



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2011/2012 Number 25  
20 March 2012



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### TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Michelle Thompson** whose 6 Hour distance of 54.636km bettered her own Australian Residential record of 53.874km and also bettered English walker Sandra Brown's All-Comers record of 54.180km.

This week sees a three way contest between some very worthy contenders. It was hard to restrict it to just three but here it is! As usual, you can cast your vote at <http://www.vrwc.org.au>.

- 65 year old **Andrew Jamieson** recorded a huge time of 24:18.06 in winning the VMA M65 5000m walk last Sunday in Melbourne. This time takes a further 28 secs off the World Masters M65 record he set the week before at Lakeside Stadium in Melbourne and continues his astounding world masters record spree that has extended over the last 15+ years.
- 15 year old **Jasmine Irshad** won her first ever national championship in Sydney when she walked a huge PB of 14:56.84 in winning the U16 3000m walk last Thursday. Having just about given walking away last year, she bounced back in the best possible way this summer, taking over a minute off her PB and plumbing new depths.
- 19 year old **Rachel Tallent** added yet another title to her impressive list with a win in the U20 10,000m walk in Sydney on Friday in a time that bettered the World Junior qualifying standard. This gives her automatic selection for the 2012 World Junior Champs and it means she will do the World Cup / World Junior double this year.

### ATHSVIC TV FOOTAGE – VICTORIAN 5000M OPEN WALK

David Armstrong of athsvicTV has done it again with another quality video – this time of last week's Victorian 5000m Walk championships at Lakeside Stadium – see <http://www.youtube.com/watch?v=Qffmzr54IOk>

### AUSTRALIAN JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 14-18 MARCH 2012

The Australian Junior T&F Championships were held over 5 days leading into and including last weekend and it was great to see nearly all of our top youngsters in action at the 2000 Olympic venue in Sydney.

Day one (last Wednesday) saw the first walks scheduled – the U17 and U18 5000m – with **Amelia Finnegan** 25:11.95, **Jasmine Dighton** 25:59.51, **Jesse Osborne** 21:29.09 and **Nathan Brill** 21:30.04 crowned as Australian champions. All four won their respective championship races at this meet last year and a year later they were all back on the top of the podium again. There were plenty of PBs amongst the field but none bigger than Victorian **Kyle Bird** whose bronze medal performance of 25:11.22 took over 2 minutes off his best time in his very first season of walking.

#### Women 5000m Walk Under 18

1.	Finnegan, Amelia	VIC	25:11.95	
2.	Hockley-Samon, Jmara	VIC	25:49.52	
3.	Potezny, Jemma	SA	25:53.99	PB 0:02
4.	Denney, Hannah	NSW	27:39.99	PB 0:10
	Porley, Tabitha	NSW	DNF	
	Southern, Shay	NSW	DQ	

#### Women 5000m Walk Under 17

1.	Dighton, Jasmine	NSW	25:59.51	PB 0:12
2.	George, Stephanie	VIC	26:16.70	
3.	Taylor, Rachele	TAS	26:36.41	PB 0:11
4.	Holt, Kate	WA	26:48.43	
5.	Martin, Katya	QLD	27:31.15	
6.	Walker, Emma	TAS	28:20.47	PB 0:26
7.	Burren, Sarah	VIC	28:32.41	
8.	Barendregt, Amanda	NSW	29:05.41	PB 0:05
9.	Sims, Jesse	QLD	31:31.85	

10. Boardman, Lucy-Rose QLD 32:18.34

#### Men 5000m Walk Under 18

1. Osborne, Jesse QLD 21:29.09  
2. Felton, Jay NSW 23:55.73  
3. Bates, Harry ACT 24:27.40  
4. Birch-Ward, Kurtis NSW 25:52.95  
5. Killen, Matthew NSW 27:32.90

#### Men 5000m Walk Under 17

1. Brill, Nathan VIC 21:30.04  
2. Partington, Zac WA 23:32.86  
3. Bird, Kyle VIC 25:11.22 PB 2:06  
4. Gibbons, Carl NSW 25:25.53 PB 1:47  
5. Taylor, Lucas VIC 25:37.39  
6. Dredge, Jason NSW 27:43.83 PB 0:56  
McShanag, Connor VIC DQ

Last Thursday saw the U15 and U16 walkers in action over 3000m with gold medals going to **Jasmine Irshad** 14:56.84, **Jemima Montag** 14:17.75, **Billy Allamby** 14:15.02 and **Tyler Jones** 13:46.87. While Jemima, Billy and Tyler were repeat winners (they won these champs last year as well), it was a huge step forward for Jasmine who is a different walker since her Falls Creek camp at the start of the year. Another to stand out was Qld walker **Clara Smith** 14:30.84 who is another walker new to the sport and making big inroads into her times.

#### Women 3000m Walk Under 16

1. Irshad, Jasmine VIC 14:56.84 PB 0:20  
2. Romer, Madyson NSW 15:08.28 PB 0:28  
3. Resch, Ashleigh ACT 15:09.18  
4. Hunt, Zoe ACT 15:28.22 PB 0:25  
5. Martin, Katya QLD 15:51.59  
6. Hill, Jayde NSW 15:59.97  
7. Grujoski, Stephanie NSW 16:27.95  
8. Beasley, Bryony NSW 17:14.76  
9. Sims, Jesse QLD 18:44.00  
Sanders, Jade VIC DQ

#### Women 3000m Walk Under 15

1. Montag, Jemima VIC 14:17.75  
2. Smith, Clara QLD 14:30.84 PB 0:18  
3. Hamilton, Emily VIC 15:39.05 PB 0:15  
4. Hunt, Tahlia TAS 15:41.79 PB 0:19  
5. Minett, Rhiannon NSW 16:48.82 PB 0:04  
6. Henderson, Emma QLD 17:21.65  
7. Kelland, Sarah NSW 18:42.56  
Potezny, Julia SA DNF  
Hopkins, Karina ACT DQ

#### Men 3000m Walk Under 16

1. Allamby, Billy VIC 14:15.02 PB 0:21  
2. Doyle, Tom NSW 14:23.08 PB 0:19  
3. Garganis, Adam VIC 14:28.00 PB 0:38  
4. Rose, Louis TAS 14:49.15 PB 0:03  
5. Dhu, Ethan NSW 15:07.07  
6. Mylonas, Adam NSW 18:01.40

#### Men 3000m Walk Under 15

1. Jones, Tyler NSW 13:46.87 Eq PB  
2. Hopkins, Thomas ACT 15:27.19  
3. Miles, Trent QLD 15:28.64  
4. Walmsley, Reese VIC 15:45.33 PB 0:08  
5. Kerr, Aidan NSW 15:50.82 PB 0:13  
6. Estrada, Patrick NSW 16:49.21 PB 0:24  
Brown, Nathan NSW DQ

Friday saw the U14 3000m and the U20 10,000m walks. The U14 walks saw two new champions in **Kyle Swan** 14:54.29 and **Jasmyn McDonald** 14:43.45. In fact Kyle's walk broke the current Victorian Under 13 3000m record so was particularly noteworthy from a local perspective. **Callum Burns** 15:08.03 and **Leah McDonald** (no relation to Jasmyn) 15:18.09 were very worthy silver medallists, walking times that could have won in many previous years.

**Mens 3000m Walk Under 14**

1.	Swan Kyle	99	VIC	14:54.29	New Vic U13 Record
2.	Burns, Callum	00	ACT	15:08.03	PB 0:55
3.	Bedford, Kyle	00	NSW	15:54.41	
4.	Glover Jordan	99	NSW	16:45.38	
5.	Thomson Ryan	00	NSW	16:52.09	PB 0:46
6.	O'Connell Declan	99	NSW	16:53.13	
	Richardson, Dylan	00	NSW	DQ	

**Womens 3000m Walk Under 14**

1.	McDonald Jasmyn	99	NSW	14:43.45	eq PB
2.	McDonald Leah	00	NSW	15:18.09	PB 0:19
3.	Cross Anna	99	SA	15:38.04	
4.	Francis Lucy	99	NSW	15:49.89	PB 0:41
5.	Woodward Mikaela	99	QLD	16:10.75	
6.	Brackin Aimee	99	QLD	16:29.36	eq PB
7.	George Hayley	00	VIC	16:45.68	PB 0:08, new VRWC U12 Club Rec.
8.	Kalemusic Danielle	99	NSW	16:54.39	PB 0:10
9.	Bardsley, Jordan	99	ACT	17:33.31	PB 0:33
10.	Dhu Abbey	00	NSW	18:03.27	
	Hunt, Gabby	00	ACT	DQ	
	Hopkins, Emily	99	ACT	DQ	

The final two walk events on the program were the U20 10,000m walks and these were also the official 2012 World Junior Trials. The Australian World Junior qualifying standards are set at 44:05 (men) and 49:25 (women) so there was a lot of interest in who would take the placings and what sort of times they could produce. It was a humid evening and the walkers obviously found it tough as times were generally slower than expected. In the women's event, **Rachel Tallent** 48:59.40 and **Jessica Pickles** 49:21.03 were both under the qualifying standard so have cemented their places in the team. In the men's event, **Blake Steele** won with 44:23.03, just outside the standard, but he has a recent PB time of 43:27 so be an automatic team selection. But **Jesse Osborne** was outside the required standard with his time of 44:36.78 so looks to have missed his opportunity. The only other male walker to have qualified is **Brad Aiton** who has a PB of 42:51, done last month in Brisbane, but he finished behind Jesse and was then informed he had been disqualified. Brad will have to wait and see what the selectors decide to do about filling the second male spot. And a special mention to 15 year old **Nathan Brill** who took bronze in the men's event with 45:00.40 – another solid walk from the young Victorian.

**Women 10000m Walk Under 20**

1.	Tallent Rachel	93	VIC	48:59.40	
2.	Pickles Jessica	94	QLD	49:21.03	
3.	Jennings Shannon	93	NSW	51:25.44	PB 0:55
4.	Klein Kirsty	94	NSW	52:25.02	
5.	Bettiol Amy	95	NSW	53:14.96	
6.	Finnegan Amelia	95	VIC	53:22.71	
7.	Potezny Jemma	96	SA	54:10.18	
8.	Watson Hannah	94	WA	54:41.00	PB 2:11
9.	Goznik Kristie	93	SA	56:15.31	
10.	Holt Kate	96	WA	56:53.15	PB 0:11
11.	Psarianos, Dimitria	93	NSW	59:26.31	
12.	Hockley-Samon Jmara	95	VIC	59:43.77	
	Campbell, Caitlin	94	VIC	DQ	

**Men 10000m Walk Under 20**

1.	Steele Blake	93	SA	44:23.03	
2.	Osborne Jesse	95	QLD	44:36.78	
3.	Brill Nathan	96	VIC	45:00.40	
4.	Felton Jay	95	NSW	49:45.82	
5.	Washburn Steven	94	NSW	52:03.04	
	Rose, Louis	97	TAS	DQ	
	Aiton, Brad	94	QLD	DQ	

And now onto a great selection of photos compliments of Athletics Victoria and various facebook pages! Thanks to everyone who forwarded photos to me.



**Victorians Reese Walmsley, Kyle Bird, Emily Hamilton, Adam Garganis, Jemima Montag and Jasmine Irshad**



**Jemima Montag on her way to victory in the U15 3000m walk**



**Billy Allamby and Jasmine Irshad – victors in Sydney**





**Action from Day 4 – Nathan Brill, Brad Aiton, Jesse Osborne, Blake Steele and Kyle Swan**



**Presentations – Kyle Swan, Jesse Osborne, Blake Steele and Nathan Brill**



**U17 Men 5000m Presentation – Zac Partington, Nathan Brill and Kyle Bird**

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 14 MARCH**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: *Torrential rain poured down just before I reached Santos Stadium. It was not possible to start competition for about half an hour until the rain*

abated to a slow drizzle. Lots of water on track but for those who were present, the 3k walk commenced along with the 5k run.

### 3000m Scratch Walk

	Kim Mottrom	13.00	
	Justin Hill	14.39	
M66	George White	16.31	85.04%
M65	Geoff Byham	18.19	75.85%
W51	Marie Maxted	19.34	67.28%
M68	Roger Lowe	21.34	66.64%
M76	Leigh Smith	21.52	72.79%
M82	Colin Hainsworth	22.41	76.75%
W58	Linda Whitelaw	22.43	61.94%

## VRWC AND VRWC RACES, DOLOMORE OVAL, MENTONE, SUNDAY 18 MARCH 2012

Last Sunday saw the last VRWC summer races and we combined with the Victorian Masters Association at the Mentone track for their annual 5000m track championships. With 43 walkers in all, it was a successful meet and bigger numerically than in the last few years. The women hit the track first and it was Kelly Ruddick who led the whole way for a fine time of 23:08. Kelly was also the best from a Masters Percentage factor, her performance being ranked at 87.62%. Gwen Steed, Liz Feldman, Marlene Gourlay and Alison Thompson were also above the 80% mark with their walks.

### VMA 5000m Championship Women

1	W30	Wallace, Anna	30:00	65.94%
1	W35	Ruddick, Kelly	23:08	87.62%
1	W50	Elms, Donna	32:24	68.86%
1	W59	Thompson Alison	30:13	80.85%
1	W60	Gourlay, Marlene	30:03	82.24%
2	W60	Feldman, Liz	31:08	82.27%
3	W60	Johnson, Celia	33:53	76.56%
1	W65	Steed, Gwen	33:20	83.29%
1	W70	Machin, Sylvia	35:40	
2	W70	Beaumont, Margaret	41:20	71.42%
3	W70	Hugo, Beverly	41:59	
1	W75	Mews, Pam	51:33	61.32%
1	W80	Browning, Betty	46:38	

The Masters men were next off and the pace was on from the start with former international Paul van Kopplen winning as he liked in 22:33. Further back, M65 maestro Andrew Jamieson was battling it out with another former international in Mark Thomas and it was Andrew who eventually got the upper hand, finishing with 24:18.06 ahead of Mark with 24:30. Andrew's time provided the highlight of the meet, cutting nearly 30 secs off the **M65 World Record** he set only a week before at the Victorian Open Championships. It was a truly awesome performance and omens well for the forthcoming winter season. Ralph Bennett was another to walk excellently with his 27:58 M70 performance rating at 89.56%.

### VMA 5000m Championship Men

1	M35	Patterson, Adam	29:31	63.57%
2	M35	Thillaiundaran, Anand	30:31	60.28%
1	M40	Van Kopplen, Paul	22:33	86.55%
2	M40	Seid-Christmass, James	25:06	77.75%
1	M45	Thomas, Mark	24:30	82.99%
1	M50	Evans, Simon	24:57	82.88%
1	M55	Riddoch, Clyde	27:59	78.63%
2	M55	Reid, Ross	28:33	76.35%
3	M55	Skrucany, Rudolf	32:36	66.25%
1	M60	Gray, Michael	30:48	
2	M60	Barrow, Geoff	32:49	70.48%
1	M65	Jamieson, Andrew	24:18.06	97.31% <b>M65 World Record</b>
1	M70	Bennett, Ralph	27:58	89.56%
2	M70	Wicks, Barrie	37:39	67.35%
1	M75	Summers, Harry	35:12	77.01%
2	M75	Silcock-Delaney, Colin	39:13	72.23%

The next race on offer was a VRWC club event with 5000m or 3000m on offer and Simon Evans, Rudolf Skrucany and James Seid-Christmass were back in action along with Kyle Swan and Gordon Onley.

### VRWC 5000m Walk

1.	Evans, Simon	26:53
2.	Skrucany, Rudolf	34:35

### VRWC 3000m Walk

1.	Seid-Christmass, James	17:25
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- |    |                             |             |
|----|-----------------------------|-------------|
| 2. | Swan, Kyle<br>Onley, Gordon | 17:25<br>DQ |
|----|-----------------------------|-------------|

With the Victorian Little Athletics T&F Finals to be held next week in Melbourne, a number of our younger walkers were after a final 1500m hitout and there were quite a few PBs amongst the finishers in our last race for the morning. Josh Kaiser, fresh from his bronze medal in the Victorian Open 5000m last week, led the way from his much younger co-competitors and was rewarded with his own PB of 6:27. We also welcomed first time VRWC walkers in Jack Stone and Francesca Vile.

**VRWC 1500m Walk**

- |     |                         |       |
|-----|-------------------------|-------|
| 1.  | Kaiser, Josh            | 06:27 |
| 2.  | Guy Rachael             | 07:29 |
| 3.  | Burren, James           | 07:36 |
| 4.  | Kay, Shelby             | 07:37 |
| 5.  | Swan, Emily             | 07:51 |
| 6.  | McNicol-Davidson, Chloe | 07:53 |
| 7.  | Huse, Phillipa          | 07:58 |
| 8.  | Stone, Jack             | 08:26 |
| 9.  | McNicol-Davidson, Cody  | 08:53 |
| 10. | Miller, Tegan           | 09:00 |
| 11. | Vile, Francesca         | 09:32 |
| 12. | Xuereb, Tara            | 09:41 |

**Officials:** Tim Erickson, Damien Elms, Marlaine Stanway, Alan Lucas  
**Judges:** Peter Vysma (chief), Stuart Cooper, Terry Swan, David Cash, Lloyd Nichols  
**Photographer:** Kelly Davidson

And now some of Kelly's photos. You can see lots more in our VRWC Photo Gallery – <http://www.vrwc.org.au/coppermine>



**Alison Thompson, Liz Feldman, Kelly Ruddick and Gwen Steed**



**Andrew Jamieson, Ralph Bennett, Paul van Kopplen and Mark Thomas**



**Francesca Vile, Rachael Guy, James Burren, Emily Swan, Phillipa Huse and Jack Stone**

**AV EAST REGION POST SEASON COMP, WILLINDA PARK, GREENSBOROUGH, SAT 17 MARCH**

The Athletics Victoria Eastern Zone held another PB meet last Saturday (I did not know about it myself or I might have popped over for a walk) and a small number of walkers attended, David Armstrong being the best of them with his 2000m time of 10:59.4.

**2000m Walk**

1.	Armstrong, David	M56	DIAMOND VALLEY AC	10:59.4
2.	Hammitt, Gary	M54	DIAMOND VALLEY AC	11:29.1
3.	Benke, Geza	M55	OLD MELBURNIANS AC	11:39.4
4.	Champion, Angela	W45	DIAMOND VALLEY AC	13:55.4
	Champion, Gregory	M56	DIAMOND VALLEY AC	DQ

**IAAF RACE WALK CHALLENGE SERIES EVENTS, LUGANO, SWITZERLAND, SUNDAY 18 MARCH**

The third leg of the 2012 IAAF Race Walk Challenge Series was held on Sunday in Lugano, Switzerland. While it may have been wet underfoot, there was nothing slow about the races which saw some superb walking. I take my report from the European Athletics website: <http://www.european-athletics.org/aom/362-meetings-2011/race-walking-permit-meetings/10894-schwazer-in-superb-form-with-italian-20km-walk-record-in-lugano.html>

Italy's Alex Schwazer produced one of the best efforts over 20km in the history of walking at the first of the 2012 European Athletics Race Walking Permit Meetings, the Lugano Trophy - Memorial Mario Albisetti Walking, in the Swiss city of Lugano on Sunday. The 2008 Olympic games 50km walk champion smashed his own Italian record for the distance, set at the same race two years ago when he clocked 1:18:24, when he crossed the line in 1:17:30. It was the sixth best performance ever and only 14 seconds shy of the ratified world record of Russia's Viktor Kanaykin.

The 27-year-old was in front from the gun and went through the first kilometre three second clear of the field in 4:00. However, he was soon joined by Guatemala's Erick Barrondo and the pair were shoulder-to-shoulder for the next 11km, passing 5km in 19:40 and then speeding up to go through the halfway point in 39:06. France's double European 50km champion Yohann Diniz was also never far behind and caught up with the leading pair just before 13km, and then went straight to the front to push the pace. Barrondo started to falter slightly just before the 15km mark, which Schwazer and Diniz reached in 58:32. The European pair then duelled for the next four kilometres before Schwazer accelerated again halfway around the final 2km circuit by the Lugano lakeside to leave Diniz trailing in his wake. The second half of Schwazer's race tells the story - a sensational negative split in which he clocked 18:58 in the final 5km and 3:33 in the final kilometre when he managed to break away from Diniz.

Diniz finished second in a national record of 1:17:43 while there were also personal bests for the three walkers immediately behind him. The Guatemalan finished third with 1:18:25 while Ukraine's Nazar Kovalenko and Ruslan Dmytrenko were fourth and fifth in 1:19:55 and 1:20:19 respectively.

You can follow a few snippets of the extreme action via a couple of YouTube links that Emmanuel Tardi has put up:

<http://www.youtube.com/watch?v=9KyEYdXCAmc&feature=uploademail>  
<http://www.youtube.com/watch?v=DIDHiQUC70U&feature=uploademail>

Schwazer did not start the race with the goal of breaking the meet record but just wanted to test his condition one week before his much-awaited 50km in Dudince, Slovakia. "When my coach asked me what sort of time I thought I could do, I wrote down 1:18:30. To go a minute faster is incredible," said the delighted Schwazer. "I am sure that I will not have any problems in recovering for next week's 50 km race in Dudince where my main goal is to set the qualifying standard for London over the longer distance. Training in ideal conditions in Settimo Milanese with my coach Michele Didoni without distractions has contributed to my recent results. I found



a new enthusiasm after a difficult period and this result is a confidence-booster but I keep my feet on the ground. I have still a lot of work to do before the Olympic Games.

Russia's Tatiana Sibileva took the women's honours in 1:28:03, breaking away from Guatemala's Mirna Ortiz with six kilometres to go. Ortiz finished second in 1:28:54 while Italy's 2008 Olympic Games women's 20km walk bronze medallist Elisa Rigaudo was third in 1:29:25.

France's Aurelien Quinion won the junior men's 10km race in 44:16, after being out in front from 3km. Latvia's Edgars Gjacs was second in 44:32.

Ireland's 2011 World Youth Championships 5000m gold medallist Kate Veale, who is still only 18 and one of the favourites for a medal at the IAAF World Junior Championships in Barcelona in July, was just outside her own Irish junior 10km record when she was the convincing junior women's winner in 47:01, finishing nearly three minutes in front of France's second-placed France's Coralie Mellado.

Here are the main results from each event. Check out the event website <http://www.lugano-racewalking.com/index.asp?lan=eng> for the full result set.

#### 20km Men

1.	SCHWAZER ALEX	ITA	1984	1:17:30
2.	DINIZ YOHANN	FRA	1978	1:17:43
3.	BARRONDO GARCIA ERICK	GUA	1991	1:18:25
4.	KOVALENKO NAZAR	UKR	1987	1:19:55
5.	DMYTRENKO RUSLAN	UKR	1986	1:20:19
6.	HEFFERNAN ROBERT	IRL	1978	1:20:39
7.	LOSEV IVAN	UKR	1986	1:20:48
8.	MOULINET BERTRAND	FRA	1987	1:20:52
9.	GIUPPONI MATTEO	ITA	1988	1:20:58
10.	PAPAMICHAIL ALEXANDROS	GRE	1988	1:21:19
11.	JELONEK JAKUB	POL	1985	1:21:22
12.	LYASHCHENKO IGOR	UKR	1993	1:21:40
13.	LOPEZ MIGUEL ANGEL	ESP	1988	1:21:52
14.	TONTODONATI FEDERICO	ITA	1989	1:22:00
15.	TROFIMOV PETR	RUS	1983	1:22:12
16.	MARTÍN URIOL ÁLVARO	ESP	1994	1:22:12
17.	ZIUKAS MARIUS	LTU	1985	1:22:25
18.	ÇELİK RECEP	TUR	1983	1:23:10
19.	ŞIMANOVICH DZIANIS	BLR	1987	1:23:32
20.	DE LUCA MARCO	ITA	1981	1:23:34
21.	HOUSSAYE CEDRIC	FRA	1979	1:23:55
22.	YARGUNKIN ALEKSANDR	RUS	1981	1:24:09
23.	AMEZCUA BALBOA LUIS	ESP	1992	1:24:10
24.	FILIPOVIC PREDRAG	SRB	1978	1:24:19
25.	RUMBENIEKS ARNIS	LAT	1988	1:25:11
26.	ARCILLA ALLER FRANCISCO	ESP	1984	1:25:21
27.	NKOULOUKIDI JEAN-JACQUES	ITA	1982	1:25:36
28.	BOSWORTH THOMAS	GBR	1990	1:25:49
29.	GARCIA BRAGADO JESUS	ESP	1969	1:25:58
30.	PORRAS HIDALGO JUAN	ESP	1972	1:26:47

#### 20km Women

1.	SIBILEVA TATIANA	RUS	1980	1:28:03
2.	ORTIZ FLORES MIRNA	GUA	1987	1:28:54
3.	RIGAUDO ELISA	ITA	1980	1:29:25
4.	FRANCO NUÑEZ JAMY	GUA	1991	1:30:57
5.	HERRERA PEREZ MAYRA	GUA	1988	1:31:03
6.	VIRBALYTE BRIGITA	LTU	1985	1:31:08
7.	ZAPOUNIDOU DESPOINA	GRE	1985	1:31:08
8.	KWOKA KATARZYNA	POL	1985	1:31:25
9.	SHUMKINA OLENA	UKR	1988	1:31:55
10.	LOUGHNANE OLIVE	IRL	1976	1:32:26
11.	PELANTOVÁ LUCIE	CZE	1986	1:32:53
12.	AIDIETYTE NERINGA	LTU	1983	1:33:05
13.	MADARASZ VIKTORIA	HUN	1985	1:33:34
14.	PINEDO GONZALEZ AINHOA	ESP	1983	1:33:41
15.	KOROTKOVA TATYANA	RUS	1980	1:34:11
16.	FÜSTI EDINA	HUN	1982	1:35:40
17.	YATSEVICH NASTASSIA	BLR	1985	1:36:10
18.	POLLI MARIE	SUI	1980	1:36:48
19.	POLLI LAURA	SUI	1983	1:37:12
20.	IGLESIAS GONZALEZ EVA	ESP	1985	1:37:15

21.	FERNÁNDEZ ANDRÉS MYRIAM	ESP	1981	1:37:16
22.	KAŽEMĀKA ANITA	LAT	1990	1:37:26
23.	GOLBA KATARZYNA	POL	1989	1:37:39
24.	DARAZHUK NADZEYA	BLR	1990	1:38:32
25.	PASTORINO INÈS	FRA	1992	1:39:02
26.	AVEROUS VIOLAINE	FRA	1985	1:39:41
27.	RANDALL SUSAN	USA	1974	1:42:47
28.	AUFFRET LUCIE	FRA	1988	1:43:55
29.	PLATAČE KRISTĪNE	LAT	1990	1:44:18
30.	LAMBERT ELSA	FRA	1976	1:44:25

#### 10km U20 Men

1.	QUINION AURÉLIEN	FRA	1993	44:16
2.	GJAČS EDGARS	LAT	1993	44:32
3.	GUINAUDEAU KENY	FRA	1993	44:38
4.	OZGUR OZAN PAMUK	TUR	1993	44:56
5.	TREANOR JAMES	IRL	1993	45:08
6.	CASSAGNES ADRIEN	FRA	1994	45:57
7.	ARRIGONI MARCO	ITA	1994	47:19
8.	GAUCHET QUENTIN	FRA	1993	47:20
9.	SESTIER ANAEL	FRA	1994	48:43
10.	POLÁŠEK VÍT	CZE	1994	49:09

#### 10km U20 Women

1.	VEALE KATE	IRL	1994	47:01
2.	MELLADO CORALIE	FRA	1993	49:55
3.	LEWIS HEATHER	GBR	1993	50:26
4.	PRENDIVILLE EMMA	IRL	1993	51:32
5.	TISSOT EMILIE	FRA	1993	52:09
6.	BELLAN JULIE	FRA	1993	52:37
7.	CHAMBROVICH ALESIA	BLR	1994	52:47
8.	SCHROETER LAURA	GER	1994	53:02
9.	FOURNET ALICE	FRA	1993	53:10
10.	LORIOU MADISON	FRA	1994	53:50

#### 10km U18 Men

1.	GUERRERO PLAZA MARC	ESP	1995	46:59
2.	LAMANOSA VADZIM	BLR	1995	47:25
3.	VESELOUŠ FILIP	CZE	1995	49:10
4.	COURANT BILLY	FRA	1995	49:33
5.	MORVAY MICHAL	SVK	1996	49:35
6.	GIORDANO MANUEL	ITA	1995	50:25
7.	EATON ALEX	GBR	1995	51:15
8.	SKALKA JIŘÍ	CZE	1995	51:58
9.	GDULA TOMAS	CZE	1997	52:10
10.	GIORDANO MARCO	ITA	1995	53:00

#### 10km U18 Women

1.	DRAHOTOVA ANEZKA	CZE	1995	46:43
2.	DRAHOTOVA ELISKA	CZE	1995	48:45
3.	COLOMBI NICOLE	ITA	1995	50:57
4.	FRYDRYCHOVA ADELA	CZE	1995	51:34
5.	WEBSTER TASHA	GBR	1995	53:08
6.	DOOLEY ELLIE	GBR	1995	53:53
7.	PEREZ LAURA	FRA	1995	55:48
8.	MENIS GIORGIA	ITA	1996	56:30
9.	NARDONI ALESSIA	ITA	1996	58:07
10.	CORTESI MARIA TERESA	ITA	1996	60:38

#### 10km Masters Men

1.	NASO ANDREA	ITA	1960	48:53
2.	RUZZIER FABIO	SLO	1953	49:15
3.	GINKO VIKTOR	BLR	1965	51:27
4.	RODRIGUEZ JIMENEZ JOSE	ESP	1975	51:34
5.	TSITOGLOU ISAIAS	GRE	1963	51:36
6.	SMOLA JOSEF	CZE	1964	52:27
7.	BAUER DAN	GER	1969	53:02
8.	DELAUNAY RICHARD	FRA	1964	53:49
9.	HAUBRIH ZELIMIR	CRO	1963	53:52
10.	GHIRLANDA PAOLO	SUI	1967	54:47

### 10km Masters Women

1.	MARCOU AMANDINE	FRA	1992	49:16
2.	MOMBELLI ROBERTA	ITA	1968	57:45
3.	MAEDER HEIDI	SUI	1943	60:44



Alex Schwazer, Yohann Diniz, Neringa Aidieyte and Tatiana Sibileva (photos from Emmanuel Tardi)

You can see lots more photos on the Swiss Racwalking website – <http://www.swisswalking.org/photos/photos.php?id=97>.

The next European Athletics Race Walking Permit Meeting will be in Dudince, Slovakia, on 24 March and Alex Schwazer is scheduled to race over 50km there.

### PORTUGUESE ROADWALKING CHAMPIONSHIPS, QUARTEIRA, PORTUGAL, SUNDAY 18 MARCH

Ana Cabecinha and Sergio Vieira were the winners of Sunday's Portugese 20km roadwalking championships at Quarteira in southern Portugal. Cabecinha became the first Portugese woman to break the 90 minute barrier, recording a final time of 1.29.53 to win by just over 1 minute from Inês Henriques with Vera Santos another minute back in third. Passing the halfway mark in 45:16 with Henriques, Cabecinha stormed home in 44:35 in what was a very impressive walk. In the men's event, Sergio Vieira and his brother João were together for most of the race before João retired in the final kilometres. This left Sergio to win by the proverbial mile with 1:25:24, over 5 minutes ahead of second placed Dionísio Ventura. The meet also included Junior, Youth and Masters divisions. The main results are reproduced below.

#### 20km Open Women

1.	Ana Cabecinha	CO Pechão	1.29.53
2.	Ines Henriques	CN Rio Maior	1.30.55
3.	Vera Santos	Sporting CP	1.32.48
4.	Daniela Cardoso	NDA Pombal	1.45.54
5.	Sandra Monteiro	SL Benfica	1.46.45
6.	Sofia Avoila	AD Samouquense	1.52.19
7.	Vitória Oliveira	Liberdade FC	1.59.43
8.	Cátia Guerreiro	CO Pechão	2.09.57
9.	Ana M. Guerreiro	CO Pechão	2.26.27

#### 20km Open Men

1.	Sérgio Vieira	SL Benfica	1.25.24
2.	Dionísio Ventura	FAMA Ferreira do Alentejo	1.31.08
3.	Luís Lopes	Gira Sol-Ramos Catarino	1.33.11
4.	Cristiano António	GA Fátima	1.34.04
5.	Nuno Santos	CF Belenenses	1.42.22
6.	Pedro Santos	CP Corroios	1.42.37
7.	Carlos Leitão	CA Baixa Banheira	1.56.48
8.	Nilson Tavares,	PV (CD Quarteira	2.18.48

#### 10km Junior Women

1.	Filipa Ferreira	CO Pechão	52.10
2.	Nádia Cancela	ACR Senhora Desterro	54.04
3.	Anna Hurlebaus	CN Rio Maior	55.42

#### 10km Junior Men



1.	Samuel Pereira	CA Seia	44.32
2.	Miguel Carvalho	CN Rio Maior)	45.54
3.	Rui Coelho	CA Seia)	47.23

#### 5km Youth Women

1.	Mara Ribeiro	CN Rio Maior	25.56
2.	Edna Barros	CO Pechão	27.08
3.	Elisabete Pinho	C Spiridon Gaia	27.43

#### 5km Youth Men

1.	João Martins	CA Ferreira Zêzere	47.39
2.	Grigore Navin	NDE Tomás Cabreira	48.47
3.	Paulo Afonso	CA Galinheiras	54.05

#### 5km Masters Women

1.	Anabela Moreira	CD Quarteira	27.15
2.	Maria Alice Fernandes	GD Lourocoop	27.55
3.	Lígia Gonçalves	AD Samouquense	28.17

#### 10km Masters Men

1.	Pedro Martins	CA Seia	45.38
2.	Luís Silva	A Académica Coimbra	47.15
3.	Francisco Reis	CA Galinheiras	50.20

### ARTHUR THOMSON SHINES IN THE M75 DIVISION

#### Stop Press: M75 World Record for Arthur Jones

Super-Vet Arthur Thomson of England sliced more than 30 seconds off the M75 World Indoor 3000m record when competing in the Southern Vets AC championships at LVAC on Sunday 11<sup>th</sup> March. His time was 16.29.62 was well ahead of the previous record of 17.02.20 set by Toivo Tuomela in March of 2005. This is an absolutely amazing time for an M75 walker!

### AUSTRALIAN RACE WALKING SERIES UPDATE

The Australian Race Walking Series is a new joint initiative of Athletics Australia and Racewalking Australia that is just finishing its inaugural pilot scheduling. Its aim is to engage and recognise the achievements of athletes in the critical age demographic of 16-22 years. For purposes of completeness, it also includes Open divisions as well. It is fully scoped in <http://www.rwa.org.au/aevents-1.shtml> so read there if you need a refresher on how it all works. Focusing on a number of high profile, quality events around the country, the series will award an overall Winner in the Open, Under 23, Under 20 and Under 18 age groups.

The four target U18/U20 events have now been completed and I am pleased to announce our winners who are as follows

U20 Men	<b>Blake Steele</b>	SA/AIS	30 pts
U20 Women	<b>Rachel Tallent</b>	VIC/AIS	30 pts
U18 Men	<b>Nathan Brill</b>	VIC	34 pts
U18 Women	<b>Jemima Montag</b>	VIC	22 pts

Congratulations to Blake, Rachel, Nathan and Jemima. Although there are no monetary prizes this year, we are arranging some sort of official recognition and are hopeful that next year's competition will be larger in scope and size.

You can check out the final scores in the junior divisions as well as the progressive Points in the Open and U23 divisions in [2012AustRaceWalkingSeries-ProgressivePoints.pdf](http://2012AustRaceWalkingSeries-ProgressivePoints.pdf).

The Open and U23 divisions may have one further round to go, depending on how things work out with the reinstatement of a 5000m walk championship at the Australian T&F Championships next months in Melbourne. This is still pending a final decision by Athletics Australia.

### PONDERING THE WORLD CUP AND WORLD JUNIOR SELECTIONS

In recent weeks, we have seen trials for both the World Cup and World Junior Championships

Sat 25 Feb	Hobart	World Cup Trials for Open 20km and Junior 10km
Fri 16 Mar	Sydney	World Junior U20 10,000m Trail

Let's review the state of play. First to the World Cup Selection Criteria which are very specific: *The first 3 places in the Selection Trial for the 20km and the 10km events will be automatically selected in the team provided they have achieved the performance standard within the AA qualifying period.*

The Australian World Cup Qualifying standards have been published as follows

20km men	1:28:00
20km women	1:36:00
10km Junior men	46:30
10km Junior women	50:00

and the first 3 Australian placings in each of the trials in Hobart were as follows

20km Open Men Australian 20km Summer Championship			
1.	Tallent, Jared	AIS/VIC	1:23:01
2.	Erickson, Christopher	AIS/VIC	1:24:12
3.	Rutter, Adam	AIS/NSW	1:26:04

20km Open Women Australian 20km Summer Championship			
1.	Tallent, Claire	AIS/SA	1:32:58
2.	Lamble, Regan	AIS/VIC	1:36:52
3.	Lee, Beki	AIS/NSW	1:39:16

10km Junior Men World Cup Trial			
1.	Steele, Blake	AIS/SA	43:46
2.	Brill, Nathan	VIC	46:02
3.	Osborne, Jesse	QLD	47:12

10km Junior Women World Cup Trial			
1.	Tallent, Rachel	AIS/VIC	49:28
2.	Pickles, Jessica	QLD	52:45
3.	Jennings, Shannon	NSW	54:25

Putting all this together, 11 of the 12 walkers above (all except Shannon Jennings) had already met the standard within the qualifying period or else met it in the trial so they are all automatic selections in the team if they wish to take up the offer.

Now let's consider the World Junior selection process. The Australian selection criteria state: *The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at least once during the AA Qualifying period. Any second selection is at the selectors' discretion.*

The winners in the two trials last Friday evening were Tallent Rachel (48:59.40) and Steele Blake (44:23.03). The qualifying standards for the World Junior 10,000m walks are 44:05 (men) and 49:25 (women) and both Rachel and Blake have bettered that standard within the qualifying period so they are both automatic selections. As they are both post-Year 12, AA will probably grant them permission to walk in both the World Cup and the World Juniors. Since second placed Jessica Pickles also broke the required time in the World Cup trial race, she will almost certainly be selected as well.

Overall we have the following who have now put themselves into the position of automatic selection if they so desire:

World Cup Open Men 20km	Jared Tallent, Chris Erickson, Adam Rutter (plus up to 2 more)
World Cup Open Women 20km	Claire Tallent, Regan Lamble, Beki Lee (plus up to 2 more)
World Cup U20 Men 10km	Blake Steele, Nathan Brill, Jesse Osborne (full)
World Cup U20 Women 10km	Rachel Tallent, Jessica Pickles (up to 1 more)
World Junior Men U20 10,000m	Blake Steele (up to 1 more)
World Junor Women U20 10,000m	Rachel Tallent (up to 1 more – probably Jessica Pickles)

And finally, there are the five Olympic 50km A qualifiers. It seems safe to assume that they would be automatically selected in the World Cup 50km team if they opted for that event rather than the 20m. So I will assume the following as automatic possibilities:

World Cup Open Men 50km	Jared Tallent, Luke Adams, Nathan Deakes, Chris Erickson, Ian Rayson
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I am sure that the selectors will be looking hard at the performances of the remaining walkers to see who, if any, are to be added to the World Cup teams. With most of the remaining contenders racing in the IAAF Race Walking Challenge Series event in China on Friday 30 March, it might well be their final opportunity to impress the selectors before the team is finalised.

### NEW VRWC CLUB RECORDS

Two more VRWC club records to report this week, compliments of some wonderful walking from Andrew Jamieson and Hayley George.

Andrew Jamieson	M65 5000m Track Walk	24:18.06	Dolomore Oval, Mentone	Sun 18/03/2012
Hayley George	U12 3000m Track Walk	16:45.68	SOPAC, Sydney	Fri 16/03/2012

## SOME NEWS ON THE VICTORIAN 5KM TEAMS CHAMPIONSHIPS

The Victorian 5km Teams Championships will be held on Saturday 5<sup>th</sup> May at Middle Park and will involve teams of 3 or more walkers from the various Athletics Victoria clubs. A recent AV decision has come to my attention whereby they will allow the four Ballarat Clubs (YCW, Harriers, Wendouree & Eureka) to combine and compete as one team – the Ballarat Region - for the AV 2012 Cross Country Season. I have had a chat with AV Competition Manager Michelle James and a decision has been made to allow the same to hold for the country venue clubs in our 5km Teams Championship.

Thus walkers with first claim registrations for clubs at the Bendigo, Ballarat or Geelong venues may choose to combine their teams into a single region team for the 5km Walk Teams Championship if they so desire (obviously we have separate men's and women's competitions so mixed teams are still not allowed). We are hoping that this will encourage more teams to enter overall.

## THE 10 GREATEST WORLD RACE WALKING CUP RACES EVER - HAVE YOUR SAY!

Paul Warburton has published the following fantastic article on the IAAF website. It brings back many memories and is indeed a thought provoking list.

These are the 10 greatest IAAF World Race Walking Cup races in its 51-year history - although if you think this a subjective list, you're dead right. However, the criteria for the 10 included excitement, races that stick in the mind for different reasons, and class walking acts at work. One hopes most athletics fans would be much of the same mind. And yes, there is an order here, so number one lingers longest as the greatest race all the way down to number 10. Have your say! Feel free to discuss, disagree and post alternatives on the IAAF's World Athletics Club page on Facebook.

### 1) Men's 20k, Podebrady 1997

THE sheer speed of this race was breathtaking. At the previous edition in Beijing, two had got under the yardstick 1:20:00. Eleven did it in the Czech Republic town 50k east of Prague. And unlike the concrete tracks in some IAAF World Race Walking Cups – this course had a pronounced slope on a 1k loop. Not that it made any difference to the greatest stylist of all time: Jefferson Perez.

The marvel from Ecuador was a year on from his surprise Olympic 20k win, and despite the frantic pace, only once did he grit his teeth, and that was in the eyeballs out last 500 metres when he dropped all those around to break the tape in an amazing 1:18:24. Such was Perez's acceleration, the only man who stayed with him, Tan Mingjun from China, was disqualified after he crossed the line a second later. Instead, Daniel Garcia followed up his 1993 win with second and arms were thrown aloft for the next minute as PBs got posted all the way through the top 20 on a chilly April day.

### 2) Women's 20k Turin 2002

THIS was athletics theatre mixed with classic emotion – and all the better for it. The backdrop added to the occasion, with the race taken slap bang through the middle of the main shopping street in Turin. Saturday shoppers lingered to swell spectator numbers, and saw Italian Erica Alfridi shed home pressure to mount a marvellous last 1k. Waiting for her at the finish line and screaming at the top of her lungs was her mother. How Ms. Alfridi evaded security and mixed it with officials was never asked. But she could see her daughter coming from a long way down the straight street – and one imagines the Italian walker could see her mum.

A blanket could have been thrown over the first 10 at halfway, and only three had dropped off the pace with 5k to go. There were still three more who harboured hopes of gold over the last 400m. But a maternal pull saw Alfridi edge an elbow in front of Russian Olympiada Ivanova and plunge over the line into the arms of mum with Ivanova crashing into the back, and all three ending in a glorious heap on the floor.

Alfridi never came close to repeating the success. Perhaps mum stayed at home for the rest.

### 3) Men's 50k, San Jose, 1991

THIS was a rare case of a non-winner taking central stage. In fact, bronze medallist Ronald Weigel thought he finished fifth, later to be told it was fourth, only for the German to be then elevated to the podium. As he joked afterwards: "I didn't want to get up there quickly, just in case there was even better news."

Andrey Perlov was leading in the last 400 metres in northern California only to be shown the dreaded red disc of disqualification. Ignoring protocol, the Russian who would be Olympic champion the following year, pushed aside chief judge Gary Westerfield and kept going. The official was having none of it, and hopping onto a golf cart ferrying information around the course, he adapted the famous film cliché: 'Follow that walker!' He jumped out 50m from the finish and clinging on to clipboard and everything else, caught up with Perlov inches from the line before physically shoving him to one side.

What did Perlov say to Westerfield? "I don't know," said the judge, "it was in Russian – but I don't think he was pleased."

Mexican Carlos Mercanario was the eventual winner. Simon Baker (Australia) was second, and when second Russian Aleksandr Potashov also got belated bad news, Weigel made up the places.

### 4) Men's 20k, Monterrey, 1993

THERE is nothing like a hometown winner to engender interest – and Daniel Garcia duly delivered the goods for this one. Race walking is often described as the Cinderella sport of athletics. You would have been hard pressed to call it that after the Mexican won gold. There were scenes reminiscent of the Oscars as cameramen, TV crews, radio and journalists all heaved, argued and fought to get close to the winner and add to the moment. Live national TV wanted a piece of the action, as did just about everyone else, and it more than helped Mexico win the team event as well.

Often seen as a second national sport behind football, walking and Garcia's profile shot up as a result of a last-lap sprint that curiously saw a road underpass used on the 2k loop. He went down in the dark, but when he emerged, it was limelight from there to the finish as Garcia beat Spaniard Valentin Massana by six seconds.



### 5) Men's 50k, Cheboksary 2008

ANYONE who has ever led a marathon or walked 50k will know when you are caught – you usually stay caught. Not so Denis Nizhegorodov. In fact, such was the Russian's power of recovery at 44k when team-mate Vladimir Kanaykin reined him in – he went away again at speed to post the current world record 3:34:14. The race seemed over as Kanaykin moved into first, and for a second Nizhegorodov's head dropped much as it did when he painfully crawled into the Olympic stadium for second in 2004. But this time, he regrouped mentally and posted 8:19 for the fastest 2k lap of the race from 46-48k on a picturesque course that could also be seen from start to finish. The bonus of a natural amphitheatre made by a surrounding hill allowed hometown spectators to marvel in the Russian's supreme effort that bettered Australian Nathan Deakes' record by 1:33. A World record anytime is good, but when achieved in the white heat of a major competition – it supersedes anything achieved using pacemakers and minus any pressure.

### 6) Junior women's 10k, Chihuahua 2010

THE beauty of all sport is the unexpected – and the outsider's win is about as good as it gets in whetting our appetite for more. Russia dominated the junior women's 10k like no one else leading into the last edition at Chihuahua in 2010. Seven out of the previous nine medals had gone their way – the other two went to China. And in Cheboksary in 2008, the race was over after 50 metres. That's how long it took for clear daylight to appear between Russia's chosen three and the rest. So there were short odds on anyone upsetting the eastern appletart in Mexico. But the metaphorical fruit was scattered to the four winds after 8k on a tough, hot day that did nothing for European skin unless it belonged to Antonella Palmisano.

The 18-year-old Italian's PB leading into the race was more than four minutes behind the leading Russian pair. But that counted for little leading into the last lap of five when Palmisano rescued a poor weekend for Italy to defy odds and conditions and win by five seconds from China's Qin He in 47:52. The time was no great shakes, but in championship events, it's all about crossing the line first.

### 7) Men's 20k – Isle of Man 1985

WORLD Walking Cups tend to be on flat courses – but no-one told the good folks at St John's on the Isle of Man. The isle that sits halfway between northern England and Northern Ireland produced a hill on a 2k circuit that only Montjuic in the 1992 Barcelona Olympics came close to replicating. It also appeared towards the end of each lap, so that when three of the finest to ever heel and toe went for it at the end, it looked as if they were going down rather than up – such was the acceleration. But that's what you get with the best.

And it was no surprise when Czech Republic's Jozef Pribilinec crossed the line in 1:21:41 – an excellent time for a brute of a course. However, his joy would have to wait. A third DQ card already had his name on it – and the man who finished second by a second, went top of the podium. Mind you, Spain's Jose Marin was in turn just one second ahead of Maurizio Damilano in one of the closest finishes in Cup history. And all three ended up with other major honours to boast. Marin had already won the 1982 European Championships, and Damilano, 1980 Olympic gold. Pribilinec would have to wait another three years before his golden moment in Seoul.

### 8) Men's 20k, Eschborn 1970

EVEN if there are massive questions marks over the old East German regime – there was no doubt about the quality of this race. It featured three of the best walkers from the 60s and 70s and two Olympic champions. But the winner was a man on the first of two 20k Lugano wins as it was known then.

Hans-Georg Reimann never achieved the lasting fame of Vladimir Golubnichiy and Peter Frenkel, but the GDR champion knew how to sprint in 1970. There was a never a vest-width between the three for the first 16k. But the man wearing number one then lit the afterburners to get the better of adversaries and put seven seconds between he and the great Russian, with Frenkel a further 11 seconds back.

### 9) Men's 20k, Milton Keynes 1977

BRITISH walkers staged a series of fundraisers for the £5,000 needed for the event in the town of the future as Milton Keynes was dubbed. It was somewhat appropriate therefore that after more than a decade of eastern dominance, there were new kids on the block. Strangely, for Mexico, it had been a while coming. After a breakthrough Olympic silver in 1968, it took another eight years before Daniel Bautista provided the gold in Montreal 1976. He was back for this one, and spectators swear it was one of the few occasions they saw a walker 'lifting' (losing contact) going up a slope!

Such was his and Domingo Colin's strength, the two left the rest behind and although there was a comfortable win for Bautista, his amigo had a desperate last 50m when he just held off the fast-finishing Karl-Heinz Stadtmuller to remind everyone the GDR had a way to go before they could be totally forgotten.

### 10) Women's 20k, Mezidon-Canon 1999

IT WOULD be remiss not to mention at least one win by China – but which one? There are plenty to go around after the nation came to walking prominence in the early 1980s. If the tiny little French village of Mezidon never sees another major sporting attraction, it will remember the patient dogged determination of Liu Hongyu.

Pacing a race is as much to be admired as anything else. And the Chinese waited while a series of early leaders, and there were various after two early Russians got reeled in, burnt themselves out, with Liu making a break when it mattered, and winning in a fast time on a hot Saturday by seven seconds over Russia's Natalya Fedoskina.

## WHAT'S COMING UP

Next weekend promises more championship action with key Victorian based dates as follows:

24-25 Mar	Victorian Masters Track & Field Championships	Reischick's Reserve, Doncaster
24-25 Mar	LAVic State T&F Championships	Bendigo

Normally the Lakeside Stadium would be available for at least one of these championships but with the Australian Grand Prix Motor Race cleanup in progress, the Albert Park area is out of bounds. Hmm..the less I say about this the better!

Looking two week further into the future, the Australian Masters Championships will be held in Melbourne (Lakeside Stadium will thankfully be available to them). This is always a hugely popular event and one which highlights our wonderful Masters depth.

5-9 Apr Australian Masters Track & Field Championships Lakeside Stadium, Albert Park

Finally, from 3-8 April, the **World Masters Athletics Indoor Championships** will be held in Jyvaskyla, Finland. I know that a number of Australian walkers are going (Mark Donahoo, David Smythe, etc) so we wish them all the best in what is going to be a superb masters meet. See the championship website at <http://wma2012.jyvaskyla.fi/>.

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

## DATES...DATES...DATES

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

### 2011/2012 Australian/Victorian Summer Season Key Dates

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

### 2011/2012 Victorian Winter Season Key Dates

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

### 2012 International Fixture

Apr 3-8, 2012 **WMA Indoor Championships, Jyvaskyla, Finland** – see <http://wma2012.jyvaskyla.fi/>  
Sun 22 Apr 2012 43<sup>rd</sup> International Race Walking Meet, Naumburg, Germany  
May 12-13, 2012 **25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia**  
July 10-15, 2012 **14<sup>th</sup> World Junior Championships, Barcelona, Spain**  
July 27-Aug 12, 2012 **30<sup>th</sup> Olympic Games, London**. See <http://www.london2012.com/>

### Remaining 2012 IAAF Race Walking Challenge Dates

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

### 2013 International Fixture

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

### 2014 International Fixture

5-6 May 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**  
July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**  
July 23 – Aug 3, 2014 **20<sup>th</sup> Commonwealth Games, Glasgow**. See <http://www.glasgow2014.com/>

### Looking even further forward

August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia**. See <http://www.perth2016.com/>  
Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL**. See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 **32<sup>nd</sup> Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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