



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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8 March 2011



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VICTORIAN OPEN T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 4-6 MARCH

Last weekend saw the Victorian Open T&F championships at Olympic Park. For many of our walkers, it was the last chance to walk at that venue before its final decommission in April. so the 5000m walks on Friday evening saw over 30 entries. David Armstrong of AthsVic TV has captured it for posterity with his usual high quality video clip – see <http://www.youtube.com/watch?v=7ldOzm6LA6A>

And talking video clips, he has also released AthsVic TV clips from the Victorian Junior T&F walks the week before – well done David.

<http://www.youtube.com/watch?v=0OtxXXyomEI>
<http://www.youtube.com/watch?v=MUQfuB5BrNY>
http://www.youtube.com/watch?v=ISY2CV2-3_g

Now onto Friday's walks. The 7:45PM timeslot meant perfect conditions and PBs were the order of the day. **Rhydian Cowley** went straight to the front with **Stuart Kollmorgen** on his heels. Both were rewarded with big PBs with Rhydian 20:23.61 getting ever closer to that magic 20 minute barrier and Stuart 22:05.40 continuing his wonderful season. Part time walker **Danny Hawksworth** took a fine third place with 23:40.75 but it is not his fastest. Way back in 2006, he recorded 22:18. His desire to pursue his running career has been our loss. Behind them, **Mark Donahoo** 23:52.62, **Jason Kozica** 24:22.90 and **James Seid-Christmass** 24:31.22 also broke 25 minutes in a show of depth.

Kelly Ruddick, just back from an operation, showed that a month's enforced layoff was no real issue for her as she stormed home with 23:17.03 to easily win the women's event. Behind her, **Amy Burren** celebrated her 17th birthday with a huge PB of 23:52.18, beating the World Youth qualifying standard of 24:00. She is the second Australian qualifier (Jessica Pickles of Qld is the other) and hopefully both girls can cement their places in the team with strong walks next weekend in the official trial in Sydney. Behind Kelly and Amy, it was our Masters walkers to the fore as **Pam Tindal** 25:07.71 and **Heather Carr** 26:10.22 took 3rd and 5th respectively. For Pam it was a new **Victorian W50 record** and for Heather it was a new **W60 World and Australian record** – wow! Finishing between them was **Tamara Attard** in a big PB time of 25:22.05. It is great to see Tamara walking well again after more than a year struggling with nagging health issues. And there were lots of other PBs on the night. Overall, a wonderful exhibition by our walkers.

Men 5000 Meter Race Walk Open , Friday 2 March

1.	Cowley, Rhydian	91	GHY	20:23.61	PB 31 secs
2.	Kollmorgen, Stuart	69	COL	22:05.40	PB 65 secs
3.	Hawksworth, Danny	79	ATE	23:40.75	
4.	Donahoo, Mark	58	ATE	23:52.62	
5.	Kozica, Jason	86	STK	24:22.90	PB 48 secs
6.	Seid-Christmass, James	67	COR	24:31.22	
7.	Kennedy, Paul	57	MUU	25:08.72	
8.	McDonough, Aaron	72	PTN	25:10.90	PB 17 secs
9.	Kaiser, Joshua	93	SCA	26:02.36	
10.	Evans, Simon	60	BOH	26:06.61	
	Erickson, Tim	50	COB	DQ	

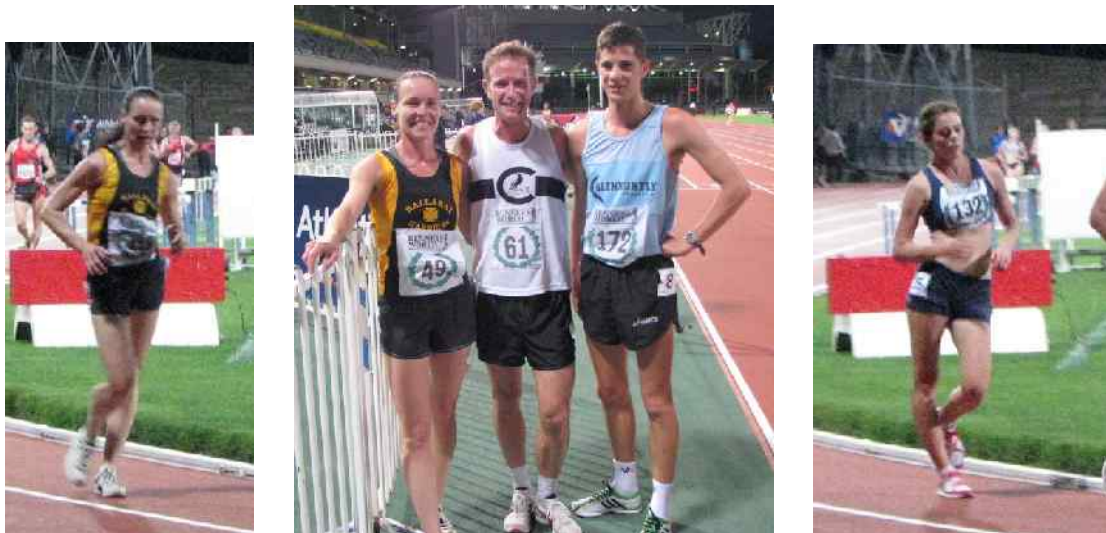
Women 5000 Meter Race Walk Open , Friday 2 March

1.	Ruddick, Kelly	73	BHA	23:17.03	
2.	Burren, Amy	94	MAL	23:52.18	PB 55 secs
3.	Tindal, Pam	59	CDN	25:07.71	PB 11 secs
4.	Attard, Tamara	90	KNA	25:22.05	PB big
5.	Carr, Heather	49	EAG	26:10.22	New W60 World Record by 19 secs
6.	Raselli, Cassandra	94	SCA	26:16.53	PB 5 secs
7.	Shaw, Kirstin	91	WES	26:25.73	PB 22 secs
8.	Heard, Amanda	95	EAG	27:24.62	
9.	McInnes, Simone	91	GHY	27:34.14	PB 97 secs
10.	Wallace, Anna	82	ATE	28:17.40	PB 56 secs
11.	Campbell, Caitlin	94	ATE	29:14.57	
12.	Elms, Donna-Marie	61	ATE	31:13.60	
13.	Steed, Gwen	42	VMA	31:20.02	

Irshad, Kylie	71	SCA	DNF
Alexander, Beth	92	KNA	DNF
Whiley, Ebony	95	EAG	DQ



Tamara Attard, Heather Carr, Rhydian Cowley, Pam Tindal and Stuart Kollmorgen



Kelly Ruddick, Stuart Kollmorgen, Rhydian Cowley and Amy Burren (photos by Jim Leppik)

SOUTH AUSTRALIAN INTERCLUB, ST ALBANS RESERVE, ENFIELD, SATURDAY 26 FEBRUARY

Thanks to Peter Crump for his weekly report from Adelaide

No interclub this weekend, but we have finally emerged from the grass track and are pleased to see that the Santos track is finished and operational. Our first meet on the new track will be next weekend and all athletes (not just the walkers) are looking forward to getting out on the track. One expects that fast times should result from the superior surface.

The weekend prior (26 February) was our last on grass, and we will not miss the undulating surface at all. Times reflected the slightly warmer day and the general malaise that has been experienced away from the proper racing track. Darren Bown walked steadily but with little enthusiasm to clock 23:45.8 over the 5,000 distance, while Kristie Goznik produced yet another fine time in 27:18.4. Claire Xian again walked the shorter (1,500) distance, in 7:25.3, ahead of a busy multi-event day at the track.

5,000 metres

1. Darren Bown 23:45.8
2. Kristie Goznik 27:18.4
3. Peter Crump 30:00.5

1,500 metres

1. Claire Xian 7:25.3
2. Lachlan Tyler-Dowd 8:37.4

BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO

Thanks to Paul Rance for his usual report from Bendigo

Bendigo Walkers Club Walks, Rosalind Park, Bendigo, Wednesday 23 February

The Bendigo Walkers Club held 1000m and 5000m handicap events on Wednesday 23rd February. In the 1km race, backmarker Peter Curtis secured his 8th victory of the Season as he raced through the field to grab the lead in the final 50m to win from Ebony-Jade Jones in 2nd place with her brother Jeremiah racing to the line strongly to claim 3rd place. In the 5000m event, Barb Bryant produced an excellent effort to win comfortably from John Carter with Annette Major continuing to show strong form as she took 3rd place. The most memorable performance on the night came from Annette Curtis. Although finishing outside the placings, for Annette it was her 200th consecutive competition in Club events and she now has the most walks in succession in the Club's history, breaking Keely Trew's long standing record of 198 consecutive Club Competitions.

1km Peter Curtis 1st 4.36, Ebony-Jade Jones 2nd 6.53, Jeremiah Jones 3rd 5.09, Dane Heiden 4th 4.56, Jamie-Lee Jones 5th 8.45, Colin Cleary 6th 7.11, Norm West 7th 7.56, Jarrod Coad 8th 7.45, Carol Coad 8.30

5km Barb Bryant 1st 29.50, John Carter 33.18, Annette Major 29.42, Annette Curtis 4th 36.03, Paul Rance 5th 27.16

Bendigo Walkers Club Walks, Rosalind Park, Bendigo, Wednesday 2 March

On Wednesday 2nd March the Bendigo Walkers Club raced over 800m and 4000m with Sealed Handicap conditions. The sealed handicap winner of the 800m was Dane Heiden with Peter Curtis 2nd and fastest time and Ebony-Jade Jones in 3rd place. John Carter produced a strong performance in the 4km race to win from Barb Bryant with Annette Curtis taking 3rd place and Ebony Whiley recording fastest time.

800m Dane Heiden 1st 3.53, Peter Curtis 2nd 3.39, Ebony-Jade Jones 5.43, Jamie-Lee Jones 4th 7.03, Jeremiah Jones 5th 4.32, Jarrod Coad 6th 5.43, Carol Coad 7th 6.33

4km John Carter 1st 25.49, Barb Bryant 2nd 23.33, Annette Curtis 3rd 28.40, Ebony Whiley 4th 22.13, Colin Cleary 5th 31.18, Josh Savage 6th 25.13

We have 2 more weeks of competition and then we have a break before our Winter racing commences on Sunday mornings at Lake Neanger, probably on Sunday 1st May.

WESTERN AUSTRALIA INTERCLUB RESULTS, PERTH, FRIDAY 4 MARCH

Mixed 1500 Meter Race Walk

1.	Hennighan, Dale	M93	AWA	6:44.61
2.	Holt, Kate	W96	MLV	7:19.17
3.	Hill, Jeremy	M98	CUR	7:41.06
4.	Hill, Cameron	M96	AWA	9:55.45

AUSTRALIAN CENTURIONS 6 HOUR TRACK WALK, COBURG, SAT 5 MARCH, 2011

A number of our toughest walkers gathered at Coburg (a northern Melbourne suburb) early on Saturday morning to contest the annual Coburg 6 Hour Track Championships. A full field of 45 entrants was on the books (29 runners and 16 walkers) and all but 2 turned up on the day, ready to test themselves over the traditional longer distances.

VRWC club members **Michelle Thompson** and **Clarrie Jack** led the way in the walk with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784 km, breaking her own Australian best on record performance by 224m and setting a new W40 record into the bargain. Clarrie, with 52.290 km, set a new M65 record, breaking Robin Whyte's distance of 50.400 km. Others to do well included **Daniel Duke** 47.049 km on his first ever walk, VRWC member **Karyn O'Neill** 46.433 km for her best ever, **Steve Jordan** 45.019 km after doing an 8km fun run earlier in the morning, **Doug McKay** with a PB 44.117 km and **Dawn Parris** 44.693 km. We also welcomed New Zealand Centurions secretary **Philip Sharp** who strolled a pleasant 42.729km during the 6 hour window.

6 HOUR WALK MEN

1	JACK, Clarrie	VIC	52.290 km
2	DUKE, Daniel	VIC	47.049
3	JORDAN, Steve	VIC	45.019
4	McKAY, Doug	VIC	44.117
5	TIMMS, John	VIC	43.898
6	COMMINS, Louis	NSW	43.709
7	SHARP, Philip	NZ	42.729
8	TURNER, Gary	VIC	35.689
9	SAMIR, Shadi	VIC	30.688
10	CARTER, Ken	VIC	27.918

6 HOUR WALK WOMEN

1	THOMPSON, Michelle	VIC	53.784 km
2	O'NEILL, Karyn	VIC	46.433
3	PARRIS, Dawn	VIC	44.693
4	FIDLER, Lara	VIC	40.017
5	SARIEDDINE, May	VIC	12.856

Full results at http://www.coburgharriers.org.au/joomla1/component/option.com_docman/task.doc_view/gid.575/Itemid.28/



Philip Sharp, Clarrie Jack, Daniel Duke, Steve Jordan and Doug McKay in action



Lara Fidler, Michelle Thompson, Karyn O'Neill and Dawn Parris in action

BALLARAT RACEWALKING CLUB - JARED TALLENT JUNIOR 1500M HANDICAP, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 6 MARCH 2011

Daryl Biggin reports on another successful day's racing in Ballarat.

On Sunday the Ballarat Racewalking Club conducted the inaugural Jared Tallent Junior 1500m Handicap. The conditions were perfect for racing and the winner of the race was 12 year old Ross Darlow who walked 8.15, a 45 second PB. Second was Amy Canavan and third was young Alanna Peart who walk superbly in a PB of 10.07. Other strong walks were Shae Ohlsen and Kobie Somerfield. Nearly all racewalkers in the 1500m walked PBs.

1.5km Jared Tallent Handicap

1.	Ross Darlow	8.15
2.	Amy Canavan	9.05
3.	Alanna Peart	10.07
4.	Jemma Peart	8.23
5.	Leah Canavan	12.56
6.	Shae Ohlsen	9.05
7.	Katelyn Lotherington	9.10
8.	Kobie Somerfield	8.49

- | | | |
|-----|--------------------------|-------|
| 9. | Olivia Davis | 11.25 |
| 10. | Rodney Davis | 10.24 |
| 11. | David Lotherington (Inv) | 12.46 |

3 km Walk

- | | | |
|----|----------------|-------|
| 1. | Josh Dillon | 14.04 |
| 2. | Colin Bootsman | 17.53 |
| 3. | Sarah Brennan | 18.40 |
| 4. | Lee Govan | 18.47 |
| 5. | Wilma Oomen | 20.54 |
| 6. | John Ohlsen | 23.57 |



Kathy Tallent awarding the trophy to Ross Darlow

QUEENSLAND WALKING NEWS

Athletics Queensland PB Meet, Gold Coast Athletics Track, Southport, Sunday 6 March

Conditions were hot and sunny on the Gold Coast on Sunday morning with Brad Aiton the sole walker – he clocked a fast 7:48 for 2000m. Well done Brad.

2000m Walk

- | | | | | |
|----|-------------|----|-----|---------|
| 1. | Aiton, Brad | 17 | GCV | 7:48.75 |
|----|-------------|----|-----|---------|

And an amendment from the Queensland T&F walk results in last week's newsletter where I showed Nick Dewar coming second in the Open 10000m walk. It should have been Jesse Osborne who then fronted up and walked in the U18 5000m shortly afterwards, placing third. A tough afternoon's work for young Jesse! The amended results read as follows

Men 10000m Walk QLD Champs Open

- | | | | | |
|----|------------------|----|-----|-------------------|
| 1. | Bird-Smith, Dane | 19 | QRW | 43:36.10 |
| 2. | Osborne, Jesse | 16 | QRW | 49:00.00 (approx) |
| 3. | Lindenberg, Paul | 49 | QRW | 59:44.06 |

Men 5000m Walk QLD Champs U18

- | | | | | |
|----|------------------|----|-----|----------|
| 1. | Aiton, Brad | 17 | GCV | 21:32.72 |
| 2. | Hodgson, Elliot | 16 | GLD | 24:25.80 |
| 3. | Osborne, Jesse | 16 | QRW | 24:56.10 |
| 4. | Cunningham, Matt | 17 | MRB | 27:16.34 |

FRENCH NATIONAL INDOOR CHAMPIONSHIPS, AUBIERE, FRANCE, 20 FEBRUARY 2011

The French Indoor T&F Championships, which were held a couple of weeks ago in Aubiere, saw Sylwia Korzeniowska (the sister of Robert Korzeniowski), now living in France, win the women's 3000m walk in 12:58.80 and Antonin Boyez win the men's 5000m walk in 19:47.86.

3000m Walk Open Women

- | | | | |
|----|----------|---------------------------|-----------------------------|
| 1. | 12:58:80 | KORZENIOWSKA Sylwia | Lille Metropole Athletisme |
| 2. | 13:54:27 | RINERO CHANFREAU Fabienne | Ca Montreuil 93 |
| 3. | 14:13:84 | RETOUT Anne-gaelle | Val-de-reuil Ac |
| 4. | 14:16:15 | PASTORINO Ines | Nice Cote D:azur Athletisme |

5.	14:22:17	AVEROUS Violaine	Ca Balma 031 PYR
6.	14:26:23	SMITH Corinne	Clermont Athletisme Auvergne
7.	14:45:81	AUFFRET Lucie	Entente Franconville Cesame Va
8.	14:46:05	BAUDOIN Corinne	Montpellier Agglo Athletic Med
9.	14:50:58	ROBERT Agnes	Ac Roche-sur-yon
10.	16:14:34	LANOUE Severine	Avia Club Issy-les-moulx

5000m Walk Open Men

1.	19:47:86	BOYEZ Antonin	Efs Reims A.
2.	20:05:95	GHOULA Hatem (Tun)	Athle 78
3.	20:54:35	BOULAY Emmanuel	Asptt Rouen
4.	20:56:63	BOUFRAINE Mehdi	Ca Montreuil 93
5.	21:02:62	DELAUNAY Sebastien	
6.	21:12:48	MALOSSE Dimitri	Js Lezignan-corbieres
7.	21:26:57	BAUDET Franck	Ea Chambery
8.	21:33:99	SELSELDEB Djamel	Entente Athletique Grenoble Al
9.	22:03:85	LE COZ Xavier	Entente Franconville Cesame Va
10.	22:43:32	GARIN Yvonnick	Cjf Saint-malo

IAAF RACE WALKING CHALLENGE EVENTS, CHIHUAHUA, MEXICO, SATURDAY 5 MARCH

The second round of the IAAF Race Walking Challenge series was contested in Chihuahua, Mexico, last Saturday and three Australians were in action in the high altitude meet which boasted a total of 162 athletes from 14 countries. Javier Clavelo Robinson reported as follows for the IAAF.

Women's 20km

Ines Henriques led a Portuguese sweep in the women's 20km event at the IAAF Race Walking Challenge in Chihuahua last weekend. Always among the top three in every race she has entered here, 2010 World Cup silver medallist Henriques savoured the taste of victory this time in Chihuahua after a 1:34:10 effort, followed by compatriots Vera Santos (1:35:17) and Susana Feitor (1:35:24). Henriques took the lead from the start on the two-kilometre circuit along the Deportiva Sur Avenue. Australian champion **Claire Tallent** tried to follow her, but could not keep up with the pace after the eighth kilometre. Claire was overtaken by the 2010 World Cup runner-up Santos with five kilometres to go and by 2005 World Championships bronze medallist Feitor in the last lap. Rosalía Ortiz and María Guadalupe Sánchez followed the quartet in fifth and sixth places, respectively, earning selection to the Mexican team for the Pan American Race Walking Cup in Colombia later this month.

"I love this place. I have always performed well in Chihuahua. My compatriots and I all had a good race. I finally managed to win here," said a happy Henriques after her effort.

1.	Inés Henriques	POR	1:34:10
2.	Vera Santos	POR	1:35:17
3.	Susan Feitor	POR	1:35:24
4.	Claire Tallent	AUS	1:35:59
5.	Rosalía Ortiz	MEX	1:37:55
6.	María G. Sánchez	MEX	1:38:17

Men's 20km

Eder Sánchez and Luis Fernando López walked side by side right from the start of the men's 20km. The former tried to break away, but the Colombian responded and it was down to the home stretch to determine the winner. Sánchez crossed the line in 1:22:15, two seconds ahead of his archrival, to claim his third victory in Chihuahua after victories in 2008 and 2009. Their last five kilometres were the fastest: 19:39 for the Mexican and 19:42 for the South American.

The 2009 Berlin World Championships bronze medallist admitted that this was one his most hard-fought victories. "I don't know where I found my strength to win. I gave it all in the last 100 metres. We don't see races like this any more. Luis fought until the very end. We were pushed to our limits. I had a contraction in my trapezius muscle and it was bothering me, but I managed to recover. I am happy to give the victory to Mexico."

Olympian David Mejía improved his personal best by 11 seconds (1:22:36) and overtook two-time Olympic medallist **Jared Tallent** (1:23:25) to round out the podium positions. The 24-year old expects to join Sanchez at the World Championships in Daegu. Australian **Luke Adams** finished fifth in 1:23:47, ahead of 23-year-old Mexican Diego Flores, who improved his personal best by more than 11 minutes (1:23:53) to finish sixth.

1.	Eder Sánchez	MEX	1:22:15
2.	Luis F. López	COL	1:22:17
3.	David Mejía	MEX	1:22:36
4.	Jared Tallent	AUS	1:23:25
5.	Luke Adams	AUS	1:23:47
6.	Diego Flores	MEX	1:23:53

Men's 50km

As expected, Mexicans earned the top honours in the 50km, but the relatively unknown Jose Leyver Ojeda improved his personal best by nearly five minutes to beat hometown favourite and 2010 World Cup runner-up Horacio Nava. Ojeda and Nava shared the lead until the last two laps, when the former walked away and went on to win in 3:52:33, almost a minute faster than the 2010 World Cup's winning time. Nava settled for second with 3:54:18, closely followed by Edgar Hernández (3:55:49), who posted the second fastest time in his career, only slower than his bronze medal winning 3:46:12 at the World Championships in Edmonton ten years ago. The top two will represent Mexico at the Pan American Games on home soil in Guadalajara October

13-30. Hernández will join the duo for the World Championships in Daegu.

For the winner, it was not a surprising victory as he believes it was based on his sacrifice and discipline throughout his preparation, under the guidance of his coach, 1984 Olympic champion Raul Gonzalez.

Moving forward, Ojeda will do another high altitude training camp in Bolivia. "I am targeting 3:45 hours at the World Champs and also to improve my time at the Pan American Games."

Runner-up Nava was satisfied with his performance. "My goal was to make the Mexican team for the Pan Ams. I achieved it and obviously I would have loved to win here, but I felt strange feelings towards the end and decided to walk safely to secure the second place." Second at the 2007 continental Games in Rio de Janeiro, Nava hopes to bring the gold back to Mexico this time around.

1.	José Leyver	MEX	3:52:33
2.	Horacio Nava	MEX	3:54:38
3.	Edgar Hernández	MEX	3:55:49
4.	Omar Zepeda	MEX	3:59:13
5.	Clemente García	MEX	4:01:21
6.	Christian Berdeja	MEX	4:03:01

The walking festival also featured 10km races for juniors. 2009 World Youth Championships silver medallist and 2010 Young Olympian Yaneli Caballero, 17, and 18-year old Christian de Jesús Gómez took the top honours with 47:38 and 42:49 minutes, respectively.

Junior Men 10km

1.	Christian de Jesús Gómez	MEX	42:49
2.	Jesús Tadeo Vega	MEX	42:52
3.	Usiel Sánchez	MEX	42:52

Junior Women 10km

1.	Yaneli Caballero	MEX	47:38
2.	Sandra Nevárez	MEX	49:14
3.	María Iraís Mena	MEX	50:01



Left: Eder Sanchez leads the men's 20km.



Right: Horatio Nava and José Leyver lead the 50km



Inés Henriques leads women's 20km (photos <http://www.iaaf.org>)

The remaining IAAF Race Walk Challenge events for this year are

20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final,	La Coruña (ESP)	10km

SPANISH RACE WALK CHAMPIONSHIPS, BENICASSIM, SPAIN, SUNDAY 6 MARCH

The 80th edition of the Spanish race walking championships on Sunday March 6th saw the return of Francisco Fernandez after sitting out a one year drug suspension. He ended up winning the 20km championship easily with 1:22:17. In the 50km championship, five times Spanish champion Mikel Odriozola won by 4 minutes with 3:49:33 in the absence of Jesus Angel Garcia who was out injured. The women's 20km championship saw triple Spanish champion Beatriz Pascual win with 1:30:46 in what was the highest quality event of the meet (first 4 under 93 minutes). The Championships were the main qualification events in this year's major race walking championships so were strongly contested with huge fields overall. Other categories included Masters, U20, Youth and Cadet. You can see the full results at http://resultados.rfea.es/2011/resultados/ruta/marcha_cto_benicassim.pdf.

50km Open Men

1.	ODRIOZOLA DOMINGUEZ, MIKEL	3:49:33	Atletico Renteria
2.	DIAZ VELAZQUEZ, JOSE IGNACIO	3:53:55	Pto. Alicante OHL
3.	VILLANUEVA FLORES, CLAUDIO	4:00:52	L'Hospitalet
4.	PRIETO ADANERO, MIGUEL ANGEL	4:03:35	A. A. Moratalaz
5.	CORCHETE MARTINEZ, LUIS MANUEL	4:11:12	Atletismo Torreveja
6.	PORRAS HIDALGO, JUAN ANTONIO	4:13:17	EAMJ-Fuerteventura
7.	BALLESTEROS GARCIA, RAFAEL	4:17:55	CAI GC Caja Canarias

20km Open Men

1.	FERNANDEZ PELAEZ, FCO JAVIER	1:22:17	At letismo
2.	ARCILLA ALLER, FRANCISCO	1:25:36	Universidad Oviedo
3.	LOPEZ NICOLAS, MIGUEL ANGEL	1:25:49	UCAM-Athleo Cieza
4.	ALEDO ROMERA, JOSE IGNACIO	1:31:29	Playas de Castellon
5.	SILLERO MESONERO, MARIO	1:31:52	UBU-Caja de Burgos
6.	CASTRILLO GONZALEZ, RUBEN	1:33:41	UBU-Caja de Burgos
7.	RODRIGUEZ RODRIGUEZ, EDUARDO	1:36:15	TenerifeCajaCanarias
8.	NIETO MONTESINOS, GERMAN	1:36:28	Cornellà At.
9.	RODRIGUEZ PERERA, ENDOR	1:37:30	EAMJ-Fuerteventura
10.	SOLER GASPA, ORIOL	1:38:17	CA Laietania

20km Open Women

1.	PASCUAL RODRIGUEZ, BEATRIZ	1:30:46	Valencia Terra I Mar
2.	TAKACS NYERGES, JULIA	1:31:32	Pto. Alicante OHL
3.	VASCO GALLARDO, MARIA	1:31:49	CA Maria Vasco
4.	POVES NOVELLA, MARIA JOSE	1:32:21	Simply-Scorp 71
5.	LUACES BARRIL, LORENA	1:33:59	Ourense-Ac.Postal
6.	PINEDO GONZALEZ, AINHOA	1:34:23	A.D. Marathon
7.	IGLESIAS GONZALEZ, EVA MARIA	1:37:42	Bidezabal At.
8.	FERNANDEZ ANDRES, MYRIAM	1:41:22	Simply-Scorpio 71
9.	MARCOS VALERO, MARIA DOLORES	1:42:53	MillenniumTorreveja
10.	ALONSO CASTELO, SARA	1:43:59	Pto. Alicante OHL

10km Men U20

1.	AMEZCUA BALBOA, LUIS ALBERTO	42:32	Juventud Guadix
2.	RAYA SANCHEZ, JUAN ANTONIO	44:50	Unicaja Atletismo
3.	PEREZ OSORIO, LUIS MANUEL	45:17	A.D. Marathon
4.	REYES AFONSO, DAVID	45:43	Tf CajaCanarias
5.	DURAN ACUÑA, FRANCISCO JOSE	45:55	Ourense-Ac.Postal

10km Women U20

1.	LARIOS LOPEZ, MARIA	50:51	A.D. Marathon
2.	ALIAGA GALVEZ, VERONICA	51:07	C.A. Torrent
3.	JUAREZ GALLARDO, MAR	51:31	AA Catalunya
4.	CARBIA LOJO, ROCIO	51:41	Ourense-Ac.Postal
5.	POLO ROMERO, MARIA DEL PINAR	55:08	Puente Romanillos

NEW ZEALAND 50,000M RACE CANCELLED

David Sim advises that the South Pacific Walking Championships, which were to be held in Auckland on Sunday 17th April, have now been cancelled due to various circumstances. Hopefully we will see something similar in the future as it is a good concept to develop and it does give our small Pacific countries something to aim for.

WHAT'S COMING UP

This weekend sees the **Australian Junior (U14-U20) T&F Championships** being held at the Sydney Olympic Park venue in Sydney. The walks timetable is

Thurs 10 March	8:00 PM 9:07 PM	5000m Walk U17-U18 Boys 5000m Walk U17-U18 Girls
Fri 11 March	5:15 PM 5:58 PM	3000m Walk U15-U16 Boys 3000m Walk U15-U16 Girls
Sat 12 March	4:05 PM 4:55 PM 6:15 PM	3000m Walk U14 Boys 3000m Walk U14 Girls 10000m Walk U20 Men and Women

The 5000m U17-U18 Girls event is the official trial for the 2011 World Youth championships and our two qualifiers Jessica Pickles and Amy Burren will be out to cement their spots with strong performances. The U18 boys chasing selection for the 2011 World Youth will be racing in the U20 10000m walk alongside the older walkers as they have to contest 10000m in France. You can see the full entry lists at http://www.athletics.com.au/competition/events/2011_australian_junior_champio/meet_program_-_entry_list

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.

2010/2011 Australian/Victorian Summer Season Key Dates

10-14 Mar, 2011	Australian Junior (U14-U20) Championships , Sydney Olympic Park, Sydney NSW
Thur 17 Mar, 2011	East Burwood Masters 3000m and 5000m walks, East Burwood Aths Track, 7:50PM
Sat 19 Mar, 2011	Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women. Entries close with A.A. on Friday 4 th March.
19-20 Mar, 2011	VLAA State T&F Championships, Olympic Park
2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC. Field nearly full so enter quickly.
April 21-24, 2011	Australian Masters Athletics Championships , Brisbane
Apr 28-30, 2011	Australian Little Athletics T&F Championships, Sydney

2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011	Australian Masters 20km championships, Middle Park, VIC
Sun 12 June, 2011	Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July, 2011	Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011	Racewalking Australia Postal Challenge (each club in their home state)
20-21 August, 2011	Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011	13 th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

Sun Apr 10, 2011	Hong Kong International 10km (good one for Australians!).
July 6-10, 2011	7th World Youth T&F Championships, Lille, France
July 7-17, 2011	19th World Masters T&F Champs Stadia, Sacramento, California, USA. See http://www.wma2011.com/
Aug 12-22, 2011	26th World Summer Universiade Games, Shenzhen, China. See http://www.sz2011.org/eng/index.htm
Aug 27-Sept 4, 2011	13th IAAF World Championships in Athletics, Daegu, Korea. See http://english.daegu2011.org
Sept 7-13, 2011	4th Commonwealth Youth Games, Isle of Man, UK. See http://www.cyg2011.com/

2011 IAAF RaceWalking Challenge Series – Remaining Races

20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

2011 key EAA European Meets

Sun 20 Mar, 2011	Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
Sat 26 Mar, 2011	Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km

Sat 9 Apr, 2011 Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
Sat 21 May, 2011 9th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011 Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihil Shield, Dublin, Ireland

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain**
July 27-Aug 12, 2012 **30th Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**
2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicang, China**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

2015 **15th IAAF World Championships in Athletics, Beijing, China**
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)