



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 20
12 February 2013



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TIM'S WALKER OF THE WEEK

Last week's winner was 14 year old **Clara Smith** whose time of 24:20.16 was a 26 sec PB and is fantastic for one so young. She was amongst my Top Ten walkers for 2012 and looks set to continue the good work in 2013. Over 400 votes were cast in what was our biggest ever contest. That means 400+ people logging onto the VRWC website and voting and hopefully having a look at what walking is all about whilst doing it.

This week has seen more fantastic performances but one stands out so clearly that I don't even have to put it to a vote. It is once again **Clara Smith** of Queensland. Yes, that's two weeks in a row. Competing in the Glynis Nunn Shield last Saturday evening at the Queensland Sports Centre in Brisbane, she scorched around the track in a wonderful 5000m time of **23:08.26**. That's over a minute faster than the time which won her Walker of the Week last week. It is certainly an Australian leading time and perhaps one of the best ever world wide for one so young - Clara is only 14 years old! She is now our top U20 ranked woman and she has another 5 years to go!



Clara Smith (<http://www.couriermail.com.au>)

WHAT'S COMING UP

I normally have this section at the end of the newsletter but this week it is right up front so that no one can miss it. There are a lot of events coming up for Victorian walkers and you must ensure you get your entries done in time. Read on!

- The **Victorian Open T&F Championships** will be held at Lakeside Oval on the weekend of **1-3 March** and the 5000m Open walk is currently scheduled for 6:20PM on the night of Friday 1 March. **Entries close Thurs 14 Feb** and late entries close Mon 25 February. See <http://www.athsvic.org.au/events/detail/victorian-open-awd-track-field-championships>
- The **Sydney Track Classic** will be held on **9th March** at Sydney Olympic Park. Amongst the events on offer are 5000m walks for elite men and women. **Nominations close on Friday 22 February**. You can enter at http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=990&OrgID=887.

- Last weekend's Victorian Youth T&F Championships were the last chance for Victorian walkers to qualify for the **Australian Youth T&F Championships** which will be held in Perth from **12-17 March**. The Victorian team will NOW be selected so you need to check out <http://athsvic.org.au/events/detail/2013-australian-junior-track-field-championships> and make sure you complete your Victorian entry by **Wednesday 13 February**.
- The **Victorian Masters T&F Championships** will be held at the Bill Seward Athletics Track in East Burwood on **16-17 March**. The 3000m walks are on the Saturday and the 1500m walks are on the Sunday. Entries close **Thursday 28 February**. Enter via AV website - see <http://www.athsvic.org.au/events/register/3721> .
- The **2013 Australian Masters T&F Championships** will be held in Canberra from **26 March - 1 April**. Online entries are available at <https://sites.google.com/site/ama2013canberra/> . **Entries close Friday 22 February. Late entries will not be accepted.**
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- **The Australian Open T&F Championships** will be held in Sydney on **11-14 April** and will include invitational 5000m walks for men and women. The draft timetable shows the walks on 2:30PM on Saturday 13 April. You can enter online via the AA online entry panel at http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887 .

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 FEBRUARY

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. Colin commented: *Good to see Valmai Padget turn out again. Hot and humid evening.*

5000m Scratch Walk

1.	M52	Peter Crump	27:20	76.31%
2.	M60	Jack Russell	31:32	71.14%
3.	W52	Marie Maxted	32:54	69.09%
4.	M69	Graham Harrison	33:19	74.27%
5.	M69	Roger Lowe	38:07	64.92%
6.	M83	Colin Hainsworth	38:54	77.62%
7.	M62	Phil Coles	39:04	58.59%
8.	W58	Linda Whitelaw	39:41	60.89%
9.	M79	David Robertson	40:07	70.61%

800m Scratch Walk

1.	M60	Jack Russell	03:58
2.	M69	Graham Harrison	05:02
3.	M69	Roger Lowe	05:29
4.	W44	Louisa Mitchell	05:35
5.	M54	Norman White	05:41
6.	M62	Phil Coles	05:46
7.	W58	Linda Whitelaw	05:52

3000m Scratch Walk

1.	M74	Rodger Barber	22:29	68.88%
2.	W68	Valmai Padget	25:41	61.65%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 6 FEBRUARY

Thanks to Paul Rance for the latest report from Bendigo in country Victoria.

The Bendigo Walkers Club's Summer Season of racewalking continued in Rosalind Park on Wednesday evening with a 1.6km handicap race. The winner of the event was Peter Curtis in his comeback year and he also took fastest time honors, 2nd place went to Madison Hill with her time of 9.17 a personal best by 6 seconds and Annette Major produced an improved performance to take 3rd place. Barb Bryant finished close up in 4th place with her 9.06 performance breaking her own Club 55+ Womens record by 6 seconds and Zahra Hayes (8.16) broke the Club under 12 girls record by just over 1 second with 9 year old Carissa Brook walking a personal best by 2 seconds.

1.6km Handicap

1.	Peter Curtis	8.14
2.	Madison Hill	9.17
3.	Annette Major	9.09
4.	Barb Bryant	9.06
5.	Zahra Hayes	8.16
6.	Carissa Brook	9.32
7.	Annette Curtis	10.56
8.	Geoff Major	11.44
9.	Norm West	12.40
10.	John Carter	10.42
11.	Ebony Whiley	11.44
12.	Sheridan Commons	13.52

This Wednesday evening a 2.4km sealed handicap event will be held in Rosalind Park commencing at 6pm. Enquirers phone 0400649610.

AMA 4X800M RELAY, BILL SEWARD ATHLETICS TRACK, EAST BURWOOD, THURSDAY 7 FEB

The Victorian division of the 4x800m relay was held last Thursday evening in East Burwood in perfect conditions. Three teams fronted for this annual event, now in its sixth year. The results are collated from corresponding Masters Relay events across Australia to decide the overall winner in each division. The fastest time of the night went to the M40 team of Aaron McDonough, Adam Patterson, Stuart Kollmorgen and David Smyth. Stuart also took the fastest overall 800m time of 3:20.



M40 team Aaron McDonough, Stuart Kollmorgen, David Smyth and Adam Patterson

M40 Team - 14:41			M50 Team - 15:06			M60 Team - DQ		
Aaron McDonough	40	3:35	Paul Kennedy	55	3:28	Russ Dickenson	71	4:07
Adam Patterson	40	3:35	Clyde Riddoch	59	4:07	Leo Watson	71	5:44
Stuart Kollmorgen	43	3:20	Simon Evans	52	3:28	Gordon Onley	78	5:44 (DQ)
David Smyth	43	4:11	Tim Erickson	62	4:03	Ralph Bennett	71	4:07

VICTORIAN YOUTH T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 8-10 FEBRUARY

The first walks in the Victorian Youth Championships last weekend were the 5000m U17-U20, held in good conditions on Friday evening. As expected, Box Hill team mates **Nathan Brill** and **Jesse Osborne** headed out hard and built up an early lead and, on this occasion, it was Nathan who took the eventual honours with 20:11.10 to Jesse's 20:49.20. **Lucas Taylor** also walked very well for his PB time of 24:52.60. **Adam Garganis** was well below par with a serious inner ear infection and cold but he rallied, winning the U17 walk with 24:29.25 and also winning the U17 Pole Vault with an equal PB performance of 3:85. Queenslander **Katya Martin** walked excellently to win the U18 event with a big PB time of 24:56.09. **Zoe Boldiston**, although troubled by ongoing niggling injuries, walked well for her win in the U17 event, her time 25:36.82.

Men 5000m Walk Under 17

1.	Garganis, Adam	97	COL	24:29.25
2.	Allamby, Billy	97	KNA	25:21.90

Men 5000m Walk Under 18

1.	Brill, Nathan	96	BOH	20:22.10	
2.	Taylor, Lucas	96	YRA	24:52.60	PB 0:42
3.	Bird, Kyle	96	MPA	25:22.99	
4.	McShanag, Connor	96	ATE	29:03.02	

Men 5000m Walk Under 20

1.	Osbourne, Jesse	95	BOH	20:49.20
2.	Dillon, Joshua	94	COR	DQ

Women 5000m Walk Under 17

1.	Zoe Boldiston	97	SCA	25:36.82
2.	Sanders, Jade	97	CCA	29:05.09
3.	Jessie Eastwood	97	SBE	29:38.98
4.	Swan, Emily	97	KNA	30:54.99
	Jasmine Irshad	97	SCA	DNF

Women 5000 Walk Under 18

1.	Martin, Katya	97	QLD X	24:56.09	PB 0:26
2.	George, Stephanie	96	SCA	28:40.97	
3.	McNicol-Davidson, Chloe	96	SCA	32:14.62	
4.	Bertrand, Carly	96	KSB	33:25.67	

Women 5000m Walk Under 20

1.	Heard, Amanda	95	EAG	26:36.23	
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Start of the U17-U20 5000m walk



Adam Garganis and Billy Allamby fight out the U17 5000m - Adam won and then went on to win the pole vault



Jesse Osborne, Nathan Brill, Katya Martin and Zoe Boldiston in action on Friday night

The remaining events were held on Saturday morning. The U14 3000m was first up and **Eliza Clark** 15:44.73 and **Corey Dickson** 16:57.35 took out gold. The 3000m U15 and U16 events were next and it was a case of U16 walker **Emmet Brasier** 14:20.32 leading from start to finish. Behind him, we witnessed a superb race between **Reese Walmsley** and **Ross Darlow** with the boys locked side by side for the entire race. It went down to a final sprint and still little could split them - Reese 14:28.80 and Ross 14:28.84 both walked big PBs. In the U16 girls' race, **Emily Hamilton** 15:41.38 and **Paige De Lisen** 15:49.28 had their usual battle with Emily edging away in the final lap. The U15 winners were **Kyle Swan** with 15:36.76 and **Taylor Vasiljevic** with 16:15.67.

Women 3000m Walk Under 14

1.	Clarke, Eliza	00	DIV	15:44.73	PB
2.	Henderson, Rebecca	01	CCA	16:32.08	PB 1:00
3.	George, Hayley	00	SCA	17:09.54	
4.	Hodges, Mikhala	01	KNA	17:21.15	
5.	Hayes, Zahra	01	SBE	17:31.52	
6.	Miller, Tegan	01	JDS X	17:58.50	
7.	Peart, Jemma	01	BYC	18:09.52	
8.	Eastwood, Jemma	00	OAK	20:49.22	

Men 3000m Walk Under 14

1.	Dickson, Corey	02	KNA	16:57.35	
2.	Collis, Hugh	00	DIV	17:44.64	
3.	Walmsley, Hayden	01	KNA	18:25.46	
4.	Wright, Ethan	01	JDS X	18:59.04	

Men 3000m Walk Under 16

1.	Brasier, Emmet	98	DIV	14:20.32	
2.	Walmsley, Reese	98	Knox	14:28.80	PB 0:15
3.	Darlow, Ross	98	EKA	14:28.84	PB 0:22
4.	McNicol-Davidson, Cody	98	SCA	18:04.53	

Men 3000m Walk Under 15

1.	Swan, Kyle	99	KNA	15:36.76	
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Women 3000m Walk Under 16

1.	Hamilton, Emily	98	KNA	15:41.38	
2.	De Lisen, Paige	98	KNA	15:49.28	PB 0:03
3.	Collis, Lauren	98	DIV	16:14.78	PB 0:22
4.	Irons, Julia	98	KSB	19:21.14	

Women 3000m Walk Under 15

1.	Vasiljevic, Taylor	99	CCA	16:15.67	PB 0:28
2.	Guy, Rachael	99	CCA	16:34.75	



Reese Walmsley, Ross Darlow, Eliza Clarke and Corey Dickson



Emmet Brasier, Emily Hamilton and Kyle Swan

NSW JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 78-10 FEBRUARY

The U14 and U16 walkers were in action on Saturday in the NSW Junior T&F Championships. **Tyler Jones** 13:19.70, **Jasmyn McDonald** 14:46.90, **Leah McDonald** 16:20.39 and **Harrison Mavin** 15:53.14 took gold in their respective events with Tyler probably the standout with his fine time.

Men 3000m U16

1.	Jones, Tyler	15	Wyong	13:19.70
2.	Brown, Nathan	15	Parramatta	14:39.93
3.	Kerr, Aidan	15	Sydney Pacific	15:01.13
4.	Owen, Damien	15	Fairfield Ci	17:19.85
5.	O'Connell, Declan	14	South Sydney	17:53.74
6.	McGinniskin, Cory	14	Edgeworth	20:59.92

Women 3000m U16

1.	McDonald, Jasmyn	14	Parramatta	14:46.90
2.	Francis, Lucy	14	Sydney Pacific	15:06.65
3.	Norton, Shanae	14	Bankstown	16:18.84
4.	Grujoski, Ally	14	South Sydney	17:57.72
5.	Kalemusic, Danielle	14	Nowra	18:12.42
6.	Kelland, Sarah	15	Ryde Athletics	18:53.91

7.	Robson, Natalia	15	offs Harbour	19:45.42
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Women 3000m U14

1.	McDonald, Leah	13	Parramatta	16:20.39
2.	Brown, Samantha	12	Parramatta	17:27.35
3.	Owen, Madeline	12	Forster	20:15.83
	Crichton, Sophie	13	Sydney Pacific	DNF

Men 3000m U14

1.	Mavin, Harrison	12	Sydney Pacific	15:53.14	PB 0:15
2.	Millican, Hayden	13	Sydney Pacific	16:31.03	
3.	Thomson, Ryan	13	Nepean	16:41.52	
	Richardson, Dylan	13	Mingara	DQ	
	Bedford, Kyle	13	Nambucca	DQ	

The U18 and U20 walkers were in action on Sunday with golds going to **Jay Felton** 22:54.74, **Tom Doyle** 24:29.27, **Kirsty Klein** 24:44.37 and **Jayde Hill** 26:43.46.

Men 5000m Walk U20

1.	Felton, Jay	18	Mingara	22:54.74
2.	Bates, Harry	18	ACT	24:39.38
3.	Washburn, Steven	19	Nepean	25:30.00
4.	Killen, Matthew	18	Wyang	28:36.51
	Birch-Ward, Kurtis	18	Sutherland	DNF

Men 5000m Walk U18

1.	Doyle, Tom	16	South Sydney	24:29.27
2.	Gibbons, Carl	17	Westlakes	26:17.17
3.	Mylonas, Adam	16	Hills Aim	28:43.71
4.				

Women 5000m Walk U20

1.	Klein, Kirsty	19	Asics Wests	24:44.37
2.	Bettiol, Amy	18	Sydney Pacific	24:47.95
3.	Southern, Shay	18	Asics Wests	27:29.64
4.	Porley, Tabitha	18	Asics Wests	29:11.30
5.	Denney, Hannah	18	Randwick Botany	29:46.80

Women 5000m Walk U18

1.	Hill, Jayde	16	Nambucca	26:43.46
2.	Dighton, Jasmine	17	Illawong	27:45.41
3.	Grujoski, Stephanie	16	South Sydney	29:03.73
4.	Beasley, Bryony	16	Nepean	30:06.71
5.	Barendregt, Amanda	17	Nepean	33:54.53
	Billington, Tayla-Paige	16	Hills Aim	DNF

ATHLETICS SA JUNIOR T&F CHAMPIONSHIPS, SANTOS STADIUM, MILE END, 9-10 FEBRUARY

The South Australian Junior T&F Championships were also contested last weekend in Adelaide. Top performers were probably **Anna Cross** with 15:25.28 and **Rhiannon Lovegrove** with 16:13.97.

Women 3000m Walk Under 14

1.	Lovegrove, Rhiannon	Port Adelaide	16:13.97
2.	Cross, Bethany	Pembroke	16:23.26
3.	Damin, Sarah	St Peters Co	20:27.34

Women 3000m Walk Under 15

1.	Cross, Anna	Pembroke	15:25.28
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Women 3000m Walk Under 16

1.	Goodrem, Neve	Salisbury	19:36.97
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Women 5000m Walk Under 18

1.	Potezny, Jemma	Hills District	26:52.96
2.	Walsh, Danielle	Unattached	29:34.75

Men 3000m Walk Under 14

1.	Goode, Jayden	Salisbury	18:19.19
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2.	Lucas, Ryan	Unattached	20:11.90
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Men 3000m Walk Under 16

1.	Nicolaides, Michael	Flinders	20:43.43
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ATHLETICS ACT T&F CHAMPIONSHIPS, AIS TRACK, BRUCE, 8-10 FEBRUARY

Canberra walkers were in action last weekend in their annual Track T&F Championships. **Brendon Reading** was in great form for his 5000m Open win (12:26.55) while **Thomas Hopkins** 15:21.25 and **Harry Bates** 24:15.77 were probably the best of the juniors.

Girls 11-13 3000m Walk

1.	Hunt, Gabby	North Canber	16:28.61
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Women 14-15 3000m Walk

1.	Hopkins, Emily	Queanbeyan	18:04.03
2.	Hopkins, Karina	Queanbeyan	19:28.17

Women 16-17 5000m Walk

1.	Resch, Ashleigh	South Canber	26:49.80
2.	Hunt, Zoe	North Canber	27:41.29

Women 20-99 5000m Walk

	StauntonJugovic, Ann	South Canber	DQ
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Men 11-13 3000m Walk

	Burns, Callum	North Canber	DQ
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Men 14-15 3000m Walk

1.	Hopkins, Thomas	Queanbeyan	15:21.25
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Men 18-19 5000m Walk

1.	Bates, Harry	South Canber	24:15.77
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Men 20-99 5000m Walk

1.	Reading, Brendon	North Canber	21:26.55
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GLYNIS NUNN SHIELD, QSAC, BRISBANE, SATURDAY 9 FEBRUARY

And perhaps leaving the best to last, the results from Brisbane last Saturday evening saw some superb performances. 14 year old **Clara Smith** scorched around the track in a wonderful 5000m time of 23:08.26. It is certainly an Australian leading time and perhaps one of the best ever world wide for one so young! And the men were also in dominant form, led by Victorian **Rhydian Cowley** - his time of 19:30.57 was only 1 second outside his best), Queensland U20 walker **Brad Aiton** 20:22.78 and NSW walker **Kyle Malone** 20:49.14. I hear conditions were perfect and the walkers obviously made the most of it.

Women 3000m Walk Under 16

1.	Woodward, Mikaela	14	Unq	15:49.86
2.	Brackin, Aimee	14	Unq	17:14.50

Women 3000m Walk Under 20

1.	Wright, Jessica	19	Jim	22:07.51
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Women 5000m Walk Under 16

1.	Smith, Clara	15	Unq	23:08.26	PB 1:12
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Women 5000m Walk Under 18

1.	Benzenati, Kenza	16	Gcv	27:18.15
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Men 5000m Walk Under 20

1.	Aiton, Brad	19	Gcv	20:22.78	PB 0:15
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Men 5000m Walk Open

1.	Cowley, Rhydian	22	Vic	19:30.57	
2.	Malone, Kyle	22	Nsw	20:49.14	PB 1:39
3.	Dewar, Brandon	21	Qrw	20:52.72	
4.	Dewar, Nick	21	Qrw	20:58.30	PB 0:20

CENTRAL AMERICAN WALKING CHAMPIONSHIPS, GUATAMALA CITY, GUATEMALA, SUN 3 FEB

Walkers from Guatemala, El Salvador, Costa Rica, Nicaragua and Puerto Rico (invitation) assembled on Sunday 3 February for the Central American Racewalking Cup in Guatemala City. Guatemala won the most medals in the 10 event competition (5 golds, 7 silvers and 4 bronzes) despite the absence of some of their stars. San Salvador (4 golds, 2 silvers and 4 bronzes) and Costa Rica (1 gold) were also in the medal count. Allan Segura (Costa Rica) won the Open Men's 20km with 1:38:52 and Cristina Lopez (San Salvador,) won the Open Women's 20km with 55.48.

20km Men

1.	Allan Segura Medina	1980	Costa Rica	1.38.52
2.	Mario Alfonso Bran Granillo	1989	Guatemala	1.42.02
3.	Salvador Ernesto Mira	1984	São Salvador	1.43.40
4.	Jose María Raymundo Cox	1993	Guatemala	1.49.06
5.	Jose Gregorio Ajcam Caal	1993	Guatemala	1.50.54
6.	Nelson Leonel Pérez Gutierrez	1993	Guatemala	1.51.06
7.	Angel Rolando Batz Chub	1993	Guatemala	1.52.00
8.	Sergio Antonio Gutierrez Brenes	1961	Costa Rica	1.58.38

10km Women

1.	Cristina Esmeralda López	1982	São Salvador	55.48
2.	María Esperanza López Marroquín	1982	Guatemala	1.02.04
3.	Marlen Gabriela Carranza	1993	Guatemala	1.02.55
4.	Glenda Lucielia Ubeda Blandon	1987	Nicaragua	1.05.57
5.	Ilena Ocampo Aguilar	1988	Costa Rica	1.11.02

LONDON OPEN WALKS, VICTORIA PARK, LONDON, SUNDAY 3 FEBRUARY

22 year old Alex Wright, representing Belgrave Harriers, walked to a new PB 10km time of 41.24 in winning the men's event at the London Open Walks in Victoria Park in London last Sunday. 20 year old Lauren Whelan, representing Manx Harriers, won the women's walk with 53:32. Neringa Aidietyte (Ilford AC / Lithuania) won the 5km with a new course record time of 23:25. You can see the full results at <http://www.racewalkuk.com>.

10km Men (first 10 only)

1.	Alex Wright	OP	Belgrave H	41.24
2.	Dominic King	OP	Colchester H	44.56
3.	Jim Ball	M45	Steyning AC	52.47
4.	Steve Uttley	M55	Ilford AC	54.49
5.	David Crane	M35	Surrey WC	55.34
6.	John Hall	M60	Belgrave H	55.54
7.	Graham Chapman	M55	Headington RR	57.08
8.	Steve Arnold	M45	Nuneaton H	57.10
9.	Stuart Bennett	OP	Ilford AC	59.29
10.	Steve Allen		Ilford AC	60:22

10km Women

1.	Lauren Whelan	U23	Manx Harriers	53.32
2.	Jasmine Nicholls	U20	Leicester WC	57.54
3.	Suzanne Beardsmore	W40	Abingdon Amblers AC	63.13
4.	Anne Belchambers	W55	Steyning AC	64.35
5.	Noel Blatchford	W65	Abingdon Amblers AC	65.15
6.	Jo Miles	W55	Hillingdon AC	70.02

5km Men/Women

1.	Neringa Aidietyte	WOP	Ilford AC/Lituânia	23.25
2.	Cameron Corbishley	MU17	Medway & Maidstone AC	23.55
3.	Guy Thomas	MU17	Tonbridge AC	24.57
4.	Grazina Narviliene	WW35	Belgrave H/Lituânia	25.33
5.	Matt Redfern	MU17	Nuneaton H	25.59
6.	Luc Legon	MU17	Cambridge H	26.13
7.	Lauren Whelan	WU23	Belgrave H	26.15
8.	Callum Wilkinson	MU17	Enfield & Haringey AC	26.17
9.	Heather Butcher	WU17	Cambridge H	27.09
10.	Emma Achurch	WU17	Leicester WC	27.29

PORTUGESE CLUB CHAMPIONSHIPS, POMPAL, PORTUGAL, SATURDAY 9 FEBRUARY

The first day of the Portugese Indoor National Club Championships (Divisions I and II) included 5000m and 3000m walks. João Vieira 19:40:31 and Vera Santos 13:05.86 won Division I while Cristiano Antonio (AC Vermoil) was the winner with 22.18,02, within walking distance of Augusto Cardoso 22.22,69 and Sandra Leitao 15.24,73 won Division II.

5000m Men

1.	João Vieira	Sporting CP	19:40.31	Div 1
2.	Sérgio Vieira	SL Benfica	19:47.89	Div 1
3.	Pedro Martins	CA Seia	21:55.58	Div 1
4.	Luís Silva	J Vidigalense	22:04.37	Div 1
5.	Cristiano António	AC Vermoil	22:18.02	Div 2
6.	Augusto Cardoso	ACRS Desterro	22:22.69	Div 2
7.	José Silva	NA Cucujães	22:41.04	Div 2
8.	Luís Lopes	Gira Sol - RC	22:41.47	Div 1
9.	Eduardo Cardoso	CCD Ribeirão	24:32.69	Div 2
10.	Telmo Oliveira	GA Fátima	28:51.56	Div 1

3000m Women

1.	Vera Santos	Sporting CP	13:05.86	Div 1
2.	Sandra Silva	Gira Sol - RC	14:12.13	Div 1
3.	Liliana Martins	GCA Donas	14:37.04	Div 1
4.	Nádia Cancela	SL Benfica	14:42.09	Div 1
5.	Ana Raquel	Marques ACRS Desterr	15:22.56	Div 1
6.	Sandra Vieira	Leitão ADRE Palhaça	15:24.73	Div 2
7.	Marisa Soares	Pereira J Vidigalense	15:25.69	Div 1
8.	Marisa Paulino	CA Marinha Grande	15:47.26	Div 2
9.	Mónica Jones	GR Quinta Lomba	17:51.59	Div 2
10.	Diana Cordeiro	AC Vermoil	18.37.73	Div 2

44TH UGO FRIGERIO TROPHY, GENOA, ITALY, SUNDAY 10 FEBRUARY

The first leg of the 2013 Ugo Frigerio Trophy was held on Sunday in the streets of Genoa in Italy and it saw Sandro Damilano's squad of Chinese athletes dominate. Overall, the competition saw a total of 161 athletes from different age groups and countries race in honour of the memory of triple Olympic gold medallist Ugo Frigerio. The Open 10km races saw Wang Zhen and Lui Hong win convincingly.

10km Men

1.	WANG Zhen	1991	CHN	40:38
2.	WANG Zhendong	1991	CHN	41:47
3.	XU Fanguang	1987	CHN	42:07
4.	SI Tianfeng	1984	CHN	43:31
5.	ZHU Chundong	1990	CHN	43:31
6.	DEI TOS Leonardo	1992	ITA	44:11

10km Women

1.	LUI Hong	1987	CHN	43.31
2.	FERRARO Federica	1988	ITA	46.52
3.	POLLI Laura	1983	SUI	48.16
4.	TRAPLETTI Valentina	1985	ITA	48.17
5.	COLOMBI Nicole	1995	ITA	48.56

CZECH UNDERAGE INDOOR NATIONALS, PRAGUE, SUNDAY 10 FEBRUARY

The Czech Underage Indoor Nationals were contested last weekend in the famous Stromovka sporting area in Prague. The best walks were by the Drahotová sisters in the U20 3000m walk where the first 3 places read as follows

Junior Women 3000m

1.	Anežka Drahotová	955722	13:08.60
2.	Eliška Drahotová	955722	14:08.76
3.	Adéla Frydrychová	955320	14:44.35

You can see the full result set at Full results at <http://online.atletika.cz/vysledky.aspx?idk=16508&day=&discType=1420>.

LES 8 HEURES DE CHARLY SUR MARNE, FRANCE, SUNDAY 10 FEBRUARY

Emmanuel Tardi reports from Charly sur Marne in northern France.

I went this Sunday to Charly-sur-Marne for this traditional walking classic. Due to bad weather and snow in the north of France, the 8 Hour walk saw only 87 starters (with teams) on the start line at 8am with the temperature sitting at -3°C (last year it was -15°C). The first lap was 3.650km and subsequent laps were 2.575km. This ensured that everyone could get an exact 50km reading on the way through.

In the men's competition, 4 walkers led after the first lap: Eddy Roze (French 50km champion in 2010, 2011 and 2012), Fabrice Henry, Remi Bonotte and Dominique Bunel. The speed was impressive for such a long event (10.5km/hr). In the third lap Fabrice Henry increased his speed to 11km/hr, drawing clear, now followed by Eddy Roze, Remi Bonotte and Swiss walker Urbain Girod who had started more slowly than the others. By 40km, Eddy Roze had problems with his stomach, and Fabrice Henry had slowed. It was at this stage that Urbain Girod took the lead. His 50k split was 4:48:17, Eddy Roze was gamely holding onto second place with 5:00:14 (he then stopped) and third was Bonotte with 5:01:05. Girod powered home from there to win with 78.325km ahead of Bonotte with 75.750km while local walker Philippe Morel pushed his way up to finish third with the same distance but a couple of minutes further back. And a special mention to Jean Pichon, aged 80, who finished the race with 55.150km (50km in 7:12).

In the women's race, Deborah Geimer led the race from start to finish, passing the 50km mark in 5:39:18 and finishing with 65.450km. Second place went to Dominique Malochet with 62.875km and third place went to Florence Pierre, also with 62.875km.

As for Emmanuel, he participated in the 10km race which was won by Virginie Barthelemy in 57.40. As the race ended, it began to snow and it was a long way back home

1.	GIROD Urbain	(C.M. Monthey)	78 km 325 m	7:50:22
2.	BONNOTTE Remi	(Dijon U.C.)	75 km 750 m	7:57:16
3.	MOREL Philippe	(AC Chateau Thierry)	75 km 750 m	7:59:03
4.	BUNEL Dominique	(Neuilly/Marne Athle)	73 km 175 m	7:46:47
5.	GILLES Philippe	(LMA Meung sur Loire)	73 km 175 m	7:49:47
6.	LETOURNEAU Florian	(AC Chateau Thierry)	73 km 175 m	7:50:43
7.	HENRY Fabrice	(AS St Junien)	73 km 175 m	7:52:59
8.	ERARD Christophe	(A.S.M. Bar le Duc)	73 km 175 m	7:59:51
9.	DUTERTE Andre	(CM Roubaix)	70 km 600 m	7:48:01
10.	BUNEL Pascal	(Neuilly/Marne Athle)	70 km 600 m	7:48:34
11.	ROUAULT Jean-Marie	(Omnisports Pithiviers)	70 km 600 m	7:54:02
12.	VARAIN Cedric	(AC Chateau Thierry)	70 km 600 m	7:58:53
13.	KORZHYK Alieksei	(ASC Francophone)	68 km 025 m	7:50:24
14.	LOUGRADA Saadi	(CM Roubaix)	68 km 025 m	7:54:22
15.	LABARRE Bertrand	(CS Provins)	68 km 025 m	7:57:11
16.	RAULET Christophe	(GA Meusien)	68 km 025 m	7:58:04
17.	BIEBUYCK Pascal	(Ath AC)	68 km 025 m	7:58:47
18.	GEIMER Deborah (F)	(A Sarreguemines Sarrebourg)	65 km 450 m	7:45:54
19.	CHAUVITEAU Daniel	(NL Jouy / Morin)	65 km 450 m	7:47:19
20.	MICHELOT Remi	(ES THAON)	65 km 450 m	7:52:25
21.	GICQUEL Bernard	(PLM Conflans)	65 km 450 m	7:57:02
22.	MARECHAL Jean	(AC Chateau Thierry)	65 km 450 m	7:58:09
23.	THEVENIN Pascal	(AM St Thibault des Vignes)	65 km 450 m	7:59:13
24.	LAILLER Patrick	(ASPTT Tours)	65 km 450 m	8:02:45
25.	LETESSIER Gilles	(PLM Conflans)	65 km 450 m	8:02:53
26.	DUFRIEN Pascal	(AM St Thibault des Vignes)	65 km 450 m	8:04:38
27.	SWYNGHEDAUF David	(EFSReims Athletisme)	65 km 450 m	8:05:25
28.	MALOCHET Dominique (F)	(ASC Le Havre)	62 km 875 m	7:45:22
29.	CHABIN Frederic	(Essonne Athle)	62 km 875 m	7:45:47
30.	KERLAU Yves Michel	(CM Roubaix)	62 km 875 m	7:47:19
31.	PIERRE Florence (F)	(ATHLE 55)	62 km 875 m	7:47:40
32.	MARECHAL Pascal	(AC Chateau Thierry)	62 km 875 m	7:50:05
33.	BIET Christophe	(SEPA Bellegarde)	62 km 875 m	7:51:12
34.	FRECHENGUES Bernard	(S.C.B.A)	62 km 875 m	7:52:12
35.	HARTMANN Emmanuel	(GA Meusien)	62 km 875 m	7:55:37
36.	PANNIER Josiane (F)	(Le Havre AC)	62 km 875 m	7:56:20
37.	ANXIONNAT Claudine (F)	(Athletic Vosges EC)	62 km 875 m	7:58:16
38.	HUART Gilles	(US Toul)	62 km 875 m	8:02:53
39.	THEVENIN Hugues	(Marne et Gondoire Athle)	60 km 300 m	7:46:29
40.	BOUCHET Jean	(NL Fondettes 37)	60 km 300 m	7:47:49
41.	PETIT Alain	(AS Bourse de Paris)	60 km 300 m	7:49:41
42.	GIRAUDEAU Denis	(PLM Conflans)	60 km 300 m	7:50:58

- | | | | |
|---------------------------|---------------------------------|-------------|---------|
| 43. HELLER Denis | (Avia Club Issy Les Moulineaux) | 60 km 300 m | 7:54:53 |
| 44. SALOMEZ Benedicte (F) | (Neuilly/Marne Athle) | 60 km 300 m | 7:55:28 |
| 45. VARIN Sylviane (F) | (AM St Thibault des Vignes) | 60 km 300 m | 7:56:18 |



Men's winner Urbain Girod



Women's winner Deborah Geimer with Fabrice Henry 80 years young - Jean Pinchon



Leaders after 1 lap - Philippe Morel, Remi Bonnotte, Fabrice Henry and Eddy Roze

OVERSEAS SHORTS

- KAUNAS (LTU, Feb 2): A fast 3000m walk by Brigita Virbalyte-Dimsiene in Juanas, Lithuania - 12:24.41.
- MOGILYOV (BLR, Feb 5-6): Tirst day of the Belarus indoor championships was Anastasia Yatsevich (47:36.75) and Dmitriy Dyubin (40:47.47) the winners in the 10000m walk events.
- Jeff Salvage, Tim Seaman, and Rachel Seaman present two new interviews from <http://www.racewalk.com>. The first is Katie Burnett, an up and coming race walker who participated at the 20km Olympic Trials. The second is Erin Taylor-Talcott, the fastest 50km female walker in the US and the only woman to participate in a Men's Olympic Trials event. The interviews are on the home page of www.racewalk.com under Headline News, halfway down on the left.

- Peter Marlow advises that the latest remonstrations to have walking reinstated at the 2014 Commonwealth Games have been unsuccessful. The reply letter from the Commonwealth Games Assn explained their decision as follows *"Since our discussion I have investigated this matter further but have concluded that the impact on scheduling and participant scope (particularly related to the addition of athletes, team officials and technical officials) does not adhere to the principles established by the board."*
- A couple of different things on the judging front.
 - Firstly to Italy where they are trialing a new electronic reporting system to report yellow and red cards to the chief judge - see http://www.marciaitaliana.com/dett_news.asp?id=1296. If you scroll down, you will see an English version below the Italian version.
 - Secondly, On the agenda for last weekend's IAAF Walking Committee meeting was a review of an Electronic System for Judging. This sort of thing has been trialed before using specially made shoes (some 20 years ago) but it was never progressed due to varied issues and concerns. It is obviously back on the agenda now with a different scientific design which uses shoe insoles and a wrist band. To aid in knowledge distribution, I have uploaded the report file to our VRWC website. You can read it at <http://www.vrwc.org.au/documents/2013-Electronic-System-for-loss-of-contact-control-in-Race-Walking-Antonio-Amigo.pdf>

VRWC CLUB RECORDS

And yet another VRWC club record this week, compliments of one of our very young walkers in Hayley Woolfe. Well done Hayley!

Hayley Woolfe	1500m Track Walk U10	9:07.1	AV Shield, Cranbourne East	02/02/2013
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ATHLETICS AUSTRALIA WALKS COMMITTEE ANNOUNCED

Athletics Australia is in the process of refreshing the various Committees which it uses to help run the sport of Track & Field in Australia. Each committee, when elected, will have a 4 year mandate which will extend for one full Olympic cycle.

The A.A. Distance Running and Walks Committee is the one which concerns us as walkers - its mandate reads as follows: *To advise the Board generally on matters relating to road, mountain and ultra running, road walking and cross-country running competition, including amendments to the technical rules of such competition.*

I am pleased to announce that the walks sub-committee is now finalised and reads as follows

Tim Erickson (Chair)
 Simon Baker
 Megan Szirom
 Cheryl Webb
 Claire Tallent
 Phil Reading
 Nathan Sims (A.A.)

Congratulations to those who put their hands up for the job and who have been selected by A.A. to help guide our sport forward as we move towards the 2016 Olympic Games.

RACEWALKING AUSTRALIA PRESIDENT'S NEWSLETTERS NOW ONLINE

For those who don't know, I produce a quarterly Racewalking Australia President's newsletter to keep the clubs up to date with what is going on in Australian racewalking. You can check the latest out at <http://www.rwa.org.au/afrcwnewsletts.shtml>. In particular, the following dates are now confirmed and can be factored into your winter season racing program

- **LBG Carnival**
This will be held in Canberra on **Sunday 9 June 2013**.
- **RWA Postal Challenge**
I have discussed this year's dates with Postal Challenge organiser Mark Donahoo and he advises that the Postal Challenge may be scheduled on any of the following three weekends
 - **29-30 June 2013**
 - **6-7 July 2013**
 - **13-14 July 2013**

This allows for those clubs who want to schedule it during Schools Holidays and also caters for those clubs who want to keep it outside school holidays. As always, chat with Mark if you have difficulties in fitting in with these dates. We try to be as flexible as possible to help our clubs participate in the Challenge.

- **Australian Racewalking Championships**

I have confirmed with Athletics Australia Competition Directory Andrew Matthews that the Australian Roadwalking Championships will be held on **Sunday 1 September 2013** in Tasmania. This is later than we expected because AA has to fit in with School Sport Australia and this is the weekend they have chosen.

Andrew advises the date but is not yet in a position to advise the venue. Will it be Hobart – time will tell! But you can at least factor in the correct weekend at this stage.

This is also our Second Federation Carnival so its scheduling directly effects us as member clubs.

HIGH PERFORMANCE NEWS

In the aftermath of what was perceived as a poor performance at the 2012 Olympic Games, the Australian Sports Commission met with its key partners late last year to map out a strategy to propel Australia once more to the top of the sporting tree. The new plan has now been announced and is known as 'Australia's winning Edge'. You can get a feel for it's thrust by checking out the video and documents at http://www.ausport.gov.au/ais/australias_winning_edge.

In particular, the document http://www.ausport.gov.au/_data/assets/pdf_file/0011/509852/Australias_Winning_Edge.pdf contains one foil which is of great importance to the walking community. It reads as follow:

Refocus the Australian Institute of Sport (AIS) to grow its role as Australia's national high performance agency

- Sharper focus on true podium potential athletes
- AIS to be responsible for all high performance funding within the ASC
- Empower sports to determine optimal high performance program delivery by transitioning from AIS direct program delivery by the end of 2013
- Focus on: Strategy/Investment + Athlete/Sport Services + Research/Innovation

The third bullet point is the important one here as it spells out what will be a major change which is already effecting our sport of racewalking. To summarise, the AIS scholarship program is being wound up and those athletes currently on scholarship will be terminated. The walkers have been told that their scholarships will cut out as of April 30 - less than 3 months time. Jared Tallent has already made the move and has his house in Canberra on the market and will be moving very shortly to Adelaide to live.

Walking has been a scholarship sport at the AIS since it was opened in 1981. Just about every one of our top walkers over the last 33 years has been a long term scholarship holder - Sue Cook, Kerry Saxby, Jane Saville, Andrew Jachno, Simon Baker, Nick A'Hern, Dion Russell and Nathan Deakes to name but a few - and it has been this long term financial and material support which has enabled them to transition from promising juniors to world class senior athletes. The same holds for our current swathe of top walkers - Jared Tallent, Luke Adams, Chris Erickson, Beki Lee, Claire Tallent and Regan Lamble. You just can't become a top line international walker unless you are a full time athlete. That is a given that seems to have been lost to the writers of these reports.

Consider our current crop of toplineers

- Nathan Deakes - retired after the 2012 Olympics
- Adam Rutter - retired after the 2012 Olympics
- Claire Tallent - retired after the 2012 Olympics
- Jared Tallent - moving to Adelaide now that his scholarship is being terminated
- Chris Erickson - moved back to Melbourne after the 2012 Olympics
- Beki Lee, Luke Adams, Regan Lamble, Blake Steele and Rachel Tallent - will lose their AIS scholarships come April.

Will our next group of walkers be able to match the heady standard achieved under an AIS backed program? Time will tell but I am worried. As we dismantle what I believe is our winning edge, there is nothing that I can see in place as fallback. I am not aware of talks having been held with the athletes to spell out an alternative way and to explain how the new support structure will support them, if indeed it will. Is it to be a case of back to the good old days of amateur athletics where our athletes had to work for a living and train as best they could in a relatively unstructured unsupported environment? Is this the future of athletics in Australia?

A.A. has finally announced its new High Performance Director (see <http://www.supersport.com/athletics/article.aspx?id=1791634>) and he will have a big job ahead of him to pick up the pieces, allay the fears of our top athletes, set up a meaningful structure to help them towards 2016 and set up a new structure to develop our next lot of champions post 2016. It may well turn out to be a giant ask!

EVEN MORE RACEWALKING STAMPS

Our stamp related theme continues this week with further items of interest, again from Alex Wijsman of Holland. You can check out all the accumulated philatelic information that we have gathered at <http://www.vrwc.org.au/vrwcstamps.shtml> and <http://www.vrwc.org.au/vrwcpostmarks.shtml>.



1980 - Central African Republic

We have seen the first stamp in this set before - it featured Raul Gonzales, Daniel Bautista and Peter Frenkel. They were amongst the favourites before Mexico boycotted the Games.

It was actually one of 6 Olympic stamps released as part of a set by that country in 1980. The full set, shown here, features racewalking, relay run, Spring, high jump, boxing and hurdling. They are certainly a beautiful set.



1957 - Dominican Republic

Yes, we have seen these stamps before - they form a 1956 Olympic Gold Medallist set from the Dominican Republic and one of them featured 50km racewalk gold medallist Norman Read.

This set was issued in many different forms - this is one of the challenges of stamp collecting on themes - to get all the different variations of one edition.

This variation saw a sheetlet with the 8 stamps surrounding the Olympic flag. This was released in both perforated and unperforated forms - ie there are two different varieties of this sheet.



1957 - Dominican Republic

And yet another variation of this stamp release. This time, the 8 stamps surrounding the 1956 Olympic Gold Medal.

Like this sheetlet discussed above, this was released in both perforated and unperforated forms - ie there are two different varieties of this sheet.



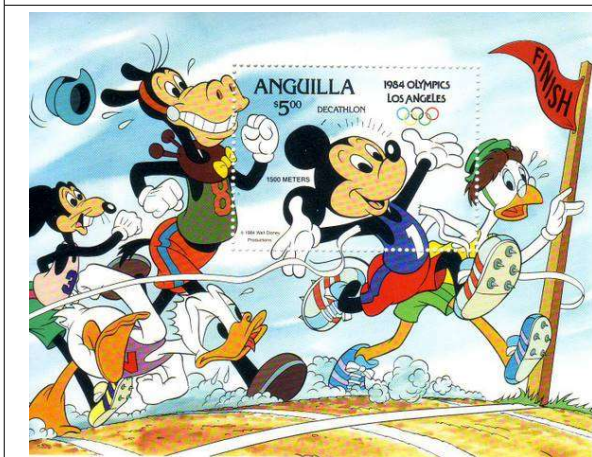
1957 - Dominican Republic

And yet another variation of this same release. The stamp sheetlet was re-released at a later stage with each stamp overprinted with a 5 cent stamp honouring Scouting and Lord Baden Powell. This particular sheet, released in both perforated and unperforated formats, is quite rare.



Uganda - 1990

And now for a bit of fun. In 1990, Uganda produced a series of sheetlets. This one featured Disney characters walking (is that racewalking!) with a caption that read 'Help Your Heart Walk for Health'.



1984 - Anguilla

And more of the same with this 1984 Anguilla stamp that was released for the Olympics of that year. Is that a racewalker I see in there!

AUSTRALIAN 20KM ROADWALK CHAMPIONSHIPS

Entries have now closed for the **Australian 20km Summer Championships meet**, to be held in Hobart on **Sunday 24th February**. Note that the start time has not yet been released by Andrew Matthews, AA Competition Manager, advises he expects it to be between 7AM and 8AM on the Sunday morning. The course will be the usual dockside one. The start fields read as follows

Open Men 20km
Bird-Smith, Dane
Dewar, Brandon

QLD
QLD

Open Women 20km
Stigwood, Stephanie
Ruddick, Kelly

TAS
VIC

Cowley, Rhydian	VIC	Shaw, Kirstin	VIC
Coleman, Daniel	TAS	Holliday, Tanya	SA
Hill, Justin	SA	Lacaze, Mathilde	FRA
Mottrom, Kim	SA	Lamble, Regan	ACT
Dewar, Nick	QLD	Tallent, Rachel	ACT
Simpson, Bradley	VIC	Bourke, Lauren	NSW
Erickson, Chris	VIC	Alexander, Beth	VIC
MALONE, KYLE	NSW	Webb, Cheryl	NSW
Reading, Brendon	ACT		
Osborne, Jesse	VIC		
Rayson, Ian	ACT		
Legentil, Marc	FRA		
Tallent, Jared	ACT		
Adams, Luke	ACT		
Beurion, Mathieu	FRA		
Evans, Simon	VIC		

U20 Men 10km

Aiton, Brad	QLD
Holcroft, Matthew	NZ
Brill, Nathan	VIC
Bates, Harry	NSW
Washburn, Steven	NSW
Rose, Louis	TAS

U20 Women 10km

Pickles, Jessica	QLD
Klein, Kirsty	NSW
Porley, Tabitha	NSW
Southern, Shay	NSW
Bettiol, Amy	NSW

A. J. (ATHOL) STUBBS – WORLD BEST OVER THE 1 MILE WALK

Last week I came across a new photo of Athol Stubbs, the wonderful NSW walker of the 1930s - 1940s and it prompted me to revisit my biography of him and rejig it a little. Here is it for everyone to read - it is indeed a ripping yarn!

Athol Stubbs, born in 1910 and a member of Eastern Suburbs Athletics Club, was one of Australia's greatest ever speed walkers, winning a variety of titles and setting various State and National walking records as well as producing two World Best performances.

The first press cutting I have found on his career was dated January 10 1930 from the Sydney Mail (page 31) and concerns the NSW Track and Field Titles. It reads, with the typical anti-walking bias of the time

The 1924 Olympian E. Austen (Western Suburbs) defended his title in the three miles walk, which went to A. Stubbs, of Eastern Suburbs. While at some time or other every competitor transgressed the rule of walking, W. Clark (Randwick-Kensington), who finished second, was the only one to be disqualified. The winner's time was 22 min 40s.

He first came to prominence at the 1933-1934 Australian Track and Field season. In the Australian 3 Mile walk, held in Adelaide in January 1934, he placed second to William Marston of Victoria. Two days later, in the Australian 1 Mile walk, he looked set to go one better. After trailing Marston (Victoria) and Cocks (SA) in the first lap, he built up a commanding lead in the second lap, only to be disqualified in the third lap. Although this enabled Marston to take the double, it heralded the rise of a new champion onto the National scene. (This disqualification was a severe blow to NSW who had hoped to win the prestigious Coombes Shield at these titles. With the extra win to Victoria, they took the points over their more favoured interstate rivals.)

That same year, he won the NSW 1 Mile, 3 Mile and 7 Mile walk titles and set his first State record, **13:55.6** for the 2 Mile, easily breaking the previous record of 14:03.2, held by 1920 Olympic silver medallist George Parker.

Over the next few years, he regularly won all the shorter distance NSW titles but it was not until the 1937-1938 season that he won his first Australian titles. In Brisbane in December 1937, he won the double – the 1 Mile walk in **6:36.2** and the 3 Mile walk in **21:43.0**. The 1 Mile walk win, in particular, was the fastest mile walk done in Australia for some years. Then weeks later, he won a NSW mile walk off scratch in a time of **6:26.0**, only 4 seconds outside Bill Murray's famous 1912 Australian record of 6:22.8.

Over the next 3 years, he was unbeatable on the National arena and his times rewrote the record books. Finally in 1939 he finally took Murray's 1 Mile walk record when on 25 February at the Sydney Show Grounds, he won the NSW State 1 Mile title in **6:18.2**. This was not only a new State and National record but was the fastest 1 Mile walk time ever officially recorded in the world. Later that same year, he showed his versatility over the longer distances, recording a new National 10,000m walk record of **46:01.0** on August 19 in winning the Australian Amateur Walking Clubs championship ahead of George Knott who recorded 46:10.



Athol Stubbs in the late 1930s - a study of power and speed

The Victorian walking authorities were irate and formally raised their concerns about his technique – in those days, even the slightest whiff of being ‘off the ground’ was enough to get the purists up in arms. The following article and photo were published in the newspapers of the time

Is This Fair Walking ?



This walking action has become the subject of wide controversy in Australian athletics circles. The walker is A. J. Stubbs (N.S.W), whose action, objected to in Victoria, has been filmed by N.S.W. officials for examination. The film has been sent to England for an opinion by the experts of the Belgrave Harriers – famous English athletic club which has produced many noted walkers. The regulation in competitive walking requires that at least one foot must be in contact with the ground all the time. Would you pass the N.S.W. athlete’s action on this picture?

The fact that he continued to race seems to imply that his technique was exonerated by the English ‘experts’ and 1940 saw him consolidating his place as Australia’s Number One walker.

On 18 February at the Sydney Sports Ground, he defended his State Title and improved his World Best 1 Mile time even further to **6:15.4**. The local Sydney newspaper reported as follows

For the second time within a year, Athol J. Stubbs, the 29 year old South Sydney walker, created a world’s record for one mile. On Saturday at the Sports Ground, he had an 80 yards victory in the State Championships, and his time was 6m 15.4s. This reduced by 2.8s his previous figures established as the Show Grounds on February 25, 1939. Stubbs was so confident of his ability to beat his earlier time that he stated prior to the race that his schedule would bring him inside it. He moved away from the field with A. L. Stephenson (University) always in second place. His time for the half

mile was 3m 1s, the same as for his previous record walk. When the time was announced, Stubbs was accorded a tremendous ovation.

The track had been officially surveyed, the timekeepers agreed, and the judges of walking watching Stubbs throughout could find no fault in his style.

There is every indication that Stubbs's great achievement will be officially endorsed. It was in every way a meritorious effort on a five laps to the mile track which has deteriorated by competition and a long dry season.

Near the finish Stubbs lapped Harry Sweet of Botany. Sweet paused to shake Stubbs's hand – probably the first time on record that a competitor has congratulated a winner while the event was in progress!

Unfortunately these two 1 Mile walk times were not granted World Record status because the International Athletic Federation did not recognize the 1 Mile distance amongst its records. But there is no doubt that these were legitimate world bests. The evolution of the 1 Mile Walk Records (outdoors), as compiled by Eric Rasmussen, shows the following record progression and clearly acknowledges Stubbs' times.

Thomas Griffith	GB	1987	6:48.0
Harry Webster	GB	1879	6:36.0
Eric Merril	USA	1880	6:33.4
Frank Murray	USA	1883	6:29.4
F. Creamer	NZ	1897	6:29.4
George Larner	GB	1904	6:26.0
George Goulding	Canada	1910	6:25.8
Bill Murray	Australia	1912	6:22.8
Paul Bernhard		1936	6:21.2
Athol Stubbs	Australia	1939	6:18.2
Athol Stubbs	Australia	1940	6:15.4

At the time the 1940 Olympic Games were finally abandoned, Stubbs was the holder of the World Best for the 1 Mile walk and the Australian Record holder over 1500m (**5:59.00**), 3000m (**13:02.8**), 5000m (**22:19.0**) and 10000m (**46:01.0**). It is fair to say that he was denied almost certain Olympic selection by the onset of the Second World War.

It was not until he returned as a 35 year old War veteran that he could revisit his athletics career. It had been a long time without training and racing and it would be a long road back to fitness.

The first post-War Australian championships were held in Perth in January 1947 and the walks saw Stubbs pitted against one of the toughest walkers of the era, George Knott of Victoria. Knott has also been one of the top walkers pre-War and he, like Stubbs, was now a veteran aged in his mid thirties. Knott held him out in the 1 Mile walk, winning by 6 seconds in **6:31**. In the 3 Mile walk event, Stubbs had his revenge when Knott was disqualified for 'walking on the white line'. Stubbs's 3 mile time was a good **21:43**.

The January 1948 Australian track walking races, held at St Kilda Cricket Ground in Melbourne, are remembered in controversial circumstances. Percy Cerutti, at the A.A.U. meeting preceding the title, argued that since the IAAF judging rule only mentioned the need to maintain contact, any mode of progression that obeyed the contact criteria was acceptable. The meeting decided that the international rule would be used for this inaugural 2 Mile Walk event at the Australian titles. The outcome was easy to predict.

Victorian George Knott bolted to the front, using what could only be described as a bent legged action. Stubbs gamely chased, using a more traditional straight leg technique. So close was he to Knott that one of Knott's shoes was dislodged and came off. Knott stopped, put the shoe back on, chased, caught and passed Stubbs while calls for his disqualification echoed from the crowd. Knott was not disqualified and became the new National champion. Stubbs crossed the finishing line 100 yards further back in second place. A 5 Mile track walk championship was also held at these championships and Stubbs easily won that event in **37:15** with Knott a non starter.

In this era, each State had its own chief walking judge and each title race, whether State or National, was at the mercy of an ever changing interpretation of the rules. The National titles of this era must be understood in that light.

The 2 Mile Walk in the 1949 National Titles in Sydney saw nearly the whole field disqualified. Stubbs, who won, was one of only 3 finishers, the others being Ray Smith and Len Hickey of Victoria.

Tom Daintry, generally regarded as the best stylist in the land, was amongst those disqualified on this occasion. He commented years later

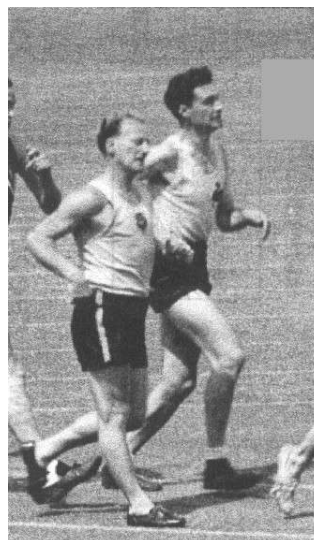
"The only disappointment in my sporting life was the only time I was disqualified by an ex-rival when only one judge was required to disqualify. I represented Queensland in the Australian Championships in New South Wales. He had spread the word two weeks beforehand that I and Don Keane would be put out. Which he did in the first 50 metres."



The 3 finishers in the 1948-1949 National 2 Mile walk title – Ray Smith (Vic), Athol Stubbs (NSW) and Len Hickey (Vic)

The 2 Mile walk at the 1950 National Titles in Adelaide was just as memorable. This time, in a case of one extreme to the other, everyone got past the judges! The two race leaders, 19 year old WA walker Don Keane and Stubbs, staged a mighty battle to break the Australian 2 Mile Walk record (both were awarded the same time of **13:43.6** with Keane being declared the winner) in an event that generated a lot of media attention. The photo below, taken as Keane passed Stubbs in the second last lap, shows both walkers stretching their bodies to the absolute limit. Stubbs was not one to relinquish a lead without a battle and his roughhouse tactics were intended to throw the younger walker off balance.

But the real clincher occurred further back in the field where WA walker D Waters (known rather disparagingly as ‘Running Waters’) finished in 4th place. The photo below shows his technique midrace when walking alongside Stubbs. How did his technique satisfy even one judge much less a whole panel?



This was Stubbs’s last National Track race. He was now nearly 40 years of age and had, for the last 4 years, faced stiff competition from his interstate rivals. He raced one further National title, coming 3rd in the 1950 Australian 10,000m walk in a time of **48:38.0**, before retiring from top level competition.

His many fine performances over a long period underline his credentials as one of Australia’s best ever sprint walkers. In a time when there were few National opportunities, he won 5 Australian titles and took a number of silver and bronzes. His total performance sheet at the National level reads as follows

1933-34 Aust. T & F	3 miles Walk	2	130 yards behind winner
1937-38 Aust. T & F	1 mile Walk	1	6:36.2
	3 miles Walk	1	21:43.0
1946-47 Aust. T & F	1 mile Walk	2	6:37.6

1947-48 Aust. T & F	3 miles Walk	1	21:43.6
	2 miles Walk	2	100 yards behind winner
	5 mile Walk	1	37:15.0
1948-49 Aust. T & F	2 miles Walk	1	13:55.6
1949-50 Aust. T & F	2 miles Walk	2	13:43.6(est)
1950	10,000m Walk	3	48:38.0



This photo of Athol Stubbs, taken towards the end of his career, is the only racewalking photo in the State Library of Victoria photographic archives. It shows his tremendous strength and obvious speed.

He also remains one of the few Australian walkers to walk a legitimate 'world best' for any distance.

WHAT'S COMING UP NEXT WEEKEND

For those Victorians whose teams have made the **A.V. Shield Final**, it will be contested **next Saturday at Lakeside Stadium** in Albert Park. It is a huge day of competition extending from 10AM till 7PM and features 2000m walks. There look to be some huge matchups in the walk so I look forward to reporting on it in next week's newsletter.

Next Sunday is our final VRWC summer season fixture and reads as follows

Sunday 17th February 2013, VMA Champs & VRWC Events, Mentone		
Venue: Mentone Athletics Track, Dolamore Oval, Queens St, Mentone		
8.30am	VMA 5000m Championship	Masters Women
9.15am	VMA 5000m Championship	Masters Men
10.00am	VRWC 5000m and 3000m	Open
10.40am	VRWC 1500m	Open

VMA Competitors should, if possible, provide their own lap scorer and, if possible, bring their own race numbers. Our supply of spare ones is starting to run low.

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 16 Feb, 2013	AV Shield Final, Albert Park
Sun Feb 17, 2013	VMA 5000m Walk Championships & VRWC races, Dolamore Reserve, Mentone
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open T&F Championships, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA/AA Masters T&F Championships, East Burwood Athletics Track, East Burwood

Mar 29-Apr 1, 2013 Australian Masters T&F Championships, 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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 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)