 7 races, but all were of excellent quality. He started his year with second (first Australian) in the Australian 20km Summer Championship in Adelaide in February (1:20:52), won the Queensland Track Classic 3000m in March with a very quick 11:01, won the Australian 10,000m Track Championship in Sydney in April in a PB 38:30, then did a number of overseas races (Mexico 20km 1:15:01, Norway 3000m 10:59 and La Coruna 20km 1:21:40) in preparation for Doha. His Doha walk saw him walk honestly to finish 15th (1:32:11) in the tough conditions, not as high as might have been expected but in those conditions, just finishing was an effort. That finished his year of racing.



3. Kyle Swan (VIC)

After a quiet first half of the year, 20 year old Kyle Swan hit his straps in the second half of the year, starting with a win in the prestigious LBG Carnival 15km in Canberra in June (1:07:48). After silvers behind Rhydian Cowley in the Victorian 20km and 30km championships, he took silver (behind Rhydian again) in the Australian Winter 20km championship in Adelaide (a PB 1:31:42) in September. After racing in the Lake Taihu 3 Day Tour in China in October, he really raised the bar with a superb PB of 1:23:53 in the Fawkner Park 20km race in early December. He looks set for a great 2020.



4. Gwyllym Young (ACT)

17 year old Gwyllym is one of a very talented bunch of junior male walkers and has proven himself hard to beat. He won the U18 5000m walk at the Australian T&F Championships in April (21:50), finished second (first Australian) in the Oceania U18 10,000m walk in Townsville in June (22:17), won the U18 10km walk in the Australian Winter Roadwalks in September (46:00), won the U20 10km walk at Fawkner Park in early December (43:25) and won the Australian All Schools U18 5000m a week later in Perth (21:56). Definitely our top U18 and arguably perhaps our top U20 male walker.



5. Corey Dickson (VIC)

17 year old Corey Dickson has improved markedly this year, with PBs set for 5km (21:39), 10km (44:23), 15km (1:20:37) and 20km (1:36:06). A prolific racer, with 38 starts for the year, he started the year mixing it with the older walkers in Canberra as part of the Supernova camp. He made a big breakthrough, walking a huge PB of 44:53 in the U20 10km at the Australian Summer Roadwalk Championships in Adelaide in February. He followed this with second in the U20 10,000m walk at the Australian T&F Championships in Sydney in April (46:09), then walked a big double in the LBG Carnival in Canberra in June (2nd in the U20 10km with 46:34 and 1st in the U18 5km with 23:12). He was 3rd (2nd Australian) in the Oceania U18 5000m walk in Townsville 2 weeks later (22:39), was 2nd in the U18 10km in the Australian Winter Championships in September (46:18). He knocked out an impressive first up 1:36:06 in a VRWC 20km in November, improved his 10km PB to 44:23 at Fawkner Park in early December, followed a week later with silver in the Australian All Schools U18 5000m (22:00).



6. Tristan Camilleri (SA)

18 year old Tristan Camilleri also had an excellent 2019, with PBs for 3000m (12:36), 5000m (21:30) and 10km (43:28). He showed early good form with a string of PB 10km walks (47:29 and 46:35 in Canberra in January and 44:27 in Adelaide in February). He was 3rd in the U20 10,000m in April in Sydney (46:28), won the U20 10,000m walk at the Oceania Championships in Townsville in June (45:27), was 2nd in the U20 10km in the Australian Winter Roadwalk Championships in Adelaide in September (47:01) and 2nd again in the U20 10km walk at Fawkner Park in early December (43:28).



7. Tyler Jones (NSW)

22 year old Tyler Jones continued to improve this year, setting PBs for 1500m (5:44), 10km (41:39) and 20km (1:25:42). His year started with a PB walk in the Australian Summer 20km Championship in Adelaide in February (3rd Australian with 1:25:44). He finished once again as third Australian (and once again behind Dane and Rhydian) in the Australian 10,000m championship in Sydney in April (41:39). He travelled overseas during the middle part of the year and did not race seriously again until the Lake Taihu 3 Day Tour meet in China in October. With this under his belt, he returned to top form at Fawkner Park in December, improving his 20km PB to 1:25:42. So a quieter year than in the past but still enough quality to cement a spot in my Top Ten.



8. Dylan Richardson (NSW)

19 year old Dylan Richardson set himself for the longer walks right from the start of the year, finishing the Open 20km walk at the Australian Summer Roadwalk Championships in Adelaide in February (PB 1:37:55). He completed 30km walks in the LBG Carnival in June (2:36:30) and in the NSW 30km Championship in Sydney in July (2:36:04) before contesting the Open 20km once again, this time in the Australian Winter Roadwalk Championships (1:39:43). Along with a team of young Australian walkers, he competed in the Lake Taihu 3 Day Tour in China in October (doing a 20km PB of 1:36:43 on one of the days). Finally, he fronted for the Australian 50km at Fawkner Park in early December, finishing 2nd with a very impressive first up 4:22:44.



9. Toby Wilks(SA)

14 year old Toby Wilks has proven pretty much unbeatable in his age group this year. He won the U15 3000m at the Australian T&F Championships in early April (13:16), followed by a win in the prestigious Australian Little Athletics 1500m walk 2 weeks later (6:24). He did a big double in the LBG Carnival in Canberra (1st in the U14 2km with 9:38 and 1st in the U16 3km with 14:03). The rest of the time, he was content to race on the local SARWC front in Adelaide. He hasn't raced since the end of the winter season but he has done enough to earn a place in my Top Ten.



E10. Andrew Jamieson (VIC)

73 year old Andrew Jamieson continues to amaze us with his ongoing racing form. He has been setting World and Australian Masters records since he returned to racing in the M50 category in 1997. Now 22 years down the track, he is still at it. After a quiet couple of years, he really hit back in 2019, racing 24 times and getting his times back down to impressive levels. It goes without saying that he was undefeated in Victorian and Australian Masters races. He even fronted at the LBG Carnival in Canberra in June (his first time since 2013), coming 6th in the 15km with 1:28:57.



E10. Declan Tingay (WA)

20 year old Declan Tingay started the year off impressively, finishing 8th (2nd Australian) in the Canberra Track Classic 10,000m walk in Canberra in January (43:27) and finishing as 4th Australian in the Australian Summer 20km Championship in Adelaide in February (PB 1:26:22). He was 2nd to Rhydian Cowley in the Oceania Open 10,000m Walk in Townsville in June (42:42) and represented Australia in the World University Games 20km walk in Naples, Italy, in July. Unfortunately, he was disqualified there and has only raced a few low key local races in Perth since then. We will have to wait for 2020 to see what Declan has in store for us next. A hugely talented walker.

WALKER OF THE WEEK

My Walker of the Week is 17 year old Melbourne walker **Will Thompson**. After racing only sparsely during the last 2 years, Will returned with a new level of commitment this summer and is starting to reap the rewards. On Saturday, walking in the 3000m at the AV Shield Competition at Box Hill, he won with a huge 43 sec PB of **12:53.7**. Go back a few weeks to Fawkner Park and he won the U18 5km with an even bigger 85 sec PB of 21:58.

He is soon to head off to Canberra to join the large contingent of national and international walkers who will be training at the AIS for all of January. While he is giving a lead to the other U20 male walkers, he looks set to give them all a run for their money in the 2020 World Racewalking Team Championships trial in Adelaide in early February. Talk about another big talent popping up out of the woodwork!



Will in action at Box Hill on Saturday (photo Marilyn Thompson)

WHAT'S COMING UP

That's it locally for the 2019 year. It will then be time for a mid season break and some Christmas cheer! Once we return to racing in the new year, January will look like this:

Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, 2000m walks
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong

AV SHIELD ROUND 8, AROUND VICTORIA, SATURDAY 21ST DECEMBER

76 walkers competed in Round 8 of the Athletics Victoria Shield League around Victoria last Saturday afternoon and conditions were perfect – cool, overcast and still. Considering that Melbourne sweltered through a record breaking 45C day on Friday, the contrast could not have been starker.

AVSL Round 8, Hagenaer Reserve, Box Hill, Saturday 21 December

17 year old **Will Thompson** and 70 year old **Heather Carr** were the standout walkers at the Box Hill venue on Saturday. Will won the 3000m walk overall with a huge PB of 12:53.7, while Heather bettered her W70 World Record of 17:58, recording 17:57.3. 16 year old **Nikola Mandic** was also in superb form, with a 16 sec PB of 13:19.0. It was also great to see 83 year old legend **Bob Gardiner** doing his for AVSL comp for the year and finishing with 21:31.8. 14 year old **Liam McLennan** is getting back into good walking form and was first in the 1500m walk with 7:37.1. 12 year old **Ariana Pashutina** was just behind him in a huge PB of 7:37.6. Great walking!

3000m Walk

1.	Will Thompson	MPA	M18	12:53.7	530	PB 0:43
2.	Corey Dickson	KNA	M18	13:14.7	514	
3.	Nikola Mandic	CCA	M18	13:19.0	511	PB 0:16
4.	Rebecca Henderson	MEN	F20	14:09.7	514	
5.	Pramesh Prasad	VMA	M45	15:02.7	470	
6.	Kevin Cassidy	UNA	M55	15:07.0		
7.	Charlotte Hay	KNA	F18	15:15.1	487	
8.	Sandra Geisler	RWD	F40	16:13.6	458	
9.	Wendy Muldoon	ANW	F45	16:17.5	480	
10.	Simon Evans	BOH	M55	16:44.7	459	
11.	Angus Hay	KNA	M18	16:51.8	376	
12.	Rebekah Powierski	ANW	F18	16:57.4	421	
13.	Geromi Tucker	RWD	M18	17:09.9	362	
14.	Natalie Laurie	ANW	FOP	17:20.5	385	
15.	Grace Louey	KNA	F18	17:24.4	403	
16.	Maddison Nash	DIV	F18	17:36.4	394	
17.	Kathleen O'Mahony	KNA	F18	17:47.8	383	
18.	Heather Carr	GHY	F65	17:57.3	531	W70 World Rec
19.	Pia Hunter	BOH	F50	18:06.4	440	
20.	Dee Holohan	SAN	F50	18:06.7	440	
21.	Laura McLennan	DAC	F40	19:57.6	289	
22.	Ross Reid	COL	M65	20:00.8	415	
23.	Alannah Dingli	SAN	F18	20:55.5	248	
24.	Gwen Steed	GHY	F65	21:01.8	443	
25.	Geoff Barrow	MEN	M65	21:04.6	380	
26.	Bob Gardiner	COL	M65	21:31.8	364	
27.	Jack Tan	UNA	M18	21:36.7		
28.	Adam McCann	ANW	M40	22:47.7	181	
29.	Rozlyn Walker	GHY	F55	23:05.8	276	
30.	Peter Wyatt	MPA	M60	23:23.6		
31.	Geza Benke	OLM	M60	24:35.9	228	
32.	Debbie Voogd	RWD	F50	24:45.7	197	
33.	Christopher Worsnop	OLX	M60	27:12.6	180	
34.	Anne-Marie Ebbels	YRA	F45	30:19.7		
	Albin Hess	VMA	M55	DQ		
	Angela Edwards	RWD	F50	DQ		

1500m Walk

1.	Liam McLennan	DAC	M16	7:37.1	436	
2.	Ariana Pashutina	KNA	F14	7:37.6	511	PB 0:40
3.	Emily Smith	KNA	F14	7:59.8	486	
4.	Brianna Briet	CCA	F16	8:53.2	398	

AVSL Round 8, Moonee Valley Athletics Track, Aberfeldie, Saturday 21 December

The walks fields were much smaller at Aberfeldie, with **Heath Beveridge** in a class of his own with 13:58.2.

3000m Walk

1.	Heath Beveridge	WES	M18	13:58.2	485	
2.	David Smyth	COL	M50	17:20.0	416	
3.	Paul Kennedy	KSB	M60	17:48.9	451	
4.	Tim Erickson	COB	M65	17:50.8	477	
5.	Bernie Keirl	DIV	M55	18:28.0	405	
6.	Phillip Dunstone	WES	M50	19:16.9	337	
7.	Hamish Beaumont	MUU	M40	19:22.0	273	
8.	Duncan Knox	ESS	M60	19:43.9	391	
9.	Brian Anderson	ESS	M60	19:45.2	390	
10.	Tracy Colbert	COB	F50	20:25.5	342	
11.	Stephen Murphy	ESS	M55	22:41.8	251	
12.	Jenny-Rose Szuhai-Andrews	BWK	F50	23:32.5	231	
13.	Brenda Cashin	WES	F55	26:28.9	188	
	Tess Rickard	BWK	FOP	DNF		

1500m Walk

1.	Edie Bridgewater	PTN	F16	9:26.2	340	
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AVSL Round 8, Llanberris Reserve, Ballarat, Saturday 21 December

It was good to see 11 walkers in action in Ballarat. Sarah Brennan was the best with 10:53.9 for the 2000m.

5000m Walk

1.	Owen Costin	CHI	M16	28:55.1	
2.	Kaylah Heikkila-Dubowik	COR	F16	30:57.5	
3.	Riannah Tatlock	BEL	F14	32:29.0	
4.	Roslyn Ireland	BWK	FOP	39:08.9	181

2000m Walk

1.	Sarah Brennan	BYC	F40	10:53.9	458	
2.	Scott Peart	BYC	M14	11:29.3	401	PB 0:14
3.	Kevin Ruddick	BHA	M65	13:01.7	420	
4.	Laura Ballinger	UNA	F16	13:18.3		
5.	Zahlia Heikkila-Dubowik	UNA	F14	13:31.2		
6.	Elena Ballinger	UNA	F14	15:16.2		
7.	Olive Ireland	BWK	F55	?		

AVSL Round 8, Landy Field, Geelong, Saturday 21 December

46 year old **Kelly Ruddick** was the only walker in action in Geelong and she zoomed around the 2000m in 8:48.7.

2000m Walk

1.	Kelly Ruddick	BHA	FOP	8:48.7	
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AVSL Round 8, La Trove University Track, Bendigo, Saturday 21 December

And finally to Bendigo where **Tiffany Bussem Jorgensen** won the 2000m with 12:06.5.

2000m Walk

1.	Tiffany Bussem Jorgensen	BGO	F20	12:06.5	348
2.	Andrea Smith	BEU	F40	12:15.9	373
3.	Jennifer Payne	SBE	F60	12:22.3	486
4.	David Lonsdale	BEU	M50	13:44.6	276
5.	Leigh Browell	SBE	M45	14:36.5	206
6.	John Watson	BGO	M65	15:04.4	311
7.	John Carter	UNA	M65	15:22.1	
8.	Wendy Ennor	EAG	F60	17:20.1	231
9.	Peter Savage	EAG	M65	18:44.4	181

ATHLETICS WA INTERCLUB WAAS, PERTH, FRIDAY 20 DECEMBER

Thanks to Terry Jones for this week's results from Western Australia, where we saw welcome returns to racing for 20 year old **Declan Tingay** (12:35.2) and W63 **Lyn Ventris** (16:30.4).

Men 3000m Walk

1.	Declan Tingay	12:35.2
2.	Benjamin Reid	14:21.4
3.	Bradley Mann	14:29.5
4.	John Ronan	14:51.0
5.	Xavier Bernard	17:05.4
6.	Jesstine Morales	19:20.6

Women 3000m Walk

1.	Lyn Ventris	16:30.4
2.	Richelle Morales	18:04.5
3.	Kaytee Bogaers	18:52.0
4.	Ebony Gough	19:04.8

ATHLETICS NSW ALL COMERS MEET, BANKSTOWN, SYDNEY, SATURDAY 21 DECEMBER

Thanks to Frank Overton for the latest results from Sydney. It was very hot, with poor air quality due to the bush fires. Good effort by 19 year old **Dylan Richardson** (3 sec PB of 12:54.42) only a few weeks after his debut 50km at Fawkner Park.

Women 3000m Walk Open

1.	Bolton, Hannah	16	Mingara	15:38.75
2.	McMillen, Elizabeth	15	Sydney Pacific	16:05.62
3.	O'Neill, Molly	19	Mingara	16:11.40

4.	Duguid, India	14	Mingara	17:10.50
5.	McLoughlin, Chloe	15	Mingara	17:15.42
6.	Parker, Hannah	17	Randwick Bot	17:22.88
7.	Dunne, Izabella	14	Mingara	17:45.36
8.	Bell, Bridget	17	Asics Wests	17:49.81
9.	Stojanovic, Marisa	13	Westfields	18:35.90
10.	Wheeler, Paige	14	Westlakes	18:51.18
11.	Pengilley, Teegan	18	Bankstown Sp	19:19.08
12.	Cassilles, Ciara	12	Westfields	21:06.03
	Pitcher, Allanah	16	Mingara	DQ

Men 3000m Walk Open

1.	Jones, Tyler	21	Mingara	12:31.74	
2.	Dylan Richardson	19	Mingara	12:54.42	PB 0:03
3.	Gibbons, Carl	23	Westlakes	13:10.14	
4.	Bedford, Kyle	19	Nepean District	13:54.65	
5.	McGinniskin, Jack	17	Mingara	14:26.27	
6.	Walter, Matthew	12	Asics Wests	19:49.48	
7.	Horton, Jai	13	Westfields	20:35.39	
8.	Wheeler, Jacob	12	Westlakes	22:11.62	
9.	Strahl, Caleb	15	St George District	23:06.15	

Women 1500m Walk Open

1.	Pitcher, Sienna	12	Mingara	8:31.77
2.	Pengilley, Hollie	16	Bankstown Sp	9:42.01

ATHLETICS SOUTH REUNION DAY, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 21 DECEMBER

Thanks to Dave Moore for the latest results from Tasmania. He writes: Today's Walk saw a good return to form from **William Robertson** to take out the Men's section of the Albert Johnson Memorial Trophy. Next across the line, winning the Women's section of the Albert Johnson Trophy, was **Anna Blackwell**. Both of these athletes hail from the Old Virgilians Athletics Club which has produced not only the winners of the above event for well over a decade, but also Tasmania's best walkers over the same period.

Albert Johnson Memorial 3000m Walk

1.	William Robertson	M	OVA	12:52.65
2.	Anna Blackwell	F	OVA	15:01.57
3.	Oliver Morgan	M	OVA	16:51.77
4.	Elizabeth Leitch	F	TMA	19:53.37
5.	David Moore	M	TMA	25:51.82



William Robertson and Anna Blackwell receive the Albert Johnson Memorial Trophy with coach Rosemary Coleman

QMA T&F MEET, SAF, BRISBANE, SATURDAY 21 DECEMBER

Finally to Queensland for some masters walking.

3000m Walk

1.	Jimenez, Ignacio	M54	Qma Brisbane	14:09.00	85.14%
2.	Bennett, Peter	M64	Qma Brisbane	16:59.00	77.65%
3.	Stuckey, Jennifer	W54	Qma Brisbane	21:38.00	60.33%
4.	Kirwin, Roslyn	W30	Qma Brisbane	24:25.00	47.44%
5.	McKinven, Noela	W77	Qma Brisbane	24:53.00	70.51%

MARCIADALMONDO ROUNDUP

Marciadalmondo has 5 press releases this week

Sun 22 Dec - Sumy (UKR): return to racing and victory for Lyudmila Olyanovska

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3665

- Sat 21 Dec - Dear Santa Claus ...
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3664
- Thu 19 Dec - Athletes section: updated reports of the best 2019 women's world athletes (second part)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3663
- Tue 17 Dec - San Jose (CRC): Costa Rica national championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3662
- Mon 16 Dec - Hong Kong (HKG): Victories of Chin Man Kit and Ching Siu Nga
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3661

There were also some interesting additional press releases by omarchador.

- Sat 21 Dec - Results of Inter-Collegiate Games in Colombia
<https://omarchador.blogspot.com/2019/12/superate-intercolegiados-2019-na.html>
- Thu 19 Dec - Pedro Isidro and Carolina Costa win GP Natal 2019 at Jamor
<https://omarchador.blogspot.com/2019/12/pedro-isidro-e-carolina-costa-vencem-gp.html>
- Wed 18 Dec - Álvaro Martín and Lidia Sánchez-Puebla stand out in Getafe, Spain
https://omarchador.blogspot.com/2019/12/alvaro-martin-e-lidia-sanchez-puebla_18.html
- Tue 17 Dec - Masters walkere Adriano Gomes (1923 - 2019) dies
<https://omarchador.blogspot.com/2019/12/adriano-gomes-1923-2019.html>

OUT AND ABOUT

- Respected Austalian sports journalist Richard Hinds gets to the core of the Russian ban issue. His premise - Russia's WADA ban won't keep the athletes who profited from its cheating away from the Tokyo Olympics. A must-read. See <https://www.msn.com/en-au/sport/more-sports/russias-wada-ban-wont-keep-the-athletes-who-profited-from-its-cheating-away-from-the-tokyo-olympics/ar-AAK4b5n?ocid=spartandhp>

VALE COLIN YOUNG (1935-2019)

I was saddened this week to hear of the passing of English walking great Colin Young. I was privileged to know Colin, mainly from my time racing in England in 1980 and from the various international meets in the late seventies and early eighties where our paths crossed. He was one of those people who, once met, was never forgotten.



Colin in 2011 at the annual Centurions AGM

I will start off with a wonderful appreciation of Colin, written by Mel Watman for his newsletter Athletics International.

With the death on December 17 of Colin Young I have lost one of my oldest and dearest friends, and our sport has bade farewell to one of its most memorable characters. What a contribution he made to athletics: as a redoubtable long distance race walker, as a founder member of the NUTS and as the inspirational coach of world record breaker Mel Batty.

I first got to know Colin when I was a teenager and we were both founder members of the National Union of Track Statisticians (NUTS) in 1958. Born in Barking (Essex) on 20 January 1935, Colin took up race walking in 1947, aged 12, and by his early twenties was already a well regarded figure, having won the National Junior 5 miles title in 1953 and clocked under 4 hr 50 min for 50km. Competing for Essex Beagles, he would go on to post such times as 1:39:27 for 20km in 1962 and 4:35:20 for 50km in 1963, but it was in the ultra distance events that he proved such a formidable and gutsy competitor. He achieved the coveted Centurion status in 1960 by covering over 131 miles in 24 hours; two years later he walked from London to Brighton in 8 hr 7 min 42 sec and in 1966 he won an international 100km race in Lugano.

As I recounted in my book *My Life In Athletics*, the great Paul Nihill paid tribute to him in *AW* in April 1970 and wrote that Colin was preparing to attempt a fantastic endurance double: a 24 hour walk in Rouen followed less than a month later by the 512km (318 miles) Strasbourg to Paris classic. Colin didn't win either race but walked with his customary grit to finish second in Rouen and fifth in the Strasbourg to Paris, becoming the first Briton to complete that gruelling event. The latter was tough going indeed as daytime temperatures hit 90°F in the shade (only there was none), the road surface included long stretches of cobbles, and there were at least four climbs of 8-10km in length. For good measure, the heels on both pairs of his shoes collapsed, resulting in a severely wrenched calf muscle over the last 50 hours, necessitating frequent short stops for massage. The experience didn't deter him, for next year he followed up with victory in the Rouen race, covering a record 215.835km, with a close third place in the Strasbourg to Paris in 73 hr 37 min.

It was at another celebrated ultra-distance event, the Prague to Podebrady 50km in what was then Czechoslovakia in 1968, that Colin met his future wife Eva, an orienteer, through a mutual friend, Ivo Domansky. She moved to the UK as an au pair the following year and, as Eva puts it, "the rest is history".

Colin continued to compete for several more decades, winning numerous international medals as a veteran. As he stated in *AW* in 1969 what he liked most about athletics was "the satisfaction of pushing one's body to the limit, the wonderful friendships made, the feeling of bodily fitness and the delight of winning or setting a personal best."

As well as his own exploits, Colin was THE expert on reporting the UK and world walking scene and from 1967 to 1986 was the highly respected and ever enthusiastic walking correspondent of *AW*. For over 60 years he remained a stalwart member of the NUTS committee, delighting in challenging myself in particular to remember some arcane result or other. He himself had an astonishing memory, not only for athletics trivia but also for his other passions which notably included cycling and traditional jazz.

Colin's greatest hero was Emil Zátopek and how appropriate it was that as a coach his major success was guiding Mel Batty to a world 10 miles record of 47:26.8 in 1964 – a distance at which Zátopek was a former record holder with 48:12.0 in 1951. Batty, whose time was bettered the following year by Ron Clarke no less, in turn learned from Colin's methods to coach Eamonn Martin to his 10,000m and marathon triumphs.

In recent years Colin suffered from poor eyesight and a number of physical problems, but he remained an avid fan to the last, lapping up all the latest results worldwide. No one who knew Colin will ever forget him and I offer Eva heartfelt condolences on her and our loss.



Colin wins his 3rd Open TT Walk in 1963 with a time of 6.01.11, ahead of Albert Johnson 6.06.15 and Guy Goodair 6.06.56 (photo John Cannell)

And now onto a few more bits and pieces from a life filled to the brim and overflowing.

Colin was part of the most famous of all English Centurion walks, held at the Walton track on 20th October 1960. On that occasion, he became English Centurion 317 with a time of 17:48:05, but that is only a small part of the story. Much of the information for this next section was taken from the 1997 edition of the Centurions History.

The 1960 English Centurion qualifying race remains on record as the most magnificent 24 hour track walk ever witnessed. For some time Centurions and other long distance specialists had wanted such a race in order to match themselves against the performances of others over the previous 50 or more years. In order to meet this request a special invitation meeting was arranged by Walton A.C. at their headquarters at Stompond Lane, Walton-on-Thames, on 14-15 October.

The records to be attacked were impressive. The British records were shared between Tom Hammond who in 1908 walked 131 m 580 yds in 24 hours, Tom Richardson who in 1936 had walked 100 miles in 17:35:04 before retiring at 18 hours and Percy Reading who in 1946 had walked 129m 749 y in 24 hours. The world record was held by Henri Caron of France who in 1950 had recorded a distance of 132m 1320 y in 24 hours.

Apart from the long distance specialists, some of the fast men were also invited to attack records up to 4 hours and 50 km. In the shorter event, Don Thompson, the recent winner of the 50 km gold medal at the Rome Olympics, broke his own National records at 20 miles, 3 hours, 25 miles, 4 hours, 30 miles and 50 km.

To return to the main event which by coincidence fell on the 10th anniversary of Caron's 1950 world record, 15 of the best long distance walkers in the country faced the starter. For the first 12 hours a thrilling race unfolded, but the record of E. C. Horton, set up in 1914, remained intact. At this point some of the competitors began to fall by the wayside. One of the first to go was Frank O'Reilly who was lying in third place at the time, having dropped back from second. He had covered 70 miles in just over 12 hours, such was the quality of this race. He was feeling very unwell but struggled on to reach 78 miles in 14 hours. In the meantime, Hew Neilson was having a terrific race at the front, with Colin Young some 2 miles adrift in second place.

At 13 hours, Hew Neilson claimed his first record of the race with 77m 30y, beating Richardson's 1936 distance of 76m 930y. His second record came at 80 miles in 13h 34m 37s. From here he broke records all the way up to 24 hours. Colin was closing slightly but it would be a few more hours before he also started to better the previous British figures. The progress of the various records is shown in the table below.

	Previous Records Tom Hammond (G. W) 1908	World Record Henri Caron (Fra) 1950	British Records Tom Richardson (G. B.) 1936	New Records Hew Neilson (G.B) 1960	Colin Young (G. B.) 1960
14 Hours	81 m 1100y	82m 788y	80m 950y	82m 517y	79m 1705y
15 Hours	Florimond Cornet	87m 566y	86m 569y	87m 1040y	85m 1470y
90 Miles	16h 09 50.s	15h 30m 12s	15h 40m 48s	15h 28m 19s	15h 53m 10s
16 Hours	89m 435y	92m 689y	91m 524y	92m 1318y	90M 1015y
17 Hours	94m 668y	No Record	96m 1152y	98m 164y	95m 1570y
100 Miles	18h 04m 10s	17h 47m 46s	17h 35m 04s	17h 18m 51s	17h 48 05
18 Hours.	99m 1067y	101m 429y	101m 1230y Ret.	103m 615y	101m 61y
19 Hours	105m 275y	106m 1646y	105m 466y	107m 1175y	105m 1545y
110 Miles	19h 58m 40s	19h 33m 41s	19h 57m 16s	19h 25m 48s	19h 45m 54s
20 Hours	110m 203y	112m 464y	110m 410y	112m 1262y	111m 330y
21 Hours	115m 575y	117m 342y	Hammond	117m 1150y	116m 265y
120 Miles	21h 52m 58s	21h 32m 02s	Hammond	21h 24m 16s	21h 46m 23s
22 Hours	120m 1156y	122m 712y	Hammond	122m 1432y	121m 235y
125 Miles	22h 48m 21s	22h 30m 06s	Hammond	22h 25m 30s	22h 46m 49s
23 Hours	125m 1354y	127m 1021y	Hammond	127m 1510y	126m 118y
130 Miles	23h 45m 51s	23h 27m 10s	Hammond	23h 25m 27s	23h 47m 09S
24 Hours	131 m 580y	132m 1320y	129m 749y	133m 21y	131 m 327y

New Neilson had only one thing on his mind, to win the race, especially bearing in mind the quality of the opposition. He had won a road race and had completed more races of 100 miles or over than any other British walker. The only thing he had not done was to win on the track, which is where he made his debut in 1948. He was aware of the records held by Caron and Richardson, but treated the beating of them as a bonus if that was what it would take to win the race.

Colin is the only walker in the above table of figures who did not set any records, due to the presence of Neilson in the same race. His objective, like Neilson, was to win the race, but he had a more pressing task to fulfil first. That was to complete 100 miles and in so doing, qualify for Centurionship. He was the only person to qualify from this race and became one of the few Centurions in the Centurion handbook to have a race heading to himself. From a steady start he gradually gained ground on the leaders, and by 50 miles he was in front of the old figures set up by Hammond in 1908, a position he maintained throughout the race. However he remained approx. ¼ mile behind Richardson and the same 2 miles behind Neilson, whom he was gaining on slightly with each lap.

Colin, with his 100 miles safely behind him, kept his momentum and caught up 3 laps on Neilson, but he could never bridge the gap. It was only in the last 20 minutes or so that he went behind Hammond's figures to finish an annoying 253 yards short of the old record, his distance being 131 miles 327 yards. Neilson, although also slowing, maintained his lead at the front of the race and finished 461 yards ahead of Caron's world record, his final distance recorded at 133 miles 21 yards.

Colin completed two further English Centurion walks, in 1969 and 1976, to take his tally to three – and they are all impressive times!

100miles	2 nd	17:48:05	20/10/1960	Walton
100miles	1 st	17:52:32	08/08/1969	Leicester
100miles	2 nd	18:12:02	28/05/1976	Woodford

He actually improved on that 1960 24 Hour distance of 131 miles with an even longer performance in Rouen in 1971. Of course, that was a road performance so could not be counted for record purposes. The Ohio Racewalker of June 1971 reported it as follows

MAGNIFICANT EFFORT BY COLIN YOUNG

Rouen, France, May 8-9. England's Colin Young set a new record while leaving the field far behind in a 24 hour walk. Starting in high humidity, surviving a 9-hour downpour and finishing with 7 hours in a blazing sun, Young covered 134 miles 202 yards and was over 13 miles ahead at the finish. The race was held on an accurately measured road course, consisting of 45 laps on a 1213 meter circuit, four laps of 25km 150 meters and hen back on the short circuit until the finish. Young was on a 22 km (about 137 miles) through 18 hours after taking the lead at 70 kms. This race qualified him for the Strasbourg to Paris (520 km), to be held June 10-13.

1.	Colin Young	GBR	215 km 615 m
2.	G. Landreau	FRA	194 km 201 m
3.	E. Alomaine	BEL	191 km 615 m
4.	H. Fickinger	FRA	191 km 475 m
5.	J. Bonn	FRA	184 km 279 m
6.	H. Mainemare	FRA	179 km 435 m

(30 starters and 13 finishers)

Sadly, the Rouen 24H, although still held annually, is now better known for its short courses rather than for the quality of its walkers. It was different in those days.



Colin Young leads Ray Hall, George Farley, Dennis Vale and Dennis Read in one of his many road races in England in the sixties (photo John Cannell)

The British all-time rankings (see <http://www.gbrathletics.com/uk/mh99.htm>) show Colin prominently in all the longer distance lists, even after all these years.

100 KILOMETRES ROAD WALK

9:34:25	Tony Geal (ENG)	28.07.52	1	Grand-Quevilly, FRA	02 Jun 1979
9:36:23	Graham Young (IOM)	30.05.45	1	Stoke Mandeville	26 Sep 1981
9:38:38	Murray Lambden (IOM)	14.10.56	2	Stoke Mandeville	26 Sep 1981
9:45:46	Ian Richards (ENG)	12.04.48	1	Sutton Coldfield	27 Sep 1980
9:46:36	Peter Hodgkinson (ENG)	05.11.44	1	Birmingham (M42)	29 Sep 1979
9:52:49	Tony Collins (ENG)	01.10.42	2	Birmingham (M42)	29 Sep 1979
9:53:04	Colin Young (ENG)	20.01.35	1	Lugano, SUI	30 Oct 1966

100 MILES TRACK WALK

17:18:51+	Hew Neilson (ENG)	15.04.16	1	Walton-on-Thames	14 Oct 1960
17:35:40	Tommy Richardson (ENG)	.10/11	1	Bradford	19 Sep 1936
17:48:05+	Colin Young (ENG)	20.01.35	2	Walton-on-Thames	14 Oct 1960

24 HOURS TRACK WALK

214.061km	Hew Neilson (ENG)	15.04.16	1	Walton-on-Thames	15 Oct 1960
211.354km	Tommy Hammond (ENG)	18.06.78	1	London (WC)	12 Sep 1908
211.131km	Derek Harrison (IOM)	22.01.35	1	Woodford	29 May 1976
211.123km	Colin Young (ENG)	20.01.35	2	Walton-on-Thames	15 Oct 1960

24 HOURS ROAD WALK

219.570km	Derek Harrison (IOM)	22.01.35	1	Rouen, FRA	21 May 1978
215.835km	Colin Young (ENG)	20.01.35	1	Rouen, FRA	09 May 1971
215.050km	Dave Boxall (ENG)	28.10.33	1	Rouen, FRA	06 May 1973

His three Strasbourg-Paris races are shown below. He finished the entire distance in 1970 (fifth) and 1971 (third), only failing to finish in 1972.

24TH EDITION STRASBOURG – PARIS 4-7 JUNE 1970 512 KM

1.	ZAUGG-SAMY	SR-DELLE	FRA	512KM	70H04m
2.	SIMON-JOSY	AA-LUXEMBOURG	LUX	512KM	70H35m
3.	LEBAQUER-LOUIS	RC-ROUBAIX	FRA	512KM	70H37m
4.	GUNY-CHARLES	AS-AULNOYE	FRA	512KM	71H42m
5.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	512KM	74H24m

25TH EDITION STRASBOURG – PARIS 10-13 JUNE 1971 520 KM

1.	SIMON-JOSY	AA-LUXEMBOURG	LUX	520KM	73H08m
2.	BRACQ-SERGE	CA-MONTREUIL	FRA	520KM	73H25m

3.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	520KM	73H38m
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26TH EDITION STRASBOURG – PARIS 15-18 JUNE 1972 513 KM

1.	SIMON-JOSY	AA-LUXEMBOURG	LUX	513KM	67H03m
2.	SCHOUCKENS-ROBERT	US-BINCHE	BEL	513KM	71H40m
3.	LEBAQUER-LOUIS	RC-ROUBAIX	FRA	513KM	73H24m
4.	ANXIONNAT-ROLAND	AS-GUENANGE	FRA	513KM	73H58m
5.	QUEMENER-ROGER	AS-POLICE PARIS	FRA	513KM	75H08m
6.	TRAVARD-LOUIS	AS-NEUVILLE	FRA	513KM	75H51m
7.	YOUNG-COLIN	ESSEX-BEAGLES	GBR	494KM	71H01m

You can see some terrific coverage of the 1970 Strasbourg to Paris racewalk in a 14 minute French TV production at <http://www.ina.fr/media/entretiens/video/CPF04006252/la-plus-longue-marche.fr.html>. Number 23 is John Dowling of Sheffield and number 19 is Colin. The year was very hot, as is often the case in mid June in that part of France. Mel Watman (see above) talks of the fact that Colin’s shoes collapsed and he struggled with foot issues for most of the race. This can be clearly seen around the 11 min 40 sec period of the film.

I finish with a few of the many recollections of Colin from the many that have been published over the last few days.

It is very sad indeed to read of the death of Colin Young - one of the greatest British ultra-distance walkers, who competed with distinction nationally and internationally among a fine generation. He pitted himself against the best in Europe with his Paris-Strasbourg walks and completed with distinction. He continues to be talked about with admiration by continental walkers and officials at many 24 hour races. We fondly remember him being invited by the organisers to support us and Edmund Shillabeer on the Tour du Var – where he was given a driver and the Toulon rugby coach! He enthusiastically and professionally supported us on our Paris-Colmar exploits where his insights and experience were invaluable. Colin loved a challenge; Sandra recalls Colin, Bob Dobson and herself being invited by the organiser, a long-time admirer of Colin, to participate in the Etrechy 24h track race. Though relentless wintry conditions drove many athletes off the track, Colin kept going and achieved a fine performance. Peter Selby had a hard job looking after us for 24h in the driving rain, not to mention a challenge getting the van out of the mud at the finish.

Colin’s encyclopaedic knowledge of racewalking and other sports stretched across the generations, and was highly valued by athletes and fellow sports historians and statisticians alike. To meet and talk with Colin was always a source of fascination. Sandra and Colin visited the Revd David Christie-Murray, who had been a distinguished race-walker in the 1930s. Colin delighted David, then in his late 90s, by taking press cuttings and photographs of races in which David had participated, and recalling names and performances which gave David great pleasure.

For us personally, as ultra-distance race-walkers, Colin was an inspiration and an iconic figure from a golden age of our sport. As Captain of the Centurions, Colin commanded the highest regard. We shall always remember him with the greatest affection and respect.

Richard and Sandra Brown, C735, C760

It is very sad news. Colin was a great ambassador for British ultra distance race walking. Colin served on the Centurions Committee for good number of years and it was always a pleasure to hear Colin recount tales of race walkers and races of years gone by. He always asked me to send him reports of the Paris Colmar race especially as his eye sight was failing and so his wife used to read them out to him. In the race walking world, both in France and the UK, he was really was a “national treasure”.

Kathy Crilley

He was a great walker a true motivator and always greeted me with Pete ryan 4 hours 18 minutes 30 seconds yes he remembered times to the second he did suffer with his eyes remember going to naumburg with him and we got him next to the big screen so he could see more of re race he was as enthusiastic about race walking

Peter Ryan

Tim Erickson
Tuesday 24 December 2019

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.

Australian/Victorian Key Dates – 2019/2020

Jan 8 (Wed), 2020	Tasmanian 10,000m Walk Championships, Domain Athletics Track, Hobart
Jan 11 (Sat), 2020	NSW 10,000m Walk Championships, Mingara Regional Athletics Centre, Mingara
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks

Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, 2000m walks
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium, 2000m walks
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
Mar 14-15, 2020	Victorian Masters, T&F Championships, Bendigo
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

International Dates

Dec 15 (Sun), 2019	Hnog Kong 20km Road Walk Championships. See https://hkaaa.com/en/comp_details.php?id=161
Jan 1 (Wed), 2020	The First Walk 2020 (50km, 20km, 10km, 6 Hour), Hong Kong Email contact@racewalk.hk
Jan 25 (Sat), 2020	USATF 50km Olympic Trial, Santee, California, USA
Mar 15 (Sun), 2020	Asian Championships, Nomi, Japan
Mar 23, 2020	38 th Dudinska Meet, Dudince, Slovakia
Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 4, 2020	Podebrady Walks Meet, Podebrady, Czech Republic
May, 2-3, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus See https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships
May 16 (Sat), 2020	International Racewalking Meet, Naumburg, Germany
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Jun 5, 2020	46 th International RW Festival, Alytus, Lithuania
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

2020 World Athletics Racewalking World Challenge

Mar 28 (Sat), 2020	2020 Race Walking Challenge, Taicang, China
Apr 4 (Sat), 2020	Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
May 2-3, 2020	World Athletics Race Walking Team Championships, Minsk, Belarus
May 20 (Sat), 2020	Gran Premio Cantones de La Coruña, La Coruna, Spain
Aug 6-7, 2020	Olympic Games, Sapporo, Japan
Oct 18-20, 2020	Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021	Oceania Masters Championships , Norfolk Island
Apr 6-13, 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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