



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 23
5 March 2013



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

TIM'S WALKER OF THE WEEK

Last week's winner was **Jesse Osborne** who walked 1:29:24 in his first ever attempt in the Australian 20km Championship in Hobart.

This week the great performances continue. Here are the ones which especially caught my eye

- 39 year old **Kelly Ruddick** won the Victorian 5000m walk championship on Friday evening with a 21 sec PB of **21:50.13**. This propels her to 13th on our Australian all-time list and is yet another superb PB for Kelly.
- 18 year old **Jesse Osborne** took silver in the men's Victorian 5000m walk championship on Friday evening with a 23 sec PB of **20:00.56**. This is only 5 days after his big 20km walk in Hobart (same for Kelly above) and confirms his meteoric rise through the men's ranks.
- 21 year old **Regan Lamble** made up for her DNF in Hobart with a top walk in China last Friday, stopped the clock in an A qualifying time of **1:34:03**. This puts her right back into contention for this year's World Championships team.
- 20 year old **Rachel Tallent** walked a 4 minute PB in Hobart just over a week ago. Last Friday in China, she took a further 55 secs off that time with her own A qualifying time of **1:34:55**. She is now one of 6 A Australian qualified women for the 20km walk (Claire Tallent, Regan Lamble, Tanya Holliday, Beki Lee, Rachel Tallent and Cheryl Webb). This is great depth!
- 31 year old **Chris Erickson** contested the Chinese National 50km championship in Taicang, China, on Saturday, the day after the IAAF Challenge Series event and what a performance, winning overall with an A qualifying time of **3:55:25**. He now has A qualifiers for both the World Champs 20km and 50km teams (as have Jared Tallent and Luke Adams).

It is the last two that I am going to hone in on for this week's vote. **Will you vote for Rachel or Chris?** As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 27 FEBRUARY

Thanks to Colin Hainsworth for his latest weekly results from the South Australian Masters in Adelaide.

3000m yacht handicap

1.	M60	Jack Russell	17:09	76.90%
2.	W52	Gloria Holliday	17:19	76.69%
3.	M76	Paul Boyce	24:16	65.59%
4.	M52	Peter Crump	15:47	77.65%
5.	M83	Colin Hainsworth	22:35	78.34%
6.	M69	Roger Lowe	21:49	66.66%
7.	W64	Jan Layng	23:09	65.01%
8.	M70	Bill Starr	20:40	71.22%
9.	M74	Rodger Barber	22:03	70.24%
10.	M69	Graham Harrison	19:33	74.39%
11.	M79	David Robertson	25:20	65.60%
12.	W60	Edna Bates	25:41	55.96%
13.	W59	Linda Whitelaw	23:28	60.60%
14.	M66	James Hoare	22:39	62.02%

VICTORIAN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, FRIDAY 1 MARCH, 2013

Rhydian Cowley and Kelly Ruddick are our new Victorian 5000m track walk champions after commanding performances last Friday evening in Melbourne. Rhydian took control from the start and never let up, winning in 19:32.66, just a couple of secs outside his PB. Great results also for youngsters Jesse Osborne and Nathan Brill who took the minor medals, Jesse just narrowly missed the 20 min mark with 20:00.56 and Nathan Brill equalling his PB of 20:08.72. Kelly, soon to turn 40, battled for the first few laps with Beth Alexander before clearing away for a huge winning time of 21:50.13. Beth did well to hold on for second, her time of 24:01.74 not far outside her best. Youngsters Stephanie George and Amanda Heard took 3rd and 4th with excellent performance walking, 25:38.96 and 25:52.78 respectively. Lots of these walkers competed 5 days before in the Australian 20km championships in Hobart so it was a good turnaround indeed. Note the big list of PBs - special mentions to Brad Simpson 22:22.17, Jason Kozica 22:48.65, Aaron McDonough 24:02.69, Lucas Taylor 24:23.99 and Rachel Guy 27:10.46.

Men 5000m Open

1.	Cowley, Rhydian	GLENHUNTLY A	19:32.66	
2.	Osbourne, Jesse	BOX HILL ATH	20:00.56	PB 0:23
3.	Brill, Nathan	BOX HILL ATH	20:08.72	eq PB
4.	Simpson, Bradley	ATHLETICS NU	22:22.17	PB 0:22
5.	Kozica, Jason	ST KEVIN'S A	22:48.65	PB 0:26
6.	Kollmorgen, Stuart	COLLINGWOOD	23:12.69	
7.	Hawthornthwaite, Danny	ATHLETICS ESSENDON	23:41.63	
8.	McDonough, Aaron	PRESTON ATHL	24:02.69	PB 0:47
9.	Garganis, Adam	COLLINGWOOD	24:20.56	
10.	Taylor, Lucas	YARRA RANGES	24:23.99	PB 0:29
11.	Evans, Simon	BOX HILL ATH	24:27.46	
12.	Bird, Kyle	MORNINGTON P	24:31.39	
13.	McShanag, Connor	ATHLETICS ESSENDON	28:07.84	
14.	Smyth, David	COLLINGWOOD	28:36.13	

Women 5000m Walk Open

1.	Ruddick, Kelly	BALLARAT HAR	21:50.13	PB :21
2.	Alexander, Beth	KNOX ATHLETIC CLUB	24:01.74	
3.	George, Stephanie	SOUTH COAST	25:38.96	
4.	Heard, Amanda	EAGLEHAWK YM	25:52.78	eq PB
5.	Shaw, Kirstin	WESTERN ATHLETICS	27:08.30	
6.	Guy, Rachael	CASEY CARDIN	27:10.46	PB 3:57
7.	McInnes, Simone	GLENHUNTLY A	27:26.73	
8.	Geisler, Sandra	RINGWOOD ATH	28:04.92	
9.	Laurie, Natalie	ATHLETICS NU	29:31.87	
10.	Elms, Donna-Marie	ATHLETICS ESSENDON	31:17.24	
11.	Bertrand, Carly	KEILOR ST BE	31:37.47	
12.	Steed, Gwen	VICTORIAN MA	33:01.50	

And you can see some superb athsvicTV footage from the walks at <http://www.youtube.com/watch?v=hkJsMxe0xtc>. Photos are going up on <http://insideathletics.zenfolio.com/p558547087>. Hopefully there will be some of the walks.

WA STRIVE INTERCLUB, WA ATHLETICS CENTRE, PERTH, FRIDAY 1 MARCH

An excellent win to 14 year old Simeon Leatherland in the Western Australian Strive Interclub 3000m last Friday evening. Boy, Perth have been having a torrid summer - thank goodness their meets are usually in the evenings.

Mixed 3000m Walk

1.	Leatherland, Simeon	M	Athletics WA	15:19.50	PB 0:01
2.	Hughes, Holly	W	Melville	15:39.40	PB 0:18
3.	Holt, Kate	W	Melville	15:55.10	
4.	Johns, Mikayla	W	Melville	16:49.60	
5.	Tolardo, isabella	W	Melville	17:32.60	
6.	Gerken, Caitlin	W	Athletics WA	17:54.90	
7.	Reid, Benjamin	M	Athletics WA	17:56.80	
8.	Tait, Kimmy	W	Athletics WA	18:32.60	
9.	Gerken, Christopher	M	Athletics WA	DQ	

NSW STATE T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 2-3 MARCH

The NSW Track Championships were also contested last weekend and it was Cheryl Webb 22:45.41 and Kyle Malone 21:37.82 who took the honours. Small fields but quite a few PBs.

Open Women 5000m Walk

1.	Webb, Cheryl	37	Blacktown Ci	22:45.41	
2.	Bettiol, Amy	18	Sydney Pacif	24:04.67	PB 0:06
3.	Raycanovski, Sarah	30	Mingara Athl	24:39.62	PB 0:03
4.	Billington, Tayla-Paige	16	Hills Distri	25:17.22	
5.	Cobb, Jessica	23	Blacktown Ci	25:29.56	PB 0:051
6.	Potter, Frances	16	Balmain Athl	35:44.07	

Open Men 5000m Walk

1.	Malone, Kyle	22	Nepean Distr	21:37.82	
2.	Felton, Jay	18	Mingara Athl	22:35.62	PB 0:09
3.	Mulhearn, Derek	23	Sydney Unive	23:10.66	
4.	Washburn, Steven	19	Nepean Distr	23:27.86	PB 0:16
5.	Gibbons, Carl	17	Westlakes At	24:19.89	PB 0:15
6.	Osborne, Robert	58	Nepean Distr	28:11.42	

BRWC WALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 3 MARCH

Thank to Sarah Brennan for the race report from Sunday's walks in Ballarat.

It was a hot morning (yes even in Ballarat) for the Daryl Biggin & Sharon Schnyder Founder's Cup 3km Handicap. The race took a sealed handicap format and young sisters Jemma & Alanna Peart were quick out of the blocks. A tussle for the lead ensued, with Alanna breaking away just after the 1km mark and storming home to win overall, and the handicap, in a big PB and U10 Girls Club Record of 17:23. Four youngsters contested the 1km race, with 8 year old newcomer Kayla Bridges recording an impressive 8:16 to win from Bailey, Scott & Rex (all finishing together in 11:12).

Daryl Biggin & Sharon Schnyder Founder's Cup 3km Handicap

1.	Alanna Peart	17:23	
2.	Rodney Davis	19:18	
3.	Jemma Peart	17:38	
4.	Olivia Davis	25:44	
5.	Sarah Brennan	17:27	
6.	Jessika Bridges	22:45	
7.	Shae Ohlsen	22:00	U18 Club Record)
8.	Kasey Bishop	23:10	
9.	Mia Darlow	DNF	

1km Walk

1.	Kayla Bridges	8:16
2.	Bailey Ohlsen	11:12
3.	Scott Peart	11:12
4.	Rex Brennan	11:12



Winner Alanna Peart with her perpetual trophy

ATHLETICS SA T&F CHAMPIONSHIPS, SOPAC, MILE END, ADELAIDE, SUNDAY 3 MARCH

The walks were held on Sunday afternoon at the South Australian T&F Championships but unfortunately it was 30C at the time of the race at 12:30pm so times were effected. But it didn't stop Troy Hooker doing yet another big PB!

Open/Masters Women 5000m Walk

1.	Megan Szirom	Salisbury	25:25.55
2.	Jemma Potezny	Hills District	27:44.67
3.	Anna Cross	Pembroke	28:26.22
	Linda Whitelaw (W50+)	Enfield Harriers	DQ

1. Open Men 5000m Walk

2.	Kim Mottrom	Adelaide Harriers	21:54.42
3.	Justin Hill	Adelaide Harriers	24:04.20
4.	Peter Crump	St Peters Co	27:10.22
5.	Troy Hooker	Salisbury	27:24.02

Masters Men 3000m Walk

1.	James Hoare (M50+)	Port Adelaide	21:55.09
	Norman White (M50+)	Enfield Harriers	DQ

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 3 MARCH

Thanks to Rick Cattermole for the latest results and race report from the Racewalking Club of Western Australia.

It was a nice cool change at Wilson today for our second last Summer racewalk....about 28C. Our last Summer walk is on 7th April and we have our AGM straight after the last walker in. Please consider a position on the Committee this year as I do believe that the Secretary and Treasurer job may become vacant for 2013 season.

10km Open Walk

1.	Vanessa Brown	59.59
2.	Breanna Brown	DNF

5km Open Walk

1.	Michelle Butler	31.14
2.	Melissa Hall (NZ)	37.53
	Caitlin Gerken	DNF

2km Open Walk

1.	Summer Brown (u/10)	11.56
2.	Christopher Gerken (u/13)	13.39
3.	Timothy Kezic (U/12)	14.17
4.	Tina Kezic (u/13)	14.38
5.	Ryan Kezic (u/10)	14.40

IAAF RACEWALKING CHALLENGE, TAICANG, CHINA, FRIDAY 1 MARCH 2013

The IAAF Race Walking Challenge returned to Taicang last Friday. It was the third year in a row that this competition has been held in this city and, needless to say, Chinese athletes came in as overwhelming favourites in both races. With a number of other IAAF Challenge events spread around February and March, the number of internationals was reduced from previous years but Australians **Jared Tallent**, **Regan Lambie**, **Rachel Tallent**, **Luke Adams** and **Chris Erickson** did make the trip across to support the carnival.

The 2014 IAAF World Racewalking Cup is to be held in Taicang and this year's challenge event was very much a dry run. As such, it was a superb success with the efficient Chinese organisation coming to the fore. I can hardly wait for 2014 - it will be a superb event. The course is amazing - the widest road yet for a major championship and it is dead flat and very fast.

The weather was atrocious on Friday with low temperatures (it was 6C at the start of the women's race at 8:30AM), a cutting wind and rain. In fact, it was one of the worst days I remember in quite some time. The Challenge numbers were small but the races were also the Chinese Championships and, after the men's 20km started at 8:45AM, there were over 200 walkers on the road.

My race report is cobbled together from the more extensive report of Mirko Jalava on the IAAF website - see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/li-and-sun-upset-the-favourites-in-taicang>.

The men's race started with the favourite, 2012 London Olympic champion Chen Ding, in the lead as expected. But the 20-year-old was not at the top of his game and dropped out mid race. Such is the depth of the local walking that the final kilometres saw 6 Chinese walkers in contention for the win and a sole foreign walker, Jared Tallent, gamely chasing behind. The two most established

walkers, Li Jianbo and Cai Zelin, eventually broke away from the four athletes contesting the National Championships and reached the long final straight side by side. Most experts would have put their money on Cai, the 20km specialist who set his 1:18:47 PB here last year. But it was Li, the 50km specialist who was seventh in London in that event, who went on to win with a personal best of 1:18:52, breaking his previous best of 1:19:10 that was set back in 2009. Cai finished just three seconds behind in 1:18:55, the second-fastest time of his career. The first six finishers were Chinese with the next four not competing in the IAAF Race Walking Challenge. Third in the Challenge competition was Australia's two-time Olympic silver medallist Jared Tallent in 1:20:41 in his third consecutive appearance in Taicang. Zhao Qi of China was fourth in 1:20:50 and India's Kolothum Thodi Irfan clocked 1:20:59 in fifth place.

The women's race saw 19-year-old Lu Xiuzhi – who last year finished sixth at the Olympics and set an Asian junior record of 1:27:01 – leading early with two large packs forming almost immediately. Around eight kilometres into the race, 22-year-old Sun Huanhuan accelerated to take the lead. The Army athlete was competing in her first international competition but was walking confidently. Just before 10 kilometres, 2008 World junior bronze medallist Li Yanfei – who was competing in the National Championships race – took the lead, which she then kept until the very final moments of the race. With less than one kilometre to go, Sun regained the lead, clocking a big personal best of 1:27:36 for the win and cutting more than two minutes off her previous best from last season. Li, who was not part of the Challenge race, was second with a PB of 1:27:40, while 20-year-old He Qin, also in the National Championships race, finished third in 1:27:42. Olympic bronze medallist and Asian record-holder Qieyang Shenjie never really looked like a potential winner of this race and finished third in the Challenge race with 1:28:27. The best non-Chinese finisher in the race was Regan Lamble of Australia, who recorded a 1:34:03 finishing time for the seventh place.

MEN – 20KM CHALLENGE RACE

1.	Li Jianbo	CHN	14 Nov 86	1:18:52
2.	Cai Zelin	CHN	11 Apr 91	1:18:55
3.	Jared Tallent	AUS	17 Oct 84	1:20:41 (split 40:26)
4.	Zhao Qi	CHN	14 Jan 93	1:20:50
5.	Kolothum Thodi Irfan	IND	8 Feb 90	1:20:59
6.	Li Tianlei	CHN	13 Jan 95	1:21:49
7.	Takuya Yoshida	JPN	10 Aug 90	1:22:13
8.	Ivan Trotski	BLR	27 May 76	1:23:29
9.	Jakub Jelonek	POL	7 Jul 85	1:23:49
10.	Luke Adams	AUS	22 Oct 76	1:24:07 (split 41:48)
11.	Kang Kil-Dong	KOR	12 Jul 92	1:25:40
12.	Chen Ding	CHN	5 Aug 92	DNF

WOMEN – 20KM CHALLENGE RACE

1.	Sun Huanhuan	CHN	15 Mar 90	1:27:36
2.	Lu Xiuzhi	CHN	26 Oct 93	1:27:58
3.	Qieyang Shenjie	CHN	11 Nov 90	1:28:27
4.	Ding Huiqin	CHN	5 Feb 90	1:29:42
5.	Yang Mingxia	CHN	13 Jan 90	1:29:48
6.	Regan Lamble	AUS	14 Oct 91	1:34:03 (split 46:10)
7.	Rachel Tallent	AUS	20 Feb 93	1:34:53 (split 47:00)
8.	Weon Aesas-Byeol	KOR	8 Apr 90	1:35:47
9.	Tomomi Maekawa	JPN		1:37:55
10.	Gaurav Kumari	IND		1:40:29



The start of the women's 20km championship



The course - the widest ever!



Luke Adams near the lead early in the men's 20km race



Regan Lamble (third from right) follows a long row of Chinese walkers in the women's 20km race

The performances of the four Australians are discussed on the AA website. In particular, Rachel Tallent walked the race of her life, going through the 10km mark in a PB of 47:00 and then hanging on gamely to record a big PB time of 1:34:53, an all important A qualifier for the World champs. The AA report reads

Australian success at the IAAF World Race Walking Challenge in Taicang (CHN) has continued in 2013, with **Regan Lamble** (Vic) and **Rachel Tallent** (Vic) both walking women's 20km walk A-qualifiers for the IAAF World Championships. Crossing the line below the required 1:36:00, Lamble stopped the clock in an impressive 1:34:03, with Tallent hot on her heels in 1:34:55. Lamble's performance comes just days after having to withdraw mid-race from the Australian 20km Racewalking Championships while Tallent has enviably achieved an open-age qualifier less than twelve months after concluding her youth Australian representation at the IAAF World Junior Championships in Barcelona (ESP). Both coached by Brent Vallance, the Canberra-based duo have now both qualified for selection to the Australian Flame in their first year as senior athletes.

Lamble said: "I've got a pretty good record here now, I did my first A-Qualifier here in 2011 and it's a really exciting environment to race in. There was something like 110 Chinese athletes out there with us and that's makes the racing really exciting and the opportunity to walk quickly that little bit easier. Rachel's walk was amazing. It is a huge improvement for her after a great B-qualifying walk at the Australian Championship in Hobart last week. I'm so proud she has been able to walk the time less than a year after being a junior walker at the World Juniors in Spain."

In the men's event, three-time Olympic medallist **Jared Tallent** (Vic) walked an impressive 1:21:04 to finish third. He was joined in the event by **Luke Adams** (NSW), who clocked 1:24.07 to finish 10th in the Challenge.

CHINESE NATIONAL RACEWALKING CHAMPIONSHIPS, TAICANG, 1-2 MARCH

As mentioned above, the Chinese National Roadwalking Championships were held alongside the IAAF Challenge events in Taicang last Friday and then continued on Saturday.

Friday morning saw the Open and U20 men's and Women's 20km championships with over 200 walkers in total. Interestingly, the Chinese contestants in the IAAF Challenge Walkers did not walk in the National Championships so the medals were up for grabs. As usual, the depth is extraordinary so I have reproduced the full result set.

Open Men 20km Walk

1.	Yu Wei	CHN	11 Sep 87	1:19:07
2.	Bian Fongda	CHN	1 Apr 91	1:19:34
3.	Liu Jianmin	CHN	9 Mar 88	1:19:34
4.	Sun Chenggang	CHN	11 Mar 91	1:19:55
5.	Li Shijia	CHN	14 Jan 92	1:20:54
6.	Hu Wanli	CHN	27 May 92	1:21:30
7.	Xu Dexing	CHN	20 Aug 88	1:21:41
8.	Du Yunpeng	CHN	6 Sep 88	1:22:14
9.	Wang Hao	CHN	16 Aug 89	1:22:40
10.	Tong Anqi	CHN	29 Sep 92	1:22:46
11.	Wang Gang	CHN	2 Apr 91	1:22:47
12.	Zhang Hang	CHN	28 Oct 91	1:22:56
13.	Zhao Ziyang	CHN	29 Jul 91	1:22:58
14.	Wu Qianlong	CHN	30 Jan 90	1:23:05
15.	Wei Xubao	CHN	1 Feb 93	1:23:09
16.	Luo Yadong	CHN	15 Jan 92	1:23:20
17.	Men Fuqiang	CHN	22 Jun 92	1:23:32
18.	Li Yajun	CHN	14 Dec 93	1:23:40
19.	Ma Haijun	CHN	24 Nov 92	1:24:09
20.	Niu Wenbin	CHN	20 Jan 91	1:24:11
21.	Zhao Yinliang	CHN	6 Jan 93	1:24:37
22.	Chen Zongliang	CHN	9 Jan 92	1:24:44
23.	Ding Xianyu	CHN	27 Nov 93	1:25:03
24.	Han Jijiang	CHN	20 Jul 93	1:25:04
25.	Ji Chunlong	CHN	25 Feb 88	1:25:29
26.	Niu Wenfei	CHN	6 Apr 93	1:25:36
27.	Chen Haoding	CHN	6 Nov 92	1:25:45
28.	Wang Kun	CHN	10 May 89	1:25:58
29.	Xie Sichao	CHN	28 Feb 93	1:26:02
30.	Li Guodong	CHN	17 Dec 92	1:26:18
31.	Chu Yafei	CHN	5 Sep 88	1:26:20
32.	Yan Dexiang	CHN	18 Jun 93	1:26:22
33.	Xu Jie	CHN	1 Jan 93	1:26:24
34.	Zhao Jianguo	CHN	19 Jan 88	1:26:26
35.	Hou Quan	CHN		1:26:29
36.	Li Lei	CHN	29 Nov 87	1:27:01
37.	Pei Lianyou	CHN	27 Jan 90	1:27:58
38.	Zhan Ende	CHN	3 Mar 90	1:27:59
39.	Wang Yue	CHN	7 Apr 92	1:28:15
40.	Guo Ziyang	CHN	31 Dec 93	1:28:20
41.	Li Zhengzheng	CHN	29 Oct 93	1:28:45
42.	Li Zeyu	CHN	4 Oct 93	1:29:08
43.	Geng Yuanjiang	CHN	20 Sep 91	1:29:19
44.	Li Jiahui	CHN	18 Nov 92	1:29:34
45.	Fan Yawen	CHN	15 Apr 92	1:29:40
	Wang Guozhen	CHN	1 Dec 92	DNF
	Wang Wei	CHN	1 Dec 88	DNF
	Shi Songbo	CHN	4 Mar 88	DNF
	Xin Yianyu	CHN	10 Mar 92	DNF
	He Yongqiang	CHN	27 Nov 93	DNF
	Chen Xinrong	CHN	17 Jun 90	DNF
	Rong Yufei	CHN	8 Apr 92	DNF

Open Women 20km Walk

1.	Li Yanfei	CHN	12 Jan 90	1:27:40
2.	He Qin	CHN	23 Mar 92	1:27:42
3.	Nie Jingjing	CHN	1 Mar 88	1:28:33
4.	Wang Shanshan	CHN	16 Jun 87	1:29:30
5.	Bo Yanmin	CHN	29 Jun 87	1:29:59
6.	Xu Liqin	CHN	6 Feb 90	1:30:00
7.	Liu Huan	CHN	24 Feb 93	1:30:25
8.	Zhou Tongmei	CHN	4 Apr 88	1:30:28
9.	Li Hua	CHN	15 Jan 91	1:30:55

10.	Zhou Kang	CHN	24 Dec 89	1:30:58
11.	Liu Shuyu	CHN	13 Dec 93	1:31:00
12.	Gao Ni	CHN	14 Sep 91	1:31:03
13.	Chen Shuangyan	CHN	14 Aug 91	1:31:12
14.	Kang Jinzi	CHN	25 Jan 90	1:31:19
15.	Li Li	CHN	18 Jun 87	1:31:36
16.	He Dan	CHN	22 Jul 84	1:31:49
17.	Wang Yingliu	CHN	1 Mar 92	1:32:01
18.	Wang Min	CHN	2 Dec 91	1:32:33
19.	Sun Xueping	CHN	10 Dec 88	1:33:11
20.	Wang Xiaolan	CHN	5 Feb 90	1:33:30
21.	Shi Tianshu	CHN	7 Jun 88	1:33:36
22.	Tong Lingling	CHN	25 Jan 92	1:33:40
23.	Xu Yaozhi	CHN	20 May 90	1:33:48
24.	Wang Tingting	CHN	18 Jan 87	1:33:55
25.	Xiao Junying	CHN	16 Jun 92	1:33:58
26.	Liu Ke	CHN	2 Oct 90	1:34:07
27.	Zhang Xin	CHN	17 Aug 89	1:34:11
28.	Huang Jing	CHN	28 Feb 88	1:34:27
29.	Zhu Dan	CHN	27 Jan 93	1:34:34
30.	Song Meiyang	CHN	8 Sep 89	1:34:36
31.	Wang Di	CHN	30 Aug 92	1:34:45
32.	He Qinqin	CHN	21 Jun 90	1:35:19
33.	Ma Fayang	CHN	30 Aug 93	1:35:22
34.	Xu Haiyang	CHN	19 Mar 93	1:35:54
35.	Li Maocuo	CHN	20 Oct 92	1:36:06
36.	Yang Kaixuan	CHN	2 Aug 92	1:36:22
37.	Kang Bin	CHN	8 Jan 92	1:36:42
38.	Zhang Shasha	CHN	4 Dec 92	1:37:03
39.	Yang Liu	CHN	26 Feb 92	1:37:08
40.	Wang Jiaojiao	CHN	11 Dec 93	1:37:09
41.	Li Wanfang	CHN	5 Jan 93	1:37:12
42.	Mu Juan	CHN	20 Jun 89	1:37:16
43.	Wang Yalan	CHN	19 Feb 93	1:37:53
44.	Zhu Chunyan	CHN	3 Jun 92	1:38:13
45.	Liu Yannan	CHN	1 May 93	1:38:38
46.	Liu Fengshuang	CHN	20 Apr 93	1:38:59
47.	Zhao Huimin	CHN	12 Oct 93	1:39:31
48.	Li Qiuye	CHN	2 Dec 93	1:39:51
49.	Huang Wei	CHN	31 Aug 87	1:40:46
50.	Xin Shasha	CHN	20 Jan 92	1:40:57
51.	Sun Libin	CHN	3 Jan 91	1:41:59
52.	Li Wei	CHN	2 Dec 92	1:45:21
	Zhao Jing	CHN	18 Feb 92	DNF
	Sun Lihua	CHN	30 Sep 83	DNF
	Song Xiaoling	CHN	21 Dec 87	DNF
	Tong Chengcheng	CHN	20 Oct 89	DNF
	Yang Yawei	CHN	16 Oct 83	DNF
	Xie Lijuan	CHN	14 May 93	DNF
	Shi Yang	CHN	24 Jan 83	DNF

U20 Men 20 km walk

1.	Jiang Jie	CHN	25 Oct 94	1:22:32
2.	Liu Xu	CHN	11 Dec 94	1:23:00
3.	Zhang Zhi	CHN	22 Jul 94	1:23:42
4.	Hu Enxi	CHN	26 Mar 94	1:23:44
5.	Sun Song	CHN	15 Dec 96	1:23:56
6.	Lu Jiefang	CHN	95	1:25:30
7.	Li Shuai	CHN	6 Jan 95	1:25:41
8.	Hiu Ying	CHN	28 Feb 94	1:25:59
9.	Qu Guanchen	CHN	18 Dec 94	1:26:04
10.	Li Peng	CHN	10 Nov 94	1:26:17
11.	Ma Youshan	CHN	21 Sep 95	1:26:23
12.	Wang Kaihua	CHN	16 Feb 94	1:26:23
13.	Gao Wenkui	CHN	28 Jul 95	1:26:24
14.	Jie Jinzhu	CHN	25 Jul 95	1:26:28
15.	Luo Xingxu	CHN	18 Jul 94	1:26:42
16.	Wang Chao	CHN	2 May 96	1:26:55

17.	Lu Hongyue	CHN	23 Nov 94	1:27:00
18.	Lu Dahai	CHN	16 Mar 94	1:27:12
19.	Jiang Shan	CHN	14 Jul 95	1:27:18
20.	Geng Yudong	CHN	13 Jun 94	1:27:22
21.	Li Datian	CHN	9 Jan 95	1:27:24
22.	Li Jinguo	CHN	4 May 95	1:27:55
23.	Mo Zhenfeng	CHN	28 Feb 95	1:28:35
24.	Jiang Su	CHN	8 Apr 95	1:28:44
25.	Yang Yongyin	CHN	27 Sep 95	1:28:51
26.	Wang Mingli	CHN	23 Dec 94	1:28:54
27.	Ceng Qingsheng	CHN	3 Apr 95	1:29:02
28.	Chen Long	CHN	18 Dec 95	1:29:25
29.	Cui Haibo	CHN	16 Feb 94	1:29:37
30.	Zhao Qingwei	CHN	95	1:30:02
31.	Zhao Qingtao	CHN	7 Nov 94	1:30:14
32.	Zhang Haixin	CHN	21 Feb 96	1:30:27
33.	Gao Wu	CHN	26 Jan 95	1:30:28
	Sun Zhenhua	CHN	15 Dec 94	DNF
	Zhong Xing	CHN	6 Mar 95	DNF
	Leng Xiao	CHN	26 Jan 96	DNF
	Su Guanyu	CHN	26 Jun 94	DQ

U20 Women 20 km walk

1.	Pei Mowen	CHN	17 Sep 95	1:30:33
2.	Luo Xingcai	CHN	18 Jul 94	1:31:03
3.	Mao Yanxue	CHN	15 Feb 94	1:31:57
4.	Zhang Xuhong	CHN	10 Feb 93	1:32:07
5.	Su Yingqiu	CHN	1 Feb 95	1:32:15
6.	Chen Zhen	CHN	3 Nov 94	1:32:28
7.	Duan Dandan	CHN	23 May 95	1:33:29
8.	Gao Shan	CHN	8 Apr 95	1:33:34
9.	Hou Yongbo	CHN	15 Sep 94	1:33:38
10.	Dong Genmiao	CHN	16 Jul 94	1:35:03
11.	Mao Jie	CHN	12 Feb 94	1:35:08
12.	Li Ping	CHN	7 Jan 94	1:35:10
13.	Ma Yimei	CHN	29 Apr 94	1:35:29
14.	Yang Lei	CHN	29 Nov 95	1:35:43
15.	Yang Peili	CHN	7 Aug 94	1:37:00
16.	Wang Chen	CHN	18 Feb 94	1:37:08
17.	Wang Zhenzhen	CHN	3 Feb 95	1:37:13
18.	Cao Hua	CHN	14 Jun 95	1:37:15
19.	Zhuang Chunli	CHN	7 Mar 94	1:37:16
20.	Geng Shasha	CHN	7 Feb 96	1:37:27
21.	Ma Yue	CHN	2 Feb 94	1:37:33
22.	Zhou Jie	CHN	3 Sep 96	1:38:04
23.	Han Xue	CHN	7 Jan 95	1:38:07
24.	Zhang Rui	CHN	16 May 95	1:38:56
25.	Gu Yingying	CHN	3 Apr 95	1:39:19
26.	Wang Na	CHN	29 May 95	1:39:51
27.	Yang Jiayu	CHN	18 Feb 96	1:40:27
28.	Liu Fang	CHN	16 Aug 95	1:40:29
29.	He Xiaoxue	CHN	11 Sep 95	1:42:00
30.	Liu Baijie	CHN	13 Sep 94	1:42:06
31.	Wang Dan	CHN	11 Jan 95	1:42:14
32.	Li Yanan	CHN	2 Aug 96	1:43:13
33.	Guo Runfeng	CHN	9 May 95	1:43:33
34.	Zheng Xiaoying	CHN	12 Aug 95	1:43:45
35.	Liu Yue	CHN	27 Mar 95	1:44:40
36.	Zhang Hua	CHN	4 Jun 94	1:46:21
37.	Wei Yuxin	CHN	5 Dec 95	1:47:08
38.	Zheng Zhiyun	CHN		1:49:15
39.	Zeng Taijie	CHN	1 May 94	1:51:09
	Luan Shuang	CHN	1 May 95	DNF
	Liu Yanxia	CHN	21 Jan 95	DNF
	Ni Yuanyuan	CHN	6 Apr 95	DNF

The Junior events were contested on the Friday afternoon but conditions were still just as arctic and the wind, if anything, had probably picked up a notch. The times were still impressive to say the least!

U18 Men 10 km walk - Race A

1.	Yao Biao	CHN	15 Apr 96	40:43
2.	Leng Xiao	CHN	26 Jan 96	40:47
3.	Dai Jianxing	CHN	11 Aug 96	40:51
4.	Tong Dongliang	CHN	3 Apr 97	40:58
5.	Zhang Rongjin	CHN	24 Apr 96	42:04
6.	Tian Xu	CHN	31 Jan 96	42:23
7.	Wang Jiexin	CHN	20 Nov 96	42:36
8.	Gao Guang	CHN	9 Jul 97	42:50
9.	Xu Liang	CHN	18 Aug 97	43:40
10.	Wang Xinyan	CHN	23 Jun 96	43:49
11.	Zhang Wanxin	CHN	25 Oct 96	43:49
12.	Wang Yan	CHN	6 Oct 96	43:51

U18 Men 10 km walk - Race B

1.	Zhao Jianguo	CHN	19 Jan 88	41:06
2.	Hou Heng	CHN	20 Jan 97	42:37
3.	Bai Jiawei	CHN	25 Jun 97	42:43
4.	Wang Libo	CHN	9 Feb 97	43:01
5.	Jiang Tao	CHN	29 Jan 97	43:15
6.	Zhao Xianhong	CHN	6 Sep 96	43:19
7.	Wu Yun	CHN	17 Oct 97	43:33
8.	Li Jichao	CHN	10 May 96	43:36
9.	Peng Huayao	CHN	16 Jan 97	43:40
10.	Xu Gang	CHN	24 Mar 96	43:47
11.	Wang Shiyu	CHN	28 Apr 97	43:48
12.	Li Chenchen	CHN	7 Dec 97	43:52
13.	Liu Jian	CHN	19 May 97	43:52
14.	Huang Cheng	CHN	8 May 97	44:09
15.	Bi Jianzhong	CHN	27 Nov 97	44:20
16.	Han Ping	CHN	21 Apr 97	44:41
17.	Wang Zipeng	CHN	1 Feb 96	44:46
18.	Yang Jipeng	CHN	27 Aug 97	44:52
19.	Yang Jinming	CHN	7 Jan 96	44:55

U18 Women 10 km walk

1.	Xiao Xianghua	CHN	19 Feb 97	47:52
2.	Ma Yiming	CHN	10 Sep 97	48:05
3.	Zhang Yan	CHN	20 Jan 96	48:53
4.	Zhang Shuyuan	CHN	10 Jan 97	48:58
5.	Chen Yumin	CHN	8 Feb 97	49:09
6.	Zhu Zexin	CHN	24 Jul 96	49:42
7.	Zhao Tianchun	CHN	23 May 97	49:46
8.	You Xiaorong	CHN	29 Jul 97	49:53
9.	Wang Yiquan	CHN	22 Jun 97	49:58
10.	Hu Zhimin	CHN		49:59
11.	Chi Meijiao	CHN	28 Jun 96	50:13
12.	Wang Wei	CHN	29 Nov 97	50:15
13.	Lei Fei	CHN	8 Aug 97	51:27
14.	Zhu Di	CHN	13 Aug 96	51:31

U16 Men 5 km walk

1.	Wang Qinyu	CHN	9 Jan 98	20:15
2.	Li Jipeng	CHN	4 Jan 98	20:21

U16 Women 5 km walk

1.	Ma Zhenxia	CHN	97	22:19
2.	Xiao Han	CHN	12 Nov 98	23:03
3.	Yang Liuqing	CHN	22 Aug 98	23:13
4.	Lin Jing	CHN	14 May 98	23:33
5.	Zhu Ruonan	CHN	14 Mar 98	23:50
6.	Lou He	CHN	97	24:00

The National Championships continued into the Saturday with Open 50km and U20 30km races, all starting concurrently at 7:30AM - in 2°C! But luckily, the rain had passed and the wind had dropped and a weak sun even tried to pop out as the race progressed so it was definitely the better of the two days. Again, large fields with 53 entrants in the 50km and 18 in the 30km, a sole Australian amongst them in the form of **Chris Erickson**.

20km Challenge walkers Cai Zelin and Li Jianbo started with the field, out for their own training walk. They led the walkers out quickly (perhaps too quickly for many in the race), Zelin stopping after 6km and Li Jianbo stopping after 22km. By this stage, the field was well spread and the 30km walkers were starting to kick the pace down as they entered their final 10km.

We were witnesses to an amazing spectacle as, early in the race, over 5000 walkers marched trackside in an organized fitness walking exhibition (see some photos at http://www.marciaitaliana.com/dett_news.asp?id=1318). It was truly impressive! The Deputy Mayor of Taicang has said that they intend to increase this to 15000 walkers for next year's World Cup.

Chris Erickson started conservatively and was well back early. But as the race progressed and those in front of him either slowed or retired, he inched his way up through the field, reaching fourth place by the half way mark and eventually hitting the lead at the 47km point. From there, he came home strongly, crossing the line first in a time of **3:55:25**, some 90 secs ahead of the official winner, Niu Wenbin - as Chris was competing by invitation, he was unfortunately not able to officially take the title. His splits indicate the patient nature of his walk - 47:18, 47:02, 46:50, 46:55 and 47:20. This gives him an all important 50km A qualifier for this year's World Championships to go with his 20km A qualifiers.



Chris Erickson breasts the tape as first finisher in the Chinese 50km Championship

Alas, I can only find the first few placings in the 50km in English and, after that, it's all Chinese to me! Here is what I can make of the Open 50km results:

Open 50km Championship			
	Chris Erickson	AUS	3:55:25
1.	Niu Wenbin	Yunan	3:56:56
2.	Xu Jie	Anhui	4:02:07
3.	Gou Xiaoxin	PLA	4:02:27
4.	Bai Xuejin	PLA	4:03:11
5.	Wang Hao	Hebei	4:04:49
6.	Xu Xianlong	Hebei	4:13:44
7.	Cheng Min	Beijing L.	4:19:54
8.	Wang Yingqi	Beijing L.	4:21:21
9.	E. Guozhu	Qinghai	4:25:11
10.	Pat. Lee	Guangdong	4:30:03
4 DQs and 15 DNFs			

The results document shows a second 50km finish listing with a different group of walkers and a different set of times. I am not sure whether these are U23 - perhaps that could account for the separate listing. They read as follows:

1.	110	4:02:46
2.	115	4:05:27
3.	165	4:09:36
4.	181	4:11:09
5.	167	4:14:29
6.	152	4:17:17
14 DNFs		

And finally the results from the U20 30km - not too shabby at all.

1.	311	2:14:37
----	-----	---------

2.	340	2:16:47
3.	323	2:22:43
4.	300	2:22:49
5.	301	2:25:50
6.	332	2:31:32
7.	314	2:42:47
5 DQs		

For the full result set (in Chinese), see <http://www.marciaitaliana.com/risultati/Results%20Walking%20NC.pdf>.

ITALY-FRANCE-GERMANY JUNIOR INDOOR MATCH, ANCONA, ITALY, SATURDAY 2 MARCH

Two competitors per country in this indoor match between Junior (U20) teams from Italy, France and Germany. Italy took gold and silver in both walks with Vito Mineo 20:20.19 and Stelly Noemi 13:25.27 victorious. Overall, the match saw Germany triumph with 193 points followed by Italy with 169 and France with 164. Germany has won ever year since 2006 - a pretty good record!

Men's 5000m Race Walk Indoor

1.	Vito MINEI	ITA	94	20:20.19
2.	Francesco FORTUNATO	ITA	94	20:46.64
3.	Adrien CASSAGNES	FRA	94	21:55.90
4.	Jonathan HILBERT	GER	95	22:12.43
5.	Karl JUNGHANSS	GER	96	22:24.60
6.	Fabian FESSELIER	FRA	94	22:51.87

Women's 3000m Race Walk Indoor

1.	Noemi STELLA	ITA	97	13:25.27
2.	Anna CLEMENTE	ITA	94	13:46.94
3.	Myriam BEGEL	FRA	95	14:07.23
4.	Maxi WOELKE	GER	95	14:12.85
5.	Jeanne BILLA	FRA	96	14:26.31
6.	Janine BANDT	GER	94	14:37.66

FRENCH INDOOR YOUTH CHAMPIONSHIPS, REIMS, SATURDAY 2 MARCH

Yes, Emmanuel Tardi was out and about again last weekend - he was in Reims on Saturday for the French Indoor Youth Championships. There were 6 championship races: Cadet (1996-1997), Junior (1994-1995) and Espoirs (1991-1992-1993) and 2 additional races for second level walkers ranking 13 to 24. The race for elite walkers ranking 1-12 was two weeks ago in Aubières.

Two nationals records were beaten - Emilie Tissot beat the Espoirs record with a huge time of 12:49.79 (she had set the previous record of 13:15.39 two weeks ago when she has won the elite race) and Jean Blancheteau set a new Cadet category record of 21:41.1 (the previous record was 22:06.98). In the Espoirs Category, Keny Guinaudeau (20:56.9) was close to the French record (20:48.44).

In the National second-tier race, former international walkers Mehdi Boufraine and Damien Molmy took the first two places in front of Laurent Legalle who broke the M50 national record with 22:02.09!

3 000m Marche-salle/CAF

1.	DELEUZE Cecile	CAF/96	Fc Laon	14:36.19
2.	NAVARRO Lea	CAF/97	Nantes Metropole Athletisme*	15:05.63
3.	LE NAY Roseline	CAF/96	Ua Des Cotes D:armor*	15:45.24
4.	KOWALSKI Alisson	CAF/97	Gohelle Athletisme*	16:04.65
5.	HAM Axelle	CAF/97	A. Sarreguemines Sarrebourg A	16:11.91
6.	MIALDEA Eva	CAF/97	Correze Athle*	16:27.13
7.	LIARD Laura	CAF/96	Athletisme Le Bourget Drancy	16:29.84
8.	DEMAREST Mathilde	CAF/97	Club Athletisme De Belleu	17:03.42
9.	LEBRETON Anais	CAF/96	Us Le Mans	17:04.01
10.	BRUN Maëla	CAF/97	Stade Saint-lo	17:15.19

3 000m Marche-salle/JUF

1.	BOUCHET-LIOU Chloe	JUF/94	Ea Rhone Vercors Cav Usac*	15:02.50
2.	BARRE Manon	JUF/94	Racing Club Nantais *	15:05.44
3.	PORCHER BRIANTAIS Eva	JUF/94	Herbauges Athletic Club	15:13.40
4.	NAZE Cecile	JUF/95	Mouy Atac	15:17.30
5.	BRUNON Perrine	JUF/94	Athle 43	15:32.83
6.	ATTIA Amelia	JUF/94	Ea Chambéry	15:42.14
7.	PEREZ Laura	JUF/95	Ua Tarbes-stado*	15:43.41
8.	BAEZA Julie	JUF/95	As Fleury Les Aubrais Saran At	15:46.46

9.	TREBAUL Enora	JUF/94	Pays De Landerneau Athletisme	15:51.17
10.	LANGLAIS Emmanuelle	JUF/95	Athle Pays De Fougeres *	15:54.97
3 000m Marche-salle/ESF				
1.	TISSOT Emilie	ESF/93	Alsace Nord Athletisme*	12:49.79
2.	MARCOU Amandine	ESF/92	Sa Merignac	13:33.85
3.	QUENNEHEN Marine	ESF/91	Ca Montreuil 93	14:08.60
4.	MELLADO Coralie	ESF/93	Us Colomiers	14:41.89
5.	BOURHIS Amelie	ESF/92	Athle Pays De L:orient*	14:47.05
6.	DUQUESNE Corinne	ESF/91	Entente Athletique Grenoble 38	15:28.67
7.	FOURNET Alice	ESF/93	Aj Blois-onzain	15:32.75
8.	SOUVERVAL Laurie	ESF/91	As Saint-junien	15:37.57
9.	AUSELLO Morgane	ESF/92	Nice Cote D:azur Athletisme *	16:39.83
10.	GRALITZER Delphine	ESF/91	Le Chesnay 78 As	17:12.29
5 000m Marche-salle/CAM				
1.	BLANCHETEAU Jean	CAM/96	Athle Bourgogne Sud	21:41.1
2.	MUTTER Axel	CAM/96	Ac Roche-sur-yon *	23:08.0
3.	SOUABER Yanis	CAM/96	Lille Metropole Athletisme*	23:35.8
4.	LAMOURY Maximilien	CAM/96	Athle 52 *	24:18.2
5.	LAMIAUX Amaury	CAM/96	Athle Halluin-val-de-lys	24:20.3
6.	HEPP Edouard	CAM/96	Entente Grand Mulhouse Athle*	24:27.2
7.	DELEUZE Nicolas	CAM/97	Fc Laon	24:38.7
8.	MAYER Florian	CAM/96	Alsace Nord Athletisme*	24:44.8
9.	ADAM Dorian	CAM/97	Us Bazas	25:08.4
10.	HAMY Maxence	CAM/96	As Marck	25:47.4
5 000m Marche-salle/JUM				
1.	SESTIER Anael	JUM/94	As Fleury Les Aubrais Saran At	22:54.37
2.	DESJARDINS Florian	JUM/94	Val-de-reuil Ac *	23:03.03
3.	GERBAUD-BLIN Pierre	JUM/95	Ca Vierzon	23:11.32
4.	MARTIN Come	JUM/95	Athletic Club Tassin	23:34.34
5.	LECAPLAIN Maxime	JUM/94	Manche Athle Centre Sud*	23:52.46
6.	SIREIX Brice	JUM/95	Us Cenon-rive-droite	23:55.49
7.	CIAN Anthony	JUM/94	Bec Leognan*	24:05.49
8.	DAUCHY Louis	JUM/94	Givet-revin Ac *	24:13.59
9.	TORRE Orian	JUM/95	Correze Athle*	24:19.62
10.	MACABREY Quentin	JUM/94	Montbeliard Belfort Athletisme	24:35.27
5 000m Marche-salle/ESM				
1.	GUINAUDEAU Keny	ESM/93	Ac Roche-sur-yon *	20:56.9
2.	ANDRIEU Hugo	ESM/92	Uavh Aubagne	22:05.9
3.	HURAUULT Simon	ESM/92	Manche Athle Centre Sud*	22:14.6
4.	MALOSSE Dimitri	ESM/92	Js Lezignan-corbieres	22:55.2
5.	BOUTRAIS Andy	ESM/91	Rouen Maromme Mont Saint Aigna	23:11.1
6.	SIZORN Arnaud	ESM/92	Ula Quimper Cornouaille	23:11.5
7.	GABORIT Axel	ESM/91	Racing Club Nantais *	23:11.7
8.	COUTURIER Julien	ESM/93	Bec Leognan*	23:33.2
9.	GAUCHET Quentin	ESM/93	Aj Blois-onzain	24:20.4
10.	DE NEVE Nicolas	ESM/93	Athletisme Chamalieres	27:01.0
3 000m Marche-salle/TCF Nationale 2				
1.	GUILLARD Caroline	VEF/71	Ec Orleans Cercle Jules Ferry*	14:36.06
2.	THIEFFENAT Delphine	SEF/75	Lyon Athletisme*	14:39.99
3.	BARRE Christelle	VEF/72	Racing Club Nantais *	14:45.26
4.	BORIO Elisa (ITA)	SEF/90	Clermont Athletisme Auvergne *	14:50.43
5.	NAUMANN Marit	VEF/68	Ea Macon *	14:52.08
6.	ROUSSEL Gladine	SEF/78	Sc Abbeville	14:52.75
7.	EICHHOLTZER Sandrine	SEF/77	Martigues Sports Athle	14:57.46
8.	BILLARD Coralie	SEF/83	Lyon Athletisme*	15:18.91
9.	DUPONT Sandra	VEF/72	Clermont Athletisme Auvergne *	15:33.03
10.	BARRITAUULT Lucie	SEF/90	Stade Niortais *	15:36.99
5 000m Marche-salle/TCM Nationale 2				
1.	BOUFRAINE Mehdi	SEM/89	Ca Montreuil 93	21:50.64
2.	MOLMY Damien	SEM/88	Lille Metropole Athletisme*	22:01.97
3.	LE GALLE Laurent	VEM/62	Us Bannalec	22:02.99
4.	DA SILVA CARVALHO LE Thomas	SEM/83	Coulommiers Brie Athletisme	22:03.00

5.	COSSET Raphael	SEM/79	Ca Montreuil 93	22:46.40
6.	DUMAIRE Thomas	SEM/90	Athle Sud 77*	22:53.68
7.	RAMON Fabrice	VEM/70	Grand Angouleme Athletisme	23:02.80
8.	GROUSELLE Pierre	SEM/85	A. Sarreguemines Sarrebourg A	23:09.55
9.	LATOUCHE Jonathan	SEM/87	Nantes Metropole Athletisme*	23:50.08

Thanks to Emmanuel for the following photos from the meet



Left: Emilie Tissot beats the Espoirs record with a huge time of 12:49.79
Centre: Former international walkers Mehdi Boufraine and Damien Molmy lead the second tier champs
Right: In the Espoirs Category, Keny Guinaudeau (20:56.9) was really close to the French record (20:48.44).



Left: Jean Blancheteau set a new Cadet category record of 21:41.1
Centre: Podium for Cadets Male
Right: Podium for Espoirs Female

MOLLY BARNETT OPEN ROAD WALKS, COVENTRY, ENGLAND, SUNDAY 3 MARCH

Thanks to Mark Wall for the results from the annual Molly Barnett walks which were held in Coventry last Sunday. The meet saw some great walking - the highlight had to be the Open 10km which was won by New Zealander Quentin Rew in a big PB of 40:19. Tom Bosworth moved into third on the UK all-time rankings with his second placed time of 40:44 while U20 walker Jamie Higgins excelled with 42:42. The Open 5km walk saw U17 walkers Cameron Corbishley 23:19, Matt Redferen 24:34 and Callum Wilkinson 24:37 take line honours.



**Left: Open 10km placegetters Quentin Rew, Tom Bosworth and Jamie Higgins (photo Andi Drake)
Right: U11 winner Amelia Tutt (file shot compliments of Mark Wall)**

Open 10km Walk

1.	Quentin Rew	LMU/N.Zealand	SM	40.19
2.	Tom Bosworth	Tonbridge	SM	40.44
3.	Jamie Higgins	Leeds city	U/20M	42.42
4.	Heather Lewis	Pembroke	SW	51.05
5.	Jonathan Hobbs	M & MAC	SM	51.53
6.	Steve Allen	Barnet	VM	54.49
7.	Rebecca Collins	M & M AC	SW	56.39
8.	Steve Arnold	Nuneaton	VM	56.39
9.	John Constandinou	Birchfield	VM	62.44
10.	Mark Palethorpe	Worcester	VM	64.16
11.	Stuart Edgar	DASH	VM	64.29
12.	Julian Barnett	Birchfield	VM	68.37
13.	Mike Horton	DASH	VM	68.47
14.	Chris Harris	DASH	VM	72.08
15.	David Fall	Birchfield	VM	72.25
16.	Eric Horwell	DASH	VM	78.55

Open 5km Walk

1.	Cameron Corbishley	M&MAC	U/17M	23.19
2.	Matt Redfern	Nuneaton	U/17M	24.34
3.	Callum Wilkinson	E & H AC	U/17M	24.37
4.	Bethan Davies	Cardiff	SW	24.42
5.	Ellie Dooley	Hyde Park H	U/20W	26.37
6.	Jasmine Nicholls	Leicester	U/20W	26.47
7.	Emma Achurch	Leicester	U/17W	26.55
8.	Ellie Dainton	Llanelli	U/17W	27.25
9.	Brenda Gannon	Hyde Park H	SW	27.34
10.	Kate Hargreaves	Leicester	VW	30.58
11.	Julie Bellfield	Halesowen	VW	32.03
12.	Sarah Lightman	Leicester	VW	33.18
13.	Tracey Mills	Birchfield	VW	33.45
14.	Lynn Bellfield	Halesowen	VW	35.01
15.	Peter Bilson	Sheffield	SM	47.16

U15 3km Walk

1.	Jack Leversidge	Sheffield	M	16.21
2.	Amy Phipps	Neath	F	19.39

U13 2km Walk

1.	Ana Garcia	Sheffield	F	9.50
2.	Kara Lane	Birchfield	F	11.11
3.	Alana ziedler	Sheffield	F	11.14
4.	Samuel Redfern	Nuneaton	M	11.17

5.	Benjamin Allen	Leicester	M	11.23
6.	Laura Achurch	Leicester	F	12.18
7.	Ella Sharkey	Sheffield	F	13.32
8.	Matt Davies	DASH	M	13.54
9.	Mollie Dainton	Llanelli	F	14.04

U11 1km Walk

1.	Amelia Tutt	R & N AC	F	6.11
2.	Alex Hurrell	DASH	M	6.17
3.	George wilkinson	E & H AC	M	7.07

Mark Easton has loaded his photographs from the Molly Barnet walks to photo website <http://markeaston.zenfolio.com/f304498077>. He advises that the best way to view is to click on the photos of the event to enter the gallery and then click the Show All link near the bottom of the page. Here are some of Mark's excellent photos - thanks mate!



**Quentin Rew, Tom Bosworth, Jamie Higgins and Cameron Corbishley in action
(Mark Easton - <http://markeaston.zenfolio.com/f304498077>)**

And I also noticed John Constandinou featuring in the 10km results. English readers will know that John maintains the superb English statistics website www.racewalkuk.com. If you check it out, you will see it looks just like my own Australian statistics website <http://www.racewalkaustralia.com> and that is of course because John built us our own version of his website way back in 2009 for us to house our Australian results. John's my website hero!



John Constandinou in action in Coventry

SPANISH ROADWALKING CHAMPIONSHIPS, MURCIA, SPAIN, SUNDAY 3 MARCH

Benjamín Sánchez and Julia Takacs have won the Spanish 20km roadwalk championships, held on Sunday in Murcia. In the men's race, Sánchez won out against teammate Miguel Ángel López, eventually beating him by 7 secs, 1:22:33 to 1:22:40. In the women's race, Takacs walked her own solo race from the front, finishing in a PB time of 1:28:44, her first time under 90 minutes. Raquel Gonzalez (1:31:16) and Lorena Luaces (1:31:32) rounded out the podium.

Again, I am reproducing pretty much the full result set as the standard and depth are very impressive.

20km Open and Masters Men

1.	Benjamin Sanchez Bermejo	1.22.33	
2.	Miguel Angel Lopez Nicolas	1.22.40	
3.	Luis Manuel Corchete Martinez	1.24.20	
4.	Luis Alberto Amezcua Balboa	1.24.57	
5.	Jose Ignacio Diaz Velazquez	1.25.29	
6.	Jesus Angel Garcia Bragado	1.26.46	M40
7.	Francisco Arcilla Aller	1.27.40	
8.	Alex Florez Studer	1.27.41	M40
9.	Ivan Pajuelo Paredes	1.28.00	
10.	Francisco Duran Acuña	1.30.13	
11.	Juan Raya Sanchez	1.30.36	
12.	Mario Sillero Mesonero	1.32.05	
13.	David Reyes Afonso	1.32.57	
14.	Marcos Monterrubio Fernandez	1.33.02	
15.	Rafael Ballesteros Garcia	1.33.58	M40
16.	David Pueyo Ministral	1.34.25	M40
17.	Jose Fernandez Nieves	1.35.37	
18.	Jose Puertas Ruiz	1.37.11	
19.	Luis Manuel Perez Osorio	1.37.40	
20.	Rodrigo Dominguez Fernandez	1.38.08	M35
21.	Daniel Lopez Ruiz	1.38.20	
22.	Manuel Angueira Hernandez	1.39.08	M40
23.	Angel Stalin Salazar Gaulan	1.39.21	
24.	Ruben Vazquez Muñoz	1.40.57	
25.	Javier Ontoso Martinez	1.42.20	
26.	Enrique Moret Huerta	1.43.02	M35
27.	Jose Antonio Aparicio Montagud	1.43.37	M40
28.	Juan Manuel de Lucas Pasalodos	1.44.20	M45
29.	Cristobal Rizo Abril	1.44.23	M40
30.	Jose Manuel Sanchez Carrasco	1.44.58	M35
	41 finishers, 3 DQs, 7 DNFs		

20km Women

1.	Julia Takacs Nyerges	1.28.44	
2.	Raquel Gonzalez Campos	1.31.16	
3.	Lorena Luaces Barril	1.31.32	
4.	Eva Iglesias Gonzalez	1.37.02	
5.	Sara Alonso Castelo	1.41.43	
6.	Maria Dolores Marcos Valero	1.43.05	
7.	Maria Larios Lopez	1.43.25	
8.	Mar Juarez Gallardo	1.43.58	
9.	Myriam Fernandez Andres	1.44.40	
10.	Samanta Mulloni Martinez	1.46.56	
11.	Laura Jimenez Elipe	1.49.07	
12.	Maria Angeles Castera Brugada	1.53.49	
13.	Elena Diaz Velazquez	1.54.42	
14.	Macarena Martin Uriol	1.55.29	
15.	Ester Montaner Novellon	1.56.07	
16.	Raquel Leon Asensio	1.56.34	
17.	Rocio Carbia Lojo	1.57.15	
18.	Miriam Costas Gomez	2.04.04	
19.	Macarena Ruiz Cañete	2.07.27	
20.	Maria Antonia Vicente Fernandez	2.13.04	

10km Masters Women

1.	Maria Jose Guardiola Guerrero	51.06	F35
2.	Carmen Mercedes Hernandez Burgos	58.02	F40
3.	Alicia Lozano Royano	1.02.24	F40

4.	Maria Antonia Ramirez Vazquez	1.02.34	F45
5.	Ma.Angeles Noell Guardiola	1.02.50	F50
6.	Maria del Carmen Martin Navarro	1.02.52	F50
7.	Monserrat Pereira Pena	1.03.19	F35
8.	Beata Betlej Spytowska	1.04.30	F40
9.	Macarena Uriol Batuecas	1.10.15	F50

10km Junior Men (first 8)

1.	Alvaro Martin Uriol	41.52
2.	Marc Tur Pico	42.15
3.	Fabian Bernabe Rama	44.43
4.	Christian Curopos Costa	45.46
5.	Adrian Lopez Sanchez	46.33
6.	David Alburquerque Sanchez	46.48
7.	Jorge Jimenez Fernandez	47.01
8.	Francisco Jesus Navarro Fuentes	48.01

10km Junior Women (first 8)

1.	Laura Garcia-Caro Lorenzo	48.52
2.	Amanda Cano Gomez	52.10
3.	Marisol Diz Perez	42.49
4.	Sara Ramirez Ortega	53.10
5.	Sofia-Melissa Limon Jacques	53.29
6.	Lorena Pedrero Duarte	53.41
7.	Miriam Gil Romero	55.13
8.	Irene Santamaria Olivera	55.46

10km U18 Men (first 8)

1.	Diego Garcia Carrera	42.36
2.	Manuel Bermudez Jimenez	44.15
3.	Pablo Oliva Requena	44.19
4.	Nil Rodes Llorens	46.50
5.	Daniel Chamosa Dacasa	46.50
6.	Pedro Garcia Martinez	48.57
7.	Ivan Arenas de la Fuente	49.26
8.	Pedro de la Mata Maria	49.37

10km U18 Women (first 8)

1.	Maria Perez Garcia	49.30
2.	M ^a Jose Jiménez Mendez	49.51
3.	Lidia Sanchez-Puebla Fernandez	50.34
4.	Mar Chillon Camaño	51.25
5.	Melisa Sanchez Bermejo	51.53
6.	Carmen Fuentes Castro	52.14
7.	Alexandra Tardio Ortega	53.05
8.	Alexia Hartmann Fernandez	53.14

NEW ZEALAND MASTERS WALK CHAMPIONSHIPS, WELLINGTON, 1-3 MARCH

Thanks to David Lonsdale and Alan Clarke for the results and race reports from last weekend's New Zealand Masters Championships which were held in Wellington - 3000m track walks on Friday and 10km roadwalks on Sunday. David advises they had two very good panels of judges led by Peter Wrigley, one of their IAAF judges.

NZ Masters 3,000m championship, Newtown Park, Wellington, Friday 1 March 2013

Julie Edmunds led from the start and her crisp style belied the fact she is only in her second season of race walking. Behind her there were a couple of interesting races between Sue Hosking and Terri Grimmett and then Marlene White and Jackie Wilson. The weather conditions were very good with negligible wind and a temperature of about 22C.

W40	Julie Edmunds	Otago	17:01.72	1
W45	Serena Coombes	Taranaki	18:48.21	4
W55	Terri Grimmett	Wellington	17:44.64	3
W55	Theresa Large	Taranaki	18:51.21	5
W60	Sue Hoskin	Man/Wanganui	17:44.17	2
W60	Marlene White	Taranaki	19:14.97	6
W60	Sheryl Lorna	Miratana W/Bop	21:29.73	9
W65	Jacqueline Wilson	Wellington	19:20.70	7

W70	Daphne Jones	Wellington	21:39.09	10
W75	Dawn Cumming	HB/Gisb	25:20.12	11
M65	Geoff Iremonger	Wellington	19:42.24	8
	Eric Saxby and Peter Tearle DQ'd and Ron Johnson DNS.			

NZ Masters 10 km road walk championship, Upper Hutt, Sunday 3 March 2013

In perfect cool (17-19C) and calm conditions, Mike Morresey went for it from the start and lapped everyone on this recently re-certified course. He got plenty of vocal support and only just missed breaking 50 minutes for the first time. When he faces better competition he is sure to get under that mark. Sue Hoskin obviously benefited from leaving home in Palmerston North at 5.00 am and walked determinedly to a plan and just managed to shave 5 seconds off her own New Zealand age group record set last year in Wellington. All walkers were judged to the IAAF Rules and when disqualified were given the option of leaving the course or having their race bib red stickered and allowed to finish if they wanted but do not appear in the results.

M40	Mike Morresey	Taranaki	50:19	1
M65	Geoff Iremonger	Wellington	1:10.21	7
W40	Julie Edmunds	Otago	59:51	2
W45	Serena Coombes	Taranaki	1:07.53	6
W55	Theresa Large	Taranaki	1:07.06	4
W60	Sue Hoskin	Man/Wanganui	1:01.21	3 NZ Age group record
W60	Marlene White	Taranaki	1:12.55	8
W60	Sheryl Lorna	Miratana W/Bop	1:15.15	9
W65	Jacqueline Wilson	Wellington	1:07.18	5
	Terri Grimmatt, Daphne Jones and Peter Tearle DQ'd.			

USA NATIONAL INDOOR CHAMPIONSHIPS, ALBUQUERQUE, NEW MEXICO, 2-3 MARCH

Maria Michta 13:07.07 and Tim Seaman 12:08.65 were the 3000m walk winners in the USA National Indoor T&F Championships last Sunday. Nice article at <http://www.newsday.com/sports/long-islanders-tim-seaman-and-maria-michta-win-racewalk-titles-1.4745121>. Two-time Olympian and now aged 40, Seaman now has won 45 career U.S. walk crowns -- at all distances -- and 14 of them have come at Indoor Nationals, either 3000 or 5000 meters. No American athlete has ever won more Indoor Nationals golds.

3000m Walk Women, Sunday 3 March

1.	Maria Michta	Walk USA	13:07.07
2.	Erin Gray	Bowerman Athletic Club	13:17.90
3.	Miranda Melville	New York Athletic Club	13:24.96
4.	Katie Burnett	Unattached	14:07.36
5.	Susan Randall	Unattached	14:30.93
	Erin Taylor-Talcott	Shore Athletic Club	DQ

3000m Walk Men, Sunday 3 March

1.	Tim Seaman	New York Athletic Club	12:08.65
2.	Patrick Stroupe	Unattached	12:30.15
3.	Dan Serianni	World Class Racewalking	13:03.40
4.	Michael Mannozi	Shore Athletic Club	13:05.61
	Trevor Barron	New York Athletic Club	DNS
	John Nunn	Unattached	DNS

IAAF RACE WALKING CHALLENGE, CHIHUAHUA, MEXICO, SATURDAY 23 FEB - JUNIOR RACES

I reported in last week's newsletter on the Open events at the IAAF Challenge Meet in Chihuahua in Mexico. To complete the report, here are the top placings from the men's and women's 10km events. Note the depth in the men's event in particular - the first 20 under 50 minutes! See the full meet results at http://www.fmaa.mx/ver_noticia.php?id_noticia=599

Junior Men 10km (first 20)

1.	Ricardo Ortiz Rivera	MEX	43:34
2.	Omar Pineda	MEX	43:59
3.	Alam Flores	MEX	45:27
4.	Virgilio Galindo	MEX	45:55
5.	Daniel Tinoco	MEX	45:59
6.	Juan Guerrero	MEX	45:59
7.	José Doctor	MEX	46:01
8.	Noel Chalma Almazan	MEX	46:01
9.	Isaac Sias Urias	MEX	46:17

Junior Women 10km (first 15)

1.	Alejandra Ortega	MEX	47:39
2.	Jovanna Ortega Peña	MEX	51:02
3.	Valeria Ortuño	MEX	51:12
4.	Jessica Tapia	MEX	51:42
5.	Mildred Raya	MEX	53:03
6.	Montserrat Ortega	MEX	54:22
7.	Karen Gaspar	MEX	55:46
8.	Yajaira Lerma	MEX	55:51
9.	Berenice González	MEX	56:15

10. Fernando Davila	MEX	46:53	10. Edna Quintanilla	MEX	56:39
11. Luis Raul Gonzalez	MEX	47:08	11. Yazmin Martinez	MEX	56:39
12. Gabriel Mendoza	MEX	47:37	12. Janeth Vargas	MEX	57:22
13. Salvador Hernandez Martinez	MEX	47:44	13. Laisha Antillon Leyva	MEX	57:48
14. Irving González	MEX	47:47	14. Alma Montoya	MEX	58:30
15. Daniel Solís	MEX	48:07	15. Ivana Gallegos	MEX	58:52
16. Juan Aguilar	MEX	48:58			
17. Roberto Eduardo Vega	MEX	49:13			
18. Andrés Olivares	MEX	49:18			
19. Jesus Emanuel Villalobos Perez	MEX	49:34			
20. Edgar Cortez	MEX	49:46			

MORE PICTURES FROM THE QUEENSLAND JUNIOR T&F CHAMPIONSHIPS

Last week I reported on the Queensland Junior T&F Championships and had a photo of the medallists from the U18 Girls' race. Thanks to Belinda Brackin for the following photos of the U14 and U16 medallists from the girls' championships.



Left: U14 medallists Clancy Smith and Riley Sims
Right: U16 medallists Mikaela Woodward, Clara Smith and Aimee Brackin

WALKING SHORTS

- Great Britain head coach Peter Eriksson says there needs to be "greater investigation" into why so many Russian athletes are failing drugs tests. There are 33 Russian athletes currently serving bans for doping offences. Russia has had 16 sportsmen and women banned for drug-related offences in 2013 - the same year it will host the World Athletics Championships in Moscow. India has the highest number of athletes (52) on the IAAF banned list while Great Britain has four athletes serving bans. See <http://www.bbc.co.uk/sport/0/athletics/21622949>
- Two Pan-American events which were scheduled for Lima, Peru have been moved to alternate sites. The Pan-American Race Walking Cup is going to be held in Guatemala City, Guatemala, May 25-26, 2013. Regarding the 2013 Pan-American Junior Championships, the city of Mayaguez, Puerto Rico is interested in organizing this event and final decision will be made soon.
- Back to New Zealand where Mike Parker won the 3000m walk at the Auckland City Championships on Saturday 2 March - his time of 13:59.11 isn't too bad at all for an M50 walker!

NATHAN DEAKES ANNOUNCES HIS IMMEDIATE RETIREMENT FROM ATHLETICS

Last Friday, Athletics Australia carried a story confirming that Australian race walking legend Nathan Deakes has announced his retirement from athletics. See http://www.athletics.com.au/home/news/news/2013/march/deakes_announces_his_immediate. Here it is in full.

One of the most lauded athletes in Australian athletics history, Deakes's illustrious 17-year career began with a bronze medal at the 1996 IAAF World Junior Championships in Sydney (NSW). A bronze medal in the men's 20km walk at the 1998 Commonwealth Games followed, before a further four Commonwealth titles in the men's 20km and 50km walks in 2002 (Manchester, GBR) and 2006 (Melbourne, Vic).

Deakes also won a bronze medal in the men's 20km walk at the 2004 Athens Olympic Games but his biggest and most memorable successes are his men's 50km walk world record (3:35:47) in December 2006 and a world title one year later at the IAAF World Championships in Osaka (JPN). He concluded his international career at the 2012 London Olympic Games.

"London was always slated as my final race. Finishing on my own terms was extremely important to me because I withdrew from Beijing with injury. The last four and a half years have been incredibly difficult with constant injury and not being able to complete the training loads that I once could. But it was all put into perspective with the birth of my first child, Mia, just six weeks after London," Deakes said.

"The biggest highlight for me was winning the World Championships in Osaka. That was a strange year because I'd spent so much time on the sidelines early in the year, before I based myself in Northern Tuscany and achieved some great continuity in training when it mattered most, so to win was really special. The world title came the year after I set the world record at home in Geelong in December 2006. We race in some pretty obscure places as walkers, but to be able to race well in front of family and friends in my home town was great. The world record was the icing on the cake after what was already a super experience."

Deakes will retire as the fastest combined 20km and 50km walker in history according to the IAAF scoring tables, with his personal bests of 1:17.33 and 3:35:47 combining for 2545 points. He is the second fastest 50km walker in history and fifth fastest in the 20km event.

A nine-time national champion and the 2006 Male Athlete of the Year, Deakes is proud of the strong contingent of walkers continually producing for Australian teams.

"I first started suffering from injuries in early 2008 and after Jana Pittman and I both withdrew with injury as the two current world champions there was talk then about who could win the medals at the Olympic Games. Jared (Tallent) certainly stepped up then and it was amazing to see him win two medals in Beijing. I don't think anyone predicted that such a great result would happen for Australia," Deakes said. "Even today the depth in the men's continues with some great results of late, including even last weekend at the 20km Selection Trial for World Championships. Dane Bird-Smith is an athlete to keep an eye on. In the next couple of years I am confident he will be one of Australia's best athletes full stop. I've always said that I wanted to leave with the event in a healthy position and I believe I am.

In his retirement, Deakes will continue his love for all things athletics and is keen to be involved in any way he can. He is also grateful for the many people and organisations that have supported him across the journey, thanking them for how they have shaped him as both an athlete and a person.

"I have taken away so much from the sport that in my opinion it would be selfish not to give back to it. I am obviously still really passionate about athletics, and my event group, and I am honestly open to whatever comes my way," Deakes continued. "If I'm going to be honest coaching was never really something that appealed to me, but now looking into retirement it is something that I might be keen to explore. I had to knock back an international coaching position a couple of years back because I was still competing myself and I think that if I had the chance now to do something like that I would be very keen to have a crack.

"The obvious people to thank are my family, my parents have been brilliant to me and my wife Antoinette has been a rock for the 15 years that we have been together.

"I was very lucky to enjoy the benefits on offer at the Australian Institute of Sport. I don't think I would have been around as long as I have been without the unprecedented support I received from Tudor Bidder, Andrea Mosler and Craig Purdam. I've also had two big influences from a coaching perspective in Ron Weigel and Craig Hilliard and they've been instrumental in shaping me as an athlete as well as a person."

Athletics Australia President Rob Fildes OAM congratulates Deakes on what has been an outstanding career. "Nathan has been a fixture of Australian athletics for so many years, and his success is something that we at Athletics Australia are very proud to have shared with him," Fildes said. "We thank Nathan for his outstanding contribution to our sport and on his wonderful success both here in Australia and at major international championships across the world. It's great to hear that he wants to remain involved in athletics in the years to come and we can't wait to share the next chapter of his athletics life with him."

Athletics Australia has also put up a very nice Nathan Deakes Career Retrospective - some great photos there. See <http://www.facebook.com/media/set/?set=a.10151469393179301.1073741825.264338589300&type=1>

VRWC WINTER SEASON PONDERINGS

I had hoped to have our VRWC winter season fixture online for everyone by now but I am still waiting on feedback from Athletics Victoria. Hopefully next week!

Note that during our winter season, we need lots of officials and club helpers to keep our large racedays humming along smoothly. This can be in any of these fields

- Setup and pulldown of equipment
- Lapscoreing and timekeeping
- Racewalk judging
- Helping in the canteen - our small group of ladies are there every week and would love the occasional rest - even if you can do just once a month, we can bring you up to scratch on what is required.

I will remind everyone of this further as the winter approaches.

WHAT'S COMING UP NEXT WEEKEND

Next Saturday evening sees the 5000m walk at the **Sydney Track Classic**. While we certainly don't have all our top walkers attending, the start lists for the 5000m walk (both men and women race concurrently) do look strong

Luke Adams	NSW/AIS	Lauren Bourke	NSW
Dane Bird-Smith	QAS	Tanya Holliday	SASI
Nathan Brill	VIC	Regan Lamble	VIC/AIS
Rhydian Cowley	VIC	Jessica Rothwell	VIC
Brandon Dewar	QLD	Kelly Ruddick	VIC
Nick Dewar	QLD	Rachel Tallent	VIC/AIS
Kyle Malone	NSW	Cheryl Webb	NSW
Jesse Osborne	VIC		
Ian Rayson	NSWIS		
Jared Tallent	VIC/AIS		

The Australian **Junior T&F Championships** kick off in Perth on Tuesday 12 March and run for 6 days, finishing on Sunday 17th March. Good luck to all our walkers who will compete in U14, U15, U16, U17, U18 and U20 divisions.

Finally, the next IAAF Challenge Series event is to be held next Sunday in Nomi City, Japan, in conjunction with the Asian 20km Race Walking Championships. I look forward to reporting on that one!

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Mar 9, 2013	Sydney Track Classic (5000m Walk), Sydney, NSW
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA/AA Masters T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Championships, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong. See http://www.australianmastersgames.com

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 IAAF Race Walking Challenge - Remaining events

10 Mar 2013	Asian 20km Race Walking Championships	Nomi City, Japan
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano, Switzerland
6 Apr 2013	African Race Walking Championships	Maurice, Mauritius
6 Apr 2013	22° Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, Portugal
13 Apr 2013	Podebrady 2013	Podebrady, Czech Republic
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10th European Cup Race Walking	Dudince, Slovak Republic
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña, Spain

29 June 2013 Dublin Grand Prix of Race Walking Dublin, Ireland
10-18 Aug 2013 14th IAAF World Championships in Athletics Moscow, Russia

2013 European Athletics Permit Meets

March 17, 2013 Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013 Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013 Podebrady Meet, Podebrady, Czech Republic
June 29, 2013 Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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