



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 33
15 May 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week went to 27 year old **Kim Mottrom** of the South Australian Walkers Club. Kim was one of our top juniors some years ago but faded in his early senior years. The past 12 months has seen him getting his motivation back and he was rewarded with an 8km PB of 36:36 on Saturday 5 May. Well done Kim!

This week's Walker of the Week will be a three way vote after 3 very significant performances here in Saransk, Russia, in the 2012 World Race Walking Cup. Here they are in chronological order.

- 15 year old **Nathan Brill** was the youngest competitor in the Junior Men's 10km Road Walk but he let his feet do the talking with an 8 sec PB time of 44:52, finishing 32nd from 67 starters. To finish in the top half of the field against an older group of the best Junior walkers in the world at such a young age guarantees him a place in my weekly nominations.
- 30 year old **Chris Erickson** was one of the very few walkers to achieve a PB in the Open Men's 20km walk but that is what he did with his 21st place time of 1:22:20. What's more, he was the first Australian to finish in the 124 strong field and his 33 sec PB give him the all important Olympic A qualifier that has pretty well ensured he will be added to our Olympic team. I was told in no uncertain terms by many of the overseas walkers and officials (the newsletter does get around!) that Chris had to be in the list of nominees – it was indeed a very popular result.
- 27 year old **Jared Tallent** was without doubt our top performer in Saransk with a bronze medal in the 50km walk – his time of 3:40:32 was walked from the front as he forced the pace lap after lap, the only non-Russian in a phalanx of red vests. The attrition rate was high with 1/3 of the 110 strong field failing to finish in the torrid conditions but Jared was undeterred, recording yet another superb time and gaining yet another medal in top international competition.

It is not often you get 3 performances like this in one week! And that's not even counting Andrew Jamieson's M65 world best 10km walk at Middle Park in Melbourne. Sorry Andrew! So get to it and vote as usual at www.vrwc.org.au.

2012 RACE WALKING WORLD CUP, SARANSK, 12-13 MAY

The lead story has to be the 2012 Race Walking World Cup and I was lucky enough to be roadside for all the races, part of an estimated 30,000 strong spectator crowd that lined both sides of the entire 2km course. It was definitely the largest group ever seen at a walking event. Jared Tallent told me that the volume of barracking from the excited Russian audience was so loud that it was almost overwhelming. Now that is really something!



Overview

Last weekend's 25th IAAF World Race Walking Cup in Saransk was the biggest ever, with a record 62 participating countries and a record 465 competitors. And what better place to hold it than Saransk, the capital city of the Mordovian Republic and the centre of racewalking excellence in Russia, the world's racewalking superpower. Huge billboards adorned the city and a newly laid bitumen road surface had been specially prepared to ensure fast times. Thousands of spectators were expected to line the inner city 2km course when the first events started on Saturday afternoon and they would be cheering for the Russian team, the biggest and strongest both numerically and statistically.

The last time this championship was held in Russia in 2008, Russians won 8 of the 10 gold medals (4 individual and 4 gold) but a lot had changed in the intervening period. Would the emergence of new racewalking stars from around the world ensure that this time around the Russians would be tested on their home ground? Conditions over the weekend were expected to be hot and sunny and the long 750m climb in each 2km lap promised to be significant - just how significant remained to be seen!

Day 1 - Junior Men 10km, 4PM, Saturday 12 May

The Junior Men's 10km was the first event, starting at 4PM, and it was Colombian Eider Arevalo who returned to hang on to the crown he claimed in Chihuahua two years ago. His time of 41:17 saw him well clear of Russian Alexander Ivanov 41:42 and Mexican Jesus Tadeo Vega 41:56. The Russians did win the Teams race ahead of the young Colombian team so it was one gold out of two for them but first blood to the Colombians. The Australians performed superbly, all doing PBs in the oppressive conditions – **Blake Steele** 17th with 43:15 (12 sec PB), **Jesse Osborne** 24th with 44:15 (15 sec PB) and **Nathan Brill** 32nd with 44:52 (8 sec PB). Nathan, at 15 years of age, was the youngest walker in the field, so his performance in particular deserves special mention. Both Nathan and Jesse are eligible to contest this same event in 2 years time so the prospects look good for 2014. The boys finished 7th in a very high quality Teams Championship.

1.	Eider ARÉVALO	COL	09-Mar-93	41:17
2.	Alexander IVANOV	RUS	26-Jun-94	41:42
3.	Jesús Tadeo VEGA	MEX	23-May-94	41:56
4.	Damir BAYBIKOV	RUS	05-May-94	42:11
5.	Francesco FORTUNATO	ITA	13-Dec-94	42:13
6.	Jiaxing YIN	CHN	16-Mar-94	42:18
7.	Nils BREMBACH	GER	23-Feb-93	42:35
8.	Wenkui GAO	CHN	28-Jul-95	42:47
9.	Kenny Martín PÉREZ	COL	10-Aug-94	42:51
10.	Yauheni ZALESSKI	BLR	16-Jul-93	42:55
11.	Mario SÁNCHEZ	MEX	17-Oct-93	43:02
12.	Paolo YURIVILCA	PER	23-Apr-96	43:02
13.	Brian PINTADO	ECU	29-Jul-95	43:09
14.	Iván PAJUELO	ESP	27-Aug-93	43:10
15.	Shan JIANG	CHN	14-Jul-95	43:12
16.	Luis Angel SANCHEZ	GUA	15-Dec-93	43:13
17.	Blake STEELE	AUS	04-Jan-93	43:15
18.	Vito MINEI	ITA	16-Jun-94	43:27
19.	Andriy HRECHKOVSKYY	UKR	30-Aug-93	43:36
20.	Adrian-Ionut DRAGOMIR	ROU	01-Nov-94	43:42
21.	Barys SHARHAR	BLR	31-Mar-93	43:49
22.	Edgars GJACS	LAT	27-Aug-93	43:53
23.	Vladyslav LOBCHENKO	UKR	20-Oct-93	44:10
24.	Jesse OSBORNE	AUS	21-Jan-95	44:15
25.	Marius ŠAVELSKIS	LTU	30-Jul-94	44:22
26.	Toufik YESREF	ALG	09-Sep-93	44:23
27.	Kirill FROLOV	RUS	29-Sep-93	44:27
28.	Bruno FIDELIS	BRA	08-Nov-94	44:27
29.	Miklós SRP	HUN	06-Mar-93	44:29
30.	Sahin SENODUNCU	TUR	24-Apr-94	44:35
31.	Mert ATLI	TUR	23-Jul-93	44:35
32.	Nathan BRILL	AUS	24-May-96	44:52
33.	Artsiom TURKOU	BLR	05-Jan-94	44:56
34.	Álvaro MARTÍN	ESP	18-Jun-94	45:01
35.	Marc TUR	ESP	30-Nov-94	45:07
36.	Adrien CASSAGNES	FRA	09-Jun-94	45:12
37.	Miguel CARVALHO	POR	02-Sep-94	45:16
38.	Mohamed SALEH	EGY	05-Jul-94	45:19
39.	Manuel Esteban SOTO	COL	28-Jan-94	45:24
40.	Keny GUINAUDEAU	FRA	28-Jul-93	45:37
41.	Samuel PEREIRA	POR	25-Nov-93	45:49
42.	Lukasz KOSTKA	POL	19-Sep-94	46:00
43.	Bence VENYERCSÁN	HUN	08-Jan-96	46:04

44.	Cristian ANDRADE	ECU	12-Dec-93	46:05
45.	Tomasz DMOWSKI	POL	18-Apr-94	46:07
46.	Alejandro CHAVEZ	USA	05-May-93	46:28
47.	Yuriy SHVARYK	UKR	01-May-94	46:43
48.	Bruno PEDRO	POR	11-Oct-93	46:47
49.	Michael NEMETH	USA	20-May-93	46:48
50.	Joachim SAELEN	NOR	18-Jul-93	47:07
51.	Aymene SABRI	ALG	19-Apr-94	47:32
52.	Aurelien QUINION	FRA	27-Jan-93	47:39
53.	Mohamed RAMOUL	ALG	13-Jun-95	47:55
54.	Luke HICKEY	IRL	24-Oct-94	48:05
55.	Ivan SALYAKHOV	KAZ	07-Jun-93	48:05
56.	Szymon ZIELINSKI	POL	06-Dec-95	48:14
57.	Robert Friederick LATCU	ROU	07-Feb-93	48:34
58.	Jonathan HALLMAN	USA	26-Jun-93	48:51
59.	James TREANOR	IRL	12-Apr-93	48:55
60.	Vit POLAŠEK	CZE	31-Oct-94	48:59
61.	Ondrej MOTL	CZE	25-Jul-94	50:03
62.	Islam RIZK BELAL	EGY	15-Jun-96	50:15
63.	Raivo SAULGRIEZIS	LAT	04-Jul-94	53:23
	Óscar VILLAVICENCIO	ECU	05-May-93	DQ
	Jamie HIGGINS	GBR	07-Jan-94	DNF
	Ozan PAMUK	TUR	18-May-93	DNF
	Erwin GONZÁLEZ	MEX	07-Feb-94	DNF



Nathan, Blake and Jesse in action



Junior Men's winner Eider Arevalo

Day 1 – Junior Women 10km, 5PM, Saturday 12 May

The Junior Women's 10km was the next event to get underway, at 5PM and it turned out to be one of the best races in World Cup history, with the lead switching numerous times in the last few laps. From the half way mark, the medals were clearly going to be decided between four walkers – but would the win go to Russians Nadezhda Leontyeva or Ekaterina Medvedeva or to Colombian Sandra Arenas or to Mexican Alejandra Ortega. First Leontyeva and Ortega cleared out, only to be caught by Arenas. Then the two Russians broke clear, only to be caught once again by Arenas who then opened a decisive break which she then held to the finish, crossing the line first in 45:57. A fast finishing Ortega came through for second with 46:00 and the two Russians were relegated to third and fourth place. Second blood to the Colombians! Like the first race, the Russians took the Teams Gold so it was now 2 golds to Colombia and 2 golds to Russia. Of our two Australian representatives in the 50 strong field, **Rachel Tallent** finished 21st in 50:24 and **Kristie Goznik** finished 30th in 51:26 – both good walks in tough conditions. The Australian team finished 9th out of 17 teams.

1.	Sandra ARENAS	COL	17-Sep-93	45:57
2.	Alejandra ORTEGA	MEX	08-Jul-94	46:00
3.	Nadezhda LEONTYEVA	RUS	12-Mar-94	46:02
4.	Ekaterina MEDVEDEVA	RUS	29-Mar-94	46:18
5.	Lyudmyla OLYANOVSKA	UKR	20-Feb-93	46:35
6.	Kate VEALE	IRL	05-Jan-94	46:53
7.	Yanxue MAO	CHN	15-Feb-94	47:05
8.	Dandan DUAN	CHN	23-May-95	47:12
9.	Yuanyuan NI	CHN	06-Apr-95	47:49
10.	Alina HALCHENKO	UKR	18-Sep-94	47:52
11.	Kimberly GARCÍA	PER	19-Oct-93	47:56
12.	Katarina STRMENOVÁ	SVK	25-Jan-93	48:16
13.	Viktoryia RASHCHUPKINA	BLR	23-May-95	48:21
14.	Anna CLEMENTE	ITA	06-Jan-94	48:25
15.	Sandra NEVAREZ	MEX	04-Jan-93	49:03
16.	Amanda CANO	ESP	19-Aug-94	49:11
17.	Yeseida CARRILLO	COL	22-Oct-93	49:28
18.	Alena AZYRKINA	RUS	11-Jul-94	49:32
19.	Laura GARCÍA-CARO	ESP	16-Apr-95	49:44
20.	Eliška DRAHOTOVÁ	CZE	22-Jul-95	50:06
21.	Rachel TALLENT	AUS	20-Feb-93	50:24
22.	Elena POLI	ITA	10-Oct-93	50:28
23.	Heather LEWIS	GBR	25-Oct-93	50:38
24.	Alena STUDENT	BLR	04-Sep-93	50:42
25.	Gamze ÖZGÖR	TUR	29-Oct-94	50:45
26.	Coralie MELLADO	FRA	19-Oct-93	50:47
27.	Gintar VAICIUKAVICIUTÉ	LTU	24-Sep-94	51:09
28.	Mercédes MARTON	HUN	28-Nov-95	51:10
29.	María PÉREZ	ESP	29-Apr-96	51:15
30.	Kristie GOZNIK	AUS	08-May-93	51:26
31.	Karolina WIERUS	POL	21-Jan-93	51:30
32.	Larissa BUENO	BRA	21-May-93	51:33
33.	Marlena CHOJECKA	POL	01-Jan-94	51:46
34.	Barbara KOVÁCS	HUN	26-Jul-93	52:20
35.	Joanna BEMOWSKA	POL	27-Jun-94	52:21
36.	Yesenia MIRANDA	ESA	26-Mar-94	52:27
37.	Elif KOC	TUR	02-Feb-93	52:51
38.	Mara RIBEIRO	POR	01-Jan-95	53:02
39.	Adéla FRYDRYCHOVÁ	CZE	20-Mar-95	53:13
40.	Emilie TISSOT	FRA	11-Apr-93	53:22
41.	Filipa FERREIRA	POR	01-Jan-94	53:32
42.	Alena BEZSILKA	BLR	01-Jan-94	53:40
43.	Erika PARVIAINEN	FIN	09-Sep-95	54:01
44.	Valentyna MYRONCHUK	UKR	10-Aug-94	55:17
45.	Emma PRENDIVILLE	IRL	23-Feb-93	55:31
46.	Radosveta SIMEONOVA	BUL	29-Oct-93	55:36
47.	Maite MOSCOSO	USA	07-Apr-95	56:44
48.	Abigail DUNN	USA	22-Apr-94	59:59
	Tasha WEBSTER	GBR	28-Sep-95	DNF
	Ellie DOOLEY	GBR	06-Oct-95	DNF



Colombian winner Sandra Arenas along with Australians Rachel Tallent and Kristy Goznik

Day 1 – Open Men 20km, 6:15PM, Saturday 12 May

The final event of the day was the Open Men's 20km walk, starting at 6:15PM. By then, much of the course was in shadow and conditions had eased but the race was by no means a cake walk with walkers collapsing throughout the race due to the combined effects of the relentless pace, the ambient temperature and the long rise to be negotiated each lap. And once again, the Russian juggernaut was upset, this time by a lone Chinese walker in Zhen Wang. Walking for nearly the entire race surrounded by a phalanx of Russian singlets, he burst clear with 3km to go, winning with ease in a time of 1:19:13. As is customary for such races, the second half saw a huge negative split after a relatively even paced 40:11 for the first 10km. Four of the next 5 places were taken by Russians, ensuring that they took the Teams Race gold ahead of China and Ukraine who were a revelation on the day.

There was great excitement in the Australian camp as **Chris Erickson** stormed home in 21st place in 1:22:20, a 33 sec PB and an all important Olympic A qualifier. **Adam Rutter** was two places in arrears, finishing 23rd in 1:22:54. With two Olympic A qualifiers under his belt already, the performance of these two walkers should see the final two Olympic 20km berths now firmly in their grasp. **Luke Adams**, already selected for the Olympic 50km team, was next to finish, crossing the line in 1:23:28 for 27th place. These finishes ensured that Australia finished 4th in the Teams Championship, a very good result in what was one of the biggest walking fields ever assembled. 19 year old **Dane Bird-Smith** came in 45th with 1:25:41 after suffering through what was for him a very torrid race and **Rhydian Cowley**, who also had to dig deep, completed the team result with 45th place in 1:32:28.

1.	Zhen WANG	CHN	24-Aug-91	1:19:13
2.	Andrey KRIVOV	RUS	14-Nov-85	1:19:27
3.	Vladimir KANAYKIN	RUS	21-Mar-85	1:19:43
4.	Ruslan DMYTRENKO	UKR	22-Mar-86	1:20:17
5.	Sergey MOROZOV	RUS	21-Mar-88	1:20:26
6.	Andrey RUZAVIN	RUS	28-Mar-86	1:20:37
7.	Nazar KOVALENKO	UKR	09-Feb-87	1:20:38
8.	Eder SÁNCHEZ	MEX	21-May-86	1:20:58
9.	Ding CHEN	CHN	05-Aug-92	1:21:05
10.	Valeriy BORCHIN	RUS	11-Sep-86	1:21:29
11.	Qi ZHAO	CHN	14-Jan-93	1:21:46
12.	Robert HEFFERNAN	IRL	28-Feb-78	1:21:51
13.	Ivan LOSEV	UKR	26-Jan-86	1:21:57
14.	Iñaki GÓMEZ	CAN	16-Jan-88	1:21:58
15.	Rafał FEDACZYNSKI	POL	03-Dec-80	1:22:05
16.	Isamu FUJISAWA	JPN	12-Oct-87	1:22:05
17.	Ivan TROTSKI	BLR	27-May-76	1:22:05
18.	Caio BONFIM	BRA	19-Mar-91	1:22:05
19.	Irfan KOLOTHUM THODI	IND	08-Feb-90	1:22:09
20.	João VIEIRA	POR	20-Feb-76	1:22:11
21.	Chris ERICKSON	AUS	01-Dec-81	1:22:20
22.	Giorgio RUBINO	ITA	15-Apr-86	1:22:42
23.	Adam RUTTER	AUS	24-Dec-86	1:22:54
24.	Babubhai Kesharabhai PANUCHA	IND	10-Aug-78	1:22:56
25.	Bertrand MOULINET	FRA	06-Jan-87	1:22:59
26.	Yuki YAMAZAKI	JPN	16-Jan-84	1:23:19

27.	Luke ADAMS	AUS	22-Oct-76	1:23:28
28.	Gustavo RESTREPO	COL	27-Jul-82	1:23:34
29.	Pedro Daniel GÓMEZ	MEX	31-Dec-90	1:23:40
30.	Hao WANG	CHN	16-Aug-89	1:23:40
31.	James RENDÓN	COL	07-Apr-85	1:23:43
32.	Jarkko KINNUNEN	FIN	19-Jan-84	1:23:43
33.	Jose Leonardo MONTAÑA	COL	21-Mar-92	1:23:45
34.	Surinder SINGH	IND	04-Jul-88	1:24:05
35.	Zelin CAI	CHN	11-Apr-91	1:24:09
36.	Benjamin SÁNCHEZ	ESP	10-Mar-85	1:24:10
37.	Jakub JELONEK	POL	07-Jul-85	1:24:18
38.	Matteo GIUPPONI	ITA	08-Oct-88	1:24:23
39.	Koichiro MORIOKA	JPN	02-Apr-85	1:24:44
40.	Trevor BARRON	USA	30-Sep-92	1:24:54
41.	Francisco ARCILLA	ESP	14-Jan-84	1:25:05
42.	Antonin BOYEZ	FRA	09-Nov-84	1:25:20
43.	Miguel Ángel LÓPEZ	ESP	03-Jul-88	1:25:31
44.	Dane BIRD-SMITH	AUS	15-Jul-92	1:25:41
45.	Dzianis SIMANOVICH	BLR	20-Apr-87	1:25:41
46.	Andrei TALASHKA	BLR	31-May-82	1:25:51
47.	Jonathan RIECKMANN	BRA	20-Aug-87	1:25:52
48.	Riccardo MACCHIA	ITA	27-Mar-90	1:26:10
49.	David MEJIA	MEX	07-Dec-86	1:26:11
50.	Luis Fernando LÓPEZ	COL	03-Jun-79	1:26:14
51.	Edward ARAYA	CHI	14-Feb-86	1:26:14
52.	Isaac PALMA	MEX	26-Oct-90	1:26:25
53.	Rolando SAQUIPAY	ECU	21-Jul-79	1:26:37
54.	Alex WRIGHT	GBR	19-Dec-90	1:26:38
55.	Vitali TALANKOU	BLR	29-Apr-82	1:26:43
56.	Ihor LYASHCHENKO	UKR	24-Aug-93	1:26:49
57.	Ever PALMA	MEX	18-Mar-92	1:26:56
58.	Marcel LEHMBERG	GER	01-Jan-92	1:27:06
59.	Perseus KARLSTRÖM	SWE	02-May-90	1:27:14
60.	Hirooki ARAI	JPN	18-May-88	1:27:17
61.	Mauricio ARTEAGA	ECU	08-Aug-88	1:27:19
62.	Vito DI BARI	ITA	19-Nov-90	1:27:26
63.	Máté HELEBRANDT	HUN	12-Jan-89	1:27:39
64.	Brendan BOYCE	IRL	15-Oct-86	1:27:46
65.	Aliaksandr LIAKHOVICH	BLR	04-Jul-89	1:27:51
66.	Predrag FILIPOVIC	SRB	05-Oct-78	1:27:56
67.	Andriy KOVENKO	UKR	25-Nov-73	1:28:04
68.	Juan Manuel CANO	ARG	12-Dec-87	1:28:12
69.	Antti KEMPAS	FIN	03-Oct-80	1:28:20
70.	Kevin CAMPION	FRA	23-May-88	1:28:29
71.	Cedric HOUSSAYE	FRA	13-Dec-79	1:28:33
72.	Tom BOSWORTH	GBR	17-Jan-90	1:28:45
73.	Hagen POHLE	GER	05-Mar-92	1:28:58
74.	Hédi TERAOUI	TUN	10-Nov-89	1:29:05
75.	Jose Leonardo RUBIO	ECU	12-Apr-88	1:29:31
76.	Karel KETNER	CZE	11-Apr-90	1:29:44
77.	Lebogang SHANGE	RSA	01-Aug-90	1:30:05
78.	Ronal QUISPE	BOL	05-Mar-88	1:30:06
79.	Sándor RÁCZ	HUN	14-Sep-86	1:30:09
80.	Yerko ARAYA	CHI	14-Feb-86	1:30:24
81.	Creighton CONNOLLY	CAN	02-Aug-88	1:30:49
82.	Thami HLATSHWAYO	RSA	20-Jul-82	1:30:58
83.	Dawid WOLSKI	POL	15-Jun-89	1:31:17
84.	Allan SEGURA	CRC	23-Dec-80	1:31:21
85.	Benjamin THORNE	CAN	19-Mar-93	1:31:26
86.	Vahid SEPAHI BADJANI	IRI	30-Mar-85	1:31:31
87.	Daniel VOIGT	BRA	02-Jul-84	1:31:47
88.	Moustafa GHODAIA	EGY	15-Oct-87	1:32:01
89.	Wayne SNYMAN	RSA	08-Mar-85	1:32:16
90.	Rhydian COWLEY	AUS	04-Jan-91	1:32:28
91.	Aleksi OJALA	FIN	09-Dec-92	1:33:32
92.	Ebrahim RAHIMIAN	IRI	29-Jun-81	1:33:47
93.	Pierre DE VILLIERS	RSA	18-Aug-85	1:34:03
94.	Ben WEARS	GBR	04-Jul-90	1:34:18

95. Choon Sieng LO	MAS	16-Nov-85	1:34:26
96. Armond NEL	RSA	19-Aug-90	1:35:14
97. Kemal GELECEK	TUR	01-Jan-90	1:37:17
98. Patrick STROUPE	USA	11-Oct-84	1:37:59
99. Lauri LELUMES	EST	23-Apr-78	1:39:17
100. Serkan DOGAN	TUR	01-Jan-92	1:41:16
101. Nicholas CHRISTIE	USA	29-Sep-91	1:41:48
102. Bruno CARRIÈRE	CAN	14-May-92	1:43:28
103. Dan SERIANNI	USA	28-Sep-90	1:45:02
104. Ali ISMAIL	LIB	20-Dec-84	1:45:18
Bozhidar VASILEV	BUL	30-May-89	1:46:01
Edmund SIM	SIN	24-Sep-83	DNF
Shukhrat IRMATOV	TJK	08-Apr-93	DNF
Husam ABUNUSAIR	PLE	08-Jul-91	DNF
Moacir ZIMMERMANN	BRA	30-Dec-83	DQ
Erick BARRONDO	GUA	14-Jun-91	DQ
Maniram PATEL	IND	16-Sep-91	DQ
Edwin OCHOA	ECU	24-Aug-87	DQ
Harold VAN BEEK	NED	14-Apr-62	DQ
Timothy SEAMAN	USA	14-May-72	DQ
Recep ÇELIK	TUR	10-Jun-83	DNF
Patryk ROGOWSKI	POL	11-Apr-89	DNF
Marius ŽIUKAS	LTU	29-Jun-85	DNF
Sérgio VIEIRA	POR	20-Feb-76	DNF
Dawid TOMALA	POL	27-Aug-89	DNF
Hassanine SEBEI	TUN	21-Jan-84	DNF
Evan DUNFEE	CAN	28-Sep-90	DNF
Yuri TATARCIUC	MDA	20-Sep-83	DNF
Veli-Matti PARTANEN	FIN	28-Oct-91	DNF
Alberto AMEZCUA	ESP	10-May-92	DNF

And what of the course – the results indicate that the rise each lap, combined with the ambient temperature, made it tough with times slower than expected across the board in all three events.

At the close of Day One, it was Russia with 3 Team golds but no individual golds. Yes, Russia is still the world's Number One walking nation by the proverbial mile but other countries are now producing their own champions who can challenge and win out on their day. This can only be good for the sport.



Wang Zeng battles out the finish with Andrey Krikov



Chris Erickson



Adam Rutter



Luke Adams, Dane Bird-Smith and Rhydian Cowley

Day 2 – Open Men 50km, 8:30AM, Sunday 13 May

The Men's 50km was the first of two events for the day, commencing at 8:30AM in bright morning sunshine and a rapidly rising temperature. As expected in such conditions, the attrition rate was huge with one third of the field failing to finish. However, the small and select group that peeled off the front were unfazed, reeling off lap after lap at a consistently fast pace. The group was high quality indeed – defending bronze medallist **Jared Tallent** of Australia, Chinese Jianguo Zhao and former IAAF World Champion Sergey Kirdyapkin and his Russian team mates Igor Erokhin, Sergey Bakulin, Ivan Noskov and Mikhail Ryzhov.

When Zhau dropped after 20km, it was left to Jared to fight it out with the sea of red Russian vests. With the halfway mark reached in 1:49:20, the group was reduced to three – Jared, Bakulin and Erokhin. Kirdayapkin soon bridged the gap and surged to the lead. The group was soon down to three once again as Bakulin flagged and thus it stayed until the 41km mark when the Russians applied the screws even further, dropping Jared bit by bit.

It all came down to a final sprint between Erokhin and Kirdayapkin and it was the older IAAF World Championship dual gold medallist who won out by the narrowest of margins, 3:38:08 to 3:38:10. Jared walked through strongly to take third with 3:40:32, a superb time in the conditions. Unsurprisingly, with three in the first five, Russia topped the team podium again with China taking silver and Ukraine taking bronze. **Ian Rayson**, the second Australian in this event, was one of the many who found the going tough, withdrawing in his case just before the 30km mark.

Some performances deserve special mention. German walker **Christopher Linke** surged from 17th to 6th place in the final 9km as he latched onto the Russian pair as they started their sprint for home. Despite being a lap down, he went with them for the remainder of their race, passing 11 other finishers along the way to record 3:47:33. Similarly, Spanish walker **Jesus Angel Garcia**, who will be 43 in October, fought his way through the field in customary punching style to post a stunning 3:48:15 for seventh. **Colin Griffin** put the heartache of recent qualification bids to rest, achieving the Olympic Standard with a 15th place finish in 3:52:55. He was on two warnings after 10km but maintained his composure and got through unscathed. Another now on his way to the London Olympics is South African walker **Marc Mundell** who finished in 26th place with 3:57:57 to set a new African Area record.

1.	Sergey KIRDYAPKIN	RUS	18-Jun-80	3:38:08
2.	Igor EROKHIN	RUS	04-Sep-86	3:38:10
3.	Jared TALLENT	AUS	17-Oct-84	3:40:32
4.	Tianfeng SI	CHN	17-Jun-84	3:43:05
5.	Sergey BAKULIN	RUS	13-Nov-86	3:46:14
6.	Christopher LINKE	GER	24-Oct-88	3:47:33
7.	Jesús Ángel GARCÍA	ESP	17-Oct-69	3:48:15
8.	Faguang XU	CHN	17-May-87	3:48:47
9.	Marco DE LUCA	ITA	12-May-81	3:49:50
10.	Rafał AUGUSTYN	POL	14-May-84	3:49:53
11.	Oleksiy KAZANIN	UKR	22-May-82	3:50:17
12.	Horacio NAVA	MEX	20-Jan-82	3:51:23
13.	Ihor HLAVAN	UKR	25-Sep-90	3:51:24
14.	Rafał SIKORA	POL	17-Feb-87	3:51:43
15.	Colin GRIFFIN	IRL	03-Aug-82	3:52:55
16.	Serhiy BUDZA	UKR	06-Dec-84	3:53:02
17.	Jos LEYVER	MEX	12-Nov-85	3:53:38
18.	Mikhail RYZHOV	RUS	17-Dec-91	3:53:49
19.	Oleksiy SHELEST	UKR	27-Mar-73	3:54:52
20.	Ivan NOSKOV	RUS	16-Jul-88	3:55:16

21.	Chil-sung PARK	KOR	08-Jul-82	3:55:24
22.	Dong-young KIM	KOR	06-Mar-80	3:56:12
23.	Clemente GARCÍA	MEX	21-Aug-89	3:57:18
24.	Zhide CUI	CHN	11-Jan-83	3:57:23
25.	Marius COCIORAN	ROU	10-Jul-83	3:57:55
26.	Marc MUNDELL	RSA	07-Jul-83	3:57:57
27.	Pedro ISIDRO	POR	17-Jul-85	3:58:00
28.	Teodorico CAPORASO	ITA	14-Sep-87	3:59:19
29.	Fredy HERNÁNDEZ	COL	25-Apr-78	4:00:22
30.	Oleksandr VENHLOVSKYY	UKR	05-Aug-85	4:00:55
31.	Mario Jos DOS SANTOS JR	BRA	10-Sep-79	4:02:09
32.	Basanta Bahadur RANA	IND	18-Jan-84	4:02:13
33.	Mikel ODRIOZOLA	ESP	25-May-73	4:03:19
34.	Omar ZEPEDA	MEX	08-Jun-77	4:03:35
35.	Rodrigo MORENO	COL	29-Apr-66	4:03:38
36.	Kumar SANDEEP	IND	01-May-86	4:03:45
37.	Dzmitry DZIUBIN	BLR	12-Jul-90	4:03:53
38.	Andrei STSEPANCHUK	BLR	12-Jun-79	4:04:02
39.	Xavier LE COZ	FRA	30-Dec-79	4:05:06
40.	Luis Manuel CORCHETE	ESP	14-May-84	4:06:07
41.	Anatole IBAÑEZ	SWE	14-Nov-85	4:06:12
42.	Se-han OH	KOR	17-Nov-88	4:06:27
43.	Tadas ŠUŠKEVICIUS	LTU	22-May-85	4:06:29
44.	David Cristian BERDEJA	MEX	21-Jun-81	4:06:55
45.	Alejandro Francisco FLOREZ	SUI	11-May-71	4:07:36
46.	Dionísio VENTURA	POR	13-Dec-79	4:10:27
47.	Vitaliy ANICHKIN	KAZ	11-Nov-88	4:10:30
48.	Luís GIL	POR	06-Apr-75	4:11:47
49.	Herve DAVAUX	FRA	22-Aug-78	4:12:39
50.	Pavel YAROKHAU	BLR	21-Jul-82	4:12:40
51.	Dominic KING	GBR	30-May-83	4:13:25
52.	Georgiy SHEIKO	KAZ	24-Aug-89	4:13:58
53.	Dušan MAJDAN	SVK	08-Sep-87	4:14:15
54.	Lorenzo DESSI	ITA	04-May-89	4:14:56
55.	Abdinar ALIBEK	KAZ	28-Mar-87	4:14:57
56.	Dzmitry HAMZUNOU	BLR	29-Apr-88	4:15:51
57.	Chandan SINGH	IND	08-Jun-87	4:16:23
58.	Lukás GDULA	CZE	06-Dec-91	4:17:05
59.	Miguel Angel PRIETO	ESP	20-Sep-64	4:19:52
60.	Maik BERGER	GER	17-Feb-79	4:20:38
61.	Daniel KING	GBR	30-May-83	4:20:49
62.	Gurpreet SINGH	IND	09-Jul-84	4:21:19
63.	Jean-Jacques NKOULOUKIDI	ITA	15-Apr-82	4:21:46
64.	Federico TONTODONATI	ITA	30-Oct-89	4:22:26
65.	Jérome CAPRICE	MRI	18-Jan-83	4:22:49
66.	Dzianis KRAUCHUK	BLR	17-Apr-87	4:23:08
67.	Mario Alfonso BRAN	GUA	17-Oct-89	4:23:42
68.	Junghyun YIM	KOR	08-Sep-87	4:24:35
69.	Zoltán CZUKOR	HUN	18-Dec-62	4:26:17
70.	Edgar CUDCO	ECU	01-Sep-83	4:32:20
71.	Margus LUIK	EST	11-Jan-80	4:38:37
72.	Fabio GONZÁLEZ	ARG	30-Jun-83	4:42:40
	Fabio RUZZIER	SLO	21-Jan-53	DNF
	Albert MUKWA NGAMBENE	COD	05-Jan-80	DNF
	Andreas GUSTAFSSON	SWE	10-Aug-81	DQ
	Andrés CHOCHO	ECU	04-Nov-83	DQ
	Håvard HAUKENES	NOR	22-Apr-90	DQ
	Artur BRZOZOWSKI	POL	29-Mar-85	DNF
	Arnis RUMBENIEKS	LAT	04-Apr-88	DNF
	Vladimir SAVANOVIC	SRB	12-Jun-85	DNF
	Vjaceslavs GRIGORJEVS	LAT	17-Jul-73	DNF
	Bernardo CALVO	CRC	19-Dec-83	DNF
	Ian RAYSON	AUS	04-Feb-88	DNF
	Ricard REKST	LTU	10-Oct-87	DNF
	Lukasz NOWAK	POL	18-Dec-88	DNF
	Anibal PAAU	GUA	12-Jan-87	DNF
	Michael DOYLE	IRL	17-May-87	DNF
	Jianbo LI	CHN	14-Nov-86	DNF

Jianguo ZHAO	CHN	19-Jan-88	DNF
Anatoliy KRAKHMALYEV	KAZ	08-Sep-86	DNF
Chokirjon IRMATOV	TJK	13-Apr-67	DNF
Pedro MARTINS	POR	12-Jan-68	DNF
Augusto CARDOSO	POR	13-Dec-70	DNF
Grzegorz SUDOL	POL	28-Aug-78	DNF
Nenad FILIPOVIC	SRB	05-Oct-78	DNF
Juan Manuel MOLINA	ESP	15-Mar-79	DNF
André HÖHNE	GER	10-Mar-78	DNF
Jamie COSTIN	IRL	01-Jun-77	DNF
Róbert TUBAK	HUN	01-Mar-79	DNF
Magno Mesías ZAPATA	ECU	08-Jan-81	DNF
Hyunsub KIM	KOR	31-May-85	DNF
Jaime QUIYUCH	GUA	24-Apr-88	DNF
Janis STRAUTINS	LAT	18-Jun-89	DNF
Vilius MIKELIONIS	LTU	05-Mar-85	DNF
Jonnathan CACERES	ECU	20-Jan-90	DNF
Fedosei CIUMACENCO	MDA	27-Jan-73	DNF
Benjamin SHOREY	USA	11-Mar-83	DNF
Xavier MORENO	ECU	15-Nov-79	DNF
Carsten SCHMIDT	GER	29-May-86	DNF
Erich CORDERO	USA	08-Jul-75	DNF



Jared battles it out with the Russians – eventual winner Sergey Kirdyapkin is second from left

Ian Rayson



Left: Legendary 50km walker Jesus Garcia on his way to seventh place
 Centre: Colin Griffin and Marc Mundell both broke the Olympic qualifying mark of 3:58:00
 Right: Claire, Jared and Rachel Tallent after Jared's medal presentation

Day 2 – Open Women 20km, 1:20PM, Sunday 13 May

The final event of the weekend was the Open Women’s 20km Championship which kicked off at 1:20PM in bright sunshine and a temperature around 30C. Australia had high expectations with a strong team of four and it looked promising as **Claire Tallent** started aggressively, the only foreigner to challenge the Russian juggernaut. At the 5km mark, it was a group of 6 – Claire alongside the 5 Russians and making the pace. By the 10km mark, passed in 44:33, Claire was still part of what was now a group of 4 and still walking an inspired race. There was great disappointment in the Australian camp when she was disqualified just before the 14km mark when holding 4th spot and well clear of any chasers.

It was left to the Russians to fight out the final placings with favourite Olga Kaniskina suffering a surprise defeat at the hands of team mate Elena Lashmanova, 1:27:38 to 1:28:33. Spanish walker Marie Poves came through strongly to take third in 1:29:10. The only other walker to break 90 minutes was Chinese Xiazhi Lu. And Sergey Kirdyapkin’s wife Anisya Kirdyapkina came 6th to complete the marital stakes! Not surprisingly, Russia won the Teams Championship easily from Spain and China.

Regan Lamble was the first and only Australian to finish, finishing strongly to take 24th with 1:34:34. **Beki Lee**, like Claire, was disqualified and **Nicole Fagan** was forced to retire around the 8km mark after collapsing in the conditions. Overall, conditions took their toll with only 88 finishers from the 109 starters.



Left: Beki and Regan keep cool before the race
Right: The top Russian Team trio - Olga Kaniskina, Elena Lashmanova and Anisya Kirdyapkina win team gold



Regan Lamble, Beki Lee, Claire Tallent and Nicole Fagan in action

1.	Elena LASHMANOVA	RUS	09-Apr-92	1:27:38
2.	Olga KANISKINA	RUS	19-Jan-85	1:28:33
3.	María José POVES	ESP	16-Mar-78	1:29:10
4.	Xiuzhi LU	CHN	26-Oct-93	1:29:55

5.	Beatriz PASCUAL	ESP	09-May-82	1:30:46
6.	Anisya KIRDYAPKINA	RUS	23-Oct-89	1:31:00
7.	Elisa RIGAUDO	ITA	17-Jun-80	1:31:25
8.	Olive LOUGHNANE	IRL	14-Jan-76	1:31:32
9.	Ana CABECINHA	POR	29-Apr-84	1:31:42
10.	Inês HENRIQUES	POR	01-May-80	1:31:43
11.	Júlia TAKÁCS	ESP	29-Jun-89	1:32:05
12.	Claudia STEF	ROU	25-Feb-78	1:32:15
13.	Olena SHUMKINA	UKR	24-Jan-88	1:32:19
14.	Eleonora GIORGI	ITA	14-Sep-89	1:32:57
15.	Shenjie QIEYANG	CHN	11-Nov-90	1:33:00
16.	Ni GAO	CHN	14-May-90	1:33:04
17.	Vera SANTOS	POR	03-Dec-81	1:33:08
18.	Kumi OTOSHI	JPN	29-Jul-85	1:33:09
19.	Melanie SEEGER	GER	08-Jan-77	1:33:24
20.	Olha IAKOVENKO	UKR	01-Jun-87	1:33:29
21.	Federica FERRARO	ITA	18-Aug-88	1:33:41
22.	Irina YUMANOVA	RUS	09-Apr-90	1:34:17
23.	Jingjing NIE	CHN	01-Mar-88	1:34:30
24.	Regan LAMBLE	AUS	14-Oct-91	1:34:34
25.	Mayra HERRERA	GUA	20-Dec-88	1:34:46
26.	Lucie PELANTOVÁ	CZE	07-May-86	1:34:48
27.	Kristina SALTANOVIC	LTU	20-Feb-75	1:35:32
28.	Ingrid HERNÁNDEZ	COL	29-Nov-88	1:35:43
29.	Claudia BALDERRAMA	BOL	13-Nov-83	1:35:54
30.	Arabelly ORJUELA	COL	24-Jul-88	1:36:14
31.	Paulina BUZIAK	POL	16-Dec-86	1:36:17
32.	Nadiya BOROVSKA	UKR	25-Feb-81	1:36:27
33.	Hanna DRABENIA	BLR	15-Aug-87	1:36:43
34.	Sylwia KORZENIOWSKA	FRA	25-Apr-80	1:36:53
35.	Laura REYNOLDS	IRL	21-Jan-89	1:37:06
36.	Agnieszka SZWARNÓG	POL	28-Dec-86	1:37:14
37.	Ana RODEAN	ROU	23-Jun-84	1:37:23
38.	Erica DE SENA	BRA	03-May-85	1:37:44
39.	Laura POLLI	SUI	07-Sep-83	1:38:01
40.	Anita KAŽEMAKA	LAT	30-May-90	1:38:04
41.	Brigita VIRBALYTĖ	LTU	01-Feb-85	1:38:25
42.	Johanna JACKSON	GBR	17-Jan-85	1:38:29
43.	Sandra GALVIS	COL	28-Jan-86	1:38:34
44.	Sniazhana YURCHANKA	BLR	01-Aug-84	1:38:37
45.	Milángela ROSALES	VEN	21-Feb-87	1:38:43
46.	Rachel SEAMAN	CAN	14-Jan-86	1:38:44
47.	Anne HALKIVAHA	FIN	09-Feb-86	1:39:08
48.	Paola PÉREZ	ECU	21-Dec-89	1:39:11
49.	Miranda MELVILLE	USA	20-Mar-89	1:39:14
50.	Ana Maria GROZA	ROU	01-Jun-76	1:39:16
51.	Edina FÜSTI	HUN	24-Jun-82	1:39:22
52.	Maritza GUAMÁN	ECU	15-Jan-88	1:39:31
53.	Neringa AIDIETYTE	LTU	05-Jun-83	1:39:34
54.	Nastassia YATSEVICH	BLR	18-Jan-85	1:39:56
55.	Antonella PALMISANO	ITA	06-Aug-91	1:40:17
56.	Katarzyna KWOKA	POL	29-Jun-85	1:40:35
57.	Lorena LUACES	ESP	29-Feb-84	1:40:47
58.	Yadira GUAMÁN	ECU	08-Jun-86	1:41:31
59.	Mónica EQUIHUA	MEX	23-Sep-82	1:41:34
60.	Marie POLLI	SUI	28-Nov-80	1:42:03
61.	Erin GRAY	USA	15-Mar-87	1:42:16
62.	Karoliina KAASALAINEN	FIN	01-Apr-88	1:42:27
63.	Nicola EVANGELISTA	CAN	14-Jun-88	1:42:37
64.	Inês PASTORINO	FRA	20-Oct-92	1:42:40
65.	Susana FEITOR	POR	28-Jan-75	1:42:48
66.	Monika KAPERÁ	POL	15-Feb-90	1:43:22
67.	Maria CZAKOVÁ	SVK	02-Oct-88	1:43:30
68.	Handan KOCYIGIT	TUR	05-Mar-85	1:43:47
69.	Anne-Gaëlle RETOUT	FRA	15-Aug-80	1:43:59
70.	Khushbir KAUR	IND	09-Jul-93	1:44:07
71.	Georgiana ENACHE	ROU	19-Feb-91	1:44:16
72.	Lauren FORGUES	USA	16-Apr-88	1:44:31

73.	Rei INOUE	JPN	23-Jul-91	1:45:04
74.	Kristine PLATACE	LAT	11-Jan-90	1:45:29
75.	Magaly BONILLA	ECU	08-Feb-92	1:46:03
76.	Kathleen BURNETT	USA	07-Oct-88	1:46:11
77.	Violaine AVEROUS	FRA	15-Mar-85	1:46:45
78.	Chaima TRABELSI	TUN	11-Mar-82	1:47:40
79.	Alina MATVEYUK	BLR	29-Jul-90	1:48:21
80.	Florida MINIYANOVA	KAZ	01-Jul-92	1:48:49
81.	8 Viktória MADARÁSZ	HUN	12-May-85	1:49:05
82.	Siu Nga CHING	HKG	11-Feb-87	1:49:30
83.	Anett TORMA	HUN	02-Sep-84	1:50:04
84.	Amandine MARCOU	FRA	26-Apr-92	1:50:40
85.	Polina REPINA	KAZ	29-Jun-90	1:51:56
	Gehad MESHREF	EGY	23-May-90	DNF
	Maarika TAUJUL	EST	05-Feb-85	DNF
	Linda VÍTOVÁ	CZE	13-Oct-93	DNF
	Sibilla DI VINCENZO	ITA	22-Jan-83	DQ
	Claire TALLENT	AUS	06-Jul-81	DQ
	Beki LEE	AUS	25-Nov-86	DQ
	Mirna ORTÍZ	GUA	28-Feb-87	DQ
	Olfá LAFI	TUN	16-Sep-86	DQ
	Semiha MUTLU	TUR	15-Mar-87	DNF
	Sonata MILUŠAUSKAITĖ	LTU	31-Aug-73	DNF
	Nicole FAGAN	AUS	24-Jul-89	DNF
	Sabine KRANTZ	GER	06-Feb-81	DNF
	Galina KICHIGINA	KAZ	14-Jul-88	DNF
	Zuzana SCHINDLEROVÁ	CZE	25-Apr-87	DNF
	Agnieszka DYGACZ	POL	18-Jul-85	DNF
	Maria VASCO	ESP	26-Dec-75	DNF
	Nataliya ZHORNYAK	UKR	26-May-89	DNF
	Olena SHEVCHUK	UKR	23-Mar-86	DNF
	Elmira ALEMBEKOVA	RUS	30-Jun-90	DNF
	Solomiya LOGIN	USA	09-Apr-80	DNF

Summary

If there were a few chinks visible in the Russian armour on Day One of the World Race Walking Cup, they were well and truly cemented over on Day Two as the home team dominated, winning 4 of the 6 individual medals on offer and both teams races. So in the end, Russia dominated just as they did two years ago, confirming their spot as the dominant racewalking force in the world in terms of both quality and quantity. China was strong as expected as was Colombia who have quickly become a force with which to be reckoned. The surprise of the weekend was Ukraine who took three bronze medals in the Teams events – Men’s 20km, Men’s 50km and Junior Women’s 10km. There’s a new kid on the block!

For Australia, the highlights came in triplicate

- The 3 Junior boys who all did PBs in their 10km event
- The Open Men 20km team who came 4th in their Teams event
- Jared Tallent who medalled yet again, this time in the 50km event.

And finally a few links that are definitely worth a read:

- The report on the great showing by the Irish team: <http://www.athleticsireland.ie/content/?p=25129>
- The WWC event reports on the IAAF website: <http://www.iaaf.org/mini/wrw12/News/News.aspx>
- A great piece by Paul Warburton on the Tallents: <http://www.iaaf.org/mini/wrw12/News/NewsDetail.aspx?id=64952>
- The race reports on the Portuguese blogspot site: <http://omarchador.blogspot.pt/>

The next World Walking Cup will be held in Taicang, China, in May 2014 and the Australians will be back again to test themselves against the best in the world.



Australian Team

Back: Dane Bird-Smith, Jared Tallent, Rhydian Cowley, Simon Baker, Brent Vallance, Ian Rayson

Middle: Ben RaySmith, Adam Rutter, Nathan Brill, Blake Steele, Jesse Osborne, Chris Erickson

Front: Regan Lamble, Beki Lee, Kristie Goznik, Rachel Tallent, Nicole Fagan, Claire Tallent

Missing: Luke Adams, Simone Wolowiec



Australian IAAF judge Wayne Fletcher

RANKINGS REVISITED

Chris Erickson's 20km PB prompts a revisit to our Australian 20km All-time ranking list. Chris stays at number 11 but creeps ever closer to the top ten.

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	1:22.20.0	Chris Erickson	V	01-12-1981	21	Saransk, Russia	12-05-2012	30

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

REGAL RACEWALKERS ROAD WALKS, LEICHHARDT, SATURDAY 5 MAY

Thanks to Renee Cassell for the Regal Racewalkers Club results from the weekend before last.

Division 1: 16km

1.	Robert Osborne	1:40:22
2.	Jim Seymon	1:46:28
	Vanessa Noble	1:17:15 (12km)
	Jodie Sundstrom	39:55 (4km)

Division 2: 14km

1.

Division 4: 3km

1.	Blake Dwyer	21:11
	Dakota Bennett-Ward	7:32 (1km)

NSWRWC ROADWALKS, HURSTVILLE GROVE, SYDNEY, SATURDAY 5 MAY

NSWRWC travelled to Hurstville Grove (new suburb name for Oatley) on that same weekend and it was yet another well supported race day with 48 walkers in action. The 10km walkers had the chance to extend their race to 15km if they so desired and a number chose to do so. The Vecellio trophy was also contested, being awarded to the winner of the combined Girls and Boys U12 Handicap. Best walks of the day were probably by Kyle Malone (49:56 for 10km), Tyler Jones (40:13 for 8km) and Kyle Bedford (15:26 for 3km).

Long Division - 10km (10km, 15km)

1.	Kyle Malone	49.56	
2.	Steven Washburn	50.44	84.52
3.	Derek Mulhearn	50.55	
4.	Kirsty Klein	51.58	
5.	Cheryl Webb	52.39	
6.	Melissa Hayes	52.52	
7.	Lauren Bourke	53.53	82.46
8.	Matthew Killen	58.44	
9.	Anthony Albanese	61.48	92.39

U16 Division - 3km

1.	Kyle Bedford	15.26
2.	Dylan Richardson	16.25
3.	Harrison Maven	16.43
4.	Ryan Thompson	17.34
5.	Ben Tisdale	17.57
6.	Ally Grujoski	18.09
7.	Tiffany Saker	18.55
8.	Travis Barendregt	19.36
9.	Daniella Salisbury	21.09
10.	Mascey Willis	21.45

Medium Division - 8km

1.	Tyler Jones	40.13
2.	Tom Doyle	44.22
3.	Robert Murphy	44.34
4.	Jasmine Dighton	45.45
5.	Amanda Barendregt	48.47
6.	Caitin Plummer	52.02
7.	Bryony Beasley	54.10
8.	Judy Brown	65.22
	Tayla-Paige Billington	DNF

U12 Division - 1.5km

1.	Haley Mills	7.56
2.	Sybella Mckay	8.07
3.	Holly Lay	8.32
4.	Niamh Sanday	9.00
5.	James Plummer	9.09
6.	Morgan Little	9.13
7.	Bayden Little	9.36
8.	Lachlan Becroft	10.33
9.	Brooke Martin	10.33
10.	Logan Barendregt	11.09
11.	Bronti Westaway	11.42
12.	Jade Thompson	11.43
13.	Emily Challinor	14.53

Short Division - 4km

1.	Nathan Brown	22.02
2.	Jasmyrn McDonald	22.12
3.	Adam Mylonas	22.14
4.	Mary Willis	25.53
5.	Rhiannon Minett	27.01
6.	Nicolle Challinor	29.07
7.	Angela Redzic	29.49

QRWC ROADWALKS, MORNINGSIDE, BRISBANE, SUNDAY 6 MAY

Again a week behind but thanks to Noela McKinven for the results from Saturday 6 May for Queensland Race Walking Club. Brandon Dewar (1:12:45 for 15km) was in hot form as was his twin brother Nick (21:19 for 5km).

A Grade Men 15km

1.	Brandon Dewar	1:12.45
2.	Ignacio Jimenez	1:19.20
3.	Peter Bennett	1:20.47
4.	Paul Lindenberg	1:37.49
5.	John Harris	1:39.56

A Grade Women 10km

1.	Kay Shaw	1:05.31
2.	Noela McKinven	1:17.20

B Grade 8km

1.	John Musters	54.08
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C Grade 5km

1.	Nick Dewar	21.19
2.	Jess Pickles	25.48
3.	Trent Miles	28.41
4.	Mikaela Woodward	28.42

D Grade 3km

1.	Lucy-Rose Boardman	18.15
2.	Ryan Pinchen	18.52
3.	Doug Miles	22.07
4.	Marie Musters	24.40

F Grade 1km

1.	Jasmine-Rose McRoberts	7.18
2.	Simone Berndt	7.21

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 12 MAY

And now onto last weekend's local races in Australia, starting with our own VRWC races at Middle Park.

Last Saturday saw the first of our VRWC Points Competition days at Middle Park. You can read all about how the Actual Time, Handicap and Style Award Points Competitions are done by checking out <http://www.vrwc.org.au/vrwcpointcomps.html>. Stuart Cooper tells me that the races were held in freezing, windy conditions. As usual, Terry Swan was in action with his camera and he has uploaded his usual selection of great photos to our photo gallery - <http://www.vrwc.org.au/coppermine>. Thanks Terry!

First to the 10km event where **Andrew Jamieson** starred, bettering his existing M65 World Record by 22 secs with a time of 49:05. **Simon Evans** was also in fine form, recording his best time for years (might even be a PB?) with 50:46 to finish just ahead of **Brad Simpson** who was also in PB mode with 50:54. **Michelle Laufer** was the fastest of the women with 54:15 ahead of **Pam Tindal** with 55:02. We had a lot of first timers over the 10km distance, including **Billy Allamby**, **Reese Walmsley**, **Mick Gray**, **Gerald Sofianos** and **Marlene Gourlay**. And a special mention to **Simone O'Neill** who took over 3 mins off her PB with 72:19.

10k Open

1.	Andrew Jamieson	49.05	M65 World Best by 0:22
2.	Simon Evans	50.46	
3.	Bradley Simpson	50.54	PB 0:16
4.	Billy Allamby	53.52	First ever
5.	James Christmass	54.06	
6.	Reese Walmsley	55.13	First ever
7.	Ralph Bennett	58.53	
8.	Duncan Knox	59.50	
9.	Mick Gray	63.44	First ever
10.	Bob Gardiner	64.02	
11.	Gerald Sofianos	67.57	First ever
12.	Rudolf Skrucany	68.38	
	Russ Dickenson	DNF	
	Josh Dillon	DNF	
1.	Michelle Laufer	54.15	
2.	Pam Tindal	55.02	
3.	Marlene Gourlay	59.25	First ever?
4.	Simone O'Neill	72.19	PB 3:32

Kyle Bird and **Adam Garganis** continued their fine form of last week with 24:31 and 25:22 in the 5km walk while **Kirstin Shaw** was the fastest woman with 26:41.

5km Open

1.	Kyle Bird	24.31
2.	Adam Garganis	25.22
3.	Gerard Feain	31.07
4.	Geoff Barrow	34.15
5.	Barrie Wicks	38.02

6.	Alex Poore	46.01
	Tony Johnson	DNF
1.	Kirstin Shaw	26.41
2.	Jmara Hockley-Samon	26.45
3.	Heather Carr	27.58
4.	Sandra Geisler	28.08
5.	Liz Feldman	30.18
6.	Robyn Shaw	30.38
7.	Gwen Steed	32.57
8.	Rebecca Campbell	33.47
9.	Celia Johnson	34.26

In the 3km walks, **Josh Kaiser** was fastest overall with an excellent 13:46 but it was in the U15 division where the action really hotted up with **Kyle Swan** 14:29 and **Jemima Montag** 14:27 fighting it out to the line. **Jasmine Irshad** was also in PB form with a huge time of 14:35 as were **Paige De Lisen** 16:41, **Phillipa Huse** 17:08, **Cody McNicol-Davidson** 18:11 and **Jake Oliva** 22:10. Kyle's time of 14:29 was actually a VRWC U14 Club Record.

3km Open

1.	Josh Kaiser	13.46	PB 0:57
2.	Paul Kennedy	15.22	
3.	Alan Huse	18.51	First time walker
4.	John Morrison	21.43	
5.	Tony Barrett	24.43	
	Gordon Onley	DQ	

3km U15

1.	Kyle Swan	14.29	PB 0:09, new VRWC U14 record
2.	Callum Evans	20.28	First ever
3.	Cody McNicol-Davidson	21.03	
4.	Jake Oliva	22.10	PB 0:18
1.	Jemima Montag	14.27	
2.	Jasmine Irshad	14.35	PB 0:21
3.	Paige De Lisen	16.41	PB 0:17
4.	Emily Hamilton	16.52	
5.	Megan Walker	17.02	
6.	Phillipa Huse	17.08	PB 0:32
7.	Shelby Kay	17.16	
8.	Rachael Guy	17.23	
9.	Emily Swan	17.54	
10.	Chloe McNicol-Davidson	18.11	PB 0:07
11.	Carly Bertrand	18.52	
12.	Stacey McLaren	19.36	
13.	Courtney Utber	19.36	First one
14.	Madeleine Feain	20.55	
	Gabby Crea	DQ	

The U12 and U9 walkers upped their distances this week with 2.5km and 1.5km respectively. **Corey Dickson** 13:58 and **Brodie Richardson** 14:04 were our fastest U12 walkers while **Jared Hodges** 9:28 and **Gemma Lillie** 9:39 walked from the front in the U9 once again.

2.5km U12

1.	Corey Dickson	13.58
2.	Lachlan Feain	14.46
3.	Hayden Walmsley	15.03
4.	Liam Evans	16.45
1.	Brodie Richardson	14.04
2.	Mikhala Hodges	14.09
3.	Georgia Bertrand	14.31
4.	Brianna Lillie	14.39
5.	Jessica Lillie	14.48
6.	Tegan Miller	15.10
7.	Mackayla Davison	15.10
8.	Kathleen O'Mahoney	15.19
9.	Anaya Hodges	15.41

1.5km U9

1.	Jared Hodges	9.28
2.	Thomas Kennedy	12.17
1.	Gemma Lillie	9.39
2.	Freya Evans	11.06
3.	Zara Irshad	12.48

Thanks to our many judges and officials. Sorry if we missed anyone.

Set-up:	Bob Gardiner, Harry Summers
Race entries:	Stu Cooper, Michael Bodey, Russ Dickenson, Damien Elms
Uniforms:	Marlaine Stanway
Officials/Timekeepers:	Mark O'Mahoney, Paul Kozaris, Harry Summers, Stu Cooper, Mark Davidson, Don McLaren Jason Elms (bike)
Judges:	Shane Bertrand (C), Frances Attard, Margaret Walker, Lloyd Nichols, Michael Bodey
Canteen:	Barb Gardiner, Wendy Cooper
Photos:	Terry Swan

And a special get well soon to club member **Connor McShanag** who had emergency surgery last Wednesday to remove his appendix. It will be a while before we see Connor again at walkers club so – get well soon mate!

Normally I would have lots of photos from Terry Swan's VRWC photo gallery but the newsletter is already too big! So here are just a few. Check out <http://www.vrwc.org.au/coppermine> for the rest.



Jemima Montag, Kyle Swan, Kyle Bird, Alan Huse, Andrew Jamieson and Jasmine Irshad

ACTRWC ROAD WALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 12 MAY

Thanks to ACTRWC Secretary Robin Whyte for this week's walk results from Canberra.

8Km Handicap (Actual Time,Start)

1.	Bob Parker	57:52	(10:10)
2.	Jennifer Gilchrist	59:00	(10:20)
3.	Bryan Thomas	53:02	(16:25)
4.	Derek Robinson	53:07	(16:25)
5.	Ann Staunton-Jugovic	44:08	(25:35)
6.	Robin Whyte	50:29	(19:40)
7.	Rod Gilchrist	54:57	(16:25)
8.	Geoff Barker	56:07	(16:25)
9.	Pat Fisher	60:03	(14:45)

4Km Handicap (Actual Time,Start)

1.	Desma Butler	35:26	(03:50)
2.	Jack Thackray	33:49	(08:25)
3.	Rosemary Parker	31:09	(11:10)
4.	David Mackenzie	29:46	(13:00)
5.	Trish Thomas	42:09	(01:05)
6.	Jenny Reading	30:45	(12:45)
7.	Zoe Hunt	21:15	(22:50)
8.	Gabby Hunt	22:10	(21:55)
9.	Nola de Chazal	39:54	(04:15)
10.	Cilla Chapman	34:25	(10:15)
11.	Bob Chapman	32:17	(12:40)
12.	Brendon Reading	20:20	(24:50)

2Km Handicap (Actual Time,Start)

1.	Karina Hopkins	11:35	(10:15)
2.	Callum Burns	11:12	(10:55)
3.	Thomas Hopkins	11:38	(11:20)

1Km Handicap (Actual Time,Start)

1.	Thomas Hunt	07:50	(02:45)
2.	Spencer Burns	05:52	(04:45)
3.	Laura Burns	08:28	(02:25)
4.	Hana Jugovic	11:06	(00:00)

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 12 MAY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters walking. He commented that the course was hilly but conditions were cool and calm.

4km Walk

W67	Jill Rogers	32.49	63.25%
W58	Linda Whitelaw	30.16	61.23%
M74	Rodger Barber	29.21	67.75%
M61	Jeff Kennett	35.16	50.5%
W78	Cynthia Dally	35.26	67.83%

8km Walk

W63	Gill White	1.03.56	66.27%
M60	Kevin Finn	0.52.03	70.28%
W60	Diane Loveday	1.04.26	63.31%
M69	Roger Lowe	0.59.15	65.05%
M82	Colin Hainsworth	1.01.18	76.76%
W59	Edna Bates	1.10.15	54.85%
W52	Marie Maxted	0.53.53	68.00%
M65	Geoff Byham	0.52.02	74.07%
M78	Davisd Robertson	1.04.54	67.27%
W68	Margaret Trengrove	1.00.20	72.13%
M66	George White	0.47.18	81.48%
M68	Graham Harrison	1.05.10	59.14%

SARWC ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 12 MAY

Thanks to Peter Crump for the latest South Australian walking report.

Our Club Handicap events were held today at the "bullet track" at Victoria Park (1 km up and back loop). Megan Szirom took advantage of the handicapper's goodwill (never again!) and walked away with the 10km and the Knight Campbell Shield, while the rest of the field was more tightly bunched. An excellent scratch time from Kim Mottrom. The 5km handicap saw Jemma Potezny walk well outright and against handicap, while younger sister Julia Potezny was the only eligible (under 16) walker and therefore took out the McFadden Trophy. The 2km event kept the timekeepers on their toes with some blanket finishes, headed by Joe Cross. Anna Cross and Alix Harlington pushed each other over the distance to both record excellent times. Rhiannon Lovegrove continued her creeping PBs over the 2km distance. Good to see the Niperess family out to give Mark some support on his long awaited comeback to walking.

10km	Finish Time	Actual Time	2km	Finish Time	Actual Time		
1.	Megan Szirom	1:08:59	51:09	1.	Joe Cross	13:26	11:46
2.	Peter Crump	1:09:41	55:21	2.	Anna Cross	13:30	09:55
3.	Kim Mottrom	1:10:05	46:35	3.	Mark Niperess	13:34	11:54
4.	Jim Hoare	1:10:10	1:10:10	4.	Alix Harlington	13:45	10:10
5.	Bill Starr	1:10:16	1:09:56	5.	Riona Tyler-Dowd	13:46	12:36
6.	Gloria Holliday	1:11:16	59:06	6.	Danielle Walsh	13:49	10:59
7.	Justin Hill	DNF		7.	Michael Nicolaidis	13:55	13:15
8.	Amber Tuscharski	DNF		8.	Rhiannon Lovegrove	14:00	10:50
				9.	Rhiana Hooker	14:00	12:30
				10.	Beth Cross	14:07	11:07
				11.	Jacob Niperess	14:16	12:36
				12.	Sarah Damin	14:24	13:44
				13.	Ryan Hooker	15:48	15:48
				14.	Summer Pelentsov	16:38	16:38
				15.	Riley Szirom	16:47	16:47
				16.	Mark Hooker	16:49	15:09

5km	Finish Time	Actual Time	
1.	Jemma Potezny	29:15	26:55
2.	Lachlan Tyler-Dowd	30:06	29:06
3.	Yvette Becker	30:11	26:11
4.	Julia Potezny	31:07	31:07

1km	Finish Time	Actual Time	
1.	Sarah Niperess	06:37	06:32
2.	Corey Harlington	08:44	08:44

WA WALKING RESULTS, SHELLEY, SUNDAY 13 MAY

Thanks to Terry Jones for the latest walking results from Athletics Western Australia winter competition.

1.5km Walk

1.	Shae Millington	9.02
2.	Tanya Andrews	9.04
3.	Teyharna Curry	10.05
4.	Olivia Skepper	10.07
5.	Amy Holland	10.33
6.	Mitchell Curulli	11.47
7.	Jaymee-Lee Curry	11.48

5km Walk

1.	Holly Hughes	30.00
2.	Emily Holland	33.33
3.	Ben Reid	34.11
4.	Tom Lenane	34.51
5.	Arianna Tolardo	35.41
6.	Georgia Curulli	35.48
7.	Isabella Tolardo	36.38

10km Walk

1.	Dale Hennighan	55.15
	Zac Partington	DNF

Mothers Day 1.5km Walk

1.	Karen Tolardo	10.20
2.	Rose Hollaway	11.10
3.	Karen Kujawski	11.57
4.	Narelle Skepper	12.34
5.	Janine Curulli	12.50
6.	Glenda Reid	13.14
7.	Penny Holland	13.54

RWCWA ROAD WALKS, WILSON, SUNDAY 13 MAY

And thanks to Rick Cattermole for the latest results from the Racewalking Club of WA, also in Perth. Add these two competitions up and you have 35 walkers competing last Sunday in Perth. That is excellent.

10km Open

1.	David Smyth	55.30
2.	Vanessa Brown	56.08 (PB)

5km Open

1.	Sara Cattermole	29.28 (SB)
2.	Breanna Brown	29.50
3.	Caitlin Gerken	30.25 (PB)

3km Open

1.	Melissa Sullivan	23.54
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2km Open

1.	Jasmin Burgess	11.25 (PB)
2.	Summer Brown	11.28 (PB)
3.	Daniel Turner	11.43 (PB)
4.	Andrea Hahn	12.44
5.	Christopher Gerken	14.53 (PB)

1km Open

1.	Helen Hahn	9.44
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OVERSEAS SHORTS

PUNE (IND, May 8): Kuldeep Singh won the 10,000m track walk at the 11th Indian National Junior Federation Cup meet – his time was 43:37.66.

PILDITCH (RSA, May 5): South African Marc Mundell warmed up for the Race Walking World Cup meet with a win in the 10,000m walk in at the RSA Open Championships in Pretoria on Saturday 5 May, his time 43:44.41.

ATHLETICS AUSTRALIA ANNOUNCE OCEANIA ATHLETICS CHAMPIONSHIPS TEAM

Athletics Australia has announced a large team for the Oceania Athletics Championships, to be held in Cairns (QLD) from June 27-29 2012. Started in 1990 and held biannually, the Oceania Athletics Championships are the area meet for the 22 IAAF member federations located in and around the Pacific Ocean. In past championships, the Australian team has been restricted to athletes from country or disadvantaged areas but it seems to have been thrown open to all to apply this year. I must admit that this slipped by me and I did not realise personally that it had now been opened up. Luckily the following walkers did realise and they have been rewarded with selection.

Open Women:	Claire Tallent	5000m Walk	21:29.12	18/02/2012	Melbourne
	Kelly Ruddick	5000m Walk	22:18.00	14/04/2012	Melbourne
	Tanya Holliday	10km Walk	44:55	16/07/2011	Adelaide
	Kelly Ruddick	10km Walk	46:53	07/08/2011	Melbourne
Open Men:	Ian Rayson	5000m Walk	20:12.60	18/02/2012	Sydney
	Brandon Dewar	5000m Walk	20:40.21	18/02/2012	Sydney
	Nick Dewar	5000m Walk	21:18.52	22/01/2011	Brisbane

For Kelly, Nick and Brandon, it will be their first Australian vests so special congratulations to them. For Tanya, it is especially pleasing considering her recent 1:33:15 20km time in China which was just too late for her to be added to the World Cup team. For Claire and Ian, it is yet another Australian representation to add to their ever growing list.



Kelly Ruddick, Nick Dewar and Brandon Dewar – first time Australian representatives

TALKING LONDON OLYMPICS

With this weekend's performances from Chris Erickson and Adam Rutter here in Saransk, the Australian Olympic walks team looks just about finalised and should look like this

Women's 20km	Regan Lambie, Beki Lee, Claire Tallent
Men's 20km	Chris Erickson (TBC), Adam Rutter (TBC), Jared Tallent
Men's 50km	Luke Adams, Nathan Deakes, Jared Tallent

Thanks to Stuart Kollmorgen for this great snap from London – Nice one Stuart!



VRWC CLUB RECORD UPDATE

More club records this week to 3 of our top club members. Andrew's walk also bettered his M65 World Record.

Andrew Jamieson	M65 10km Road	49.05	VRWC, Middle Park	Saturday 12 May
Kyle Swan	U14 Boys 3km Road	14.29	VRWC, Middle Park	Saturday 12 May
Nathan Brill	U16 Boys 10km Road	44:52	Saransk, Russia	Saturday 12 May

And one that I missed some time ago when Nathan Brill set a new U16 10,000m record in Sydney in March.

Nathan Brill	U16 Boys 10,000m Track	45:00.40	Aust Champs, Sydney	Friday 16 March
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LAKE BURLEY GRIFFIN WALKING CARNIVAL ENTRIES CLOSE THIS WEEKEND

Phil Essam from the ACT Race and Fitness Walking Club has asked me to let everyone know that the LBG Carnival page on their ACTRWC website has now been updated with all the details for this year's Lake Burley Griffin Carnival in June. It can be viewed at <https://sites.google.com/site/walkact/lbg-carnival>

The LBG Carnival also has a facebook page which is at <https://www.facebook.com/groups/116927058324565>

Remember that entries close with your club secretary this coming weekend (Sat 19 or Sun 20) so don't delay in confirming your participation in what is Australia's largest walking carnival.

A BELATED CHANGE TO THE VICTORIAN RECORDS

Michael Harvey contacted me some time ago to point out an error in the Victorian Race Walking Record lists which incorrectly showed Andrew Jachno holding the Victorian 30,000m Track Walk Record with a time of 2:09:09. This performance, done in Auckland in 1990 was in fact a road walk. Michael has sorted it out with A.V. and the Victorian Record has been amended in favour of **Simon Baker** with a time of 2:14:22, set in Melbourne on the track in 1990 (this is also the Australian record). So Simon, you now have a new State record!

WHAT'S COMING UP

Next Saturday sees the second of our championship days with the A.V. 10Km and Victorian Masters 10km championships to be contested at Middle Park. Note that entries for the AV 10km Championships (Open, 40+ and 50+) must be made via the AV Online Panel at <https://members.athsvic.org.au/competitions>. Entries for the VMA 10km are taken on the day at Middle Park. Just turn up and pay your \$10 at the table.

Saturday 19th May 2012		Middle Park	
AV, VMA & VRWC Events: Entries for non championship events close at 2.00pm sharp			
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	Victorian Championship	Open, 40+, 50+ Women
2.15pm	10km	Victorian Masters Championship	Masters Men
2.15pm	10km	Victorian Masters Championship	Masters Women
2.15pm	10km	Non championship event	Open
2.15pm	5km	Non championship event	Open
2.15pm	3km	Non championship event	Open
2.15pm	3km	Non championship event	Under 15
2.30pm	1.5km	Non championship event	Under 9
2.40pm	2.5km	Non championship event	Under 12

Looking further ahead, the **Victorian Country Roadwalking Championships** will be held at Lake Wendouree in Ballarat on Sunday 27th May. The timetable has now been published and reads as follows

Sunday 27th May 2012, Ballarat			
10.00am	10km	A.V. Country Championship	Open Men/Women
10.10am	5km	A.V. Country Championship	Under 20 Men/Women
10.10am	5km	A.V. Country Championship	Under 18 Men/Women
10.50am	3km	A.V. Country Championship	Under 16 Boys/Girls
10.50am	3km	A.V. Country Championship	Under 14 Boys/Girls
11.15am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls
11.15am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls

Note that entries for the A.V. Country Championships must be done via the online entry system on the A.V. Website – see <https://members.athsvic.org.au/competitions>. You should enter this week as entries will close with a week or so to go. The Racewalking Victorian Championships for U10 and U12 may be entered on the day.

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 Victorian/Australian Winter Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.

2012 International Fixture

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

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.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, 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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