



HEEL AND 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 **Tanya Holliday** for her wonderful winning 5000m time of 21:25.25 in Sydney.

I have reviewed the performances reported in this week's newsletter and once again it's a hard ask, especially given the tough conditions of Hobart. So I have picked what I regard as the best 3 Hobart performances and put them forward for your review. These are the 3 walkers who dominated the hot conditions, each attacking the race and maintaining a relentless pace throughout, dropping off all who tried to go with them.

- 30 year old **Claire Tallent** who took all before her in winning the Women's 20km championship in an Olympic A qualifying time of 1:32:58. This was the only A qualifier done on the day in the horrendous conditions and it was her third win in a row in this annual championship. This confirmed her Olympic spot and was a dominant display.
- 27 year old **Jared Tallent** for his Men's 20km Championship winning time of 1:23:01. This was his 5th win in a row in this annual Australian Championship (2008-2012) and he did it easily, kicking away when he wanted to and then coming home in a canter and finishing fresh. This confirmed his place in both the 20km and 50km Olympic walks.
- 30 year old **Chris Erickson** whose second placed performance of 1:24:12 saw him well ahead of the other Olympic 20km contenders and was without doubt the best performance I have seen from him. His relentlessly even pace throughout the race omens well for his year and his 20km A qualifier should not be long in coming if conditions are better in his next outing.

So read all about these performances and more below in the newsletter and then jump over and vote at <http://www.vrwc.org.au>.

AUSTRALIAN SUMMER ROADWALK CHAMPIONSHIPS, HOBART, SATURDAY 25 FEBRUARY 2012

Our National 20km, held in Hobart last Saturday evening, was certainly an event that we will all remember for many years. There was a lot riding on it as it included our Olympic and World Cup 20km trials, an IAAF racewalking challenge event as well as the Oceania Racewalking Cup between Australian and New Zealand teams.

The forecast during the week had predicted a temperature of 35C but on the day it was even worse, peaking at over 38C (around 101F) and still sitting at that temperature at the 6PM start time. The sun was still high in the sky and most of the race was walked in full sun with no respite whatsoever until around 7:15PM that the evening shade finally provided some relief - but the damage was well and truly done by then with an attrition rate of around 50%.

There has been some talk of whether it should have gone ahead at that time, been delayed for half an hour or even delayed until the next day. While I can understand the concerns, realistically the only viable alternative would have been to delay the start for 30 mins and finish the event in semi darkness. I believe that AA tried for this but it was not possible as the road closure times had been agreed with the surrounding restaurants and businesses and signed off.

In such extreme temperatures, it is a case of making sure you prepare properly and have as low a core temperature as possible at the race start. The AIS contingent showed how it can be done, professionally and with little fuss. They had ice baths and ice vests for all their athletes and it is a fact that every walker who had an ice bath before the race then went on to finish it. Sure they are all highly trained athletes but it is the extras that can make the difference between success and failure on days like these. I noted Jared Tallent's quote on the AA website post race: *"I have to pay tribute to my coach Brett Vallance, he's been doing a lot for us to get ready for today's hot weather with the pre-cooling and ice vests."* You can buy an ice vest for less than \$200 in Australia (see <http://www.icevests.com.au/>). All you then need to complete the scenario for an evening like Saturday is an esky and some ice. Such a simple preparation may be the difference between finish and retirement.

And now onto the events. The 20km events started at 6PM and Jared and Claire Tallent dominated, winning (and retaining) their respective titles comfortably, Jared in 1.23.01 and Claire in 1.32.58. To add to the family celebrations, Jared's younger sister Rachel won the junior women's 10k in 49.26.

The pace in the men's race was conservative early as nearly all of the main contenders shadowed Jared through a first 2km lap of around 8:20. Jared soon kicked it down and was then on his own for the rest of the race while the others battled it out for the minor

medals. His winning time of 1:23:01 was slow by his high standard but, with a race in Mexico next weekend, it was probably a case of making sure he won but not doing too much damage in the conditions. Chris Erickson, already a 50km A qualifier, broke away from the pack around the 10km mark and stormed home to finish just over 1 minute behind Jared with 1:24:12 – it was a very impressive performance and one which gives him the inside running for the second Olympic 20km spot provided he can better the A standard at the IAAF Challenge meet in China next month. Canadians Inaki Gomez and Evan Dunfee were next to finish and both looked the goods with 1:24:46 and 1:25:17. The third Australian to cross the line was Adam Rutter and he is now in a good position re this year's Olympics, already having one 20km A qualifier under his belt.

The U23 medals went to Dane Bird-Smith, Rhydian Cowley and Kyle Malone. All three suffered in the race but toughed it out and were rewarded with good finishes. Only half the field finished!

20km Open Men Australian 20km Summer Championship, 6PM

1.	Tallent, Jared	AIS/VIC	1:23:01
2.	Erickson, Christopher	AIS/VIC	1:24:12
3.	Gomez, Inaki	CAN	1:24:46
4.	Dunfee, Evan	CAN	1:25:17
5.	Rutter, Adam	AIS/NSW	1:26:04
6.	Bird-Smith, Dane	QLD	1:28:12 (First U23)
7.	Rew, Quentin	NZL	1:30:01
8.	Rayson, Ian	NSWIS	1:31:57
9.	Cowley, Rhydian	VIC	1:42:41 (Second U23)
10.	Malone, Kyle	NSW	1:45:38 (Third U23)
11.	Jones, Graeme	NZL	1:46:57
12.	Nelson, Scott	NZL	1:54:57
	Coleman, Daniel	TAS	DNF
	Dewar, Nick	QLD	DNF
	Dewar, Brandon	QLD	DNF
	Donahoo, Mark	VIC	DNF
	Fitzsimons, Sean	WA	DNF
	Gustaffson, Andreas	SWE	DNF
	McDonough, Aaron	VIC	DNF
	Mulhearn, Derek	NSW	DNF
	Parker, Michael	NZL	DNF
	Reading, Brendon	ACT	DNF
	Wright, Alex	GBR	DNF

Claire Tallent was outstanding in the women's event and left the other walkers minutes behind. In fact, her time of 1:32:58 was the only Olympic A qualifier done on the day. Behind her, fellow A qualifiers Regan Lamble and Beki Lee took the next two Australian spots and would seem to have now done enough to warrant their Olympic berths. Czech Republic walker Zuzi Schindlerova also walked excellently to split the Aussies, taking 3rd overall with 1:37:34. The biggest casualty was that of Tanya Holliday who went in as one of the favourites. She suffered early and just could not go on with it in the oppressive conditions.

The U23 Australian championship medals went to Regan Lamble and Allegra Steele but you had to feel sorry for Kirstin Shaw who was forced to stop at 19km when her time was deemed to be too slow to make the cutoff – she was the third Australian in the U23 championship race and had the medal within her grasp.

20km Open Women Australian 20km Summer Championship, 6PM

1.	Tallent, Claire	AIS/SA	1:32:58	Olympic A qualifier
2.	Lamble, Regan	AIS/VIC	1:36:52	(First U23)
3.	Schindlerova, Zuzana	CZH	1:37:34	
4.	Lee, Beki	AIS/NSW	1:39:16	
5.	Fagan, Nicole	NSWIS	1:48:30	
6.	Ruddick, Kelly	VIC	1:51:47	
7.	Robinson, Roseanne	NZL	1:58:38	(Second U23)
8.	Sunderland, Nyle	NZL	2:00:56	
9.	Steele, Allegra	SA	2:03:34	(Third U23, Second Australian U23)
	Alexander, Beth	VIC	DNF	
	Cantwell, Lesley	NZL	DNF	
	Holliday, Tanya	SA	DNF	
	Olsson, Mari	SWE	DNF	
	Shaw, Kirstin	VIC	DNF	
	Stigwood, Stephanie	TAS	DNF	
	Webb, Cheryl	NSW	DNF	

The U20 10km events started at 6:10PM and suffered some big casualties. It was always going to be harder for the younger walkers to cope with the conditions and thus it proved as the likes of Brad Aiton, Amy Bettiol, Amy Burren, Kristie Goznic and Kirsty Klein all failed to finish and others like Jesse Osborne suffered big time. Unsurprisingly, it was the two AIS walkers in Blake Steele and Rachel Tallent who won, both with big wins (43:46 and 49:28 respectively). Nathan Brill, one of the youngest walkers in the meet, was second in the men's event with a gun time of 46:02 (only 20 secs outside his best) but he was one of the few to walk up to his best. Most were minutes outside their best times and this, combined with the many DNFs, will complicate the World Cup U20 selection process.

10km Junior Men World Cup Trial, 6:10PM

1.	Steele, Blake	AIS/SA	0:43:46
2.	Brill, Nathan	VIC	0:46:02
3.	Osborne, Jesse	QLD	0:47:12
4.	Holcroft, Matthew	NZL	0:51:35
5.	Rose, Louis	TAS	0:55:29
6.	Dillon, Joshua	VIC	0:55:54
	Aiton, Brad	QLD	DNF
	Bates, Harry	ACT	DNF

10km Junior Women World Cup Trial, 6:10PM

1.	Tallent, Rachel	AIS/VIC	0:49:28
2.	Pickles, Jessica	QLD	0:52:45
3.	Jennings, Shannon	NSW	0:54:25
4.	Finnegan, Amelia	VIC	0:54:51
5.	Ruske, Courtney	NZL	0:57:34
6.	Hockley-Samon, Jmara	VIC	0:58:24
	Bettioli, Amy	NSW	DNF
	Burren, Amy	VIC	DNF
	Eberhardt, Sophie	TAS	DNF
	Goznik, Kristie	SA	DNF
	Klein, Kirsty	NSW	DNF
	Walker, Emma	TAS	DNF
	Whelan, Lauren	GBR	DNF
	Campbell, Caitlin	VIC	DQ

The following A.A. link further discusses the event: http://www.athletics.com.au/home/news/news/2012/february/tallent_double.
And now onto some photos – thanks to Willi Sawall and Peter Ryan for sharing their photos with me.



Preparing for a super hot race – Zuzie Schindlerova, Chris Erickson and AIS Chief Walks Coach Brent Vallance



The start of the 20km championships at 6PM



A day out for the talented Tallent family – Jared, Claire and Rachel



More action – Blake Steele, Zuzie Schindlerova, Chris Erickson and Nathan Brill



Dane Bird-Smith, Evan Dunfee, Beki Lee and Inaki Gomez



Ian Rayson, Alex Wright (UK), Quentin Rew (NZ), Rhydian Cowley, Brendon Reading and Andreas Gustaffson (SWE)



Kirsty Klein, Amy Burren, Amy Bettiol, Jmara Hockley-Samon, Jessica Pickles, Shannon Jennings and Kristie Goznik



Nicole Fagan, Claire Tallent, Regan Lamble, Beki Lee, Tanya Holliday and Scott Nelson (NZ)



Rachel and Chris with baby Oliver post race



**Open Women – Zuzie Schindlerova, Claire Tallent and Rachel Lamble
Open Men – Adam Rutter, Inaki Gomez, Jared Tallent and Chris Erickson**



**U23 Women – Rachel Tallent and Allegra Steele
U23 Men – Kyle Malone, Dane Bird-Smith and Rhydian Cowley**

THE 2012 OCEANIA RACEWALKING CUP GOES TO THE AUSSIES

The Oceania Racewalking Cup was conducted in conjunction with the Australian Roadwalk Championships last Saturday evening in Hobart and, as discussed above, it turned into a war of attrition with quite a few casualties. The final points turned out as follows

Aust U23:	Men (14), Women (10)	24
NZ Open:	Men (8), Women (9)	17

Aust U20:	Men (8), Women (8)	16
NZ U20:	Men (2), Women (2)	4

Full Trophy placings were as follows

20km Men

1.	Dane Bird Smith	AUS/U23	1:28:12 (7)
2.	Quentin Rew	NZ	1:30:01 (5)
3.	Rhydian Cowley	AUS/U23	1:42:41 (4)
4.	Kyle Malone	AUS/U23	1:45:38 (3)
5.	Graeme Jones	NZ	1:46:57 (2)
6.	Scott Nelson	NZ	1:54:57 (1)
	Sean Fitzsimons	AUS/U23	DNF
	Mike Parker	NZ	DNF

U20 Men

1.	Blake Steele	AUS	43:46 (5)
2.	Jesse Osborne	AUS	47:12 (3)
3.	Matthew Holcroft	NZ	51:35 (2)
	Brad Aiton	AUS	DNF

20km Women

1.	Regan Lambie	AUS/U23	1:36:52 (7)
2.	Rozie Robinson	NZ	1:58:38 (5)
3.	Nyle Sunderland	NZ	2:00:56 (4)
4.	Allegra Steele	AUS/U23	2:03:34 (3)
	Lesley Cantwell	NZ	DNF
	Kirstin Shaw	AUS/U23	DNF
	Stephanie Stigwood	AUS/U23	DNF

U20 Women

1.	Rachel Tallent	AUS	49:28 (5)
2.	Jessica Pickles	AUS	52:45 (3)
3.	Courtney Rusk	NZ	57:34 (2)
	Kristie Goznik	AUS	DNF

So Australia has won the trophy in both divisions but the Open/U23 division was closely contested and the NZ team are to be congratulated on their efforts in such horrendous conditions.

I have posted the full results on the RWA website so check out <http://www.rwa.org.au/aevents-2.shtml>.



The Oceania Trophy competitors post race on Saturday evening

3000M SPLITS FROM THE SYDNEY TRACK CLASSIC, SATURDAY 18 FEBRUARY

The lapsplits from last week's Sydney Track Classic 5000m walks have now been published on the AA website so I have added the 3000m intermediate times to the overall results and reproduce them below. There were lots of 3000m split PBs – seniors included

Tanya Holliday, Beki Lee, Nicole Fagan, Regan Lamble, Rachel Tallent, Dane Bird-Smith, Chris Erickson and Rhydian Cowley. You can check out my all-time ranking lists which have now been updated: <http://www.rwa.org.au/arankings.shtml>

5000m Women B Race

1.	Montag, Jemima	14	VIC	14:13.64	23:59.53	PB 0:52	New Victorian U16 record
2.	Bettiol, Amy	17	NSW	14:13.32	24:10.05	eq PB	
3.	Stigwood, Stephanie	22	TAS	14:12.20	24:44.67	PB 0:01	
4.	Jennings, Shannon	19	NSW	14:39.43	24:58.70		
5.	Klein, Kirsty	18	NSW	14:17.39	25:29.20		
6.	George, Stephanie	16	VIC	14:59.86	25:37.87	PB 0:12	
7.	Whelan, Lauren	19	GBR	15:34.55	26:42.58		
8.	Dighton, Jasmine	16	NSW	15:25.59	27:09.23		
	Hayes, Melissa	21	NSW		DNF		

3000m Split

5000m Men B Race

1.	Bates, Harry	17	ACT	13:41.30	23:40.18	
2.	Kozica, Jason	25	VIC	14:13.96	23:51.07	PB 0:31
3.	Washburn, Steven	18	NSW	14:17.08	24:39.92	

5000m Open Women

1.	Holliday, Tanya	24	SASI	12:46.13	21:21.25	PB 0:42
2.	Lee, Beki	26	AIS/NSW	12:45.95	21:23.60	PB 1:27
3.	Tallent, Claire	31	AIS/SA	12:55.37	21:29.12	PB 0:27
4.	Lamble, Regan	21	AIS/VIC	13:06.97	22:06.54	PB 0:13
5.	Fagan, Nicole	23	NSWIS	13:09.85	22:23.04	PB 0:17
6.	Tallent, Rachel	19	AIS/VIC	13:25.56	22:50.32	PB 0:09
7.	Webb, Cheryl	36	NSW	13:41.82	23:18.92	
8.	Pickles, Jessica	18	QLD	13:45.95	23:30.73	PB 0:12

5000m Open Men

1.	Gomez, Inaki	24	CAN	11:23.30	18:45.64	PB 0:34
2.	Tallent, Jared	28	AIS/VIC	11:23.12	18:47.77	
3.	Bird-Smith, Dane	20	QAS	11:27.78	19:02.59	PB 0:42
4.	Dunfee, Evan	22	CAN	11:30.67	19:08.87	PB 0:15
5.	Rutter, Adam	26	AIS/NSW	11:27.01	19:10.97	
6.	Erickson, Chris	31	AIS/VIC	11:28.83	19:26.76	
7.	Cowley, Rhydian	21	VIC	11:54.03	19:52.92	PB 0:06
8.	Rayson, Ian	24	NSWIS	12:13.77	20:12.60	PB 0:15
9.	Gustafson, Andreas	37	SWE	11:54.41	20:22.68	
10.	Osborne, Jesse	17	QLD	12:10.39	20:23.37	PB 0:42
11.	Dewar, Brandon	20	QLD	12:17.92	20:40.21	PB 0:35
12.	Reading, Brendon	23	ACT	12:10.83	20:40.36	
13.	Brill, Nathan	16	VIC	12:16.25	20:44.66	PB 0:22, New Victorian U16 & U17 records
14.	Steele, Blake	19	AIS	12:15.92	21:09.18	
	Wright, Alex	22	GBR		DQ	

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 22 FEBRUARY

The Bendigo Walkers Club held 0.8km and 2.4km sealed handicap events last Wednesday evening in Rosalind Park. The 0.8km saw Bree Heiden take 1st and fastest with a personal best effort with 8 year old Carissa Brook 2nd and Ebony-Jade Jones in 3rd place. Colin Cleary was the winner of the 2.4km event with John Carter 2nd and Annette Curtis and Barb Bryant in equal 3rd with Barb securing fastest time honors.

2.4km

1.	Colin Cleary	17.09
2.	John Carter	15.27
E3.	Barb Bryant	14.31
E3.	Annette Curtis	16.46
5.	Madison Hill	16.34
5.	Zahra Hayes	15.18
7.	Geoff Major	18.35

0.8km

1.	Bree Heiden	4.55
2.	Carissa Brook	5.11
3.	Ebony-Jade Jones	5.35

1.5km and 3km sealed handicap events will be held at 6pm in Rosalind Park this coming Wednesday evening. Give Paul Rance a ring on 0354426435 or 0400649610 if you are up that way and want a race.

VICTORIAN JUNIOR T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 24-26 FEB

The Victorian Junior T&F Championships were held in Melbourne last weekend and, like in Hobart, it was a case of very hot

weather in the high thirties and little chance of good times. The 5000m U17-U20 were held on Friday evening with U20 walkers Brad Simpson 24:32.50 and Josh Kaiser 24:41.19 the fastest overall. Good wins and corresponding good times also to Lucas Taylor 26:20.38 and Stephanie George 26:25.16 in the U17 divisions.

5000m Men U17

1.	Taylor, Lucas	96	SCA	26:20.38
2.	McShanag, Connor	96	ATE	26:40.48
3.	Bird, Kyle	96	MPA	27:17.60

5000m Women U17

1.	George, Stephanie	96	SCA	26:25.16
2.	Burren, Sarah	96	KNA	27:32.50
3.	Bertrand, Carly	96	KSB	34:35.16

5000m Men U18

	Savage, Joshua	95	EAG	DNF
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5000m Women U18

1.	Attard, Bianca	95	KNA	32:33.69
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5000m Men U20

1.	Simpson, Bradley	93	KNA	24:32.50
2.	Kaiser, Joshua	93	SCA	24:41.19

5000m Women U20

1.	Raselli, Cassandra	94	SCA	32:20.80
2.	Attard, Michaela	93	KNA	34:21.05

Saturday saw the the U14 3000m races with Rachel Guy 16:46.17 and Kyle Swan 16:27.38 battling the conditions to win out.

3000m U14 Girls

1.	Guy, Rachael	99	CCA	16:46.17
2.	George, Hayley	00	SCA	17:08.53
3.	Brown, Hayley	99	KNA	17:27.21
4.	Huse, Philippa	99	JDS	18:37.85
5.	Eastwood, Jemma	00	OAK	19:22.32

3000m U14 Boys

1.	Swan, Kyle	99	KNA	16:27.38
2.	Brennan, Jonty	00	JDS	19:22.25
	Harrison, Leo	00	JDS	DQ

Sunday morning saw more of the same weather for the U15 and U16 3000m walks. Jemima Montag 14:30.59 and Billy Allamby 14:36.93 (a 1 sec PB) were the fastest overall but a special mention also to Jasmine Irshad 15:16.26 (a PB of 11 secs).

3000m U16 Boys

1.	Allamby, Billy	97	KNA	14:36.93
2.	Garganis, Adam	97	COL	15:23.71

3000m U16 Girls

1.	Irshad, Jasmine	97	SCA	15:16.26
2.	Sanders, Jade	97	CCA	16:25.31
3.	Swan, Emily	97	JDS	17:31.30
	Eastwood, Jessie	97	KNA	DQ

3000m U15 Boys

1.	Brasier, Emmet	98	DIV	15:29.60
2.	Petersen, Timothy	98	INV	18:09.95
	Walmsley, Reese	98	KNA	DQ

3000m U15 Girls

1.	Montag, Jemima	98	MAC	14:30.59
2.	Hamilton, Emily	98	KNA	16:25.01
3.	Walburg, Kirsten	98	DAC	19:52.89
4.	Irons, Julia	98	KSB	20:12.62

Congratulations to all our Victorian champions for toughing it out in bad conditions. Alas a shortage of photos from the walks on the AV website but I did see this one with the medallists from the U14 3000m.



U14 medallists Hayley Brown, Kyle Swan, Rachel Guy, Jonty Brennan and Hayley George

COASTAL SOUTH T&F CHAMPIONSHIPS, GOLD COAST, SUNDAY 19 FEBRUARY

Thanks to Robyn Wales for these Queensland Masters results from the Gold Coast from Sunday 19 February. Robyn commented that the walks were held in extremely hot weather. The 5000m walks were at 8:30AM and the 1500m walks were at 10:45AM.

Age	Name	5000m	1500m
W44	Donna Beikoff	36:31.75	9:06.52
M40	Dean Nipperess	23:58.27	6:16.75
M46	Ignacio Jimenez	24:58.42	6:46.95
M49	Paul Lindenberg	30:42.90	DNS
W52	Kay Shaw	32:25.32	9:12.54
M55	John Musters		9:09.30
W68	Sally Lynch	36:22.90	11:30.89
W69	Noela McKinven	37:58.40	DNS
M66	Selwyn Hawken		12:00.69
M72	Patrick Sela	?	DNS
W80	Christiane Dauphinet	39:49.97	DNS
M80	Richard Lynch	39:31.98	11:33.29

ATHLETICS SA PREMIERSHIP CUP ROUND 13, SANTOS STADIUM, MILE END, FRI 24 FEB

With a number of the South Australian walkers in Hobart last weekend, the regular Interclub competition walks on Friday evening were small affairs with Jemma Potezny and Rhiannon Lovegrove taking the honours.

3000m Walk U/16

1.	Jemma Potezny	HILL	16:17.26
	Julia Potezny	HILL	DNF
	Anna Cross	PEM	DQ

1500m Walk U/14

1.	Rhiannon Lovegrove	ELIZ	8:40.00
2.	Bethany Cross	ATHL	8:48.96

NSW MASTERS CHAMPIONSHIPS, BANKSTOWN, 25-26 FEBRUARY

The NSW Masters Championships were held last weekend in Bankstown and I have sourced a small number of walk results from the ANSW website. Not sure if this was all or whether there were other walks but here goes.

5000m Walks

W50	1	Stallard, Trish	W54	39:44.51
W60	1	Brown, Judy	W62	39:51.92
W85	1	Lee, Heather	W85	42:05.26
M35	1	Kingston, Brett	M39	33:59.20
M55	1	Osborne, Robert	M56	31:06.94
M60	1	Connors, Robert	M64	36:56.52
		DQ West, John	M61	DQ
M65	1	Hyde, Victor	M66	37:38.71
M70	1	Seymon, Jim	M74	31:26.26
	2	Biggs, Kevin	M73	37:05.32

TYLER JONES IN GREAT FORM IN NSW L.A. REGIONS

As all Australian readers know, there is a very extensive Australian-wide Little Athletics T&F competition on over the summer, catering for age groups from U6 to U15 (or even U17 in some states). I normally only report on the State Finals as the results are just too many and too varied to keep up with. For instance, on the weekend of 18-19 February, the NSW Region eliminators were held with big competitions at the following 5 venues

- Region 1, Narrabeen Sports Academy, Narrabeen
- Region 2, Blacktown International Sports Park, Blacktown
- Region 3, The Crest Athletics Track - Georges Hall
- Region 4, Hunter Sports Centre - Glendale
- Region 5, Kiama Sporting Complex

and all venues included walk qualifiers. Now I am not going to report on all the walk results as it would take many pages but I will just comment on the great walk by 13 year old Tyler Jones who won the Narrabeen U14 1500m walk in a big PB of 6:28.2 (a new record).

Boys U 14 1500 Metre Walk

1. Tyler Jones Wyong 6:28.2 Record and PB

Victorian Little Athletics Region qualifiers were held on the same weekend. It is a very busy time for our younger walkers as they build up to their own Little Athletics State Championships in March.

COLOMBIAN RACE WALKING CHAMPIONSHIPS, BOGOTA, SATURDAY 18 FEBRUARY

The Colombian Race Walking Championships, conducted the weekend before last in the capital Bogota, attracted more than 100 walkers. Note that the Colombian capital is situated at 2600m altitude so it not a venue for the faint of heart. Temperatures were low (6C) and walkers had to contend with rain and, at times, hail. Fredy Hernandez's 35km time of 2:40:59 was a new National record, heating the time of 2:49:37 recorded by Joaquin Cordoba. Hernandez dedicated his win to his coach, the recently deceased Fernando Rozo, stating that his longer term goals are to represent his country at the World Cup in May and then at the Olympics in August.

35km Open Men

- | | | |
|----|-----------------|---------|
| 1. | Fredy Hernández | 2.40,59 |
| 2. | Rodrigo Moreno | 2.51,19 |
| 3. | Samuel Babativa | 2.52,35 |

20km Open Men

- | | | |
|----|------------------|---------|
| 1. | James Rendón | 1.28,42 |
| 2. | Leonardo Montaña | 1.30,55 |
| 3. | Marlon Flórez | 1.32,20 |

10km Junior Men

- | | | |
|----|---------------|-------|
| 1. | Éider Arévalo | 43,04 |
| 2. | Esteban Soto | 43,34 |
| 3. | Kenny Pérez | 44,11 |

10km Youth Men (U18)

- | | | |
|----|-------------|-------|
| 1. | David Ávila | 48,57 |
| 2. | Felipe Ríos | 49,17 |
| 3. | Bryan Rozo | 50,26 |

5km Juvenile Men

- | | | |
|----|------------------------|-------|
| 1. | Cristian David Merchán | 24,06 |
| 2. | Juan Carlos Muñoz | 24,47 |
| 3. | Cristian Meléndez | 26,18 |

20km Open Women

- | | | |
|----|------------------|---------|
| 1. | Sandra Galvis | 1.39.42 |
| 2. | Arabelly Orjuela | 1.41.13 |
| 3. | Ingrid Hernández | 1.42.19 |

10km Junior Women

- | | | |
|----|------------------|-------|
| 1. | Lorena Arenas | 48.33 |
| 2. | Yesenia Carrillo | 51.49 |
| 3. | Milena Restrepo | 53.05 |

10km Youth Men (U18)

- | | | |
|----|-------------|-------|
| 1. | David Ávila | 48,57 |
| 2. | Felipe Ríos | 49,17 |
| 3. | Bryan Rozo | 50,26 |

3km Juvenile Women

- | | | |
|----|-------------------|-------|
| 1. | Lucy Mendoza | 16.21 |
| 2. | Luz Karen Mena | 16.23 |
| 3. | Ingrid Montenegro | 16.30 |

USA INDOOR CHAMPIONSHIPS, ALBUQUERQUE, 25-26 FEBRUARY

Trevor Barron, just 19 years of age, showed why he is regarded as the best young American walker for many years, winning the 3000m indoor walk title in 11:36.67 - by half a lap over vets Tim Seaman (who happens to be his coach) and John Nunn, already owner of an Olympic Trials 50km win. Maria Michta won the women's 3000m indoor walk title with 13:15.31, just 0.04 sec ahead of Erin Gray in an exciting finish.

3000m Walk Men, Saturday 25 February

- | | | | | |
|----|---------------------------|-----|----|----------|
| 1. | Trevor BARRON | USA | 92 | 11:36.27 |
| 2. | Tim SEAMAN | USA | 72 | 12:01.48 |
| 3. | John NUNN | USA | 78 | 12:11.86 |
| 4. | Nick CHRISTIE | USA | | 12:35.08 |
| 5. | Michael Giuseppe MANNOZZI | USA | 86 | 13:11.79 |
| 6. | Dan SERRIANI | USA | 90 | 13:13.23 |
| | Joshua WISEMAN | USA | 87 | DNF |

3000m Walk Women, Sunday 26 February

- | | | | | |
|----|------------------|-----|----|----------|
| 1. | Maria MICHTA | USA | 86 | 13:15.31 |
| 2. | Erin GRAY | USA | 87 | 13:15.35 |
| 3. | Lauren FORGUES | USA | 88 | 13:21.94 |
| 4. | Miranda MELVILLE | USA | 89 | 13:46.89 |
| 5. | Joanne DOW | USA | 64 | 13:59.56 |
| 6. | Katie BURNETT | USA | 88 | 14:44.45 |
| 7. | Janelle BROWN | USA | | 14:48.27 |

POLISH NATIONAL INDOOR CHAMPIONSHIPS, SPALA, 25-26 FEBRUARY

The Polish Indoor Track and Field Championships saw Dawid Tomala win the 5000m walk for men with 19:20.12 and Paulina Buziak win the 3000m walk for women with 12:38.84. Very strong walking as usual, especially with the first 6 men all breaking the

20 minute barrier. See <http://www.domtel-sport.pl/insidethecode/files/2944-pl.pdf> for the full meet results.

5000m Walk Men, Sunday 26 February 2012

1.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	19:20.12	pb
2.	Rafał SIKORA	87-02-17	KS AZS AWF Kraków	19:22.15	pb
3.	Rafał AUGUSTYN	84-05-14	OTG Sokół Mielec	19:30.63	
4.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:35.67	pb
5.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	19:44.80	pb
6.	Łukasz NOWAK	88-12-18	OŚ AZS Poznań	19:44.82	pb
7.	Patryk ROGOWSKI	89-04-11	MKL Szczecin	20:14.21	pb
8.	Łukasz AUGUSTYN	90-11-29	OTG Sokół Mielec	20:39.41	pb

3000m Walk Women, Sunday 26 February 2012

1.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	12:38.84	pb
2.	Katarzyna KWOKA	85-06-29	CWKS Resovia Rzeszów	13:02.09	
3.	Justyna ŚWIERCZYŃSKA	87-02-26	PLKS Gwda Piła	13:13.56	pb
4.	Katarzyna GOLBA	89-12-21	KS AZS AWF Kraków	13:30.09	pb

FRENCH 24 HOUR CHAMPIONSHIPS, BOURGES, FRANCE, 25-26 FEBRUARY 2012

Thanks to Emmanuel Tardi for letting us know about the French National 24 Hour Walk championships, held last Saturday/Sunday in Bourges (250km south of Paris). The race started at 1PM on the Saturday afternoon and by the time Emmanuel arrived at 3AM on Sunday morning, (the 14 hour mark), a terrific battle was in progress between David Regy and Philippe Thibaux. They had sped through the first 100km in around 11 hours and were still shoulder to shoulder. But their frenetic pace did take its toll and, an hour later, each walker had received his third red card and both were forced to stop for 10 minutes. After the compulsory break, David restarted but for Philippe this marked the end of the road and he retired. David continued to hold his lead of around 1.5 laps (each lap is 2.7km) over Jean Marie Rouault and looked set to win when, with only 2 hours to go, he slowed drastically, eventually surrendering the lead to Jean Marie whose final distance was just over 200km. In the women's championship, 54 year old Dominique Alverne finished a lap in front of Italian Nicoletta Mizera to take the National Championship with an excellent 184.44km.

The results are shown below. Note that places are not awarded to foreign or non-licenced walkers. They are shown as HC.

French 24 Hour Championship - Women

1	ALVERNHE Dominique	FRA	57	184k444 m
HC	MIZERA MARGONELLI Nicoletta	ITA	64	179k460 m
3	MAISON Sylvie	FRA	73	163k438 m
4	BONVARLET Liliane	FRA	53	159k243 m
5	FABRE Françoise	FRA	66	154k659 m
6	QUINQUETON Bernadette	FRA	61	150k188 m
HC	BORISOVA Olga	RUS		145k538 m
8	COUGOUREUX-AUGE Emilie	FRA	80	143k032 m
9	MOINEAU Isabelle	FRA	67	138k916 m
HC	MIROSHNICHENKO Vera	RUS		137k474 m
11	LANDRU Noelle	FRA	51	119k692 m

French 24 Hour Championship - Men

1	ROUAULT Jean-marie	FRA	64	200k503m
2	REGY David	FRA	69	199k122m
3	BUNEL Dominique	FRA	68	197k544m
HC	GIROD Urbain	SUI	63	195k736m
HC	OSSIPOV Dmitriy	RUS	66	194k376m
HC	GILLES Philippe	FRA	64	188k226m
HC	SIMON Zdenek	CZE	61	187k513m
HC	LUKYANOV Sergey	RUS	56	181k696m
9	DIEN Daniel	FRA	50	178k568m
HC	KONDRATENKO Alexei	RUS	84	174k007m
10	VARAIN Cedric	FRA	80	176k843m
12	VIT Philippe	FRA	53	173k670m
HC	CAILLEAUX Patrick	FRA	50	169k937m
HC	DERRIEN Franck	FRA	85	168k288m
15	KERLAU Yves-michel	FRA	61	163k916m
HC	BIET Christophe	FRA	66	163k757m
HC	PICOT Gerard	FRA	47	161k694m
HC	GUIGNARD Bruno	FRA	65	160k878m

The meet also included 2 x 6 Hour races. The first 6 Hour walk was from 1PM to 7PM on the Saturday while the second 6 Hour walk started 24 hours later and extended from 7AM to 1PM on the Sunday. My report shows only the first 10 finishers in each event.

2 x 6 Hour Walk Women

1	GAUZE Françoise	FRA		94k008 m
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2	MALOCHET Dominique	FRA	57	93k505 m
3	CLEMENTZ Bernadette	FRA	51	92k595 m
4	BRAGUY Patricia	FRA	68	90k260 m
5	PANNIER Josiane	FRA	50	89k848 m
6	ANXIONNAT Claudine	FRA	51	88k656 m
7	GAUZE Claude	FRA	55	88k363 m
8	MORVAN Nicole	FRA	44	87k803 m
9	PIERDET Marie josephe	FRA		75k200 m
10	HARBULOT Renata	FRA	53	73k481 m

2 x 6 Hour Walk Men

1	BONNOTTE Remi	FRA	65	107k378 m
2	MARECHAL Pascal	FRA	62	102k029 m
3	LOUGRADA Saadi	FRA	62	98k703 m
4	CHABIN Frederic	FRA	65	97k278 m
5	GENIN Sebastien	SUI	71	92k874 m
6	GRASSI Alain	FRA	59	90k260 m
7	HARBULOT Francis	FRA	53	89k615 m
8	PICHON Jean	FRA	32	87k527 m
9	COURCY Jean-claude	FRA	49	86k375 m
10	DUPUIS Norbert	FRA		84k619 m



In action at Bourges - David Regy (1), Jean Marie Rouault (17), Dominique Alvernhe (51) and Nicoletta Mizera (59)

OVERSEAS SHORTS

SOCHI (RUS): Now that their Winter Walking Championships have been completed, the Russian team for 2011 IAAF Race Walking World Cup has now been announced and what a team it is!

Open Men 20km:	Valeriy Borchin, Kanaykin, Yemelyanov, Strelkov, Bogatyrev
Open Women 20km	Olga Kaniskina, Kirdyapkina, Alembekova, Lashmanova, Yumanova
Open Men 50m:	Sergey Bakulin, Nizhegorodov, Kirdyapkin, Ryzhov, Noskov.

AUSTRALIAN RACEWALKING SERIES UPDATE

Now that we have had 3 rounds of our inaugural Australian Racewalking Series, I have updated the points competitions and we can see who is leading each of the 8 divisions.

Open Men	Jared Tallent (32)	Adam Rutter / Chris Erickson (27)	Ian Rayson (21)
Open Women	Beki Lee (28)	Claire Tallent (27)	Nicole Fagan (15)
U23 Men	Dane Bird-Smith (30)	Rhydian Cowley (26)	Sean Fitzsimons (9)
U23 Women	Regan Lambie (32)	Allegra Steele (18)	Stephanie Stigwood (9)
U20 Men	Blake Steele (29)	Jesse Osborne (28)	Brad Aiton / Steven Washburn (8)
U20 Women	Rachel Tallent (30)	Jessicca Pickles (24)	Shannon Jennings (23)
U18 Men	Nathan Brill (34)	Kyle Swan / Harry Bates / Louis Rose (9)	Aaron Tam (8)
U18 Women	Jemima Montag (22)	Amelia Finnegan (10)	Jessie Eastwood / Amy Bettiol / Jmara H-S (9)

You can see the points allocations for each of the 3 meets so far and the progressive points calculations at the Racewalking Australia

website: <http://www.rwa.org.au/aevents-1.shtml>. Now I don't guarantee to have it all correct so get back to me if you see anything that looks wrong.

CLUB RECORD UPDATE

And just to finish off all the bits and pieces flowing from the Sydney Track Classic earlier this month, I document here Nathan Brill's and Jemima Montag's new VRWC club records. Well done to these two outstanding young walkers.

Nathan Brill	VRWC U16 3000m Track Walk	12:16.25	Sydney Track Classic	18/02/2012
Nathan Brill	VRWC U16 / U17 5000m Track Walks	20:44.66	Sydney Track Classic	18/02/2012
Jemima Montag	VRWC U15 / U16 5000m Track Walks	23:59.53	Sydney Track Classic	18/02/2012

You can checkout all our club records at <http://www.vrwc.org.au/vrwc-records.html>.

WHAT'S COMING UP

Next weekend sees **Jared and Claire Tallent** competing in the next round of the IAAF Challenge Series in Chihuahua in Mexico. They flew out on Monday morning after their heroics in Hobart and will both contest 20km races in the high altitude city. We wish them a safe trip and more great racing.

We are now into the business end of the summer season with lots of championships coming up.

9-10 Mar	Victorian Open Track & Field Championships	Lakeside Stadium, Albert Park
14-18 Mar	Australian Junior Track & Field Championships	Sydney Olympic Park Athletics Centre, Sydney
Sun 18 Mar	VRWC races and VMA 5000m walk champs	Dolamore Oval, Mentone
24-25 Mar	Victorian Masters Track & Field Championships	Reischiek's Reserve, Doncaster
24-25 Mar	LAVic State T&F Championships	Bendigo
5-9 Apr	Australian Masters Track & Field Championships	Lakeside Stadium, Albert Park

The **Victorian Open Track & Field Champs** are to be held on the weekend of **9-11 March**. Entries closed on Monday (27 Feb) but you might still be able to submit a late entry – see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=819&OrgID=189. The 5000m walk is drafted for the Friday evening at 6:30PM at the moment.

The **Victorian Masters Track & Field Champs** will be held at Reischiek's Reserve in Doncaster on **24-25 March** with 1500m and 3000m walks on offer. This is a combined carnival so as long as you are a member of either AV or VMA, you are eligible. Entries have now opened so download the form from the link below and enter. <http://www.athsvic.org.au/cache/MeetFile/15380Vic%20Masters%20T%26F%20Entry%20Form%20%26%20Spec%20Sheet.pdf>. Entries close on **Thursday 8 March**.

The **Australian Masters Track & Field Champs** are to be held at Lakeside Stadium in Albert Park over Easter (**5-9 April**). Note that entries close this **Friday 2 March** so you have no time to lose if you intend to enter the walks. Entry form at http://vicmastersaths.org.au/wp/wp-content/uploads/2011/11/AMAEntryFormMelb2012_14jan12.pdf. Draft timetable reads

1500m Track Walk	Friday 5 April	Lakeside Stadium
5000m Track Walk	Saturday 7 April	Lakeside Stadium
10km road walk	Mon 9 April	Fawkner Park

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2011/2012 Australian/Victorian Summer Season Key Dates

9-11 Mar 2012	Victorian Open T&F Championships, Melbourne. Entries close Mon 27 February.
15-19 Mar 2012	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone
24-25 Mar 2012	Victorian Masters T&F Championships , Rieschick's Reserve, Doncaster. Entries close Fri 16 March.
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

2012 International Fixture

Apr 3-8, 2012	World Masters Athletics Indoor Championships, Jyväskylä, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London . See http://www.london2012.com/

2012 IAAF Race Walking Challenge Dates

Sat 25 Feb, 2012	Hobart (AUS)	Category C
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Sat 3 Mar, 2012	Chihuahua (MEX)	Category B
Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B
Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN	

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil

2014 International Fixture

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>)