



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 29
20 April 2011



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ACT WALKING CLUB WALKS, AIS ATHLETICS TRACK, CANBERRA, THURSDAY 14 APRIL

Thanks to Robin Whyte for his weekly report from Canberra.

- 2000m Walk** 1 Zoe Hunt 09:40 2 Peter Baker 10:12 3 Ally Durr 10:42 4 Robin Whyte 11:42 5 Emily Blair 12:35
6 Doug Fitzgerald 12:49 7 Peter Thompson 14:34 8 Wendy Kupkee 14:38 9 Trish Thomas 20:28
Bryan Thomas DQ
- 1200m Walk** 1 Callum Burns 05:49 2 Thomas Hopkins 05:51 3 Karina Hopkins 06:13 4 Gabby Hunt 06:40
5 Jack Durr 06:55 6 Jack Thackray 09:40 Spencer Burns DQ.

REGAL RACEALKERS RESULTS, APRIL 2011

Thanks to Bob Cassell for the results from the first 2 weeks of the Regal Racewalkers Club winter season

Regal Racewalkers Roadwalks, Georges Hall, Sydney, Saturday 2 April 2011

Division 1 – 10 km

Robert Osborne	1:17:45	12km
Jim Seymon	1:09:00	10km
Jodie Sundstrom	0:49:54	6km

Division 2 – 8 km

Dennis Williams	1:09:00	10km
Vanessa Ebejer	0:49:46	8km
Susan Knapton	0:49:46	8km
Lauren Burns-Rees	0:51:33	8km
Kurtis Birch-Ward	0:26:37	5km

Division 3 – 4 km

Charlene Ebejer	0:24:52	4km
Natasha Estrada	0:25:47	4km
Patrick Estrada	0:27:41	4km
Jordan Glover	0:11:40	2km

Division 4 – 1 km

Blake Dwyer	0:06:07	1km
Claudia Estrada	0:08:31	1km
Karen Estrada	0:09:15	1km

Regal Racewalkers Roadwalks, Tempe, Sydney, Saturday 9 April 2011

Division 1 – 14 km

Nicole Fagan	1:02:48	12km
Jim Seymon	1:08:45	10km
Jodie Sundstrom	1:08:56	8km

Division 2 – 10 km

Susan Knapton	1:04:38	10km
Vanessa Ebejer	1:04:38	10km
Lauren Burns-Rees	1:06:40	10km
Kurtis Birch-Ward	0:25:37	5km
Nancy Lloyd	0:36:14	5km

Division 3 – 5 km

Maryanne Shaw	30:44:00	5km
Adrian Santamaria	0:31:51	5km
Patrick Estrada	0:31:55	5km
Amy Bettiol	0:32:28	5km
Charlene Ebejer	0:32:29	5km
Martin Fagan	0:48:13	5km
Natasha Estrada	0:27:28	4km
Jordan Glover	0:16:40	3km

Division 4 – 2 km

Katrina Shaw	0:10:58	2km
Tegan Henry	0:11:44	2km
Blake Dwyer	0:14:32	2km
Amy Henry	0:15:27	2km
Claudia Estrada	0:08:25	1km
Dakota Bennett-Ward	0:08:32	1km

SA WALKING CLUB WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 16 APRIL 2011
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Thanks to Peter Crump for his report of last weekend's South Australian roadwalks

Our second round of winter walking saw a warmer day than we would like for this time of year so it was a test of persistence. Darren Bown took out the 10km in a nifty time which he claims not to have gone near for over 3 years, so we can expect some more decent times as the season progresses. The same event saw a battle royale between the two masters, Jim Hoare and Bill Starr, as Bill almost mowed Jim down in the home straight, in perfect walking style. Bill has also shown that he is in good form, which augurs well for his preparation for his umpteenth LBG in June.

Kim Mottrom and Paige Hooper again slumped in the lesser distance, closely followed by Kristie Goznic who continues her good start to the season. We welcomed back Samara Holiday and Allegra Steele from their breaks and can expect good times as the season progresses. Justin Hill walked another PB as he proves that he is doing well under Kim's coaching.

Mason Heath and Piper Douglas led all the way in the 3km, with Anna Cross juts holding out Jess Stephens in yet another tight finish.

Riona Tyler- Dowd showed consistency form last week, walking the 1 km in an identical time.

10km Walk

1. Darren Bown	43:29
2. Peter Crump	56:04
3. Jim Hoare	69:29
4. Bill Starr	69:30
5. Ron O'Neil	79:48

5km Walk

1. Kim Mottrom	23:18
2. Paige Hooper	24:52
3. Kristie Goznic	25:14
4. Justin Hill	27:05
5. Samara Holliday	27:45
6. Allegra Steele	32:19

3km Walk

1. Mason Heath	16:34
2. Piper Douglas	16:50
3. Lachlan Tyler-Dowd	17:09
4. Anna Cross	17:50
5. Jessica Stephens	17:51
6. Alix Harlington	18:13
7. Danielle Walsh	18:16
8. Rhiannon Lovegrove	20:14

1km Walk

1. Riona Tyler-Dowd	6:57
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QUEENSLAND ROUNDUP

Two walk events were on offer in Queensland last weekend and they are reported below.

Queensland Master Athletics 10,000 Metre Race Walk Championships , Saturday 16 April

Donna Beikoff	75:31.0	57.70%
Iggy Jimenez	50:49.7	80.28%

Peter Bennett	50:48.6	86.58%
Noela McKinven	80:19.0	72.00%

Runaway Bay Super Sports Series Race 3 , Sunday 17 April

This meet saw a good field of walkers for race three of the Series. Brad Aiton was the standout in the race with 21.16 and Jessica Pickles was the best of the women with 25.30.

1.	Brad Aiton	21:16.36
2.	Jesse Osborne	22:22.11
3.	Harry Bates	24:09.50
4.	Jessica Pickles	25:30.40
5.	Paul Lindenberg	29:05.10
6.	Kay Shaw	29:57.85
7.	Sally Lynch	32:55.24
8.	Andrew Lake	34:04.46
9.	Klaus Maurer	35:12.88
10.	Robyn Wales	38:30.24
11.	Judy Rodwell	41:21.51
12.	Alan Farrell	43:28.02
13.	Adrian Wagemakers	47:39.54
14.	Barbara Good	50:32.65

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 16-17 APRIL 2011

The 2011 Coburg 24 Hour Carnival was held last weekend in Coburg, a northern Melbourne suburb. The event, which is the Australian and Victorian 24 Track Run championship, also features the annual Australian Centurions 24 Hour Walk and I was there in the dual capacity of Race Director and Australian Centurions representative.

Of the final field of 45 entrants in the 24 Hour Championships, 39 walkers and runners were present when the starter's gun was fired at 10AM on the Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the runners and walkers to get off to a good start and by 6PM, there were the makings of some fantastic performances. A very cold night meant a testing time but come Sunday morning most were still on the track and a good crowd was on hand to witness the final gun sound at 10AM.

The reports from the walk events follow. For full results, check out the Coburg Harriers website at www.coburgharriers.org.au.

24 Hour Walk Men

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall (Mark is a former VRWC walker who was born and bred and raced in Victoria but who now lives in England) were expected to be the big guns in the men's walk and they were right on schedule for their 100 mile targets with 12 hour splits of 86.94km and 85.698km respectively. Steve Jordan, with 84.456km, was not far behind and also looked strong while Lou Commins, with 81.558km, was also in the hunt. But while Mark continued on his merry way, Martijn and the others were in trouble, all slowing and falling behind schedule.

The final results tell the story. Mark powered through the 100 mile mark in 23:20:41 to become Australian Centurion number 59 while most of the other walkers, Martijn, Steve and Lou included, slowed and were forced to take time out. Martijn eventually took second with 136.436km but he was very disappointed with his walk. Lou took third with 135.011km. Special mentions to Doug McKay and John Voitin who both showed great determination, continuously circling the track for the full 24 hours to record 133.752km and 111.404km respectively.



Mark Wall, Martijn Van den Boogaard and Louis Commins

1.	WALL, Mark	VIC/ENG	161.733 km
2.	Van den BOOGAARD, Martijn	HOLL	136.436 km
3.	COMMINS, Louis	NSW	135.011 km
4.	McKAY, Doug	ACT	133.752 km
5.	JORDAN, Steve	VIC	113.628 km
6.	VOITIN, John	VIC	111.404 km
7.	DUKE, Daniel	VIC	73.817 km
8.	MACRAE, David	VIC	47.691 km
	JACK, Clarrie	VIC	DNS

24 Hour Walk Women

The women's walk saw last year's 24 Hour Run winner Michelle Thompson in action as a walker and was she good. By the 6 Hour mark, she had covered 49.680km to be first walker overall, 1km ahead of Mark Wall, and on target for a big time. Karyn O'Neill was second at that point with 45.560km and Dawn Parris was third with 42.642km.

From then on, it was the Michelle show as she powered through to set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles (she became Australian Centurion number 58 with her 100 mile split of 22:03:37) and 24 Hours, finishing with 172.593km, just short of her 172.906km which she recorded in winning last year's Coburg 24 Hour Run. Now that's an interesting statistic!

Karyn O'Neill walked her best race for many years, digging deep to pass the 100 mile mark in 23:44:26. Of course, Karyn is already an Australian Centurion, having qualified in 2002 with 23:35:56, and this was a very popular comeback. English walker Serena Queeney added some 6km to her best to take third with 153.638km, tantalisingly close to the 100 mile standard, and we hope that with further experience and training, she can achieve the elusive walking standard.

Susannah Harvey-Jamieson had been expected to fight out the 24 Hour run but disaster struck in the final days as her foot flared up after a run. Rather than miss the event, she opted to swap to the walk, taking fourth place with a commendable 137.829km, just ahead of Dawn Parris with 134.949km. A special mention to Diana Kelly who strolled for the full 24 hours, always smiling and obviously enjoying the experience, her final distance 114.895km

1.	THOMPSON, Michelle	VIC	172.593 km
2.	O'NEILL, Karyn	VIC	162.092 km
3.	QUEENEY, Serena	ENG	153.638 km
4.	HARVEY-JAMIESON, Susannah	QLD	137.829 km
5.	PARRIS, Dawn	VIC	134.949 km
6.	KELLY, Diana	WA	114.895 km
7.	HOWORTH, Sandy	VIC	89.148 km



Michelle Thompson, Karyn O'Neill and Serena Queeney

The meet also include Racewalking Australia 100km walk championships and the results were as follows.

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1.	WALL, Mark	ENG	TBA
2.	Van den BOOGAARD, Martijn	HOLL	TBA
3.	JORDAN, Steve	VIC	TBA

There were 3 centurion performances (walkers who walked 100 miles or more in the 24 hour period) and we welcomed 2 new members to the Australian Centurions in Michelle Thompson and Mark Wall.

THOMPSON, Michelle	VIC	C 58	100 miles walked in 22:03:27
WALL, Mark	VIC/ENG	C 59	100 miles walked in 23:20:41
O'NEILL, Karyn	VIC	C 45	100 miles walked in 23:44:26

Hourly updates were uploaded to the Coburg Harriers Website (<http://www.coburgharriers.org.au/>) and this enabled many to follow the event as it unfolded. A selection of photos have now been uploaded to <http://www.rwa.org.au/coppermine/index.php> and more will be added as they become available. It was a big weekend but, as always, an enjoyable one.

AMA ANNUAL 4X800M RELAY RESULTS

Alan Lucas has sent through the results of the annual Australian Masters 4x800m Track Walk relays which were held in each State in February. The results were well spread with ACTVAC, VMA, NSWMA, MAWA and QMA all taking places.

4 X 800 M WALK - MEN

M 40-49	ACTVAC	Peter Baker	Doug Fitzgerald	John Donovan	Colin Heywood	18:05.06
M50-59	VMA	Tim Erickson	Clyde Riddoch	Paul Kennedy	Alan Lucas	15:56.90
	TMA	Brian Horton	Lawrie Marsh	David Moore	Paul Leitch	18:51.97
	MAWA	Stan Jones	Peter Hopper	John Smith	Tom Lenane	21:01.00
M60-69	VMA	Russ Dickensen	Ralph Bennett	Leo Watson	Llew Jenkins	18:15.40
	NSWMA	Dennis Williams	Robert Connors	Graeme Allomes	Jim Seymon	18:17.70
	ACTVAC	Robin Whyte	Rod Gilchrist	Bryan Thomas	Geoff Barker	19:17.88
M 70-79	ACTVAC	Bob Chapman	Dave McKenzie	Tony Booth	Terry Munro	21:41.6

4 X 800 M WALK - WOMEN

W40-49	ACTVAC	Ann Staunton-Jugovic	Helen Bialecki	Jane Bates	Kate Black	16:59.73
	NSWMA	Lynette Smith	Suzanne Brown	Sue Gore	Cris Penn	18:51.10
	MAWA	Sarah Ladwig	Regina Crouch	Lesley Romeo	Lynne Schickert	21:42.70
W50-59	QMA	Kay Shaw	Robyn Wales	Sally Lynch	Christiane Dauphinot	21:54.50
	NSWMA	Trish Stallard	Nancy Lloyd	Judy Brown	Annette Tillman	22:52.50
W 60-69	ACTVAC	Alice Scott	Consie Larmour	Ruth Baussman	Val Chesterton	23:20.02

IAAF WORLD CHAMPIONSHIPS TEAM SELECTIONS

Athletics Australia has announced an initial Australian World Championships team of 24 athletes (17 men and 7 women) with team captain and reigning world champion Steve Hooker set to lead the green and gold charge at the 13th IAAF world championships when competition commences in Daegu, South Korea, on Saturday, August 27. The walks are well represented with **Jared Tallent**, **Luke Adams**, **Adam Rutter**, **Nathan Deakes** and **Claire Tallent** all selected. **Chris Erickson**, the fourth A qualifying walker in the 50km distance, has missed out as expected as a maximum of 3 athletes can be selected per event.

MEN (17):

5000m:	Ben St Lawrence (NSW)
Pole vault:	Steve Hooker (WA)
Long jump:	Mitchell Watt (QLD), Fabrice Lapierre (NSW)
Discus throw:	Benn Harradine (VIC)
20km walk:	Jared Tallent (ACT), Luke Adams (ACT), Adam Rutter (VIC)
50km walk:	Tallent, Adams, Nathan Deakes (ACT)
4x100m relay:	Aaron Rouge-Serret (VIC), Anthony Alozie (VIC), Isaac Ntiamoah (NSW), Matt Davies (QLD)
4x400m relay:	Steven Solomon (NSW), Ben Offereins (WA), John Steffensen (NSW), Sean Wroe (VIC)

FEMALE (7):

100m:	Sally Pearson (QLD)
100m hurdles:	Pearson
Pole vault:	Alana Boyd (WA)
Discus throw:	Dani Samuels (NSW)
Javelin throw:	Kim Mickle (WA)
20km walk:	Claire Tallent (ACT)
4x400m relay:	Tamsyn Lewis (VIC), Caitlin Sargent (QLD)

DANE BIRD-SMITH AND JESS ROTHWELL TAKE AA HONOURS

At the conclusion of the Australian Track and Field championships each year, AA hosts an annual awards gala where the main awards are announced to recognise our top Australian athletes. This event occurred last Sunday evening at Crown Casino in Melbourne and **Dane Bird-Smith** and **Jess Rothwell** were amongst the recipients – Dane was the ASICS Junior Athlete of the year while Jess was the Athletics International Emerging Athlete of the Year (female). Along with an ASICS trophy, Dane was presented with a \$3000 voucher for athletic gear courtesy of Athletics and I assume that something similar was on the cards for Jess. Dane's father **Dave Smith** was also a nomination for National Junior Coach of the year (to be expected given that apart from coaching Dane, he also coaches three of the four walkers in the 2011 World Youth team).

Well done to Dane and Jess on well deserved awards. They both have very bright futures ahead of them.



EASTER TRAINING

I had indicated in last week's newsletter that Simon Baker and I hoped to put on some training opportunities over Easter for our walkers. Alas, I am now off to Darwin and Simon heads off overseas next Monday so it all fell into the too hard basket. Sometimes, we just get too busy for our own good. I hope that all our walkers have an enjoyable Easter break and find lots of opportunities for training.

FOCUS ON MATEJ TÓTH

The following fine article on champion walker Matej Tóth was published last week on the European Athletics website. See <http://www.european-athletics.org/9th-european-cup-race-walking/toth-to-compete-in-20km-walk-in-olhao.html>.

The 2010 World Race Walking Cup 50km winner Matej Tóth of Slovakia is aiming to go for the 20km title at the European Cup Race Walking in the Algarve town of Olhão in Portugal on 21 May.

The 28-year-old is in the middle of a fantastic season. Toth won the European Athletics Race Walking permit meeting 50km race in his home town of Dudince last month with a national record and world season leading (road) time of 3:39:46. He carried his form to the 20km race in Rio Maior last Saturday where he finished with a personal best of 1:20:16.

Based on his career best performances in both the 20km and 50km walk, Toth is now the best Slovak walker ever with 2416 points, according to an IAAF scoring table.

Nathan Deakes of Australia holds the distinction of being the best ever in the 20/50 combination with personal best time of 1:17:33 and 3:35:47 respectively, that accounts for 2495 points on IAAF scoring tables.

Toth plans to compete at a 10000m walk on the track in Banska Bystrica later this month. He will then go for a training camp in High Tatras near Slovakia and Poland border before heading to Olhão.

For the IAAF World Athletics Championships in Daegu in August-September, Toth has already decided to compete in his specialist event 50km walk. However he is still contemplating whether he would compete in the 20 km race or not.

Now note that highlighted paragraph about Nathan Deakes. I had never thought to calculate the combined 20km/50km points for male walkers to get a 'best all rounder' but it is an interesting and quite valid concept. I will have a look during the week and see if I can calculate how our Australian men rank in this sort of combined view.

2012 Key Competition Dates

The Athletics Australia Board has released some key dates for the 2011/2012 summer season. The press release reads as follows

The Melbourne IAAF World Challenge has been confirmed on **3 March 2012** at the new Victorian Athletics Centre in Albert Park. Additionally the London Selection Trials will be held in conjunction with the IAAF Challenge over the period 2-4 March 2012. The first weekend of March timing of this meet accommodates the High Performance athletes who will be seeking to

represent Australia to the best of their abilities at the London Olympic Games in August. All 2012 Australian Athletics Tour Meets will be staged before 3 March, with specific dates and venues to be released at a later date in May.

The 90th Australian Open and AWD Athletics Championships will be held at the end of the season as usual on **13-15 April 2012**, also at the new Victorian Athletics Centre. This will allow the 700+ athletes who compete in the Nationals each year to undertake a normal season including Club competition and State Championships.

Athletics Australia have gained strong support from the Victorian Government to hold the Selection Trials and Open National Championships at the new state of the art facility in Albert Park in 2012.

So in summary

Pre-March 2012	2012 Australian Athletics Tour Meets will be staged before 3 March, with specific dates and venues to be released at a later date in May.	
3 March 2012	Melbourne IAAF World Challenge Track Meet	Melbourne
2-4 March 2012	London Selection Trials	Melbourne
13-15 April 2012	90 th Australian Open and AWD Athletics Championships	Melbourne

The only dates not yet announced are the Olympic trial dates for the racewalks. I am guessing that the 50km trial will be towards the end of this year at Fawkner Park in Melbourne and that the 20km trials will be at the National Summer roadwalk championships early in 2012 in Hobart. I hope that AA will make those announcements soon so that our elite walkers can start to plan their Olympic campaigns.

UNDERTAINTY OVER THE NEW VICTORIAN ATHLETICS CENTRE

The Melbourne Herald Sun newspaper of last Friday contains an interesting article on the new Victorian Athletics Centre at Albert Park (see <http://www.heraldsun.com.au/sport/athletics-site-funds-query/story-e6frf9if-1226039426270>)

ATHLETICS bids farewell to Olympic Park this weekend without guaranteed funding for its new home at Albert Park. Athletics Australia is anxiously awaiting the May 3 State Budget to see whether the Government has allocated enough funding to complete the state-of-the-art facility.

The sport was booted off its spiritual home in 2008 when then Premier John Brumby pledged \$50 million to move all Olympic sports to Albert Park. Bulldozers will move in after Sunday's final event of the national championships at Olympic Park to begin transforming the stadium into a training ground for Collingwood Football Club.

Athletics Australia president Rob Fildes said last night he hoped the Coalition Government wouldn't back away from the project. "We're just hoping the Victorian Government will look after athletics and complete it all properly," he said.

There has been a blowout in costs after the southern grandstand at the Bob Jane Stadium was declared unsafe and in need of a total overhaul. Athletics needs the stadium up to international standard by next year as it wants to continue hosting IAAF Diamond League events.

The track is expected to be completed by September but other requirements, including new light towers, remain in limbo.

From a personal perspective, I am relatively confident that the money will be found. The new Victorian State Government has so far cried poor on a number of projects that were allocated funding by the previous government but, after raising general confusion and uncertainty, each case has eventually been awarded the required funding. I think it is just a case of political shenanigans.

IAAF OLYMPIC STANDARDS RELEASED

The Entry Standards for the Athletics competitions of the 2012 Olympic Games were published on the IAAF website on Friday 15 April. These Entry Standards were confirmed by the IAAF Council at their recent meeting in Daegu, South Korea. See http://www.iaaf.org/mm/document/statistics/standards/05/97/61/20110415082248_httppostedfile_entrystandards_london2012_24135.pdf for full details.

The A and B standards for the 3 racewalks are very similar to past championships and we should see a load of walkers qualifying.

20km Men	A: 1:22:30	B: 1:24:30
20km Women	A: 1:33:30	B: 1:38:00
50km Men	A: 3:59:00	B: 4:09:00

Nations are able to enter up to three athletes per event provided they have achieved the A standard or one athlete per event if they have achieved the B standard. The qualifying period for Marathon, Walks and combined events is from 1st Jan 2011 to 8th July 2012. For all other individual events it is 1st May 2011 to 8th July 2012.

Qualifying performances can only be recorded in events that are on the IAAF list of qualifying competitions so I expect that Athletics Australia will now be forwarding our championship dates for inclusion.

FRENCH CHAMPIONSHIPS, ST RENAN, SUNDAY 17 APRIL 2011

The French walk championships were held at St Renan last Sunday with Open 20km and Junior 10km events on the road and shorter distance events on the track. I shall restrict my results to the first few in each of the road events. Full results of all event can be seen at <http://france20km-criteriumsjeunes.jeblog.fr/resultats-2011-en-live-p134469>.

Open 20km Women

1.	KORZENIOWSKA Sylwia	Lille Metropole Athletisme	1:32:15
2.	MENUET Emilie	Aj Blois-onzain	1:39:16
3.	GUINAUDEAU Christine	6F Amiens Uc	1:39:42
4.	AVEROUS Violaine	F Ca Balma	1:43:55
5.	AUFFRET Lucie	F Entente Franconville Cesame	1:44:31
6.	GIROIR Anne-lise	E.a.p. Chatelleraudais	1:45:20
7.	LANOUE Severine	Avia Club Issy-les-moulx	1:46:01
8.	QUENNEHEN Marine	Ca Montreuil 93	1:46:04
9.	GENEBRIER Nora	Ga Haut-saonais (fc)	1:46:89
10.	BRUNET Elisabeth	Ua Tarbes-stado	1:47:15

Open 20km Men

1.	BOYEZ Antonin	Efs Reims A	1:26:07
2.	GHOULA Hatem (Tun)	Athle 78	1:28:47
3.	BICHE Sebastien	Avia Club Issy-les-moulx	1:29:50
4.	LE COZ Xavier	Entente Franconville Cesame	1:30:15
5.	ROZE Eddy	Amiens Uc	1:31:42
6.	LETOURNEAU Florian	Ac Chateau Thierry	1:33:29
7.	DELAUNAY Sebastien	Ca Du Pays Saumurois	1:33:56
8.	THOMAS Mickael	Coquelicot 42	1:34:11
9.	BOULAY Florian	Athletic Vosges Entente Clubs	1:34:46
10.	LACOMBE Aymeric	As Fleury Les Aubrais Saran A	1:35:29

Junior Women 10km

1.	MELLADO Coralie	Us Colomiers	51:52
2.	MARCOU Amandine	Sa Merignac	52:35
3.	CERANTOLA Laury	Bec-leognan-asptt Bordeaux	54:18
4.	FOURNET Alice	Aj Blois-onzain	54:36
5.	N:GUYEN VAN TU Charlotte	Stade Sottevillais 76	57:10

Junior 10km Men

1.	MALOSSE Dimitri	Js Lezignan-corbieres	44:07
2.	GOSELIN Nicolas	Asc Le Havre	45:05
3.	QUINION Aurelien	Entente Franconville Cesame	45:23
4.	DENIMAL Romain	Esc Tergnier	45:36
5.	ANDRIEU Hugo	Uavh Aubagne	45:47

POLISH U23 RACEWALKING CHAMPIONSHIPS, ZANIEMYSL, POLAND, SATURDAY 16 APRIL

Poland's considerable racewalking depth was on show at the Polish U23 National championships in Zaniemysl last Saturday. In the Open events, Grzegorz Sudol (1:20:51) and Agnieszka Dygacz (1:34:07) triumphed while the new Polish U23 champions were Catherine Golba (1:39:26) and David Wolski (1:23:20). See http://www.pzla.pl/index.php?_a=1&kat_id=4&_id=4511 for the full results.

MEN - 20 km walk

1.	SUDOŁ Grzegorz	78	AZS AWF Kraków	1:20:51
2.	AUGUSTYN Rafał	84	OTG SOKÓŁ Mielec	1:20:57
3.	SIKORA Rafał	87	niestowarzyszony	1:21:04
4.	JELONEK Jakub	85	AZS AWF Kraków	1:22:32
5.	WOLSKI Dawid	89	CWKS RESOVIA Rzeszów	1:23:20 (1-NCu23)
6.	KUĆMÍN Anton	84	(SVK)	1:23:21
7.	BRZOZOWSKI Artur	85	MKL SPARTA Stalowa Wola	1:24:17
8.	HALMAN Wojciech	90	LECHIA Gdańsk	1:24:27 (2-NCu23)
9.	TOMALA Dawid	89	AZS-AWF Katowice	1:24:49 (3-NCu23)
10.	ROGOWSKI Patryk	89	MKL Szczecin	1:26:26

WOMEN - 20 km walk

1.	DYGACZ Agnieszka	85	AZS-AWF Katowice	1:34:27
2.	SZWARNOG Agnieszka	86	AZS AWF Kraków	1:35:07
3.	BUZIAK Paulina	86	OTG SOKÓŁ Mielec	1:35:22
4.	ELß Christin	89	(GER)	1:37:42
5.	KWOKA Katarzyna	85	CWKS RESOVIA Rzeszów	1:38:08

6.	GOLBA Katarzyna	89	AZS AWF Kraków	1:39:26 pb (1-NCu23)
7.	JASIŃSKA Magdalena	91	PLKS GWDA Piła	1:39:45 pb (2-NCu23)
8.	KAPERA Monika	90	PLKS GWDA Piła	1:42:01 pb (3-NCu23)
9.	NAWROCKA Monika	90	AGROS Zamość	1:45:44
10.	KARAŚ Jolanta	89	MKS POLONIA Warszawa	1:47:15
20 km U23 Men				
1.	David Wolski		Resovia	1:23:20
2.	Wojciech Halman		Lechia Gdańsk	1:24:27
3.	David Tomala		AZS AWF Katowice	1:24:49
20 km U23 Women				
1.	Catherine Golba		AZS AWF Krakow, Poland	1:39:26
2.	Magdalena Jasińska		Gwda Saw	1:39:45
3.	Monika Kapera		Gwda Saw	1:42:01
10 km Junior Men				
1.	Andrew Lobachevsky		Lechia Gdańsk	44:45
2.	James Herba		MUKLA Debica	44:47
3.	Radoslaw Porczak		Resovia	45:09
10 km Junior Women				
1.	Natalia Płomińska		NTP 1912 Kalisz	48:01
2.	KOMIAŻYK Karolina		LECHIA Gdańsk	53:03
3.	HEPPNER Beata		CKS BUDOWLANI Częstochowa	53:08
10 km U18 Men				
1.	Lukasz Kostka		GTS Bojszowy	44:42
2.	Thomas Dmowski		WLKS Siedlce - Iganie New	47:50
3.	Simon Zielinski		Orkan Wielkopolska Poznan	49:35
5km U18 Women				
1.	BEMOWSKA Joanna		PLKS GWDA Piła	25:28
2.	WLAZŁO Natalia		CWKS RESOVIA Rzeszów	25:51
3.	STRAŠKO Anna		KS GWARDIA Piła	25:58
10 km Masters Championship				
1.	Janusz Goławski		WLKS Siedlce - New Iganie	49:16
2.	Peter Zebrowski		AZS AWF Gdańsk	53:55
3.	Waldemar Malecki		NTP Marathon - Korzeniowski.pl Bieruń	54:41
4.	Zbigniew voucher		Przeźmierowo	56:34
5.	Lyn Atterbury		(UK)	58:43

BALKAN CHAMPIONSHIPS, BUCHAREST ROUMANIA, SATURDAY 9 APRIL 2011

Romanian Claudia Stef won the women's 20 km race during the Balkan Walking Championships in 1:33:38. In the men's 20 km event, Turkish walker Recek Celik won, improving the Turkish national record to 1:22:31. Second placed Predrag Filipovic of Serbia clocked 1:23:47. The winners in the Junior races were Romanians Adrian Dragomir 45:45 and Alexandra Aichimoaei 50:01. In the U18 Boys 5km, Igor Seremet of Moldova won with 21:30 ahead of Turkish walker Senoduncu Sahin (21:44 national record). In the U18 Girls 5km, Turkish walker Ozgur Gamze won with 23:39. Turkey (44) finished ahead of Romania (41) and Greece (22) in the overall teams rankings. In total 6 countries were represented.

W 20 Km Race Walk

1.	Stef, Claudia	78	ROMANIA	1:33:38
2.	Groza, Ana Maria	76	ROMANIA	1:36:52
3.	Semiha, Mutlu	87	TURKEY	1:37:49
4.	Tsinopoulou, Panagiota	90	GREECE	1:46:54

W 10 Km Race Walk Jr

1.	Aichimoaei, Alexandra Iuliana	93	ROMANIA	50:00.7
2.	Tugce, Gunes	93	TURKEY	50:05.1
3.	Pesic, Emilija	93	SERBIA	53:09.8
4.	Pagida, Eleni	92	GREECE	54:48.5
5.	Seren, Oguz	95	TURKEY	55:17.8

W 5 Km Race Walk Youth

1.	Gamze, Ozgur	94	TURKEY	23:38.9
2.	Micliuc, Carmen	94	ROMANIA	25:21.5
3.	Aylin, Kayriman	96	TURKEY	25:42.2
4.	Katohianou, Haido	96	GREECE	26:05.4

5.	Acatrinei, Mihaela	95	ROMANIA	26:40.7
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M 20 Km Race Walk

1.	Recep, Celik	83	TURKEY	1:22:31
2.	Filipovic, Predrag	78	SERBIA	1:23:47
3.	Papamihail, Alexandros	88	GREECE	1:24:56
4.	Casandra, Silviu	75	ROMANIA	1:26:43
5.	Cocioran, Marius Iulian	83	ROMANIA	1:29:14
6.	Kemal, Gelecek	90	TURKEY	1:33:21
7.	Ciumacenco, Fedosei	73	MOLDOVA	1:33:26
8.	Capatina, Chiril	91	MOLDOVA	1:35:31

M 10 Km Race Walk Jr

1.	Dragomir, Adrian Ionut	94	ROMANIA	45:44.2
2.	Ozgun Ozan, Pamuk	93	TURKEY	46:13.8
3.	Stefanopoulos, Thomas	92	GREECE	46:20.8
4.	Latcu, Robert Friederich	93	ROMANIA	46:43.4
5.	Mert, Atli	93	TURKEY	46:54.5

M 5 Km Race Walk Youth

1.	Seremet, Igor	94	MOLDOVA	21:29.4
2.	Sahin, Senoduncu	94	TURKEY	21:43.2 N.R.
3.	Murat Can, Karapinar	96	TURKEY	22:17.7
4.	Ntentopoulos, Konstantinos	94	GREECE	22:41.1
5.	Bahneanu, Cosmin Gabriel	94	ROMANIA	23:53.5

Teams Women 1 ROMANIA 25; 2 TURKEY 21; 3 GREECE 10 ; 4 SERBIA 4
Men 1 TURKEY 23; 2 ROMANIA 16; 3 GREECE 12; 4 MOLDOVA 6; 5 SERBIA 5; 6 BULGARIA 1

OTHER OVERSEAS RESULTS

BEKESCSABA (HUN, Apr 17): Canadian guest Rachel Seaman achieved new national 20 km walk record time of 1:33:43 in winning the 32nd international walking meeting at Bekescsaba in Hungary on Sunday. Second placed Viktoria Madarsz claimed the national title with 1:36:22. The men's title went to Mate Hellebrandt with 1:27:07.

LESKOVAC (SRB, Apr 16): The Serbian 20km walking title went to Predrag Filipovic with 1:24:51. His twin brother Nenad was second with 1:27:58.

NESVIZH (BLR, Apr 9): Ivan Trotskiy clocked 2:35:49 at the 35 km event to win the **Belarus Walking Cup**. In the 20 km races the best were Andriy Talashko 1:23:25 and Anastasiya Yatsевич 1:34:27. Yevgeniy Zalesskiy won the Junior men's 10km with 41:23 while Xenia Umets won the Junior women's 10km with 48:53

Men's 35km 1. Ivan Trotskiy 2:35:49, 2.Dmitry Dyubin 2:40:35, 3.Andrei Stepanchuk 2:43:30

Trotsky plans to race 50km at the European Cup

Men's 20km 1. Andriy Talashko 1:23:25, 2.Vitaliy Talankov 1:23:50, 3.Alexander Lyakhovich, 11 finishers 1:40:19 or better

Women's 20km 1. Anastasiya Yatsевич 1:34:27, 2.Anna Drabenya 1:36:08, 3.Alina Matveyuk 1:36:45, 8 finishers, 1:51:25 or better

Junior men 1. Yevgeniy Zalesskiy 41:23, 2.Turkov, 42:25 ,3.Tityak, 42:52, 17 finishers, 15 under 50:00

Junior women 1. Xenia Umets 48:53, 16 finishers, 8 under 52:00

Conditions - cold, windy

WHAT'S COMING UP

Next weekend sees the Australian Masters T&F championships in Brisbane. Good luck to all our Masters walkers. I believe that the walks are on as follows but don't hold me to it!

Thursday 21 April	3.15pm	W60+ 1,500 metres
	3.30pm	W30-W59 1,500 metres
	3.40pm	M65+ 1,500 metres
	3.55pm	M30-M64 1,500 metres
Friday 22 April	8.00am	W30+ 5,000 metres
	8.45am	M65+ 5,000 metres
	9.30am	M30-M64 5,000 metres
Sunday 24 April	7.00am	M30+ 10km Road Walk
	7.00am	W30+ 10km Road Walk

This coming Friday (Friday 22 April) also sees the next IAAF Race Walking Challenge Series meet in Taicang, China. This is always targetted by the Australian walkers, given its relative closeness and similarity from a timezone perspective. I believe that the following Australian walkers will be in action – **Jared Tallent, Luke Adams, Adam Rutter, Brendon Reading, Rhydian Cowley, Claire Tallent, Regan Lamble and Beki Lee**. Apologies if I missed out on anyone. Good luck guys!

Our first winter season races at Middle Park are on Saturday 30th April and read as follows:

Saturday 30th April 2011 Middle Park		
VRWC EVENTS & AV TEAMS EVENTS		
2.15pm	5km AV Teams Championship	Open Men
2.15pm	5km AV Teams Championship	Open Women
2:15pm	5km	Open
2.25pm	3km	Open
2.25pm	3km	Under 15
2.35pm	2km	Under 12
2.35pm	1km	Under 9

The **AV 5km Teams Championship** is open to any AV-registered walker so, even if your club does not have a team of 3 walkers, you should still enter with AV and walk – it will be a hot race indeed and is a great chance to get the season off to a big start. You need to do three things now

1. Register with AV for their new financial year which started on 1st April
2. Check with the other walkers in your athletics club and make sure you get your team of 3 men or 3 women together
3. Enter for the AV 5km Teams event via the online entry panel on the AV website

It is now possible to enter the 5km Teams Event via the AV Online Entry panel (see <http://www.athsvic.org.au/webScript.php?webPageID=10&script=webMeet.php&years=2011;2012&meetID=1224>). Michelle James from AV advises

I have extended the 5km closing date until 5pm Wednesday 27th April to allow athletes sufficient time to enter. All remaining events will revert back to the closing date 9 days prior. Athletes can access the online entry system via our website, by clicking the competitions tab, then on the actual event. Please remind competitors that they must be registered with Athletics Victoria

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]

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

Sat 30 April, 2011 VRWC Winter Season commences. Fixture includes AV 5km Teams Races, Middle Park
 Sun May 29, 2011 Australian Masters 20km championships, Middle Park, VIC
 Victorian Country Roadwalking Championships, Middle Park, VIC
 Sun 12 June, 2011 Lake Burley Griffin Racewalking 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)
 Sun 21 Aug, 2011 Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
 7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

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

22 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 1st May, 2011 Sesto San Giovanni Meet, Italy
 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/Nihill 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 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

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

Looking even further forward

August 22-30, 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>)