



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 26
27 March 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Andrew Jamieson** who recorded a huge time of 24:18.06 in winning the VMA M65 5000m walk last Sunday in Melbourne. This time takes a further 28 secs off the World Masters M65 record he set the week before at Lakeside Stadium in Melbourne and continues his astounding World Masters record spree that has extended over the last 15+ years. But it was our closest ever vote with Andrew getting 34.5% of the votes and Rachel Tallent and Jasmine Irshad ever so close, both on 32.8%. Indeed it was a case of 3 very worthy candidates.

It is the same again this week. There were just so many superb performances that it was hard to single out the best but here goes

- 55 year old **Lyn Ventris** dominated the Western Australian Masters T&F Championships last weekend in Perth, winning the 5000m track walk with **23.57.9** and the 3000m track walk with **14.16.4**. Both are W55 World Masters records and confirm Lyn as the best masters walker in the world, male or female.
- 17 year old **Jesse Osborne** was the outstanding walker in the QLAA T&F Championships, winning the U17 1500m in a 10 sec PB time of **5:44.56**. He broke the QLAA State Record by 17 secs and was 14 secs under the Queensland U18 State Record. Unfortunately the QA U18 record won't be recognised as it was done at Little A's but the time is there for all to see.
- 13 year old **Tyler Jones** was the outstanding walker in the NSWLAA T&F Championships, winning the U14 1500m in a PB time of **6:23.30**. This is yet another quality performance for Tyler who dominates his age group Australia wide.

As usual, you can cast your votes at <http://www.vrwc.org.au/>

THE BIGGEST NEWSLETTER EVER

I must point out that at 23 pages in length, this is the largest weekly racewalking newsletter that I have ever published. And it's a beauty with huge walk results Australia wide and world wide. Racewalking does indeed go from strength to strength and I am excited when I look ahead to the many wonderful events on offer throughout Australia and the wider world this calendar year.

5000M INVITATION WALK AT NATIONAL T&F CHAMPS NEXT MONTH

I am just putting this announcement up front due to the importance and urgency associated with it.

Andrew Matthew, the A.A. Competition Manager, has been unable to get the 5000m Open Track Walk officially reinstated as a Championship event in this year's Australian T&F Championship program but he has been able to get a 5000m invitational walk incorporated into the meet. It will be held on **Saturday 14 April at 12:35PM** at Lakeside Stadium in Melbourne and will be the final race in the 2011/2012 Australian Race Walking Series. Hence it will be the final opportunity for Open and U23 walkers to gain final points towards this Series before we announce the winners.

A.A. has agreed a 26 minute cutoff for entries as we must ensure that the event does not spread out over too great a timeframe. It is after all an Australian Championship meet and it is expected that all events should be of a suitable standard.

If you are going to be in Melbourne for the Nationals that weekend or if you are Victorian based, I recommend that you try to support this event by entering. As you know, we are trying to get the Open 5000m walk reinstated as a proper National Track Championship and this is an important step towards that outcome.

Entries are via the A.A. Online Entry system: http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887.

Note that **entries close on Sunday April 1st at midnight** and that is only 5 days away. Sorry for the short notice but we had to wait for A.A. to make a final decision on things.

AUSTRALIA ANNOUNCES ITS 2012 WORLD WALKING CUP TEAM

Have you checked out http://www.athletics.com.au/home/news/news/2012/march/iaaf_world_race_walking_cup_ca yet? Yes, it's now official. Athletics Australia has announced the makeup of the 2012 World Walking Cup team. The news was also picked up by the IAAF on their website – see <http://www.iaaf.org/news/newsid=64426.html>

Congratulations to the 10 men and 6 women who will be travelling to Saransk, Russia, in May to represent us in the world's biggest walking championship. Thanks also to Athletics Australia for showing their faith in the walkers and announcing just about full teams.

Junior Men 10km	Nathan Brill (VIC), Jesse Osborne (QLD), Blake Steele (SA)
Open Men 20km	Luke Adams (NSW), Dane Bird-Smith (QLD), Rhydian Cowley (VIC), Chris Erickson (VIC), Adam Rutter (NSW)
Open Men 50km	Jared Tallent (VIC), Ian Rayson (ACT)
Junior Women 10km	Kristie Goznik (SA), Rachel Tallent (VIC)
Open Women 20km	Nicole Fagan (NSW), Regan Lamble (VIC), Beki Lee (NSW), Claire Tallent (SA)

AUSTRALIA ANNOUNCES ITS 2012 WORLD JUNIOR TEAM

Athletics Australia has also announced an initial Australian Spark team of 57 for the IAAF World Junior championships, to be held in Barcelona (ESP) from July 10-15, 2012. And it includes a full complement of 4 walkers amongst the selection list. See the full announcement at http://www.athletics.com.au/home/news/news/2012/march/fifty-seven_added_to_bumper_au

Well done to Rachel, Jessica, Blake and Brad on their selections.

Men 10,000m walk	Rachel Tallent (Vic), Jessica Pickles (Qld)
Women 10,000m walk	Blake Steele (SA), Brad Aiton (Qld)

Rachel and Blake will also double, representing us at the World Cup in May as well.

That makes 18 walkers in total. Wow! I will be profiling some of these walkers in the next few editions of the newsletter but this week's issue is so big that I have had to curb my editorial enthusiasm for a week!

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 21 MARCH

Thanks to Colin Hainsworth for the latest results from the South Australian Masters. Colin's comments: *Tim, results for last night at Santos Stadium. Cool evening, calm and dry!*

3km Yacht Handicap

W63	Jan Layng	23.42	62.74%
W67	Jill Rogers	24.26	63.94%
W59	Edna Bates	25.46	55.19%
M75	Paul Boyce	27.50	56.4%

5km Yacht Handicap

M74	Colin Trengove	37.21	70.6%
W58	Linda Whitelaw	37.12	64.96%
M65	Geoff Byham	30.45	76.85%
	Kim Mottrom	22.11	
M66	George White	27.01	88.45%
	Amber Tuscharski	28.02	
M65	James Hoare	34.26	68.63%
M60	Kevin Finn	43.31	51.55%
W68	Margaret Trengove	35.34	76.97%
M82	Colin Hainsworth	37.49	78.54%
M74	Rodger Barber	36.13	72.81%
M69	Bill Starr	34.57	70.8%
M59	Jack Russell	29.26	75.47%
M76	Leigh Smith	36.52	73.53%
	Justin Hill	25.02	
W63	Gill White	40.09	63.8%
M63	John Hore	36.47	62.88%

ATHLETICS NSW ALL COMERS MEET, WARATAH, THURSDAY 22 MARCH

5000m Walk

1.	Webb, Cheryl	36	Bla	23:30.41
2.	Bettiol, Amy	17	Syp	24:21.11

3000m Walk

1. Birch-Ward, Kurtis 17 Sut 14:42.35

ATHLETICS SA ALL COMERS MEET, SANTOS STADIUM, MILE END, FRIDAY 23 MARCH

3000m Walk

1. Kim Mottrom AH 12:46.09

1500m Walk

1. Rhiannon Lovegrove ELIZ 8:46.25
2. Ryan Green ATHL 9:06.57

MAWA STATE CHAMPIONSHIPS, ECAC, CANNINGTON, FRIDAY 22 MARCH

The Western Australian Masters had their State T&F Championships last weekend and, for the walkers, it was a big weekend with 5000m walks on Thursday evening under lights at Cannington followed by 3000m and 1500m walks on the Saturday and Sunday at the WA Athletics Stadium in Mt Claremont. As usual, the athlete of the meet was **Lyn Ventris** who set **two new W55 World Masters Records** as follows

5000m track walk	23:57.9	This is 18 secs faster than her own record set last October in Adelaide
3000m track walk	14:16.4	This is 10 secs faster than her own record set last October in Adelaide.

Lyn choose not to compete in the 1500 metre track walk on Sunday as it would have meant another four and a half hour round trip to Perth. She leaves on Wednesday for the World Masters Athletics Indoor Championships in Jyvaskyla, Finland. Lyn is one of four WA walkers going to Finland - **David Smyth**, **Lynne Schickert** and **Ray Hall** also warmed up for the big meet with their own gold medals. In all there are 9 Australian walkers travelling to Finland for these championships – the others are **Stuart Kollmorgen**, **Simon Evans**, **Mark Donahoo**, **Andrew Jamieson** and **Heather Carr**. The walk fields are big with, of course, a lot of Europeans.

The report of Lyn's 5000m walk is taken from the WA Masters website <http://www.mastersathleticswa.org/>

Anticipation was in the air; lap scorers, timekeepers were primed; there was even a blank world record claim form waiting. After the unprecedented performances of Lyn Ventris in Adelaide where she re-wrote the W55 race walks record book, all were aware that another similar performance was on the cards. And so it turned out to be.

From the gun, Lyn put down her marker with a first 200m of around 47 seconds. The pace steadied to just inside 2-minute laps but she was on world record pace all the way, only once or twice 'slowing' to 2-minute laps. A final lap of inside 1:50 brought her home in 23:57.9. The new world record is subject to the usual rider that it is pending until ratified, but all the boxes seem to be ticked. The applause from those of us privileged to be there will live long in the memory as she received her medal under the ECAC floodlights.

However, this was not a one-woman race. With Masters' events, there are many races within a race. Each age group is a sub-race and so everyone had something to strive for. With race walking, there is also the added complication of needing to stay within the rules to satisfy the walks judges. Most managed to do this. **Garry Hastie**, **Garry Vogler** and **David Smyth** were the other three walkers who almost kept Lyn company. But there were excellent performances all the way through the field, right down to W80 **Lorna Lauchlan**, who produced an 82%+ age-graded time.

Black Swan 5000m Walk State Championships, Thursday 22 March

W40	1	Regina Crouch	40:57.5	
W55	1	Lyn Ventris	23:57.9	WR 97.68%
W60	1	Michele Mison	35:41.1	
W65	1	Val Millard	33:56.9	
	2	Lesley Romeo	38:09.5	
W70	1	Lynne Schickert	36:17.4	
W80	1	Lorna Lauchlan	42:07.0	
M35	1	Garry Vogler	26:46.8	
M40	1	David Smyth	27:11.4	
M45	1	David Best	36:25.6	
M50	1	Garry Hastie	25:26.6	
M70	1	Peter Doye	35:11.2	
M75	1	Ray Hall	35:11.0	
	2	Bob Fergie	40:28.9	

Graham Dahl published some great pics on the Western Australian Masters website and I could not resist reproducing some here.



Ray Hall, Peter Doyle, Val Millard. Lyn Ventris, Garry Hastie (and Val again) in action last Friday evening



Left: Lyn crosses the line at the end of her 5000m walk to set a new W55 World Masters Record
 Right: Lyn leads Garry Hastie in the 3000m two days later

VICTORIAN OVERAGE T&F CHAMPIONSHIPS, RIESCHIEK'S RESERVE, DONCASTER, 24-25 MAR

The Victorian Overage Championships are a joint venture between the Victorian Masters Assn and Athletics Victoria. Held yearly, they include 3000m and 1500m walks. The 3000m walks, held last Saturday, saw most of our top masters walkers in action, led by **Heather Carr** (W60 15:53.21 92.53%) and **Bob Gardiner** (M75 17:37.05 90.34%). Lots of other walkers beat the 80% mark in their respective divisions – **Pam Tindal, Liz Feldman, Marlene Gourlay, Alison Thompson, Mark Donahoo, Ralph Bennett, Paul Van Kopplen, Mark Thomas, Simon Evans, Tim Erickson, James Christmass** and **Clyde Riddoch**. It was also great to see **Murray Dickinson** having his first walk after 18 months off recovering from a serious cycling accident and a hip replacement operation. Welcome back Murray!

3000m Masters Women, Saturday 24 March

W30	1	Wallace, Anna	W30	VVMA	17:35.59	65.87%
W50	1	Tindal, Pam	W52	VCDN	15:18.88	86.80%
	2	Elms, Donna	W50	VATE	17:55.50	72.84%
	3	Shaw, Robyn	W50	VWES	17:59.37	72.57%
W55	1	Thompson, Alison	W59	VMCD	17:27.50	81.48%
W60	1	Carr, Heather	W62	VEAG	15:53.21	92.53%
	2	Gourlay, Marlene	W60	VMMN	17:23.47	82.68%
	3	Feldman, Liz	W63	VMCD	17:35.72	84.56%
	4	Johnson, Celia	W64	VMSV	20:14.18	74.37%
W70	1	Machin, Sylvia	W70	VMEN	20:58.36	77.61%
W75	1	Mews, Pam	W77	VMMN	32:48.50	55.30%

3000m Masters Men, Saturday 24 March

M35	1	McDonough, Aaron	M39	VPTN	14:54.70	73.96%
	2	Patterson, Adam	M39	VCDN	16:41.50	66.05%
M40	1	Van Kopplen, Paul	M44	VCDN	13:10.80	87.07%
	2	Christmass, James	M44	VCOR	14:03.70	81.60%
M45	1	Thomas, Mark	M49	VMEN	14:02.10	85.12%
	DQ	Keirl, Bernie	M48	VDIV	DQ	-
M50	1	Donahoo, Mark	M53	VATE	13:48.70	89.57%
	2	Evans, Simon	M51	VDAC	14:32.90	83.60%
M55	1	Riddoch, Clyde	M58	VAWA	16:06.20	80.33%
	2	Armstrong, David	M56	DIV	17:07.60	74.17%
	3	Doran, Tony	M59	VGHY	17:54.70	72.96%
	4	Benke, Geza	M55	OLM	17:56.80	70.16%
	5	Skrucany, Rudolph	M56	VMCD	19:29.40	65.16%
M60	1	Erickson, Tim	M61	VCOB	16:02.20	83.07%
	2	Gray, Michael	M61	VMEN	17:58.30	74.13%
	3	Barrow, Geoff	M63	VMEN	19:52.70	68.44%
	4	Sofianos, Gerald	M62	VSTK	20:11.60	66.67%
M65	1	Middleton, Des	M65	VGLE	19:13.50	72.29%
	2	Hallo, John	M69	VMFK	21:30.30	67.64%
M70	1	Bennett, Ralph	M70	VMMN	16:47.34	87.69%
	2	IlGoutz, Gunther	M73	VMCD	19:24.66	78.78%
	3	Dickinson, Murray	M73	VMCW	19:51.87	77.70%
	4	Morrison, John	M72	VSAN	21:29.09	70.23%
	5	Wicks, Barrie	M71	VMCD	21:51.96	68.20%
M75	1	Gardiner, Bob	M76	VCOL	17:37.05	90.34%
	DQ	Silcock-Delaney, Colin	M79	VMGL	DQ	-

Most of us were back again 24 hours later for the 1500m walks and it all went well except for the false start in the men's event – after we had walked some 80m! **Andrew Jamieson** had missed the 3000m the day before due to car trouble but he got there on Sunday and stormed through, setting a **new M65 Australian Masters 1500m record of 6:52.56** (an amazing 99.24%). This took just over 30 secs off Ralph Bennett's record. **Ralph Bennett**, now in the M70, was out for his own record attempt but missed the M70 record by 0.2 of a sec with his time of 8:05.35. The times were fantastic across the board in the excellent conditions. Fastest overall were **Michelle Laufer** 7:11.53 and **Mark Donahoo** 6:36.18. **Heather Carr** won the W60 with 7:29.84 (94.52%) while **Bob Gardiner** won the M75 with 8:13.99 (94.92%). And we had lots of other walkers also in the 80%+ category – **Pam Tindal, Alison Thompson, Liz Feldman, James Christmass, Simon Evans, Clyde Riddoch** and **Tim Erickson**. Victoria showed once again why it is probably the strongest Masters walking area in the world.

1500m Masters Women, Sunday 25 March

W30	1	Wallace, Anna	W30	VVMA	8:19.54	67.53%
W40	1	Laufer, Michelle	W42	VCOL	7:07.90	83.29%
W50	1	Tindal, Pam	W52	VCDN	7:11.53	89.61%
	2	Shaw, Robyn	W50	VWES	8:19.36	76.09%
	3	Elms, Donna	W50	VATE	8:33.59	74.10%
W55	1	Thompson, Alison	W59	VMCD	8:13.13	83.49%
W60	1	Carr, Heather	W62	VEAG	7:29.84	94.52%
	2	Feldman, Liz	W63	VMCD	8:20.70	85.80%
	3	Johnson, Celia	W64	VMSV	9:41.32	74.66%
W75	1	Mews, Pam	W77	VMMN	15:19.09	56.10%

1500m Masters Men, Sunday 25 March

M35	1	Patterson, Adam	M39	VCDN	7:25.44	72.84%
M40	1	Christmass, James	M44	VCOR	6:43.08	83.69%
M45	1	Keirl, Bernie	M48	VDIV	7:37.83	76.27%
M50	1	Donahoo, Mark	M53	VATE	6:36.18	91.86%
	2	Evans, Simon	M51	VDAC	6:50.91	87.20%
M55	1	Riddoch, Clyde	M58	VAWA	7:27.66	85.17%
	2	Armstrong, David	M56	DIV	9:16.28	67.20%
M60	1	Erickson, Tim	M61	VCOB	7:47.39	83.95%
	2	Sofianos, Gerald	M62	VSTK	9:30.70	69.49%
M65	1	Jamieson, Andrew	M65	VDAC	6:52.56	99.24%
	2	Middleton, Des	M65	VGLE	8:55.56	76.42%
M70	1	Bennett, Ralph	M70	VMMN	8:04.35	89.49%
	2	IlGoutz, Gunther	M73	VMCD	9:14.00	81.16%
	3	Morrison, John	M72	VSAN	9:58.33	74.24%
	4	Wicks, Barrie	M71	VMCD	10:35.14	69.04%
	DQ	Dickinson, Murray	M73	VMCW		
M75	1	Gardiner, Bob	M76	VCOL	8:13.99	94.92%
	2	Summers, Harry	M76	VBOH	9:46.59	79.85%
	3	Silcock-Delaney, Colin	M79	VMGL	11:49.92	68.88%

Thanks to Athletics Victoria and Ralph Bennett for the many fine shots that are reproduced below. I took lots as well and will pop them up on our VRWC photo gallery when I have time.



The start of the men's 3000m walk M35-M65



Ralph Bennett, Simon Evans, Geoff Barrow, Mark Donahoo, Paul Van Kopplen and Bob Gardiner



Pam Tindal, Michelle Laufer, Andrew Jamieson and Heather Carr



Liz Feldman, Alison Thompson, Clyde Riddoch and Tim Erickson – and the effort shows in Clyde post event

LAVIC T&F CHAMPIONSHIPS, LA TROBE UNI, BENDIGO, 24-25 MARCH 2012

The annual Victorian Little Athletics T&F Championships are the culmination of a big season for most of our Little Athletes; those competing in this meet have worked their way through venue and region elimination competitions. This year they were held in Bendigo rather than at the new Lakeside Stadium in Albert Park, another unfortunate victim of the Australian Grand Prix Motor Race? All the walks were held on the Saturday with goof fields in all age groups. See <http://www.lavic.com.au/> for the full result set for all events.

A special mention to Ballarat coach **Daryl Biggin** (developmental coach of Jared and Rachel Tallent) who scooped the pool with four golds (**Alanna Peart** U9, **Amy Canavan** U10, **Kobie Somerfield** U15 and **Ross Darlow** U13) and one bronze (**Jemma Peart** U11). A superb performance by one of our best coaches from his small pool of walkers at the Ballarat Racewalking Club (see <http://www.ballaratracewalkers.com/>). Best walks of the day were probably by **Billy Allamby** (6:45.43 U14) and **Jemima Montag** (6:49.74 U14). Well done to all medallists in what is very strong yearly competition.

Girls U9 1100m Walk

1.	Alanna Peart	Ballarat	6:19.38
2.	Arnika Nelson	Corio	6:24.66
3.	Courtney Beer	Knox	6:41.13
4.	Andie Montag	Caulfield	6:50.26
5.	Mieke Barnes	Knox	7:05.70
6.	Georgia Laven	Lilydale-Yar	7:08.28
7.	Chloe Olsen	Croydon	7:14.22
8.	Casey Dunstan	Croydon	7:15.91
9.	Molly O'Neill	Mentone	7:30.99
10.	Jenna Ross	Sale	7:40.19
11.	Lara Slavich	Coburg	8:42.93
12.	Myah Campton	Maryborou	8:43.34

Boys U9 1100m Walk

1.	Bede Collis	Diamond Val	6:11.13
2.	Daniel Cowan	Ringwood	6:28.33
3.	Joshua Reissinger	Corio	6:45.89
4.	Ryan Dehaan	Lilydale-Yar	6:59.58
5.	Nikola Mandic	Casey	7:33.53
6.	Jeffrey Kitson	Keilor	7:53.14
7.	Ethan Lowe	Coburg	7:53.36

Girls U10 1100m Walk

1.	Amy Canavan	Ballarat	5:48.18
2.	Brianna Lillie	Knox	5:52.79
3.	Brooklyn Utber	Werribee	6:17.68
4.	Kathleen O'Mahoney	Knox	6:45.54
5.	Mia Holah	Box Hill	6:58.23
6.	Lucinda Derrett	Diamond Val	7:04.52
7.	Emily Emond	Corio	7:19.57
8.	Sarah Morley	Waverley	7:40.34
9.	Frances Collis	Diamond Val	7:42.46
10.	Olivia Davis	Ballarat	7:56.66

Boys U10 1100m Walk

1.	Corey Dickson	Knox	5:50.46
2.	Joseph Rickard	Mornington	6:09.24
3.	Anthony Vicendese	Coburg	6:14.42
4.	Dale Jordison	Lilydale-Yar	6:31.51
5.	Patrick Nicholls	Casey 154	6:57.30
6.	Alex Hart	Corio	7:02.25
7.	Christopher Menara	Caulfield	7:23.48
8.	Ben Voogd	Ringwood	7:44.42
9.	Chandler Whitehead	Traralgon	7:58.20

Girls U11 1500m Walk

1.	Rebecca Henderson	Casey	7:45.84
2.	Brodie Richardson	Knox	7:50.05
3.	Jemma Peart	Ballarat	7:51.35
4.	Mackayla Davison	Corio	8:02.34
5.	Mikhala Hodges	Knox	8:11.99
6.	Taylor Langford	Diamond Val	8:15.35

Boys U11 1500m Walk

1.	Harry Hockley-Samon	Geelong	8:22.06
2.	Ethan Wright	Whittlesea Ci	8:24.08
3.	Zach Lane	Mornington	8:38.88
4.	Hayden Walmsley	Knox	8:48.33
5.	Jonathan Burns	Geelong	9:29.36
6.	Luke Cullen	Whittlesea Ci	9:34.91

<ul style="list-style-type: none"> 7. Tegan Miller Skye Valley 8:19.37 8. Romy Gras Corio 8:27.07 9. Chelsea Owen-Smith Diamond Val 8:30.24 10. Zahra Hayes Rochester 8:31.93 11. Lee Taylor Lilydale-Yar 8:50.47 12. Bree Heiden Bendigo 9:28.01 13. Nada Mandic Casey 9:29.12 14. Briely Wight Cohuna 9:55.34 15. Krystal Nuku Knox 10:34.48 	
Girls U12 1500m Walk <ul style="list-style-type: none"> 1. Hayley George Knox 7:45.64 2. Georgia Bertrand Sunbury 7:57.02 3. Jemma Eastwood Knox 8:06.53 4. Eliza Clarke Diamond Val 8:11.83 5. Anaya Hodges Knox 8:27.23 6. Jessica Lillie Knox 8:27.89 7. Tara Xuereb Waverley 8:50.85 8. Catherine Simonsen Seaford 9:21.17 9. Courtney North Knox 9:27.11 10. Keilea Wiffen Corio 9:30.84 11. Sophie Schwerkolt Box Hill 9:39.50 12. Francesca Vile Brighton 9:46.34 	Boys U12 1500m Walk <ul style="list-style-type: none"> 1. James Burren Waverley 7:44.05 2. Hugh Collis Diamond Val 7:54.79 3. Jack Keating Corio 8:03.47 4. Joshua Sleeman Knox 8:21.01 5. Blake Dobay Nunawading 8:46.85 6. Thomas Keast Corio 8:59.58 7. Anthony Nicholls Casey 9:41.37 8. Samuel Candotti Keilor 10:54.27
Girls U13 1500m Walk <ul style="list-style-type: none"> 1. Rachael Guy Cranbourne 7:14.88 2. Taylor Vasiljevic Casey 7:25.04 3. Paige De Lisen Waverley 7:28.85 4. Shelby Kay Sherbrooke 7:46.69 5. Philippa Huse Brighton 7:50.07 6. Hayley Brown Knox 8:10.34 7. Megan White Corio 8:13.34 8. Ali Simpson Corio 8:16.14 9. Kirsten Walburg Croydon 8:45.78 10. Josephine Laufer Collingwood 8:53.81 11. Ellen Dowie Maryboroug 9:16.04 12. Jessica Marotta Knox 9:46.54 	Boys U13 1500m Walk <ul style="list-style-type: none"> 1. Ross Darlow Ballarat 7:31.59 2. Liam Burgess Diamond Val 7:34.49 3. Kyle Rollo Corio 9:41.42
Girls U14 1500m Walk <ul style="list-style-type: none"> 1. Jemima Montag Caulfield 6:49.74 2. Jade Sanders Casey 7:05.10 3. Jessie Eastwood Knox 7:07.10 4. Lauren Collis Diamond Val 7:24.75 5. Zoe Schwerkolt Box Hill 8:16.34 6. Marley Berntsen Mentone 8:18.16 7. Lily Geyle Wonthaggi 8:40.10 	Boys U14 1500m Walk <ul style="list-style-type: none"> 1. Billy Allamby Knox 2 6:45.43 2. Emmet Brasier Diamond Val 6:54.66 3. Cooper Owen Diamond Val 7:12.01 4. Reese Walmsley Knox 7:14.32 5. Timothy Petersen Keilor 7:50.90 6. Jack Stone Cranbourne 8:30.86 7. Cody McNicol-Davidson Skye Valley 8:52.82
Girls U15 1500m Walk <ul style="list-style-type: none"> 1. Kobie Somerfield Ballarat 7:30.52 2. Megan Walker Corio 7:31.68 3. Sarah Burren Waverley 7:35.48 4. Chloe McNicol-Davidson Skye Valley 7:50.15 5. Elizabeth Cowan Ringwood 8:16.16 6. Carly Bertrand Sunbury 8:27.36 7. Rebecca Campbell Keilor 8:31.16 8. Shae Ohlsen Ballarat 9:00.18 9. Stacey McLaren Keilor 9:10.80 10. Emma Schwerkolt Box Hill 9:36.10 	Boys U15 1500m Walk <ul style="list-style-type: none"> 1. Adam Garganis Collingwood 7:18.89 2. Jordan Galbraith Croydon 7:29.78

Thanks to Amanda Montag for these photos from Bendigo.



Left: Start of the Under 9 Girls 1100m Right: U9 winner Alanna Peart



Jade Sanders, Jessie Eastwood, Kobie Somerfield and Jemima Montag (with Jade and Jessie)

QLAA STATE CHAMPIONSHIPS, QSAC, NATHAN, 23-25 MARCH

Queensland Little Athletics Assn also conducted its T&F Championships over the weekend and it was a similar case to Victoria with their best young walkers on show. Robyn Wales emailed me as follows:

The QLAA held their state championships last weekend. All walks were on Friday night. Fastest boy was Jesse Osborne and fastest girl was Katya Martin. There were plenty of DQs in the younger age groups but not so many in the older ones which was pleasing. In fact the walking from the U12 - U17 was of a particular high standard.

The standout walker was indeed **Jesse Osborne** whose winning time in the U17 1500m was a 10 sec PB of **5:44.56**. Wow that is motoring! He broke the QLAA State Record by 17 secs and was 14 secs under the Queensland U18 State Record. Unfortunately the Qld U18 record won't be recognised as it was done at Little A's but the time is there for all to see. Like all the U17 walkers, Jesse competed in his last Little A's State Championships on Friday night. In his case, he was with the same club for 11 years and has Little A's to thank for taking up the sport of racewalking.

Others to record excellent times included **Yanis Benzenati** (5:20.36 for U11 1100m) and **Trent Miles** (7:00.66 for U14 1500m).

Girls Under 9 700mWalk				Boys Under 9 700mWalk			
1.	Tianna Rasmussen	Ipswich	4:00.04	1.	Jeremiah Woodward	Strathpine	4:05.76
2.	Daniella Hill	Tweed	4:02.97	2.	Nelson McCutcheon	Redlands	4:08.88
3.	Jasmin Bennett	Caloundra	4:15.13	3.	Christopher White	Strathpine	4:16.88
4.	Simone Berndt	Arana	4:19.05	4.	Reece Madden	Tweed	4:33.67
5.	Kirra Stonehouse	Redlands	4:22.49	5.	Jacob Fuller	Toowong Harriers	4:37.47
6.	Amber Stafford	Springwood	4:42.58	6.	Hamish Cunningham	Toowong Harriers	4:37.54
7.	Meselech Tyson	Toowoomba South	4:45.61	7.	Trent Bassard	Mt Gravatt	5:02.08
8.	Sarah Armstrong	Beaudesert	4:46.19				
9.	Summer Unicomb	Souths	4:55.18				
10.	Emily Cacciola	Strathpine	4:55.86				

11. Hayley Grieve	Rosewood	5:21.30		
12. Michelle Phillips	Toowoomba South	5:23.90		
13. Phoebe Mead	Strathpine	5:35.40		
14. Ta-Naya Wessling	Maryborough	5:54.82		
Girls Under 10 1100mWalk			Boys Under 10 1100mWalk	
1. Caitlin Hannigan	Beaudesert	5:58.77	1. Robert Lees	Toowong Harriers 6:32.20
2. Zanthie Verrall	Toowoomba Cent.	6:45.57	2. Ben Jeffrey	Souths 6:35.96
3. Kayla Harris	Tweed	6:47.92	3. Jean-Luc Fuller	Redlands 6:41.89
4. Teagan Woods	Tweed	6:52.25	4. Leo Langbridge	Noosa 6:45.19
5. Regan Payne	Redcliffe	6:59.64	5. Callum Deering	Noosa 6:46.88
6. Sarah McLeod	Toowong Harriers	6:59.64	6. Kai Wesche	North Mackay 6:47.62
7. Georgie Hare	Gladstone	7:05.31	7. Leon Guettler	City North 6:54.79
8. Taylah Cox	Gladstone	7:09.93	8. Mason Tiver	University 6:56.26
9. Danielle Burdfield	Redlands	7:17.49	9. Travis Field	Nth Rockhampton 7:05.81
10. Jasmine Rose	McRoberts Redcliffe	7:20.99	10. Sean Brackin	Strathpine 7:05.96
11. Annabelle Harris	Strathpine	7:25.50	11. Jackson Rose	Wynnum Manly 7:09.39
12. Heidi Palmer	Toowong Harriers	7:49.57	12. Joshua Tupper	Ipswich 7:11.13
13. Emma Moonie	Bargara	8:31.44	13. Patrick McAllister	Strathpine 7:11.18
			14. Charlie Trevaskis	Tweed 7:33.13
			15. Liam Tuxworth	Deception Bay 7:57.46
Girls Under 11 1100mWalk			Boys Under 11 1100mWalk	
1. Tahliah Thomson	Beaudesert	5:56.13	1. Yanis Benzenati	Ashmore 5:20.36
2. Catherine McLeod	Toowong Harriers	6:07.53	2. Will Morris	Redlands 5:42.11
3. Elmari Muller	Redlands	6:29.71	3. Sean Bentley	Noosa 6:06.88
4. Jenna Lawrence	Springwood	6:36.84	4. Benjamin Champley	Tweed 6:34.63
5. Haley Van Beek	Deception Bay	6:42.80	5. Alex Dando	North Mackay 6:59.55
6. Jenaya Graham	Deception Bay	7:02.28	6. Callum Haig	Caloundra 7:01.54
7. Clare Riese	Toowong Harriers	7:08.93	7. Jackson Loone	Aspley 7:05.60
8. Jade-Elizabeth	Pearson Aspley	7:26.50	8. Harrison Berlin	Laidley 8:18.72
9. Tayla Coulson	Gold Coast	7:26.69		
10. Jade Hardy Synnott	Ipswich	7:41.93		
11. Lucinda Blundell	City North	8:01.24		
Girls Under 12 1500mWalk			Boys Under 12 1500mWalk	
1. Katie Hayward	Gold Coast	7:55.93	1. Jamie McCutcheon	Redlands 8:44.50
2. Kelly McNamara	Rosewood	8:36.17	2. Jonah Mead	Strathpine 8:59.87
3. Riley Sims	Aspley	8:39.14	3. Joshua Law	Redcliffe 9:03.99
4. Courtney Thwaites	Ashmore	8:45.85		
5. Clancy Smith	Noosa	8:55.75		
6. Rebeckah Tesch	Strathpine	9:03.18		
7. Jessica Hoy	Tweed	9:05.05		
8. Wendy Scully	Laidley	9:09.48		
9. Karly Warner	Ipswich	9:28.88		
10. Melita Wilson	Noosa	9:30.32		
11. Tameika Mangone	Caboolture	9:33.48		
12. Evania Guglielmi	Cassowary Coast	9:34.16		
13. Annabel Kennedy	City North	9:39.89		
14. Samantha Watts	Arana	9:46.60		
15. Emily Rose	Wynnum Manly	10:06.34		
Girls Under 13 1500mWalk			Boys Under 13 1500mWalk	
1. Mikaela Woodward	Sunnybank	7:24.18	1. Samuel Dando	North Mackay 8:36.70
2. Aimee Brackin	Strathpine	7:42.72		
3. Maria Leen	Redlands	7:52.61		
4. Sophie Tiver	University	8:20.67		
5. Jose Long	Toowong Harriers	8:35.53		
6. Jesse Langton	Strathpine	8:53.20		
7. Chelsea Keong	Caboolture	9:15.55		
8. Bree MacGregor	Algerster	9:25.57		
9. Mareli Muller	Redlands	9:50.53		
10. Annelise Crilly	City North	10:18.99		
11. Sarah Gilbert	Cassowary Coast	10:39.49		
Girls Under 14 1500mWalk			Boys Under 14 1500mWalk	
1. Emma Henderson	Tville Nth Star	7:34.75	1. Trent Miles	Redlands 7:00.66
2. Elara Crook	Maryborough	8:22.43	2. Luke McCutcheon	Redlands 7:05.71

3. Natasha Simpkins 4. Rebekkah Law	Tweed Redcliffe	8:31.02 9:19.97	3. Ben Kaufman Tweed	8:56.52
Girls Under 15 1500m Walk			Boys Under 15 1500m Walk	
1. Katya Martin 2. Tess Carroll 3. Elizabeth Brown 4. Laura Rolton	Beenleigh Redlands Warwick Algerster	7:19.31 8:04.66 8:31.36 9:03.79	1. Tyson Keong Caboolture	9:56.89
Girls Under 17 1500m Walk			Boys Under 17 1500m Walk	
1. Lucy-Rose Boardman 2. Jody Cullen 3. Jessica Haig 4. Samantha Hooper 5. Casey Sims 6. Melanie Simpkins 7. Jessica Wright 8. Rebekah Birkett	Redcliffe Ipswich Caloundra Noosa Aspley Tweed Sunnybank Deception Bay	7:54.70 8:00.19 8:16.09 8:21.91 8:27.60 8:58.44 9:42.68 10:52.05	1. Jesse Osborne 2. Aidan Titheradge Strathpine Maleny	5:44.86 8:59.01

And one photo from Robyn Wales with the U14 medallists - Emma Henderson, Elara Crook and Natasha Simpkins.



NSW LITTLE ATHLETICS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 24-25 MARCH 2012

And it doesn't finish there as NSW Little Athletics also conducted its own T&F Championships last weekend, at the Sydney Olympic venue. Full results can be sourced from <http://210.247.205.118/assets/console/document/documents/full%20results%202012.pdf>. It was the biggest of the LA meets and probably the strongest in terms of quality. Record performances were widespread across the walks. They included

Eliza DeLaine	Northern Suburbs	5:31.53	Girls U11 1100m Walk
Raquel Roukos	Doonside	7:01.30	Girls U12 1500m Walk
Jasmyrn McDonald	Parramatta	6:53.08	Girls U13 1500m Walk
Jasmine Dighton	Glenbrook	6:54.74	Girls U15 1500m Walk
Amy Bettiol	Manly Warringah	6:45.25	Girls U17 1500m Walk
Sam Gibson	Manly Warringah	5:18.97	Boys U11 1100m Walk
Kyle Bedford	Nepean	7:08.25	Boys U12 1500m Walk
Tyler Jones	Wyong	6:23.30	Boys U14 1500m Walk

Now these are a very impressive list of performances! For Kyle Bedford, it was the third year in a row winning and breaking a State Record. Jay Felton 6:18.94, Carl Gibbons 6:20.75, Tyler Jones 6:23.30 and Amy Bettiol 6:45.25 were the fastest over the 1500m and they were all in top form along with many others.

Girls U 9 - 700 Metre Walk			Boys U 9 - 700 Metre Walk		
1. Holly Lay 2. Sybella McKay 3. Lauren Tisdale 4. Haley Mills	Manly Gosford Girraween Parramatta	3:32.94 3:33.56 3:33.80 3:38.33	1. Bayden Little 2. Dion Carrothers 3. James Walter 4. Oliver Chippendale	Cherrybrook Manly Warringah Ku-Ring-Gai Gosford	3:37.92 3:43.41 3:45.98 3:48.19

5. Kaiya Buchanan Hills District 3:39.18	5. Karl Skeed South Eastern 3:56.02
6. Georgia Messina Kurrajong Bilpin 3:46.80	6. Michael Wills Nepean 3:56.82
7. Alana Kavanagh Nth Rocks Carl 3:46.82	7. Ethan Barlow Manly Warringah 4:01.44
8. Emma Blanch Port Hacking 3:55.62	8. George Davis Ryde 4:09.98
9. Madelaine Mealing Randwick Bot 4:00.50	9. Liam Busteed Manly Warringah 4:13.20
10. Jessica Layton Parramatta 4:14.00	10. Cooper Robinson Illawong 4:16.39
Girls U 10 - 1100 Metre Walk	Boys U 10 - 1100 Metre Walk
1. Alexandria Sutherland Randwick Bot 5:56.58	1. Hayden Blaskett Manly Warringah 5:36.06
2. Ella Robinson Illawong 5:59.61	2. Lachie Sky Ku-Ring-Gai 5:40.12
3. Niamh Sanday Kings Langley 6:02.24	3. Lachlan Dalton Northern Suburbs 5:57.06
4. Paige Rigney Wyong 6:09.88	4. Jack Griffith-Saunders Canterbury 6:04.30
5. Flynn Ross Parramatta 6:20.11	5. Parker Hopkins Adamstown NL 6:16.99
6. Kayla Randall Doonside 6:23.76	6. Griffin Sainsbury Hills District 6:19.95
7. Brittany Robertson Port Hacking 6:36.77	7. Morgan Little Cherrybrook 6:27.65
8. Jessica Browne Parramatta 6:41.51	8. Christopher Wicks Quakers Hill 6:28.83
9. Emily Crichton Ku-Ring-Gai 6:50.80	9. Nicholas Adams Bathurst and Dist 6:37.45
10. Ashleigh Hodder Glenbrook 6:58.62	10. Damon Vallack Randwick Botany 6:46.83
Girls U 11 - 1100 Metre Walk	Boys U 11 - 1100 Metre Walk
1. Eliza DeLaine Northern Suburbs 5:31.53	1. Sam Gibson Manly Warringah 5:18.97
2. Samantha Brown Hornsby District 5:40.70	2. Harrison Mavin Ku-Ring-Gai 5:25.28
3. Madeline Owen Kurrajong Bilpin 5:44.32	3. Blake Dwyer-Hall Blacktown 5:32.62
4. Crystal Richardson Nepean 5:45.86	4. Luke Goschnik Port Hacking 5:52.18
5. Yasmin Mills Parramatta 5:51.36	5. Kane Vorillas Manly Warringah 5:56.43
6. Tamsin Buchanan Hills District 5:52.27	6. Isaac Watts Edgeworth 5:59.88
7. Grace Sinclair Ku-Ring-Gai 5:54.99	7. Guiseppe Fedele Randwick Botany 6:00.76
8. Rose Jennings Randwick Botany 6:00.09	8. Nickolai Simmons Winston Hills 6:06.84
9. Daniela Salisbury Ku-Ring-Gai 6:06.02	9. Donald Catallo Ingleburn Rsl 6:18.72
10. Charlotte Nonnenmacher Orange 6:06.06	10. Josh Hughes Kempsey 6:35.01
Girls U 12 - 1500 Metre Walk	Boys U 12 - 1500 Metre Walk
1. Raquel Roukos Doonside 7:01.30	1. Kyle Bedford Nepean 7:08.25
2. Leah McDonald Parramatta 7:05.44	2. Benjamin Tisdale Girraween 7:31.99
3. Abbey Dhu Doonside 7:46.22	3. Hayden Millican Northern Districts 7:44.45
4. Natalie Norris Manly Warringah 7:54.40	4. Ryan Thomson Colyton St Clair 7:50.58
5. Amy Henry Port Hacking 7:57.59	5. Elijah Harris Girraween 8:17.64
6. Ella Driene Tuggerah Lakes 8:24.06	6. Dylan Nagle Girraween 8:27.66
7. Ebony McCue-Shore Eschol Park 8:27.52	7. Alexander Duffy Port Hacking 8:28.02
8. Carys Batho Balmain 8:28.77	8. Travis Barendregt Doonside 8:34.51
9. Breanna Steadman Eastlakes 8:36.54	9. Tristan Croke Wyong 8:57.45
10. Emma Monahan Winston Hills 8:57.53	10. Thomas Hunt Parramatta 8:59.43
Girls U 13 - 1500 Metre Walk	Boys U 13 - 1500 Metre Walk
1. Jasmyne McDonald Parramatta 6:53.08	1. Jordan Glover Hills District 7:26.20
2. Lucy Francis Ku-Ring-Gai 7:20.18	2. Aidan Kerr Ku-Ring-Gai 7:31.68
3. Sumnar Richardson Nepean 7:38.02	3. James Clay Lake Illawarra 7:41.14
4. Ebony Burnard Western Suburbs 7:45.62	4. Declan Oconnell Randwick Botany 7:54.83
5. Kaylah Willoughby Randwick Botany 7:58.33	5. Damien Owen Kurrajong Bilpin 8:33.80
6. Sophia Dickerson Dubbo 8:00.23	6. Nathan Kuszelyk Woodberry & Dist 8:45.76
7. Shanae Norton Cabra Vale – Fair 8:03.89	7. Mitchell Drew-Rugg Glenbrook 8:47.51
8. Danielle Kalemusic Emu Plains 8:10.24	8. Adrian Kotevski Bankstown Sports 8:54.65
9. Ally Grujoski Randwick Botany 8:16.40	9. Gerry Georgiou Port Hacking 9:08.95
10. Tiffany Saker Hills District 8:17.68	10. Thomas Phillips Wallsend Rsl 10:43.54
Girls U 14 - 1500 Metre Walk	Boys U 14 - 1500 Metre Walk
1. Madyson Romer Emu Plains 7:20.62	1. Tyler Jones Wyong 6:23.30
2. Rhiannon Minnett Bankstown Sports 7:36.99	2. Ethan Dhu Doonside 7:02.58
3. Adriana Shina Hills District 7:51.63	3. Nathan Brown Hornsby District 7:22.07
4. Katrina Shaw Doonside 8:07.24	4. Tim Martin Sawtell-Toormina 7:22.77
5. Sarah Kelland Ryde 8:11.79	5. Patrick Estrada Doonside 7:47.33
6. Cori Hardy Ballina 8:47.86	6. Conor Kidd-Matthews Cardiff and Dist 7:56.55
7. Rhianna Lucas Port Hacking 8:59.05	7. Scott Cassidy Parramatta 8:29.65
8. Candice Porley Kurrajong Bilpin 9:09.85	8. Jordan Wotherspoon Ballina 8:33.67
9. Ashleigh Stewart Sawtell-Toormina 9:17.67	9. Beau Hardy Doonside 8:46.78
10. Ashley Harris Girraween 9:20.65	10. Lachlan Miller Eschol Park 8:52.70

Girls U 15 - 1500 Metre Walk				Boys U 15 - 1500 Metre Walk			
1.	Jasmine Dighton	Glenbrook	6:54.74	1.	Thomas Doyle	Randwick Botany	6:54.29
2.	Jayde Hill	Nambucca Dist	7:14.11	2.	Luke Jobson	Girraween	7:04.31
3.	Stephanie Grujoski	Randwick Bot	7:16.36	3.	Robert Murphy	South Eastern	7:11.13
4.	Isabella Sund	Eschol Park	7:33.46	4.	Delian Kotevski	Bankstown Sports	7:31.49
5.	Tayla-Page Billington	Manly Warringah	7:37.53	5.	Danyon Dowton	Glenbrook	7:59.87
6.	Bryony Beasley	Nepean	7:44.24	6.	Brody Gunn	Gosford	8:07.20
7.	Caitlin Plummer	Northern Suburbs	8:12.78	7.	Todd Owen	Kings Langley	8:10.37
8.	Natasha Estrada	Doonside	8:28.31	8.	Liam Gannan	Ingleburn Rsl	8:25.72
9.	Ebony Camenzuli	Emu Plains	8:39.83	9.	Sean Fox	Adamstown NL	8:31.42
10.	Frances Potter	Balmain	9:02.83	10.	Mitchell Acev	Wollongong City	8:38.00
Girls U 17 - 1500 Metre Walk				Boys U 17 - 1500 Metre Walk			
1.	Amy Bettiol	Manly Warringah	6:45.25	1.	Jay Felton	Gosford	6:18.94
2.	Hannah Denney	South Eastern	7:08.92	2.	Carl Gibbons	Westlakes	6:20.75
3.	Shay Southern	Kurrajong Bilpin	7:26.25	3.	Kurtis Birch-Ward	Bankstown Sports	6:54.72
4.	Amanda Barendregt	Doonside	7:37.22	4.	Matthew Killen	Wyong	7:29.38
5.	Maddison Sadler	Woolgoolga	8:01.94	5.	Jason Dredge	Tuggerah Lakes	7:35.03
6.	Isabella Shina	Hills District	8:09.09	6.	Nicholas Shina	Hills District	7:36.20
7.	Jorja Gow	Edgeworth	8:12.18	7.	Adam Batten	Tuggerah Lakes	8:43.16
8.	Chantelle Torres	Ingleburn Rsl	8:20.21	8.	Joseph Hidajat	Girraween	9:23.93
9.	Hannah Watts	Edgeworth	8:36.53	9.	Benjamin Maxwell	Glenbrook	9:37.29
10.	Raluca Bastuiescu	Parramatta	9:05.79	10.	Nicholas Russell	Rutherford	10:01.65

IAAF RACE WALK CHALLENGE SERIES, DUDINCE, SLOVAKIA, SATURDAY 24 MARCH

We have been waiting expectedly for the latest IAAF Challenge Series meet, the famous 'Dudinska Patdesiatka' event in Dudince, and it lived up to all expectations. Italy's 2008 Olympic 50km walk gold medallist **Alex Schwazer** provided the highlight with a world-leading 50km walk time of 3:40.58. Competing in surprisingly and unseasonable hot weather which peaked at over 20 degrees by the end of the race (the max temp was recorded at 23.8°C), he produced the fourth fastest time of the career and completed his first 50km since 2010. "I'm satisfied with the performance, my main goal was the Italian Olympic standard of 3:54 for London. I was thinking I can go somewhere around 3:45 so even I am surprised it was so fast. It shows I'm in my best shape ever," said Schwazer.

In the first 25 km, Schwazer walked with his teammate Matteo Giupponi until he started to push the pace after 35 kilometres. He soon overtook the leading Polish walkers to eventually win by over 3 minutes. He literally sprinted his last 5km in 20:46 and covered his final km in under 4 minutes. The Poles finished on strongly to take second and third places with **Lukasz Nowak**, eighth at the 2010 European Athletics Championships, improving his personal best by more than two minutes to 3:44:24 and **Rafal Sikora** next in with 3:46:52. Germany's **Andre Hohne** was fourth in 3:49:50 while Greece's **Alexandros Papamihail**, who set a national record over 20km a week ago at the first of the 2012 European Athletics Race Walking Permit Meetings in Lugano, was the next man across the line in a personal best of 3:55:13 in only his second race over the distance. However, the hot weather meant that of the 90 walkers who started the 50km, only 45 finished (39 DNFs and 6 DQs).

Special mentions to New Zealand walker **Quentin Rew** who was 9th with an Olympic A qualifying time of 3:58:48 and England's **Dom King** who was 19th with an Olympic B qualifying time of 4:06:34. Hopefully this will give both walkers that all important Olympic berth. And Ireland's **Brendan Boyce** recorded a 5 sec PB to finish 7th with 3:57:53, his second Olympic A qualifier.

In the 20km race, Slovakia's 2010 Race Walking World Cup 50km winner **Matej Toth** took his third victory in Dudince with a time of 1:20:42, following on from his wins in 2008 and 2010. **Rafal Fedaczynski** of Poland was second in 1:22:38 with **Jonathan Riekman** of Brazil third in 1:23:27 (PB). Toth plans to tackle the 50km event at the Olympic Games in London this summer and had a sub-1:20 time as his target in Dudince, but by 14km he had received 2 red cards and just eased his pace in the closing kilometres. France's 2006 and 2010 European Athletics Championship 50km gold medallist **Yohann Diniz**, who set a national 20km walk record of 1:17:43 a week ago in Lugano, pulled out at 15km.

In the women's 20km, Poland's **Paulina Buziak** won in 1:33:00 with Ukraine's **Olha Yakovenko** second in 1:34:21 and Slovak **Maria Czakova** (who won the national title in a 1:37:41 PB and Olympic B qualifier) third. Germany's **Nils Brembach** won the junior men's 10km race in 43:55 while Lithuania's **Ginta Vaiciukeviciute** won the junior women's 10km in 49:59.

The full results can be found at <http://www.tilastopaja.org/db/results.php?Season=2012&CID=12821491&user=4449>. I reproduce them here but will leave out the DQs and DNFs due to space considerations.

50km Walk

1.	Alex Schwazer	ITA	26 Dec 84	3:40:58	
2.	Lukasz Nowak	POL	18 Dec 88	3:44:24	POL NC 1
3.	Rafal Sikora	POL	17 Feb 87	3:46:52	POL NC 2
4.	André Höhne	GER	10 Mar 78	3:49:50	
5.	Alexandros Papamihail	GRE	18 Sep 88	3:55:13	
6.	Ivan Trotski	BLR	27 May 76	3:55:26	
7.	Brendan Boyce	IRL	15 Oct 86	3:57:53	

8.	Oleksandr Romanenko	UKR	26 Jun 81	3:58:31	
9.	Quentin Rew	NZL	16 Jul 84	3:58:48	
10.	Xavier Moreno	ECU	15 Nov 79	3:58:57	
11.	Igors Kazakēvičs	LAT	17 Apr 80	3:59:02	
12.	Dušan Majdán	SVK	8 Sep 87	3:59:05	SVK NC 1
13.	Maik Berger	GER	17 Feb 79	3:59:10	
14.	Pavel Yarokhau	BLR	21 Jul 82	4:02:07	
15.	Aleksey Khimin	RUS	26 Feb 89	4:02:58	
16.	Ato Ibáñez	SWE	14 Nov 85	4:03:20	
17.	Nenad Filipović	SRB	5 Oct 78	4:04:17	
18.	Xavier Le Coz	FRA	30 Dec 79	4:05:09	
19.	Dominic King	GBR	30 May 83	4:06:34	
20.	Tomas Gaidamavičius	LTU	7 Nov 87	4:06:48	LAT NC 1
21.	Maciej Rosiewicz	GEO	31 Jul 77	4:07:24	
22.	Ričardas Rekst	LTU	10 Oct 87	4:07:58	LAT NC 2
23.	Matias Korpela	FIN	16 Nov 89	4:08:41	
24.	Andrei Stsepanchuk	BLR	12 Jun 79	4:09:44	
25.	Eddy Roze	FRA	13 Nov 70	4:10:17	
26.	Ihor Saharuk	UKR	3 Jun 88	4:10:30	
27.	Dzmitry Dziubin	BLR	12 Jul 90	4:13:50	
28.	Ruslan Vershinin	RUS	29 Jan 89	4:14:01	
29.	Lukáš Gdula	CZE	6 Dec 91	4:14:56	CZE NC 1
30.	Mesías Zapata	ECU	8 Jan 81	4:15:40	
31.	Florian Letourneau	FRA	19 Dec 88	4:18:59	
32.	Hatem Ghoula	TUN	7 Jun 73	4:23:16	
33.	Róbert Tubak	HUN	1 Mar 79	4:24:55	HUN NC 1
34.	Karel Ketner	CZE	11 Apr 90	4:27:21	CZE NC 2
35.	Jérôme Caprice	MRI	18 Jan 83	4:27:37	
36.	Rafał Goławski	POL	24 Oct 88	4:29:13	POL NC 3
37.	Martin Tistan	SVK	12 Nov 92	4:37:46	SVK NC 2
38.	Tibor Koléner	HUN	24 Sep 90	4:50:09	HUN NC 2
39.	Antonín Kozelka	CZE	27 Nov 85	4:52:00	CZE NC 3
40.	Jiří Žák	CZE	7 Apr 71	4:52:01	CZE NC 4
41.	Peter Tichý	SVK	25 Jun 93	4:56:27	
42.	Sándor Balázs	HUN	23 Aug 80	5:09:29	HUN NC 3
43.	Dávid Koltai	HUN	30 Mar 83	5:28:05	HUN NC 4
44.	Berislav Devčić	CRO	66	5:33:33	
45.	István Csaba	HUN	23 Sep 59	5:38:52	HUN NC 5

Men 20km Walk

1.	Matej Tóth	SVK	10 Feb 83	1:20:42	
2.	Rafał Fedaczyński	POL	3 Dec 80	1:22:38	
3.	Jonathan Rieckmann	BRA	20 Aug 87	1:23:27	
4.	Oleksandr Verbytskyy	UKR	28 Jul 92	1:23:39	
5.	Oleksandr Venhlovskyy	UKR	5 Aug 85	1:25:53	
6.	Diego Cafagna	ITA	9 Jul 75	1:26:49	
7.	Łukasz Augustyn	POL	29 Nov 90	1:27:24	
8.	Genadij Kozlovskij	LTU	7 Jan 91	1:29:31	
9.	Edwar Araya	CHI	14 Feb 86	1:31:22	
10.	Predrag Krstović	YUG	7 Mar 80	1:31:48	
11.	Mieczysław Romanowski	POL	16 Oct 91	1:32:19	
12.	Artur Mastianica	LTU	30 Jul 92	1:35:55	
13.	Zdeno Babík	SVK	9 Jan 84	1:42:11	
14.	Janusz Goławski	POL	26 Mar 66	1:49:54	
15.	Mirosław Łuniewski	POL	25 Jan 57	1:51:27	
16.	Wilfried Gaube	GER	56	1:58:56	
17.	Zbigniew Kwita	POL	16 Sep 59	2:02:21	
18.	Krešimir Jurlin	CRO	64	2:13:31	
19.	Mariusz Siankowski	POL	16 Sep 66	2:22:57	

Women 20km Walk

1.	Paulina Buziak	POL	16 Dec 86	1:33:00	
2.	Olha Yakovenko	UKR	1 Jun 87	1:34:21	
3.	Mária Czaková	SVK	2 Oct 88	1:37:41	SVK NC 1
4.	Katarina Strmeňová	SVK	25 Jan 93	1:43:04	SVK NC 2
5.	Inga Mastianica	LTU	13 Jun 89	1:44:36	
6.	Veronika Privalincová	SVK	12 Mar 92	1:48:00	SVK NC 3
7.	Agnieszka Ellward	POL	26 Mar 89	1:49:25	
8.	Miroslava Stašová	SVK	14 Feb 86	1:53:40	SVK NC 4
9.	Petra Récesei	HUN	28 Sep 90	1:53:43	
10.	Soňa Tydorová	SVK	17 Jun 92	2:11:23	SVK NC 5

11.	Barbora Merkovská	SVK	27 Jul 94	2:13:27	SVK NC 6
Men U23 35km Walk					
1.	Dávid Tokodi	HUN	3 May 91	3:02:26	
2.	Dénes Papp	HUN	13 Aug 90	3:46:35	
Men U20 10km Walk					
	Nils Brembach	GER	23 Feb 93	43:35	
	Lukasz Kostka	POL	19 Sep 94	44:52	
	Ihor Puzanov	UKR	10 Oct 93	45:51	
	Luke Hickey	IRL		45:57	
	Ondřej Molt	CZE	25 Jul 94	46:09	
	Vít Polasek	CZE	94	46:09	
	Yuriy Shvaryk	UKR	1 May 94	46:32	
	Tomasz Dmowski	POL	18 Apr 94	46:34	
	Peter Tichý	SVK	25 Jun 93	46:37	
	Andrej Dolinský	SVK	31 Dec 94	47:15	
	Joakim Saalen	NOR	18 Jul 93	47:21	
	Wiktor Szabo	POL	26 Feb 93	48:02	
	Kyrylo Andrushchenko	UKR	30 Jan 93	48:22	
	Jonathan Hilbert	GER	95	48:22	
	Filip Veselouš	CZE	18 May 95	48:38	
	Normantas Petriša	LTU	6 May 94	49:39	
	Karl Junghans	GER	6 Sep 96	51:07	
	Daniel Chojecki	POL	24 Jan 94	51:51	
	Jiří Skalka	CZE	10 Sep 95	52:11	
	Márk Kósi	HUN	1 Feb 93	53:18	
Women U20 10km Walk					
1.	Gintarė Vaiciukevičiūtė	LTU	24 Sep 94	49:59	
2.	Eliška Drahotová	CZE	22 Jul 95	50:19	
3.	Marlena Chojecka	POL	1 Jan 94	51:52	
4.	Mariann Lengyel	HUN	1 Jan 94	51:58	
5.	Barbara Kovács	HUN	26 Jul 93	52:03	
6.	Réka Novák	HUN	19 Jan 95	52:08	
7.	Karolina Wierus	POL	21 Jan 93	53:12	
8.	Adela Frydrychová	CZE	20 Mar 95	54:05	
9.	Monika Hornakova	SVK	6 Jul 95	54:05	
10.	Bianka Dittrich	GER	93	54:06	
11.	Maxi Woelke	GER	95	54:06	
12.	Janine Bandt	GER	94	54:19	
13.	Tímea Horváth	HUN	5 Sep 94	54:45	
14.	Dáša Škantárová	SVK	8 Dec 95	55:22	
15.	Radoslava Pilarová	SVK	21 Oct 96	57:31	
16.	Lucia Čubaňová	SVK	9 Aug 95	57:53	
17.	Anna Selníková	CZE	6 Sep 94	58:20	
18.	Lucia Škantárová	SVK	28 Dec 96	58:35	
19.	Felicia Hogrell	SWE	29 Mar 94	59:52	
20.	Maria Aydin	SWE	14 Aug 93	61:49	
21.	Martina Strmečki	CRO	94	62:32	
22.	Petra Hornyik	HUN	15 Jan 93	63:27	
23.	Luca Nagy	HUN	94	64:34	
Men U18 10km Walk					
1.	Bence Venyercsán	HUN	8 Jan 96	45:55	
2.	Miroslav Úradník	SVK	24 Mar 96	46:39	
3.	Tomas Bagdány	HUN	12 Apr 95	47:13	
4.	Mateusz Nowak	POL	96	48:11	
5.	Jan Rygal	POL	25 Jun 95	48:56	
6.	Jakub Zecha	POL	27 May 96	52:23	
7.	Ákos Balogh	HUN	15 Aug 96	53:18	
8.	Tobias Boll	GER	96	54:05	
9.	József Dodony	HUN	96	56:16	
Women U18 5km Walk					
1.	Mercédes Márton	HUN	28 Nov 95	23:52	
2.	Henrika Parviainen	FIN	27 May 97	24:27	
3.	Rita Récsei	HUN	30 Jan 96	24:51	
4.	Erika Parviainen	FIN	9 Sep 95	25:51	
5.	Angelika Augustyn	POL	15 Jan 96	26:05	
6.	Joanna Bindryn	POL	14 Dec 95	27:07	

7.	Anna Südi	HUN	5 Oct 97	27:11
8.	Danica Gogov	SRB	15 Sep 96	27:35
9.	Evelin Szabó	HUN	96	28:56
10.	Lena Tomas	SWE	20 Oct 96	30:34
11.	Kincső Kási	HUN		31:41
12.	Julia Ibrahim	SWE	30 Aug 96	33:55
13.	Jennifer Ibrahim	SWE	95	35:24

There is extensive video footage of the races at <http://www.infonet.tv/Dudinska-patdesiatka-v—chodzi-.html?aid=3588>.

Emmanuel Tardi has also put a large selection of photos online. Some are reproduced below. For more, check out

50km Pictures: <https://picasaweb.google.com/Emmanueltardi/50kmDudince2012?authuser=0&feat=directlink>
 20km Pictures: <https://picasaweb.google.com/Emmanueltardi/20kmDeDudince2012?authuser=0&feat=directlink>
 5km/10km Pictures: <https://picasaweb.google.com/Emmanueltardi/105kmDudince2012?authuser=0&feat=directlink>



Alex Schwazer (50km), Matej Toth (20km) and the leaders in the women's 20km

SOUTH AMERICAN RACE WALKING CHAMPS, SALINAS, ECUADOR, 17-18 MARCH

Colombia captured three gold medals and emerged as the top nation of the 2012 South American Race Walking Championships, which were held at Salinas, an Ecuadoran coastal city about 120km west of Guayaquil, on 17-18 March. Eduardo Biscayart reported for the IAAF (see <http://www.iaaf.org/news/newsid=64417.html>)

Individually, the best performance came from the 18-year-old Colombian **Sandra Arenas**, who won the junior 10km race in 45:17, setting a new South American record. The previous mark belonged to Ecuadorian Miriam Ramón since 1989 (46:16). For Arenas, the 2011 South American junior champion at 10,000m, it was a PB by over 2 minutes. Bolivians Ángela Castro (national junior record of 47:00) and Wendy Cornejo (personal best of 47:01) completed the podium.

Brazilians **Caio Bonfim** and **Érica de Sena** were the 20km victors. Twenty-one year-old Bonfim equaled his road personal best with a 1:23:59 clock, to beat Colombian James Rendón (1:24:06) and another Brazilian, Moacir Zimmermann (1:24:34). “This was an important victory for my, as it was my second in the adult category,” said Bonfim. “Now I need to reach the qualifying time for the London Olympic Games,” he added.

Érica de Sena won the women’s 20km race, but not the Championships, since she was taking part as an extra competitor, not included in the official Brazilian delegation. The 26-year-old from Pernambuco (who resides in Guayaquil) clocked 1:33:24, missing Tânia Spindler’s national record by 1 second. The actual South American champion was Colombian **Arabelly Orjuela**, who also set a personal best with 1:34:41, followed by the 2011 South American track champion, Colombian Ingrid Hernández (1:34:56), and by Venezuelan Milángela Rosales (1:36:45).

In the Olympic discipline, Brazilian **Mário José dos Santos** won the 50km event – held on the warm Sunday morning – in 4:12:52, ahead of Ecuadorian Jonathan Cáceres (4:14:45).

In the remaining events for younger categories, Colombian **Eider Arévalo**, the 2010 World Cup winner, grabbed victory at the junior 10km in 43:25 while Peruvian **Paolo César Yurivilca** (45:00 at 10km) and Ecuadorian **Karla Jaramillo** (24:49) took the Youth titles.



Caio Bonfim winning the South American 20km Race Walk title in Salinas (Aercio Oliveira)

Leading results were as follows

50km Open 1. Mário José dos Santos BRA 4:12:52 2. Jonathan Cáceres ECU 4:14:45 3. Edgar Cudco ECU 4:22:44	20km Open Women 1. Arabelly Orjuela COL 1:34:41 2. Ingrid Hernández COL 1:34:56 3. Miláγγελa Rosales VEN 1:36:45 4. Claudia Balderrama BOL 1:36:46 5. Yadira Guamán ECU 1:38:20 Érica de Sena BRA 1:33:24 (additional)
20km Open Men 1. Caio Bonfim BRA 1:23:59 2. James Rendón COL 1:24:06 3. Moacir Zimmermann BRA 1:24:34 4. Rolando Saquipay ECU 1:26:57 5. José Leonardo Montaña COL 1:27:46	
10km Junior Men 1. Eider Arévalo COL 43:25 2. Kenny Martín Pérez COL 43:39 3. Manuel Soto COL 43:43	10km Junior Women 1. Sandra Arenas COL 45:17 Sth Amer Rec 2. Ángela Castro BOL 47:00 3. Wendy Cornejo BOL 47:01
10km Youth Men 1. Paolo César Yurivilca PER 45:00 2. Daniel Pintado ECU 45:24 3. Franco Chocho ECU 48:11	5km Youth Women 1. Karla Jaramillo ECU 24:49 2. Lina Paola Abril COL 24:57 3. Michelli Semblantes ECU 25:03

CENTRAL AMERICA RACE WALKING CUP, SAN JOES, COSTA RICA, 24-25 MARCH

The Central America Race Walking Cup was held at San Jose, Costa Rica, last weekend with the best result coming in the Open 20km men's event which was won by Guatemalan walker Anibal Eduardo Paau with 1:26:13. Full results of all events at <http://www.atletismocadica.org/attachments/article/58/CA%20Marcha%20CRC%20MAR2012%20RESULTADOS.pdf>

20km Open Men

1. Anibal Eduardo PAAU	25	GUA	1.26.13
2. Mario Alfonso BRAN GRANILLO	23	GUA	1.27.23
3. Bernardo Alejandro CALVO AGUILAR	29	CRC	1.27.45
4. Hugo Leonel MOMOTIC LOPEZ	24	GUA	1.35.36
5. Gabriel Mauricio CALVO AGUILAR	21	CRC	1.37.09

NEW ZEALAND T&F CHAMPIONSHIPS, THE TRUSTS STADIUM, WAITAKERE, 23-25 MARCH

The New Zealand Olympic Trials were held in conjunction with their National T&F Championships at the Trusts Stadium in Waitakere last weekend and there were track walks on offer on Friday and roadwalks on Sunday. Jim Leppik has kindly accepted my invitation to put a short race meet report together. Thanks Jim!

On the weekend I decided to cross the Tasman and go watch my three Kiwi walkers compete in the New Zealand national

championships. They included Masters World champion Nyle Sunderland, Masters walker Terri Grimmett and Brooke Cowsill who has only recently returned to racing after having a baby.

Friday's 3000m started with the women, in very humid conditions. Young gun Rozie Robinson dominated from the start and went on to win by over a minute in 14.08, 26 sec outside her 13.42 pb but similar to her best time before she went to the AIS camp, indicating how far she has come. The real race was for 2nd, 3rd and 4th between Lesley Cantwell, Kate Newitt and Nyle Sunderland. The pace was hot early with Kate just in front of Alana Barber and Nyle with Lesley sitting back 10 secs. As the race progressed, Lesley picked off walkers tiring in the humid conditions, moving into 2nd with about 500m to go, finishing in 15.17, a huge pb. Kate was 3rd in 15.27 and Nyle 4th in 15.34, a huge pb despite blowing up a little late in the race. 17yo walker Courtney Ruske was a clear winner of the U20 race in 15.04. Courtney has a pb of 14.17 and is a real talent.

The men's race saw junior walker Matthew Holcroft battling up front with Scott Nelson for 4 laps before the youngster cleared away to win in 12.39, a huge pb. Matthew is another who has taken huge leaps since his time at the January AIS Camp. Scott was the first of the Open walkers, crossing the line in 13.04, followed by masters walker Mike Parker who walked his usual strong race to take Open 2nd place in 13.52.

The women's 20km road race on Sunday morning was also an intriguing race. Rozie dominated the event once again, going through 10km in 51.41 and continuing on taking a massive 3.52 off her best time to win with 1.45.50. Again the race was for 2nd, 3rd and 4th between Nyle, Lesley and Brooke Cowsill. Nyle cleared out by about 25 secs but it was apparent she was having problems with a spasming hamstring. Eventually she slowed, allowing Lesley to move into the lead. Eventually Nyle was forced to retire, leaving Brooke and Lesley to fight it out for the minor medals. Brooke caught Lesley then gradually pulled away to take 2nd with 1.55.30 after a big negative split, with Lesley 3rd in 1.55.56, a 3 min pb.

The men's 20km race saw Scott Nelson walk strongly from start to finish, just getting under 100 minutes with his time of 1.39.48. Scott's been in great form all summer and finished the season off well with another fine performance. Mike Parker walked excellently to take second place in 1.46.48, his fastest performance for a long time, so fast he had "ambulance time" after the event with low blood pressure and blood sugar. He had a great double on the weekend though.

The performance that caught my eye was 18yo Matthew Holcroft in the Junior Men's 10km. Matthew looked strong from the start and finished the 10km in 45.30, a 3 min pb. Matthew is self coached from what I was told and took much in from his time at Thredbo. The 3 NZ walkers who attended the Threadbo Camp (Matthew, Rozi Robinson and Quentin Rew who walked a 50km A qualifier in Dudince this weekend) have shown just how such a camp can inspire self belief and motivate improvement.

Courtney Ruske dominated the Junior Women's 10km winning with a time of 53.55 just a min outside her pb. Courtney has also had a great summer.

While there's not great depth yet, there's certainly some real potential and talent in New Zealand, much of it untapped. Hopefully others can follow in Quentin's footsteps and aim for the top.

Open Women 3000m Walk 1. Roseanne Robinson Otago 14:08.01 2. Lesley Cantwell Southland 15:17.42 3. Kate Newitt Canterbury 15:28.38 4. Nyle Sunderland Tasman 15:34.55 5. Alana Barber Auckland 16:36.74 6. Terri Grimmett Wellington 17:56.70 7. Rowena Meikle Uni. Cant. AC 19:36.22	Open Men 3000m Walk 1. Scott Nelson Tauranga AC 13:04.52 2. Mike Parker Auckland 13:52.36
U21 Women 3000m Walk 1. Courtney Ruske Canterbury 15:04.10 2. Natasha Murrhiy Wellington 16:07.11 3. Jenny Meikle Uni. Cant. AC 20:20.89	U21 Men 3000m Walk 1. Matthew Holcroft Waikato BoP 12:39.86 2. Phillip Meikle Canterbury 16:29.80 3. Ben Meikle Canterbury 17:50.12
U18 Women 3000m Walk 1. Sarah Meikle Uni. Cant. AC 19:26.11 2. Emma Dunbar Hillsborough 20:13.95	U18 Men 3000m Walk 1. Jonathan Lord Canterbury 15:21.51 2. Andrew Jackson Auckland 16:49.37
Open Women 20km Walk 1. Roseanne Robinson Otago 1:45:49 2. Brooke Cowsill RW Auck. 1:55:30 3. Lesley Cantwell Southland 1:55:56 4. Alana Barber Auckland 2:03:13 5. Shirley Barber RW Auck. 2:27:47 6. Rowena Meikle Uni. Cant. AC 2:31:01	Open Men 20km Walk 1. Scott Nelson Tauranga AC 1:39:47 2. Graeme Jones Hawkes Bay Gisb 1:41:38 3. Mike Parker Auckland 1:46:48
U21 Women 10km Walk 1. Courtney Ruske Canterbury 53:55	U21 Men 10km Walk 1. Matthew Holcroft Waikato BoP 45:30

2.	Natasha Murrhiy	Wellington	58:39	2.	Jonathan Lord	Canterbury	52:58
3.	Sarah Meikle	Uni. Cant. AC	1:09:57	3.	Phillip Meikle	Canterbury	1:02:23
4.	Jenny Meikle	Uni. Cant. AC	1:13:08	4.	Andrew Jackson	Auckland	1:05:01
				5.	Ben Meikle	Canterbury	1:08:12

FAST WALKING IN SOUTH AFRICA

The first Yellow Pages Series meet in Stellenbosch on Tuesday 20 March saw Pierre de Villiers set a new South African record 11:24.04 in the men's 3000m walk. Second placed Wayne Snyman also broke the record with 11:26. Chris Britz's 23 year old record had stood at 11:27.

Men's 3000m Race Walk, Tuesday 20 March

1. Pierre De Villiers RSA 85 11:24.04

Four days later in Potchefstroom in the second Yellow Pages Series meet, De Villiers was once again in good form but had to lower his colours to Lebonang Shange in the 5000m walk.

Men's 5000m Race Walk, Saturday 24 March

1. Lebogang Shange RSA 90 20:23.11
 2. Pierre De Villiers RSA 85 20:35.08
 3. Marc Mundell RSA 83 21:04.21
 4. Thami Hlatswayo RSA 82 22:36.73

OVERSEAS SHORTS

SARANSK (RUS): 57 countries have confirmed their participation in the IAAF Race Walking World Cup in Saransk, Russia on May 12-13. In total 1000 people are expected to come to Saransk, the capital of Mordovia Republic. Russia 2 TV will broadcast the event.

MOSCOW (RUS): Russian Anti-Doping Agency RUSADA has advised a positive A sample for Junior walker Dementiy Cheparev (he will be 20 in October). He tested positive at the Russian Winter Walking Championships in February when he was 10th in the 35 km race with 2:39:17. He was the bronze medallist at last year's European Cup Junior championships and was the 2009 World Youth silver winner. He is provisionally suspended until the case be solved. It is the latest in a long line for the heavily drug tainted Russian program.

ITALY'S SCHWAZER BACK ON TRACK TO DEFEND OLYMPIC 50KM WALK TITLE

With Italian Olympic 50km champion Alex Schwazer in such great early season form (20km win in Lugano in 1:17:30 followed a week later by 50km win in Dudince in 3:40:58), it is timely that the European Athletics website has published the following interview with him – see <http://www.european-athletics.org/youth-athletics-programme-news/362-meetings-2011/race-walking-permit-meetings/10896-italys-schwazer-back-on-track-to-defend-olympic-50km-walk-title.html>



Schwazer on his way to Olympic 50km gold in Beijing in 2008 (photo Jeff Salvage)

Alex Schwazer was in outstanding form at the first of the 2012 European Athletics Race Walking Permit Meetings, the Lugano Trophy - Memorial Mario Albisetti Walking, in the Swiss city of Lugano on Sunday. The 2008 Olympic Games 50km

walk champion smashed his own Italian record for the shorter championship walking distance of 20km by almost a minute when he crossed the line in 1:17:30. It was the sixth best performance ever and only 14 seconds shy of the ratified world record of Russia's Viktor Kanaykin.

The 27-year-old talked to the Italian Federation website www.fidal.it about the race and his Olympic preparations.

Q: Truthfully, did everything go as planned in Lugano?

A: No, no, seriously; when Michele (Didoni, his coach) asked me to make a prediction about my time for this race, I wrote 1:18:30. I wanted to try to make an Italian record but it's unbelievable that I raced almost a minute faster.

Q: So your time was unexpected?

A: Yes, but only in part. We had planned for me to have my first peak of the year around this time and then my second peak is planned for the Olympics. However, I'm in good shape, very good. Recently, I have worked hard, with a very high intensity, so basically it is not so strange that I managed to get a time like this.

Q: The final quarter of the race was amazing: 18:58 for the last 5km, 3:33 in the last 1000 metres. What happened there?

A: I must say I was helped very much by the Frenchman (two-time European 50km champion Yohann) Diniz. When he came back to me, we were right at the critical stage of the race, the one that goes from 12 to 17 kilometres. Racing next to him gave me the energy to keep up the pace.

Q: How will you recover for Saturday, for the 50km in Dudince (the next European Athletics Race Walking Permit Meeting which will be held in the Slovakian spa town on 24 March), where you are aiming to obtain the minimum qualification standard for the Olympic Games?

A: I'm sure there will be no problems to recover because in Dudince I'll be racing calmly, with the only goal of doing what is necessary?

Q: However, you didn't race calmly in Lugano?

A: Ha, ha. In fact, I had set a goal to get an Italian record at one of these two races. Now, that I've already done that, I'll take things a bit more comfortably. I'll go at a good pace, a nice rhythm, but without really pushing it. It would not make sense to do that at this time. I hope Matteo Giupponi can help me to 25km, or maybe 30km, that would be great, after that point, I'll see how I feel.

Q: And you'll face Diniz again (in Dudince)?

A: "No, Diniz will be there but he will race over 20km, not 50km. We talked, and I understand that he does plan to double over both 20km and 50km in London.

Q: Diniz is thinking about doubling. Do you also plan to do the same?

A: The truth is that I want to do well, to win, at my best distance of 50km. In the past, I've tried to do everything but at this stage of my career, this does not interest me. To double, you must be in an excellent condition, like the one I have now, but then other things need to happen as well. I don't want the pressure, someone like (Poland's Robert) Korzeniowski, when he doubled at the Olympics (in 2000, where he won both gold medals), he could do because he had already won a lot of titles before and nobody would dream of criticizing him. But I will have all eyes on me!

Q: Your coach Didoni says that you are back to your best form because you train, near Milan, in a group where everyone wears a smile. Is this true?

A: Yes, it's true, but it's not only this, of course. For an athlete to go fast, it takes so many things. I am in a good team and they compliment what I am doing. I am also far from home, without distractions of any kind, there is virtually nothing for me to do other than training; and that makes a big difference.

Q: Your enthusiasm for racing also seems to have returned?

A: Yes, of course. Now, everything is nice but I'm trying to keep my feet on the ground as there is still a long way to go to the Olympics. However, I am very satisfied; such results (like in Lugano) give you confidence and moral security.

WHAT MAKES A GREAT RACE WALKER? A LOOK AT SOME OF THE LEGENDS

Paul Warburton, writing for the IAAF on Thursday 22 March 22, has also contributed another great article on our sport, looking at some of the legends of racewalking (see <http://www.iaaf.org/Mini/WRW12/News/NewsDetail.aspx?id=64438>)

What makes a great race walker?

Winning of course. But there are plenty on the IAAF World Walking Cup list since the first competition in 1961. So, to pick 10 from an illustrious cast of dozens there are other factors to consider. Longevity is one of them. Race walking expert and IAAF correspondent Paul Warburton shares his all-time top-10. Do you agree? Or did he leave anyone out? Share your thoughts and discuss on the IAAF's World Athletics Club page on Facebook! No surprise, this top 10 has a few who were happy to come back for more, with one about to have his ninth go at in Saransk at the IAAF World Race Walking Cup on 12-13 May.

Personality? Winning is one thing, but two walkers on this list never did – and still managed to leave an indelible mark on the World Cup. And personality not just expressed through walking, but also linked with ambassadorial skills that increased the sport's standing.

Jefferson Perez – Ecuador (1997-2006)

This man had the lot. Perez harnessed blistering speed with a ferocious will to win. He also provided Ecuador with a first Olympic gold medal in 2004, and won three IAAF World Walking Cup 20ks between 1997 and 2004. He walked at the very top for 14 years and there are few in modern history to match him. But where the 1:74m Ecuadorean stood head and shoulders above the rest was a perfect walking style. He was never vaguely close to disqualification in 15 major championships, and sported an action so smooth a George Clooney chat-up line was clumsy by comparison.

Jesus Angel Garcia – Spain (1993 – to present day)

WHEREAS Perez had the perfect style – Garcia did not. In fact, the Spaniard always appears to battle for every stride. For mere mortals, i.e. the rest of us – Garcia is the perfect role model of what can be achieved through adversity. The head bobs, the arms are often too high and at right angles to his torso, and the foot plant is more ten-to-two than straight ahead. But what Garcia lacks in technique, the 42-year-old makes up for with an amazing haul of medals in every major competition except the Olympics. IAAF World Championship and European success straddle a 19-year-career of first and two silvers in the World Cup. His 50k gold in a near snowstorm at Podebrady 1997 was a then fastest time for the Cup, and Saransk in May will be a ninth appearance in a row to go with a proud record of never finishing outside the top 14.

Robert Korzeniowski – Poland (1989-2004)

THERE is not a lot left to be written about a man who has nine major golds including four Olympics – except that he never won a World Cup. In fact, the Polish legend's first 20k appearance was a lowly 40th in L'Hospitalet in 1989, and his best was a swansong second trying to catch Jefferson Perez in Naumburg, 2004. However, he is not only a great athletic legend, he is also a great dancer, as witnessed at the post Cup banquets where his personality filled the room, and hence his appeal on Polish TV. He also effortlessly speaks five languages. In contrast to a stream of faceless eastern Europeans, for a decade Korzeniowski was a Pied Piper to ambitious walkers who followed him around picking up advice, and was and is an outstanding ambassador for the sport.

Kerry Saxby-Junna – Australia (1985-1999)

SHE was never a winner – but nobody could fault Kerry Saxby-Junna's effort. The Aussie with a mane of blond hair jutting out behind her was an inspiration to a generation of walkers simply because she gave it everything. The sight of Saxby-Junna collapsing over a World Cup finish was commonplace after her first appearance on the Isle of Man to her last in Mezidon – and unlike some prima donnas – she really suffered. There were plenty who settled for second before the gun. But the native of tiny Ballina right up in Australia's north-east was a fixture at the front with a series of heart-stopping efforts that got her silver in the 1989 World Cup behind the GDR's Beate Anders. Walking's world rejoiced when Saxby-Junna was duly rewarded at the very last chance of her career with a bronze in the 1999 IAAF World Championships prior to retirement.

Vladimir Golubnichy – Russia (1967-1970)

THE great Russian's flirtation with the then Lugano Trophy lasted only three years – but he was second in them both. There was a presence about Golubnichy few before or after have reproduced, and although he was never at his ultimate best in the World Cup, two Olympic golds in contrasting conditions as well as European success in 1974 left a lasting legacy for others in red vests to emulate.

Yelena Nikolayeva – Russia (1987-2004)

BY THE time Nikolayeva won the 20k in Naumburg at her last IAAF World Walking Cup in 2004 – she had won everything else. Olympic gold, IAAF World indoor and outdoor championship medals were already in the display case. But although she had a bronze and silver from previous World Cups and led for a very long time in 1999, the complete set eluded her until a farewell performance in the former East German town. Her perseverance saw her finally atop the podium at the age of 38 to underline the old adage, if at first you don't succeed etc. And although she had retired by then, Nikolayeva's work and status behind the scenes helped Cheboksary and Russia claim World Cup host status for the first time in 2008.

Raul Gonzales – Mexico (1977-1983)

THE moustachioed Mexican joins a list of only four who claimed a hat-trick of World Cup wins – and only the second with German Christophe Hohne who did it over 50k. The sight of Gonzales leaving the rest for dead on his 1977 debut set a marker for the next three editions, and whether it was north, south or at middle European venues, it worried the man not a bit as he got on with the job of winning. His command of the event was synonymous with a Mexican dominance between 1977-1983 culminating in 20k Olympic silver and 50k gold in 1984. "Mas contento..." was a comment of some understatement as he climbed the podium in Los Angeles.

Olga Kaniskina – Russia (2006-to the present)

SINCE 2007 the slight Russian's name has been first on every result sheet. Kaniskina makes it look as if the whole thing is agony almost from the first lap, but her contorted face is betrayed by an effortless style – and for the most part, she's got used to wrapping up the result long before the end, despite the appearance of pain. A World Cup debut fifth in 2006 became gold on home soil two years later, and with a bit more competition she would have produced a second world record on a day when Denis Nizhegorodov had already smashed the 50k mark. How many more World Cup wins can 27-year-old produce? Well, Yelena Nikolayeva was 38 when she won a 20k, and Kaniskina if anything looks even more dominant.

Ken Matthews – Great Britain (1961-1963)

THE 1964 Olympic gold medallist was the first Lugano Trophy winner – and he not only repeated the success two years later – he made it look easier. There was never a chance of a close finish in the Swiss city that lent its name to the trophy. In fact, the man from Birmingham was nearly a minute clear at 5k, and was the best part of two minutes ahead of second at the line. If that was good, the three minutes Matthews won by in Varese, Italy in 1963 was a precursor to a glorious October day in Tokyo a year later, and the last Olympic walking gold by a nation who collected 15 major medals in the 20th century, and nothing since.

Maria Vasco – Spain (1997- to the present day)

FOR a long while it looked as if the belle from Barcelona was destined to be a bridesmaid wearing bronze. Some would have been grateful just for that, but after four major third places including Naumburg 2004, the athlete born on Boxing Day battled to the front in Chihuahua two years ago. On a hot, tough evening years of experience paid off as Vasco finally made it to the top of the podium at age 34 and made the sunset all the brighter with a beaming smile.

OUR BEST WISHES GO OUT TO PETER MARLOW

You may have heard that former British international walker and long standing senior international judge Peter Marlow has suffered a stroke and is in hospital. I am happy to be able to report that Peter has had corrective surgery and is now in a general ward and showing signs of improvement. We wish Peter all our best and hope to see him back on the walking circuit soon.

LIFE MEMBER FRANK MCGUIRE TURNS 100

In the next few days, VRWC life member **Frank McGuire** will reach the truly venerable age of 100 years and a number of us will be gathering at his retirement village to celebrate the occasion with afternoon tea – there are two opportunities, Thursday or Sunday. I will be going to the Thursday celebration. It goes without saying that Frank is our oldest member from both perspectives – certainly by age but also by club membership – Frank joined the club in 1931 – 81 years ago! In next week's newsletter, I will be writing more about Frank and telling readers about his fascinating life but this newsletter is long enough already so .. until next week! Happy birthday Frank!

LOTS OF NEW VIDEOS TO VIEW

The last week has been busy with lots of walking related videos coming online. Let's review some of them

London Olympics Event Preview

This one must be watched. I say no more – check it out – is is superb: <http://www.facebook.com/photo.php?v=10151390892320012>

Women's 50km

Women's 50km proponent Erin Taylor-Talcot (USA) is interviewed here: <http://www.kesq.com/video/30513233/index.html>

1969 Belgrave 7

The Belgrave 7 in London used to be one of the really big events in England and the 1969 edition saw a Mexican contingent (in one of their first European forays) fighting it out with local favourite Shaun Lightman. I certainly see a few faces that I remember from years back. Note the walkers having to navigate through cars coming in the opposite direction. Insane!

<http://www.britishpathe.com/video/seven-mile-walking-race/query/mexican+walk>

British 1978 Commonwealth Games Trial / British 30km Championship

Some excellent footage of the British 1978 Commonwealth Games trial in Sheffield, compliments of Rob Elliot of Guernsey. This was a time when GB had great depth in racewalking. The first three in this trial - Olly Flynn 2:21:54, Brian Adams 2:22:26 and Amos Seddon 2:25:26 - went to 1978 Commonwealth Games in Canada as English representatives with Olly taking the gold medal ahead of Australian Willi Sawall. Roger Mills, who was 4th with 2:27:11, missed selection but subsequently walked for England in the 1982 Games in Brisbane. The placegetters are still involved in walking; Amos still walks the odd race, Brian coaches in Sheffield and Olly still turns up to spectate.

See http://www.youtube.com/watch?v=Ho_W1rn93b0&context=C45977feADvjVQa1PpcFMQnpRar1mkE-cCjNYwzud26CZ8ZKkopGk=

Also, see <http://sarnia.wordpress.com/2012/01/28/national-championships-30kms-1978/> for a full description of the race and the results sheet showing all 116 finishers!

TALKING RECORDS

I incorrectly announced in last week's newsletter that Kyle Swan's time of 14:54.29 in the Australian U14 3000m walk was a new Victorian U14 record. It was in fact a new Victorian U13 record – Kyle is still only 12 years of age. Apologies to Kyle for the error.

And we do have one VRWC club record this week after our VMA championships at Doncaster:

Andrew Jamieson M65 1500m Track Walk 6:52.56 Rieschick's Reserve, Doncaster Sunday 25 March 2012

WHAT'S COMING UP

This Friday sees the next **IAAF Race Walking Challenge event in Taicang** in China. It has great interest for us locally as many of our top Australian walkers will be competing. Those who have travelled over include **Jared Tallent, Luke Adams, Chris Erickson, Adam Rutter, Dane Bird-Smith, Rhydian Cowley, Brendon Reading, Claire Tallent, Beki Lee, Regan Lambie** and **Nicole Fagan**. The action will also include Canadians **Inaki Gomez** and **Evan Dunfee**, Swedish walker **Mari Ohlsson** and Czech Republic walker **Zuzi Schindlerova** who have been training in Canberra for the past 2-3 months. There may be more going so sorry if I

missed anyone.

The following weekend (over Easter) the Australian Masters Championships will be held in Melbourne. This is always a hugely popular event and one which highlights our wonderful Masters depth. The walkers will contest 5000m and 1500m walks on the track at Lakeside Stadium and a 10km roadwalk at Fawkner Park.

Continuing Masters news, the World Masters Athletics Indoor Championships will be held in Jyvaskyla, Finland, from 3-8 April. See the championship website at <http://wma2012.jyvaskyla.fi/> for further info. Good luck to our Australian walkers **Lyn Ventris, David Smyth, Lynne Schickert, Ray Hall, Stuart Kollmorgen, Simon Evans, Mark Donahoo, Andrew Jamieson and Heather Carr.**

And finally, the Australian Centurions will hold their annual 24 Hour / 100 Mile qualifying event at the Harold Stevens Athletics Track in Coburg on the weekend of 14-15 April. Many of our top ultra walkers will be in action along with 5 overseas walkers.

For most of us, it's a rest until our Victorian winter season starts on Saturday 28 April. I will be posting out our winter season fixture in the next week or so so check your letter box soon.

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.

2011/2012 Australian/Victorian Summer Season Key Dates

5-9 Apr 2012 **Australian Masters T&F Championships**, Melbourne
14-15 Apr 2012 **Australian Centurions 24 Hour Walk**, Coburg, Melbourne
13-15 Apr 2012 **Australian Open T&F Championships**, Melbourne (5000m walks)

2011/2012 Victorian Winter Season Key Dates

Sat 28 Apr 2012 VRWC Winter Season opening races, Middle Park

2012 International Fixture

Apr 3-8, 2012 **WMA Indoor Championships, Jyvaskyla, Finland** – see <http://wma2012.jyvaskyla.fi/>
Sun 22 Apr 2012 43rd International Race Walking Meet, Naumburg, Germany
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/>

Remaining 2012 IAAF Race Walking Challenge Dates

Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN	

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**
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil**

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
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**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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