



EELAND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Lyn Ventris** for her superb walks in Finland. Lyn was last year's IAAF Masters Athlete of the Year and she is right on target for a repeat performance in 2012!

This week we see even more outstanding performances. Here is my short list – you can read all about them later in the newsletter.

- 38 year old walker **Kelly Ruddick** raced at Lakeside Stadium on Saturday in the Australian Racewalking Series Final and she was in outstanding form, recording a PB of 22:18.00 for the 5000m walk. I can do no better than quote from Russ Dickenson's email:

Hi Tim

If I can make a suggestion for walker of the week I would nominate Kelly Ruddick. Kelly sat behind Claire Tallent all the way on Saturday to only finish some 10 metres back. It was an inspiring performance for those who watched it, a mum who is outside the system matching it with an Olympian. No offence intended to Claire who walked beautifully, but Kelly was just sensational.

Regards Russ

- 43 year old **Michelle Thompson** was in record breaking form on the weekend at the Australian Centurions 24 Hour Walk. She bettered 3 Australian Residential records – 50 miles (9:35:43), 12 Hours (98.655 km) and 100 km (12:09:52). The records had been set by Carol Baird at the feat of her ultra career so they were tough standards indeed but Michelle just gets better every time she steps on the track.
- 15 year old **Kyle Bird** only took up racewalking in October but on Saturday, after some 6 months in the sport, he recorded a time of 23:24.09 for the 5000m walk in the Australian Racewalking Challenge Series final at Lakeside Stadium. The sky is the limit for this talented young walker. I am looking forward to seeing what he can do in our VWRC winter season.
- 65 year old **Andrew Jamieson** has done it again – breaking his own M65 5000m World Record at Lakeside Stadium on Saturday in the Australian Racewalking Series Final with the amazing time of 24:14.04. There seems no end in sight to Andrew's relentless attack on these records.

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

ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, THURSDAY 12 APRIL 2012

Thanks to Robin Whyte for the latest ACT Racewalking Club results from Canberra.

8km Road Walk

1.	Ann Staunton-Jugovic	45:47
2.	Lachlan Wilkinson	51:49
3.	Derek Robinson	56:05
4.	Rod Gilchrist	56:23
5.	Bob Parker	57:42
6.	Jennifer Gilchrist	59:57
7.	Doug Fitzgerald	60:18

2km Road Walk

1.	Ashleigh Resch	09:44
2.	Callum Burns	10:02
3.	Peter Baker	10:36
4.	Spencer Burns	10:57
5.	Emily Hopkins	12:53
6.	Hilary Thackray	20:59
7.	Catherine Fitzgerald	22:39
8.	Aedyn Fitzgerald	22:40

4km Road Walk

1.	Thomas Hopkins	21:21
2.	Zoe Hunt	21:33
3.	Gabby Hunt	23:06
4.	Karina Hopkins	25:03
5.	Jane Bates	25:23
6.	Kate Black	25:53
7.	Bob Chapman	30:09
8.	David Mackenzie	30:18
9.	Rosemary Parker	32:04
10.	Val Chesterton	33:27
11.	Jack Thackray	33:56
12.	Karen Knowles	33:56
13.	Cilla Chapman	34:19
14.	Edna Dundas	37:09

1km Road Walk

1.	Laura Burns	08:05
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2.	Thomas Hunt	08:06
3.	Leah Baker	09:10
4.	Sharon Baker	09:11

INVITATION 5000M WALK, AUSTRALIAN T&F CHAMPS, MELBOURNE, SATURDAY 14 APRIL

The 90th Australian Open T&F Championships, held at the new Lakeside Stadium in Albert Park, Melbourne, saw the welcome return of top line track walking in the form of the Final of the Australian Racewalking Series. The distance was 5000m and the walking was fast with our two top walkers – **Claire Tallent** 22:12.64 and **Jared Tallent** 19:08.83 – leading from the front. **Kelly Ruddick** chased Claire the whole way and was rewarded with a big PB time of 22:18.00. **Andrew Jamieson** was also in top form, taking a further 4 secs off the World Masters M65 record that he set only last month – his time of 24:14.04 continues his wonderful form of late. 15 year old **Kyle Bird** was the biggest improver of the day, recording a huge PB of 23:24.09. What a find he has been for walking. **Jason Kozica** 23:14.73 and **Aaron McDonough** 24:49.22 were also in PB mode. And finally, **Dane Bird-Smith** 19:48.72, **Rhydian Cowley** 20:26.47 and **Nathan Brill** 20:58.40 were also super fast.

Open Women 5000m Walk

1.	Claire Tallent	AIS/SA	22:12.64	
2.	Kelly Ruddick	VIC	22:18.00	PB 0:21
3.	Cheryl Webb	NSW	23:52.04	
4.	Megan Szirom	SA	24:34.34	
5.	Stephanie George	VIC	25:48.60	
6.	Michelle Laufer	VIC	25:49.13	

Open Men 5000m Walk

1.	Jared Tallent	AIS/VIC	19:08.83	
2.	Dane Bird-Smith	QLD	19:48.72	
3.	Rhydian Cowley	VIC	20:26.47	
4.	Nathan Brill	VIC	20:58.40	
5.	Jason Kozica	VIC	23:14.73	PB 0:31
6.	Kyle Bird	VIC	23:24.09	PB 1:47
7.	Andrew Jamieson	VIC	24:14.04	M65 WR
8.	Joshua Kaiser	VIC	24:34.36	
9.	James Christmass	VIC	24:47.36	
10.	Aaron McDonough	VIC	24:49.22	PB 0:13
11.	Bradley Simpson	VIC	25:23.76	

David Armstrong has put up a great athsvicTV video of the race – see <http://www.youtube.com/watch?v=FdY3u2G1J4k>. Thanks David – it really highlights speed walking at its best! **Gordon Loughnan** has also forwarded a great selection of photos to me – reproduced below – thanks Gordon!



Aaron, James, Kelly, Claire, Dane and Jared



Stephanie, Aaron, James, Rhydian and Andrew



This was also the final Open/U23 race in our inaugural Australian Racewalking Series pilot. I have now added these results into the mix and can confirm our inaugural winners who are

Open Men	Jared Tallent	VIC/AIS	32 points
Open Women	Claire Tallent	SA/AIS	29 points
U23 Men	Dane Bird-Smith	QLD	30 points
U23 Women	Regan Lamble	VIC/AIS	32 points
U20 Men	Blake Steele	SA/AIS	30 points
U20 Women	Rachel Tallent	VIC/AIS	30 points
U18 Men	Nathan Brill	VIC	34 points
U18 Women	Jemima Montag	VIC	22 points

I will be confirming the award details with A.A. this week. You can check out all the point scoring and read more about this Series at <http://www.rwa.org.au/aevents-1.shtml>. We are currently confirming details for the next Australian Racewalking Series competition so stay tuned for further details as they are finalised.

RWCWA ROAD WALKS, WILSON, SUNDAY 15 APRIL 2012

Thanks to Rick Cattermole for these results from Western Australia. Rick commented: *Results of our first winter comp, held at Wilson 15/4/12 on a nice sunny morning about 24c....beautiful! Many walkers on holidays due to Easter break.*

Open 10k Men:

1. Daniel Lowe 62.10

Open 5km Mixed:

1. David Smyth 28.36
 2. Sara Cattermole 31.10
 3. Melissa Ierace 34.39
 4. Christopher Gerken 38.24
 Caitlin Gerken DNF

Open 3k Women:

1. Melissa Butler 18.17
 2. Michelle Butler 18.22
 3. Janine Butler 22.14

Open 2k Men:

1. Daniel Turner 13.17 (u/10 first ever 2k!)

QRWC ROAD RACES, NEW FARM PARK, BRISBANE, SUNDAY 15 APRIL 2012

Thanks to Noela McKinven for last weekend's Queensland Racewalking Club results from Brisbane. Australian reps Brad Aiton 47:33 and Jessica Pickles 26:07 were in fine form as was Clara Smith 15:35.

<p>A Grade 10km Women</p> <p>1. Kay Shaw 70.04 2. Donna Beikoff 73.11 3. Jessica Wright 74.07 4. Noela McKinven 77.32</p>	<p>A Grade 10km Men</p> <p>1. Brad Aiton 47.33 2. Brandon Dewar 48.03 3. Nick Dewar 48.09 4. Iggy Jimenez 53.13 5. Paul Lindenberg 63.10 6. John Harris 67.52</p>
<p>B Grade 5km Women</p> <p>1. Jessica Pickles 26.07 E2. Kate Sanford 35.37 E2. Sally Lynch 35.37 4. Denise Fellows 39.29</p>	<p>B Grade 5km Men</p> <p>1. Richard Lynch 39.35</p>
<p>C Grade 3km Women</p> <p>1. Clara Smith 15.35 2. Mikaela Woodward 16.24 E3. Katya Martin 18:58 E3. Aimee Brackin 18.58 5. Jesse Sims 19.08 6. Riley Sims 19.44 7. Robyn Wales 24.30</p>	<p>C Grade 3km Men</p> <p>1. Trent Miles 16.31 2. Doug Miles 23.50</p>
<p>D Grade 2km Girls</p> <p>1. Thalia Martin 14.15 2. Jade Pearson 15.22</p>	<p>D Grade 2km Boys</p> <p>1. Ryan Pinchen 12.15</p>
<p>E/F Grade 1km Girls</p> <p>1. Jasmine-Rose McRoberts 7.17 2. Simone Berndt 7.25</p>	



Iggy Jimenez and Jessica Pickles in action at New Farm Park on Sunday (photo Robyn Wales)

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 14-15 APRIL 2012

Last weekend saw the annual Australian Centurions 24 Hour qualifying event at the Harold Stevens Athletics Track at Coburg, a northern Melbourne suburb. For those who don't know, the Centurions recognise the feat of walking 100 miles within 24 hours in sanctioned competition. 100 miles is 160.934km or 402+ laps of the standard 400m track. Now that is a pretty mind boggling challenge in anyone's language. Most of our walkers think that a 50km event is a long way so spare a thought for the 21 hardy souls who toed the line at 10AM on Saturday morning awaiting the gun. And let me tell you – it is also an endurance feat for us organisers and support crews!

Conditions were hot on Saturday and the 10AM start meant that competitors had to endure around 7 hours of sun and heat before relief was forthcoming. But endure it they did with most still on the track as the sun set and we entered the long dark night time phase of the race. Come 6:30AM the next morning as dawn broke and they were still at it albeit, in many cases, a bit the worse for wear!

We welcomed 5 overseas walkers this year – Rudi Schoors, Caroline Mestdagh, Eddy Goeman and Willy Vermeulen of Belgium along with Sean Pender of Ireland / England. They joined the cream of our own local ultra walking crop – Peter Bennett, Michelle Thompson, Terry O'Neill and Clarrie Jack. And we also had a number of other very impressive local contenders, some of them repeat offenders and some first timers with impressive credentials. First to the overall results:

24 Hour Walk Championship – Men

1.	SCHOORS, Rudy	BELGIUM	173.387 km
2.	GOEMAN, Eddy	BELGIUM	161.318 km
3.	BENNETT, Peter	QLD	161.318 km
4.	JORDAN, Steve	VIC	157.232 km
5.	VE RMEULEN, Willy	BELGIUM	155.927 km
6.	FRYER, Martin	ACT	152.241 km
7.	COOK, Kim	NSW	134.694 km
8.	TIMMS, John	VIC	128.682 km
9.	COMMINS, Louis	NSW	110.849 km
10.	O'NEILL, Terry	VIC	88.331 km
11.	ESSAM, Phil	ACT	86.052 km
12.	PENDER, Sean	UK	70.499 km
13.	CARTER, Ken	VIC	60.132 km
14.	McKAY, Doug	VIC	59.717 km
15.	JACK, Clarrie	VIC	48.105 km
16.	TURNER, Gary	VIC	33.591 km

24 Hour Walk Championship – Women

1.	MESTDAGH, Caroline	BELGIUM	162.562 km
2.	THOMPSON, Michelle	VIC	149.707 km
3.	PARRIS, Dawn	VIC	141.097 km
4.	KELLY, Diana	VIC	125.244 km
5.	HOWORTH, Sandra	VIC	53.496 km

But of course, the bare bones results tell only half the story. Highlights included

- The performance of the 4 walkers who walked in excess of 100 miles. The 4 centurion performances were

Eddy Goeman	Belgium	C60	100 Miles	21:16:23
Rudi Schoors	Belgium	C55	100 Miles	22:10:05
Caroline Mestdagh	Belgium	C56	100 Miles	22:48:25
Peter Bennett	QLD	C24	100 Miles	22:53:09

Rudi, Caroline and Peter have all completed centurion walks previously in Australia but for Eddy it was his first time so he now joins our ranks as Australian Centurion Number 60.

- The performance of **Michelle Thompson** who set 3 new Australian Residential records as follows

Michelle Thompson	VIC	C58	50 Miles	9:42:06
			12 Hours	98.655 km
			100 km	12:09:52

She broke Carol Baird's records convincingly and was not far outside the Australian Open records of the great English walker Sandra Brown. Michelle then powered on and was well on her way to challenging the Australian 24 Hour Open/Residential records when disaster struck – a burst blood vessel in the leg. Such is the effort required in this sort of event. She wisely chose to stop then and subsequent tests indicate no lasting damage, thank goodness.

- The anguish of **Willy Vermeulen** of Belgium and **Steve Jordan** of Melbourne who both found themselves just a few laps short of the required distance in the dying hours of the race. Try as they might, they could not maintain the required pace over the final stages and were going to miss out on the 100 mile mark by only a few laps. Willy called it quits with about 40 mins to go with a distance of 155.927 km while Steve slowed down and just walked it out, finishing with 157.232 km. They were indeed gallant efforts. Willy has indicated he will return to complete unfinished business and Steve is now so close that he is sure to get there soon.
- The dramatic finish of **Peter Bennett**, who has 12 centurion finishes under his belt and who has a 24 Hour walk PB of 216km. He had a day at the office that he is unlikely to forget for a fair while - he started suffering mid race and his final hours were tough to watch as he listed sideways and backwards. Indeed, his final laps saw him struggling to stay upright as his back had gone on him completely. But finish he did, passing the 100 mile mark in 22:53:09 for his 13th such milestone.
- The Racewalking Australia 100km Championship medallists who were as follows

RWA 100km Men	1. Peter Bennett	2. Eddy Goeman	3. Rudy Schoors
RWA 100 Km Women	1. Michelle Thompson	2. Caroline Mestdagh	3. Dawn Parris

Below is a short selection of photos. You can check out all my photos at <http://www.rwa.org.au/coppermine>. Note that you will see lots of runners in action as well as it was a combined run/walk championship. The runners ran in lanes 1-2 and the walkers walked in lanes 3-4 (obviously with an adjusted lap distance).



Rudi Schoors, Caroline Mestdagh, Eddy Goeman, Michelle Thompson and Peter Bennett



Willy Vermeulen, Steve Jordan, Sean Pender, Martin Fryer and Dawn Parris



Terry O'Neill, Kim Cook, Sandra Howorth, Phil Essam and Lou Commins



John Timms, Clarrie Jack, Gary Turner, Doug McKay and Diana Kelly

IAAF RACE WALKING CHALLENGE, RIO MAIOR, PORTUGAL, SATURDAY 14 APRIL 2012

My report of the latest IAAF Race Walking Challenge match in Rio Maior, Portugal, is taken from the IAAF report by António Manuel Fernandes (see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=64563>).

Lisbon, Portugal – There were great races in Rio Maior today, despite the weather conditions which brought periods of hard rain and strong wind. At the finish, Slovakian Matej Toth and Spaniard Beatriz Pascual respectively took the men's and women's 20km titles at the 21st edition of the Grande Prémio Internacional de Rio Maior em Marcha Atlética, which is part of the annual IAAF Race Walking Challenge.

Portugal's best women's race walkers came to battle it out for World Race Walking Cup and Olympic team selection but Spain's Beatriz Pascual, second last year in Rio Maior, was better than them all. The Portuguese champion, Ana Cabecinha, also showed good shape and was with Pascual throughout the race, but the visitor prevailed at the finish in 1:31:03, five seconds ahead of her rival. Following them next over the line came Inês Henriques, the winner of this year's Race Walking Challenge race in Chihuahua, who took third (1:31:32) after a strong finish. Romanian Claudia Steff was also in the leading group until the last laps but she couldn't keep the pace of the leading women, finishing her race with a season's best (1:31:46). There was a great performance by the Brazilian Erica de Sena (1.31.53), a new national record, who finished ahead of Susana Feitor, the most famous Portuguese race walker, who was herself in front of another Olympic team candidate Vera Santos. Despite the weather, eight athletes achieved personal records. "This was a great victory, with excellent competitors. I'm really glad, I was 2nd in 2011 and now I have won," said Beatriz Pascual.

The men's title only was decided in the last lap when Matej Toth (winner of this year's 20km race in Dudince) took the lead to win in 1:20:25, having escaped from the company of Mexican Eder Sanchez (1:20:49), who had won in Chihuahua. Overall it was a great day for Mexico who brought in five of the top-10 finishers. Mexican Isaac Palma came to Rio Maior with a 1:23:18 as his personal best, and finished in the third place, with an improvement of two minutes, in 1:21:14. Ireland's Robert Heffernan prevailed over another Horacio Nava for fourth. Six athletes set personal bests even though the wind conditions didn't help the walkers to great performances. Toth has now 18 points in the Challenge Series, 12 from this win in Rio and 6 from his win in Dudince. He is equal 2nd with Jared Tallent while Eder Sanchez leads with 22 points.

Open Women 20km

1.	Beatriz Pascual	09/05/1982	ESP	1:31:03
2.	Ana Cabecinha	29/04/1984	POR	1:31:08
3.	Inês Henriques	01/05/1980	POR	1:31:32
4.	Cláudia Steff	25/02/1978	ROM	1:31:46
5.	Erica R. de Sena	03/05/1985	BRA	1:31:53
6.	Sabine Krantz	06/02/1981	GER	1:32:25
7.	Susana Feitor	28/01/1975	POR	1:32:36
8.	Vera Santos	03/12/1981	POR	1:33:45
9.	Sandra Galvis	28/01/1986	COL	1:34:11
10.	Arabelly Sanchez	24/07/1988	COL	1:35:17
11.	Raquel Gonzalez	16/11/1989	ESP	1:36:37
12.	Paula V. Perez	21/12/1989	ECU	1:37:43
13.	Esther Sanchez	09/01/1983	MEX	1:38:07
14.	Yadira Guamán	08/06/1986	ECU	1:38:18
15.	Lisbeth Silva	30/09/1989	MEX	1:38:23
16.	Eva Igesias	10/06/1985	ESP	1:38:38
17.	Olfa Lafi	16/09/1986	TUN	1:39:44
18.	Chaima Trabelsi	11/03/1982	TUN	1:40:22
19.	Elianay S. Pereira	11/05/1984	BRA	1:40:55
20.	Daniela Cardoso	15/12/1991	POR	1:43:25
21.	Mariela Sanchez	23/08/1991	MEX	1:43:27
22.	Zayra Jáuregui	29/07/1987	MEX	1:43:46
23.	Sandra Silva	21/09/1975	POR	1:44:47
24.	Liliana Martins	20/07/1990	POR	1:56:53
	Olive Loughnane	14/01/1976	IRL	DNF
	Sonata Milusauskaite	31/08/1973	LTU	DNF
	Rachel Seaman	14/01/1986	CAN	DNF
	Rebeca Obenza	13/12/1991	ESP	DNF
	Ingrid Hernandez	29/11/1988	COL	DNF
	Lorena Luaces	29/02/1989	ESP	DNF
	Julia Takacs	29/06/1989	ESP	DNF

Open Men 20km

1.	Matej Toth	10/02/1983	SVK	1:20:25
2.	Eder Sanchez	21/05/1986	MEX	1:20:49
3.	Isaac Palma	26/10/1990	MEX	1:21:14
4.	Robert Heffernan	28/02/1978	IRL	1:21:28
5.	Horacio Nava	20/01/1982	MEX	1:22:04
6.	Ever Palma	18/03/1992	MEX	1:22:15
7.	Recep Celik	10/06/1983	TUR	1:23:45
8.	Francisco Arcilla	14/01/1984	ESP	1:24:30

9.	Pedro D. Gomez	31/12/1990	MEX	1:24:38
10.	Andrés Chocho	04/11/1983	ECU	1:24:47
11.	Cristhian Gómez	29/10/1992	MEX	1:25:18
12.	Omar Zepeda	08/06/1977	MEX	1:25:21
13.	Juan M. Cano	12/12/1987	ARG	1:25:24
14.	Yerko Araya	14/02/1986	CHI	1:25:58
15.	Clemente Garcia	12/10/1989	MEX	1:26:20
16.	Luis M. Corchete	14/05/1984	ESP	1:26:37
17.	Pedro Isidro	17/07/1985	POR	1:26:53
18.	Alex Wright	19/12/1990	ENG	1:26:54
19.	Hédi Teraoui	10/11/1989	TUN	1:29:03
20.	Augusto Cardoso	13/12/1970	POR	1:29:21
21.	Luis Lopes	01/01/1990	POR	1:29:37
22.	Dionísio Ventura	13/12/1979	POR	1:29:53
23.	Mário Silero	12/03/1990	ESP	1:31:17
24.	Rodrigo Dominguez	26/06/1977	ESP	1:33:54
25.	Diego Zepeda	17/02/1992	MEX	1:39:18
26.	Francesco Campana	26/10/1992	ITA	1:43:05
27.	Carlos Leitão	24/05/1965	POR	1:52:15
28.	John Adzraku	14/10/1974	GHA	1:57:40
	Pedro M. Santos	15/11/1992	POR	DNF
	Carlos Paiva	21/03/1969	POR	DNF
	João Vieira	20/02/1976	POR	DNF
	Tiago N. Fonseca	27/11/1989	BRA	DNF
	Jonathan Riekmann	20/08/1987	BRA	DNF
	Manuel J. Angueira	04/11/1972	ESP	DNF
	Caio O. Bonfim	19/03/1991	BRA	DQ
	Omar Segura	24/03/1981	MEX	DQ
	Andreas Gustafsson	10/08/1981	SWE	DQ
	Nuno Valente	06/01/1988	POR	DQ

U20 Men 10km

1.	Mario Sanchez	17/10/1993	MEX	42:13
2.	Juan A. Raya	30/01/1993	ESP	43:39
3.	Miguel Carvalho	02/09/1994	POR	44:45
4.	Francisco Duran	01/01/1993	ESP	45:21
5.	Bruno Pedro	12/10/1993	POR	45:22
6.	Armando Pereira	05/12/1993	ESP	46:27
7.	João Martins	20/03/1995	POR	46:29
8.	Max dos Santos	09/10/1994	BRA	49:39

U20 Women 10km

1.	Filipa Ferreira	05/11/1994	POR	51:32
2.	Mara Ribeiro	11/05/1995	POR	51:34
3.	Marisol D. Perez	01/01/1995	ESP	54:04
4.	Nádia Cancela	24/04/1993	POR	55:18



Beatriz Pascual heads Ana Cabecinha and Claudia Steff in Rio Maior (www.iaaf.org)

FRENCH NATIONAL 20KM CHAMPIONSHIPS, SARAN, FRANCE, SUNDAY 15 APRIL 2012

Thanks to Emmanuel Tardi for his report from last weekend's French 20km championships.

Today the French National 20km Championships were held in Saran, 120km in the south of Paris. The first 50 ranked men and women on the yearly list (from April 2011 to March 2012) can enter the race so lots of people were on the road. There was also a Junior 10km and an Open 35km which was used to select the French 50km team for the 2012 World Cup. The weather was very fresh and there was a lot of wind.

The women's race started first at 8:30AM and it was Sylwia Korzeniowska who took to the front, trying for an Olympic qualifier. Alas, she was just outside the required standard with her time of 1:34:11. Behind her a strong battle ensued between youngsters Ines Pastorino and Emilie Menuet. Emilie looked set to take second place until Ines passed her 50 metres before the finish line. Emilie was so tired that she fell just 10 metres before the lane and hence finished 15 seconds behind.

In the men's race, Bertrand Moulinet and Kevin Campion went to an early lead. Kevin looked likely to win after 10km because he was 100m in front of Bertrand but he has a terrible lapse in the last 5km, eventually finishing well behind Bertrand whose winning time was an Olympic A qualifying 1:21:42.

Full results are at http://bases.athle.com/asp_net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=098056

Open 20km Women

1.	KORZENIOWSKA Sylwia	Lille Metropole Athletisme	SEF/80	1:34:11
2.	PASTORINO Ines	Nice Cote D'azur Athletisme	ESF/92	1:37:49
3.	MENUET Emilie	Aj Blois-onzain	ESF/91	1:37:56
4.	RETOUT Anne-gaelle	Val-de-reuil Ac	SEF/80	1:38:51
5.	AVEROUS Violaine	Ca Balma	SEF/85	1:40:27
6.	MARCOU Amandine	Sa Merignac	ESF/92	1:42:07
7.	QUENNEHEN Marine	Ca Montreuil 93	ESF/91	1:46:36
8.	CHAPILLON Roseline	Ca Balma	VEF/68	1:47:52
9.	LAMBERT Elsa	Ca Montreuil 93	SEF/76	1:47:53
10.	BARRE Christelle	Racing Club Nantais	VEF/72	1:48:09

Open 20km Men

1.	MOULINET Bertrand	Amiens Uc	SEM/87	1:21:42
2.	CAMPION Kevin	Afa Feyzin-venissieux	SEM/88	1:24:45
3.	BOYEZ Antonin	Romilly Sport 10 Athletisme	SEM/84	1:26:46
4.	LE COZ Xavier	Entente Franconville Cesame Va	SEM/79	1:28:43
5.	DENIMAL Romain	Amiens Uc	ESM/92	1:29:19
6.	DUJOUR Guillaume	As Aix-les-bains	SEM/78	1:30:12
7.	THOMAS Mickael	Coquelicot 42	SEM/78	1:32:39
8.	LACOMBE Aymeric	As Fleury Les Aubrais Saran At	SEM/85	1:32:44
9.	DELAUNAY Sebastien	Ca Du Pays Saumurois	SEM/74	1:32:45
10.	ANDRIEU Hugo	Uavh Aubagne	ESM/92	1:33:13
11.	MALOSSE Dimitri	Js Lezignan-corbieres	ESM/92	1:34:06
12.	FAITEAU Maxime	Ac Haut Poitou	ESM/90	1:35:28
13.	BONNEAU Philippe	Antony Athletisme 92	VEM/65	1:36:48
14.	LEGENTIL Laurent	Dynamic Aulnay Club	SEM/88	1:37:47
15.	HURAUULT Simon	Manche Athle Centre Sud	ESM/92	1:39:14
16.	LATOUCHE Jonathan	Stade Nantais Ac	SEM/87	1:39:25
17.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	1:41:01
18.	SAHUC Gilles	Ea Rhone Vercors Cav Usac	VEM/62	1:41:35
19.	MILOSEVIC Boris	Athletisme Le Bourget Drancy	SEM/89	1:42:02
20.	GALICIA Alfredo	Intrepide Angers	VEM/66	1:42:54

Open 35km Men

1.	DAVAUX Herve	Athletic Trois Tours	SEM/78	2:39:36
2.	AUGERON Johan	Ac Haut Poitou	SEM/83	2:44:13
3.	ROBIDOU Steven	Us Talence	SEM/84	2:47:11
4.	LETOURNEAU Florian	Ac Chateau Thierry	SEM/88	2:51:33

Thanks also to Emmanuel for the following photos. He advised that you can see further photos from the championships at <https://picasaweb.google.com/EmmanuelTardi/ChDeFrance20kmSaran2012>



Bertrand Moulinet, Kevin Campion, Emilie Menuet, Ines Pastorino and Silwia Korzeniowska in action in Saran

LES 6 HEURES DE VERNON, FRANCE, SUNDAY 15 APRIL 2012

Emmanuel also passed on the results from Sunday's 6 Hour ultra walk event at Vernon in France. Perennial French ultra distance champion David Regy won the men's event with an excellent 58.6km while Dominique Alvernhe (age 55) won the women's race with 53.44km. Her 50km split was 5:23:48.

1.	REGY David	SPN Vernon	58 km 600 m	5:48:18
2.	BUNEL Pascal	Neully sur marne Athletisme	55 km 160 m	5:54:41
3.	ALVERNHE Dominique (F)	Montpellier Agglo Athletic Med	53 km 440 m	5:47:33
4.	LABARRE Bertrand	CS provins Athletisme)	53 km 440 m	5:52:56
5.	DIEN Daniel	Neully sur marne Athletisme	53 km 440 m	5:56:13
6.	GRASSI Alain	Pass Running	53 km 440 m	5:57:07
7.	LETESSIER Gilles	PLM Conflans ste Honorine	51 km 720 m	5:46:03
8.	GIRAUDEAU Denis	PLM Conflans ste Honorine	51 km 720 m	5:50:16
9.	BOVIN Laurent	AM ST Thibaut des Vignes	51 km 720 m	5:50:28
10.	GROUT Remi	C.O.B.EU Le Treport	50 km 000 m	5:55:10
11.	DERRIEN Franck	NL	48 km 280 m	5:45:55
12.	RIDEL Christian	NL	48 km 280 m	5:49:13
13.	QUINQUETON Bernadette (F)	AM ST Thibaut des Vignes	48 km 280 m	5:57:13
14.	BIERRE Franck	(NL	46 km 560 m	5:47:49
15.	DREAU Jean Michel	Domont Athletisme	46 km 560 m	5:57:39
16.	WATTEBLED Christine (F)	C.O.B.EU Le Treport	44 km 840 m	5:49:15
17.	CASELLI Pierre	NL	44 km 840 m	5:53:53
18.	BRASTEL Yves	EFS Reims Athletisme	44 km 840 m	5:55:38
19.	FOUQUET Francois	NL	44 km 840 m	5:55:40
20.	PREVOST Sylvie (F)	NL	44 km 840 m	5:55:40
21.	DESREUX Virginie (F)	NL	44 km 840 m	5:59:43
22.	MAURY Jean Luc	NL	43 km 120 m	5:54:49
23.	AUVRE Alain	AAE St Blimont	43 km 120 m	5:59:44
24.	RIDEL Dany (F)	NL	41 km 400 m	5:45:07
25.	LE ROY Andre	NL	41 km 400 m	5:58:02
26.	CHESNAY Gilles	NL	41 km 400 m	5:58:03
27.	MONTIGNY Patrick	Elan Chevilly Larue	37 km 960 m	5:57:51
28.	KESSELMARK Patrick	NL	37 km 960 m	5:57:52
29.	QUILLET Rodrigue	ACA	29 km 360 m	4:19:18
30.	LESORT Herve	NL	22 km 480 m	3:06:04

RWA CHAMPIONSHIPS, REDBRIDGE CYCLE CIRCUIT, SUNDAY 14 APRIL 2012

The British Race Walking Association championships were held last Sunday at Redbridge with Open 20km events headlining what was quite a big carnival. With Alex Wright racing in Rio Maior, it was left to Ben Wears and Tom Bosworth to fight out the men's title and it was Ben who got up in the end, his time of 1:29:33 some 19 secs clear of Tom. Australia's Stuart Kollmorgen took third place with 1:39:54 to add to his medal count while partaking in his his English study sojourn. A special mention further down in 11th place to M75 legend Arthur Thomson who recorded the wonderful time of 1:58:41.

Senior Men- 20 km

1.	Ben Wears	Redcar R.W.C.	89:33
2.	Tom Bosworth	Tonbridge A.C.	89:52
3.	Stuart Kollmorgen	Belgrave Harriers	99:54
4.	Andrew Miller	Wolverhampton & Bilston	107:50
5.	Jonathan Hobbs	Ashford A.C.	108:00
6.	Jock Waddington	Manx Harriers	110:58
7.	Steve Uttley	Ilford A.C.	113:11
8.	Adrian Edwards	Lancashire W.C.	115:24
9.	Steve Arnold	Nuneaton Harriers	116:12
10.	Steve Allen	Barnet & District A.C.	117:23
11.	Arthur Thomson	Enfield & Haringey A.C.	118:41
12.	Chris Berwick	Leicester W.C.	119:38
13.	John Ralph	Enfield & Haringey A.C.	123:20
14.	Dave Kates	Ilford A.C.	123:41
15.	Steve Allen	Ilford A.C.	126:59
16.	Mick Harran	Surrey W.C.	130:10
17.	Shaun Lightman	Surrey W.C.	130:44
18.	Mark Culshaw	Belgrave Harriers	131:13
19.	Paul King	Belgrave Harriers	131:23
20.	Peter Hannell	Surrey W.C.	134:06
21.	Chris Flint	Surrey W.C.	135:21
22.	Gary Macdonald	Surrey W.C.	146:40
	Daniel King	Colchester H.& A.C.	DQ
	Tony Bell	Lancashire W.C.	DQ
	Ian Richards	Steyning A.C.	DQ
	Chris Bent	Leicester W.C.	DQ
	Ben Casey	Leeds Metropolitan Uni	DNF
	Anthony Cotton	BRJ Run and Tri	DNF
	Dominic King	Colchester H.& A.C.	DNF
	Nicholas Howe	Unattached	DNF
	Francisco	Reis Ilford A.C.	DNF

The women's title went to Neringa Aidietyte of Ilford (I believe that Neringa may be representing Lithuania in the 20km walk at the Olympics) in 1:38:21. It was wonderful to see long distance walking legend Sandra Brown, now in the W60 division, taking the bronze in 1:59:37. She certainly still has a good show of speed.

Senior Women 20 km

1.	Neringa Aidietyte	Ilford A.C.	98:21
2.	Rebecca Collins	Medway & Maidstone A.C.	117:34
3.	Sandra Brown	Surrey W.C.	119:37
4.	Helen Middleton	Enfield & Haringey A.C.	124:47
5.	Maureen Noel	Belgrave Harriers	127:03
6.	Cath Duhig	Ryston Runners	129:22
7.	Sue Barnett	Enfield & Haringey A.C.	138:45
	Kelly Griffiths	Unattached	DNF

The results of the various under-age championships follow. Heather Lewis (Junior Women 49:51) was probably the best performer.

Junior Men 10 km

1.	Adam Cowin	Manx Harriers	55:05
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Junior Women 10 km

1.	Heather Lewis	Pembrokeshire Harriers	49:51
2.	Jasmine Nicholls	Leicester W.C.	60:01
3.	Catherine Cotterill	Tonbridge A.C.	72:13
	Lauren Whelan	Manx Harriers	DNF

U17 Men 5 km

1.	Cameron Corbishley	Medway & Maidstone A.C.	24:04
2.	Alex Eaton	Manx Harriers	24:47
	Daniel Watling	Wolverhampton & Bilston	DQ
	Juan Bellando	Manx Harriers	DQ

U17 Women 5 km

1.	Tasha Webster	Birchfield Harriers	26:14
2.	Ellie Dooley	Leeds City A.C.	27:40
3.	Emma Achurch	Leicester W.C.	28:00
4.	Alexandra Ross	Manx Harriers	29:08
5.	Danielle Oates	Manx Harriers	29:24
6.	Rebecca Greatbatch	Manx Harriers	32:45

U15 Boys 3 km

1.	Matt Redfern	Nuneaton Harriers	15:12
2.	Luc Legon	Bexley A.C.	17:35

U15 Girls 3 km

1.	Heather Butcher	Cambridge Harriers	15:30
2.	Sophie Lewis	Ward Cambridge Harriers	17:19
3.	Rebecca Chambers	City of Sheffield A.C.	17:37
4.	Indigo Burgin	Cambridge Harriers	18:39

U13 Boys 2 km

1.	Jack Leversidge	City of Sheffield A.C.	10:48
2.	Sam Redfern	Nuneaton Harriers	12:49
3.	Stephen Waddington	Manx Harriers	13:40
4.	Benjamin Allen	Leicester W.C.	13:53

U13 Girls 2 km

1.	Ana Garcia	City of Sheffield A.C.	10:49
2.	Evie Butcher	Cambridge Harriers	12:01
3.	Laura Achurch	Leicester W.C.	12:33

There were a number of Teams medals awarded as well, with Stuart Kollmorgen collecting a silver as part of the Belgrave team.

Team Results - Senior Men

Ilford A.C.	264	Steve Uttley 7 93	Dave Kates 14 86	Steve Allen 15 85
Belgrave Harriers	260	Stuart Kollmorgen 3 97	Mark Culshaw 18 82	Paul King 19 81
Surrey W.C.	247	Mick Harran 16 84	Shaun Lightman 17 83	Peter Hannell 20 80
Enfield & Haringey	176	Arthur Thomson 11 89	John Ralph 13 87	
Surrey W.C. 2	157	Chris Flint 21 79	Gary Macdonald 22 78	

Team Results - Senior Women

Enfield & Haringey	189	Helen Middleton 4 96	Sue Barnett 7 93
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Team Results - U17 Women

Manx Harriers	285	Alexandra Ross 4 96	Danielle Oates 5 95	Rebecca Greatbatch 6 94
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OVERSEAS SHORTS
Hungarian 20km Walk Championships, Bekescsaba, Hungary, Sunday 15 April 2012**20km Walk Women**

1.	Füsti Edina	TSC Geotech	1:34:07
2.	Torma Anett	BHSE	1:44:53
3.	Gerendási Eszter	BEAC	1:47:39

20km Walk Men

1.	Helebrandt Máté	Nyírsuli	1:30:41
2.	Srp Miklós	BHSE	1:30:54
3.	Nemes Viktor	MISI SC	1:31:42

South African Open T&F Championships, Port Elizabeth, 13-14 April 2012**Men 20km Walk**

1.	Lebogang Shange	90	1:25:48
2.	Pierre-Louis De Villiers	85	1:25:51
3.	Wayne Snyman	85	1:26:08
4.	Marc Mundell	83	1:26:35
5.	Armond Nel	90	1:27:41
6.	Thami Hlatswayo	82	1:29:19

Women 20km Walk

1.	Jessica van Wyk	92	1:51.27
2.	Michelle Hopkins	88	1:52.30
3.	Suzanne Liebenberg	90	1:57.12

Japanese Racewalking Championships, Wajima, Japan, Sunday 15 April 2012**50Km Walk**

1.	Yuki Yamazaki	3:41:47	(21:44, 43:15, 1:05:26, 1:27:33, 1:49:41, 2:11:31, 2:33:06, 2:54:40, 3:16:43)
2.	Takayuki Tanii	3:43:56	

- | | | |
|----|------------------|---------|
| 3. | Koichiro Morioka | 3:45:22 |
| 4. | Ken Akashi | 3:51:17 |

Belarus Cup, Nesvizh, Belarus, Sunday 7 April 2012

20km Walk Men

- | | | | | |
|----|-----------------------|-----|-----------|---------|
| 1. | Vitaly Talankou | BLR | 29 Apr 82 | 1:24:48 |
| 2. | Dzianis Simanovich | BLR | 20 Apr 87 | 1:26:03 |
| 3. | Aliaksandr Liakhovich | BLR | 4 Jul 89 | 1:28:15 |
| 4. | Ivan Banzeruk | UKR | 9 Feb 90 | 1:29:11 |

35km Walk Men

- | | | | | |
|----|--------------------|-----|-----------|---------|
| 1. | Ivan Trotski | BLR | 27 May 76 | 2:35:31 |
| 2. | Dzmitry Dziubin | BLR | 12 Jul 90 | 2:36:09 |
| 3. | Andrei Talashka | BLR | 31 May 82 | 2:37:03 |
| 4. | Andrei Stsepanchuk | BLR | 12 Jun 79 | 2:44:37 |
| 5. | Dzmitry Hanzunau | BLR | 29 Apr 88 | 2:45:14 |
| 6. | Dzianis Krauchuk | BLR | 17 Apr 87 | 2:52:02 |

20km Walk Women

- | | | | | |
|-----|-------------------------|-----|-----------|---------|
| 1. | Nastassia Yatsevich | BLR | 18 Jan 85 | 1:33:00 |
| 2. | Hanna Drabenia | BLR | 15 Aug 87 | 1:34:55 |
| 3. | Sniazhana Yurchanka | BLR | 1 Aug 84 | 1:36:21 |
| 4. | Alina Matveyuk | BLR | 29 Jul 90 | 1:36:59 |
| 5. | Nadzeya Darazhuk | BLR | 23 Jan 90 | 1:43:31 |
| 6. | Tatsiana Stsefanenka | BLR | 27 Oct 91 | 1:44:29 |
| 7. | Kseniya Umets | BLR | 6 Mar 92 | 1:44:45 |
| 8. | Iryna Zdanovich | BLR | 2 Jan 90 | 1:45:46 |
| 9. | Elena Verbilo | BLR | 5 Feb 90 | 1:47:51 |
| 10. | Katsiaryna Pashkouskaya | BLR | 3 Sep 76 | 1:49:52 |

U20 Men 10 km walk

- | | | | | |
|----|---------------------|-----|-----------|-------|
| 1. | Yauheni Zalesski | BLR | 18 Jul 93 | 41:22 |
| 2. | Artsiom Turkau | BLR | 5 Jan 94 | 41:27 |
| 3. | Barys Sharhar | BLR | 31 Mar 93 | 42:24 |
| 4. | Andriy Hrechkovskyy | UKR | 30 Aug 93 | 43:59 |
| 5. | Aliaksandr Lisitsa | BLR | 2 Mar 93 | 44:09 |
| 6. | Mikhail Kholad | BLR | | 44:41 |

U20 Women 10 km walk

- | | | | | |
|----|------------------------|-----|-----------|-------|
| 1. | Anna Yermina | RUS | 24 Jun 93 | 47:07 |
| 2. | Viktoryia Rashchupkina | BLR | 23 May 95 | 47:46 |
| 3. | Alena Student | BLR | 4 Sep 93 | 49:14 |
| 4. | Alena Bezsilko | BLR | | 49:41 |
| 5. | Veranika Rabchaeva | BLR | 17 Jun 95 | 50:40 |
| 6. | Tatsiana Kuzniak | BLR | 9 Feb 94 | 50:54 |
| 7. | Nastassia Rodzkina | BLR | 28 Aug 94 | 51:10 |
| 8. | Alesia Chambrovich | BLR | 21 Jan 94 | 51:21 |

MORE NEW VRWC CLUB RECORDS

This week sees two more VRWC club records broken – by Kelly Ruddick and Andrew Jamieson. They have broken the records they set only a few weeks ago. Talk about on fire!

Kelly Ruddick	W35 5000m Track Walk	22:18.00	Lakeside Stadium, Melbourne	Sat 14 April 2012
Andrew Jamieson	M65 5000m Track Walk	24:14.04	Lakeside Stadium, Melbourne	Sat 14 April 2012

WHAT'S COMING UP

Next weekend also sees the last two big international racewalk meets in Europe before next month's World Cup in Russia:

Sat 21 Apr 2012	International Race Walking Meet, Podebrady, Czech Republic
Sun 22 Apr 2012	43 rd International Race Walking Meet, Naumburg, Germany

For most of us, it's a rest until our Victorian winter season starts on **Saturday 28 April**. I am posting the last few winter season fixtures tonight so check your letter box this week.

I am still liaising with AV regarding activating entry procedures for the AV winter season walks. The first championship (the AV 5km Teams Championship) is less than 3 weeks away now (it will be held on Saturday 5 May) so people need to get their entries in as

soon as possible. Remember that you must also renew your AV registration for the new season which commenced on 1st April.

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 Victorian/Australian Winter Season Key Dates

Sat 28 Apr 2012 VRWC Winter Season opening races, Middle Park
13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.

2012 International Fixture

Sat 21 Apr 2012 International Race Walking Meet, Podebrady, Czech Republic
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

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.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicing, 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>)