



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 23
6 March 2012



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Claire Tallent** who took all before her in winning the Women's 20km championship in Hobart 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.

This week, I am going to balance the equation and announce my walker of the week as **Jared Tallent**. Jared and Claire flew out on the Sunday morning after their heroics in Hobart and both contested 20km races a week later in what was a big weekend carnival of walking in Chihuahua in Mexico – and both were successful, earning silvers in their respective events.

Jared fought it out with Eder Sanchez of Mexico, taking silver in 1:21:50 while Claire fought it out with Portuguese walker Ines Henriques, also taking silver in 1:33:21. You can read about both their performances later in the newsletter.



Jared and Claire with their second prize cheques in Chihuahua, along with Satoshi Yanagisawa (photo from Satoshi)

MORE WALKERS ADDED TO THE AUSTRALIAN OLYMPIC TEAM

With the Australian T&F Olympic Trials completed last weekend in Melbourne, Athletics Australia has now released the names of the next group of Olympic selections and the walkers are to the fore. **Claire Tallent** and **Jared Tallent** have been nominated after winning the Australian 20km Race Walking Championships in Hobart. In addition, **Regan Lambie** and **Beki Lee** have been added as discretionary nominations.

Our Olympic walk nominations now stand as follows

20km Walk Men	Jared Tallent (AIS/VIC)
20km Walk Women	Claire Tallent (AIS/SA), Regan Lambie (AIS/VIC) and Beki Lee (AIS/NSW)
50km walk Men	Jared Tallent (AIS/VIC), Luke Adams (AIS/NSW) and Nathan Deakes (AIS/VIC)

Two further spots remain in the men's 20km and the front runners would seem to be Chris Erickson and Adam Rutter based on times done so far. So far, it's an all-AIS affair.

For the full press release, check out http://www.athletics.com.au/home/news/news/2012/march/athletics_australia_adds_seven

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

Thanks to AthsVicTV maestro David Armstrong for the following videos of the walking events from last week's Victorian Junior T&F Championships

<http://www.youtube.com/watch?v=BTJkmgB8H18>

http://www.youtube.com/watch?v=oRXHJrcxR_U

http://www.youtube.com/watch?v=Eq7wx_Xh4TE

CENTRAL COAST ROADWALKS, ADCOCK PARK, WEST GOSFORD, SATURDAY 25 FEBRUARY

Thanks to Frank Overton for these results from Adcock Park in Gosford (NSW). Frank commented: *Just a note to let you know that we have held a local Central Coast Competition. Not sure how often these will be held but all our walkers will walk with NSW Race Walkers Club.*

Tyler Jones, walking in only his second 10km event, came second in a PB time of 56:42 – pretty good for age 13!

10km Walk Men

1.	Jay Felton	16	56:25	
2.	Tyler Jones	13	56:42	PB 1:18
3.	Robert Wilcox	M	64:50	
4.	Carl Gibbins	15	68:20	
5.	Kim (Master)		68:34	

10km Walk Women

1.	Celia Waterfield	F	65:30	
----	------------------	---	-------	--

ACTRWC TRACK WALKS, AIS TRACK, BRUCE

Thanks to Robin Whyte for the last couple of ACT Race Walkers Club results from Canberra. Top performances by Ann Staunton-Jugovic on both occasions.

ACT Track Walks, AIS Track, Bruce, Thursday 23 Feb

10000m Walk

1.	Ann Staunton-Jugovic	57:24
2.	Robin Whyte	1:03:37
3.	Bryan Thomas	1:09:45
4.	Geoff Barker	1:11:14
5.	Doug Fitzgerald	1:14:09
6.	Val Chesterton	1:24:40
7.	Robert Kennelly	1:29:33
8.	Carmen Carlon	1:56:01

1200m Walk

1.	Zoe Hunt	05:27
2.	Thomas Hopkins	05:31
3.	Ashleigh Resch	05:38
4.	Callum Burns	05:55
5.	Karina Hopkins	06:09
6.	Emily Hopkins	06:13
7.	Jordan Bardsley	06:23
8.	Spencer Burns	06:25
9.	Callum Doherty	06:34
10.	Emily Fawcett	06:34
11.	Kate Black	07:05
12.	Ewen Thompson	07:19
13.	Wendy Kupkee	08:13
14.	Ruth Baussmann	08:38
15.	Thomas Hunt	08:43
	Laura Burns	DNF

ACT Track Walks, AIS Track, Bruce, Thursday 9 Feb

1500m Walk

1.	Ann Staunton-Jugovic	07:14
2.	Ashleigh Resch	07:16
3.	Thomas Hopkins	07:18
4.	Gabby Hunt	07:23
5.	Peter Baker	08:02
6.	Karina Hopkins	08:10
7.	Jordan Bardsley	08:12
8.	Brett Kingston	08:58
9.	Geoff Barker	09:17
10.	Rod Gilchrist	09:28
11.	John Donovan	10:23
12.	John Suiter	10:26
13.	Wendy Kupkee	10:32
14.	Jennifer Gilchrist	10:33
15.	Sheryl Greathead	11:07
16.	Margaret McSpadden	12:05

700m Walk

1.	Spencer Burns	03:37
2.	Laura Burns	05:32

BENDIGO WALKERS CLUB ROAD RACES, ROSALIND PARK, WEDNESDAY 29 FEBRUARY

Thanks to Paul Rance for his weekly report from Bendigo in country Victoria.

The Bendigo Walkers Club held 1.5km and 3km sealed handicap events on Wednesday evening in Rosalind Park with wet

slippery conditions prevailing. The 1.5km event was won by Zahra Hayes in a PB of 8.58 with Norm West 2nd and Madison Hill 3rd while Jeremiah Jones took fastest time honours. Three walkers lined up in the 3km event with John Carter taking victory from Annette Curtis and Barb Bryant 3rd.

1.5km Walk

1.	Zahra Hayes	8.58
2.	Norm West	11.50
3.	Madison Hill	10.02
4.	Jeremiah Jones	8.25
5.	Ebony-Jade Jones	11.20
6.	Josh Savage	8.47

3km Walk

1.	John Carter	19.17
2.	Annette Curtis	21.46
3.	Barb Bryant	18.18

Next Wednesday evening 1000m and 5000m handicap events will be held in Rosalind Park from 6pm.

WA JUNIOR T&F CHAMPIONSHIPS DAY 3, WAAS, PERTH, FRIDAY 2 MARCH

Most of the walking events were held on Day 1 of the WA Junior T&F Championships some 3 weeks ago but Day 3 last Friday evening saw the remaining events. I only found one result on the Athletics WA website so not sure who else walked. Kate Holt walked well to win with a 10 sec PB time of 26:40.8.

Women 5000m Walk U18

1.	Holt, Kate	Melville	26:40.8	PB 0:10
2.	Hughes, Holly	Athletics WA	28:50.0	
3.	Brown, Breanna	Athletics WA	29:35.7	

ATHLETICS NSW ALLCOMERS MEET, SOPAC, SYDNEY, SATURDAY 3 MARCH

Sydney hosted an Athletics NSW meet last Saturday and a number of walkers were in action over 5000m and 3000m. Top efforts by Cheryl Webb 22:23.68 and Jasmine Dighton 14:55.73 (just outside her PB).

Men 5000m

1.	Jessurun, Ian	45	Nma (Nsw Masters)	26:40.48
	Washburn, Steven	18	Nepean Distr	DNF

Women 5000m

1.	Webb, Cheryl	36	Bla (Blackto)	22:23.68
2.	Bettiol, Amy	17	Syp (Sydney)	25:47.94
3.	Raycanovski, Sarah	29	Min (Mingara)	25:55.65

Men 3000m

1.	Mulhearn, Derek	22	Syu (Sydney)	14:47.39
2.	Bedford, Kyle	12	Nepean Distr	15:46.87
3.	Brown, Nathan	14	Par (Parrama)	16:33.18
4.	O'Connell, Declan	13	South Sydney	16:33.88
5.	Thomson, Ryan	12	Nepean Distr	17:38.46

Women 3000m

1.	Dighton, Jasmine	16	Ill (Illawon)	14:55.73
2.	Grujoski, Stephanie	15	South Sydney	15:42.50
3.	McDonald, Jasmyn	13	Par (Parrama)	15:42.80
4.	Brown, Samantha	11	Par (Parrama)	15:50.01

SAMA CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE

Thanks to Colin Hainsworth for passing on the latest results from the South Australian Masters in Adelaide. This week they raced twice at Santos Stadium with their annual 3000m Championship on Friday evening and 5000m Championship on Sunday. As usual, George White (M65) was the fastest with 16:06 and 27:55.

3000m Walk, Santos Stadium, Adelaide, Fri 2 Mar

1	W75	Cynthia Dally	26.01	70.93%
1	W65	Margaret Trengove	21.16	74.45%
2	W65	Jill Rogers	24.47	63.04%

5000m Walk, Santos Stadium, Adelaide, Sun 4 Mar

1	W75	Cynthia Dally	43.19	74.34%
1	W65	Margaret Trengove	36.08	75.76%
1	W60	Gill White	40.48	62.78%

1	W60	Gill White	24.14	61.36%	1	W55	Linda Whitelaw	38.03	63.51%
1	W55	Linda Whitelaw	22.38	61.53%	1	W50	Gloria Holliday	28.44	78.37%
2	W55	Edna Bates	26.14	54.20%	2	W50	Marie Maxted	33.20	67.56%
1	W50	Gloria Holliday	16.17	80.85%	1	M75	Leigh Smith	36.57	73.37%
2	W50	Marie Maxted	19.07	68.86%	1	M70	Rodger Barber	37.06	70.14%
1	M80	Colin Hainsworth	22.29	77.43%	2	M70	Colin Trengove	40.36	64.95%
1	M75	Leigh Smith	21.50	72.90%	1	M65	George White	27.55	85.60%
1	M70	Rodger Barber	22.05	69.22%	2	M65	Geoff Byham	33.24	70.75%
2	M70	Colin Trengove	26.25	58.63%	3	M65	James Hoare	35.01	67.49%
1	M65	George White	16.06	87.25%	4	M65	Roger Lowe	36.57	66.18%
2	M65	James Hoare	20.42	67.11%	1	M55	Jack Russell	29.28	75.39%
3	M65	Roger Lowe	21.49	65.88%	2	M55	Richard Moyle	37.44	57.24%
1	M55	Jack Russell	16.55	77.20%					

BRWC - JARED TALLENT 1500M HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 4 MARCH

Thanks to Ballarat Racewalking Club President Daryl Biggin for passing on their roadwalk results from last Sunday. Daryl commented that conditions were excellent - no wind, road wet but temperature 20C (that's hot for Ballarat!) and perfect for racing. Mia Darlow, who is only 6 years old, started on go and was never headed at any stage of the race, holding on by 4 seconds from fast finishing Alanna Peart and Shae Ohlsen who both walked PBs.

1500m Jared Tallent Handicap Race

1.	Mia Darlow	12.59	PB
2.	Alanna Peart	8.53	PB
3.	Shae Ohlsen	9.06	PB
4.	Olivia Davis	11.28	
5.	Ross Darlow	7.49	
6.	Rodney Davis	9.26	
7.	Jemma Peart	8.29	
8.	Kobie Somerfield	8.07	
9.	Rhianna Biggin	11.55	
	Daryl Biggin	DQ	

1 km Walk

1.	Bailey Ohlsen	9.03
----	---------------	------



Winner Mia Darlow with Peter Tallent

RUSSIAN WINTER WALKS CHAMPIONSHIPS, SOCHI, SUNDAY 19 FEBRUARY ... CONTINUED

In newsletter 21, I reported on the 20km and 35km events at the Russian Winter Walks championships in Sochi. Just to complete the full picture, here are the full results of the U20 and U18 championships from that same meet. If you have ever wondered why Russia dominates the world of walking, you don't have to look any further. The depth in these junior events is amazing.

U20 Men 10km

1.	Aleksandr IVANOV	RUS	93	40:48
2.	Damir BAYBIKOV	RUS	94	40:53

3.	Kirill FROLOV	RUS	93	40:57
4.	Pavel PARSHIN	RUS	94	40:59
5.	Nikolay MALANCHEV	RUS	93	41:31
6.	Viktor SOKOLOV	RUS	94	41:41
7.	Ildar SUBEYEV	RUS	93	41:47
8.	Yevgeniy NUSHTAEV	RUS	93	41:56
9.	Grigoriy SULTANAKHMETOV	RUS	94	42:03
10.	Dmitriy SOLOVYEV	RUS	93	42:35
11.	Aleksandr IVANOV	RUS	94	42:48
12.	ALEKSEY SORACHENKOV	RUS	94	43:08
13.	Ivan PETYANKIN	RUS	93	43:21
14.	Andrey MATOSHIN	RUS	93	43:27
15.	Nikolay NIKOLAEV	RUS	93	43:29
16.	Mikhail AFANASYEV	RUS	94	43:35
17.	Ivan VYCHEGZHANIN	RUS	94	44:50
18.	Konstantin RUBLYOV	RUS	94	45:05
19.	Roman LOBANOV	RUS	94	45:12
20.	Ivan FROLOV	RUS	94	46:04
21.	Artyom ZALITKO	RUS	94	46:34
22.	Sergey MAZURIN	RUS	93	46:40
23.	Dmitriy SERGEYEV	RUS	93	46:41
	Aleksandr TUMAYKIN	RUS	93	DNF
	Nikita ZOLOTARYOV	RUS	93	DQ
	Aleksandr PICHKALOV	RUS	93	DQ

U20 Women 10km

1.	Nadezda LEONTYEVA	RUS	94	44:32
2.	Yekaterina MEDVEDEVA	RUS	94	44:46
3.	Alena AZYRKINA	RUS	94	45:52
4.	Kristina GRACHEVA	RUS	94	46:01
5.	Olga DUBROVINA	RUS	93	46:22
6.	Anna YERMINA	RUS	93	46:56
7.	Olga NACHARKINA	RUS	94	47:50
8.	Yuliya SALIKOVA	RUS	93	48:00
9.	Tatyana AKULINUSHKINA	RUS	94	48:39
10.	Olga RAVAYOVA	RUS	95	49:12
11.	Karina VOLKOVA	RUS	94	49:59
12.	Yekaterina AVERYANOVA	RUS	94	50:14
13.	Anastasiya SHCHYOGOLEVA	RUS	93	50:37
14.	Tatyana TITOVA	RUS	93	50:51
15.	Anastasiya PULKINA	RUS	93	51:14
16.	Diana IVANOVA	RUS	93	51:37
17.	Tatyana BINDAREVA	RUS	93	51:56
18.	Tsveta KOLAREVICH	RUS	94	53:41
19.	Yekaterina KOLMAKOVA	RUS	93	54:05
20.	Anfisa ZHDANOVA	RUS	94	54:14
21.	Polina OVCHINNIKOVA	RUS	94	56:24
	Natalya KOPLIYENKO	RUS	94	DQ
	Kseniya STEPANOVA	RUS	93	DQ

U18 Men 10km

1.	Nikolay MARKOV	RUS	95	42:28
2.	Denis TOLSTOV	RUS	95	42:39
3.	Vladimir SAKSIN	RUS	95	42:43
4.	Sergey SERGEYEV	RUS	95	43:33
5.	Yevgeniy BOKOV	RUS	95	43:50
6.	Denis SERGEYEV	RUS	95	43:57
7.	Aleksandr RAGOZIN	RUS	95	44:56
8.	Aleksandr KAZANTSEV	RUS	95	45:38
9.	Artyom ALASHEYEV	RUS	95	46:18
10.	Vadim DETKOV	RUS	95	46:40
11.	Mikhail KURUSHIN	RUS	96	46:43
12.	Saveliy SOSNITSKIY	RUS	96	47:41
	Maksim KRASNOV	RUS	96	DQ
	Sergey ANDREYEV	RUS	95	DNF

U18 Women 5km

1.	Olga SHARGINA	RUS	96	22:30
2.	Oksana GOLYATKINA	RUS	95	22:36
3.	Anastasiya ORLOVA	RUS	95	22:58
4.	Klavdiya AFANASYEVA	RUS	96	23:32

5.	Kseniya KONOVALOVA	RUS	96	23:45
6.	Anastasiya OLEYNIK	RUS	96	24:24
7.	Polina LYUBIMOVA	RUS	98	24:41
8.	Anastasiya TAUSHKANOVA	RUS	96	24:48
9.	Mariya IVANOVA	RUS	96	24:50
10.	Mariya PONOMARYOVA	RUS	95	24:50
11.	Anastasiya GRABER	RUS	95	24:57
12.	Yekaterina GERANINA	RUS	95	25:14
13.	Dariya PEREVOZCHIKOVA	RUS	96	25:16
14.	Darya MELENTYEVA	RUS	96	25:53
15.	Aleksandra STEPANOVA	RUS	95	26:09
16.	Marina IGNATOVA	RUS	95	26:11
17.	Polina VERYASKINA	RUS	99	27:02
18.	Margarita TUDIGESHEVA	RUS	96	27:25
19.	Yekaterina MAKOVEYEVA	RUS	95	27:38
20.	Yuliya NOVOSELOVA	RUS	96	28:33
21.	Viktoriya YARZHEMBOVICH	RUS	96	29:33
22.	Balkovskaya YULIYA	BLR	96	25:12
	Olga SHOLINA	RUS	95	DQ

2012 IAAF RACE WALKING CHALLENGE MEET, CHIHUAHUA, 3-4 MARCH 2012

Last weekend saw **Jared and Claire Tallent** competing in the second round of the IAAF Challenge Series in the high altitude Mexican city Chihuahua. They flew out on the Sunday morning after their heroics in Hobart and both contested 20km races a week later in what was a big weekend carnival of walking. Javier Clavelo Robinson reported extensively on the meet for the IAAF and I will use his report rather than invent the wheel – see <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=63801>

20km Men, Saturday 3 March

Eder Sanchez led a group of six men until the 12th kilometre, after which the group reduced to two - him and 2008 double Olympic medallist Tallent. With less than three laps to go on the two-kilometre course on the Deportiva Sur Avenue, the young Mexican began to move away from the Aussie and built up a 15-second lead at the bell. The 2009 World bronze medallist kept a solid pace to claim his fourth consecutive victory in the Mexican stop of the Challenge. His time of 1:21:17 was the fastest in Chihuahua since this northern city began hosting an IAAF Race Walking Challenge in 2008. “I am satisfied to have won one of the toughest events in Mexico. It was a good time to open the season, especially considering that the course has a steep section and that makes it challenging,” commented Sanchez. Tallent settled for silver in a season’s best of 1:21:50, followed by Chihuahua hero and 50km specialist Horacio Nava, who walked 1:22:38 to claim his first podium of the IAAF Challenge at the shorter distance, to the delight of the fans supporting all throughout the course. Sanchez will be joined by Isaac Palma, Pedro Gómez, Diego Flores and David Mejía as the Mexican quintet for the Race Walking World Cup, to be held May 12-13 in Saransk, Russia.

1.	Eder Sánchez	MEX	1:21:17
2.	Jared Tallent	AUS	1:21:50
3.	Horacio Nava	MEX	1:22:38
4.	Isaac Palma	MEX	1:23:18
5.	Fredy Hernández	COL	1:23:19
6.	Pedro Gómez	MEX	1.24.44
7.	Jaime Saquipay	EQU	1.25.54
8.	Diego Flores	MEX	1.26.14
9.	James Rendon	COL	1.26.36
10.	David Mejia	MEX	1.27.52
11.	Giovanni Torres	MEX	1.28.28
12.	Rafael Avendaño	MEX	1.28.39
13.	Cristhian Gómez	MEX	1.28.55
14.	Cristian Chocho	EQU	1.29.39
15.	Jorge Martínez	MEX	1.30.10

20km Women, Saturday 3 March

The women’s race, held two hours earlier, also came down to two athletes: defending champion Ines Henriques and Claire Tallent. Both walked side by side until 200m from the finish line when the Portuguese launched a decisive attack to secure the win in 1:33:16, almost a minute faster than her winning time in 2011. “I was aiming for 1:34 so I performed better than expected. I will soon have the Portuguese Championships and I want to compete well there to be able to qualify for the Olympic Games. I am very satisfied,” said the 31-year old from Rio Maior. Claire Tallent settled for second in 1:33:21. Another Portuguese, 11-time World Championships participant and 2005 World bronze medallist Susana Feitor could not repeat her third place from 2011. She held that position until the last lap, but abandoned the course due to muscular pain. That paved the way for local Mónica Equihua to clinch bronze in 1:36:24. Equihua, Zayra Jáuregui, Andrea Martínez, Lizbeth Silva and Claudia Ortega will represent Mexico at the World Cup in Saransk.

1.	Ines Henriques	POR	1:33:16
2.	Claire Tallent	AUS	1:33:21
3.	Mónica Equihua	MEX	1:36:24
4.	Daniela Cardoso	POR	1:36:46

5.	Claudia Balderrama	BOL	1:38:06
6.	Erica Rocha de Sena	BRA	1.41.01
7.	Esther Sánchez	MEX	1.43.20
8.	Zayra Jauregui	MEX	1.44.11
9.	Andrea Martínez	MEX	1.45.23
10.	Lizbeth Silva	MEX	1.46.33
11.	Claudia Ortega	MEX	1.46.54
12.	Paola Pérez	EQU	1.47.40
13.	Daniela Cardoso	POR	1.47.55
14.	Mariana Geldis	MEX	1.48.19
15.	Tania González	MEX	1.50.39

50km, Sunday 4 March

A permanent contender at the Mexican leg of the Challenge, Norway's 2009 World silver medallist Trond Nymark and Olympian Cristian Berdeja took the lead, but the former moved to a solo lead half way through the race, at 3:47 pace. He could not sustain that tempo and was eventually caught up after the 40km mark. He dropped to sixth in 3:55:43. Inspired by his son, who underwent surgery two weeks earlier, Mexican Omar Zepeda walked a smart race, gaining positions as the race went on. He finally took the lead around the 42nd kilometre, never gave it up and sailed to victory in 3:48:37, better than his previous best of 3:49:01 when sixth at the 2005 World Championships in Helsinki. "Winning is a great feeling. Thanks to God and the training with Eder Sanchez under coach Víctor Sánchez, we have secured a place (for the World Cup). After six World Championships and two Pan American Games, I would love to end my career at the Olympic Games," said the 34-year old. "I look forward to walking closer to 3:45 to be at par with Horacio Nava," he added.

Clemente García, 22, improved his personal best by 10 minutes to claim a surprising silver in 3:50:56, much better than his fifth placing in 2011. "I was hoping to improve my PB by five minutes and ended up improving it by 10. Competition is different from training. I walked with Omar Zepeda for almost 40km, but I got tired and could not keep up the pace. Anyway, I achieved my goal to qualify for the World Cup," he said. Nursing an injury for the past two months, last year's winner and 2011 Pan American Games runner-up José Leyver Ojeda rounded out the podium spots in third with 3:51:30, ahead of Berdeja, who was rewarded with a personal best by over four minutes (3:52:17). Making his debut at the distance, 20-year old Horacio Olivares finished fifth in a very promising 3:52:46. The top four will join Chihuahua hero and 2010 World Cup silver medallist Horacio Nava as the Mexican quintet for the World Cup in Saransk.

1.	Omar Zepeda	MEX	3:48:36
2.	Clemente García	MEX	3:50:55
3.	José Leyver Ojeda	MEX	3:51:30
4.	Christian Berdeja	MEX	3:52:16
5.	Horacio Olivares	MEX	3:53:46
6.	Trond Nymark	NOR	3:55:42
7.	Juan Emilio Toscano	MEX	3.56.39
8.	Luis Bustamante	MEX	3.59.17
9.	Edward Araya	CHI	4.02.03
10.	David López	MEX	4.02.44
11.	Andrei Stepanchuk	BEL	4.06.29
12.	Luis Rosales	MEX	4.12.30
13.	Etiel Soto	MEX	4.12.39
14.	Emiliano Galindo	MEX	4.13.59
15.	Carlos Ramírez	MEX	4.29.41

Junior 10km Races, Sunday 4 March

Alejandra Ortega, fifth at the 2011 World Youth Champs, took the top honours in the junior women's 10km race in 47:22, a personal best by over two minutes, ahead of 2009 World Youth silver medallist Yanelli Caballero (47:42). Jesús Tadeo Vega improved his best by over three minutes to win the junior men's race in 41:52. The sons of Olympic medallists Carlos Mercenario and Bernardo Garza also competed in that distance.

Women Junior 10km

1.	Alejandra Ortega	MEX	47:22
2.	Yanelli Caballero	MEX	47:42
3.	Sandra Nevarez	MEX	48:23

Men Junior 10km

1.	Jesús Tadeo Vega	MEX	41:52
2.	Erwin González	MEX	42:01
3.	Mario Sánchez	MEX	42:35

Organizers, the Chihuahua Sports Institute, presented an award to **Daniel Bautista**, Mexico's first Olympic T&F gold medallist who won the 20km event in the 1976 Olympic Games in Montreal.



Claire Tallent (165) and Ines Henriques (193) in action in the women's 20km race



**Omar Zepeda, Jared Tallent and Eder Sánchez in action
(Photos of Omar and Eder from IAAF website, photo of Jared from Andreaa Gaspaar Facebook page)**

The 12-leg IAAF Race Walking Challenge will continue in two weeks with the Memorial Mario Albisetti in Lugano, Switzerland. The series will wrap up with the Final on September 14 in Erdos, China and the top athletes will share an overall prize of over \$200,000.

UKA 10 MILE ROADWALK CHAMPIONSHIP, COVENTRY, SUNDAY 4 MARCH

VRWC walker Stuart Kollmorgen was in action in the UKA 10 Mile Roadwalk championship in Coventry, England, last Sunday and his efforts were rewarded with the silver medal behind Tom Bosworth. He tells me that the conditions were tough and the road was wet. As he has been in the UK for more than 4 months now, he was eligible to race and made the most of the opportunity. In the associated teams race, Belgrave Harriers were pipped by Ilford AC. Alex Wright won the associated 10km event with 43:47.

10 Miles Open Men

1.	Tom Bosworth	17.01.90	Tonbridge/Leeds Metropolitan Uni	70:07
2.	Stuart Kollmorgen	20.04.69	Belgrave	80:08
3.	Francisco Reis	V50	Ilford/Portugal	81:59
4.	Jonathan Hobbs	17.05.93	Ashford AC/Birmingham Uni	85:17
5.	Steve Uttley	18.05.57	Ilford	88:08

10 Miles Open Women

1.	Heather Lewis	U20	Pembrokeshire	85:03
----	---------------	-----	---------------	-------

2.	Rebecca Collins	03.10.91	Medway & Maidstone	92:44
3.	Diane Bradley	13.09.61	Tonbridge/Veterans	94:48



UKA 10 Mile medallists Francisco Reis, Tom Bosworth and Stuart Kollmorgen

SPANISH AND PORTUGUESE CHAMPIONSHIPS, PONTEVEDRA, SPAIN, SUNDAY 4 MARCH

Last Sunday saw the combined Spanish and Portuguese 50km Championships in Pontevedra, Spain.

The morning started with rain and wind but by the time the 50km event got underway, conditions had calmed. By the 15km mark, the two Guatemalans Jaime Quiyuch and Erik Barrondo had broken clear and by 20km their lead had grown to around 40 seconds. It was Barrondo, better known as a 20km walker up till now, who held out, finishing first in the excellent PB time of 3:44:59. João Vieira chased hard and was rewarded with the Portuguese title and a new national record of 3:45:17 while the 42 year old Jesús García won what must be his umpteenth Spanish title with 3:51.29. I'll bet there are a lot of Masters walkers out there who hope he does not join them on their circuit for some years yet!

50km Combined Championship - Portugal and Spain

1.	Erik Barrondo	GUA	3.44.59
2.	João Vieira	POR	3.45.17
3.	Jesús García	ESP	3.51.29
4.	Benjamín Sánchez	ESP	3.58.51
5.	Luis Corchete	ESP	3.59.58
6.	Juan Molina	ESP	4.01.13
7.	Miguel Ángel Prieto	ESP	4.01.24
8.	Pedro Martins	POR	4.06.37
9.	Luís Gil	POR	4.07.46
10.	Dionísio Ventura	POR	4.10.34
11.	Rafael Ballesteros	ESP	4.16.22
12.	José Puertas	ESP	4.29.53
13.	Miguel Ángel Blanco	ESP	4.35.38
14.	David Mateos	ESP	4.46.36

A number of other Spanish championship races were contested, the most impressive being the Women's 20km championship which saw María José Poves winning in a PB time of 1:28:15 ahead of Maria Vasco 1:28:54 and Beatriz Pascual 1:30:29.

20km Women Spanish Championship

1.	María José Poves,	ESP	1.28.15
2.	María Vasco,	ESP	1.28.54
3.	Beatriz Pascual,	ESP	1.30.29
4.	Lorena Luaces,	ESP	1.31.50
5.	Ainhoa Pinedo,	ESP	1.33.15
6.	Raquel González,	ESP	1.39.24
7.	Eva María Iglesias,	ESP	1.39.32

20km U23 Men Spanish Championship

1.	Luis Alberto Amezcua,	ESP	1.26.35
2.	Mario Sillero,	ESP	1.32.53
3.	Oriol Soler,	ESP	1.38.06
4.	Extra: Samuel Pereira	POR	1.35.00

20km U23 Women Spanish Championship

1.	Sara Alonso,	ESP	1.42.04
2.	María Larios,	ESP	1.45.14
3.	Sandra Yerga,	ESP	1.47.02

10km Junior Men Spanish Championship

1.	Alvaro Martín,	ESP	42.05
2.	Ivan Pajuelo,	ESP	43.51
3.	Marc Tur Pico,	ESP	44.14

10km Junior Women Spanish Championship

1.	Amanda Cano,	ESP	49.59
2.	Laura García-Caro,	ESP	51.03
3.	María Pérez,	ESP	51.51

OVERSEAS SHORTS

GERMISTON (RSA, Feb 25): Pierre de Villiers 11:40.2 won the 3000m walk ahead of Poland's Grzegorz Sudol 11:42.7 in the Yellow Pages Interprovincial meet.

GENOA (ITA, Feb 26): The Chinese national walking team dominated the roadwalk events at the 43rd Ugo Frigerio Trophy in Genoa, Italy. Wang Zhen was the best in men's 10km in 38:36 ahead of Si Tianfeng 40:57. In the women's race Liu Hong won with 44:10 ahead of Li Yan Fei 45:06. The Chinese, based in Italy and coached by Sandro Damilano in recent years, are now a well oiled team and they look set to provide solid competition for the Russians come May in the World Walking Cup.

10km Women

1.	LIU Hong	1987	CHN	44:10.34
2.	LI Yanfei	1990	CHN	45:05.71
3.	NI Yuanyuan	1995	CHN	46:22.10
4.	POLLI Marie	1980	SWI	49:15.31
5.	POLLI Laura	1983	SWI	50:38.96

10km Men

1.	WANG Zhen	1991	CHN	38:35.89
2.	SI Tianfeng	1984	CHN	40:56.82
3.	LI Jianbo	1986	CHN	41:41.58
4.	TONTODONATI Federico	1989	ITA	41:43.82
5.	HERNANDEZ Emerson	1989	ESA	45:44.31

Full results at http://www.swisswalking.org/data/pdf/resultats/2012/20120226_trofeo_ugo_frigerio_1a_prova_Genova.pdf

Italian Indoor T&F Championships, Ancona, 25-26 February

The evergreen Giorgio Rubino 19:22.80 and Eleonora Giorgi 12:53.14 won the Italian Indoor championship walks in Ancona the same weekend. Talk about a fixture clash!

Men 5000m Walk

1.	Giorgio Rubino	19.22.80
2.	Diego Cafagna	20.12.19
3.	Riccardo Macchia	20.30.61
4.	Fortunato d'Onofrio	20.47.42

Women 3000m Walk

1.	Eleonora Anna Giorgi	12.53.14
2.	Federica Ferraro	13.23.27
3.	Serena Pruner	13.29.23
4.	Alessia Zapparoli	13.47.35

French Indoor T&F Championships, Aubièrre, 25-26 February

More indoor walk championships, this time in France where Antonin Boyez and Sylwia Korzeniowska took the titles.

Men 5000m Walk

1.	Antonin Boyez	20.34.29
2.	Xavier Le Coz	20.47.91

Women 3000m Walk

1.	Sylwia Korzeniowska	12.48.91
2.	Fabienne Rinero-Chanfreau	13.45.72

France vs Germany vs Italy Junior Indoor Match, Val-de-Reuil, France, Saturday 3 March

Anna Clemente of Italy 13:45.68 and Nils Brembach of Germany 20:31.85 were the winners of the track walks in the France vs

Germany vs Italy Junior Indoor match last Saturday.

Men 5000m Walk

1.	Nils BREMBACH	GER	93	20:31.85
2.	Vito MINEI	ITA	94	20:41.78
3.	Keny GUINAUDEAU	FRA	93	21:48.75
4.	Adrien CASSAGNES	FRA	94	21:49.60
5.	Marvin SCHNABEL	GER	93	23:08.26
6.	Francesco FORTUNATO	ITA	94	DQ

Women 3000m Walk

1.	Anna CLEMENTE	ITA	94	13:45.68
2.	Coralie MELLADO	FRA	93	14:03.92
3.	Elena POLI	ITA	93	14:23.84
4.	Charlotte KOBUS	GER	96	14:26.47
5.	Emilie TISSOT	FRA	93	14:35.24
6.	Maxi WOELKE	GER	95	DQ

THE 2012 OCEANIA RACEWALKING CUP RESULTS AMENDMENT

I must apologise that the results for the Oceania Racewalking Cup as published in last week's newsletter were incorrect. I inadvertently left Kyle Malone out of the overall points calculation. In fact, Kyle was 4th in the U23 Men's contest with an excellent walk in the tough conditions. No changes to the overall winning teams but a rather glaring error. The correct results now read 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

For completeness, the final Oceania Racewalking 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

20km Women

1.	Regan Lamble	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 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

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

The results on the RWA website have been updated to reflect this: <http://www.rwa.org.au/aevents-2.shtml>.

WINTER SEASON FORWARD PLANNING

As most clubs are probably starting to plan their winter seasons, a quick hands up on the key dates

- **LBG Carnival**, Canberra, Sunday 10 June.
- **Australian Masters 20km Championships**, Middle Park, Melbourne, Sunday 24 June
- **Racewalking Australia Postal Challenge**, each club in its own State, weekend of 14-15 July. As per previous years, we allow clubs to stage this event on this weekend or on the weekend before or after, depending on what fits best with each club/State fixture.
- **Australian Roadwalking Championships**, Adelaide, Sunday 26 August.
A.A. has advised that this is the likely date and that we should factor it in. However, they have not completely confirmed it yet. We are going with that date for our VRWC calendar and recommend you do the same.
- **Racewalking Australia 50km Championship for Women**, Middle Park, Melbourne, Sunday 9 September.
This is a relatively new initiative to promote longer distance events for our women. It was held for the first time in 2011

and VRWC will host it once again in 2012 on the same fixture as our Victorian 50km championship for men.

Our **VRWC draft winter fixture** is now up on our website so Victorian walkers are invited to review it and feed back any concerns. Dates have been cleared with VMA, AV and Parks Victoria so it is pretty firm at this stage. You can check it out at <http://www.vrwc.org.au/vrwcw12.html>

WALKING CAPTURED FOR POSTERITY

In the parkland adjoining the International Olympic Committee (IOC) headquarters in Lausanne-Vidy, Switzerland, you can find the following statue titled WALK TO THE WORLD (Tian Jinduo). It was presented to the IOC by the National Olympic Committee of the People's Republic of China. (Photo DP / FSM)



Walk To The World – Lausanne, Switzerland (photo <http://www.swisswalking.org/marche/marche.php>)

FOR BOOKMARKING

Amongst the many fantastic athletics sites out there are two that have been taking a bit of my time lately.

- **The Road to London Olympics** is a blogsite run by Francisco-Javier Monguilan from Navarra in Spain. It is one of the best athletics sites I have ever seen - every month he keeps adding comprehensive articles on the main players in all the Track and Field disciplines - and the associated photos and videos are superb. The walks have not missed out with articles on Olga Kaniskina, the Chinese walkers in Italy and the emergence of the Colombian walkers. Check out and bookmark <http://moti-athletics-roadtoolympics.blogspot.com.au/>
- **Blogue O Marchador** is the brainchild of Portugese racewalk enthusiasts Carlos Gomes, José Dias and Luís Dias. It comes in two forms
 - Almost daily bulletins which are added to website <http://www.omarchador.blogspot.com.au/>
 - A very comprehensive facebook page at <http://www.facebook.com/profile.php?id=100001728069757>If you want to know the latest, these are the guys to tell you about it. Again, check out and bookmark.

And it was from reading the daily bulletins from Blogue O Marchador that I decided it was time for another profile. On 29th February, they wrote a short piece on the great Mexican Walker **Raúl González**, on the occasion of his 60th birthday. See <http://omarchador.blogspot.com.au/2012/02/con-mucho-afecto.html>. And now onto my own effort.

RAÚL GONZÁLEZ – MEXICAN WALKER EXTRAORDINARY

One of the most significant events in the history of racewalking quietly took place in 1966 when Mexico hired a group of foreign coaches to help their athletes prepare for the 1968 Olympic Games. Amongst the new arrivals was Polish coach Jerzy Hausleber who went on to revolutionize walking and single handedly lead Mexico to the top of world walking.

An unknown 29 year old army sergeant by the name of Jose Pedraza claimed the nation's first international title when he won the 10,000m walk at the 1966 Central American and Caribbean Games in San Juan, Puerto Rico. He was soon to become world famous when in the Mexico Olympics he went within a whisker of taking gold in the 20km walk. After 85 minutes of hard walking in the thin high altitude air of Mexico City, Volodymyr Golubnichiy had entered the stadium in first place, followed closely by teammate Nikolai Smaga. Then the 60,000-plus spectators went wild as Pedraza appeared. Two hundred metres from the finish, Pedraza passed Smaga and set his sights on Golubnichiy. Pedraza's style seemed far from legal and he received three cautions. But it would have taken a suicidal judge to disqualify him while the stadium echoed with chants of "May-hee-co" and "Pay-drah-zah." An international

incident was avoided when Golubnichiy drew away slightly in the homestretch to win by a mere three yards.

With racewalking now a high profile event in Mexico, Hausleber was soon in charge of a large squad of would-be champions, led by two walkers who would go on to become legends in their own right - Daniel Bautista and Raúl González who was one of my heroes as a young walker.

Raúl González Rodríguez was born on 29th February 1952 in Rancho Las Lajas, in the Nuevo Leon, Mexico. From 1971 (aged 19) to 1987, he competed internationally, earning 13 medals in international competitions. Let's start by reviewing the list.

1971	Central American and Caribbean Champs	Kingston, Jamaica	3 rd	10 km	
1972	Olympic Games	Mexico City, Mexico	20 th	50 km	4:26:13
1974	Central American and Caribbean Games	Santo Domingo, Dominican Republic	1 st	20 km	
1976	Olympic Games	Montreal, Canada	5 th	20 km	1:28:18
1977	World Race Walking Cup	Milton Keynes, England	1 st	50 km	4:04:16
1978	Central American and Caribbean Games	Medellín, Colombia	2 nd	20 km	
1979	Pan American Games	San Juan, Puerto Rico	1 st	50 km	4:05:17
	World Race Walking Cup		4 th	50 km	3:46:36
1980	Olympic Games	Moscow, Soviet Union	6 th	20 km	1:27:48
			DNF	50 km	-
1981	World Race Walking Cup	Valencia, Spain	1 st	50 km	3:48:30
	Central American and Caribbean Champs	Santo Domingo, Dominican Republic	2 nd	20 km	
1982	Central American and Caribbean Games	Havana, Cuba	2 nd	20 km	
			1 st	50 km	
1983	World Race Walking Cup	Bergen, Norway	1 st	50 km	3:45:36
	Pan American Games	Caracas, Venezuela	2 nd	20 km	1:29:21
			1 st	50 km	4:00:51
	World Championships	Helsinki, Finland	9 th	20 km	1:22:06
			5 th	50 km	3:53:51
1984	Olympic Games	Los Angeles, United States	2 nd	50 km	3:45:36
1987	Pan American Games	Indianapolis, United States	2 nd	50 km	4:07:27
	World Championships	Rome, Italy	11 th	50 km	3:53:30

His most notable victories included wins in the 1977, 1981 and 1983 World Walking Cups, the 1979 and 1983 Pan American Games and the 1984 Olympics, all over 50km. In perhaps his greatest double, he took silver in the 1984 Olympic 20km event as well.

Regarded by most commentators as the fairest technician in the world, he did not fit the usual Mexican mould of small walkers with blinding leg speed. Standing 5'9" (175 cm) and weighing 141 lbs (64 kg), his build was more typical of the top European walkers and his long ranging stride covered the ground effortlessly. I don't have much footage on him but the following poor quality YouTube video shows him winning the Olympic 20km in 1984: <http://www.youtube.com/watch?v=2R9Sykf-2Zo>.



González the perfect stylist

In the space of 12 months, he rewrote the record books in the 50km event. First in April 1978 in Mixhua, Mexico, he took a huge 7 minutes of Bernd Kannenberg's world record with 3:45:52. Two months later in June 1978 in Podebrady, Czechoslovakia, he improved the mark a further 4 minutes to record 3:41:20 (this time is still the North American record 34 years later). Then in 1979 in Bergen, Norway, he set a new track world record of 3:41:38.4. Since then walkers have chipped away at the records but no one in the last 40 years has raised the bar to the same extent as González. Consider the World Record Progression

4:40:15	Hermann Müller (GER)	1921-09-07	Munich, Germany
4:36:22	Karl Hähnel (GER)	1924-09-24	Berlin, Germany

4:34:03	Paul Sievert (GER)	1924-10-05	Munich, Germany
4:30:22	Romano Vecchiatti (ITA)	1928-09-16	Rome, Italy
4:26:41	Edgar Bruun (NOR)	1936-06-28	Oslo, Norway
4:24:47	Viggo Invorsen (DEN)	1941-08-17	Odense, Denmark
4:23:40	Josef Doležal (TCH)	1946-08-04	Poděbrady, Czechoslovakia
4:23:14	Josef Doležal (TCH)	1952-08-24	Poděbrady, Czechoslovakia
4:20:30	Vladimir Ukhov (URS)	1952-08-29	Leningrad, Soviet Union
4:16:06	Josef Doležal (TCH)	1954-09-12	Poděbrady, Czechoslovakia
4:07:29	Anatoliy Yegorov (URS)	1955-11-17	Tbilisi, Soviet Union
4:05:13	Grigoriy Klimov (URS)	1956-08-10	Moscow, Soviet Union
4:03:53	Anatoliy Vedyakov (URS)	1959-08-13	Moscow, Soviet Union
4:03:02	Abdon Pamich (ITA)	1960-10-16	Ponte San Pietro, Italy
4:01:39	Grigoriy Klimov (URS)	1961-08-17	Leningrad, Soviet Union
4:00:50	Mikhail Lavrov (URS)	1961-09-05	Kazan, Soviet Union
3:55:36	Gennadiy Agapov (URS)	1965-10-17	Alma Ata, Soviet Union
3:52:45	Bernd Kannenberg (GDR)	1972-05-27	Bremen, West Germany
3:45:52	Raúl González (MEX)	1978-04-23	Mixhuca, Mexico
3:41:20	Raúl González (MEX)	1978-06-11	Poděbrady, Czechoslovakia
3:40:46	Josep Marín (ESP)	1983-03-13	Valencia, Spain
3:38:31	Ronald Weigel (GDR)	1984-07-20	Berlin, Germany
3:38:17	Ronald Weigel (GDR)	1986-05-25	Potsdam, Germany
3:37:41	Andrey Perlov (URS)	1989-08-05	Leningrad, Soviet Union
3:37:26	Valeriy Spitsyn (RUS)	2000-05-21	Moscow, Russia
3:36:39	Robert Korzeniowski (POL)	2002-08-08	Munich, Germany
3:36:03	Robert Korzeniowski (POL)	2003-08-27	Paris, France
3:35:47	Nathan Deakes (AUS)	2006-12-02	Geelong, Australia
3:34:14	Denis Nizhegorodov (RUS)	2008-05-11	Cheboksary, Russia

He was also no slouch over 20km, with a PB of 1:21:49, set in 1984.

Like many of the walking champions before and after him, he walked from the front, never scared to lay his cards on the table for all to see. His 1984 Olympic 50km victory was one such race. The day was hot as the race started and it only got hotter for its 4 hour duration. He went out very hard, taking a chance in the heat, broke the field open and had dropped everybody by 40km, eventually winning by almost six minutes.



González wins the 1984 Olympic 50km title in Los Angeles and is mobbed by the many Hispanic fans

But the race which sits in the forefront for me is his 4th place in the 1979 World Cup 50km in Eschborn, West Germany. Colin Young's report in the Athletics Weekly sums it up

50 Kilometres: Raul Gonzales The Incredible

(September 30th; 08.00 hrs) Willi Sawall, blasted off as if it were a 10km race but within a couple of kilometres the impeccable Raul Gonzales had taken the lead and proceeded to reel off the following 5km splits - 21:31, 21.16 (42:47), 21:20, 20:56! (1:25:03), 21:10, 21:16 (2:07:29) - in the most outstanding piece of race walking I, and probably anyone else, have ever witnessed. It seemed impossible that he could maintain anything like this incredible pace for the full distance, and so it proved as Raul suddenly slowed after 35km (2:30:43).

Chasing the Mexican were his colleagues Enrique Vera, Martin, Bermudez and Pedro Aroche (later disqualified), the Soviet trio of Viktor Dorovskikh, Vyacheslav Fursov and Pyotr Melnik, and the gutsy Sawall from Australia. At halfway Sawall surprisingly burst away from the group but was recaptured and quickly dropped; however he showed his world class ability by

hanging on to finish 10th in 3:51:08 and will undoubtedly benefit from the experience in Moscow next year. With Gonzales in sight, the group broke up at 40km, Vera taking the lead from Dorovskikh, Bermudez and Fursov. Into the final lap it looked odds-on a victory for the diminutive Mexican, much improved in technique following his long stay in Britain and France after the last Lugano Cup, However, Bermudez had passed a now rather ragged Dorovskikh and, putting in a storming finish, caught Vera in the final kilometre for a sensational victory in 3:43:36. Amidst all the excitement Gonzales had somehow recovered and, finishing strongly, repassed Fursov to make certain that Mexico retained the trophy.

The brilliant young East German, Dietmar Meisch, left the main bunch early in the race, caught Otto Bartsch and later Sawall only to be caught in the final kilometre by 'the fastest finisher of all, Jose Marin, who had 10km splits of 46:20, 55:31, 46:18, 46:09 and 45:28! The Fiamme Gialle trio of Paolo Gregucci, Sandro Bellucci and Domenico Carpentieri all had tremendous races, with the last named surprising everyone With his well judged, sustained effort. For once, Gerhard Weidner was not the first West German home, having almost a mediocre race (4:01:01!) in comparison with others around, and it was Hans Binder who pleased home fans with a sterling performance.

I was in that race and walking a PB yet he lapped me as if I was standing still. It was at that time I realised that a 50km performance in the low 3:30's was possible. That realization has yet to be fulfilled. When Nathan Deakes set his world record of 3:35:47 in December 2006, his 30km split was around 2:08:00, some 30 secs behind Gonzalez at that point.

It is tantalising to consider a cross-era 50km including the likes of Gonzalez, Kannenberg, Korzeniowski, Deakes and Nizhegorodov, all equally prepared and trained and all equally set to race. They would all be keen to take the lead and stamp their authority on the race and the pace would be on from the gun. Who would win – no one can say but would I love to be trackside!

Happy 60th birthday Raúl.



González in his last international race in 1987 (in green on right) – handing over the baton to the next generation



2007 at the IAAF World Champs in Osaka at the Mexican feed station in the 50km event

WHAT'S COMING UP

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
11 Mar	Coburg 6 Hour Track Championships (Run/Walk)	Coburg, Melbourne
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 on this weekend (**9-11 March**). The 5000m walks will open the championships on Friday evening at 6:20PM and it should see some great walking. More in next week's newsletter.

This Sunday sees the **Coburg 6 Hour Track Championships** at the Harold Stevens Athletics Track at Coburg. It features separate championships for walkers and runners and a number of our top ultra walkers will be in action. Results next week.

The following weekend sees the **Australian Junior Track & Field Championships** in Sydney with walks ranging from U14 to U20. See http://www.athletics.com.au/freestyler/files/entry%20list%20as%20at%206%20march_4f558f6b9d0dd.pdf for a full list of competitors.

Entries close on Thursday for the **Victorian Masters Track & Field Champs**, to 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. Hurry up and download the form from the link below to enter.
<http://www.athsvic.org.au/cache/MeetFile/15380Vic%20Masters%20T%26F%20Entry%20Form%20%26%20Spec%20Sheet.pdf> .

Entries have now closed for the **Australian Masters Track & F Champs**, to be held at Lakeside Stadium in Albert Park over Easter (**5-9 April**). 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.
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, Jyvaskyla, Finland
May 12-13, 2012	25th IAAF World Race Walking Cup, Saransk, Russia
July 10-15, 2012	14th World Junior Championships, Barcelona, Spain
July 27-Aug 12, 2012	30th Olympic Games, London. See http://www.london2012.com/

Remaining 2012 IAAF Race Walking Challenge Dates

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)