



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 26
25 March 2014



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

This week's Walker of the Week goes to 19 year old **Jesse Osborne** (again!) for his superb 1500m sprint walk at Dolomore Oval in Mentone on Sunday morning. Competing in a VRWC club event, he powered around the 400m track to record a 13 sec PB time of **5:19.54**. That time sets new VRWC club records for U20, U23 and Open and, while I don't have comprehensive Australian all-time lists for 1500m, I think it slots Jesse in in at third place overall with that time. The top 4, according to me, read as follows

Dane Bird-Smith	U23	5:16.39	Brisbane, QLD	07/11/2013
David Smith	Open	5:19.1	Melbourne, VIC	07/02/1981
Jesse Osborne	U20	5:19.54	Melbourne, VIC	23/03/2014
Nathan Deakes	U23	5:22.1	Geelong, VIC	18/10/1997

His lapsplits make for astonishing reading: 1:02 (300m), 1:27, 1:26 and 1:24 - that is sustained speed walking! And it was done under the watchful eye of a panel of senior Victorian judges.



Jesse on the way to his time of 5:19.54 last Sunday

WHAT'S COMING UP

Lots on this coming weekend:

- The final round of AV Shield (Round 12) is scheduled this week, with the metropolitan regions competing on Thursday evening and the country regions competing on Saturday. Program 2 (3000m/1500m walks) will be contested. The AV handbook reads like this:

AV Shield BLUE ZONE Round 12:
AV Shield RED ZONE Round 12:

Casey Fields, Cranbourne East
Meadowglen International Athletics Track, Epping

AV Shield WHITE ZONE Round 12:	Proclamation Park, Ringwood
AV Shield YELLOW ZONE Round 12:	Mooney Valley Athletics Centre, Essendon
AV Shield BENDIGO REGION Round 12:	La Trobe University Athletics Centre, Bendigo
AV Shield BALLARAT REGION Round 12:	Llanberris Reserve, Ballarat

- Next weekend also sees the LAVic State T&F Championships at Lakeside Stadium in Albert Park. This is a huge 2 day carnival so good luck to all our young walkers.
- The Queensland Track Classic will be held in Brisbane next Sunday with 5000m walks as part of the program.
- Finally, a number of our Australian Masters walkers will be competing in the **World Masters Athletics Indoor Championships in Budapest** (see <https://www.facebook.com/WMABudapest2014> and <http://budapest2014.hu/>). The meet kicks off today and runs until March 30th. The two walks are scheduled as follows

3000m track walks	Wed 26th March
10km road walks	Sat 29th March

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 19 MARCH

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

1500m Yacht Handicap

1. Norman White	10:17	M55	60.01%
2. Marie Maxted	08:58	W53	72.42%
3. Edna Bates	12:09	W61	57.61%
4. Roger Lowe	10:58	M70	65.83%
5. John Hore	10:41	M65	63.79%
6. Felicity Henderson-Wilson	08:15		
7. Gloria Holliday	08:38	W53	75.21%
8. Matthew Anderson	12:25	M42	44.55%

3000m Yacht Handicap

1. Norman White	21:28	M55	58.61%
2. James Hoare	21:18	M67	66.70%
3. Paul Boyce	24:22	M77	66.24%
4. Jack Russell	16:53	M61	78.89%
5. Roger Lowe	22:06	M70	66.60%
6. Bill Starr	20:13	M71	73.71%
7. Linda Whitelaw	22:32	W60	63.79%
8. Edna Bates	24:55	W61	58.33%
9. Rodger Barber	21:26	M76	74.26%
10. Jill Rogers	24:48	W69	64.71%
11. John Hore	21:31	M65	64.57%
12. Gloria Holliday	17:37	W53	76.08%
13. Colin Hainsworth	23:28	M84	76.66%

ACT WALKERS CLUB TRACK WALKS, AIS STADIUM, BRUCE, ACT, THURSDAY 20 MARCH

Thanks to Robin Whyte for the latest walk results from Canberra

5000m Walk

1. Ann Staunton-Jugovic	26:47
2. Peter Baker	30:09
3. Helena Bialecki	31:14
4. Robin Whyte	31:20
5. Bryan Thomas	33:44
6. Geoff Barker	34:16
7. Rod Gilchrist	35:45
8. Doug Fitzgerald	35:45
9. Jennifer Gilchrist	37:13
10. Sheryl Greathead	39:27
11. Margaret McSpadden	39:29
12. Val Chesterton	42:18
13. She Hawke	42:50

1000m Walk

1. Zoe Hunt	4:27
2. Callum Burns	4:35
3. Spencer Burns	4:45
4. Gabby Hunt	4:47
5. Mitchell Baker	5:00
6. Elizabeth Henderson	5:03
7. Dylan Eddowes	5:04
8. Tom Hunt	5:42
9. Kate Black	6:01
10. Colby Eddowes	7:00
Laura Burns	DQ

SYDNEY NSW ALL-COMERS MEET, SOPAC, SYDNEY, THURSDAY 20 MARCH

Nicole Fagan continued her good form of late with a fine 22:37.50 in winning the NSW All-Comers 5000m last Thursday evening.

Women's 5000m Race Walk

1.	Nicole FAGAN	AUS	89	22:37.50
2.	Cheryl WEBB	AUS	76	24:47.58
3.	Bryony BEASLEY	AUS		27:32.67
4.	Stephanie GRUJOSKI	AUS	97	28:56.58

VRWC AND VMA TRACK WALKS, DOLOMORE OVAL, MENTONE, SUNDAY 23 MARCH

VRWC hosted the annual Victorian Masters 5000m track walk championships on Sunday morning in their last summer season walk for 2013/2014 - and conditions at Dolomore Oval in Mentone were cool and overcast, perfect for racing.

The Masters women kicked off first and we saw a great battle out front between Sandra Geisler and Michelle Laufer, with Pam Tindal and Heather Carr not far behind and gamely chasing their younger rivals. Michelle eventually took fastest times with 25:49 ahead of Sandra 26:04, Pam 26:19 and Heather 28:09.

VMA 5000m Women: Start time 8:30AM

W35	1	Geisler, Sandra	26:04
W40	1	Laufer, Michelle	25:49
W50	1	Tindal, Pam	26:19
	DQ	Elms, Donna	DQ
W60	1	Carr, Heather	28:09
	2	Thompson, Alison	30:14
W65	1	McPherson, Glennis	33:57
	2	Johnson, Celia	35:15
W70	1	Steed, Gwen	33:30
	2	Morrey, Jan	36:06
	3	Hugo, Beverley	38:56
W75	1	Beaumont, Margaret	42:39

The Masters men were next to go with Stuart Kollmorgen showing a clean pair of heels to his rivals to finish in a quick 24:05, ahead of Simon Evans 25:28 and David Smyth 27:20.

VMA 5000m Men: Start time 9:15AM

M35	1	Van Dongen, Rupert	32:54
M40	1	Kollmorgen, Stuart	24:05
	2	Smyth, David	27:20
M50	1	Evans, Simon	25:28
	2	Keirl, Bernie	28:09
M60	1	Sofianos, Gerard	36:55
M65	1	Barrow, Geoff	32:52
M70	1	Morrison, John	36:44
	2	Perez, Juan	38:05
	3	Wicks, Barrie	40:07
M75	DQ	Beaumont, Ian	DQ

VRWC races rounded out the program and our younger walkers also showed out with Adam Garganis winning the 5000m in 22:40 and Reese Walmsley winning the 3000m in 13:48. But it was in the final event of the morning, the 1500m walk, that things really hotted up, Jesse Osborne scorching through to a 13 sec PB of 5:19.54. I think that this is in fact the fastest 1500m ever walked in Australia by a junior walker - and he looked superb. Jason Kozica 6:16.92 and James Christmas 6:17.93 also showed great speed while Philippa Huse, Nikola Mandic and Karla Bulte all walked what looked like PBs to me. And I can't forget to mention Gabrielle Crea whose 3000m time of 17:50 was also a big PB.

VRWC 5000m Open: Start time 10:00AM

1.	Garganis, Adam	22:40
2.	Swan, Kyle	23:56

VRWC 3000m Open: Start time 10:00AM

1.	Walmsley, Reese	13:48	
2.	Crea, Gabriella	17:50	PB 0:15
3.	Keirl, Bernie	17:50	

VRWC 1500m Open: Start time 10:40AM

1.	Osborne, Jesse	5:19.54	PB 0:13
2.	Kozica, Jason	6:16.92	
3.	Christmass, James	6:17.83	
4.	Huse, Philippa	7:07.85	PB 0:08
5.	Mandic, Nikola	7:11.15	PB 0:15
6.	Bulte, Karla	7:18.45	PB 0:34

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David Smith	Open	5:19.1	Melbourne, VIC	07/02/1981
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Thanks as usual to our judges and officials who ensure our races run so smoothly each week. Apologies if I have missed anyone.

Officials: Tim Erickson, Ralph Bennett, Terry Swan, Tony Doran, Alan Lucas, Alan Walmsley, Colin Thompson

Judges: Gordon Loughnan (chief), David Cash, Stuart Cooper, Peter Vysma, Lloyd Nichols



Michelle Laufer, Sandra Geisler, Pam Tindal, Heather Carr and Simon Evans



Adam Garganis, Stuart Kollmorgen, Jesse Osborne and David Smyth



Karla Bulte, Nikola Mandic, Philippa Huse and James Christmass

VRWC CLUB RECORD UPDATE

And of course, Jesse's great 1500m time broke all our VRWC U20, U23 and Open club records. Well done Jesse.

Jesse Osborne U20, U23 & Open 1500m Track Walk 5:19.54 VRWC Track Races, Mentone 23/03/2014

LITTLE ATHLETICS N.S.W. STATE CHAMPS, SOPAC, SYDNEY, 21-23 MARCH

The NSW Little Athletics State Championships were held over last weekend, with the Walks on held Sunday. Conditions were very trying for the youngsters as it was very hot and humid but times were still good and the depth it's usual amazing standard. On a sour note, the officials had some weird notion that it would be a good idea for the kids to sit on benches on the infield on completion of their race, and then wait on these benches until the judges had all come to a decision, (as you know, sometimes this takes a while), all the while sitting in full sun with no shade provided.

Full results can be sourced at <http://nswathletics.info/lansw/live/index.htm>. I will restrict my online results to the first 5 in each division. Congratulations to Tyler Jones 5:56.11, Jasmine Dighton (6:41.91) and Jasmyn McDonald 6:53.85 for new Meet records.

Boys U17 1500 Metre Walk

1.	Tyler Jones	Wyong	5:56.11 Meet Record
2.	Nathan Brown	Hornsby	6:33.20
3.	Luke Jobson	Girraween	6:36.63
4.	Thomas Doyle	Randwick Botany	6:44.53
5.	Adam Mylonas	Winston Hills	7:08.06
6.	Delian Kotevski	Bankstown Sports	7:24.92
7.	Liam Gannan	Ingleburn Rsl	7:37.14
8.	Danyon Dowton	Glenbrook	7:38.09

Girls U17 1500 Metre Walk

1.	Jasmine Dighton	Lethbridge Park	6:41.91 Meet Record
2.	Jayde Hill	Nambucca & District	6:47.91
3.	Kerilee Coote	Hills District	7:04.56
4.	Bryony Beasley	Nepean	7:09.72
5.	Stephanie Grujoski	Randwick Botany	7:18.77
6.	Rhiannon Minett	Bankstown Sports	7:22.16
7.	Lydia McKay	Gosford	7:46.88
8.	Natalia Robson	Coffs Coast	8:03.30

Boys U15 1500 Metre Walk

1.	Aidan Kerr	Ku-Ring-Gai	6:46.72
2.	Damien Owen	Taree	6:56.56
3.	Nicholas Douglas	Doonside	7:20.48

4.	Jordan Glover	Hills District	7:22.61
5.	Declan O Connell	Randwick Botany	8:10.93
6.	Karl Osborne	Ingleburn Rsl	8:22.33
7.	Adrian Kotevski	Bankstown Sports	8:47.09
8.	Bailey Gannan	Ingleburn Rsl	8:49.92

Girls U15 1500 Metre Walk

1.	Jasmyn McDonald	Parramatta	6:53.85	Meet Record
2.	Lucy Francis	Ku-Ring-Gai	7:11.35	
3.	Ebony Bunard	Western Suburbs	7:29.69	
4.	Sophia Dickerson	Dubbo	7:36.34	
5.	Tiffany Saker	Hills District	7:46.43	
6.	Shanae Norton	Bankstown Sports	7:58.90	
7.	Mary Jones	Springwood	8:06.78	
8.	Ally Grujoski	Randwick Botany	8:29.01	

Boys U14 1500 Metre Walk

1.	Benjamin Tisdale	Girraween	7:22.78
2.	Elijah Harris	Girraween	7:33.25
3.	Hayden Millican	Northern Districts	7:43.85
4.	Cory McGinniskin	Edgeworth	7:47.40
5.	Travis Barendregt	Doonside	7:55.47
6.	Dylan Nagle	Girraween	7:56.94
7.	Alex Duffy	Ku-Ring-Gai	8:12.58
8.	Tristan Aspinall	Kurri Kurri	8:55.37

Girls U14 1500 Metre Walk

1.	Chelsea Goodhew	Westlakes	7:30.18
2.	Amy Henry	Port Hacking	7:46.04
3.	Alyssa Saurine	Revesby Workers	8:14.99
4.	Ebony McCue-Shore	Eschol Park	8:22.39
5.	Abbey Dhu	Doonside	8:28.04
6.	Molly O'Neill	A.N.L	8:33.01
7.	Carys Batho	Balmain	8:35.75
8.	Emily Martin	Cranebrook	8:48.04

Boys U13 1500 Metre Walk

1.	Luke Gosper	Parramatta	7:48.08
2.	Luke Goschnik	Port Hacking	7:49.08
3.	Donald Catallo	Port Hacking	8:05.01
4.	Jake Dollar	Colyton St Clair	8:16.96
5.	Andrew Dickerson	Dubbo	8:24.03
6.	Nickolai Simmons	Hills District	8:27.46
7.	Kyle Walsh	Ku-Ring-Gai	8:27.55
8.	Blake Dwyer	Blacktown	8:45.03

Girls U13 1500 Metre Walk

1.	Eliza De Laine	Northern Suburbs	7:14.16
2.	Samantha Brown	Hornsby	7:24.06
3.	Jasmine Fletcher	Randwick Botany	7:33.58
4.	Daniela Salisbury	Ku-Ring-Gai	8:06.10
5.	Bianca Gannan	Ingleburn Rsl	8:08.37
6.	Fiona Martin	Coffs Coast	8:15.82
7.	Yasmin Mills	Parramatta	8:18.97
8.	Angelina Agamemnonos	Canterbury	8:20.95

Boys U12 1500 Metre Walk

1.	Lachie Sky	Ku-Ring-Gai	7:32.98
2.	Jake Attwell	Dapto	7:51.41
3.	Benjamin Johnson	Port Hacking	8:08.63
4.	Lachlan Becroft	Nepean	8:37.03
5.	Joel Shields	Preston Robins	8:49.80
6.	Nathan Lees	Nepean	8:55.60
7.	Parker Hopkins	A.N.L	9:05.63
8.	Oscar Browne	Parramatta	9:07.14

Girls U12 1500 Metre Walk

1.	Kayla Randall	Doonside	7:42.51
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2.	Niamh Sanday	Kings Langley	7:48.48
3.	Paige Rigney	Wyong	7:54.28
4.	Alexandra Sutherland	Randwick Botany	8:09.85
5.	Tara McNally	St Georges Basin	8:11.00
6.	Hannah Mison	Koorringal Wagga	8:14.06
7.	Elise Brennan	Western Suburbs	8:15.23
8.	Brittany Robertson	Port Hacking	8:36.91

Boys U11 1100 Metre Walk

1.	Ethan Barlow	Manly Warringah	5:25.58
2.	Dion Carrothers	Manly Warringah	5:30.17
3.	Oliver Chippendale	Gosford	5:32.21
4.	James Walter	Ku-Ring-Gai	5:51.75
5.	George Davis	Ryde	5:55.93
6.	Darcy Whittingham	Hills District	5:56.12
7.	Martin Leerberg	Northern Suburbs	6:02.95
8.	Karl Skeed	South Eastern	6:04.41

Girls U11 1100 Metre Walk

1.	Alannah Pitcher	Gosford	5:10.88
2.	Kaiya Buchanan	Hills District	5:21.42
3.	Emma Blanch	Port Hacking	5:23.71
4.	Haley Mills	Parramatta	5:36.97
5.	Renee Hardy	Kurrajong Bilpin	5:37.53
6.	Hannah Parker	Manly Warringah	5:44.98
7.	Alana Kavanagh	Nth Rocks Carlin	5:46.05
8.	Serenity Clancy	Kempsey	5:48.19

Boys U10 1100 Metre Walk

1.	Tom Jessep	Port Hacking	5:19.8
2.	Lachlan Rigney	Wyong	5:27.0
3.	Archie Tebbutt	Gosford	5:39.4
4.	Jackson Deane	Hills District	6:03.8
5.	Ryan Kernaghan	Ballina	6:03.8
6.	Cameron Laytham	Manly Warringah	6:10.6
7.	Adam Dickson	Hills District	6:31.6
8.	Angus Henderson	Ku-Ring-Gai	6:39.7

Girls U10 1100 Metre Walk

1.	Elizabeth McMillen	Manly Warringah	5:28.23
2.	Chloe Bell	Kings Langley	5:50.62
3.	Megan Wong	Hills District	5:54.36
4.	Olivia Thomson	Manly Warringah	5:58.13
5.	Danielle Vesper	Tuggerah Lakes M	5:59.24
6.	Kyla Thompson	Hills District	6:06.65
7.	Lily-Jean McNair	Bankstown Sports	6:09.71
8.	Hannah Bolton	Tuggerah Lakes M	6:11.44

Boys U9 700 Metre Walk

1.	Dembe Ryan	Ballina	3:32.02
2.	Oliver Santo	Port Hacking	3:35.82
3.	Dylan Daly	Wyong	3:37.11
4.	Max Milani	Northern Suburbs	3:41.75
5.	Luca Bell	Manly Warringah	3:48.88
6.	Jack Miller	Eschol Park	3:55.09
7.	Jake Harris	Hills District	4:10.64
8.	Noah Peacock	Manly Warringah	4:13.39

Girls U9 700 Metre Walk

1.	Tara Laytham	Manly Warringah	3:32.54
2.	Amalia Patterson	Tuggerah Lakes M	3:32.55
3.	Ellie-Jo De Celis	Illawong	3:40.58
4.	Courtney	Mavin Ku-Ring-Gai	3:47.32
5.	Tara Boyd	Randwick Botany	3:47.49
6.	Kirra Richardson	Tuggerah Lakes M	3:48.02
7.	Jessica Rocchetto	Eschol Park	3:48.26
8.	Alexandra Sinclair	Manly Warringah	3:55.19



Girls Under 17 "Last Race" as Little Aths Competitors (L to R) - Jasmine Dighton, Jayde Hill, Lydia McKay, Stephanie Grujoski, Rhiannon Minett and Bryony Beasley



Boys Under 17 medallists (L to R) - Nathan Brown, Tyler Jones, Luke Jobson (photos from Brad Jones)

LAQ STATE CHAMPIONSHIPS, BARLOW PARK, CAIRNS, 21-23 MARCH

Thanks to Robyn Wales for her report and photos from the Little Athletics Queensland T&F Championships.

The Qld Little Athletics Championships were held in Cairns where it rained almost continuously throughout the weekend. Luckily for the walkers Friday night probably had the best conditions with a gentle breeze and intermittent rain. It's always pleasing to see so many youngsters take part and the standard was reasonably high with fewer dq'd than in previous years except for U12 girls which finished with several protests (all dismissed). Best performers were the very cute Charlotte Sly (4:11.48) and Jack Collins (4:20.45) over 700m, Amelia Schofield (6:02.40) and Kobe Hinton (5:43.42) over 1100m and Jonah Mead (7:21.65) and Mikaela Woodward (7:35.42) over 1500m. State representative Katie Hayward and her brother Kris did not make the long trip north where they would have no doubt posted very fast times. An interesting result was the number of walkers from Ipswich who featured in the medals. None of these youngsters are known to the Racewalking Club so whoever coaches them is to be congratulated.

Results are restricted to the first 8 in each division. For full results, see http://www.qlaa.asn.au/assets/console/news/attachments/201403230545532014_state_cships_results_full.pdf

Girls U9 700m Walk

1.	Charlotte Sly	Mudgeeraba	4:11.48
2.	Jessica Kitching	Ipswich	4:13.33
3.	Korey Brady	Aspley	4:16.91
4.	Imogen Scott	Tweed	4:24.34
5.	Angela Taylor	Aspley	4:25.92
6.	Sophie Wilkins	Ipswich	4:38.73
7.	Dimity Beckinsale	Centenary	4:46.64
8.	Ella Kempnich	Balmoral	4:52.02

Boys U9 700m Walk

1.	Jack Collins	Redlands	4:20.45
2.	Rhys Roser	Jimboomba	4:27.44
3.	Xavier Williams	Ipswich	4:27.47
4.	Aidan Downie	Deception Bay	4:48.19
5.	Xavier Kolb	Toowong Harr	4:54.28
6.	Kaiza Paulson	Algester	5:00.40
7.	Zachary Brown	Strathpine	5:30.59
8.	Dylan Willis	Strathpine	5:32.38

Girls U10 1100m Walk

1.	Camryn Novinetz	Ipswich	6:28.33
2.	Kiara Condon	Ipswich	6:31.01
3.	Brooke Coulson	Gold Coast	6:34.99
4.	Shelby Daunt	Glasshouse	6:49.84
5.	Bridie Sullivan	Toowong Harr	6:51.95
6.	Mackenzie Ofield	Caloundra	6:56.48
7.	Shelbe Holman	Aspley	7:05.77
8.	Charley Sleigh	Redlands	7:06.66

Boys U10 1100m Walk

1.	Adam Buchhorn	Redlands	6:07.08
2.	Jonathan Wearne	Aspley	6:10.32
3.	Hayden Vickers	Bracken Ridge	6:13.85
4.	Luke Bennett	Tweed	6:22.32
5.	Kalin Payne	Redcliffe	6:23.71
6.	George Coleman	Townsville Cent	6:40.59
7.	Kode Lawrence	Springwood	8:08.57
8.	Joshua Cook	Toowoomba Cent	8:12.61

Girls U11 1100m Walk

1.	Amelia Schofield	Runaway Bay	6:02.40
2.	Tianna Rasmussen	Ipswich	6:13.57
3.	Kirra Stonehouse	Redlands	6:25.39
4.	Chloe Day	Caloundra	6:33.09
5.	Kirsten O'Connor	South Burnett	6:35.67
6.	Ebony Moulder-Shard	Ipswich	6:50.44
7.	Lillian Kolb Toowong	Harriers	6:55.64
8.	Kayla O'Shea	Redlands	7:10.92

Boys U11 1100m Walk

1.	Kobe Hinton	Mudgeeraba	5:43.42
2.	Jayden Stovin	Gold Coast	5:51.80
3.	William Cox	Toowoomba Cent	6:17.13
4.	Ryan Simpkins	Tweed	6:30.69
5.	Thomas Morrow	Ipswich	6:41.76
6.	Brandan Power	Caboolture	7:11.52
7.	Timothy Wright	Toowoomba Cent	7:13.19
8.	Joshua Brown	Strathpine	7:21.75

Girls U12 1500m Walk

1.	Caitlin Hannigan	Beaudesert	7:59.52
2.	Regan Payne	Redcliffe	8:59.31
3.	Jordn Office	Ipswich	9:07.69
4.	Amelia Wales	Ashmore	9:35.67
5.	Melinda Larsen	Deception Bay	9:38.03
6.	Faith Pettit	Deception Bay	10:07.01
7.	Jessica Taylor	Aspley	10:26.34

Boys U12 1500m Walk

1.	Jaedyn Tucker	Toowong Harr	8:19.44
2.	Ryan Stewart	Ipswich	9:19.12

Girls U13 1500m Walk

1.	Jenna Lawrence	Springwood	7:48.34
2.	Hayley Wright	Ipswich	7:53.12
3.	Jade Hardy - Synnott	Ipswich	8:17.86
4.	Jade-Elizabeth Pearson	Aspley	8:35.74
5.	Tahliah Thomson	Beaudesert	8:52.69
6.	Morgan Durham	Caboolture	8:59.51
7.	Chloe Treurnich	Redlands	9:03.77
8.	Elmari Muller	Wynnum Manly	9:04.86

Boys U13 1500m Walk

1.	Kent Matthews	Toowong Harr	7:52.57
2.	Jamison Stovin	Gold Coast	7:58.47
3.	Callum Haig	Caloundra	8:02.93
4.	Sean McLean	North Mackay	8:55.19
5.	Ethan Clarke	Redlands	9:08.90
6.	Mitchell Lowrie	Caboolture	9:33.17
7.	Kyle Rasmussen	Ipswich	9:55.71
8.	Blade Heinemann-Tilley	Nambour	10:57.47

Girls U14 1500m Walk

1.	Courtney Thwaites	Ashmore	7:47.64
2.	Clancy Smith	Noosa	8:19.27
3.	Riley Sims	Aspley	8:41.69
4.	Wendy Scully	Laidley	8:51.75
5.	Rebeckah Tesch	Strathpine	8:59.63
6.	Evania Guglielmi	Cassowary	10:11.29

Boys U14 1500m Walk

1.	Jonah Mead	Strathpine	7:21.65
2.	Jeremy Bassard	Mt Gravatt	8:48.08
3.	Aidan Lecky	Toowong Harr	9:02.95

Girls U15 1500m Walk

1.	Mikaela Woodward	Sunnybank	7:35.42
2.	Miranda Blundell	City North	9:20.13

Boys U15 1500m Walk

1.	Troy Gorry	Springwood	9:21.97
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Girls U16 1500m Walk

1.	Gemma Titheradge	Maleny	8:57.19
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2. Tasma Mutch Strathpine 10:08.22

Girls U17 1500m Walk

1. Jesse Sims Aspley 8:11.71
2. Sophia Koop Algester 10:06.25

Boys U17 1500m Walk

1. Caleb Spinks Caboolture 8:19.43



LAQ walkers Charlotte Sly, Amelia Schofield, Kobe Hinton and Amelia Wales (photos Robyn Wales)

WESTERN AUSTRALIAN LITTLE ATHLETICS T&F CHAMPS, PERTH, 22-23 MARCH

And to finish our Little Athletics reporting, it's over to Western Australia where the best walkers from that State were contesting their annual T&F Champs at the the AWA stadium in Perth. I am still waiting for the official results to be posted but I do know that there was one superb race featuring Simeon Leatherland and Declan Tingay. Simeon won out on this occasion with a time of 6.14.93, knocking 6 seconds off the previous WA record of 6.20.20. Declan Tingay finished 2nd in 6.21.96 and third went to Mohammed Faizal (Malaysia) in 7.01.06. Hopefully I can have a full report in next week's newsletter.

BENDIGO WALKERS CLUB COMPETITIONS

Thanks to Paul Rance for the latest couple of race reports from the Bendigo Walkers Club.

Bendigo Walkers Club Roadwalks, Bendigo, Wednesday 12 March

1.2km & 2.4km Sealed Handicap events were held, with Madison Hill winning the 1.2km from her training partner Carissa Brook, both girls producing personal bests while Michael Gillies-Smith won the 2.4km event and also recorded fastest time

1.2km Handicap

1.	Madison Hill	6.16
2.	Carissa Brook	6.24
3.	Sheridan Commons	8.25
4.	Peter Curtis	6.16
5.	Caitlyn Tozer	10.33
6.	Annette Curtis	8.46

2.4km Handicap

1.	Michael Gillies-Smith	12.58
2.	Norm West	18.22
3.	Barb Bryant	14.03
4.	John Carter	16.17
5.	Geoff Major	18.14

Bendigo Walkers Club Roadwalks, Bendigo, Wednesday 19 March

On Wednesday 19th March, nominated time 800m and 1600m events were held with athletes then having a short break before contesting either an 800m or 2400m sealed handicap event. Points were awarded for the 3 categories with the athlete scoring the most points winning the competition.

800m Nominated time – (Even pace)

Peter Curtis	1st 3.36	(3rd 1.45-1.51)
Zahra Hayes	4th 3.37	(4th 1.45- 1.52)
Carissa Brook	6th 4.17	(1st 2.08-2.09)
Madison Hill	5th 4.30	(2nd 2.13-2.17)
Sheridan Commons	3rd 5.36	(6th 2.42-2.54)
Annette Curtis	7th 6.11	(5th 3.01-3.10)
Caitlyn Tozer	2nd 7.05	(7th 3.25-3.40)

800m Sealed Handicap;

Zahra Hayes	3rd 3.37
Carissa Brook	1st 3.55
Madison Hill	2nd 3.56
Sheridan Commons	5th 5.57
Annette Curtis	6th 6.17
Peter Curtis	7th 6.54
Caitlyn Tozer	4th 6.54

Overall placings

Carissa Brook	1st 24 pts
Madison Hill	2nd 21 pts
Peter Curtis	3rd 20 pts
Zahra Hayes	4th 19 pts
Caitlyn Tozer	5th 17 pts
Sheridan Commons	6th 16 pts
Annette Curtis	7th 12 pts

1600m Nominated time – (even pace)

Michael Gillies-Smith	6th 8.57 (2nd 2.18-2.17-2.12-2.10)
Barb Bryant	5th 9.01 (3rd 2.08-2.16-2.18-2.19)
Annette Major	1st 10.27 (4th 2.29-2.37-2.41-2.40)
John Carter	4th 10.51 (1st 2.40-2.42-2.47-2.42)
Geoff Major	2nd 12.28 (4th 2.59-3.09-3.09-3.11)
Norm West	3rd 12.33 (6th 3.00-3.09-3.11-3.13)

2400m Sealed Handicap

Michael Gillies-Smith	1st 12.58
Barb Bryant	4th 14.09
Annette Major	6th 16.18
John Carter	5th 16.38
Geoff Major	3rd 18.08
Norm West	2nd 18.19

Overall Placings

Michael Gillies-Smith	1st 22 pts
John Carter	eq. 2nd 21 pts
Geoff Major	eq. 2nd 21 pts
Annette Major	4th 20 pts
Norm West	5th 19 pts
Barb Bryant	6th 18 pts

QMA 2014 TRACK & FIELD CHAMPIONSHIPS, GRIFFITH UNIVERSITY, GOLD COAST, 22-23 MARCH

While their Little Athletics counterparts were stutting their stuff in Cairns, the Queensland Masters held their own State T&F Championships on the Gold Coast last weekend. Nyle Sunderland 28:32.0 and Argenis Guevara 28:28.0 were fastest overall. Full results are at www.mastersathletics.com.au .



QMA walkers from last weekend - Paul Lindenberg, Kay Shaw, Sally Lynch, Nyle Sunderland (photo Robyn Wales)

M45	1	Guevara, Argenis	M45	Brisbane	28:28.0	69.12%
W45	1	Sunderland, Nyle	W46	GoldCoast	28:32.0	75.57%
M50	1	Lindenberg, Paul	M51	GoldCoast	29:45.4	69.49%

W50	1	Shaw, Kay	W54	GoldCoast	31:48.0	72.88%
M65	1	Harris, John	M65	Brisbane	32:16.1	73.23%
W70	1	Lynch, Sally	W70	GoldCoast	35:42.0	78.94%
	2	McKinven, Noela	W71	Brisbane	39:42.3	72.05%
M75	1	Megas, George	M77	GoldCoast	39:43.6	68.24%
M80	-	Janes, Bert	M81	GoldCoast	DQ	
W80	1	Dauphinet, Christiane	W82	Brisbane	40:44.0	85.58%
M85	1	Lynch, Richard	M85	GoldCoast	39:45.5	78.62%

RUSSIAN WINTER ROADWALK CHAMPIONSHIPS, SOCHI, RUSSIA, 22-23 MARCH

The Russian Winter Roadwalk Championships were held last weekend in Sochi and there was a lot of attention, given that they were the official trials to select their 2014 World Cup team.

The champs kicked off on Saturday morning at 9AM with the 35km event and, as expected, 2013 World Championship 50km silver medallist Mikhail Ryzhov (Mordovia) broke away after 10km to win comfortably in the excellent time of 2:28:11. 2013 World Championships team mate Ivan Noskov (Mordovia) finished second with 2:30:14 ahead of Alexei Bartsaykin (Mordovia) with 2:32:10. The U23 championship medallists were Denis Asanov (Mordovia) 2:32:14, Roman Evstifeev (Mordovia) 2:33:00 and Sergey Sharypov (Udmurtia) 2:39:00.

The women's 20km was next to go, with 2013 World Championship silver medallist Anisya Kirdyapkin (Mordovia) eventually winning in 1:28:05 after breaking clear at the half way mark. Vera Sokolova (Mordovia, Chuvashia) finished second with 1:28:32 ahead of Irina Yumanovoy (Moscow, Chuvashia) with 1:28:44. The U23 gold went to Olga Dubrovina (Mordovia, Novosibirsk) with 1:31:14, ahead of Alena Khramova (Chuvashia) with 1:33:34 while Anna Krahmaleva (Moscow, Kemerovo) and Kristina Mihailova (Chuvashia) both finished with the same time of 1:34:18.

The men's 20km rounded out Day One and once again, it was the favourite who won, this time in the form of world champion Alexander Ivanov (Mordovia, Chelyabinsk) with 1:20:44. Denis Strelkov (Mordovia) finished second with 1:20:58 ahead of Peter Trofimov (Moscow, Chuvashia) 1:21:11. The U23 gold also went to Ivanov ahead of Pavel Parshin (Mordovia) 1:21:55 and Kirill Frolov (Moscow, Chuvashia) 1:24:04.

35 km walk

1.	Mikhail Ryzhov	RUS	17 Dec 91	2:28:11
2.	Ivan Noskov	RUS	16 Jul 88	2:30:14
3.	Aleksey Bartsaykin	RUS	22 Mar 89	2:32:10
4.	Denis Asanov	RUS	23 Sep 92	2:32:14
5.	Roman Yevstifeev	RUS	19 Sep 92	2:33:00
6.	Aleksandr Yargunkin	RUS	6 Jan 81	2:33:57
7.	Sergey Sharipov	RUS	14 Apr 92	2:39:00
8.	Nikolay Ivanov	RUS	21 Dec 93	2:44:14
9.	Viktor Kanyshev	RUS	12 Sep 91	2:44:34
	Konstantin Kulagov	RUS	14 Oct 91	DQ
	Aleksey Arkhipov	RUS	7 Dec 88	DQ
	Edikt Khaybullin	RUS	29 May 89	DQ
	Sergey Korepanov	RUS	17 Jun 84	DNF

20 km walk Women

1.	Anisya Kirdyapkina	RUS	23 Oct 89	1:28:05
2.	Vera Sokolova	RUS	8 Jun 87	1:28:32
3.	Irina Yumanova	RUS	6 Nov 90	1:28:44
4.	Marina Pandakova	RUS	1 Mar 89	1:28:48
5.	Elmira Alembekova	RUS	30 Jun 90	1:29:33
6.	Lina Bikulova	RUS	1 Oct 88	1:30:28
7.	Olga Dubrovina	RUS	11 Jun 93	1:31:14
8.	Irina Shushina	RUS	30 Oct 86	1:33:23
9.	Alaina Khramova	RUS	18 Aug 93	1:33:34
10.	Anna Krakhmaleva	RUS	1 May 92	1:34:18
11.	Kristina Mikhaylova	RUS	16 Oct 92	1:34:18
12.	Sofiya Brodatskaya	RUS	4 Oct 95	1:37:12
13.	Tatyana Akulinushkina	RUS	6 Apr 94	1:37:26
14.	Irina Mikhaylova	RUS	16 Apr 94	1:38:57
15.	Kristina Gracheva	RUS	19 Jan 94	1:39:26
16.	Anna Khryashcheva	RUS	1 Dec 94	1:39:40
17.	Natalya Kopliyenko	RUS	30 Jun 94	1:40:37
18.	Anastasiya Pulkina	RUS	93	1:40:54
19.	Yevdokiya Korotkova	RUS	28 Feb 79	1:41:50
20.	Valentina Smarkalova	RUS	5 Mar 91	1:41:59

21.	Katsiaryna Ivanova	BLR	13 Apr 95	1:47:27
22.	Anastasiya Tsegoleva	RUS	10 Apr 93	1:55:03
	Natalya Serezhkina	RUS	7 May 92	DQ
	Irina Polezhaykina	RUS	29 May 92	DNF

20 km walk Men

1.	Aleksandr Ivanov	RUS	25 Apr 93	1:20:44
2.	Denis Strelkov	RUS	26 Oct 90	1:20:58
3.	Pyotr Trofimov	RUS	18 Dec 83	1:21:11
4.	Andrey Ruzavin	RUS	28 Mar 86	1:21:47
5.	Pavel Parshin	RUS	2 Jan 94	1:21:55
6.	Aleksey Golovin	RUS	24 Dec 88	1:22:06
7.	Yuriy Andronov	RUS	6 Nov 71	1:23:12
8.	Kirill Frolov	RUS	29 Sep 93	1:24:04
9.	Vladislav Muratov	RUS	31 Dec 93	1:26:40
10.	Viktor Sokolov	RUS	7 Jan 94	1:27:04
11.	Sergey Stepanov	RUS	28 Jul 86	1:27:27
12.	Dmitriy Solovyov	RUS	12 Apr 93	1:28:33
13.	Aleksey Korachenkov	RUS	94	1:28:35
14.	Aleksandr Nazarov	RUS	9 Feb 94	1:28:52
15.	Dmitriy Yemelyanov	RUS	8 May 90	1:28:53
16.	Dmitriy Venediktov	RUS	26 Feb 88	1:28:57
17.	Yevgeniy Nushtayev	RUS	11 Feb 93	1:30:12
18.	Nikolay Nikolayev	RUS	2 Jul 93	1:31:53
	Damir Baybikov	RUS	5 May 94	DQ

The meet continued on Sunday with the U20 and U18 championships.

Men 10km Race Walk U20

1.	Nikolay MARKOV	RUS	95	42:07
2.	Maksim KRASNOV	RUS	96	42:07
3.	Denis SERGEYEV	RUS	95	42:08
4.	Nikolay SERGEYEV	RUS	96	42:26
5.	Konstantin SEMYONOV	RUS	95	42:35
6.	Vadim DETKOV	RUS	95	42:37
7.	Vladimir SAKSIN	RUS	95	42:52
8.	Yevgeniy BOKOV	RUS	95	42:53
9.	Yevgeniy PANTYUSHIN	RUS	96	43:33
10.	Aleksandr IVAYLOV	RUS	95	44:43
11.	Nikita RUSIN	RUS	96	44:47
12.	Diego GARCIA	ESP	96	47:50
	Sergey SERGEYEV	RUS	95	DNF

Men 10km Race Walk U18

1.	Aleksey SHEVCHUK	RUS	97	42:27
2.	Sergey RAKOV	RUS	99	42:53
3.	Vladislav SARAYKIN	RUS	97	43:18
4.	Artyom BAULIN	RUS	98	43:48
5.	Mikhail KOROTKOV	RUS	98	44:31
6.	Ivan KAKAYEV	RUS	97	44:37
7.	Sergey CHESNOKOV	RUS	98	44:44
8.	Dmitriy MESHCHERYAKOV	RUS	97	45:10
9.	Stanislav SARAYKIN	RUS	97	45:18
10.	Andrey MERTSALOV	RUS	98	45:24
11.	Pyotr KULYAGIN	RUS	98	45:34
12.	Yevgeniy DOBRYNKIN	RUS	97	46:06
13.	Sergey NOVIKOV	RUS	97	46:27
14.	Vladimir ZAKHARETS	RUS	98	46:40
15.	Yevgeniy URUNCHIKOV	RUS	98	47:10
16.	Maksim NOVIKOV	RUS	97	47:11
17.	Yevgeniy LOSHMANOV	RUS	97	47:35
18.	Zakhar BYKON	RUS	97	47:55

Women 10km Race Walk U20

1.	Oksana GOLYATKINA	RUS	95	45:16
2.	Nadezhda MOKEYEVA	RUS	96	45:31
3.	Klavdiya AFANASYEVA	RUS	96	47:32
4.	Anastasiya CHERNOVA	RUS	96	48:16

5.	Olga RAVAYOVA	RUS	95	48:30
6.	Marina IGNATOVA	RUS	95	48:34
7.	Yekaterina GERANINA	RUS	95	49:07
8.	Dana AYDOSSOVA	KAZ	95	49:15
9.	Diana AYDOSSOVA	KAZ	95	49:18
10.	Anastasiya CHEGINA	RUS	95	50:10
11.	Viktoriya YARZHEMBOVICH	RUS	96	50:45
12.	Mariya PONOMARYOVA	RUS	95	DNF
	Olga SHARGINA	RUS	96	DNF
	Alina DOBROVOLSKAYA	RUS	95	DNF
	Anastasiya TAUSHKANNOVA	RUS	96	DNF
	Yekaterina IVANOVA	RUS	96	DNF
	Tatevik DILBARYAN	RUS	96	DNF
	Olga MIRONNOVA	RUS	95	DQ

Women 5km Race Walk U18

1.	Mariya LOSINOVA	RUS	97	22:42
2.	Yana SMERDOVA	RUS	98	22:48
3.	Lana RYAZANOVA	RUS	98	22:53
4.	Margarita KOLESNICHENKO	RUS	98	23:18
5.	Anastasiya YEVACHEVA	RUS	97	23:19
6.	Marina CHEGODAYKINA	RUS	97	23:24
7.	Anna KOKARYOVA	RUS	97	23:25
8.	Olga YELISEYEVA	RUS	98	23:27
9.	Mariya KUZMINA	RUS	98	24:13
10.	Reykhan KAGRAMANOVA	RUS	97	24:19
11.	Anna VIRYASKINA	RUS	98	24:32
12.	Aleksandra SIMAKOVA	RUS	99	24:45
13.	Anna ILICHEVA	RUS	98	25:03
14.	Kristina SMIRNOVA	RUS	98	25:07
15.	Irina OBEREMOK	RUS	97	25:14
16.	Polina LYUBIMOVA	RUS	98	25:20
17.	Kseniya BULDYGINA	RUS	98	25:22
18.	Natalya MANANNIKOVA	RUS	97	25:30
19.	Yelizaveta KOMISSAROVA	RUS	98	25:34
20.	Zhanna GUSTOMYASOVA	RUS	98	25:51
21.	Sofiya TKACHENKO	RUS	98	25:59
22.	Polina VERYASKINA	RUS	99	26:15
23.	Viktoriya SHISHKINA	RUS	98	26:25
	Anna KOROLEVA	RUS	97	DQ
	Darya MELENTYEVA	RUS	98	DQ

DUDINSKA 50, DUDINCE, SLOVAKIA, SATURDAY 22 MARCH

Another week and another high quality 2014 IAAF Race Walking Challenge meet with the 33rd edition of the Dudinska Patdesiatka in Dudince, in the south of Slovakia, on Saturday. The normal cold weather that greets competitors to this yearly carnival was notably absent this time around with walkers experiencing an early burst of summer as temperatures hit the twenties. It was a big meet which boasted 237 race walkers from 23 countries. My reports are lifted from that of Zuzana Trojakova, writing for the IAAF - see <http://www.iaaf.org/news/report/rafal-augustyn-dudinska-patdesiatka-2014-iaaf>

50km Men

Polish walker Rafal Augustyn returned to one of his favourite circuits to win the 50km with 3:45.32. It was a 1:24 improvement on his previous best, set three years ago at the same event but he has already experienced being a winner here as he took the 50km in 2010 and has competed in Dudince every year since 2009. "It was definitely a tough race and I had to empty my stomach a couple of times but, still, it was easier than in 2010," revealed Augustyn. "I am glad to win again here in Dudince and even more because I managed to improve my best time. Now, I am ready to fight for my team spot at the European Championships in August. Two team spots are already occupied, just one more is left, so I hope I will make it to Zurich.". Second place went to China's former Asian junior champion Wang Zhendong in 3:47:18 and third was Germany's Carl Dohmann in 3:51:32. Both men also set personal bests, as did Lithuania's Tadas Suskevicius in fourth place with 3:51:58.

Augustyn and South Africa's Marc Mundell set the early pace and passed 10km in 45:41, 35 seconds ahead of the Polish pair of Adrian Blocki and Rafal Sikora. Mundell continued to do most of the work at the front and by 20km, which was reached in 1:30:44, the gap over Sikora, who had now edged away from his compatriot, was 1:05. The advantage between the leading pair and the best of the rest continued to grow. Mundell and Sikora reached the halfway point in 1:53.05 with Sikora now 1:36 in arrears. Just before 30km, Augustyn shook of his South African shadow and went through that checkpoint in 2:15:31, with Mundell now five seconds behind in his slipstream and Blocki, now having caught up again with Sikora, more than two minutes behind in 2:17:47.

Shortly after 30km, Mundell retired (as per plan), leaving Augustyn in charge. From then on, he was never challenged. Behind him though, the rest of the podium places changed hands several times. Blocki started to move away from Sikora in the 34th kilometre but then Suskevicius started to come through strongly and by 40km, which Augustyn had passed in 3:00:20, he had over taken both the Poles and was lying second, albeit more than four minutes behind the leader. From 40km onwards Wang and Dohmann also started to motor. Having been fifth and sixth at 35km, Wang overtook the Lithuanian at 42km while Dohmann, still fifth at 48km, had a blistering last two kilometres to overtake both Suskevicius and Blocki to grab third spot. From the 48 starters, 32 men finished the race.

50 km walk

1.	Rafał Augustyn	POL	14 May 84	3:45:32	PolNC 1
2.	Wang Zhendong	CHN	11 Jan 91	3:47:18	
3.	Carl Dohmann	GER	18 May 90	3:51:32	
4.	Tadas Šuškevičius	LTU	22 May 85	3:51:58	
5.	Adrian Błocki	POL	11 Apr 90	3:52:07	PolNC 2
6.	Veli-Matti Partanen	FIN	28 Oct 91	3:54:54	
7.	Rafał Sikora	POL	17 Feb 87	3:55:11	PolNC 3
8.	Mário José dos Santos	BRA	10 Sep 79	3:57:29	
9.	Łukasz Augustyn	POL	29 Nov 90	4:01:22	PolNC 4
10.	Lukáš Gdula	CZE	6 Dec 91	4:01:52	CzeNC 1
11.	Pavel Schrom	CZE	20 Mar 91	4:06:16	CzeNC 2
12.	Yin Jiaying	CHN	16 Mar 94	4:07:26	
13.	Dušan Majdán	SVK	8 Sep 87	4:07:48	SvkNC 1
14.	Martin Tistan	SVK	12 Nov 92	4:07:58	SvkNC 2
15.	Maciej Rosiewicz	GEO	31 Jul 77	4:08:52	
16.	Xavier Moreno	ECU	15 Nov 79	4:09:18	
17.	Ričardas Rekst	LTU	10 Oct 87	4:09:30	
18.	Edgar Cudco	ECU	1 Sep 83	4:11:18	
19.	Dávid Töködi	HUN	3 May 91	4:12:11	HunNC 1
20.	Pavel Yarokhau	BLR	21 Jul 82	4:14:13	
21.	Arnis Rumbenieks	LAT	4 Apr 88	4:14:41	
22.	Timo Viljanen	FIN	5 Nov 77	4:18:25	
23.	José Puertas	ESP	20 Sep 89	4:22:09	
24.	Dominic King	GBR	30 May 83	4:25:30	
25.	Pedro Santos	POR	25 Apr 86	4:29:58	
26.	Ondřej Motl	CZE	25 Jul 94	4:30:30	CzeNC 3
27.	Lukáš Pazdera	CZE	29 Apr 86	4:35:44	CzeNC 4
28.	Samir César Sabadin	BRA	1 May 81	4:45:28	
29.	Dávid Koltai	HUN	30 Mar 83	4:59:12	HunNC 2
30.	Antonín Kozelka	CZE	27 Nov 85	5:23:50	CzeNC 5
31.	István Csaba	HUN	23 Sep 59	5:32:03	HunNC 3
32.	Vladimir Haluska	SVK	22 Apr 52	5:46:38	SvkNC 3
	Berislav Devčić	CRO	66	DQ	
	Matias Korpela	FIN	16 Nov 89	DQ	
	Miklós Srp	HUN	6 Mar 93	DQ	
	Jiří Malysa	CZE	14 Aug 66	DNF	CzeNC
	Damien Molmy	FRA	2 Oct 88	DNF	
	Dan King	GBR	30 May 83	DNF	
	Sándor Rác	HUN	14 Sep 86	DNF	HunNC
	Artur Mastianica	LTU	30 Jul 92	DNF	
	Damian Błocki	POL	28 Apr 89	DNF	PolNC
	Rafał Fedaczyński	POL	3 Dec 80	DNF	PolNC
	Michał Stasiewicz	POL	28 Sep 88	DNF	PolNC
	Pedro Martins	POR	12 Jan 68	DNF	
	Marc Mundell	RSA	7 Jul 83	DNF	
	Vladimir Savanović	SRB	12 Jun 85	DNF	
	Zdeno Medera	SVK	1 Jan 75	DNF	SvkNC
	He Yongqiang	CHN	27 Nov 93	DNF	

20km Men

In the 20km race, local star Matej Toth achieved his sixth win in Dudince after his triumphs in 2008, 2010, 2012 and 2013 with a fast personal best of 1:19:48. The 31-year-old Slovak from the Banska Bystrica Sports Army Club, the 50km winner at the 2010 IAAF World Race Walking Cup, went to the front at the 7km mark and was never headed, walking the first sub-1:20 in his career. “Going sub-1:20 was just a matter of time and I am very happy that it happened right here in Dudince, where my whole family were watching it,” said a happy Toth. “In fact, I was not focusing on time especially but on a good placement today. When I felt that the pace was slowing down on fourth kilometre, I tried to go to the front and push the group,” he added, after improving his personal best from last year by 26 seconds.

It was one of the best results of 31-year-old Toth's career as surged away from Australia's **Jared Tallent**, the double Olympic 50km silver medallist and Olympic 20km bronze medallist, in the second half to win by almost three minutes. Jared was second in 1:22:45 ahead of Caio Bonfim, of Brazil, who was third in 1:23:48 with South Africa's Lebogang Shange fourth in 1:24:09. It was the second big walk in a week for Jared (after Lugano last week) and it omens well for his upcoming 50km in the World Cup in early May.

1.	Matej Tóth	SVK	10 Feb 83	1:19:48
2.	Jared Tallent	AUS	17 Oct 84	1:22:45
3.	Caio Bonfim	BRA	19 Mar 91	1:23:48
4.	Lebogang Shange	RSA	1 Aug 90	1:24:09
5.	Quentin Rew	NZL	16 Jul 84	1:25:29
6.	Antón Kučmín	SVK	7 Jun 84	1:25:41
7.	Milan Rízek	SVK	5 Jan 78	1:29:21
8.	Predrag Filipović	SRB	5 Oct 78	1:29:53
9.	Bruno Marques Fidelis	BRA	8 Nov 94	1:30:52
10.	Predrag Krstović	SRB	7 Mar 80	1:32:48
11.	Rudnei Nogueira	BRA	1 Feb 90	1:34:56
12.	Karel Ketner	CZE	11 Apr 90	1:37:27
13.	Hakan Caliskan	TUR	8 Aug 68	1:55:43
14.	Bruno Erent	CRO	30 Dec 90	1:58:43
	Ian Rayson	AUS	4 Feb 88	DQ
	Creighton Connolly	CAN	2 Aug 88	DQ
	Zhang Hang	CHN	28 Oct 91	DNF
	Patrik Špevák	SVK	30 Jul 94	DNF



Rafal Augustyn and Marc Mundell in the 50km



Jared Tallent and Matej Tóth in the 20km

Women's 20km

Spain's Ainhoa Pinedo won the women's 20km in 1:34:56, beating Slovakia's Maria Galikova, second in 1:36:39, and Hungary's Viktoria Madarasz, third in 1:37:00.

1.	Ainhoa Pinedo	ESP	17 Feb 83	1:34:56
2.	Mária Gáliková	SVK	21 Aug 80	1:36:39
3.	Viktória Madarász	HUN	12 May 85	1:37:00
4.	Barbara Kovács	HUN	26 Jul 93	1:39:47
5.	Agnieszka Ellward	POL	26 Mar 89	1:48:45
6.	Hana Hajsok	CRO	9 Sep 94	2:06:26
7.	Brigitta Matalin	HUN	24 Jul 87	2:07:36
8.	Jelena Kostić	SRB	2 Jun 94	2:09:14
	Villő Haála	HUN	93	DNF
	Petra Récssei	HUN	28 Sep 90	DNF
	Petra Hornyik	HUN	15 Jan 93	DNF
	Agnieszka Szwarnóg	POL	28 Dec 86	DNF
	Maria Aydin	SWE	14 Aug 93	DNF

There was victory for Hungary in the Junior 10km as Bence Venyercsan won the men's race in 43:40, while Anezka Drahotova, of the Czech Republic, took the women's event in 46:44.



Ainhoa Pinedo, Viktoria Madarász, Anezka Drahotová and Bence Venyercsán (photos Emmanuel Tardi)

U20 Men 10 km walk

1.	Bence Venyercsán	HUN	8 Jan 96	43:40
2.	Miroslav Úradník	SVK	24 Mar 96	43:54
3.	Filip Veselouš	CZE	18 May 95	46:10
4.	Milan Linkeš	SVK	2 Nov 95	48:58
5.	Nikola Lilić	SRB	12 Jan 96	49:05
6.	Predrag Pešić	SRB	10 Jul 98	49:56
7.	Jiří Skalka	CZE	10 Sep 95	52:03
	Dimitrije Dejković	SRB	3 Mar 98	DQ

U20 Women 10 km walk

1.	Anežka Drahotová	CZE	22 Jul 95	46:44
2.	Eliška Drahotová	CZE	22 Jul 95	49:19
3.	Angelika Augustyn	POL	15 Jan 96	49:58
4.	Monika Hornakova	SVK	6 Jul 95	50:04
5.	Rita Récesei	HUN	30 Jan 96	50:33
6.	Lena Tomas	SWE	20 Oct 96	52:35
7.	Ivana Renić	CRO	21 Aug 96	54:18
8.	Lucia Čubaňová	SVK	9 Aug 95	55:40
9.	Lucia Škantárová	SVK	28 Dec 96	56:03
10.	Danica Gogov	SRB	15 Sep 96	56:08
11.	Jovana Drašković	SRB	96	58:38
12.	Jovana Milošević	SRB	20 Jan 96	73:45
	Sabina Bočková	CZE	21 Sep 01	DNF
	Milica Kostić	SRB	12 May 96	DNF

U18 Men 10km Race Walk

1.	Donát BURGER	HUN	97	47:33
2.	Tomáš GDULA	CZE	97	47:58
3.	Artūrs MAKARS	LAT	97	48:38
4.	Alexandr MALYSA	CZE	97	52:02
5.	Miklós SZEGEDI	HUN	97	53:25
6.	Soma KOVÁCS	HUN	97	54:05
7.	Lukáš MURÍN	SVK	98	60:39
8.	Ádám ALMÁSI	HUN	98	65:37

U18 Women 5km Race Walk

1.	Anna SÜDI	HUN	97	26:03
2.	Nikoleta Abbatantuono	SVK	97	27:38

3.	Antonela GOLOBIČ	CRO	97	27:59
4.	Viktória BENCZIK	HUN	97	28:09
5.	Dóra RICHTER	HUN	98	28:20
6.	Diána DEMETER	HUN	97	32:35
7.	Barbora HORVÁTOVÁ	SVK	97	32:58

ENFIELD RW LEAGUE PAT FUREY 5 MILE WALK, QEII, ENFIELD, SATURDAY 22 MARCH

Thanks to Ron Wallwork for the results of Race 3 of the ERWL League in London.

5 Miles Men © = Centurion *=pb

1.	Callum Wilkinson	Enfield HAC	U20	39.25
2.	Fabian Deuter	Hillingdon AC	SM	40.16
3.	Francisco Reis	Ilford AC	M50	40.41
4.	Trevor Jones	Steyning AC	M55	42.57
5.	Malcom Martin	Surrey WC *	M55	43.46
6.	John Hall	Belgrave H	M65	44.25
7.	John Ralph	Enfield HAC	M55	47.34
8.	Andrew Cox	Hillingdon AC	M60	47.55
9.	Ken Bobbett	Hillingdon AC	M65	48.07
10.	Shaun Lightman	Surrey WC	M70	48.38
11.	Stuart Bennett ©	Ilford AC	M55	48.50
12.	Arthur Thomson	Enfield HAC	M75	49.21
13.	Dan Maskell	Surrey WC	M65	49.56
14.	Paul King ©	Belgrave H	M60	50.41
15.	Sean Pender ©	Enfield HAC	M60	51.54
16.	Ron Penfold	Steyning AC	M70	51.57
17.	John Borgars	Loughton AC	M65	52.04
18.	Roger Lilley	Cambs.Col AC *	M50	52.24
19.	Gary Smith ©	Enfield HAC	M55	52.52
20.	Richard McKenzie	Hillingdon AC *	M45	54.11
21.	John Brock	Southend AC	M65	56.49
22.	Jon May	Enfield HAC	M60	58.57
23.	Mick Barnbrook ©	Ilford AC	M70	66.44
24.	David Ainsworth ©	Ilford AC	M65	67.33

5 Miles Women

1.	Grazina Narviliene	Belgrave H	W35	42.57
2.	Rebecca Collins	North Down AC	SW	43.42
3.	Maureen Noel	Belgrave H	W50	50.26
4.	Helen Middleton	Enfield HAC	W50	51.31
5.	Angela Martin	Surrey WC *	W45	52.19
6.	Fiona Bishop	Woking AC	W55	52.33
7.	Cath Duhig ©	Ryston R	W55	53.51
8.	Linda Spinks	Enfield HAC	W45	56.34
9.	Pamela Abbott	Enfield HAC	W50	58.48
10.	Jenny Middleton	Hillingdon AC	W40	58.58
11.	Jo Miles	Hillingdon AC	W55	59.12
12.	Sandra Campbell	Surrey WC *	W45	59.28
13.	Elaina Crehan	Loughton AC *	SW	59.40

1 mile	George Wilkinson	Enfield HAC	U13	11.23
2 miles	Dave Stevens	Steyning AC	M75	23.38
	Tony Wilkinson	Enfield HAC	M50	25.39
3 miles	Anne Jones	Steyning AC	W55	36.31
	Ken Livermore ©	Enfield HAC	M80	40.36

10TH "SUSANA FEITOR" WALKING CUP, CARTERTON, PORTUGAL, SATURDAY 22 MARCH

Sérgio Vieira 41:06.27 and Inês Henriques 43:44.03 were the winners of the Open 10,000m walks at the Susana Feitor Cup, held at the Rui Silva stadium in Carterton in Portugal last Saturday. Junior men winner Miguel Rodrigues qualified for their World Cup U20 team with his winning time of 44:39.82. The first 5 in each event is shown below. For more extensive results, check out <http://omarchador.blogspot.pt/2014/03/clube-de-natacao-de-rio-maior-vence.html>.

10,000m Open Men

1.	Sérgio Vieira	1976	SL Benfica	41:06.27
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2.	Miguel Carvalho	1994	CN Rio Maior	42:16.58
3.	Cristiano António	1988	AC Vermoil	45:14.05
4.	Fábio Conceição	1993	CO Pechão	46:37.86
5.	Pedro Santos	1992	SL Benfica	46:59.14

10,000m Open Women

1.	Inês Henriques	1980	CN Rio Maior	43:44.03
2.	Kristina Saltanovic	1975	Lituânia	45:24.21
3.	Daniela Cardoso	1991	Leiria Marcha A	48:00.85
4.	Filipa Ferreira	1994	CO Pechão	48:17.4 0
5.	Nádia Cancela	1993	SL Benfica	48:21.01

10,000m Junior Men

1.	Miguel Rodrigues	1996	CN Rio Maior	44:39.82
2.	João Martins	1995	CA Ferreira Zêzere	48:24.98

10,000m Junior Women

1.	Mariana Mota	1995	SL Benfica	50:41.99
2.	Mara Ribeiro	1995	CN Rio Maior	51:18.58
3.	Liandra Gonçalves	1996	CO Pechão	54:16.55
4.	Rita Ribeiro	1996	CN Rio Maior	55:51.43
5.	Bianca Amaral	1996	CDE Fuzeiros	66:05.87

2014 NEW BALANCE HIGH SCHOOLS INDOOR CHAMPS, THE ARMORY, NEW YORK, NY, 14-16 MARCH

The Resch family recently moved to USA as part of a 3 year posting to Ohio. 17 year old ACTRWC walker Ashleigh has survived the trip and the dreadful cold winter weather and has posted good wins in the Richey High School Meet and Cedarville Collegiate meet (http://www.tfrs.org/results/31990_2023494.html?athlete_hnd=4187336) and more recently in the New Balance High School Indoor National 1 Mile (<http://results.deltatiming.com/tf/2014-new-balance-nationals-indoor/140314F046#.Uynxw32YrMI>). She also competed at the Millrose Games a few weeks ago and placed 4th (first high school junior across the finish line) against a gun Open field - see <http://m.espn.go.com/general/story?storyId=10462650&src=desktop>.

I am looking forward to reporting on her further USA races as time goes on. Here are the results from the High Schools Indoors which were held at the New Balance Track & Field Center at the Armory in NY a week ago - a great 1 Mile time of 7:19.22 to Ashleigh (1 mile is 1609m for those youngsters out there).

Girls 1 Mile Race Walk Championship

1.	Ashleigh Resch	15	Yellow Springs, OH	7:19.22F
2.	Katie Michta	14	NY, NY	7:22.67F
3.	Maegan Allen	16	Arlington, MA	7:28.16
4.	Katharine Newhoff	15	Islip Terrace, NY	7:31.10
5.	Alexandra Bennett	15	Kings Park, NY	7:33.13
6.	Monika Farmer	15	Bohemia, NY	7:34.63
7.	Natalie DeQuarto	14	NY, NY	7:36.46
8.	Sydney Sirois	17	Greene, ME	7:42.72
9.	Kayla Allen	17	Lewiston, ME	7:44.10
10.	Allison McConville	14	Valley Stream, NY	7:49.74
11.	Rebecca Wittlin	15	Pittsford, NY	7:53.64
12.	Kaitlin Martins	16	NY, NY	7:56.76
13.	Maria Garcia	16	Thiells, NY	8:00.40
14.	Meaghan Podlaski	15	Albany, NY	8:01.23
15.	Sabrina-Rose Mason	14	east quogue, NY	8:08.41
16.	Monica La Borde	14	Farmington, NY	8:19.37
17.	Alexa Kluepfel	14	Elwood, NY	8:19.52

Boys 1 Mile Race Walk Championship

1.	Anthony Peters	14	Chicago, IL	6:38.81
2.	Alexander Peters	14	Chicago, IL	6:44.34
3.	Cameron Haught	17	Yellow Springs, OH	6:55.42
4.	Geraldo Flores	14	Pharr, TX	6:55.51
5.	Spencer Dunn	16	Auburn, ME	7:17.63
6.	Jonathan Lazor	15	Madison, CT	7:21.03
7.	Matias Serna	17	San Juan, TX	7:24.46
8.	Timothy Sunnerberg	14	Burlington, MA	8:22.97
9.	Alexander Harvey	14	kings park, NY	8:48.83
10.	Nolan Allen	18	Arlington, MA	9:07.89
	Andrew Siedman	15	Penfield, NY	DNF



The start of the USA High Schools 1 Mile Indoor Walk - eventual winner Ashleigh Resch is on the far right (yellow top)

And to links: video footage of Ashleigh's win: <https://www.youtube.com/watch?feature=youtu.be&v=Q6uffcD55Vg&app=desktop>, a post-race interview with her: <http://usa.milesplit.com/videos/52452> and a great article on the Boys and Girls walk winners: <http://usa.milesplit.com/articles/123472-saturday-stories-from-new-balance-nationals-indoor#Racewalk>.

**Aussie racewalker Resch makes herself Americanized with indoor national title, while Peters brothers go 1-2 for boys
by Phil Grove**

They are from different parts of the globe, but Ashleigh Resch and Anthony Peters obviously both felt at home on the 200-meter banked oval at The Armory.

Resch, an Australian who moved to the U.S. with her military family only months ago, and Peters of Chicago captured the 1-mile race walk titles Saturday morning. In only her third race ever indoors, Resch took the lead in the early going and powered to the win, holding her form throughout in a US#1 clocking of 7 minutes, 19.22 seconds. "I was pretty confident," said Resch, who entered as the national leader. "I knew I was going to do well. Ultimately, I was just going to go out there and try my hardest."

Resch, whose father is in the Australian Air Force stationed at Ohio's Wright-Patterson base, relocated to Yellow Springs, Ohio, in December. Her first indoor race was in February on Cedarville (Ohio) University's 200 flat track and a week later she was on the banked oval at The Armory for the Millrose Games, where she finished fourth in an almost identical time. "It's really interesting because I've never raced indoor (before February) because we don't have indoor tracks in Australia," she said of walking under cover. "It was a really interesting experience. I was a bit uneasy (at Millrose). I lost my balance a few times, but it was fun."

The 2013 runner-up in the Under-17 5,000 in her native country, Resch has been race walking for almost a decade. "When I enrolled in Little Athletics, I saw all of the walkers going around every few weeks," Resch, 17, said of her initial viewing at age 8 to what would become her event. "My friend and I used to go over to the 200-meter start after one of our events and said, 'I want to do that.' We used to call it the butt wiggle. We didn't know what it was called at the time."

National 1,500 leader Katie Michta of New York was second in a US#2 7:22.67, while Maegan Allen of Arlington, Mass., was third in 7:28.16.

In the boys' race, Peters and his twin brother Alexander were at the front from the gun. Despite a late caution paddle from one of the event judges, Anthony Peters was unchallenged over the final laps, winning in 6:38.81. "I try to get a mental aspect of where I am, what am I doing, what might be wrong," the senior said of reacting to a judge's call. "I look at the paddle, OK I need to relax a little bit. I might be getting too excited."

Drawn into the track specialty when he was in eighth grade by his twin brother, Anthony Peters said competing on a banked indoor track presents challenges and opportunities. "It definitely is a lot different," the winner said of race walking on the banking. "Personally, I like the banked curve. I know a lot of people complain about it because it is hard to maneuver with form and stuff. I like it. It makes me feel comfortable. I can't really explain it."

Alexander Peters finished second in 6:44.34, while freshman Cameron Haught of Yellow Springs, Ohio, eked out third in 6:55.42 and Geraldo Flores of Pharr, Texas, was right behind at 6:55.51.

AUSTRALIAN TEAM ANNOUNCED FOR 2014 WORLD JUNIOR CHAMPIONSHIPS

This morning, Athletics Australia released details of its team to contest the 2014 World Junior T&F Championships in Eugene this coming July. It is our biggest ever team and it sees the full complement of four racewalkers in the mix - see <http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/7113/Australian-Spark>. The Four walkers are

10,000m walk Men: **Jasmine Dighton (NSW), Tayla-Paige Billington (Vic)**
10,000m walk Women: **Nathan Brill (Vic), Jesse Osborne (Vic)**

Well done to these young walkers. It is a wonderful opportunity and one in which I am sure they will do us proud.



Off to the 2014 World Junior Championships - Jasmine Dighton, Tayla-Paige Billington, Nathan Brill and Jesse Osborne

AUSTRALIAN WORLD CUP TEAM ANNOUNCED

Athletics Australia Selectors have now confirmed the junior race walkers who will compete at the 2014 IAAF World Race Walking Cup in May in Taicang, China. Set to join the already selected team of 8 Open walkers, the 6 walkers who will compete in the junior 10km road walks are Jemima Montag (VIC), Clara Smith (QLD), Elizabeth Hosking (ACT), Jesse Osborne (VIC), Nathan Brill (VIC) and Tyler Jones (NSW).

So our 2014 World Race Walking Cup team now reads as follows

Open 50km Men **Jared Tallent (SA), Chris Erickson (VIC), Kim Mottrom (SA)**
Open 20km Men **Dane Bird-Smith (QLD), Adam Rutter (NSW), Rhydian Cowley (VIC)**
Open 20km Women **Kelly Ruddick (VIC), Tanya Holliday (SA)**
Junior 10km Men **Jesse Osborne (VIC), Nathan Brill (VIC), Tyler Jones (NSW)**
Junior 10km Women **Jemima Montag (VIC), Clara Smith (QLD), Elizabeth Hosking (ACT)**

I have been busy since the announcement earlier today putting together short profiles of each of the 14 walkers. It's a rush job so forgive me any errors. It is a very strong team.



Jared Tallent

29 year old Jared Tallent gets selected for his seventh World Cup (2004, 2006, 2008, 2010, 2012 and now 2014). Australia's best walker and the All-Athletics walker of the year for 2013, Jared comes in as defending silver medallist in the 50km and in the midst of a stellar career that includes Commonwealth bronze in 2006, Olympic silver and bronze in 2008, WWC bronze and Commonwealth gold in 2010, World Champs bronze in 2011, Olympic silver and WWC bronze in 2012 and World Champs bronze in 2013.

Has been in great form already this year with IAAF Challenge 20km walks in Chihuahua (7th), Lugano (4th) and Dudince (2nd). This speed over the shorter distance omens well for his 50km.

PBs are amazing:

5000m	18:41.83	28/02/2009	Sydney Track Classic
10km	38:29	18/09/2010	IAAF Challenge Final, Beijing
20km	1:19:15	13/02/2010	Aust Champs, Hobart
30km	2:08:27	08/08/2010	Vic 30km Champ, Melbourne
20 miles	2:14:57	07/06/2009	LBG Carnival, Canberra
50km	3:36:53	11/08/2012	London Olympics



Chris Erickson

Like Jared, this is the seventh World Cup selection for 32 year old Chris Erickson (2004, 2006, 2008, 2010, 2012 and now 2014). Like Jared, he has also been in most Australian teams since his first selection in 2004 and he also boasts 2 Olympic appearances (2008 and 2012).

Last year was his best ever year - he won the Chinese 50km championship in March (3:55:24), won the 10km, 15km, 20km and 30km Victorian championships over the winter, was second to Jared in the LBG 20 Mile in Canberra in June in a PB 2:21:10, came 16th in the IAAF World Championship 50km in Moscow in August in a PB 3:49:41 and finished off the year with a strong 10th place in the 4 day long Taihu Race Walking Rally in China in October. e did a 20km PB in Japan a couple of weeks ago (1:22:19) and won the Vic 5000m in convincing style last month (19:37). Omens well for a top 50km result in Taicang.

PBs are

5000m	19:24.85	18/11/2011	ACT Summer Series, Canberra
10km	38:59	18/09/2010	IAAF Challenge Final, Beijing
20km	1:22:19	16/03/2014	IAAF Challenge Race, Nomi
30km	2:09:29	08/08/2010	Victorian 30km Champ, Melbourne
20 miles	2:21:10	09/06/2013	LBG Carnival, Canberra
50km	3:49:41	14/8/2013	IAAF World Champs, Moscow



Kim Mottrom

29 year old KimMottrom had his best year ever in 2013, culminating in his first national championship win at Fawkner Park in December (50km 4:28:12) and his subsequent selection in the 2014 World Cup Team. This built on his great 20 mile walk in Canberra in June (4th with 2:37:59) as well as a whole swag of other PBs done during the year, including 5km (21:08), 15km (1:07:01) and 20km (1:31:14).

PBs are

5km	00:21:08	18/05/2013	SARWC Road Walk, Adelaide
10,000m	00:42:39	07/11/2012	SA 10,000m Champs, Adelaide
20km	01:31:14	01/09/2013	Aust 20km Champs, Launceston
30km	02:25:23	28/07/2012	SA 30km Champ, Adelaide
20 miles	02:37:59	09/06/2013	LBG Carnival, Canberra
50km	04:28:12	15/12/2013	Aust 50km Champs, Melbourne



Dane Bird-Smith

Dane Bird-Smith may be only 21 years of age but he has already built up an impressive international representation list - 2009 World Youth 10,000m (8th), 2010 World Cup Junior 10km, World Junior 10,000m (5th), 2012 World Cup Open 20km (44th) and 2013 World Champs 20km (11th). Now one of our elite senior athletes, this will be his third WWC representation.

Last year was a great one for him and his form has continued into 2014 with a win in the Australian 20km champs in Hobart in February and a big PB of 1:21:01 in the 20km international event in Nomi earlier this month. Definitely one to watch in Taicang.

His PBs are

5000m	18:56	05/07/2013	2013 DownUnder Meet, Brisbane
10km	40:21	29/06/2012	Oceania Champs, Cairns
20km	1:21:01	16/03/2014	IAAF Challenge Race, Nomi



Adam Rutter

27 year old Adam Rutter retired after the 2012 Olympics after a career that extended from the World Youths in 2003 through 1 World Junior, 1 Universiade, 2 Olympics, 5 World Cups and 2 World Championships. It was a surprise to see him re-entering the fray at the start of the year and he has quickly whipped himself into good shape and earned his sixth World Cup representation. He walked 1:27:31 in Hobart in Feb to qualify and has since improved to 1:25:11 with his walk in Nomi earlier this month. With 7 weeks still to go to the World Cup in Taicang, he will hopefully improve further and get down towards top racing form. As a matter of interest, his 20km PB of 1:21:23 was done in Taicang in 2012 so he will have fond memories of that city.

His PBs indicate why he is still a force to be reckoned with.

5000m	18:54.65	07/02/2009	Australian GP Meet, Brisbane
10km	39:20	18/09/2010	IAAF Challenge Final, Beijing
20km	1:21:23	30/03/2012	IAAF Challenge Race, Taicang
20 mile	2:25:55	12/06/2011	LBG Carnival, Canberra



Rhydian Cowley

23 year old Rhydian Cowley is another quality walker with a good international representational career that includes 2010 World Juniors, 2013 World Champs and 3 World Cups (2008, 2010 and 2012). So this will be his fourth WWC appearance.

His PBs are very promising and he will be hoping to chip a bit more off his 20km time come Taicang.

5000m	19:29.91	05/08/2012	QRWC Track Champs, Brisbane
10km	40:38	19/08/2012	QRWC Champs, Brisbane
20km	1:24:22	01/06/2013	IAAF Challenge event, La Coruna



Jesse Osborne

For 19 year old Jesse Osborne, this will be his third big international appearance, having already repped at the 2011 World Youth Champs and the 2012 World Cup. In this, his second WWC appearance, he will go in as one of the medal favourites in the Junior Men's 10km with his PB of 41:27. And to top it off, he is one of two serious Australian medal threats in this race, the other being Victorian team mate Nathan Brill (see below). Like Nathan, he will also be repping in the 2014 World Junior Champs later this year in Eugene.

He seems to PB nearly every time he steps on the track - the following indicate just how good he is.

5000m	19:46.23	02/03/2014	Victorian Open 5000m Champ, Melbourne
10km	41:27	02/02/2014	World Cup Trial, Hobart
10 mile	1:10:57	09/06/2013	LBG Carnival, Canberra
20km	1:29:24	24/02/2013	Aust 20km Champs, Hobart



Nathan Brill

18 year old Nathan Brill has been breaking records and exciting us ever since his first race in March 2010. Possessed of lightning speed and a flawless technique, this will be his third big international vest after 2012 World Cup and 2013 World Youth appearances (he was 5th in the World Youth race after leading for the first half). Like Jesse, he will also be repping in the 2014 World Junior Champs later this year in Eugene.

His PBs are also excellent for one so young.

5000m	20:08.59	14/02/2014	Vic U20 T&F Champs, Melbourne
10km	42:33	04/08/2013	Vic Road Champs, Melbourne
10 mile	1:15:33	10/06/2012	LBG Carnival, Canberra



Tyler Jones

16 year old Tyler Jones has been undefeated in his age group in Australia for many years now and he has just come off a stellar 2013 year with wins in all his Australian age group champs as well as PBs all through the year over all distances from 1500m (5:54) to 12km. Come 2014, he has continued in the same vein, upping the ante and racing strongly against his older rivals in the U20 division. He walked a great 44:47 for third place behind Jesse and Nathan in Melbourne in December and then backed it up with third again in Hobart in the WC trial in February (45:39) and third again in the Australian Junior 10,000m champs in Sydney a week ago (46:08.96). A well earned WWC vest.

His PBs are superb for someone who only just turned 16 earlier this month

3000m	13:04	26/01/2013	NSW Country T&F Champs, Glendale
5000m	21:23	01/03/2014	NSW Open T&F Champs, Sydney
10km	44:47	15/12/2013	AA Invitational roadwalk, Melbourne



Kelly Ruddick

40 year old Kelly had her finest year ever in 2013, steadily improving her times over all distances race after race and setting a whole swag of new W40 Masters World Records. But it was her walking in the Open division which really showed out and her win in the Australian Open 20km championship in Launceston in September in 1:33:15 actually gave her the top national ranking for that distance for the year. Her PBs have all been set in 2013 - 2000m in 8:22, 3000m in 13:02, 5000m in 21:50, 10km in 45:26 and 20km in 1:33:15.

2014 has seen more of the same, culminating in a well earned win in the Australian 20km Champs in Hobart in February (1:34:44). She then walked an excellent 7th in Chihuahua 3 weeks later (1:39:24) and looks set for a great World Cup. It has been a long wait but worthwhile!

Her PBs stand as follows

3000m	13:02.10	12/01/2013	AV Shield, Ballarat
5km	21:50.15	01/03/2013	Vic 5000m Track Champ, Melbourne
10km	45:26	17/08/2013	VMA 10km Champ, Melbourne
20km	1:33:15	01/09/2013	Aust 20km Champs, Launceston



Tanya Holliday

25 year old Tanya was our top female junior walker in her day, with representations in the 2005 World Youth, 2006 World Junior and 2006 World Walking Cup teams. Picked up on an AIS scholarship, she fought injury for a number of years before eventually returning to her home city of Adelaide and starting to rebuild herself. She returned to competition in 2010 and has been making up for lost time since then. Unlucky to miss out on an international vest in 2012, she kept her focus into 2013, recording scorching track times, winning the Australian 20km champ and gaining selection for the 2013 IAAF World Champs

Pbs stand as follows

3000m	12:27.73	19/01/2013	ASA Premiership Cup, Adelaide
5000m	21:21.51	09/03/2013	Track Classic, Sydney
10km	43:58	28/07/2012	SA 10km Champ, Adelaide
10 mile	1:13:16	10/06/2012	LBG Carnival, Canberra
20km	1:31:28	19/05/2012	SA 20km Champ, Adelaide



Jemima Montag

16 year old Jemima has dominated her age group for a number of years now and, just turned 16, she has now also taken the mantle as our top U20 10km walker. A regular breaker of Victorian underage walking records, she returned stronger and faster than ever before from spending the 2013 winter preparing for and competing as a runner at the Maccabi Games in Israel.

Back in walking mode in August, she set her sights on the 2014 World Cup Junior 10km, walking 49:22 in her inaugural attempt at that distance in December. Come February, she dominated the U20 WC trial to win in 47:00. She then took the U17 5000m / U20 10000m double at the Australian Junior T&F Champs a week ago with times of 22:43.54 and 48:25.18. A huge talent.

PBs are

1500m	6:31	02/02/2013	AV Shield, Melbourne
3000m	13:13	27/10/2013	Vic Schools T&F Champs, Melbourne
5000m	22:32	14/02/2014	Vic Junior T&F Champs, Melbourne
10km	47:00	02/02/2014	Aust WC U20 Trial, Hobart



Clara Smith

16 year old Clara Smith burst onto the Australian racewalking scene in late 2011 as a 14 year old, challenging Jemima Montag since then with a series of excellent walks and the occasional victory over her Victorian rival. The two girls have both benefited from the strong competition and, like Jemima, Clara has now been rewarded with a vest for the U20 10km in this year's World Cup. Clara walked her first 10km in the WWC trial in Hobart in February, finishing second in 48:17. She did not contest the U20 10,000m walk at the T&F Champs last weekend but was content to race within her own age group, coming second to Jemima in the U17 5000m in a time of 23:30.73. But she had done enough overall with her Hobart walk and is now an Australian representative.

PBs are

1500m	6:36	07/11/2013	QA Classic, Brisbane
3000m	13:22	02/12/2012	Aust Schools T&F Champs, Hobart
5000m	22:42	22/02/2014	Qld Junior T&F Champs, Brisbane
10km	48:17	02/02/2014	Aust WC U20 Trial, Hobart



Elizabeth Hosking

18 year old Canberra walker Elizabeth Hosking has been a regular placegetter in the various Australian championships in past years but has not stood out. In fact, she did not compete in any walking events at all for 2 years between June 2011 and May 2013. With that in mind, her efforts to snare a spot in the 2014 WWC team is commendable. She surprised many with her great walk at Fawkner Park in December - 3rd with 49:43. She backed this up with 3rd again in the Australian U20 10,000m champs a week ago with a time of 50:40.61. Interestingly, her older sister Jillian represented Australia in the 2009 World University Games and was selected in the 2010 World Walking Cup (PB 1:34:13) but did not compete due to injury.

Her PBs are

1500m	6:42	12/11/2009	ACT Interclub, Canberra
3km	14:15	04/03/2010	ACTRWC Track Race, Canberra
5km	25:38	10/03/2011	Aust Junior T&F Champs, Sydney
10km	49:43	15/12/2013	AA Invitational roadwalk, Melbourne

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
Mar 29-30, 2014	LAVic State T&F Championships
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30 2014	WMA Indoor Championships, Budapest, Hungary - https://www.facebook.com/WMABudapest2014
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

2014 European Athletics Permit Meets

Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

Remaining 2014 IAAF Challenge Series Walks

Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

July 3-14, 2015	28th Summer Universiade, Gwanju, South Korea
July 2015	9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16th World Junior T&F Championships, ?
Oct 26 -Nov 6, 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 2017	10th World Youth T&F Championships, ?
July 2017	29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17th IAAF World Championships in Athletics, ?
July 2019	11th World Youth T&F Championships, ?
July 2019	30th Summer Universiade, Brasilia, Brazil
July 2020	32nd Olympic Games, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
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