



HEEL AND TOE ONLINE

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

Last week's Walker of the Week was 13 year old **Tyler Jones** who was the outstanding walker in the NSWLAA T&F Championships, winning the U14 1500m in a PB time of **6:23.30**. This is yet another quality performance for Tyler who dominates his age group Australia wide.

This week, there is no need for a vote as **Claire Tallent's** superb 20km in Taicang, China, last Friday is in a class of its own. Her fifth place finishing time of 1:28:53 was a PB by over 3 minutes and a performance which propels her to second on the Australian all-time list. You can read all about it later in the newsletter.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 MARCH

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: *G'day Tim, last night's walk at SANTOS Stadium was followed by Presentation of Awards and Medals for summer season. Warm evening, 29c.*

2km Scratch Walk

	Kim Mottrom	8.17
	Justin Hill	8.58
	Amber Tuscharski	10.24
M66	George White	10.30
M59	Jack Russell	10.40
M65	Geoff Byham	11.51
W51	Marie Maxted	12.32
M69	Bill Starr	13.24
W61	Helen Suridge	13.42
M63	John Hore	13.54
M74	Rodger Barber	14.05
M68	Roger Lowe	14.13
M76	Leigh Smith	14.18
W58	Linda Whitelaw	14.32
M82	Colin Hainsworth	14.44
W63	Jan Layng	14.56
W63	Gill White	15.37
W67	Jill Rogers	16.09
W59	Edna Bates	17.06

QRWC SIGN ON DAY, KALINGA PARK, BRISBANE, SATURDAY 31 MARCH 2012

From Adelaide to Brisbane for the opening round of the Queensland Racewalking Club winter season at Kalinga Park. Jesse Osborne was the standout with a fast 22:18 for the 5km roadwalk.

5km Walk

1.	Jesse Osborne	22.18
2.	Ignacio Jimenez	25.50
3.	Peter Bennett	26.56
4.	John Musters	32.15
5.	Patrick Sela	33.15
6.	Noela McKinven	38.15

3km Walk

1.	Aimee Brackin	18.02
2.	Donna Beikoff	20.36

2km Walk

- | | | |
|----|--------------|-------|
| 1. | Ryan Pinchen | 13.26 |
|----|--------------|-------|

1km Walk

- | | | |
|----|----------------|------|
| 1. | Jade-E Pearson | 7.06 |
| 2. | Simone Berndt | 7.07 |

The next QRWC event will be in the form of Handicap races at New Farm Park on Sunday 15th April, starting at 8:00am.

QUEENSLAND OPEN T&F CHAMPIONSHIPS, QSAC, NATHAN, 31 MARCH - 1 APRIL

Jesse was busy last weekend as he also competed in the Queensland Open T&F Championships, winning the men's event with 20:58.02. Jessica Pickles was the women's winner with 24:37.40

Men 5000m Walk Open

- | | | | | |
|----|-----------------|----|--------|----------|
| 1. | Osborne, Jesse | 17 | Qld RW | 20:58.02 |
| 2. | Dewar, Brandon | 20 | Qld RW | 21:52.23 |
| 3. | Nipperess, Dean | 41 | Qld RW | 24:01.14 |
| 4. | Dewar, Nick | 20 | Qld RW | DQ |

Women 5000m Walk Open

- | | | | | |
|----|------------------|----|-------------------|----------|
| 1. | Pickles, Jessica | 18 | University of Qld | 24:37.40 |
| 2. | Sims, Casey | 18 | Athletics North | 31:37.41 |
| 3. | Wright, Jessica | 18 | Jimboomba | 35:52.72 |

SOUTH AUSTRALIAN OPEN T&F CHAMPS, SANTOS STADIUM, MILE END, 31 MARCH - 1 APRIL

South Australia was also in T&F Championship mode and Kristie Goznic 24:51.01 and Kim Mottrom 22:39.48 were the winners.

Open Women 5000m Walk

- | | | | |
|----|----------------|-----------|----------|
| 1. | Kristie Goznic | Elizabeth | 24:52.01 |
| 2. | Megan Szirom | Elizabeth | 24:58.41 |

Open Men 5000m Walk

- | | | | |
|----|-------------|-------------------|----------|
| 1. | Kim Mottrom | Adelaide Harriers | 22:39.48 |
| 2. | Justin Hill | Adelaide Harriers | 24:17.29 |
| 3. | Peter Crump | St Peters | 28:09.36 |

NSW OPEN T&F CHAMPS, SOPAC, SYDNEY, 30 MARCH - 1 APRIL

And finally to NSW for more T&F Championships, this time with golds going to Cheryl Webb 22:37.82 and Kyle Malone 22:33.45.

Open Women 5000m Walk

- | | | | | |
|----|--------------------|----|--------------|----------|
| 1. | Webb, Cheryl | 36 | Blacktown Ci | 22:37.82 |
| 2. | Bettiol, Amy | 17 | Sydney Pacif | 24:28.83 |
| 3. | Klein, Kirsty | 18 | Asics Wests | 24:48.98 |
| 4. | Jennings, Shannon | 19 | Asics Wests | 24:55.52 |
| 5. | Raycanovski, Sarah | 29 | Mingara Athl | 25:44.99 |

Open Men 5000m Walk

- | | | | | |
|----|--------------------|----|--------------|----------|
| 1. | Malone, Kyle | 21 | Nepean Distr | 22:33.45 |
| 2. | Washburn, Steven | 18 | Nepean Distr | 23:48.16 |
| 3. | Felton, Jay | 17 | Mingara Athl | 24:09.64 |
| 4. | Mulhearn, Jordan | 20 | Sydney Unive | 24:25.67 |
| 5. | Birch-Ward, Kurtis | 17 | Sutherland D | 25:21.34 |

IAAF WORLD RACEWALKING CHALLENGE MEET, TAICANG, CHINA, FRIDAY 30 MARCH

And now to the big news of the weekend. A big group of Australian walkers descended on Taicang, just outside Shanghai, last Friday for the next leg of the 2011 IAAF World Racewalking Challenge. The top Chinese walkers were also in attendance and the pace was hot in the cool and wet conditions. My coverage is taken initially from Mirko Jalava's report on the IAAF website.

The best Chinese walkers did not disappoint in front of their home crowd, and smashed both men's and women's 20km Asian records at the IAAF Race Walking Challenge in Taicang on Friday morning. As expected, the races were fast and the expected names were on top of both races from the start.

In the men's walk it was the young duo **Wang Zhen** and **Chen Ding** who excelled, both bettering the old Asian record

1:17:41 set by Zhu Hongjun in Cixi seven years in an earlier edition of the IAAF Race Walking Challenge. 20-year-old Wang, who managed a great fourth place in his first major championships, set AR 1:17:36 for the win, his second consecutive here, lowering his personal best by 54 seconds from the winning time 1:18:30 in this same race last year. 19-year-old Chen was second in 1:17:40 cutting a huge minute and 12 seconds off his previous PB 1:18:52 which took him to third place here last season. These times and the earlier accomplishments by this duo will make them clear medal favourites for the London Olympics. For Chen it will be the first major championships, but he did finish fifth at the 2010 World Cup. Wang just missed Italy's Alex Schwazer's World leading time 1:17:30 and Wang and Chen now accommodate places two and three in the 2012 World lists behind Schwazer.

As expected, the Olympic Trials winner **Cai Zelin** also did well, finishing in third place with a big personal best 1:18:47. The 20-year-old had set a personal best 1:19:42 winning the Olympic Trials in Huaian in February and now dropped almost a minute from that time. Italian **Giorgio Rubino** was the best non-Chinese in the competition finishing in fourth place in 1:20:10, his best time since 2009. The 25-year-old Italian is surely looking forward to the Olympics too and has some good experience from major championships having finished in fourth place at the 2009 World Championships in Berlin and in fifth place two years earlier in Osaka. Australian **Jared Tallent**, a medallist from both 20km and 50km walks in Beijing four years ago, was fifth in a 1:20:34 season's best and German **Christopher Linke** produced a personal best 1:20:41 for the sixth place.

In the women's race it was finally time to wipe out the 1:26:22 Wang Yan's Asian record, which had stood for more than ten years since November 2001. It seems that 24-year-old **Liu Hong** is finally able to challenge Russian Olga Kaniskina this season, having been quite close on a couple of occasions at the World Championships. With Kaniskina winning, Liu won the silver medal in Daegu last year and was third in Berlin two years before that. In today's race Liu was again in her own class setting a fast 1:25:46 Asian record for her second win in a row in this race. Her previous 1:27:17 had come in 2008 at the Beijing Olympics where she narrowly missed a medal in fourth place and she also equalled this PB last year here winning with the exact same time. Liu missed Russian Elmira Alembekova's World leading time 1:25:27 by just 19 seconds and is now second in the 2012 world list.

Although Liu should still have many years left at the top, there is already the next generation of Chinese walkers rising. 18-year-old **Lu Xiuzhi** did walk 1:29:50, so it was no surprise she did well here, but to finish in second place in a huge personal best and Asian junior record 1:27:01 still must be a bit of a surprise. It remains to be seen how she will do in London, as the youngster has no experience from major championships, not even from juniors and has only once competed outside China, in Dublin last summer. China did a 1-2-3 in the women's race as well with 21-year-old **Qieyang Shenjie** setting a personal best 1:27:04 for the third place. Qieyang bettered her earlier PB by exactly one minute and will be a player in London as she already did well in Daegu finishing in fifth place there last summer.

Another Chinese **Gao Ni** was fourth in a personal best 1:28:06 and Australian **Claire Tallent** emerged as the best athlete outside China for fifth place in a good 1:28:53 personal best. The 30-year-old bettered her previous best 1:32:02 from 2010 significantly by more than three minutes. **Sun Huanhuan** of China was sixth in 1:30:21 season's best and another Australian **Tanya Holliday** also set a PB 1:33:15 for the seventh place. Two major names, German Melanie Seeger and Russian Tatyana Sibileva were disqualified.

Men 20 km walk

1.	Wang Zhen	CHN	24 Aug 91	1:17:36	AR, PB
2.	Chen Ding	CHN	5 Aug 92	1:17:40	PB
3.	Cai Zelin	CHN	11 Apr 91	1:18:47	PB
4.	Giorgio Rubino	ITA	15 Apr 86	1:20:10	
5.	Jared Tallent	AUS	17 Oct 84	1:20:34	
6.	Christopher Linke	GER	24 Oct 88	1:20:41	PB
7.	Pyotr Trofimov	RUS	18 Dec 83	1:20:51	
8.	Inaki Gomez	CAN	16 Jan 88	1:21:05	PB
9.	Adam Rutter	AUS	24 Dec 86	1:21:23	PB
10.	Luke Adams	AUS	22 Oct 76	1:22:50	
11.	Chris Erickson	AUS	1 Dec 81	1:23:09	
12.	Dane Bird-Smith	AUS	15 Jul 92	1:23:15	PB
13.	Hagen Pohle	GER	5 Mar 92	1:23:18	PB
14.	Choi Byung-Kwang	KOR	7 Apr 91	1:23:45	PB
15.	Chu Yafei	CHN	5 Sep 88	1:24:48	
16.	Brendon Reading	AUS	26 Jan 89	1:25:07	
17.	Evan Dunfee	CAN	28 Sep 90	1:26:20	
18.	Rhydian Cowley	AUS	4 Jan 91	1:27:21	
	Ian Rayson	AUS	4 Feb 88	DQ	
	Kim Dong-Young	KOR	6 Mar 80	DQ	

Women 20 km walk

1.	Liu Hong	CHN	12 May 87	1:25:46	AR, PB
2.	Lu Xiuzhi	CHN	26 Oct 93	1:27:01	AJR, PB WJL
3.	Qieyang Shenjie	CHN	11 Nov 90	1:27:04	PB
4.	Gao Ni	CHN	14 Sep 91	1:28:06	PB
5.	Claire Tallent	AUS	7 Jun 81	1:28:53	PB
6.	Sun Huanhuan	CHN	15 Mar 90	1:30:21	
7.	Tanya Holliday	AUS	21 Sep 88	1:33:15	PB

8.	Monica Equihua	MEX	23 Sep 82	1:34:40	PB
9.	Jeon Yong-Eun	KOR	24 May 88	1:35:09	
10.	Tatyana Korotkova	RUS	31 May 82	1:37:23	
11.	Weon Aseas-Byeol	KOR	8 Apr 90	1:39:09	SB
12.	Nicole Fagan	AUS	24 Jul 89	1:42:48	
	Beki Lee	AUS	25 Nov 86	DNF	
	Zuzana Schindlerová	CZE	25 Apr 87	DNF	
	Melanie Seeger	GER	8 Jan 77	DQ	
	Tatyana Sibileva	RUS	17 May 80	DQ	

And now onto our Australian walkers. First to the stats:

Jared Tallent	5 th	1:20:34	
Adam Rutter	9 th	1:21:23	PB 0:26
Luke Adams	10 th	1:22:50	
Chris Erickson	11 th	1:23:09	
Dane Bird-Smith	12 th	1:23:15	PB 3:25
Brendon Reading	16 th	1:25:07	
Rhydian Cowley	18 th	1:27:21	
Claire Tallent	5 th	1:28:53	PB 3:09
Tanya Holliday	7 th	1:33:15	PB 4:39
Nicole Fagan	12 th	1:42:48	

And now to a review. We saw Olympic A qualifying walks to **Jared Tallent, Adam Rutter, Claire Tallent** and **Tanya Holliday**. For Jared, Adam and Claire, it was more of the same to add to their existing A qualifiers but for Tanya it was a 4+ minute PB and her first ever Olympic A qualifier. Alas, our 3 women's Olympic spots are already taken and the World Cup qualifying period has finished so Tanya's fantastic walk may be just too late for this year's teams. But it omens well for her for future years. Claire Tallent produced an astonishing walk to smash the 90 minute barrier and put herself into second place on the Australian all-time list behind Jane Saville. The other big mover was 19 year old **Dane Bird-Smith** whose 1:23:15 showed that he is fast maturing as a 20km walker. **Luke Adams** made a welcome return to racing after surgery and his 1:22:50 was a good stepping stone back into the fray. **Chris Erickson** was the unluckiest of the walkers, vomiting and sick and losing nearly 30 secs in the 3rd lap then having to work hard through the remainder of the race to try to salvage some respectability. His hopes of an Olympic A qualifier faded as the laps went on, meaning that the final showdown for the two remaining men's 20km Olympic spots will now take place in the World Cup in Russia in mid May. Brendon Reading, Rhydian Cowley and Nicole Fagan walked well for their times while Beki Lee and Ian Rayson had bad days at the office, Beki DNF and Ian DQ. Canadian **Inaki Gomez** is another walker for special mention – his time of 1:21:05 was a big PB and puts the icing on the cake for his Olympic nomination. He has spent the summer training in Canberra and the hard work paid off.

The splits make for interesting reading: The winners Zhen and Hong did huge negative splits (Zhen 39:50 / 37:46 and Hong 43:52 / 41:54) to blow away all the opposition. You can expect the Olympic walks to be similarly raced. Claire Tallent, Adam Rutter and Dane Bird-Smith also negative split while Luke Adams and Chris Erickson walked very even halves. I haven't found all the splits yet but here are some that have been passed onto me.

Wang Zhen	7:55	8:09	7:49	8:04	7:53	(39:50)	7:28	7:20	7:37	7:40	7:36	(37:46)	1:37:36
Jared	7:56	8:12	7:49	8:05	7:54	(39:56)	7:56	8:06	8:08	8:11	8:21	(40:38)	1:20:34
Adam	8:14	8:10	8:10	8:12	8:05	(40:51)	8:01	8:03	8:03	8:09	8:19	(40:32)	1:21:23
Luke	8:14	8:14	8:12	8:20	8:25	(41:25)	8:24	8:21	8:21	8:23	8:02	(41:25)	1:22:50
Chris	8:14	8:10	8:38	8:17	8:15	(41:34)	8:13	8:17	8:22	8:25	8:21	(41:35)	1:23:09
Dane	8:20	8:14	8:29	8:24	8:26	(41:53)	8:21	8:24	8:22	8:20	8:00	(41:22)	1:23:15
Brendon	8:28	8:18	8:18	8:23	8:25	(41:52)	8:31	8:38	8:38	8:49	8:44	(43:15)	1:25:07
Rhydian	8:28	8:28	8:31	8:37	8:49	(41:53)	8:52	8:49	8:53	9:03	8:53	(45:28)	1:27:21
Liu Hong	9:16	8:47	8:46	8:32	8:31	(43:52)	8:27	8:26	8:22	8:24	8:15	(41:54)	1:25:46
Claire						(44:35)						(44:18)	1:28:53

And now to the best ever Australian women's performances, compliments of Brent Vallance. Note Claire Tallent's time of 1:28:53 ranks her 2nd to Jane Saville. Note how Jane dominates this list with 6 times under 1:30 and 12 times under 1:31. But Claire is now up there!

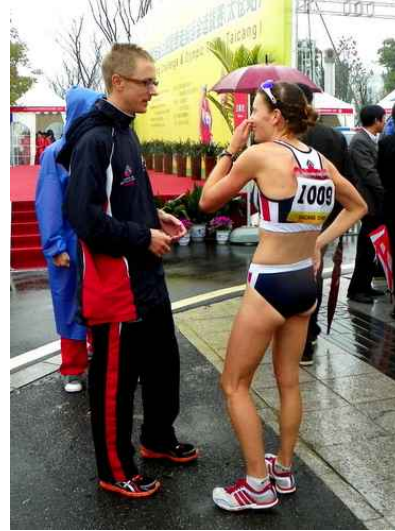
1:27:44	Jane Saville	NSW	5/11/1974	4	Naumburg	GER	02/05/2004
1:28:53	Claire Tallent	AUS	6/07/1981	5	Taicang	CHN	30/03/2012
1:28:56	J Saville			1	Vallensbæk	DEN	06/05/2000
1:29:05	J Saville			7	La Coruña	ESP	13/05/2006
1:29:25	J Saville			3	Athinai	GRE	23/08/2004
1:29:27	J Saville			7	Cheboksary	RUS	11/05/2008
1:29:33	J Saville			9	Cixi	CHN	23/04/2005
1:29:36	Kerry Saxby-Junna	NSW	2/06/1961	2	Naumburg	GER	30/04/2000
1:29:40	Saxby-Junna			1	Värnamo	SWE	13/05/1988
1:29:44	Cheryl Webb	NSW	3/10/1976	1	Melbourne	AUS	07/03/2009
1:30:12	J Saville			3	Naumburg	GER	30/04/2000

1:30:23	J Saville			3	Rio Maior	POR	02/04/2006
1:30:25	Jessica Rothwell	VIC	18/06/1989	2	Melbourne	AUS	07/03/2009
1:30:39	J Saville			5	Sesto San Giovanni	ITA	01/05/2006
1:30:51	J Saville			6	Rio Maior	POR	14/04/2007
1:30:51	J Saville			11	Saint-Denis	FRA	24/08/2003
1:30:53	Rothwell			9	La Coruna	ESP	19/06/2010
1:30:58	J Saville			3	Sydney	AUS	26/02/2000

And now to some photos passed onto Brent by his source Mr Da in Taicang – alas only a small selection this year.



Left: Claire Tallent in the race



Right: Claire and husband Jared post event – another fine double



Left: Chris Erickson post race



Right: Tanya Holliday and Beki Lee during the event

And finally to the overall rankings lists which see big moves by Claire, Tanya, Adam and Dane.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg, Germany	02/05/2004	29
2	1:28.53.0	Claire Tallent	S	06/07/1981	5	Taicang, China	30/03/2012	30
3	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg, Germany	30/04/2000	38
4	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
5	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
6	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg, Germany	02/05/2004	25
7	1:31.39.0	Regan Lamble	V	14/10/1991	12	Taicang, China	22/04/2011	19
8	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
9	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
10	1:33.09.0	Beki Lee	N	25/11/1986	2	Melbourne	11/12/2011	25
11	1:33.15.0	Tanya Holliday	S	21/09/1988	7	Taicang, China	30/03/2012	23
12	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31

13	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
14	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
15	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
16	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
17	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
18	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
19	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
20	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
2	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
6	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
7	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
8	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
9	1:21.23.0	Adam Rutter	N	12/12/1986	9	Taicang, China	30/03/2012	25
10	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
11	1:22.53.0	Chris Erickson	V	01/12/1981	12	Wuxi City, China	18/04/2009	27
12	1:23:15.0	Dane Bird-Smith	Q	15/07/1992	12	Taicang, China	30/03/2012	19
13	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
14	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
15	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
16	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
17	1:24.51.0	Brendon Reading	A	26/01/1989	21	Taicang, China	22/04/2011	23
18	1:24.54.0	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
19	1:24.56.0	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30
20	1:25.02.0	Troy Sundstrom	N	30/05/1981	7	Melbourne	19/03/1999	17

SOME SPLITS FROM THE DUDINCE 50KM

And talking of race splits....

Those who have ever started a 50km race know just how difficult it is to maintain the pace in the second half of the race. With that in mind, here are the 5km splits from the winner Alex Schwazer and from ninth placed New Zealander Quentin Rew from last week's IAAF meet in Dudince

Alex Schwazer	23:23	46:09	1:08:49	1:31:26	1:53:39	2:15:21	2:36:57	2:58:39	3:20:17	3:40:58
	23:23	22:46	22:40	22:37	22:13	12:42	21:36	21:42	21:38	20:41
Quentin Rew	24:00	47:38	1:11:15	1:34:55	1:58:32	2:22:27	2:46:20	3:10:16	3:34:28	3:58:48
	24:00	23:38	23:37	23:40	23:37	23:55	23:53	23:56	24:12	24:20

Schwazer's race is one of the best negative splits I have ever seen (1:53:39 followed by 1:47:19). On the basis of that walk and his sub-80 20km the week before, he should now go into the Olympics as favourite. Is anyone going to be able to withstand that sort of second half speed in a 50km event. By comparison, Quentin's race was a near perfect even split race and he came through the field strongly in the second half, catching and passing many other walkers who had started faster but who flagged in the conditions. It might have looked like he was speeding up but things can be deceptive in a 50km – he was simply maintaining his pace.

WOODIE'S DIY JUVENILE INDOOR CHAMPIONSHIPS, NENAGH STADIUM, NENAGH, 31 MAR-1 APR

The Irish Juvenile Indoor Champs were held last weekend in Nenagh and it was yet another record opportunity for Kate Veale (West Waterford AC) who won the U19 walk in a time of 6:12.49, well inside Emma Doherty's 2010 time of 6:39.34. The first few places from each age group are shown below.

U19 Girls 1500m Walk

1.	K Veale	West Waterford	6.12.49
2.	C Loughnane	Marian	7.38.37
3.	M Costello	Borrisokane	7.43.33

U19 Boys 1500m Walk

1.	E Hynes	Swinford	7.14.30
2.	D McAree	Glaslough	7.22.07
3.	P Murphy	Claremorris	9.31.61

U18 Girls 1500m Walk

1.	S Nash	St. Abbans	7.19.21
2.	M Beirne	Mohill	7.33.18
3.	A Heneghan	Westport	7.59.17

U18 Boys 1500m Walk

1.	E Lynch	Clonmel	6.23.25
2.	P Bell	Castlebar	6.46.02
3.	C Dee	West Waterford	7.43.47

U17 Girls 1500m Walk

1.	S Burke	St. Coca's	7.02.20
2.	E Glennon	Mullingar	7.41.01
3.	P O'Gorman	Adamstown	8.16.24

U17 Boys 1500m Walk

1.	S Gillespie	Ballina	6.57.85
2.	D Carty	Sligo	7.32.96
3.	C O'Connor	Craughwell	7.39.91

U16 Girls 1500m Walk

1.	S O'Connor	Celbridge	7.50.34
2.	K Bourke	St. Coca's	8.07.62
3.	S Timoney	Tir Chonaill	8.27.78

U16 Boys 1500m Walk

1.	N Murphy	St. Coca's	7.22.58
2.	D Mimna	Ballinamore	7.26.33
3.	B Andrew	Castlebar	7.38.78

U15 Girls 1000m Walk

1.	D Beirne	Mohill	4.37.47
2.	O Delahun	Sligo	4.43.47
3.	R Glennon	Mullingar	5.08.23

U15 Boys 1000m Walk

1.	J Mooney	Adamstown	5.35.35
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U14 Girls 1000m Walk

1.	A Loughnane	Marian	5.20.84
2.	I Morgan	St. Senans	5.21.99
3.	P Connolly	Monaghan	5.29.44

U14 Boys 1000m Walk

1.	J McNabola	Mohill	5.35.29
2.	R Kelly	Sligo	5.42.81
3.	C Reville	Kilmore	5.45.06

USA WORLD RW CUP TRIALS, EUGENE, OREGON, SUNDAY 1 APRIL
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Trevor Barron, representing the New York Athletics Club, was the top American finisher in Sunday morning's USA World Racewalking Cup Trials in Eugene, Oregon, finishing with an Olympic A qualifying time of 1:22:13. He was third overall behind visitors Eiden Arevalo of Columbia and Mauricio Arteaga of Ecuador who had led for most of the race. Their times were 1:21:49 and 1:21:56, respectively. In the women's Open event, Maria Michta survived a fast charging Erin Gray to win.

20km Open Men

1.	Eiden Arevalo	1:21:49	Colombia
2.	Mauricio Arteaga	1:21:56	Ecuador
3.	Trevor Barron	1:22:13	NYAC
4.	Tim Seaman	1:25:58	NYAC
5.	Patrick Stroupe	1:26:20	Unattached
6.	Rolando Saquiipaig	1:27:00	Ecuador
7.	Francisco Pantoja	1:29:19	
8.	Nick Christie	1:31:33	Unattached
9.	Dan Serianni	1:32:25	World Class Racewalking
10.	John Nunn	1:32:25	U.S. Army
11.	Michael G Mannoizzi	1:33:51	Miami Valley TC
12.	Ian Whatley	1:39:22	World Class Racewalking
13.	John Cody Risch	1:43:35	Unattached
14.	Pablo Gomez	1:47:58	Chicago Walkers Club

20K Open Women

1.	Maria Michta	1:35:56.4	Walk USA
2.	Erin Gray	1:36:07.7	Bowerman Athletic Club
3.	Lauren Forgues	1:39:12.2	NYAC
4.	Katie Burnett	1:41:18.7	Unattached
5.	Solomiya Login	1:41:24.6	Southeastern Pa Athletic Club
6.	Miranda Melville	1:42:09.8	Unattached
7.	Susan Randall	1:46:08.8	Miami Valley TC
8.	Erika Shaver	1:47:46.9	Unattached
9.	Kelly Clark	1:55:12.7	Unattached
10.	Jamie Kootz	1:56:24.1	Unattached
11.	Kathryn Grimes	1:59:26.9	Racewalkers Northwest
12.	Melissa Bosserman	2:17:44.8	Racewalkers Northwest

10K Junior Men

1.	Manuel Soto	41:56.6	Colombia
2.	Alejandro Chavez	46:06.3	South Texas Walking Club
3.	Michael Nemeth	46:35.2	Wings Of Moon
4.	Jonathan Hallman	48:26.0	Unattached
5.	Nathaniel Roberts	48:48.3	Bowerman Athletic Club

10K Junior Women

1.	Maite Moscoso	51:22.8	Central Florida Gliders Track Club
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2.	Abby Dunn	53:04.1	Maine Racewalkers
3.	Molly Josephs	54:56.3	Walk USA
4.	Nicole Court-Menendez	58:44.9	Maine Racewalkers

OVERSEAS SHORTS

FIRENZE (ITA, Mar 25): Vito Di Bari won the men's 20,000m track walk in 1:26:16.8 and Eleonora Giorgi won the women's 10,000m track walk in 45:08.24 in an Italian Clubs meet at Firenze on Sunday 25th March.

GERMISTON, (SA, Mar 31 – Apr 1). The Yellow Pages South African Junior and Schools T&F Championships were held last weekend in Germiston with 10,000m track walks on offer. Placings were as follows

10,000m Walk U20 Women

1.	SHABALALA, ROSE	57:18.68	CGA	56:19.30
2.	MEYER, MELISSA	01:40:40.0	S-WC	59:52.70

10,000m Walk Junior Men

1.	MVUNDLA, MZWAKI	50:18.38	S-GA	50:42.30
2.	NKOBO, TEBHOHO	53:31.55	S-FS	52:58.00
3.	MOGWAI, ABEL	57:20.2	S-NW	59:53.15

54TH CHALLENGE FACOETTI 20KM, MONTREUIL, FRANCE, SUNDAY 1 APRIL

Thanks to Emmanuel Tardi for the following report from France.

On Sunday afternoon, I was in Montreuil near Paris for the 54th Challenge Facoetti, one of the oldest races in France. Lots of great racewalkers have walked in Montreuil (Robert Korzeniowski was the greatest) from everywhere in the world but never an Australian before today. Stuart Kollmorgen was the first!

The weather was very good (around 10°C). Victory went to the Tunisian Hatem Ghoula in 1:27:39 ahead of Antonin Boyez 1:30:58 and Hugo Andrieu 1:34:05 . Stuart finished 7th in a time of 1:39:35 . The first woman was Anne Gaelle Retout in a time of 1:42:30. For myself , it was the 19th time that I have raced in Montreuil (the record is 24) and I finished 37th in time of 1:18:25. Main results were as follow

20km Men

1.	GHOULA Hatem (TUN)	Athle 78 *	73	1:27:39
2.	BOYEZ Antonin	Romilly Sport 10 Athletisme	84	1:30:58
3.	ANDRIEU Hugo	Uavh Aubagne	92	1:34:05
4.	LE COZ Xavier	Entente Franconville Cesame Va	79	1:35:21
5.	QUINION Aurelien	Entente Franconville Cesame Va	93	1:36:29
6.	RAMDANI Abdelmalek (Alg)	O.C. Alger ALG	91	1:38:15
7.	KOLLMORGEN Stuart (Aus)	Collingwood Harrier AUS	69	1:39:35
8.	BOUFRAINE Mehdi	Ca Montreuil 93	89	1:40:14

20km Women

1.	RETOUT Anne-gaelle	Val-de-reuil Ac *	80	1:42:06
2.	RINERO CHANFREAU Fabienne	Ca Montreuil 93	80	1:47:31
3.	QUENNEHEN Marine	Ca Montreuil 93	91	1:52:20



Left: Hatem Ghoula



Middle: Stuart Kollmorgen



Right: Stuart with Emmanuel Tardi

24 HEURES DE CHATEAU THIERRY, FRANCE, 31 MARCH - 1 APRIL

And yet another report from Emmanuel who obviously had a very busy weekend. Thanks mate!

On Saturday afternoon, I went to the Château-Thierry 24 Hour Walk. In the men's event, Fabrice Henry started fast and led for the first 60km before Philippe Thibaux took over. Local walker Philippe Morel took over the lead at the 80km mark, passing the 100km split in 11:08. But by the end of the night, the lead had changed again with Urbain Girod winning the race with an excellent distance of 203.055km, beating Dominique Bunel with 201.992km (beating his previous best of 197.544km set in Bourges 5 weeks ago).

In the women's event, Maggy Labyille from Guadeloupe led for the first 4 hours before Sylvianne Varin took over. But by the 6 hour mark, she had surrendered her lead to Nicole Rodier. By the 100km mark, passed in 14:02, Maggy Labyille was leading but just like in the men's event, the lead changed again overnight with Iryna Perevalo (originally from the Ukraine and now living in France) eventually winning with 160.730km. Iryna was a previous Ukraine speed ice skating Champion. In the 2x6hours event (1pm to 7pm and 7am to 1pm), Emmanuel Lassalle won with 111.391km.

See <https://picasaweb.google.com/Emmanueltardi/ChateauThierry31Mars2012> for Emmanuel's photos, taken during the first 4 hours of the race.

And see <http://www.lunion.presse.fr/article/aisne/marche-24-heures-de-chateau-thierry-le-modele-urbain#.T3m9p1UsuCY.facebook> for the local newspaper report.

A very interesting report. It is unusual to see the lead swapping so frequently in a race of this sort. Normally someone will command a winning break early in the event and then hold on to win. I am publishing the complete results because I reckon that anyone who attempts such a tough event deserves to get his/her name in print!

Les 24 heures de Chateau Thierry

1. GIROD Ubain	CM MONTHEY (Suisse)	203.055 km	24:00:00
2. BUNEL Dominique	NEUILLY SUR MARNE ATH.	201.992 km	24:00:00
3. MOREL Philippe	AC Château-Thierry	197.198 km	24:00:00
4. MARECHAL Pascal	AC Château-Thierry	192.389 km	24:00:00
5. THIBAUX Philippe	Club Athlétique Agéen	190.955 km	24:00:00
6. BIEBUYCK Pascal	ATH (Belgique)	187.133 km	24:00:00
7. VARAIN Cédric	AC Château-Thierry	186.378 km	24:00:00
8. LETESSIER Gilles	PLM CONFLANS	182.460 km	24:00:00
9. FAUQUEUR Raymond	ELAN 59	181.070 km	24:00:00
10. LOUGRADA Saadi	CM ROUBAIX	176.177 km	24:00:00
11. THEVENIN Hugues	Marne et Gondoire Athlétisme	173.230 km	24:00:00
12. BOUFFLERT Eric	GABS Groupement Athle Basse Seine	162.242 km	24:00:00
13. BUNEL Pascal	NEUILLY SUR MARNE ATH.	161.610 km	24:00:00
14. PEREVALO Irina (F)	NEUILLY SUR MARNE ATH.	160.730 km	24:00:00
15. BIBRAC Eric	ACB CHAMFLEURY	160.484 km	24:00:00
16. PICOT Gerard	PASS RUNING	160.123 km	24:00:00
17. RODIER Nicole (F)	EFSRA	157.865 km	24:00:00
18. LABYLLE Maggy (F)	AC BOUILLANTE	156.761 km	24:00:00
19. ROSAL Jean Jacques	AC BOUILLANTE	156.760 km	24:00:00
20. NOEL Jean Claude	MEAUX ATH.	156.068 km	24:00:00
21. MORVAN Nicole (F)	PASS RUNING	150.739 km	24:00:00
22. SEYNAEVE Serge	CM ROUBAIX	149.737 km	24:00:00
23. CHABIN Frédéric	ESSONNE ATHLETIC	149.510 km	24:00:00
24. CLEMENTZ Bernadette (F)	Athlétic Vosges Entente Clubs	148.736 km	24:00:00
25. PICHON Jean	AM St Thibault des Vignes	146.674 km	24:00:00
26. MOINEAU Isabelle (F)	AC Château-Thierry	143.538 km	24:00:00
27. DANDOY Jeremy	CM ROUBAIX	136.456 km	24:00:00
28. RASSAIND André	EA Centre Isère	136.155 km	24:00:00
29. ELIESER Jocelyn	AC BOUILLANTE	134.411 km	24:00:00
30. GLASER Jean Bernard	NEUILLY SUR MARNE ATH.	131.019 km	24:00:00
31. BERTHAULT KORZHYK Annie (F)	NEUILLY SUR MARNE ATH.	123.676 km	24:00:00
32. SPIESER Jean-Paul	Athlétic Vosges Entente Clubs	121.040 km	24:00:00
33. LANDRU Noelle (F)	AS CORBEIL ESSONNES	119.951 km	24:00:00
34. LAILLER Patrick	ASPTT TOURS	108.096 km	24:00:00
GILLES Philippe	Pass Runing	122.350 km	15:17:15
LANGLOIS Patrick	AM St Thibault des Vignes	114.900 km	14:43:42
GIRAUDEAU Denis	PLM CONFLANS	107.450 km	16:37:06
THEVENIN Pascal	AM St Thibault des Vignes	100.000 km	13:18:52
GENIN Sébastien	CM MONTHEY (Suisse)	81.375 km	10:48:58
VIT Philippe	AM St Thibault des Vignes	77.650 km	09:28:33
BOVIN Laurent	AM St Thibault des Vignes	73.925 km	10:13:28
HENRY Fabrice	NL	66.475 km	07:12:54
HAZENBOSCH Kris	DCLA DARING CLUB LEUVE (Belgique)	59.025 km	07:49:44
VARIN Sylviane (F)	AM St Thibault des Vignes	44.125 km	05:32:23
MAUREL Eric	ATHLE 55	36.675 km	04:01:39

2 x 6 Hour Walk

1.	LASSALLE Emmanuel	Amiens UC	111.391 km
2.	ANXIONNAT Claudine (F)	Athlétic Vosges Entente Clubs	91.428 km
3.	PANNIER Josiane (F)	Le Have AC	90.368 km
4.	KORZHYK Aliaksei	ASC Gagny	86.522 km
5.	BRASTEL Yves	EFSRA	85.520 km
6.	DUPUIS Norbert	NL NEUILLY S MARNE	85.319 km
7.	QUINQUETON Bernadette (F)	AM St Thibault des Vignes	84.309 km
8.	HACHEBAERT Eric	AC Château-Thierry	83.984 km
9.	BIZARD Claudie (F)	THIAIS AC	83.542 km
10.	THANRON Bernard	KM 520	44.125 km
11.	CATTEAU Georges	CM Roubaix	40.400 km



Ubain Girod, Dominique Bunel, Philippe Morel and Emmanuel Lasselle



Photo : Emmanuel TARDI

Iryna Perevalo, Maggy Labyelle and a great shot of the field passing through the old town

CLAIRE TALLENT EARNS A PLACE IN TIM'S HALL OF FAME

Most readers will have seen at some stage the Australian Racewalking Hall of Fame on my racewalkaustralia website – see http://www.racewalkaustralia.com/Hall_of_fame.asp. In the absence of anything more official, it is my own view on our top walkers based on performance quality, career longevity and what might be deemed the 'wow' factor. I have decided it is well and truly time that I added Claire Tallent to this list, especially in light of her wonderful walk in China last Friday. Along with that, I have also dusted up my profile of Claire to bring it up to date and to fill it out a little. Enjoy!

Claire Tallent – Tim's Hall of Fame

With her dual selections this year for the World Walking Cup and the London Olympics, Claire has built up an impressive set of international representations over the last 9 years – 4 World Cups, 2 Olympic Games, 2 IAAF World Champs, 1 World University Games and 1 Commonwealth Games.

2004	WWC	Naumburg	20km Walk	42 nd	1:35:25
2007	World Uni Games	Bangkok	20km Walk	14 th	1:45:07
2008	WWC	Cheboksary	20km walk	31 st	1:35.01
2008	Olympic Games	Beijing	20km walk	28 th	1:33:02
2009	IAAF World Champs	Berlin	20km Walk	27 th	1:38:12
2010	WWC	Chihuahua	20km walk	19 th	1:39.08
2010	Commonwealth Games	Delhi	20km walk	2 nd	1:36:55
2011	IAAF World Champs	Daegu	20km walk	21 st	1:34:46
2012	WWC	Saransk	20km walk	TBA	
2012	Olympic Games	London	20km walk	TBA	

That is no mean feat in Australia given our depth in women's racewalking. Since 2008, she has been in every international team, making the start line in every case and competing strongly and truly on every occasion. She is our most consistent female walker and, with her most recent 20km time of 1:28:53, second only to Jane Saville over the Olympic distance.

So it's time to review Claire's career. First some stats – Claire was born 6th July 1981 in Adelaide. 1981 was obviously a good year for walking as that year also saw the births of fellow Aussie representatives Kellie Wapshott, Troy Sundstrom and Chris Erickson.

Claire's sporting career started in little Athletics which she took up at 11 years of age, initially focusing on the middle distance events. Once started, she progressed quickly and, within a year, she had qualified for the State Finals in the walk as well as the distance events and managed to pick up a bronze medal.

I only ever won one medal at LA - as you can see by the photo, I was a fair bit smaller than the other girls at the same age. John Pearce always told me that I'd be a late developer.



Claire on the right – SA Little Athletics podium finisher

A year later, she joined John Pearce's (Paige Hooper's coach) Enfield Harriers training squad.

At that time I was running twice a week and still competing in LA's. After running for Enfield Harriers throughout the season, it came to interclub finals, and as I had done little athletics I was required to do the walk. I don't remember what I walked, but it must have been ok. Fortunately for me Winter Nationals were in Adelaide in 1995, and after my walk at interclub finals, Roy McFadden asked me if I would like to come out to Walkers Club and try to qualify to make the SA team. I think I walked around 30 mins for my first attempt at 5km and made my first South Australian team. I competed at Nationals that year, coming around 17th or third to last, but I was excited to be in the South Australian team. From there, I made my first All Schools team at the end of 1995 and came well back in the field. I never raced at any more State individual championships for LA's as they always coincided with National championships. Training two nights a week, my breakthrough year came in 1996 where I collected my first national medal, finishing third behind Renee McGaskill and Alanna McIlvenie and ahead of Kellie Wapshott (in 4th) in the U16 5 km walk at the Australian roadwalking championships at Albert Park in a time of 25.30, I beat my more fancied South Australian team mates to pick up the team silver medal. That year I also made the state cross country team, and continued to do so for the remaining two years of school."

From then on, she was pretty much undefeated in South Australian events and, in 1998, won her first national title in the Australian Under 18 8 km roadwalk with 42:41. She followed this up in 1999 with 2nd behind Kellie Wapshott in the Under 20 10 km roadwalk

championship with **52:40**. She also did well on the track, winning silver and bronze at the 1997 All Schools championships in Hobart and bronze in the 1998 All Schools championships in Canberra. In October 1998, she also represented Australia at the World School Games in Shanghai alongside fellow walkers Erica McGinniskin, Daniel Vellis and Douglas Connolly, finishing 9th in her event.

Thus she finished her final year of school as one of our top female juniors but, like so many promising walkers of that age, she did not kick on as perhaps expected. She walked for another year or so before giving the sport away in early 2000.

I did the U20 track nationals in Sydney in 2000 and when I was warming down with Sara Tomlin I decided to pull the pin on walking. I had just started my second year of university, was working part-time and going out often. I played lots of sports throughout this period: beach volleyball, touch football, women's Aussie Rules (dual premiers!), church netball, I rode my bike to and from uni, would go for runs and would go to the gym.

In mid 2001 her competitive nature got the better of her and she decided to take up walking again. She competed at walkers club, and two weeks later found herself "making up the women's team" at the LBG walking carnival in Canberra. There she finished 5th in the Open Women's 5000m walk in **26:05** and was the first South Australian to finish.

She continued to train three times a week at Enfield Harriers and, in late 2001, was asked if she would like to consider applying for an AIS developmental scholarship. At the end of 2001 she completed her degree in Human Movement and moved to Canberra to live with her aunt and begin training with the AIS squad. This was obviously a huge change, although AIS coach Ron Weigel had provided her with a training program for around 8 weeks before relocating.

On 4th January 2002, she commenced her AIS scholarship, moving into residence along with Cheryl Webb and starting on no less than 175 km for the first week of January. The next four weeks were all around this mark, somewhere between 175-185 km per week. As a result of this training she improved very quickly. At 20 years of age, and after only 6 weeks on scholarship, she recorded a PB of **46.46** for the 10000m track walk at the Canberra A Series meet. She followed this up with **47:59** in the Hobart Grand Prix 10000m track walk a few weeks later. Unfortunately the high volume of training came at a cost – she developed tendonitis in her foot and could only struggle to 5th place in the Australian 20 km roadwalking championship in April in Brisbane, her time a relatively slow **1:43:56**.

Later that year, the AIS squad travelled to Mexico for a block of altitude training. After returning home and just turning 21, she walked **1:37:13** at a race in Melbourne in cold and wet conditions. This time qualified her for the 2002 World Racewalking Cup in Italy later that year, but Athletics Australia subsequently denied the inclusion of her, Cheryl Webb and Natalie Saville in the team, opting to take only one female walker - Jane Saville. That is one selection decision that I have never been able to fathom.

After Ron Weigel left the AIS toward the end of 2002, the AIS walks squad was left without a coach and was supported primarily by athletics administrator Louise Mogg and by Robbie Bolton before John Fitzgerald was finally appointed. This was a tumultuous period for Claire where she suffered from an oesophageal ulcer and poor form. It was some time before she finally turned things around. She was selected in the 2003 World University Games team to compete in Dageu, Korea, but she never made it there. *Throughout this time, you could say that I was very young and "lost".*

At the end of 2003, Tudor Bidder came in as the new head coach of the AIS program and she was asked to resign her scholarship. This she duly did and in 2004 she struggled along, working part-time around the AIS and trying to survive. When Brent Vallance took up the scholarship coaching position, she began to focus once again on making a World Racewalking Cup team. In a nail biting finish, she took 5th at the 2004 National 20 km championship in **1:38:25**, five seconds under the WWC qualifying standard. Claire had made her first Australian senior team. At the WWC in Naumburg, she finished 42nd in a breakthrough PB of **1:35:25**.

2005 was a quiet year in which Claire competed infrequently. She did win the NSW 20 km roadwalking title at Chipping Norton in 1:36, a time which qualified her for the next World University Games. But once again, she did not compete. Her partner, Jared Tallent, had made his first World Championships and she had already booked her flights to watch him compete. Back from Europe, she contested the Australian 10 km roadwalking championship in Adelaide in late August, coming 3rd in **48:54**.



The placegetters in the 2005 Australian 10 km roadwalking championships – all 3 girls represented at the 2008 World Cup – Kellie Wapshott and Claire as walkers and Simone Wolowiec as team masseur and assistant manager

Although she competed sparingly, she did train well that winter with a view to the 2006 World Racewalking Cup. Alas, this wasn't to be. In the Sydney trial race, she was in contention for a spot until the final lap when Kellie Wapshott passed her. This meant the vital last spot in the team was awarded to Kellie rather than Claire. Claire had walked **1:37:42**, a good time but just not quite good enough. Two weeks later, she walked what would have been a South Australian State record in the Victorian 5000m track championship at the MCG, crossing the line in 2nd place behind Natalie Saville and stopping the clock at 22.01, only to be surprisingly disqualified after the event.



Kellie Wapshott chases Claire in the 2006 AV 5000m race at the MCG

She was totally devastated by the events of the two previous weeks yet it says a lot for her that she still headed to China to compete in the World Walking Challenge where she powered through the first 10 km in a PB time of **46:10** before fading slightly to finish the 20 km event in a PB time of **1:35:18**.

Since that race, her fortunes have turned and she has much more consistent. In January 2007, she walked **1:35:36** at the Canberra A Series meet and subsequently won her first Australian Open title in March in Brisbane in extreme heat in **1:41:56**. She finally made her debut at the 2007 World University Games in August where she finished 14th in stifling conditions.

The AIS program was quite different back then. I was not on any scholarship. At that time, non-AIS athletes were not able to access any of the facilities. I was not able to use the heat tent or altitude house. Combined with working full time in the public service, I went to Bangkok not really prepared for the heat.

In December of 2007 she recorded **1:36:39** in winning a 20 km test race in Melbourne. After participating in an AIS altitude study in January 2008, she relocated to Adelaide for work and subsequently won the South Australian 5000m title in a PB time of **21:57**. Her next walk was in the National 20 km roadwalking championship in Melbourne in early March and it was a huge walk. A second place finish to Kellie Wapshott and a whopping PB time of **1:33:02** saw her named in the 2008 Australian World Racewalking Cup team and in the 2008 Australian Olympic team.

At the end of 2007, I got a job in the commonwealth public service back in my home town of Adelaide. This could very well have been where my walking career would end. As newly engaged, I had got my job back in Adelaide to move back to my family, save some money and make a life for Jared and me. The plan was that Jared would come and live with me once Beijing was over. Coaching myself by this time, doing more speed work and doing track PBs (21.56), I unexpectedly made the Olympic team in 2008. This was what I consider the start of my real international walking career.



A fit and fast Claire Woods in action in 2008

After gaining Olympic selection, she was finally offered a return AIS scholarship, working with Brent Vallance, Six weeks after moving to Adelaide to start her "new life" she relocated back to Canberra with a work transfer, dropped down to part-time and started her career anew.

Since then, I haven't looked back - I have learnt how I need to train, what works for me and done lots of very specific preparation for various events, working out what works for me in terms of heat, altitude, sessions etc.

And 2008 was indeed a good year with 31st in the WWC in Russia (**1:35:01**) and 28th in the Olympics (**1:33:02**). And then it reached its high point when she and Jared were married in the appropriately named Adelaide suburb of Walkerville, soon after they returned from Beijing. Claire Woods was now Claire Tallent.



Since 2008. Claire has been in every Australian team and always competes to her best. Her more recent representations include

2009	IAAF World Champs	Berlin	20km Walk	27 th	1:38:12
2010	WWC	Chihuahua	20km walk	19 th	1:39.08
2010	Commonwealth Games	Delhi	20km walk	2 nd	1:36:55
2011	IAAF World Champs	Daegu	20km walk	21 st	1:34:46



Claire and Jared – silver and gold in the Commonwealth Games in Delhi in 2010

On the Australian front, she is now firmly ensconced in the Number One position with wins in the last 3 Australian 20km championships in Hobart (2010 – **1:32:40**, 2011 – **1:33:38**, 2012 – **1:32:58**). She and Jared regularly travel to the various IAAF Challenge Series events as they enjoy the life of the athletic couple. And now with Jared's sister Rachel joining them on tour, it is indeed a strong family group representing us internationally.

But it is a different Claire that we have seen this year – shedding weight off her already slim frame as her training and her focus intensified even further. Her win the 2012 National 20km championship in Hobart in 38°C temperatures was unbelievable – her time of 1:32:58 the only A qualifier on the day. She then followed this up with a fighting second place a week later in Chihuahua (**1:33:21** at altitude in Mexico). Thus her wonderful **1:28:53** last weekend in China was not unexpected.

Claire's success is well deserved. Her career has had more than its fair share of low points yet, on every occasion, she has come back

stronger and more determined. She trains hard and races hard and has sits atop the ranks of our best ever women walkers. Her PBs indicate the quality of her walking

20 km	1:28:53	IAAF Challenge Event	China	March 2012
10 km	44:11	IAAF Challenge Event	China	March 2012
5000m	21:29	Sydney Track Classic	Sydney	Feb 2012
3000m	12:48	A.A. A Series Meet	Brisbane	Feb 2009



Rachel, Jared and Claire in Hobart in February 2011

My final question to Claire was obvious: You are walking better than ever so what do you put that down to - just more training or a combination of factors?

Accumulation of many hard years of training, fear of not making the Olympics, determination to be better than before, meticulous planning in terms of race preparation, key sessions, pre-race and race nutrition, loosing 5kg, working more closely with the support staff at the AIS, awesome training squad with great talent, depth and humour.

Claire, we all wish you huge success in 2012 – may this Olympic year be a fitting culmination of your many years of disappointment, perseverance, hard work and planning.

ADVANCED RACE WALK COACHING WORKSHOP AND LEVEL IV COACHING COURSE

I am very pleased to be able to publish this notice from Simon Baker.

Calling all Walking Coaches:

Are you keen to upgrade your accreditation and knowledge base?
Do you want to share experiences and ideas with Australia's best walk coaches?

The Australian Track and Field Coaches Association, in conjunction with Athletics Australia and the AIS Track and Field department are presenting an Advanced Race Walk Coaching workshop and Level IV Race Walk Coaching course at the AIS over the Queen's Birthday weekend whilst the Lake Burley Griffin Race Walking Carnival is being conducted.

This is a great opportunity for Level III coaches to further their accreditation and for other interested coaches to broaden their knowledge and avail themselves of the advice and experiences of some of Australia's (and the World's) most successful coaches over the last few years. These days will help coaches to improve their understanding of walks and further their coaching skills and knowledge. For coaches of race walkers who have not had the opportunity to be involved in a specialist race walk coaching course before, this is a MUST DO.

Coaches will have the opportunity to listen to one of the world's most successful race walking coaches in Brent Vallance. His athletes have won medals in Olympic, World Championships, World Walking Cup and Commonwealth Games. His background, knowledge and research in a wide variety of areas is extensive. Together with other senior Australian coaches and specialist professionals from the AIS Sports Science and Training Facility, coaches will be accessing the latest ideas on preparation training, strength and conditioning and sport science.

Coaches will also be able to share their own experiences, ask questions and forge networks with other coaches throughout Australia. Australia's race walking talent in the youth and junior ranks are prodigious - and it is our responsibility to ensure

we know all we can to help these enthusiastic kids to be the best they can be!

Those who wish to upgrade their accreditation are especially encouraged to attend. A Level IV course for Race Walking has not been held for over 12 years.

Draft Timetable

Friday 8 th June	Evening only 6.00pm – 9pm
Saturday 9 th June	All Day 8.00am – 6.00pm
SUNDAY 10 th June	LBG Carnival
Monday 11 th June	9.00am – 2.30pm

Imagine - 4 whole days of RACE Walking!

Topics to be covered will include:

- Development of Talent - coaching experiences
- Strength and Conditioning Sports Medicine and its implications
- Developing Coaching and Training camps
- High Performance Coaching
- Fundamentals of Walking Biomechanics
- Video Analysis of Athletes - Workshop

Coaches will need to meet your travel, dinner and accommodation costs. Pick up and drop off from the airport and hotels will be arranged. Assessment details for the Level IV attendees will be provided soon.

You are encouraged to send a confirmation to Simon Baker (simon.baker@dse.vic.gov.au) or call / sms him on 0406074628 as soon as possible for an application form. Application form is also on the ATFCA National Website: www.atfca.com.au

LAVIC T&F CHAMPIONSHIPS, LA TROBE UNI, BENDIGO, 24-25 MARCH 2012

I mentioned in last week's newsletter that Ballarat Racewalking Club coach **Daryl Biggin** had scooped the pool at the VLAA T&F Champs in Bendigo with four golds (Alanna Peart U9, Amy Canavan U10, Kobie Somerfield U15 and Ross Darlow U13) and one bronze (Jemma Peart U11). I should have mentioned that it is not a solo effort as Daryl is ably assisted by fellow club coach **John Ohlsen**. I managed to get this great photo of all the BRWC members at the VLAA champs, along with Daryl and John.



Joint Coaches John Ohlsen and Daryl Biggin with part of their Ballarat Racewalking Club team
Back: Rodney Davis, John Ohlsen, Kobie Somerfield, Shae Ohlsen, Daryl Biggin
Front: Oliva Davis, Amy Canivan, Jemma Peart, Alanna Peart, Lilly Tolfrey

TIME TO RE-REGISTER WITH ATHLETICS VICTORIA

While the Little Athletics season goes from 1st October to 30th September, the Athletics Victoria season goes from 1st April to 31st March each year. Hence a reminder to all AV members that it is time to re-register for the 2012/2012 season. For those looking to get in early, all the forms are now available from the news section of the AV website. To download an AV membership form, <http://www.athsvic.org.au/cache/NewsFile/58702012-13%20Membership%20Form.pdf>.

Remember that to race in the AV 5km Teams Championship in early May, you need to have completed your AV registration.

WORLD MASTERS INDOORS STARTING IN FINLAND

the World Masters Athletics Indoor Championships start today in Jyvaskyla, Finland and will go from 3-8 April. See the championship website at <http://wma2012.jyvaskyla.fi/> for further info. Good luck to our Australian walkers **Lyn Ventris, David Smyth, Lynne Schickert, Ray Hall, Stuart Kollmorgen, Simon Evans, Mark Donahoo, Andrew Jamieson** and **Heather Carr**.

Thanks to John Ventris for the following update from cold snow bound Finland

The Australian contingent of racewalkers are arriving in Finland at various times for the events at the World Masters athletics Indoor Championships at Jyvaskyla. The 3000 metre tracks walks for women are on Wednesday and the mens are on Thursday. The 10Km road walks are all on Saturday around the harbour.

The weather is, I think, much colder than most expected. When Lyn arrived in Helsinki on Friday last it was cold with lots of built up snow around parks etc but it appeared it would be Ok for outdoor events. How things have changed....In Jyvaskyla today (we arrived yesterday Sunday) it started to snow mid morning and the temperature at midday hit minus three degrees. It is now 10PM and the snow is still falling and is thick on the ground. The entire harbour is solid ice with moored boats frozen in.

Of course the 3000m track walks will be fine indoors (the 200 metre track looks really good) but there is great apprehension about what conditions will be like for the 10Km road walk on Saturday.

For now goodbye.
Regards
John Ventris



Lyn Ventris trains in the snow in Finland yesterday

HAPPY BIRTHDAY TO CENTENARIAN FRANK MCGUIRE

Last Thursday, I travelled to Emerald, in the hills outside Melbourne, to celebrate the 100th birthday of VRWC life member Frank McGuire. Frank is our oldest surviving life member and traces his VRWC membership right back to 1931 – that is 81 years ago. I thought the occasion warranted an indepth look at one of our most famous members so I dusted off an article I had previously written on Frank and polished it up with a bit more info.

Frank was born on 29th March 1912 in Richmond, inner Melbourne. His father, a WWI veteran, died of peritonitis in 1919 soon after army discharge, just a month short of his 40th birthday. That left Frank's mother Kate with the sole responsibility for her family.

Frank left school at the end of 1925 and started his working life, a life made much tougher by the impending Great Depression. He had a variety of jobs in his first few years in the workforce, many of them involving selling or hawking goods of one sort or another.

Even at a young age, sport was never far from his mind. He commented on his early years as follows

Having always been interested in gymnastics, athletics and fitness, I spent much time running or walking every time I had the chance and managed to run second in the combined Fitzroy School Sports at 13, in 1925, and won the Fitzroy Cricket Club medallion for the best Fitzroy School allrounder the same year. I joined Collingwood Harriers in 1929, made the team for the 880 yards in 1930 but switched to racewalking in 1931 and managed to finish 5th in the State five miles championship at John Wren's Richmond Racecourse and won the Junior Title (then Under 21). I was 19.

He joined the Victorian Amateur Walking Club (VAWC) as a junior in 1931, the same year as fellow life member Gus Theobald. As

he commented above, he was immediately successful, winning the Victorian Junior walk titles over 880 yards (3:30) and 7 miles (61:47) ahead of Collingwood teammate Jim Gaylor. In 1932, he won the Victorian Junior 5 mile title in 40:05, again just ahead of Jim.



Our oldest photo of Frank, circa 1932

Frank at one time showed me a trophy that he won in 1931, during his first year as a VAWC club member. The trophy is engraved

*Byrne Trophy
Season 1931
Most Improved Member
F. M. McGuire*

It was at a dance on Boxing Day 1931 that Frank met Freda Staff and they were eventually married in July 1934 at St Matthew's Church in Prahran. They would have over 70 years of married life together.

Having found walking and liked it, Frank stayed with the sport, competing throughout the 1930s with Collingwood Harriers and VAWC. However, like most athletes his age, his career was interrupted by the Second World War and time in the army. It was ironic that Frank, who was by now an experienced long distance walker, was classified as A2 category and assigned to non-marching duties because of his flat feet and overlapping toes. Over the period of the war, he worked at several army store locations around Melbourne.

While still in the army, he and Freda moved to Chelsea in 1943 and accordingly, he transferred to the newly reformed Chelsea Amateur Athletic Club in 1946. Because the club had many young and inexperienced members, he became involved in coaching and promoting, especially on the walking side.

Soon after, he achieved his best national performance - a third placing to Ted Allsopp and Ray Goulding in the inaugural Australian 10,000m title in 1948. He won the 1951 Melbourne to Frankston 25 Mile handicap and became VAWC Club Captain in 1952 and stayed in that capacity until 1956. His last interstate competition was the 1954 Australian 50 km championship as captain of the Victorian team (he was also captain of the 1948 and 1952 teams) and soon after that, he retired from racing and turned his attention to coaching.

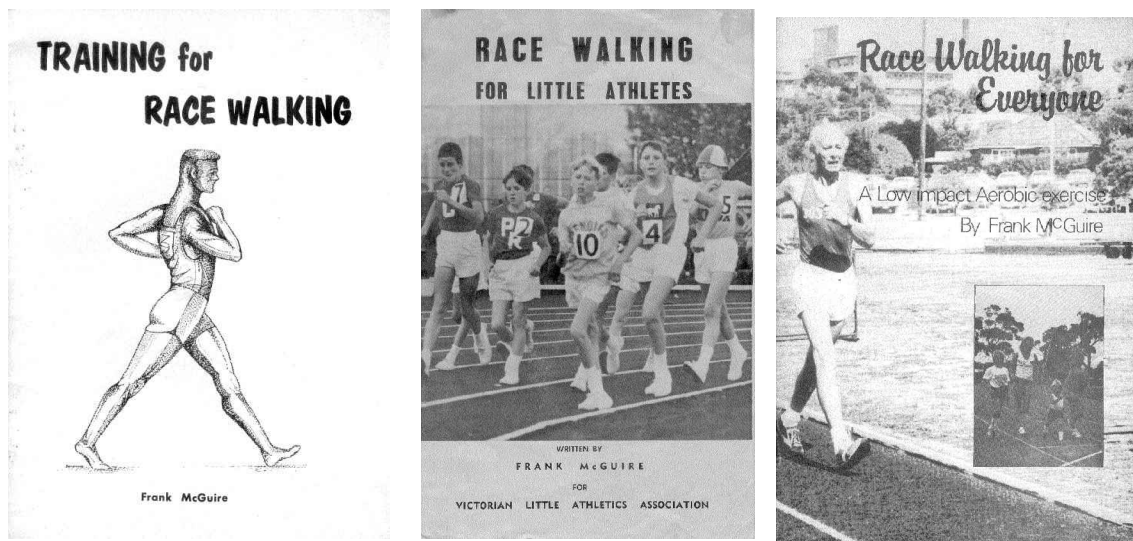


1949 - Alex Philpott, R Horden, Frank McGuire (centre front), W Knott and G Smith

He was appointed VAWC Club Coach in 1954 and attacked the task with great vigor. His innovative use of slow motion cine film to analyse walking technique was revolutionary and his recommendations that judges adopt angle judging was accepted first at VAWC level and then at Federation and Australian level. Not surprisingly, he had the job of filming the 1956 Olympic road events in slow motion for Guy Buther, the IAAF official photographer. It was at this stage (1956) that he was awarded life membership of VAWC.

Frank became an IAAF walking judge in 1959 and National Walking Coach that same year. He judged at the 1960 Rome Olympics and in the same year was appointed national walk coach. Always innovative, he tried to introduce examination by movie (video), but the suggestion was rejected by other judges.

He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. When his definitive book *Training for Race Walking* was published in 1962, he presented 40 copies to the club to sell for club funds.



Three of Franks' many racewalking publications – 1962, 1970 and 1987

Frank had a keen interest in history, sparked by family stories such as his grandmother witnessing the send-off of explorers Bourke and Wills in Parkville in 1860. In 1963, he founded the Chelsea and District Historical Society and subsequently wrote several books on the area's history including *A Short History of Chelsea* in 1965 to mark the centenary of the first land sales. Frank was the Society's Historian from 1963 until he retired from office in 1996. He was fittingly recognised with life membership of the society and he still attends Monthly meetings when possible.

Frank was also a prominent weights training coach, for many years operating a gym on The Strand in Chelsea. The annual VAWC St Kilda to Chelsea 15 mile race used to finish at his gym and I remember competing in it in 1967 as a sub-junior (U17). Over the years, he coached many famous sportsmen at his gym, amongst them top football players like Leigh Matthews, Stan Alves and the Moncrieff brothers as well as Olympic athletes like shotputter Ray Rigby.

In fact, it was his gymnasium work that resulted in him being stripped of his amateur status by the AAU in 1965. In 1966 VAWC had to follow suit and he was forced to resign his position as VAWC Club Coach. It is recorded that the committee received this resignation with great regret. But Frank continued to work tirelessly behind the scene, coaching and writing.



Frank's gym in the Strand in Chelsea

Frank and his wife Freda helped set up veteran athletics at Mentone in 1978 and the venue is still going strong over 30 years later. He was also prominent in Veteran Athletics as a competitor and formed an unbeatable duo with Tom Daintry and Jack Webber. Together they won the teams event at the 1981 World Vets in Christchurch (65+) and in the 1987 World Vets in Melbourne (70+). In fact, between 1969 and 1991, Frank won 66 medals in Victorian and Australian veteran athletic championships for events ranging from walking to pentathlon and shotput.



The 1981 World Veterans M65 podium – Frank McGuire, Tom Daintry and Jack Webber in the centre

Some of Frank's other involvements and achievements since retirement included

- The British Empire Medal, awarded in 1982 for services to Athletics
- The City of Chelsea's Distinguished Citizen's Award in 1984 in recognition of his work within the city and community
- The City of Melbourne Award in 1985 for contribution to the community, by radio station 3DB
- The Royal Historical Society of Victoria Award of Merit in 1987 for services to history in Victoria
- The Australian Sports Medal in 2000 for outstanding contribution to sport
- The Centenary Medal (General List) in 2001 for people who have served Australia
- The Paul Harris Fellow Award by the Rotary Club of Chelsea in 2004

And his amateur status - *“I got my amateur status back when everyone else was a pro!”*

In July 2004, Frank and Freda celebrated their 70th wedding anniversary but it was soon after this that Freda died, ending a life long partnership of service and love.

In 2007, Frank bid farewell to Chelsea and moved to the Emerald Glades Hostel in Emerald to be closer to his family. At that stage, at 95 years of age, he finally retired from Saturday morning coaching at the Mentone Athletics Track.

I first met Frank in 1967 when I was a young walker and he was giving a strength and conditioning talk at the VAWC headquarters at Albert Park. And as you all know, Frank celebrated his 100th birthday last Thursday and I was there to see it some 45 years later.



Frank celebrates his 100th birthday last week

Frank is a living legend and his contributions to Australian sport and local history are enormous. He remains our only link with racewalking in the early 1930s and has been over the years an invaluable resource on matters historical.

FROM THE ARCHIVES

I was checking some of my old newspaper bits and pieces during the week and came across this great old cartoon from the sixties. *Bluey and Curley* was an Australian newspaper comic strip initially written by the Australian artist, caricaturist, and cartoonist Alex Gurney and published from the start of WWII until 1975. Good to see walking getting in on the action!



WHAT'S COMING UP

This coming Easter long weekend sees the Australian Masters Championships in Melbourne. This is always a hugely popular event and one which highlights our wonderful Masters depth. The walkers will contest a 1500m trackwalk on Friday and a 5000m trackwalk on Saturday at Lakeside Stadium and a 10km roadwalk on Monday at Fawkner Park.

Then the Australian Centurions will hold their annual 24 Hour / 100 Mile qualifying event at the Harold Stevens Athletics Track in Coburg on the weekend of 14-15 April. Many of our top ultra walkers will be in action along with 5 overseas walkers.

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

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/Australian Winter Season Key Dates

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

2012 International Fixture

Apr 3-8, 2012 **WMA Indoor Championships, Jyvaskyla, Finland** – see <http://wma2012.jyvaskyla.fi/>
 Sat 21 Apr 2012 International Race Walking Meet, Podebrady, Czech Republic
 Sun 22 Apr 2012 43rd International Race Walking Meet, Naumburg, Germany
 May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
 July 10-15, 2012 **14th World Junior Championships, Barcelona, Spain**
 July 27-Aug 12, 2012 **30th Olympic Games, London**. See <http://www.london2012.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

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

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

Looking even further forward

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

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)