



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### AUSTRALIAN 20KM CHAMPIONSHIPS, HOBART, SATURDAY 13 FEBRUARY 2010

It would be remiss of me not to make last Saturday's Hobart championships our lead story. It is not often that one event can count for so much:

- An IAAF Category C Racewalking Challenge Event (for IAAF Points and \$10,000 prize money)
- The Australian Open 20km Championships
- The Australian U23 20km Championships
- The Australia U23 vs New Zealand Match Race
- The 2010 Commonwealth Games 20km trials
- The 2010 Racewalking World Cup Open 20km trials
- The 2010 Racewalking World Cup U20 10km trials

And just to top it off, the venue was perhaps the best ever for an Australian championship, right in the middle of the Hobart tourist and restaurant district and right alongside Constitution Dock. Wow – just how much can you fit into one evening!



**Jared and Claire Tallent cleaned up both events, just like in the recent Australia Cup 5000m**

First to the men's 20km event which boasted the winners of the last 3 IAAF Racewalking Challenge Series – **Eder Sanchez** of Mexico (2009), **Jared Tallent** (2008) and **Luke Adams** (2007) - as well as **Nathan Deakes** (2007 World 50km champion) and a whole swag of world class internationals including Mexicans **David Mejia** and **Adrian Herrera**, Japanese **Isamu Fujisawa** and **Yuki Yamazak** and Swedish walker **Ato Ibanez**. Add into that mix our other two Berlin reps last year in **Adam Rutter** and **Chris Erickson** and our many fine up and coming younger walkers and it was the best field assembled on Australian soil since the 2000 Olympics. The event was well reported on both the AA website ([http://www.athletics.com.au/news/news/2010/february/tallent\\_two\\_take\\_victory\\_in](http://www.athletics.com.au/news/news/2010/february/tallent_two_take_victory_in)) and on the IAAF website (<http://www.iaaf.org/WRC10/news/kind=100/newsid=55543.html>).

Jared was fired up and ready for a big performance, following on from his 3:38 PB time in winning the Australian 50km event in November 2009. Coming straight off a 3 week stint in the AIS altitude house (as was the case for his 50km walk), he burst to the front from the gun, dragging the lead group through for a sub-8 min first lap. His pace was relentless, ticking off a whole series of 7:50 laps to reach the half way mark in a super fast 39:07. He was on his own after the first lap and from then on it was just a case of how fast he could go and how much he would win by. The leading group was spread behind him – Eder Sanchez, Luke Adams, Nathan Deakes, Adam Rutter, Chris Erickson and Ato Ibanez of Sweden.

Around the half way mark, the complexion of the race quickly changed as Nathan Deakes fell off the pace and then retired, to be almost immediately followed by Adam Rutter. The remaining top liners pushed on towards the finish with Ato Ibanez making up big ground and walking a great race. He passed Chris Erickson at the 17km mark to take 4<sup>th</sup> position and was then elevated to third position when Eder Sanchez was DQ'd in the dying stages of the race. Chris rallied to catch him and they raced towards the finish, both eyeing third place and a share of the prize money. Ato proved the stonger on the day to take third behind Jared (who recoreded a huge PB time of 1:39:15 PB) and Luke (1:22:07), and Chris had to be content with fourth. Behind him came the two Japanese walkers and then the first of the U23 Aussies, **Ian Rayson** and **Brendon Reading**, both lads doing excellent times. **Derek Mulhearn** was the next of the U23 walkers to finish with his own big PB. It was a case of the next generation standing up to be counted.

While Nathan Deakes may not have secured a finish, he did enough to convince me that he is back in business. To have the confidence to go with Jared from the start and to then hold on for 10km shows that his comeback is on course. A couple of months short of full fitness at this stage, he looks set for a strong race in the World Cup 50km in May.

This was of course a big trial with some obvious outcomes. Luke Adams earned automatic Commonwealth Games selection and joins Jared who had been preselected already. Chris Erickson and Adam Rutter both have Commonwealth Games A qualifiers under their belts and Nathan is on the comeback trail so the third spot will be eventually given to one of them so Chris's strong walk on Saturday has certainly not done his chances any harm. Talk about a tough decision for the selectors!

It was also a World Cup 20km selection trial and Ian Rayson bettered the 1:28:00 qualifying standard so he is likely to be added to the World Cup 20km team, along with Adam Rutter who is an automatic selection as a Berlin team member. Brendon Reading was just outside the qualifying mark with 1:28:08 but hopefully the selectors will use their discretion to add him in to make a basic team of three.

#### Australian Men Open 20km Championship

1.	Jared Tallent	VIC/AIS	1:19:15	PB – 0:26
2.	Luke Adams	NSW/AIS	1:22:07	
3.	Ato Ibanez	SWE	1:23:30	PB – 3:03
4.	Chris Erickson	VIC/AIS	1:23:37	
5.	Isamu Fujisawa	JPN	1:25:13	
6.	Yuki Yamazaki	JPN	1:27:12	
7.	Ian Rayson	NSW	1:27:53	
8.	Brendon Reading	ACT	1:28:08	PB – 2:06
9.	Tom Barnes	VIC	1:33:06	
10.	Derek Mulhearn	NSW	1:33:34	PB – 5:01
11.	Duane Cousins	VIC	1:35:08	
12.	Quentin Rew	NZL	1:35:16	
13.	Scott Nelson	NZL	1:39:16	
14.	Daniel Payne	VIC	1:43:41	
15.	Darren Purcell	SA	1:45:36	
16.	Mike Parker	NZL	1:46:52	
17.	Eric Kemsley	NZL	1:52:40	
18.	David Sim	NZL	1:56:30	
	Adam Rutter	NSW/AIS	DNF	
	Nathan Deakes	VIC/AIS	DNF	
	Darren Bown	SA	DNF	
	David Mejia	MEX	DQ	
	Eder Sanchez	MEX	DQ	
	Adrian Herrera	MEX	DQ	



The lead group early on – Sanchez, Erickson, Adams, Tallent, Rutter and Deakes  
The eventual first 3 Australians – Jared Tallent, Luke Adams and Chris Erickson

The women's race was a close one for the first half with **Claire Tallent, Cheryl Webb, Jillian Hosking** and **Kellie Wapshott** walking together, the first 10km being passed in a little over 46 mins. Eventually, Kellie fell off the pace with Jillian following suite soon afterwards, leaving Claire and Cheryl to fight out the finish. Claire kept applying the pressure and eventually Cheryl also fell behind, leaving the way open for a Tallent double. For Kellie in particular, this was a big race, her first serious outing since the 2008 Olympics, and she performed well.

All four girls broke the World Cup qualifying standard of 1:36:00 so should be selected in the World Cup team. Claire and Cheryl both broke the Commonwealth Games A standard of 1:34:00, thus securing berths for Delhi. With Jess Rothwell, also a Commonwealth Games A qualifier, out injured at the moment but hoping to come back in the next month or so, there may be one final spot left in each team for her but it depends on what the selectors have to say. We will wait to see how it all pans out.

**Nicole Fagan** had been expected by many of us to also be in the final mix but stomach problems ruined her chances and she was restricted to a time of 1:41:35. She was devastated after the race but can hopefully bounce back. **Megan Szirom**, the only other Commonwealth Games A qualifier, struggled early on and was forced to retire. Unfortunately a series of niggling issues had stopped Megan from reaching full fitness for this all important race.

**Australian Women Open 20km Championship and IAAF Category C Racewalking Challenge Event**

1.	Claire Tallent	SA/AIS	1:32:40	
2.	Cheryl Webb	NSW	1:33:28	
3.	Jillian Hosking	ACT	1:34:13	PB – 3:23
4.	Kellie Wapshott	VIC/AIS	1:35:23	
5.	Nicole Fagan	NSW	1:41:35	PB – 9:05
6.	Kate Newitt	NZL	1:47:52	PB – 0:57
7.	Rosie Robinson	NZL	1:51:24	
8.	Lauren Bourke	NSW	1:55:35	
9.	Alana Barber	NZL	1:58:58	
10.	Tamara Attard	VIC	2:02:57	
11.	Kelly Mabbett	NZL	2:05:26	
12.	Caitlin Brunton	VIC	2:11:53	PB - 1:51
	Beki Lee	NSW	DQ	
	Megan Szirom	SA	DNF	



**Claire Tallent, Cheryl Webb, Jillian Hosking and Kelly Wapshott**

The 20km race also included the annual Australian Under 23 20km championships with places decided as follows.

**Australian Men U23 20km Championship**

1.	Ian Rayson	NSW	1:27:53
2.	Brendon Reading	ACT	1:28:08
3.	Derek Mulhearn	NSW	1:33:34
4.	Daniel Payne	VIC	1:43:41

**Australian Women U23 Australian Championship and IAAF Category C Racewalking Challenge Event**

1.	Nicole Fagan	NSW	1:41:35	
2.	Kate Newitt	NZL	1:47:52	
3.	Rosie Robinson	NZL	1:51:24	
4.	Lauren Bourke	NSW	1:55:35	Second Australian
5.	Alana Barber	NZL	1:58:58	
6.	Tamara Attard	VIC	2:02:57	Third Australian
7.	Kelly Mabbett	NZL	2:05:26	
8.	Caitlin Brunton	VIC	2:11:53	



**U23 walkers Ian Rayson, Brendon Reading, Derek Mulhearn and Daniel Payne**



**U23 walkers Nicole Fagan, Kate Newitt, Rosie Robinson, Alana Barber, Tamara Attard, Caitlin Brunton and Lauren Bourke**

### **Australia U23 versus New Zealand 20km Match**

The event also doubled as an Australian U23 vs New Zealand Open Match. With the New Zealanders resplendent in their national colours and with the young Australians in the green and gold, it was indeed a wonderful sight. All the NZ women were also under 23, omening well for the future of the sport in that country. Nicole Fagan, Ian Rayson, Brendon Reading and Derek Mulhearn all earned big points for us and ensured that Australia won what turned out to be quite a tight contest – 27 points to 17 points. We also presented a perpetual shield which will now be contested every 2 years – so the next contest will be in 2012.



### 20 km Women

1.	Nicole Fagan	AUS	1:41:35	7 pts
2.	Kate Newitt	NZL	1:47:52	5 pts
3.	Rosie Robinson	NZL	1:51:24	4 pts
4.	Lauren Bourke	AUS	1:55:35	3 pts
5.	Alana Barber	NZL	1:58:58	2 pts
6.	Tamara Attard	AUS	2:02:57	1 pt
7.	Kelly Mabbett	NZL	2:05:26	
8.	Caitlin Brunton	AUS	2:11:53	

### 20 km Men

1.	Ian Rayson	AUS	1:27:53	7 pts
2.	Brendon Reading	AUS	1:28:08	5 pts
3.	Derek Mulhearn	AUS	1:33:34	4 pts
4.	Quentin Rew	NZL	1:35:16	3 pts
5.	Scott Nelson	NZL	1:39:16	2 pts
6.	Daniel Payne	AUS	1:43:41	
7.	Mike Parker	NZL	1:46:52	1 pt
8.	Eric Kemsley	NZL	1:52:40	

### Final Points

1.	Australia U23	27 pts
2.	New Zealand	17 pts

The meet also saw 10km U20 trials for the 2010 World Racewalking Cup. The results below say it all – all 11 finishers did PBs – you can't do better than that. Note that most of these walkers had spent January training at the AIS in Canberra – this just goes to show how important this summer activity is in our Junior development plan. The first 4 boys broke the 46:30 male World Cup qualifying standard and the first 3 girls broke the 50:00 female World Cup qualifying standard. Since the AA World Cup selection criteria stated:

*“The first 3 places in the Selection Trial for all 20km and 10km events will be automatically selected in the team provided they have achieved the performance standard within the AA qualifying period.”*

I think that means that the World Cup Junior Teams will now be confirmed as Regan, Beth and Paige (Women U20) and Dane, Sean and Rhydian (Men U20) and we will have full Junior teams for Mexico. The big omission from the start line was Rachel Tallent who is currently out injured. We would have expected to see her also well under the 50 min mark, such is our current depth. It's bad luck for Rachel but I am sure that other opportunities will soon pop up for her.



**Dane Bird-Smith, Sean Fitzsimons, Rhydian Cowley, Regan Lamble, Paige Hooper and Beth Alexander should all now be selected in the 2010 World Walking Cup team**

You will note the AIS designation after the names of Regan Lamble, Dane Bird-Smith and Sean Fitzsimons in the results below. They have all accepted scholarships in Canberra. Australia is indeed supporting its walkers to the hilt at the moment and it can only help us grow stronger. These 3 walkers led from the front with great times.

There seems to be some confusion on Dane Bird-Smith's final time. He was clocked unofficially at 42:59 but the official results show 43:17. We will have to wait on that one for a final confirmation.

### Female - Junior 10km Walks

1.	Regan Lamble	VIC/AIS	48:12	PB – 1:26
2.	Beth Alexander	VIC	49:03	PB – 1:04
3.	Paige Hooper	SA	49:26	PB – 1:06
4.	Claire Xian	SA	51:17	PB – 1:39
5.	Amy Burren	VIC	53:30	PB – 0:11
6.	Kristie Goznic	SA	53:37	PB – 0:22

### Male - Junior 10km Walks

1. Dane Bird-Smith	QLD/AIS	42:59	PB – 1:48 (official time shows 43:17)
2. Sean Fitzsimons	WA/AIS	43:32	PB – 1:38
3. Rhydian Cowley	VIC	44:26	PB – 0:15
4. Blake Steele	SA	44:29	PB – 0:43
5. Jordan Mulhearn	NSW	47:56	PB – 0:42
Brad Simpson	VIC	DQ	

### A.V. SHIELD GRAND FINAL, REISCHIEK'S RESERVE, DONCASTER, SATURDAY 13 FEBRUARY 2010

While our top walkers were slogging it out in Hobart, our other Victorians were in action at the Athletics Victoria Shield Grand Final, a huge affair with all the strongest clubs from each of the 6 venues fielding full teams for one final 'winner takes all' competition. In the walks alone, some 70 competitors toed the line in the various races and this was mirrored throughout the other events. Conditions were ideal for fast walking and there were great times galore. Thanks to **Stu Cooper** for the action photos!

The Under 14 events saw many of our younger walkers in action, with Lauren Stadius and Cooper Owen taking the honours.

### 1500 Meter Race Walk Under 14

1. Stadius, Lauren	13	Knox Athletics	7:57.3
2. Bertrand, Carly	13	Keilor St Bernards	8:03.9
3. Guy, Rachael	10	Casey Cardin	8:30.7
4. Eastwood, Jessie	12	Knox Athletics	8:31.0
5. Sanders, Jade	12	Casey Cardin	8:36.0
6. Madge, Georgia	13	Croydon	8:59.0
7. McLaren, Stacey	13	Athletics Essendon	9:09.6
8. Walburg, Kirsten	11	Doncaster	9:33.2
9. Neale, Jessica	13	Collingwood	9:39.9
10. Abfalter, Emma	12	Keilor St Bernards	10:38.3
11. Owen, Cooper	11	Diamond Valley	7:49.0
12. Garganis, Adam	12	Collingwood	8:30.1
13. Verstraten, Jacque	11	Athletics Chilwell	9:59.4
14. Sutherland, Peter	51	Ballarat Harriers	9:59.5
15. Casilli, Anthony	10	Preston	10:23.1
16. Burns, Lachlan	11	Athletics Chilwell	10:49.8
17. Matthews, Patrick	11	Keilor St Bernards	13:49.9
18. Cowell, Lachlan	13	Diamond Valley	DQ



**U14 walkers Cooper Owen, Carly Bertrand, Rachael Guy, Jade Sanders and Lauren Stadius**

In the U16-U20 age groups, Amelia Finnegan (only 1 sec outside her PB) and Filip Cosic (a 5 sec PB) were the standouts.

### 3000 Meter Race Walk Under 16

1. Finnegan, Amelia	14	Knox Athletics	14:40.4
2. Attard, Bianca	14	Knox Athletics	16:31.2
3. Arnold, Madison	15	Preston	24:30.9
4. Marangon, Georgia	15	Preston	29:06.5
1. Felton, Matthew	15	Knox Athletics	16:47.6
2. Tam, Aaron	15	Knox Athletics	17:39.7

### 3000 Meter Race Walk Under 18 and Under 20

1.	Attard, Michaela	16	Knox Athletics	18:38.0
2.	Cowell, Jacqueline	16	Diamond Valley	22:08.7
3.	Hodgart, Claire	13	Western Athletics	25:09.8
1.	Cosic, Filip	17	Athletics Essendon	15:20.3
2.	O'Mahony, Michael	16	Knox Athletics	16:07.4
3.	Harrison, Thomas	17	Athletics Waverley	21:27.8
4.	Laurie, Natalie	18	Athletics Nu	16:25.0

In the Open Divisions, there were some fantastic walks but none better than Essendon's Anna Wallace who beat her best time by a massive 79 secs to just hold out team mate Nardene Hammond who walked a season best. Paul Kennedy made it a North West zone double when he took out the men's event with his usual fast time.

### 3000 Meter Race Walk Open

1.	Wallace, Anna	27	Athletics Essendon	16:40.8
2.	Hammond, Nardene	37	Athletics Essendon	16:47.9
3.	Mason, Ella	15	Box Hill	16:52.4
4.	McInnes, Simone	18	Glenhuntly	16:54.6
5.	Goodings, Liana	18	Athletics Waverley	18:42.5
6.	Austin, Juliet	23	Glenhuntly	20:05.1
7.	Maudsley, Fiona	18	Athletics Waverley	20:31.6
8.	Caulfield, Sharyn	44	Athletics Waverley	22:30.5
9.	Ireland, Roslyn	26	Brunswick	25:55.7
10.	Ireland, Olive	49	Brunswick	28:28.1
1.	Kennedy, Paul	52	Melbourne Un	14:15.0
2.	Antidormi, Ryan	14	Athletics Nu	14:40.4
3.	Jamieson, Andrew	63	Old Scotch C	14:57.1
4.	Evans, Simon	49	Box Hill	15:00.8
5.	Dyer, Bill	48	Box Hill	15:42.4
6.	Blood, Andrew	35	Ballarat Ycw	15:48.8
7.	Walsh, Robert	16	Athletics Nu	16:14.2
8.	Kozica, Jason	22	St Kevins	16:15.9
9.	Thillaisundaram, Anand	33	Collingwood	16:39.3
10.	Sofianos, Gerald	60	St Kevins	17:50.4
11.	Facey, Stuart	59	Old Scotch C	18:00.9
12.	Osmand, Kym	27	Oakleigh	18:01.1
13.	Noonan, Patrick	31	St Kevins	19:02.8
14.	Doran, Anthony	57	Glenhuntly	19:05.6
15.	Hutton, Philip	63	Glenhuntly	21:30.4
16.	Ireland, Mark	25	Brunswick	21:37.5
17.	Rickard, Ian	53	Brunswick	25:23.5



**Andrew Blood, Bill Dyer, Simon Evans, Paul Kennedy, Ryan Antidormi, Andrew Jamieson and Anand Thillaisundaram**

Finally to the M40+ division where Mark Donahoo was too good with his season best of 14:28.

### 3000 Meter Race Walk 40 Plus

1.	Donahoo, Mark	51	Athletics Essendon	14:28.2
2.	Knox, Duncan	50	Athletics Essendon	15:29.5
3.	Riddoch, Clyde	56	Athletics Waverley	15:45.9

4.	Nunn, Paul	44	Wendouree	16:37.3
5.	Hammett, Gary	52	Diamond Valley	16:55.4
6.	Gardiner, Robert	73	Collingwood	17:33.7
7.	Luke, Peter	51	Wendouree	19:10.0
8.	Upton, Ian	69	Keilor St Bernards	19:15.0
9.	Conboy, Bruce	65	Collingwood	20:46.6
10.	Harrison, Lindsay	44	Athletics Waverley	22:30.8
	Laurence, Peter	57	Diamond Valley	DQ



#### JARED TALLENT MEETS THE PRIME MINISTER

Jared Tallent was one of a number of 2008 Olympians who were invited to a BBQ with Prime Minister Kevin Rudd at Government House in Canberra on Australia Day 2010. Here Jared meets the PM and his wife Thérèse Rein.





<b>NSW ROUNDUP</b>
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There have been a few NSW meets on over the last few weeks so a quick roundup is in order. Here goes

**Athletics NSW Club Championships, Sydney Olympic Park WarmUp Track, Saturday 23 January 2010**

**Women 10000 metre Race Walk Open**

1.	Brown, Suzanne	Uts Norths	1:08:40.84
	Lloyd, Nancy	Uts Norths	DQ

**Men 10000 metre Race Walk Open**

1.	Mulhearn, Jordan	Sydney Universit	51:18.63
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**Athletics NSW Waratah Series, SOPAC Warm Up Track, Thursday 28 January 2010**

**Women 5000 metre Race Walk Open**

1.	Raycanovski, Sarah		25:53.52
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**Women 3000 metre Race Walk Under 18**

1.	Jennings, Shannon	Nep (Nepean)	15:41.44
2.	Dighton, Jasmine	Nep (Nepean)	17:40.23
3.	Barendregt, Amanda	Nep (Nepean)	18:27.33

**Men 3000 metre Race Walk Open**

1.	Malone, Kyle	Nep (Nepean)	13:56.50
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**Men 5000 metre Race Walk Open**

1.	Mulhearn, Jordan	Syu (Sydney)	23:56.76
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**NSW Junior and Youth Championships, SOPAC Warm Up Track, Saturday 13 February 2010**

**Men 3000 metre Race Walk Under 16**

1.	Felton, Jay	15	Gosford Athletics	14:58.13
2.	Birch-Ward, Kurtis	14	Sut(Sutherland)	15:01.57
3.	Killen, Matthew	15	Wyong	15:25.40
4.	Dredge, Jason	14	Min(Mingara)	16:17.65
5.	oswald, matthew	14	Ibs(Illawarr)	16:31.18
6.	Murphy, Robert	14	Randwick Botany	16:37.02
7.	Shina, Nicholas	14	Hil(Hills Aim)	17:03.42

**Women 3000 metre Race Walk Under 16**

1.	Bettioli, Amy	15	Sydney Pacific	14:58.43
2.	Denney, Hannah	15	Rbh(Randwick)	16:08.67
3.	Dighton, Jasmine	14	Nep(Nepean D)	16:21.84
4.	Southern, Shay	15	Asics Wests	16:26.83
5.	Warden, Emily	15	Now(Nowra)	16:28.58
6.	Elias, Carla	14	Parramatta	16:33.10
7.	Shina, Isabella	15	Hil(Hills Aim)	16:37.51
8.	porley, tabitha	15	Bma(Blue Mountains)	16:51.36
9.	Gray, Liesl	15	Ind(Independent)	17:01.57
10.	Barendregt, Amanda	14	Nep(Nepean D)	17:04.16
11.	Martin, Samantha	14	Sos(South Sydney)	17:36.81
12.	Robson, Emma	14	Coh(Coffs Harbour)	17:54.63
13.	Roser, Kate	14	Par(Parramat)	18:46.32

**Women 1500 metre Race Walk Under 14**

1.	Billington, Tayla-Paige	13	Nepean	7:15.66
2.	McDonald, Jasmyn	11	Parramatta	7:33.20
3.	Grand, Emma	13	Randwick Botany	7:37.56
4.	Mccaffrey, Taryn	13	Nepean	7:54.24
5.	Plummer, Caitlin	13	Nepean	8:01.92
6.	Beasley, Bryony	13	Nep(Nepean D)	8:10.18
7.	Shina, Adriana	13	Hil(Hills Aim)	8:18.91
8.	Porley, Candice	12	Bma(Blue Mountains)	8:29.20
9.	Southern, Demi	13	Asics Wests	8:50.60
10.	Fessey, Lauren	13	Nepean	10:18.44
11.	Fessey, Sarah	12	Nepean	10:51.64

**Men 1500 metre Race Walk Under 14**

1.	Anestoudis, Johnathan	13	Nep(Nepean D)	7:27.40
2.	mylonas, adam	13	Hills Aim	8:17.69

3. Ison, Daniel 12 Sgd(St Georg 11:01.95

**NSW Junior and Youth Championships, SOPAC Warm Up Track, Sunday 14 February 2010**

**Men 5000 metre Race Walk Under 18**

1.	Washburn, Steven	16	Nep(Nepean D	24:49.72
2.	Fazldad, Nathan	16	Asics Wests	25:51.02
3.	Egelton, Cheyne	17	Nep(Nepean D	26:51.73
4.	Ollerenshaw, Christopher	17	Blue Mountains	28:45.43
5.	Santa Maria, Adrian	16	Bma(Blue Mountains)	29:04.68

**Women 5000 metre Race Walk Under 20**

1.	Dighton, Jade	17	Nep(Nepean D	28:54.89
2.	Noble, Vanessa	18	Bankstown	31:36.94

**Women 5000 metre Race Walk Under 18**

1.	Psarianos, Dimitra	17	Sos(South Sydney)	26:36.84
2.	Klein, Kirsty	16	Asics Wests	26:37.59
3.	Jennings, Shannon	17	Nep(Nepean D	26:56.04
4.	Bettiol, Emma	16	Sydney Pacific	27:49.56
5.	Flood, Samantha	16	Bankstown	30:10.12
	Elias, Joanne	17	Parramatta	DQ

**SA, WA AND QLD RESULTS**

**Athletics SA Inter Club Meet, Santos Stadium, Adelaide, Saturday 13 February 2010**

Thanks to Peter Crump for these SA results. Their top walkers were all in Hobart but we still saw some good walking by youngsters Samara Holliday and Jemma Potezny.

**3000m Walk**

1.	Kim Mottrom	14:42.1
2.	Samara Holliday	15:45.7
3.	Jemma Potezny	15:57.5
4.	Peter Crump	16:52.9
5.	Gloria Holliday	18:13.3
6.	James Hoare	20:11.0
7.	Barb Cain	20:35.7

**WA Walk Results for Sunday 14 Feb 2010**

Thanks to Terry Jones for the following WA results. Good walking by Samuel Dib.

**Mixed 3000 Meter Race Walk**

1.	Dib, Samuel	M	West Track	14:19.2
2.	Watson, Hannah	W	Curtin	15:46.2
3.	Nolan, Ethan-Lee	M	Athletics WA	16:25.1
4.	Holt, Kate	W	Melville Roa	16:41.4
5.	Brown, Breanna	W	Athletics WA	16:50.3
6.	Barritt, Brooke	W	Athletics WA	17:02.6
7.	Evans, Raqema	W	Athletics WA	17:07.3
8.	Smyth, David	M	West Track	17:09.5
9.	Nolan, Ashley-N'Dene	W	Athletics WA	19:22.4
	Holt, Georgia	W	Melville Roa	DQ

**Queensland U/16 & U/20 State Championships, State Athletics Facility, QSAC, Nathan, Sunday 14 February 2010**

Thanks to Peter Aiton for the Qld Championship results. He had this to say about what was obviously a very tough day in the office

*The temperature was 32 degrees and it was the most humid day we can remember in Brisbane for as long as I can remember. It took its toll on all the competitors. Brad was sick twice during the race, Brandon said he was feeling sick during the race. Everyone of the competitors were completely drained after the race.*

**Men 10000 Meter Race Walk Under 20**

1.	Nick Dewar	18	Qld Race Walking	54:58.41
2.	Brad Aiton	16	Gold Coast Victory	56:18.11
3.	Brandon Dewar	18	Qld Race Walking	56:41.53
4.	John Hallam	18	Mayne Harriers	58:16.88

**Women 10000 Meter Race Walk Under 20**

1.	Faith Bennett	16	Gold Coast Victory	1:08:02.88
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**Men 10000 Meter Race Walk Open**

1.	Ingacio Jimenez	45	Mayne Harriers	53:12.29
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**Women 10000 Meter Race Walk Open**

1.	Roslyn Jackson	21	Thompson Estate	1:20:15.50
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**Women 3000 Meter Race Walk Under 16**

1.	Kenza Benzenati	13	Gold Coast Victory	15:39.29
2.	Rachel Barker	14	Gold Coast Victory	16:08.10
3.	Amy Morssinkhof	14	Qld Race Walking	16:29.63
	Marybeth Paviell	14	Gold Coast Victory	DNF

**Men 3000 Meter Race Walk Under 16**

1.	Jesse Osborne	15	Strathpine	14:41.59
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<b>WHAT'S COMING UP IN VICTORIA</b>
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Just a reiteration from last week's newsletter of what's on offer to Victorians in the next couple of weeks.

**1. Victorian Open and U20 5000m Track Championships, Olympic Park, Thursday 18 February**

The Victorian Open and U20 5000m track walk championships will be held this coming Thursday at Olympic Park in Melbourne. The women race starts at 7:30PM and the men at 8:55PM – prime time! Chris Erickson will be down from Canberra to defend his Open Men's title and big fields have entered both events. Come and watch some great walking! Fields are as follows:

<b>Men 5000 Meter Race Walk Open</b> Barnes, Tom                      Melbourne UN Biggin, Daryl                      Ballarat Ycw Blood, Andrew                      Ballarat Ycw Dickenson, Russ                      South Coast Donahoo, Mark                      Athletics Essendon Dyer, William                      Box Hill Elms, Jason                      Athletics Essendon Erickson, Chris                      Athletics Essendon Erickson, Tim                      Coburg Harriers Evans, Simon                      Box Hill Kennedy, Paul                      Melbourne UN Kollmorgen, Stuart                      Collingwood Kozica, Jason                      ST Kevins McDonough, Aaron                      Preston Nunn, Paul                      Wendouree Payne, Daniel                      Cor Prendergast, Maurice                      Ballarat Ycw Seid-Christmass, James                      Cor Thillaisundaram, Anand                      Collingwood	<b>Women 5000 Meter Race Walk Open</b> Brunton, Caitlin                      Cor Carr, Heather                      Eag Elms, Donna                      Athletics Essendon Irshad, Kylie                      South Coast Steed, Gwen                      Men Wallace, Anna                      Athletics Essendon
<b>Men 5000 Meter Race Walk Under 20</b> Clark, Lewis                      Athletics Chilwell Cosic, Filip                      Athletics Essendon Cowley, Rhydian                      Glenhuntly Dillon, Joshua                      Cor Simpson, Bradley                      Knox Athletics	<b>Women 5000 Meter Race Walk Under 20</b> Burren, Amy                      Malvern Harriers Campbell, Caitlin                      Athletics Essendon Hockley Samon, Jmara                      Athletics Chilwell Mason, Ella                      Box Hill

**2. Australian Masters 4 x 800m Walk Relays, Bill Sewart Athletics Track, Burwood, Thursday 25 February, 7:45PM**

The annual AMA Relay championships are on once again and the Victorian walk component will be held on Thursday 25 February at East Burwood. Teams can be entered in M40/W40/M50/W50/M60/W60/M70/W70 and it is 'enter on the night'. So get to it and get your team together. It is a fun event and is followed by 2000m/4000m walks at 8PM for those who are interested.

**3. Victorian Youth and U20 Track & Field Championships, Olympic Park, Melbourne, 26-28 February**

The Victorian Youth Championships (U14/U15/U16/U17/U18 and U20) are upon us. These are compulsory championships for those intending to compete in the Australian Youth Championships in Sydney in March. Walk events include

5000m – U17, U18 and U20  
 3000m – U15 and U16  
 1500m – U14

I believe that the U20 5000m walk is a non-championship additional event as the actual U20 championship is being held on Thursday 18 February. Check this with AV.

**DATES...DATES...DATES**

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

Thurs 18 Feb 2010	Victorian 5000m track walk title (in conjunction with an AV All Comers Meet at Olympic Park) Entries close Thursday 11 February
Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-28 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
Sat 27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
20-21 Mar 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, Collingwood
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth
Sat 26 April 2010	Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

**Australian Winter Season Key Dates**

Sun 12 June	44 <sup>th</sup> Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat 24 July 2010	Racewalking Australia State Challenge, in each State
Sun 22 August	Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

**2010 International Highlights**

Mar 1-6, 2010	<b>WMA World Indoor Championships, Kamloops, Canada</b> (3000m and 10000m walks)
May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico.</b> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b> (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

**2010 Race Walking Challenge Events**

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 <sup>th</sup> Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 <sup>th</sup> Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 <sup>rd</sup> Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 <sup>th</sup> IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	XIII Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 <sup>th</sup> Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	XXIV Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

**2010 – Other International Opportunities**

May 30, 2010	German 20km Championships, Naumburg (see <a href="http://www.racewalking-naumburg.de">http://www.racewalking-naumburg.de</a> )
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**2011 International Fixture**

July 7-17, 2011	<b>World Masters T&amp;F Championships, Sacramento, California, USA</b>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea</b>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
July 7-17, 2011	<b>19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA</b>

**2012 International Fixture**

May 2012	<b>IAAF World Race Walking Cup, Saransk, Russia</b>
July 27-Aug 12, 2012	<b>Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

**2013 International Fixture**

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
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