



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 30
26 April 2011



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BALLARAT WALKERS CLUB WALKS, LAKE WENDOUREE, BALLARAT, SUNDAY 3 APRIL

On Sunday 3rd April, the Ballarat Walkers Club was back in action with the President's Cup 3km Handicap which was contested at North Gardens, Lake Wendouree. Daryl Biggin tells me that conditions were fantastic and all walkers performed exceptionally well. Rodney Davis took home the Cup in a time of 21.17. New BRWC member Jake Quinton walked 19.00 - a great first time effort. Well done also to Alanna Peart (2km) and Olivia Davis (3km) for completing these distances for the first time.

3km President's Cup Handicap

1.	Rodney Davis	21:17
2.	Katelyn Lotherington	19:08
3.	Jake Quinton	19:00
4.	Amy Canavan	19:01
5.	Shae Ohlsen	20:03
6.	Lee Govan	19:17
7.	Olivia Davis	24:34
8.	Kobie Somerfield	18:15
9.	Ross Darlow	18:00
10.	Jemma Peart	19:04
11.	Sarah Brennan	17:44
12.	John Ohlsen	23:10
13.	Collin Bootsman	17:39
14.	Daryl Biggin	16:48

1km & 2km Junior Walk

1.	Leah Canavan (1km)	8:41
	Mia Darlow(500met)	DNF
1.	Alanna Peart (2km)	15:30



Daryl Biggin presents the Ballarat Presidents Cup to 2011 winner Rodney Davis

NSW RACE WALKING CLUB ROADWALKS, LEICHHARDT, SYDNEY, SATURDAY 16 APRIL

The NSW RWC newsletter reported as follows on the walks held on Saturday 16 April: *“We had 45 competitors last Saturday at Leichhardt even though it was the worst conditions for walking that I have seen in a long while.”*

Long Division 12km		Finish Time	H'cap Time	H'cap Place
1.	Ian Jessuran	61.48	56.58	2
2.	Matthew Killen	70.00	51.62	1
	Kyle Malone	DNF		

Medium Division 10km		Finish Time	H'cap Time	H'cap Place
1.	Steven Washburn	50.52	47.06	3
2.	Tony Psarianos	62.52	46.37	2
3.	Robert Willcox	63.34	-	-
4.	Demi Psarianos	66.38	56.44	1
5.	Judy Brown	81.57	-	-
	Brandon Hyde	DNF		

Short Division 5km		Finish Time	H'cap Time	H'cap Place
1.	Tyler Jones	25.22	-	-
2.	Amy Bettiol	25.40	-	-
3.	Jasmine Dighton	26.31	26.20	6
4.	Tom Doyle	27.12	25.08	4
5.	Robert Murphy	27.25	27.25	8
6.	Bryony Beasley	29.37	27.11	7
7.	Stephanie Grujoski	31.20	27.54	10
8.	Amanda Barendregt	31.21	27.43	4
9.	John Thompson	32.08	26.14	5
10.	Lewis Thompson	33.40	24.59	3
11.	Jade Dighton	35.28	18.30	1
12.	Nicolle Challinor	40.18	20.40	2

U16 Division 2km		Finish Time	H'cap Time	H'cap Place
1.	Luke Jobson	11.04	10.05	1
2.	Jasmyn McDonald	11.09	10.53	3
3.	Sarah Killand	11.38	11.11	4
4.	Declan O'Connell	11.44	-	-
5.	Dylan Richardson	11.45	-	-
6.	Damien Owen	12.40	12.08	6
7.	Michael Murphy	12.51	-	-
8.	Travis Barendregt	12.59	11.18	5
9.	Bridget O'Connell	13.10	-	-
10.	Josie Doyle	13.17	10.12	2
11.	Ally Grujoski	14.26	12.33	7

U12 Division 1.5km		Finish Time	H'cap Time	H'cap Place
1.	Kyle Bedford	7.36	7.36	3
2.	Leah McDonald	7.55	7.48	6
3.	Eliza Delaine	8.33	7.40	4
4.	Benjamin Tisdale	8.46	7.59	8
5.	Ryan Thompson	8.58	7.42	5
6.	Madeline Owen	9.26	-	-
7.	Samantha Brown	9.35	6.49	1
8.	Katlyn Ellyard	10.09	7.57	7
9.	Tayla Jobson	10.37	-	-
10.	Bree Ellyard	10.52	8.26	10
11.	Julia Kelland	11.50	7.59	8
12.	Callum Owen	12.55	-	-
13.	Logan Barendregt	13.13	6.55	2

REGAL RACEWALKERS – ROADWALKING RESULTS

Thanks to Bob Cassell for passing on the last 2 weeks of results from the Regal Racewalkers in Sydney.

Roadwalks, Leichhardt, Saturday 16 April 2011

Division 1 - 16Km

Robert Osborne	1:15:25	12km
Jim Seymon	1:17:31	10km
Jodie Sundstrom	0:51:57	6km

Division 2 - 12Km

Dennis Williams	1:01:55	10km
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Division 3 - 6km

Maryanne Shaw	0:25:00	4km
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Division 4 - 3km

Katrina Shaw	0:10:59	2km
Tegan Henry	0:11:37	2km
Amy Henry	0:12:15	2km

Roadwalks, Chipping Norton, Saturday 23 April 2011

Division 1 - 20Km

Robert Osborne	1:40:45	15km
Jodie Sundstrom	1:08:34	8km

Division 2 - 14Km

Vanessa Ebejer	1:28:35	14km
Kurtis Birch-Ward	0:10:36	2km

Division 3 - 8km

Charlene Ebejer	0:56:25	8km
Maryanne Shaw	0:31:31	5km
Jordan Glover	0:12:51	2km

Division 4 - 2km

Katrina Shaw	0:10:42	2km
Tegan Henry	0:11:09	2km
Amy Henry	0:12:05	2km
Blake Dwyer	0:12:56	2km
Laura Henry	0:13:05	2km
Dakota Bennett-Ward	0:08:16	1km

AUSTRALIAN MASTERS CHAMPIONSHIPS, BRISBANE, 21-24 APRIL 2011

Last weekend saw the Australian Masters T&F championships in Brisbane with 1500m track, 5000m track and 10km road walks on offer. You can see the full results at <http://www.mastersathletics.com.au/liveresults/index.htm>. As usual, the age graded percentages are used to mark the relative merit of each performance and I have highlighted those above the 85% mark in their respective divisions. According to this system, the top performers were Andrew Jamieson, Lyn Ventris, Heather Carr, Peter Bennett, Christiane Dauphinet, Mark Donahoo, Russ Dickenson, Colin Heywood, Garry Hastie, Iggy Jimenez, George White, Paul Rance and James Seid-Christmass. The top performance of the meet went to Andrew Jamieson who scored a huge 97.01% with his time of 24:05.72 in the M60 5000m track walk.

1500m Walks, Thursday 21 April

W35	1	Irshad, Kylie	W39	VIC MASTERS	7:24.67	78.16%
W40	1	Smith, Lynette	W40	NSW MASTERS	8:03.81	72.37%
	2	Beikoff, Donna	W43	QLD MASTERS	10:09.29	58.84%
	3	Crouch, Regina	W42	WA MASTERS	11:51.94	49.96%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	7:26.45	82.95%
	2	Shaw, Robyn	W49	VIC MASTERS	8:25.73	74.45%
	3	Willis, Mary	W49	NSW MASTERS	9:06.09	68.95%
W50	1	Tindal, Pam	W51	VIC MASTERS	7:27.87	85.50%
	2	Shaw, Kay	W52	QLD MASTERS	8:23.60	76.70%
	3	Elms, Donna-Marie	W50	VIC MASTERS	8:37.73	73.34%
W55	1	Bryant, Barbara	W56	VIC MASTERS	8:23.75	79.41%
	2	Lloyd, Nancy	W57	NSW MASTERS	10:02.22	67.05%
	3	Wilson, Julie	W57	WA MASTERS	10:32.58	63.83%
	4	Wales, Robyn	W58	QLD MASTERS	10:56.15	62.13%

W60	1	Carr, Heather	W61	VIC MASTERS	7:32.8h	92.75%
	2	Johnson, Celia	W63	VIC MASTERS	10:03.1h	71.14%
	3	Mison, Michele	W63	WA MASTERS	10:17.7h	69.46%
W65	1	Steed, Gwen	W68	VIC MASTERS	9:03.9h	83.59%
	2	Lynch, Sally	W67	QLD MASTERS	9:11.8h	81.40%
	3	Schickert, Lynne	W69	WA MASTERS	10:39.8h	71.96%
	4	McKinven, Noela	W68	QLD MASTERS	10:50.3h	69.93%
	5	Thomas, Trish	W65	ACT VETERANS	15:13.4h	48.03%
W70	1	Beaumont, Margaret	W73	VIC MASTERS	12:25.0h	65.20%
W75	1	Mews, Pam	W76	VIC MASTERS	16:48.2h	50.36%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	11:32.7h	78.19%
M30	1	Crothers, Paul	M34	QLD MASTERS	11:26.83	45.73%
M40	1	Seid-Christmass, James	M43	VIC MASTERS	6:32.56	85.24%
M45	1	Hastie, Garry	M49	WA MASTERS	6:35.60	88.86%
	2	Jimenez, Ignacio	M46	QLD MASTERS	6:37.12	86.33%
	3	Baker, Peter	M47	ACT VETERANS	7:17.25	79.06%
	4	Lindenberg, Paul	M48	QLD MASTERS	7:28.82	77.66%
M50	1	Donahoo, Mark	M52	VIC MASTERS	6:41.86	89.74%
	2	Rance, Paul	M52	VIC MASTERS	6:59.70	85.93%
	3	Davis, Kevin	M51	QLD MASTERS	9:53.00	60.30%
M55	1	Bennett, Peter	M55	QLD MASTERS	6:48.21	90.71%
	2	Heywood, Colin	M56	ACT VETERANS	7:01.06	88.75%
	3	Membrey, Harold	M59	WA MASTERS	10:16.73	62.33%
	-	Puliyadda, Anura	M59	VIC MASTERS	DQ	
M60	1	Jamieson, Andrew	M64	VIC MASTERS	7:14.91	93.01%
	2	Williams, Dennis	M62	NSW MASTERS	8:49.06	74.87%
	3	Horton, Brian	M63	TAS MASTERS	9:06.46	73.25%
M65	1	Dickenson, Russ	M65	VIC MASTERS	7:37.19	89.44%
	2	White, George	M65	SA MASTERS	7:59.72	85.24%
	3	Whyte, Robin	M69	ACT VETERANS	8:38.10	82.61%
	4	Thomas, Bryan	M69	ACT VETERANS	10:20.04	69.02%
M70	1	Johnson, Tony	M70	VIC MASTERS	8:45.13	82.48%
	2	Sela, Patrick	M71	QLD MASTERS	9:00.25	81.15%
	3	Seymon, Jim	M73	NSW MASTERS	9:01.70	83.01%
	4	Barber, Rodger	M73	SA MASTERS	10:43.32	69.90%
	5	Newmark, Varel	M71	TAS MASTERS	15:52.95	46.01%
M75	1	Millridge, Osmo	M79	NSW MASTERS	10:04.16	80.84%
	2	Silcock-Delaney, Colin	M78	VIC MASTERS	10:39.09	75.31%
	3	Beaumont, Ian	M75	VIC MASTERS	11:45.59	65.43%
	--	Johnson, Ron	M78	NEW ZEALAND	DQ	
M80	1	Lynch, Richard	M82	QLD MASTERS	11:03.89	77.01%
	2	Grigg, Russell	M84	QLD MASTERS	13:45.92	63.93%
M85	1	Keatinge, Dick	M88	QLD MASTERS	12:23.29	76.15%

5000m Walks, Friday 22 April

W35	1	Irshad, Kylie	W39	VIC MASTERS	29:23.63	69.41%
W40	1	Beikoff, Donna	W43	QLD MASTERS	36:09.91	58.19%
	2	Crouch, Regina	W42	WA MASTERS	42:03.50	49.64%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	27:38.00	78.68%
	2	Shaw, Robyn	W49	VIC MASTERS	30:43.71	71.97%
	3	Willis, Mary	W49	NSW MASTERS	32:10.48	68.74%
W50	1	Ventris, Lynette	W54	WA MASTERS	24:33.74	94.36%
	2	Tindal, Pam	W51	VIC MASTERS	26:43.26	84.28%
	3	Shaw, Kay	W52	QLD MASTERS	29:55.48	75.96%
	4	Elms, Donna-Marie	W50	VIC MASTERS	31:31.47	70.78%
W55	1	Bryant, Barbara	W56	VIC MASTERS	29:25.30	80.39%
	2	Lloyd, Nancy	W57	NSW MASTERS	32:59.45	72.46%
	3	Wilson, Julie	W57	WA MASTERS	36:53.81	64.79%
W60	1	Carr, Heather	W61	VIC MASTERS	26:51.09	93.12%
	2	Feldman, Elizabeth	W62	VIC MASTERS	31:25.35	80.53%
	3	Johnson, Celia	W63	VIC MASTERS	34:47.94	73.61%
	4	Mison, Michele	W63	WA MASTERS	35:07.12	72.94%
W65	1	Steed, Gwen	W68	VIC MASTERS	32:14.52	84.90%
	2	Lynch, Sally	W67	QLD MASTERS	32:17.12	83.61%
	3	Schickert, Lynne	W69	WA MASTERS	37:20.58	74.35%
	4	McKinven, Noela	W68	QLD MASTERS	38:27.11	71.19%

W70	1	Beaumont, Margaret	W73	VIC MASTERS	42:05.52	70.14%
W75	1	Mews, Pam	W76	VIC MASTERS	55:02.51	56.42%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	39:04.68	85.63%
M40	1	Seid-Christmass, James	M43	VIC MASTERS	25:33.15	75.78%
M45	1	Jimenez, Ignacio	M46	QLD MASTERS	24:02.34	82.52%
	2	Hastie, Garry	M49	WA MASTERS	27:48.11	73.13%
	3	Lindenberg, Paul	M48	QLD MASTERS	28:17.34	71.28%
	4	Baker, Peter	M47	ACT VETERANS	29:49.85	67.04%
M50	1	Donahoo, Mark	M52	VIC MASTERS	24:58.19	83.53%
	2	Rance, Paul	M52	VIC MASTERS	27:07.12	76.91%
M55	1	Bennett, Peter	M55	QLD MASTERS	24:13.78	88.35%
	2	Heywood, Colin	M56	ACT VETERANS	24:43.15	87.38%
	3	Puliyadda, Anura	M59	VIC MASTERS	46:09.69	48.12%
M60	1	Jamieson, Andrew	M64	VIC MASTERS	24:05.72	97.01%
	2	Williams, Dennis	M62	NSW MASTERS	30:12.84	75.76%
	3	Horton, Brian	M63	TAS MASTERS	31:39.08	73.07%
M65	1	White, George	M65	SA MASTERS	27:25.71	86.16%
	2	Whyte, Robin	M69	ACT VETERANS	30:48.02	80.34%
	--	Dickenson, Russ	M65	VIC MASTERS	DQ Rule 163.6	
	--	Thomas, Bryan	M69	ACT VETERANS	DQ	
M70	1	Johnson, Tony	M70	VIC MASTERS	31:01.51	80.74%
	2	Sela, Patrick	M71	QLD MASTERS	31:35.91	80.26%
	3	Seymon, Jim	M73	NSW MASTERS	34:14.91	75.98%
M75	1	Millridge, Osmo	M79	NSW MASTERS	35:37.52	79.52%
	2	Silcock-Delaney, Colin	M78	VIC MASTERS	36:43.35	75.99%
	3	Beaumont, Ian	M75	VIC MASTERS	40:08.84	66.59%
M80	1	Lynch, Richard	M82	QLD MASTERS	37:24.67	79.39%
M85	--	Keatinge, Dick	M88	QLD MASTERS	DNF	

10km roadwalks, Sunday 24 April

W35	--	Irshad, Kylie	W39	VIC MASTERS	DNF	
W40	1	Crouch, Regina	W42	WA MASTERS	1:27:24	49.45%
W45	1	Staunton-Jugovic, Ann	W47	ACT VETERANS	58:50	76.66%
	2	Shaw, Robyn	W49	VIC MASTERS	1:04:05	71.69%
	3	Willis, Mary	W49	NSW MASTERS	1:05:33	70.09%
W50	1	Ventris, Lynette	W54	WA MASTERS	51:03	94.66%
	2	Tindal, Pam	W51	VIC MASTERS	59:20	78.96%
	3	Shaw, Kay	W52	QLD MASTERS	1:03:03	75.06%
	4	Elms, Donna-Marie	W50	VIC MASTERS	1:07:54	68.32%
W55	1	Bryant, Barbara	W56	VIC MASTERS	1:00:38	81.47%
	2	Lloyd, Nancy	W57	NSW MASTERS	1:13:53	67.62%
W60	1	Carr, Heather	W61	VIC MASTERS	56:41	92.52%
	2	Feldman, Elizabeth	W62	VIC MASTERS	1:06:34	79.81%
	3	Johnson, Celia	W63	VIC MASTERS	1:12:45	74.00%
	4	Mison, Michele	W63	WA MASTERS	1:14:05	72.66%
W65	1	Lynch, Sally	W67	QLD MASTERS	1:08:43	82.89%
	2	Schickert, Lynne	W69	WA MASTERS	1:17:33	75.74%
	3	McKinven, Noela	W68	QLD MASTERS	1:19:17	72.94%
W70	1	Beaumont, Margaret	W73	VIC MASTERS	1:25:39	73.27%
W80	1	Dauphinet, Christiane	W80	QLD MASTERS	1:20:24	89.45%
M40	1	Seid-Christmass, James	M43	VIC MASTERS	53:41.00	74.22%
M45	1	Jimenez, Ignacio	M46	QLD MASTERS	49:27.00	82.52%
	2	Hastie, Garry	M49	WA MASTERS	54:03.00	77.36%
	3	Lindenberg, Paul	M48	QLD MASTERS	59:16.00	69.97%
M55	1	Heywood, Colin	M56	ACT VETERANS	50:17.00	88.25%
	2	Bennett, Peter	M55	QLD MASTERS	50:39.00	86.85%
	3	Membrey, Harold	M59	WA MASTERS	1:18:35.00	58.05%
M60	1	Jamieson, Andrew	M64	VIC MASTERS	50:02.00	95.93%
	2	Williams, Dennis	M62	NSW MASTERS	59:18.00	79.25%
	3	Horton, Brian	M63	TAS MASTERS	1:05:21.00	72.67%
	-	Lucas, Alan	M63	VIC MASTERS	DNF	
M65	1	Dickenson, Russ	M65	VIC MASTERS	57:05.00	85.00%
	2	Whyte, Robin	M69	ACT VETERANS	1:01:25.00	82.77%
	3	Thomas, Bryan	M69	ACT VETERANS	1:12:39.00	69.97%
	-	White, George	M65	SA MASTERS	DQ	

M70	1	Johnson, Tony	M70	VIC MASTERS	1:04:18.00	80.04%
	2	Sela, Patrick	M71	QLD MASTERS	1:05:16.00	79.86%
	3	Seymon, Jim	M73	NSW MASTERS	1:11:41.00	74.66%
	-	Barber, Rodger	M73	SA MASTERS	DNF	
M75	1	Silcock-Delaney, Colin	M78	VIC MASTERS	1:13:25.00	78.34%
	2	Beaumont, Ian	M75	VIC MASTERS	1:20:38.00	68.24%
M80	1	Lynch, Richard	M82	QLD MASTERS	1:18:10.00	78.52%

IAAF RACE WALKING CHALLENGE SERIES MEET, TAICANG, CHINA, 22 -24 APRIL

The latest IAAF Race Walking Challenge event has just been completed in Taicang in China and what a huge carnival it proved to be. We were lucky in that we had a strong Australian contingent of 10 walkers and 2 support staff representing us there and the following report is compliments of Beth Alexander, Regan Lamble, Rhydian Cowley and Brent Vallance who combined forces post-race to put it all together. The photos used are also courtesy of Brent Vallance, Regan Lamble and Mr Da of Taicang. Here we go

IAAF Race Walking Challenge Series Report By Beth Alexander, Regan Lamble, Rhydian Cowley and Brent Vallance

China once again hosted a fantastic leg of the IAAF Challenge in Taicang, just outside Shanghai. This event was again held in conjunction with the Chinese National Race Walking Championships and “The Yalu Cup” (an interprovincial teams competition). With only National Team members for China entered into the IAAF Challenge event, the results that have been published elsewhere do not show that the 20km events were 3 races that had a pack start. These races were

- The IAAF Race Walking Challenge
- The Chinese Open 20km Championships
- The Chinese U/20 20km Championships

Taicang is the host City for the 2014 World Walking Cup and is tipped to host the Chinese leg of the Challenge from now until then. Australians again managed to have the largest international contingent with 10 athletes and two support staff making their way over to the Challenge. Jared Tallent was attending his 7th consecutive event in China and was again one of the highest profile International competitors.

Women’s 20km Walk 8:00am, Friday 22nd April

The first race of the day was the women’s 20km which started in almost ideal conditions. It was an overcast 16°C and there had been some overnight rain which had cleared by race morning. The lead pack formed early during the first lap, done in 8:58, and contained mostly Chinese athletes. The sole international competitor brave enough to join them was Germany’s Melanie Seeger. The Australian girls were content for a slower paced first lap with Regan and Claire walking 9:28 behind Cheryl’s 9:14. The lead pack passed through 10km in a fast 44:20, at which stage pre-race favourite Liu Hong began to pour on the pressure, walking consecutive laps of 8:34 to open up a commanding lead. She was always in a prominent position and was dominant in the second half of the race to secure her third victory at this event (Liu Hong had won previously in Shenzhen 2007 and Beijing 2008.)

Regan Lamble decided at 2km that she was feeling good and then began to move through the field. With a PB 10km split of 45:42 and looking very strong, she was able to maintain that tempo through until 16km and, despite losing some time over the last couple of laps, recorded a PB of **1:31:39** and more importantly an A qualification time for the World Championships. Regan joined Jared Tallent (2005) and Adam Rutter (2006) in posting her first A qualification time at the IAAF Challenge in China. At only 19 years of age, Regan has almost guaranteed that she will be added to the World Championships team, joining Claire Tallent who was an automatic nomination after the National Championships this year.

Claire walked a solid race, finishing with her fourth A qualification time of the last twelve months in **1:32:39**. This is a considerable feat of consistency that is amongst the best record for Australian females in athletics in recent times. **Beki Lee** completed very consistent splits, averaging 9:30 for most of the race, finishing with a World University Games qualifier of **1:35:35**. This means she has dropped 7 minutes in her last three 20km outings. Not bad for the 2003 World Youth Championships representative who has come a long way since relocating to Canberra in March 2010. It was unfortunate that **Cheryl Webb** was disqualified as she looked to be on course for her best race of the season. **Beth Alexander** (aka BA) was in China as part of the Athletics Australia Target Talent Program (TTP) tour to Hong Kong and Taicang along with Rhydian Cowley, Regan Lamble and Dane Bird Smith (absent in Taicang). Beth was set down to only walk 10km of the 20km event and walked a near PB time of 49:17. She was listed as a DQ later when the results came out at the end of the day and had unfortunately picked up a three cards on her last lap. It was still a very positive performance by Beth on her first International Tour and a time under the WJ Qualification standard.

1	Qieyang Shenjie	CHN	11/11/1990	1:28:04	PB
2	Li Yanfei	CHN	12/01/1990	1:28:43	PB
3	Gao Ni	CHN	14/09/1991	1:29:38	PB
4	Sun Huanhuan	CHN	15/03/1990	1:29:46	PB
5	Lu Xiuzhi	CHN		1:30:06	PB
6	He Qin	CHN	23/03/1992	1:30:13	PB

7	Wang Shanshan	CHN	16/06/1987	1:30:37	SB
8	Yang Mingxia	CHN	13/01/1990	1:31:07	SB
9	Melanie Seeger	GER	8/01/1977	1:31:19	
10	Ding Huiqin	CHN		1:31:23	PB
11	He Dan	CHN	22/07/1984	1:31:33	
12	Regan Lamble	AUS	14/10/1991	1:31:39	PB
13	Shi Tianshu	CHN	7/06/1988	1:31:53	PB
14	Yang Yawei	CHN	16/10/1983	1:32:18	
15	Claire Tallent	AUS	7/06/1981	1:32:39	
16	Nie Jingjing	CHN	1/03/1988	1:34:02	
17	Li Li	CHN	18/06/1987	1:34:15	
18	Zhou Tongmei	CHN		1:34:42	
19	Bo Yanmin	CHN	29/06/1987	1:35:02	
20	Li Hua	CHN	15/01/1991	1:35:07	
21	Chen Shuangyan	CHN	14/08/1991	1:35:33	PB
22	Beki Lee	AUS	25/11/1986	1:35:35	PB
23	Xu Liqin	CHN	6/02/1990	1:35:53	
24	Kang Jinzi	CHN	25/01/1990	1:36:50	
25	Xie Lijuan	CHN	14/05/1993	1:37:45	
26	Wang Xiaolan	CHN		1:37:57	PB
27	Liu Ke	CHN	2/10/1990	1:38:12	
28	Liu Huan	CHN	0/93	1:38:45	PB
29	Wang Tingting	CHN	18/01/1987	1:38:59	
30	Xu Yaozhi	CHN	20/05/1990	1:39:12	
31	Huang Jing	CHN	28/02/1988	1:39:22	
32	Song Xiaoling	CHN	21/12/1987	1:39:53	
33	Wang Yingliu	CHN		1:40:12	
34	Wang Jiaojiao	CHN		1:40:29	PB
35	Ma Faying	CHN		1:40:30	PB
36	Dan Hongying	CHN		1:40:39	
37	Mu Juan	CHN	20/06/1989	1:40:46	PB
38	Zhu Dan	CHN		1:41:02	PB
39	Li Wanfang	CHN	0/93	1:42:04	PB
40	Song Xinhua	CHN	3/03/1991	1:42:24	PB
41	Jeon Yong-Eun	KOR	24/05/1988	1:42:48	
42	Zuo Qiong	CHN		1:43:08	
43	Zhao Huimin	CHN	12/10/1993	1:43:23	PB
44	Yang Kaixuan	CHN		1:43:50	PB
45	Song Meiyong	CHN	8/09/1989	1:44:00	
46	Fu Jia	CHN		1:44:03	PB
47	Liu Fengshuang	CHN	20/04/1993	1:44:12	PB
48	Sun Libin	CHN		1:44:16	PB
49	Liu Yingzhu	CHN		1:44:22	
50	Li Qiuye	CHN	0/93	1:44:35	
51	Xin Shasha	CHN	20/01/1992	1:44:50	
52	Ma Ling	CHN	1/06/1992	1:44:51	
53	Zhang Shasha	CHN		1:44:52	PB
54	Lin Xianxian	CHN		1:45:38	PB
55	Ju Yannan	CHN	25/09/1993	1:45:53	
56	Sun Xueping	CHN	10/12/1988	1:45:57	
57	Liu Yannan	CHN		1:45:58	PB
58	Li Yangyang	CHN		1:45:58	PB
59	He Qinqin	CHN		1:46:19	
60	Cao Xuelian	CHN		1:46:29	
61	Chen Xue	CHN	23/01/1992	1:46:34	PB
62	Zhu Chunyan	CHN		1:47:24	PB
63	He Fenfen	CHN	15/04/1992	1:48:05	
64	Kang Bin	CHN	8/01/1992	1:48:54	
65	Chang Xiao	CHN		1:50:12	
66	Ke Lijun	CHN	12/09/1988	1:50:56	
67	Xu Haiyang	CHN	19/03/1993	1:51:24	PB
68	Ouyang Hongping	CHN	4/06/1993	1:51:58	PB
69	Zhou Jie	CHN	3/09/1996	2:23:17	PB
70	Cai Ming	CHN	13/01/1997	2:23:55	PB
71	Han Yincui	CHN	18/01/1997	2:24:04	PB
	Shi Yang	CHN	24/01/1983	DNF	
	Han Yingying	CHN		DNF	
	Cheryl Webb	AUS	3/10/1976	DQ	

Beth Alexander	AUS	28/11/1992	DQ
Li Wei	CHN	/12/1992	DQ

Splits

Liu Hong	8:58, 8:53, 8:53, 8:51, 8:41, 8:34, 8:34, 8:40, 8:41, 8:36	1:27:17
Shijie Qieyang	8:59, 8:53, 8:53, 8:50, 8:41, 8:34, 8:40, 8:59, 8:53, 8:46	1:28:04
Yanfie Li	8:59, 8:54, 8:53, 8:50, 8:40, 8:34, 8:53, 9:03, 8:56, 9:05	1:28:43
Regan Lambie	9:28, 8:58, 9:06, 9:04, 9:06, 9:06, 9:09, 9:15, 9:18, 9:13	1:31:39
Claire Tallent	9:29, 9:07, 9:04, 9:09, 9:14, 9:15, 9:18, 9:23, 9:24, 9:20	1:32:39
Rebecca Lee	9:37, 9:27, 9:24, 9:25, 9:32, 9:37, 9:36, 9:29, 9:45, 9:47	1:35:35
Beth Alexander	9:38, 9:54, 9:55, 10:12, 9:38	(49:17)



The start of the women's 20km event



Left: Claire and Regan in action



Right: Beki, Cheryl, Beth and Regan

Men's 20km Walk, 8:25am, Friday 22 April

With lots of leg slapping and a big roar as the gun went off, the men were away at 8:25am, meaning there were now more than 140 walkers out on the road. The Chinese duo of Zhen Wang and Chu Yufei posted their third consecutive quinella in IAAF Challenge events they have contested, after wins in the 2010 final in Beijing, and 2011 events in Lugano and now Taicang. Along with the women's winner these two athletes now spend the majority of their time in Saluzzo, Italy under the guidance of Italian great Sandro Damilano. The gap between the Italian based Chinese walkers and the rest of the country is now quite extensive as the fourth Chinese athlete across the line was some two minutes behind the winning athlete which in stark contrast to the mass of fast times done at previous editions of this event.

Jared Tallent was the only athlete to challenge to Chinese athletes as he was in a clear breakaway after 10km with first four, then three Chinese athletes to the 14km mark. Jared's next lap of 7:42 was no match for the 7:30 lap by Zhen, Chu and Chen but Jared was still looking good for a time close to his PB of 1:19:15. But he had picked up two reports to 14km, and was content to

settle with his 4th place and another sub 80 minute walk of **1:19:57**. **Adam Rutter** had a much harder day in the office, recording **1:23:48**, and will now turn his attention towards preparing for the World Championships in August. Prior to the race, the word out of Canberra was that **Brendon Reading** was long overdue for a breakthrough of some magnitude after towelling up Jared Tallent in a session up Mount Stromlo. He did not disappoint, finishing with a two and half minute PB, in **1:24:51**. 1:25 minutes is a significant mark to pass, and it puts Brendon right up in contention for events in the coming years. Although on for a personal best time, **Rhydian Cowley** unfortunately had to withdraw from the race at the 16km mark, due to heel pain sustained whilst in Hong Kong.

1	Wang Zhen	CHN	24/08/1991	1:18:30	PB
2	Chu Yafei	CHN	5/09/1988	1:18:45	
3	Chen Ding	CHN	5/08/1992	1:18:52	PB
4	Jared Tallent	AUS	17/10/1984	1:19:57	
5	Kim Hyun-Sub	KOR	31/05/1985	1:20:10	
6	Eder Sánchez	MEX	21/05/1986	1:20:19	
7	Christopher Linke	GER	24/10/1988	1:20:51	PB
8	Cai Zelin	CHN	11/04/1991	1:21:07	PB
9	Cui Zhide	CHN	11/01/1983	1:21:52	
10	Pyotr Trofimov	RUS	18/12/1983	1:22:05	
11	Li Tianlei	CHN	13/01/1995	1:22:23	PB
12	Yu Wei	CHN	11/09/1987	1:23:05	
13	Bian Fongda	CHN		1:23:20	
14	Bo Xiangdong	CHN	1/10/1987	1:23:26	
15	Ji Chunlong	CHN	25/02/1988	1:23:34	PB
16	Xu Dexing	CHN	20/08/1988	1:23:42	
17	Hu Wanli	CHN	27/05/1992	1:23:46	PB
18	Adam Rutter	AUS	24/12/1986	1:23:48	
19	Chen Zongliang	CHN		1:24:10	
20	Sun Chenggang	CHN		1:24:35	PB
21	Brendon Reading	AUS	26/01/1989	1:24:51	PB
22	Wang Leilei	CHN	14/02/1989	1:25:10	
23	He Yongqiang	CHN	27/11/1993	1:25:27	
24	Lin Dexin	CHN		1:25:35	
25	Zhang Hang	CHN		1:25:41	
26	Li Shijia	CHN		1:26:13	PB
27	Zhang Xiaorui	CHN		1:26:22	
28	Ge Hui	CHN	21/12/1987	1:26:22	
29	Wang Zipeng	CHN		1:26:38	PB
30	Li Qiang	CHN	10/02/1993	1:26:39	PB
31	Han Jijiang	CHN	20/07/1992	1:26:53	PB
32	Yu Jiandong	CHN	6/12/1993	1:27:07	
33	Wang Wei	CHN	1/12/1988	1:27:19	
34	Wei Xubao	CHN	1/02/1993	1:27:24	
35	Cao Mingjun	CHN		1:27:40	
36	Xu Jie	CHN	1/01/1993	1:27:52	PB
37	Cui Yasen	CHN	28/02/1987	1:27:59	
38	Zhao Fujie	CHN		1:28:18	
39	Pei Lianyou	CHN	27/01/1990	1:28:22	
40	Chen Haoding	CHN	6/11/1992	1:28:43	PB
41	Tong Anqi	CHN	29/09/1992	1:28:49	PB
42	Zhang Lin	CHN	11/11/1993	1:28:51	PB
43	Lim Jung-Hyun	KOR	8/09/1987	1:29:05	
44	Rong Yufei	CHN		1:29:06	
45	Yang Yanxiong	CHN	12/12/1990	1:29:13	PB
46	Geng Yuanjiang	CHN	20/09/1991	1:29:19	PB
47	Zhao Yinliang	CHN	6/01/1993	1:29:46	
48	Wang Hongwei	CHN	10/10/1989	1:30:00	PB
49	Liu Fuyu	CHN	9/09/1993	1:30:17	PB
50	Xu Xianlong	CHN	2/02/1991	1:30:20	PB
51	Zhang Qiaowei	CHN	14/01/1992	1:30:45	PB
52	Wang Guozhen	CHN		1:30:48	
53	Peng Honhchan	CHN		1:30:54	
54	Han Yucheng	CHN	16/12/1978	1:31:09	
55	Zhu Chundong	CHN	1/01/1990	1:31:10	
56	Cao Mingyao	CHN	25/07/1993	1:31:29	PB
57	Luo Yadong	CHN		1:31:32	
58	Guo Ziyang	CHN	31/12/1993	1:31:44	PB
59	Liu Jianmin	CHN		1:31:58	
60	Niu Wenfei	CHN	6/04/1993	1:32:00	PB

61	Creighton Connolly	CAN	2/08/1988	1:38:44	PB
	Zhang Kuo	CHN	12/12/1989	DNF	
	Gou Xiaoxin	CHN	18/01/1986	DNF	
	Shi Songbo	CHN	4/03/1988	DNF	
	Bai Xuejin	CHN	6/06/1987	DNF	
	Gao Chao	CHN	4/01/1989	DNF	
	Chen Xinrong	CHN	17/06/1990	DNF	
	Rhydian Cowley	AUS	4/01/1991	DNF	
	Li Zhengfa	CHN		DNF	
	Fan Yawen	CHN	15/04/1992	DNF	

Race Splits

Zhen Wang	8:21, 7:55, 7:55, 7:49, 7:57, 7:54, 7:34, 7:54, 7:44, 7:31	1:18:30
Yafei Chu	8:20, 7:56, 7:55, 7:49, 7:57, 7:55, 7:33, 7:54, 7:44, 7:45	1:18:45
Ding Chen	8:21, 7:56, 7:55, 7:49, 7:56, 7:55, 7:34, 7:55, 7:44, 7:52	1:18:52
Jared Tallent	8:20, 7:56, 7:55, 7:50, 7:56, 7:54, 7:43, 7:58, 8:16, 8:12	1:19:57
Adam Rutter	8:29, 8:16, 8:16, 8:20, 8:18, 8:29, 8:37, 8:29, 8:20, 8:18	1:23:48
Brendon Reading	8:42, 8:22, 8:24, 8:25, 8:26, 8:27, 8:27, 8:31, 8:38, 8:35	1:24:51
Rhydian Cowley	9:05, 8:46, 8:41, 8:48, 8:45, 8:38, 8:45, 9:17	DNF

The Championship races continued into Saturday with the combined U/18 10km and U/16 5km events for both Boys and Girls. Just as with the senior events, these events were of great depth and high quality and the juniors were also treated to the International judging panel and the fanfare that the seniors had also experiencing the day before.

Boys U18 10km Walk, Saturday 23 April

The boys started first at 9am with a pack start, the 5km U/16 athletes, identified by different coloured numbers. By the 4km mark, Yin Jiaxing was in a lead pack of four athletes including the leader of the U/16 event being dragged along by the older boys. Yin Jiaxing kicked away in the last lap to record a very slick 42:08.

1	Yin Jiaxing	CHN	16/03/1994	42:08	PB
2	Gao Wenkui	CHN	28/07/1995	42:55	PB
3	Li Datian	CHN	9/01/1995	43:00	PB
4	Li Shuai	CHN	11/10/1994	43:16	PB
5	Li Peng	CHN	10/11/1994	43:18	PB
6	Hui Ying	CHN	28/02/1994	44:18	PB
7	Li Shuai	CHN	6/01/1995	44:21	PB
8	Hu Enxi	CHN	26/03/1994	44:24	PB
9	Yang Jiyuan	CHN	15/12/1994	44:26	PB
10	Wang Mingli	CHN	23/12/1994	44:36	
11	Lu Hongyue	CHN	23/11/1994	44:38	PB
12	Yu Chenglong	CHN		44:46	
13	Gao Fucheng	CHN	5/09/1994	44:48	PB
14	Li Jinguo	CHN	4/05/1995	45:08	PB

Girls U18 10km Walk, Saturday 23 April

The Girls U/18km 10km walk was another individual dominant display, this time by winner Duan Dandan who was with the lead group for only 2km before she moved ahead of the field. She was joined for a single lap by an athlete later disqualified and she had little trouble with the other athletes in field and looks one to watch for the future.

1	Duan Dandan	CHN	23/05/1995	46:20	PB
2	Mao Yanxue	CHN	15/02/1994	47:28	
3	Pei Mowen	CHN	17/09/1995	49:03	PB
4	Wang Dan	CHN	2/03/1984	49:10	
5	Mao Jie	CHN		49:23	
6	Xu Lu	CHN	29/08/1995	50:00	PB
7	Xu Chengying	CHN	0/94	50:14	PB
8	Liu Fang	CHN	16/08/1995	50:14	PB
9	Yang Peili	CHN	7/08/1994	50:35	PB
10	Chen Zhen	CHN	3/11/1994	51:15	PB
11	Liang Rui	CHN	18/06/1994	51:27	PB
12	Zheng Xiaoying	CHN	2/08/1995	51:33	PB

Girls U16 5km Walk, Saturday 23 April

1	Zhou Jie	CHN	3/09/1996	23:17	PB
2	Cai Ming	CHN	13/01/1997	23:55	PB

Rhydian was able to record splits for the winners of each of the 10km Races. Unfortunately no results for the U/16 men were available at the time of print.

Yin Jiaying 3:58, 4:14, 4:14, 4:18, 4:09, 4:09, 4:09, 4:11, 4:08, 4:05
 Duan Dandan 4:29, 4:39, 4:33, 4:20, 4:24, 4:50, 4:41, 4:38, 4:32, 4:24



**Left: One minute to go before the start of the U18 and U16 Boy's events
 Right: the winner of the Boys's U18 10km**



The lead group in the Girl's U18 and U16 walks

Men's 50km Walk, Sunday 24 April

This event was another event that combined three races:

- IAAF Challenge Men's 50km
- Chinese National Championships Men's 50km
- Chinese National Championships U/20 Men's 30km

One observer joked that the men's 50km start list was just a cut and paste of the 20km startlist. Although this was not quite true, a staggering 23 men fronted again for a tough 20km/50km double less than 48 hours after finishing the first event. Many of these men just acted as either pace makers or, in some instances, drink slaves for the "better" athletes who often never left their line to bother with drinks as there were other athletes assigned to do that for them.

The Chinese 50km specialists did not compete in the 20km two days earlier as there were spots in the World Championship Team up for grabs. Beijing Olympians Si Tianfeng and Li Jianbo were expected to be the dominant athletes and turned in an

almighty dual which lasted right up until the drink table at 46.2km. Both athletes had their small group of athletes with them who were either competing only in the U/20 30km or just walked to a set distance and then either DNF'd or just did a couple of laps warm down before then calling it a day.

It's fair to say that the pace, at just on or just under 43:00 minutes at 10km, was suicidal for almost every athlete in the lead pack given that many had already done the 20km two days earlier. When 20km was reached at 1:27:14, Li Jianbo and his support crew were down to just two athletes while Si Tianfeng had a much larger group supporting him, not far behind in 1:27:29. By 30km, the groups had merged, the juniors finished, and the rest had just dropped out, and then there were only 5 athletes remaining in the lead group with a 30km split of 2:11:46.

Behind them was the forgotten man of Chinese walking, Li Gaobo who became a World Junior Record holder in 2006 with a 20km time of 1:18:06, done in winning the 2006 IAAF Challenge in China, aged just 16. Li split 2:12:29 at 30km walking a solo race and looking very comfortable in closing the gap with the leaders. Alas, the challenge was short lived as he soon fell back.

At 39km the race was just down to two athletes, Li Jianbo and Tianfeng. At 42km Li Jianbo then opened up a lead of 10m and looked a winner as he worked hard to drop Tianfeng. This lead remained until the drinks table on the penultimate lap when Tianfeng fought back to his shoulder again. Within 2 minutes Jianbo was a broken man and more than 100m behind. He lost a staggering 4:50 over the last 3.8km and fell back another place behind a fast finishing Xu Faguang which did not look possible at 45km. Tianfeng's finishing time was a PB and the best time recorded so far this year in the world.

1	Si Tianfeng	CHN	17/06/1984	3:38:48	PB
2	Xu Faguang	CHN	17/05/1987	3:42:20	PB
3	Li Jianbo	CHN	14/11/1986	3:43:38	
4	Cui Zhide	CHN	11/01/1983	3:48:19	
5	Park Chil-Sung	KOR	8/07/1982	3:50:11	PB
6	Yu Wei	CHN	11/09/1987	3:51:46	PB
7	Lim Jung-Hyun	KOR	8/09/1987	3:53:05	PB
8	Geng Zhiyao	CHN	15/08/1987	3:53:26	PB
9	Byun Young-Jun	KOR	20/03/1984	3:53:49	PB
10	Kim Dong-Young	KOR	6/03/1980	3:53:55	
11	Niu Wenbin	CHN	20/01/1991	3:54:19	PB
12	Oh Se-Han	KOR	17/11/1988	3:54:20	PB
13	Émerson Hernández	ESA	20/01/1989	3:56:09	PB
14	Wu Qianlong	CHN	30/01/1990	4:05:25	
15	Li Gaobo	CHN	4/05/1989	4:05:25	
16	Quentin Rew	NZL	16/07/1984	4:06:57	PB
17	Liu Rusi	CHN		4:09:50	PB
18	Bai Xuejin	CHN	6/06/1987	4:11:27	
19	Cui Yasen	CHN	28/02/1987	4:14:18	
20	Gou Xiaoxin	CHN	18/01/1986	4:15:14	
21	Bian Fongda	CHN	1/04/1991	4:15:24	PB
22	Pei Lianyou	CHN	27/01/1990	4:20:10	
23	Wang Guangfei	CHN	9/04/1989	4:21:23	
24	Zhang Kuo	CHN	12/12/1989	4:22:00	
25	Hou Yang	CHN	8/07/1985	4:22:49	
26	Hou Quan	CHN	2/07/1990	4:23:19	
27	Gao Chao	CHN	4/01/1989	4:27:35	
28	Ma Yujun	CHN	8/06/1990	4:28:53	PB
29	Ge Hui	CHN	21/12/1987	4:32:13	
	Zhang Xiaorui	CHN	14/01/1985	DNF	
	Cheng Min	CHN		DNF	
	Wang Xiao	CHN		DNF	
	Sun Chenggang	CHN	11/03/1991	DNF	
	Liu Jianmin	CHN	9/03/1988	DNF	
	Zhang Hang	CHN	28/10/1991	DNF	
	Zhu Chundong	CHN	1/01/1990	DNF	
	Xu Dexing	CHN	20/08/1988	DNF	
	Yin Mingxing	CHN	25/10/1988	DNF	
	Du Yunpeng	CHN	6/09/1988	DNF	
	Wang Leilei	CHN	14/02/1989	DNF	
	Bo Xiangdong	CHN	1/10/1987	DNF	
	Shi Songbo	CHN	4/03/1988	DNF	
	Xu Xianlong	CHN	2/02/1991	DQ	

Men's U/20 30km, Sunday 24 April

1	Chen Zongliang	CHN	9/01/1992	2:10:49	PB
2	Zhao Fujie	CHN	11/11/1993	2:12:21	PB

3	Hu Wanli	CHN	27/05/1992	2:13:30	PB
4	Chen Haoding	CHN	6/11/1992	2:15:11	PB
5	Han Jijiang	CHN	20/07/1992	2:15:42	PB
6	Xie Sichao	CHN		2:15:48	PB
7	Luo Yadong	CHN	15/01/1992	2:17:23	PB
8	Li Qiang	CHN	10/02/1993	2:17:33	PB
9	Wang Hao	CHN	16/08/1989	2:17:38	
10	Wei Xubao	CHN	1/02/1993	2:18:24	PB
11	Li Yajun	CHN	14/12/1993	2:18:24	PB
12	Lin Dexin	CHN	21/10/1992	2:18:27	PB
13	Cao Mingjun	CHN	16/03/1992	2:19:47	PB
14	Wang Guozhen	CHN	1/12/1992	2:20:39	PB
15	Xu Jie	CHN	1/01/1993	2:21:32	PB
16	Li Zhengfa	CHN	2/03/1992	2:21:48	
17	Wang Yue	CHN		2:22:24	PB
18	Rong Yufei	CHN	8/04/1992	2:22:31	
19	Cao Mingyao	CHN	25/07/1993	2:23:18	PB
20	Niu Wenfei	CHN	6/04/1993	2:23:31	PB
21	Liu Shaokang	CHN	11/09/1993	2:26:16	PB
22	Zhang Qiaowei	CHN	14/01/1992	2:28:36	PB
23	Lei Yuhang	CHN	1/07/1993	2:28:37	PB
	Sun Zhixiang	CHN	19/04/1993	DNF	
	Shu Dexing	CHN	24/12/1992	DNF	
	Fan Yawen	CHN	15/04/1992	DNF	
	Wang Yingqi	CHN	1/11/1993	DQ	
	Ding Xianyu	CHN	27/11/1993	DQ	
	Lai Runping	CHN		DQ	
	Zhao Yinliang	CHN	6/01/1993	DQ	



The first lap in the men's 50km event



Left: The lead group at 8km



Right: Winner Si Tianfeng

Thanks everyone for a fantastic report. A few final editorial comments

The efforts of the Korean walkers in the 50km is especially commendable with their first 5 walkers all beating 3:55. The standard and depth in the 50km discipline is really starting to improve world wide and this year's World Championship 50km promises to be the strongest for many years if not the strongest ever.

Nestled in amongst the 50km finishers was New Zealander **Quentin Rew** who came 16th in **4:06:57**. I think this was Quentin's first time over the 50km distance and it was a very good inaugural effort.



Left: Kiwi Quentin Rew finishes the 50km Right: Australian senior Coach of the year Brent Vallance



Beth, Regan, Brent and Rhydian

The performances of Regan, Beki and Brendon push them well up my Australian All-Time lists which I have now amended to read as follows:

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33	Nathan Deakes	V	17-08-1977	1	Cixi City, China	23-04-2005	27
2	1:19.15	Luke Adams	N	22-10-1976	7	Cheboksary, Russia	10-05-2008	31
2	1:19.15	Jared Tallent	V	17-10-1984	1	Melbourne	13-02-2010	25
4	1:19.22	Dave Smith	V	24-07-1955	1	Hobart	19-07-1987	31
5	1:19.33	Nick A'Hern	N	06-01-1969	1	Melbourne	15-12-1990	21
6	1:20.43	Andrew Jachno	V	13-04-1962	1	Brisbane	26-08-1990	28
7	1:20.49	Dion Russell	V	08-08-1975	1	Melbourne	19-03-1999	23
8	1:21.19	Simon Baker	V	06-02-1958	1	Canberra	27-08-1988	30
9	1:21.36	Willi Sawall	V	07-11-1941	1	Melbourne	04-07-1982	40
10	1:21.49	Adam Rutter	N	12-12-1986	3	Melbourne	23-02-2008	21

11	1:22.53	Chris Erickson	V	01-12-1981	12	Wuxi City, China	18-04-2009	27
12	1:24.11	Liam Murphy	S	05-06-1979	1	Adelaide	26-07-2003	24
13	1:24.20	Duane Cousins	V	13-07-1973	5	Melbourne	19-03-1999	25
14	1:24.34	Brent Vallance	N	30-04-1972	15	Naumburg,Germany	23-05-1998	26
15	1:24.51	Brendon Reading	A	26-01-1989	21	Taicang, China	22-04-2011	23
16	1:24.54	Paul Copeland	V	25-04-1967	1	Melbourne	10-11-1991	24
17	1:24.56	Darren Bown	S	30-06-1974	4	Sydney	06-03-2005	30
18	1:25.02	Troy Sundstrom	N	30-05-1981	7	Melbourne	19-03-1999	17
19	1:25.31	Steve Beecroft	V	14-03-1971	2	Canberra	28-01-1994	22
20	1:25.34	Mike Harvey	V	05-12-1962	3	Melbourne	25-08-1990	27
Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44	Jane Saville	N	05-11-1974	4	Naumburg,Germany	02-05-2004	29
2	1:29.36	Kerry Saxby-Junna	N	02-06-1961	2	Naumburg,Germany	30-04-2000	38
3	1:29.44	Cheryl Webb	N	03-10-1976	1	Melbourne	07-03-2009	32
4	1:30.25	Jess Rothwell	V	18-06-1989	2	Melbourne	07-03-2009	19
5	1:31.34	Natalie Saville	N	07-09-1978	25	Naumburg,Germany	02-05-2004	25
6	1:31.39	Regan Lamble	V	14-10-1991	12	Taicang, China	22-04-2011	19
7	1:32.02	Claire Tallent	S	06-07-1981	10	La Coruna, Spain	19-06-2010	28
8	1:32.57	Kellie Wapshott	V	23-08-1981	2	Melbourne	23-02-2008	26
9	1:33.00	Lisa Sheridan-Paolini	N	10-12-1962	1	Sydney	08-07-2000	37
10	1:33.45	Megan Szirom	V	18-08-1977	4	Melbourne	07-03-2009	31
11	1:34.13	Jillian Hosking	A	12-02-1987	3	Hobart, Aust 20km	13-02-2010	23
12	1:34.27	Anne Pembroke-Manning	N	13-11-1959	1	Hawkesbury	10-07-1993	33
13	1:34.35	Wendy Muldoon	V	27-05-1971	1	Melbourne	16-08-1998	27
14	1:34.44	Simone Wolowiec	V	12-02-1974	1	Canberra	16-01-2000	25
15	1:34.44	Lyn Ventris	W	02-10-1956	1	Melbourne	16-12-2001	45
16	1:35.35	Beki Lee	N	25-11-1986	22	Taicang, China	22-04-2011	24
17	1:35.55	Nicole Fagan	N	24-07-1989	3	Hobart, Aust 20km	19-02-2011	21
18	1:36.16	Jenny Jones-Billington	Q	20-04-1967	2	Hawkesbury	10-07-1993	26
19	1:36.19	Sally Pierson	V	10-03-1963	1	Melbourne	15-07-1984	21
20	1:36.23	Sue Orr-Cook	V	23-04-1958	1	Canberra	07-07-1984	28

MORE OVERSEAS NEWS

Japanese 50km Championship Wajima, Japan, Sunday 17 April

The 95th Japanese National 50km championships were held on Sunday 17 April in Wajima, Ishikawa and the event saw Japanese Asian Games bronze medallist Koichiro Morioka break away at the 37 km mark to win with a PB time of 3:44:45. Second placed Takayuki Tanui 3:48:21 and third placed Hiroki Arai 3:48:46 also broke the 3:50 barrier. National record holder Yuki Yamazaki did not start due to an injury so that makes for some interesting times when it comes to finalising the 3 spots for the 2011 World Champs.

The standard was very high with the first 5 all under 4 hours and the next 2 under 4:10. The finishing times read as follows:

3:44:45, 3:48:21, 3:48:46, 3:56:35, 3:57:48, 4:03:35, 4:05:32, 4:21:29, 4:28:08, 4:38:34, 4:40:55

Not too many countries can boast that sort of depth in the demanding 50km event.

Latvian Walking Titles, Murjani, Saturday 16 April

The Latvian walking titles saw Arnis Rumbenieks win the men's 20km with 1:29:35 and Agnese Pastare win the women's 10km with 45:31.

French 20km Championships video now posted

You can now see a very high quality 16 minute video from the recent French 20km championships at <http://www.iroise-tv.fr/>

MKR Hong Kong 10km Roadwalks

Results have now been posted for the Hong Kong MKR Racwalking carnival which was held earlier this month in Hong Kong (where Dane, Rhydian and Regan walked so well). Check out <http://www.hkaaa.com/page.php?pid=169&mid=138&type=%>

WALKERS TO THE FORE IN ANNUAL A.A. HONOURS

In last week's newsletter, I advised that Dane Bird-Smith and Jess Rothwell had won major awards in the Athletics Australia Athlete

of the Year awards, announced a week ago. My apologies to Jared Tallent and Brent Vallance who also won major awards. So the news was even better than I had thought with a whopping 4 awards going to the walks discipline. Congratulations to Dane, Jess, Jared and Brent! See http://www.athletics.com.au/news/news/2011/april/pearson_lapierre_are_athlete for the full award details.

Asics Junior Athlete of the Year:	Dane Bird-Smith (walks)
Athletics International Female Emerging Athlete of the Year:	Jess Rothwell (walks)
Out of Stadium Athlete of the Year:	Jared Tallent (walks)
Australian Sports Commission Senior Coach of the Year:	Brent Vallance (walks)

WALKERS TO THE FORE IN THE AUSTRALIAN U17 DEVELOPMENT SQUAD

The 2011 Australian Under 17 Development Squad was announced last week and it is great to see 7 walkers amongst the 83 up and coming athletes. The first step in Athletics Australia's National Development Pathway, the Under 17 Development Squad comprises those athletes considered prospects for selection to future world youth championships, world junior championships and the National Under 19 Talent Squad on the road to senior international representation. The walkers are (in alphabetical order)

Boys: **Nathan Brill (VIC), Jesse Osborne (QLD), Zachary Partington (WA)**
 Girls: **Amy Bettiol (NSW), Jasmine Digthon (NSW), Amelia Finnegan (VIC) and Jmara Hockley-Samon (VIC)**

Well done everyone. All places are well deserved.

RANKING THE 20KM / 50KM DOUBLE

In last week's newsletter, an article alluded to the combined 20km/50km points total for Matej Toth and commended in passing to the fact that Australian Nathan Deakes has the world's best combined score. I have taken the 20km/50km PBs of all Australians who have walked under 4:10:00 for the 50km and done my own calculations. It reads pretty much as I expected with Nathan, Jared and Luke heading the list. Of course, some of our top 20km walkers like Nick A'Hern and David Smith are missing as they never attempted the 50km distance.

RANK	NAME	STATE	DOB	50KM TIME	IAAF POINTS	20KM TIME	IAAF POINTS	TOTAL
1	Nathan Deakes	VIC	17/08/1977	3:35:47	1249	1:17.33.0	1247	2496
2	Jared Tallent	VIC	17/01/1984	3:38:56	1234	1:19.15.0	1212	2446
3	Luke Adams	NSW	22/10/1976	3:43:39	1211	1:19.15.0	1212	2423
4	Simon Baker	VIC	06/02/1958	3:43:13	1213	1:21.19.0	1171	2384
5	Dion Russell	VIC	08/05/1975	3:47:34	1192	1:20.49.0	1181	2373
6	Willi Sawall	VIC	07/11/1941	3:46:34	1196	1:21.36.0	1166	2362
7	Andrew Jachno	VIC	10/03/1957	3:53:23	1164	1:20.43.0	1183	2347
8	Adam Rutter	NSW	24/12/1986	3:52:49	1166	1:21.49.0	1161	2327
9	Chris Erickson	VIC	01/12/1981	3:55:30	1153	1:22.53.0	1140	2293
10	Duane Cousins	VIC	13/07/1973	3:53:19	1164	1:24.20.0	1112	2276
11	Liam Murphy	SA	05/06/1979	3:54:37	1158	1:24.11.0	1115	2273
12	Darren Bown	SA	03/06/1974	3:55:05	1155	1:24.56.0	1101	2256
13	Michael Harvey	VIC	05/12/1962	3:57:20	1145	1:25.34.0	1089	2234
14	Ian Rayson	NSW	04/02/1988	3:59:43	1133	1:26.30.0	1071	2204
15	Dominic McGrath	VIC	04/06/1972	3:57:51	1142	1:27.19.0	1056	2198
16	Tim Erickson	VIC	23/11/1950	4:03:17	1117	1:27.12.0	1058	2175
17	Craig Brill	VIC	10/11/1967	4:00:21	1130	1:29.23.0	1017	2147
18	Dariusz Wojcik	VIC	24/09/1959	3:58:30	1139	?		1139

WHAT'S COMING UP

Our first winter season races at Middle Park are on next Saturday 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

Next weekend also sees the **Australian Little Athletics T&F Championships in Sydney**. Now this is not really a full Australian championship as it is restricted to U13 for the individual events and States can only submit a small team of multi-talented athletes who can cover more than 1 event each. U13 1500m walks are on offer. But we will see some of our top LA walkers in action and I will be reporting on the results in next week's newsletter.

Europe also see more top racing with the next 2011 **IAAF Racewalking Challenge** event being held in **Sesto San Giovanni in Italy**. 20km events are on offer and we can expect to see more top times.

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]

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

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

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>)