



## HEEL AND TOE ONLINE

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### WALKER OF THE WEEK – DANIEL PAYNE



Years ago, the Heel and Toe used to have a 'Walker of the Week' to recognise the top performance over the last 7 days. While I have not followed that lead, I thought I might bring it back for this edition and for the occasional newsletter when I see a really outstanding performance.

This week, I am awarding my informal 'Walker of the Week' award to Geelong walker Daniel Payne. Daniel took over 90 seconds off his best 10 km time to record a wonderful **47:38**.

Daniel joined the Victorian Race Walking Club in May 2003 as a 13 year old. Even in that first year, he showed his potential with the following excellent results

- 1<sup>st</sup> VRWC U14 3000m Walk Club Championship
- 3<sup>rd</sup> Victorian U14 3000m Walk Championship
- 4<sup>th</sup> Australian U14 3000m Walk Championship

His yearly progression since then has been continuous and in 2004, 2005, 2006 he amassed a bucket load of VRWC, Victorian and National medals with his consistent and high quality speed walking. Even last year, while juggling the priorities and workload inherent in Year 12 studies, he still found time to train and race with the following results

- 1<sup>st</sup> Victorian Country U18 5000m Walk Championship
- 5<sup>th</sup> Australian U20 10,000m Walk Championship
- 2<sup>nd</sup> Racewalking Australia U18 5000m Walk Championship
- 1<sup>st</sup> Victorian Schools U18 5000m Walk Championship
- 1<sup>st</sup> Victorian U18 5000m Walk Championship
- 5<sup>th</sup> Australian U18 8000m Championship

This year, freed from the burdens of study, his walking has really kicked down to a new level and his 47:38 on Saturday is the result of a training program that is now starting to produce the goods. His main strengths are

- a) a very sound technical walking action
- b) a very sensible approach to racing and training
- c) the ability to produce big performances when required, often under pressure.

Racewalking, like marathon running, is a long distance road based event and walkers traditionally peak in their late twenties or early thirties. Daniel is only 18 at the moment and thus has many years of improvement ahead of him in his chosen sport – provided he receives the support and encouragement that is necessary for all aspiring young athletes. By way of comparison, Nathan Deakes finally won his first World Championship gold medal at 30 years of age and he is still improving.

Well done Daniel and keep up the good work.

**VRWC RACES, ALBERT PARK, SATURDAY 21 JUNE 2008**

Last Saturday saw another bumper crowd of walkers descend on Albert Park and race in perfect Melbourne winter weather – but it was a different sort of racing day. Our annual 'Guess Your Time' races saw walkers predict their finish time and then race without watches or lap times being called. The winners are those who get closest to their estimated times – and some were spot on. We had prizes for the winners in each division with a large number of walkers staying on to see who were the lucky walkers.

Only a small group chose the 10 km distance and, as discussed on the previous page, Daniel Payne was the outstanding walker over that distance and Nicholas Mirarchi also showed that he is getting fitter again with his 51:57. Most walkers chose the 5 km distance and Kylie Irshad produced her best walk for some years with her 25:54. Super vet Heather Carr was also in the for with 26:51. It was also good to see new walkers David and Deb Lenehan successfully test themselves over the 5 km distance. But of course the winners were those closest to their predicted times and you can see the results below.

<b>10 km Open</b>		<b>Time</b>	<b>Difference</b>
1.	Gwen Steed	60:49	0:26
2.	Alison Thompson Janet Holmes	60:24 Disq	1:14
1.	Bob Gardiner	63:18	0:42
2.	Daniel Payne	47:38	1:22
3.	Nicholas Mirarchi	51:57	1:33
4.	Ross Reid	53:57	

<b>5 km Open</b>		<b>Time</b>	<b>Difference</b>
1.	Celia Johnson	33:49	0:09
2.	Christine Griffiths	49:47	0:13
3.	Heather Carr	26:51	0:16
4.	Donna Elms	30:37	0:16
5.	Gayle McIntyre	27:49	0:19
6.	Margaret Beaumont	36:55	0:20
7.	Kylie Irshad	25:54	0:24
8.	Kirstan Shaw	28:55	0:35
9.	Lana Boddy	34:03	0:57
10.	Deb Lenehan Harlene Hercules	45:38 Disq	4:37
1.	Barrie Wicks	33:53	0:07
2.	Ralph Bennett	26:37	0:07
3.	Alan Lucas	28:17	0:07
4.	Clyde Riddoch	27:02	0:08
5.	Mark Donahoo	28:50	0:20
6.	Jason Elms	29:50	0:35
7.	Harold Boddy	32:46	0:51
8.	Lewis Clark	27:50	1:20
9.	David Lenehan Ian Beaumont Geoff Barrow Filip Cosic	30:47 Disq Disq DNF	



**Deb and David Lenehan, Gwen Steed, Kirstin Shaw, Heather Carr and Ralph Bennett**

The walkers in the 3 km races were spot on with a number within seconds of their predicted times, but none closer than Adrianna Crea who was only 1 second out. Unfortunately I could not get the camera going until after the 3 km event had finished (thanks to Robert Walsh who was put to work once his event finished) so we have no photos of any 3km walkers this week.

<b>3 km Open</b>		<b>Time</b>	<b>Difference</b>
1.	Adrianna Crea	19:19	0:01
2.	Anna Wallace	20:44	0:22
3.	Maryanne Harrison	20:42	0:22
4.	Emily Payne	17:05	0:35
	Rosaleen Lenehan	Ab	

1.	Lindsay Harrison	20:10	0:10
2.	Damien Elms	19:09	0:11
	Gordon Onley	Disq	

<b>3 km Under 15</b>		<b>Time</b>	<b>Difference</b>
1.	Lauren Stadius	19:13	0:02
2.	Jmara Hockley Samon	18:22	0:03
3.	Jemima Montag	18:30	0:05
4.	Hilary Brazel	15:53	0:07
5.	Rebecca Campbell	18:48	0:14
6.	Lauren Gelov	21:34	0:19
7.	Annemaree Gerleich	18:19	0:32
8.	Caitlin Campbell	16:23	0:43

1.	Robert Walsh	15:22	0:02
2.	Matthew Felton	15:40	0:05
3.	Connor McShanag	18:12	0:10
4.	Aaron Gardner	16:57	0:11

Our youngest walkers used the open course this week and were in good form. I rode the bike in front so had a chance to view the competitors up close and I did feel that a small number of walkers were just trying to go too hard and are perhaps walking faster than their styles safely allow. Remember that the idea is not just to get to the finish line as fast as possible – it is to get there as fast as possible and yet walk within the rules. Bad habits, if not fixed at a young age, are likely to disadvantage walkers as they progress up the ranks. So make sure you look at the Chief Judge's summary sheet to see if you had any cautions or reports and make sure that you review Ray Smith's weekly videos and have a good look at your own style. Lastly, feel free to talk to our club coach Mark Donahoo who is willing to help everyone improve his/her walking.

Anyway, enough of that. There were some great walks and some great guesstimates, especially in the Under 12 Girls division where the first 4 walkers were all within 7 seconds of their predicted times. Sorry – no photos of the U9's this week.



**Carly and Georgia Bertrand, Emily Hamilton, Beth Barbour and Reese Walmsley**

<b>2 km Under 12</b>		<b>Time</b>	<b>Difference</b>
1.	Carly Bertrand	11:20	0:01
2.	Beth Barbour	11:58	0:05
3.	Bianca Attard	10:24	0:05
4.	Georgia Bertrand	13:20	0:07
5.	Stacey McLaren	13:12	0:15
6.	Emily Hamilton	11:53	0:19
7.	Amy Ventura	12:48	0:52

1. Reese Walmsley 11:00 0:02
2. Jack Hockley Samon Disq

**1 km Under 9**

- |                     | <b>Time</b> | <b>Difference</b> |
|---------------------|-------------|-------------------|
| 1. Paige De Lisen   | 05:39       | 0:01              |
| 2. Charlee Harrison | 06:48       | 0:12              |
| 3. Alannah Gloury   | 06:52       | 0:43              |
| 4. Gabriella Crea   | 06:43       |                   |
|                     |             |                   |
| 1. Ethan McShanag   | 05:59       | 0:35              |
| 2. Sam Candotti     | 06:04       | 0:36              |
| 3. Noah Candotti    | 09:28       |                   |
| Kyle Swan           | Disq        |                   |

**STYLE AWARD**

Once again, lots of walkers caught the judges' eyes. You can check the overall points by pointing browsers to <http://www.vrwc.org.au/StyleAward2008.pdf>

<b>Men</b>		<b>Women</b>		<b>U9 &amp; U12 Boys</b>		<b>U9 &amp; U12 Girls</b>	
Daniel Payne	8	Lauren Stadius	10	Reese Walmsley	3	Bianca Attard	9
Lewis Clark	8	Caitlin Campbell	8			Carly Bertrand	6
Clyde Riddoch	7	Heather Carr	5			Beth Barbour	3
Robert Walsh	4	Alison Thompson	3			Emily Hamilton	2
Ralph Bennett	3	Kirstin Shaw	2			Georgia Bertrand	1
Bob Gardiner	2	Lana Boddy	2			Amy Ventura	1
Nicholas Mirarchi	2	Deb Lenehan	2				
Mark Donahoo	1	Hilary Brazel	1				
Ross Reid	1						

Chief Judge Peter Vysma comments as follows:

With the onset of the colder weather, some walkers are finding the club uniform is not warm enough. You are allowed to wear gloves and a long sleeved garment, underneath your top, provided that it is a neutral uniform colour. Pants or tights down to the knees are not allowed as it is not possible to see if the leg is straight. If you have any special needs, please see one of the officials when you check in.

**WALKERS IN THE LIMELIGHT**

Late last week, the Australian Prime Minister visited the AIS in Canberra to wish our Olympic athletes all the best and to announce his own Olympic travels – and VRWC and Olympic squad members Kellie Wapshott and Chris Erickson made the most of the photo opportunity.



**Olympic walkers Kellie Wapshott and Chris Erickson with Australian Prime Minister Kevin Rudd and AIS Head Coach Tudor Bidder**



And now to the PM's speech which was a beauty.

**PRIME MINISTER**  
**AIS Athlete Farewell to Beijing**  
**Thursday 19 June 2008**  
**AIS Arena, Australian Institute of Sport, Canberra**

I've lived in Beijing a bit myself over the years and you're going to have a great time.

The closest I got to competitive sport in Beijing was playing for Australia in the Australian team in Beijing in cricket. There were only 12 Australians in China at the time and I was selected as 12<sup>th</sup> man. As our captain said I never troubled the scorekeepers much. But I tell you what no one ever read of any score of mine but they are going to be watching how you guys go. All of us are going to follow it with a huge amount of personal interest and pride.

Australians love sport. Australians love the Olympics and Australians love Australian sportsmen and women representing their country at the Olympics. Your part of a very proud history which goes back now more than 100 years.

This is all an essential part of who we are as Australians. From the big cities to the outback Australians are now itching for the action to begin. We will all be glued to the TV sets watching every step along the way. Every success, every not success, every striving, every competitive spirit that we will see on the competitive field of sport when you are up there.

Australians will be there right behind you, everyone of us, because you do us proud. The opportunity to compete in the Olympics and the Paralympics is, in itself, an incredible achievement for each of you. It means you have earned the right - through hard work and training - to represent your country at the highest level.

And I'd just like to say to each and every one of you before you go be proud of your achievement. Absolutely proud of your achievement. To have reached this height, to be part of this great Australian team. Its something which so many Australians aspire to and so few achieve.

So each of you prior to any calculation of who gets medals or who doesn't, just be proud of the fact that you have made it to Team Australia, representing Australia at these games and I salute you.

You've now got of course the further summit to climb. Taking to the track, the field, the pool, the range or the water, you will be up against now the best in the world.

You will be among athletes who have also dedicated themselves to excellence in your chosen field. The competition will be intense. You will all be after the same thing. You will be intense competitors, you will be rivals, you will be striving for the prize.

But I say again the prize that you have already achieved is to be part of this great team.

It does make you part of an exclusive club, and it creates a unique bond among athletes. Even individual sports, its important that everyone, everyone plays their part. And the people who have played their part over the years have been your mums and dads, your coaches, all those dedicated folk picking you up at 4:30 in the morning. Taking you off to a swimming pool at 5 (am). Week in, week out - year in, year out.

There's just a hope and a dream in your mum and dads eye, your coaches eye that maybe you'd crack the team and the same for the athletes. And I think it's a time to reflect on

the thanks that we all owe the dedicated mums and dads and coaches of Australia, in order to get you to the stage that you have reached.

The sacrifices made by your families are many, and I suspect they will be more nervous, more excited and more proud than each one of you. A sporting career only comes to rely on so many people the coaches, trainers, nutritionists and others and more and more so as you approach the peak of your sport.

In Beijing, you will be supported by some of the best coaches, sports scientists and support staff in the world. They are just as dedicated and I'm sure they're also pretty excited too.

To each of you who are coaches and trainers, nutritionists and other staff supporting our athletes here today, can I also say to you thank you on behalf of the nation. Your dedication and support of these proud athletes is also so important to the country and I thank you for your professionalism.

The Australian Institute of Sport, the AIS is a famous brand in world sport. It is little wonder that other countries have tried to pinch our techniques and tap into our expertise, because the AIS has done so well. Despite their best efforts, I'm sure that the AIS will again ensure Australian athletes are the best prepared they can be in going forward to these Olympics.

I am also pretty sure that you will be watched like hawks over the next 50 days - your training, your diet, whether you sleep, make sure you get plenty of sleep. Because all of that's important in helping, the athletes to prepare for the final events in Beijing.

I was in Beijing just a few months ago. I can tell you that the games really are transforming the city. The anticipation is huge, and I am sure the Chinese will be absolutely magnificent hosts to each and every one of you.

Like in all big cities, there will be a few challenges in Beijing, there always are at Olympics time. But I am sure that it you will overcome any hurdles that you are presented with, just as you have done many past Olympics and those who have preceded you have done at every Olympics back to 1986.

I am looking forward to being their with you myself and I am confirming today that I'll be in Beijing at the invitation of the Chinese Government for the opening of the games and to be there cheering you on for the few events.

I like so many Australians will be there with pride watching you, cheering you on and urging you to do you absolute best for Australia as I know you will.

Today, I want to wish all of you the very best - athletes, coaches, sports scientists and other support staff. And with your big day looming, I just leave you with one simple message.

As you embark on this journey, know this and know this as you go through each and every difficult minute and hour and day of the competitive weeks that lie ahead of you. And that is this: your country Australia is so very proud of you, so very proud of you. Good luck.

The photo of Chris and Kellie with the Prime Minister sent me back to the old photo albums to find this photo of them competing for Victoria in the 1997 Australian Under 16 5 km roadwalking titles in Melbourne. It's taken 11 years of hard work since that photo was taken for them to achieve their Olympic dream.



#### CANBERRA CARNIVAL RESULTS NOW FINALISED

The final Canberra Carnival results are now up on the Racewalking Australia website . Link is <http://racewalkingaustralia.com.au/CanberraResults2008.pdf>

#### WHAT'S COMING UP

This Sunday, we see one of the biggest carnivals for the winter – we will see Victorian Open Championships, Victorian Schools Roadwalking Championships, Victorian Masters championships and some of our own VRWC championships. **We need lots of help so I would call on all our semi-regular officials to roll up the sleeves for the morning and help us out. When you get there, come and see me.**

<b>Sunday 29<sup>th</sup> June 2008, Albert Park</b>			
<b>A.V. State, A.V. School, VMA &amp; VRWC Championships</b>			
9.30am	20km	Victorian Championship & Teams	Open Men
9.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.30am	20km	Victorian Masters Championship	Masters Men
9.35am	20km	Victorian Championship	Open Women
9.35am	20km	Victorian Masters Championship	Masters Women
9.35am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Championship	Under 20 Men
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1500m	VRWC Championship	Under 12 Boys/Girls
11.30am	1500m	VRWC Championship	Under 9 Boys/Girls
12.20pm		Presentations	

Currently we have 59 entries in the Schools walks and I think this is our largest for many years (and it could even grow further with last minute late entries). See <http://www.athsvic.org.au/cache/NewsFile/2540School%20Walk%20Entries%2024.6.08.pdf>

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

### 2008 National Fixture

- Sun 29 June, 2008 Victorian All Schools roadwalking championships, Albert Park, VIC  
Sat 12 July, 2008 Racewalking Australia State Challenge, each State – all monies from the day to be donated to the Royal Melbourne Hospital Neuroscience Foundation  
Jul 27 – Aug 3, 2008 Masters Championships, Townsville, QLD (3000mW, 5000mW, 10 km roadwalk)  
Sun 24 Aug, 2008 Australian Roadwalking Championships and second Racewalking Australia carnival, Albert Park, VIC  
Nov 29 – Dec 7, 2008 8<sup>th</sup> Pacific School Games, Canberra

### 2008 International Fixture

- July 8-13, 2008 **World Junior Championships, Bydgoszcz, Poland.** See <http://www.iaaf.org/WJC08/preview.html>  
Aug 8-14, 2008 **Olympic Games, Beijing.** See <http://en.beijing2008.com/>

### 2008 IAAF Race Walking Challenge (remaining races)

- Aug 14-28, 2008 Olympic Games, Beijing, China  
Sept 20-21, 2008 IAAF Race Walking Challenge Final, Murcia, Spain

### 2009 International Fixture

- July 1-12, 2009 **25<sup>th</sup> World Summer Universiade Games, Belgrade, Serbia** - <http://www.universiade-belgrade2009.org/en>  
July 8-12, 2009 **IAAF World Youth Championships, Bressanone, Italy**  
July 28 – Aug 8, 2009 **XVIII World Masters Athletics Championships Stadia, Lahti, Finland.** See <http://www.wma2009.org>  
August 15-23, 2009 **IAAF World Championships in Athletics, Berlin, Germany**  
Oct 10-18, 2009 **World Masters Games, Sydney.** See <http://www.2009worldmasters.com>

### 2010 International Fixture

- TBA **World Junior Championships, Moncton, Canada**  
May 8-9, 2010 **IAAF World Race Walking Cup, Chihuahua, Mexico**  
Oct 3-14, 2010 **Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

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