



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 28
9 April 2013



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WALKS EDUCATION SEMINAR - SYDNEY

Our IAAF Judge Wayne Fletcher is going to run a free seminar update in Sydney this Thursday evening so I am republishing the info in case anyone missed the formal announcement.

Course Description: Update on Rule 230, in particular the use of the yellow paddle with some exercises for Judges.
Course Presenter: Wayne Fletcher IAAF Level 3 Walks
Date: **Thursday 11th April**
Time: 7:30pm
Cost: FREE
Venue: Barton Park, Gladstone Street, North Parramatta, NSW
Participants: Local officials, interested parents, coaches and senior athletes.
Hosted by: New South Wales Race Walking Club

Coffee, tea and biscuits provided.

RSVP: 10-4-2013 to km584@optusnet.com.au or 0402 205 300

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 6 APRIL

Thanks to Peter Crump for his report on the opening round of the winter season in South Australia.

Our first round of "winter" walks were held in 29C broad sunlight, and it looks like next week might be a repeat. As a result, times for the longer distance were a bit slower than we would have liked. A good racing debut for Troy Hooker over 10km, and the warm conditions spoil an opportunity to get under 60. Maybe next week? We welcomed (back in some cases) a number of our juniors, including Riona Tyler-Dowd, Ayeisha Wallace, Chloe and Victoria Upton, Samantha Findlay and Madeleine Wallace. The Cross family was out in force for the 3km.

10km

1.	Kim Mottrom	46:32
2.	Justin Hill	51:34
3.	Peter Crump	56:37
4.	Troy Hooker	61:23
5.	Jim Hoare	77:54
	Barb Cain	DNF

2km

1.	Alix Harlington	10:19
2.	Amber Tuscharski	10:36
3.	Rhianna Hooker	11:52
4.	Ayeisha Wallace	13:13
5.	Chloe Upton	14:45

3km

1.	Anna Cross	16:46
2.	Bethany Cross	17:54
3.	Danielle Walsh	17:45
4.	Louisa Mitchell (Cross)	20:54
5.	Riona Tyler-Dowd	20:22
6.	Sarah Damin	20:22
7.	Samantha Findlay	22:04

1km

1.	Jessica Stephens	5:46
2.	Summer Pelentsov	7:06
3.	Madeleine Wallace	7:21
4.	Victoria Upton	8:03

QRWC ROAD WALKS, NEW FARM PARK, BRISBANE, SUNDAY 7 APRIL

Queensland Walkers Club hosted their first winter season races on Saturday in Brisbane.

5km Road Walk

1.	Peter Bennett	24.37
2.	Argenis Giuevara	29.27
3.	Katya Martin	29.57
4.	John Harris	33.02
5.	Richard Lynch	38.51
6.	Noela McKinven	38.16
7.	Denise Fellows	38.21
8.	Christiane Dauphinet	39.12
9.	Mel Hayes	DNF

3km Road Walk

1.	Mikaela Woodward	17.03
2.	Aimee Brackin	18.08
3.	Sally Lynch	20.37
4.	Doug Miles	22.48
5.	George Megas	23.01
6.	Robyn Wales	23.20
7.	Stuart Cochrane	23.58
8.	Maurice Dauphinet *	27.15

1km Road Walk

1.	Adam Buchhorn	6.08
2.	Abbey Hannigan	7.09
3.	Amelia Wales	9.18

2km Road Walk

1.	Caitlin Hannigan	12.28
2.	Sean Brackin	14.46

500m Road Walk

1.	Tess Hannigan	4.03
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RWCWA ROAD WALKS, WILSON, SUNDAY 7 APRIL

Thanks to Rick Cattermole for the results from the final Summer Season walks for the RaceWalking Club of WA. Immediately after the last walker finished, they held their AGM. Rick tells me that their Winter program commences on the 28th April at Wilson.

2km Open

1.	Simeon Leatherland	10.22
2.	Jasmin Burgess	12.16
3.	Tim Kezic	13.17
4.	Tina Kezic	14.12

10km Open

1.	Daniel Lowe (guest)	66.51
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1.5km Open

1.	Summer Brown	8.44
2.	Bailey Burgess	12.06
3.	Ryan Kezic	?

5km Open

1.	Vanessa Brown	29.22
2.	Breanna Brown	31.40
3.	Melissa Hall	35.33
	Simeon Leatherland	DNF

22ND GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA, RIO MAIOR, PORTUGAL, SATURDAY 6 APRIL

Last Saturday saw one of the big European Athletics Permit meets with the 22nd Grande Prémio Internacional de Rio Maior em Marcha Atlética in Rio Maior, Portugal. This annual carnival has seen some fantastic walking over the years and it was once again the case this year (see the event website on <http://gpmarchariomaior.desmor.pt>). The race reports are taken from the European Athletics website (<http://www.european-athletics.org>).

Russia's London 2012 Olympic Games 20km walk champion Yelena Lashmanova fulfilled her role as favourite, winning the women's 20km by 12 secs in 1:28:19. The time was a slow one for her, although it has to be said that she is only in her second year as a senior and her Portuguese outing was only the fifth time she has raced over the distance, at which she holds the world record with 1:25:02.

Lashmanova, who turns just 21 on Tuesday, was part of a pack that stayed together through the first half of the race before she edged away in the second 10km. However, Guatemala's Mirna Ortiz never lost sight of her and improved her own North, Central American and Caribbean record to 1:28.31 when finishing second. Portuguese women filled the next two places behind the leading pair, the 2013 national champion and Portuguese record holder Ana Cabecinha taking third place from her compatriot and Rio Maior native, Inês Henriques; the pair timed in 1:29:21 and 1:29:56 to complete the quartet of finishers in under 1:30. Spain's 2012 Rio Maior winner Beatriz Pascual, having her first race of the year, could only finish sixth in 1:31:49.

Portuguese record holder João Vieira took the honours in the men's 20km race, getting the applause from family and friends as he also hails from the Portuguese town just north of Lisbon. Now 37, Vieira made the pace for the main leading group was in the front of the leading group before pulling away in the final 5km after Guatemala's 2012 Olympic Games 20km silver medalist Erick Barrondo had been disqualified just before 14km. Vieira, the 2006 and 2010 European Athletics Championships 20km bronze medallist, crossed the line in 1.21.08, finishing 45 seconds in front of his twin brother Sérgio, the latter posting his third fastest time of his career and his best since 2008. This was the first time in the last 10 years that there were two Portuguese men

on the podium, with João Vieira getting his second win in this event no less than 16 years after his last victory, in 1997 when the race was over 10km.

The next of the four 2013 European Athletics Race Walking Permit Meetings will be in the Czech spa town of Pödebrady next Saturday, on 13 April.

20km Open Women

1.	Elena Lashmanova	09-04-1992	RUS / RUSSIA	1:28:19
2.	Mirna Ortiz	28-02-1987	GUA / GUATEMALA	1:28:31
3.	Ana Cabecinha	29-04-1984	POR / CO PECHÃO	1:29:21
4.	Inês Henriques	01-05-1980	POR / CN RIO MAIOR	1:29:56
5.	Monica Equihua	23-09-1982	MEX / MÉXICO	1:31:09
6.	Beatriz Pascual	09-05-1982	ESP / ESPANHA	1:31:49
7.	Ainhoa Pinedo	17-02-1983	ESP / ESPANHA	1:32:32
8.	Kristina Saltanovic	20-02-1975	LTU / LITUANIA	1:33:47
9.	Vera Santos	03-12-1981	POR / SPORTINC CP	1:34:36
10.	Jamy Franco	01-07-1991	GUA / GUATEMALA	1:35:53
11.	Paula V: Perez	21-12-1989	ECU / ECUADOR	1:39:15
12.	Daniela Cardoso	15-12-1991	POR / LEIRIA MAC	1:41:37
13.	Maria Lários	29-10-1992	ESP / ESPANHA	1:44:05
14.	Vitória Oliveira	30-08-1992	POR / SL BENFICA	1:46:19
15.	Sandra Silva	21-09-1975	POR / GIRA SOL -RC	1:48:38
16.	Mirian Costas	09-02-1993	ESP / ESPANHA	2:00:11
	Eva Igesias	10-06-1985	ESP / ESPANHA	DNF
	Nádia Cancela	24-04-1993	POR / SL BENFICA	DNF
	Erica R: de Sena	03-05-1985	BRA / BRASIL	DNF
	Samanta Mulloni	19-08-1990	ESP / ESPANHA	DNF
	Mayra Herrera	20-12-1988	GUA / GUATEMALA	DQ

20km Open Men

1.	João Vieira	20-02-1976	POR / SPORTINC CP	1:21:08
2.	Sérgio Vieira	20-02-1976	POR / SL BENFICA	1:21:53
3.	Diego Flores	23-03-1987	MEX / MÉXICO	1:21:56
4.	Jaime Quiyuch	24-04-1988	GUA / GUATEMALA	1:23:58
5.	Andrés Chocho	04-11-1983	ECU / ECUADOR	1:24:33
6.	Francisco Arcilla	14-01-1984	ESP / ESPANHA	1:24:46
7.	Pedro Isidro	17-07-1985	POR / SL BENFICA	1:25:26
8.	Luís A: Amezcua	01-05-1992	ESP / ESPANHA	1:25:49
9.	António Pereira	10-07-1975	POR / EST: BAGUIM	1:27:02
10.	Daniel Pintado	29-07-1995	ECU / ECUADOR	1:27:11
11.	Juan A: Porras	19-02-1972	ESP / ESPANHA	1:29:05
12.	Haavard Haukenes	22-04-1990	NOR / NORUEGA	1:29:13
13.	Miguel Carvalho	02-09-1994	POR / CN RIO MAIOR	1:30:10
14.	Dionísio Ventura	13-12-1979	POR / MAFafa	1:31:35
15.	Joaquim Saalen	18-07-1993	NOR / NORUEGA	1:32:18
16.	Mário Sillero	12-03-1990	ESP / ESPANHA	1:33:13
17.	Rodrigo Dominguez	26-06-1977	ESP / ESPANHA	1:39:12
18.	Manuel J: Angueira	04-11-1972	ESP / ESPANHA	1:42:51
19.	André Pagaiame	25-12-1993	POR / GDP CHAO DURO	1:51:47
20.	Pedro A. Cortizas	06-01-1967	ESP / ESPANHA	2:00:03
21.	Rogério Filipe	17-01-1959	POR / CP ALCANENA	2:00:13
	John Adzraku	14-10-1974	GHA / GHANA	DQ
	Andreas Gustafsson	10-08-1981	SWE / SUÉCIA	DQ
	Giovani Torres	27-01-1990	MEX / MÉXICO	DQ
	Erick Barrondo	14-06-1991	GUA / GUATEMALA	DQ
	Aníbal Paau	12-01-1987	GUA / GUATEMALA	DQ
	Luís A: Sánchez	15-12-1993	GUA / GUATEMALA	DQ
	Armando Pereira	05-12-1993	ESP / ESPANHA	DNF
	Ivan Pajuolo	28-08-1993	ESP / ESPANHA	DNF
	Bruno Pedro	12-10-1993	POR / GA C:VENTO	DNF
	Cristiano António	15-10-1988	POR / AC VERMOIL	DNF
	Pedro Martins	12-01-1968	POR / CA SEIA	DNF
	Pedro Santos	15-11-1992	POR / SL BENFICA	DNF
	Ricardo Fernandes	10-07-1992	POR / J:VIDIGALENSE	DNF
	Samuel Pereira	25-11-1993	POR / CA SEIA	DNF

10km Junior Men

1.	Pablo Oliva	15-10-1996	ESP / ESPANHA	43:15
2.	Fabian Bernabé	13-09-1995	ESP / ESPANHA	43:43
3.	Rui Coelho	26-11-1994	POR / CA SEIA	45:14
4.	Helder Santos	07-03-1996	POR / GDP CHAO DURO	46:20
5.	Miguel Rodrigues	01-11-1996	POR / CN RIO MAIOR	47:24
6.	João Martins	20-03-1995	POR / CA F:ZEZERE	DNF

10km Junior Women

1.	Mara Ribeiro	11-05-1995	POR / CN RIO MAIOR	49:00
2.	Filipa Ferreira	05-11-1994	POR / CO PECHÃO	49:08
3.	Amanda Cano	19-08-1994	ESP / ESPANHA	49:16
4.	Lidia Sanchez-Puebla	17-07-1996	ESP / ESPANHA	51:24
5.	Edna Barros	18-12-1996	POR / CO PECHÃO	52:50
6.	Mariana Mota	27-05-1995	POR / CA F:ZEZERE	53:01
7.	Carmen Fuentes	10-03-1997	ESP / ESPANHA	53:19



Lashmanova and Vieira win in Rio Maior (photos www.iaaf.org)

There were also 2km roadwalks in which 66 competitors participated. See the full results at <http://omarchador.blogspot.pt/2013/04/rio-maior-resultados-da-marcha-jovem-de.html>

2013 ACHILLES CUP, BURNABY, CANADA, SUNDAY 7 APRIL

The 2013 Achilles Cup T&F meet between UBC and Simon Fraser University was held last Sunday at Terry Fox Field in Burnaby. More good fast times to Ben Thorn and Evan Dunfee.

5000m Walk Men

1.	Benjamin THORNE	CAN	93	19:35.73
2.	Evan DUNFEE	CAN	90	19:49.15

5000m Walk Women

1.	Katelynn RAMAGE	CAN	93	24:58.92
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AFRICAN YOUTH CHAMPIONSHIPS, WARRI, NIGERIA, 29-31 MARCH

Ethiopian walkers dominated the the African Youth Championships racewalks, held on 28-31 March in Warri, Nigeria. This was the first edition of these championships so there were no qualifying times but countries were limited to two athletes per country per event. Overall, Nigeria had the highest number of medals with 35 (13 gold, 10 silver and 12 bronze).

10,000m Youth Men

1.	Bonsa Siysay Gonfa	1996	Ethiopia	52:25.34
2.	Nigusse Teshome Getamesay	1996	Ethiopia	52:41.56
3.	Yassine Khalouki	1996	Morocco	54:36.02
4.	Amos Fatoyinbo Gbenga	1997	Nigeria	55:57.47
5.	Oluwasesan Olowa Wasiu	1997	Nigeria	58:21.10

5000m Youth Women

1.	Gebretsadeke Demoze Tege	1997	Ethiopia	29:31.01
2.	Wale Abate Habtammiesh	1996	Ethiopia	29:48.00
3.	Loveth Malagu Sarah	1996	Nigeria	30:20.88
4.	Sara El Bouayadi	1996	Morocco	30:41.52

WINTER SEASON - ASSORTED INFORMATION

Entries have opened for the LBG Carnival

Robin Whyte, the ACT Walking Club Race Secretary, advises that entries are now open for the 47th Annual Lake Burley Griffin Walking Carnival, to be held in Canberra on Sunday 9 June 2013. All Victorians need to enter via their respective racewalking club (Bendigo, Ballarat, Geelong or VRWC) and we will all participate under the Racewalking Victoria (RWV) banner. Entry forms will be available at Middle Park once our winter season starts. Walkers from other States should contact their own walking club secretary for entry forms and procedures. Copies of the entry form and information sheet have been posted on the ACT Walkers web site <https://sites.google.com/site/walkact/lbg-carnival>.

VRWC Winter Season Mailout happening this week

I am in the throes of doing our VRWC winter season mailout this week so you should receive your copy of the winter season fixture and other assorted bits and pieces towards the end of the week. It will include entry forms for LBG.

Racewalking Victorian Uniforms

Since we all have to race in Racewalking Victoria uniforms in the LBG Carnival, I am ordering more singlet tops. But last year, a number of our girls wanted to race in RWV crop tops and bike shorts so we created a special additional uniform order for them. We can do the same again this year if we have enough interest. If you are interested in ordering a RWV crop top or bike shorts, you can place your order online at (http://vrwc.org.au/wp/?page_id=8). If all you want is the RWV singlet, there is no need to order as we will have them for sale at Middle Park once the winter season kicks off.

AV Championships online entry now activated

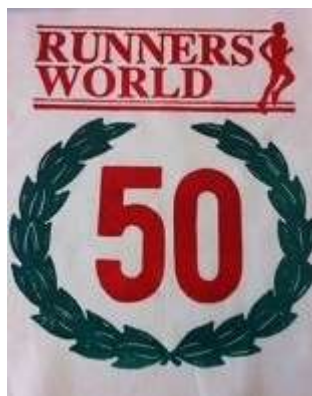
Athletics Victoria has now setup online entry procedures for the Winter Roadwalk Championships and have also setup an online entry procedure for anyone who wishes to enter a seasons ticket for all the Open Championships (5 for men or 3 for women). The links for the first few championships are

Seasons Tickets	http://www.athsvic.org.au/events/register/3833
AV 10km Roadwalks, Middle Park	http://www.athsvic.org.au/events/register/3805
AV 15km Roadwalks, Middle Park	http://www.athsvic.org.au/events/register/3806
AV Country Roadwalks, Ballarat	http://www.athsvic.org.au/events/register/3807
AV 20km Roadwalks, Middle Park	http://www.athsvic.org.au/events/register/3808

Race Numbers needed

Don't throw out your old competition numbers of stuff them in the bottom drawer - bring them along to Middle Park and pass them onto us. We always need a supply of additional numbers for non members who want to come down for a walk with us.

ATHLETICS VICTORIA UNVEILS ITS TOP 50



And talking of AV Competition numbers, race numbers 1-99 are reserved for the top Victorian athletes of the past year, as determined

by AV, and they are in the process of counting down to number 1. We are nearly there at the time of publication with only the top 5 numbers to go. So far, we have 4 walkers listed and we still have Regan Lamble and Jared Tallent to come in the remaining places. Keep watching <http://www.athsvic.org.au/news/detail/Unveiling-of-the-top-50-athletes-bib-numbers-for-season-2013-14>. Our big money is on Jared to take the prestigious number one number. And overall, it should see 4 walkers in the top 10 Victorians.

The walkers recognized thus far read as follows as per the AV website

36 - Rhydian Cowley (Glenhuntly)

35 - Rachel Tallent (Ballarat YCW Harriers)

9 - Chris Erickson (Athletics Essendon)

2012 saw Erickson selected for his second Olympic team for the 20km walk. He came a respectable 38th in the event, coming in behind Jared Tallent as the second Australian to cross the line. A Commonwealth Games bronze medallist over the 50km walk (Melbourne 2006), Erickson was 4th at the recent Australia and Oceania 20km Race-walking Championships as he continues his push for selection for this years IAAF World Championships.

7 - Nathan Deakes (Bellarine)

Deakes recent retirement from international competition brought a very decorated career to an end. His career highlights include: winner of a world championship gold medal (2007 – 50km walk), an Olympic bronze medal (2004 – 20km walk), four Commonwealth Games gold medals and nine national titles. He also set a world record for the 50km walk back in 2006 in his hometown of Geelong. After several frustrating years with injury setbacks, Deakes had his final competition at the London Games, finishing a respectable 22nd in the 50km event.

And in case you are wondering about the allocation criteria for granting the Full Laurel Wreaths (numbers 1 to 99), it is as follows

- Priority 1: Registered Victorian athletes who represent Australia at the Olympic Games, Paralympics, Commonwealth Games, World Athletic Championships or IPC World Championships in the previous year. Athletics Victoria will determine the order of merit.
- Priority 2: Registered Victorian open age athletes who represent Australia at the IAAF World Cross Country, IAAF World Walking Championship or IAAF World Mountain Running Championship in that order in the previous year.
- Priority 3: Registered Victorian athletes who win an Open Age Australian Track & Field, Cross Country, Road Championship, Walking Championship or Mountain Running Championship in the previous year.
- Priority 4: Registered Victorian athletes who win an Open Age Victorian Track & Field, Cross Country, Road Championship, Walking Championship or Mountain Running Championship in the previous year.

Stay tuned for the rest of the story in next week's newsletter as well as a bit more info on past recipients of the prestigious numero uno.

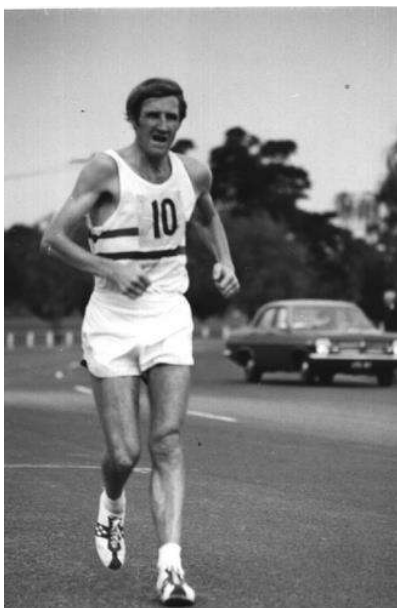
WALKING SHORTS

- Glenn Turnor has been appointed to the position of Chief Executive Officer of Athletics Victoria. <http://www.athsvic.org.au/news/detail/athletics-victoria-welcomes-newly-appointed-ceo-glenn-turnor>
- Great article on South African walker Marc Mundell <http://trackfield97.com/marc-mundell-south-african-race-walker-london-2012-olympian/>
- Ever wondered what former Australian Olympic walker Nick A'Hern is doing - he and his wife Jen have for many years run their own fitness gym in Canberra - you can check it out at <http://www.facebook.com/ahernfitness>
- I am always excited when I see new Track and Field statistical information coming online. Athletics Australia has now put the full collection of its yearly almanacs online - see <http://www.athletics.com.au/history/almanac/index.htm>. Each almanac lists all the championship results for the year, along with the yearly ranking lists and the current Australian and World records.
- Great article that was published last year in the Waikito Times in New Zealand <http://racewalkingnewzealand.org/media/They-walk-funny.pdf>

FREEMAN, MARKOV AND SAXBY-JUNNA INDUCTED TO ATHLETICS AUSTRALIA HALL OF FAME

The Athletics Australia Hall of Fame was instituted in 2000 as part of the celebration of the Sydney Olympic Games, acknowledging the wonderful careers and great feats achieved by those inducted.

Last Saturday, a further three new athletes into the Hall of Fame at the annual John Landy Lunch in Melbourne - **Noel Freeman, Dmitri Markov and Kerry Saxby-Junna**. Yes, that's right - two racewalkers and one pole vaulter. These profiles are taken from the AA press release - see http://www.athletics.com.au/home/news/news/2013/april/untitled_176.



NOEL FREEMAN

Inductee number 32, Noel Freeman began race walking in 1955 at age sixteen. Joining Footscray Harriers, he showed great talent immediately and as an intense trainer, it was appropriate Percy Cerutti should guide him. After narrowly missing selection for Melbourne in 1956, at 17, Noel maintained his sights on the 1960 Games in Rome where he wanted to double. He gave the selectors little opportunity to leave him out, winning both trials.

In Rome, Noel went to the front in the 20km and led for the first 5km but by halfway Vladimir Golubnichiy led him by 23 seconds. By 15km the margin was 69 seconds. Noel came back strongly but could not quite catch the leader finishing just nine seconds adrift for silver. He was disqualified in the 50km after leading early.

After a clash with the then AAU about his attendance at a pre-Games camp that gained considerable media attention, Noel went to his second Olympics in Tokyo, finishing fourth in the 20km event.

Injury worries and a failed appeal meant that he missed selection for his third Olympics in Mexico but he was chosen for the 1970 Commonwealth Games 20 mile event in which he prevailed in the race for gold by over two minutes.

By the end of his career Noel had won Olympic silver, Commonwealth gold and 9 national titles and set many world, commonwealth, national and state track records and road bests.

"I want to thank Athletics Australia for considering an old bloke like me, it is such an honour and I am truly humbled," Freeman said. "I hope that those currently enjoying success in our sport stick with it because it is a truly wonderful sport and it has been a fantastic part of my life. There are so many people to thank for getting me to be the athlete I was, and I couldn't be happier with this award. It's fantastic."

DMITRI MARKOV

Dmitri Markov (inductee 33) won his first major international medal for his native Belarus at the World Juniors in Lisbon. In 1996 he won the European Indoor Championships then finished sixth at the Atlanta Olympic Games. In 1997, Dmitri made the big decision to migrate to Australia with his wife Valentina, settling in Adelaide. There were hard calls to be made. He had to stand out of the 1997 World Championships and 1998 European Championships to leave open the possibility of Australian citizenship.

But once a fully-fledged Australian from 1999, Dmitri quickly made his mark, breaking the national record in Athens with 5.95m, before winning the silver medal at the 1999 World Championships in Seville at 5.90m. Dmitri then relocated his family to Perth, following coach Alex Parnov.

At the 2000 Sydney Olympics in an intense final he tied for fifth. For the 2001 World Championships in Edmonton, Canada the portents were good for a top result but after qualifying easily, things went astray. On the rest day he stubbed his toe on his bedpost requiring intense medical treatment and ten hours of icing. In the final he opened at 5.75m, clearing on the third attempt. It left him in tenth place. He passed the next height of 5.85m. With fierce determination he cleared 5.90m on his first to take the lead. Only Israeli Alex Averbukh stood between him and his and Australia's first gold medal in pole vault at the Olympics or World Championships. As Averbukh exited, Dmitri sailed over 5.95m. Despite the significant discomfort of his injury, Dmitri then had the bar raised to 6.05m setting the still current championship record. After his win he gave three bottles of champagne to the Australian team medical staff that had treated him.

Dmitri finished fourth in the Paris World Championships in 2003 and in his last major championship Dmitri won the silver medal at the 2006 Melbourne Commonwealth Games. Chronic foot injuries plagued him and he retired in 2007. In a relatively short

career he represented his adopted country on nine occasions and was national champion four times. As 2013 began, Dmitri is still ranked third on the World All-Time List for the pole vault.

"Coming to Australia was a big thing. I have been here since 1997 now and we spent two years not competing so that I could earn my Australian colours in accordance with the rules. We had a fantastic training environment and it has been a fantastic experience," Markov said. "I would like to thank Athletics Australia for their support across the journey, they are the reason we stayed in Australia and it was a hard road that wouldn't have happened without them. I also have to thank my wife and family, they have always given me so much support."

KERRY SAXBY-JUNNA

Born in Ballina, inductee 34 Kerry Saxby-Junna, began her athletics career as a runner but switched to walking, very quickly finding her true calling to eventually win an amazing 27 national titles from 5000 metres to 20km over a period of 17 years.

The first of Kerry's 23 Australian representations came in the Isle of Man at the World Walk Race Walking Cup in 1985 but it was in 1987 in Rome that Kerry was first at the forefront. In humid conditions, she led the 10km through half way in first appearance of women's walking at the World Championships, before finishing second.

In 1989 Kerry competed in her second World Indoors in Budapest. Unlike the first when she was disqualified, there were no mistakes, winning in a new world record. When walking ceased to be part of the World Indoors in 1993, Kerry had been its most successful participant with a gold and two silvers.

In 1990 the women's walk was finally introduced to the Commonwealth Games and in Auckland Kerry was supreme, winning by two minutes. She repeated four years later and took silver in 1998.

By 1999 the women's walk had matured as an event, extended to 20km at Championship level. It seemed that Kerry was falling further behind her main overseas rivals but such thoughts underestimated a great competitive spirit. In the searing heat of Seville, seemingly against all odds and expectation Kerry finished a magnificent third at the World Championships. Her time - a quick 1:31.18 was surprise enough for the by-then 38 year old but she was even more shocked by the news of a medal - believing she had finished fourth.

In 2000, at her home Olympics in Sydney, by then a mother, she finished seventh. Kerry continued her career but in September after the Goodwill Games in Brisbane at 40 she closed her career - one that yielded 26 world records and world bests, nine major international medals and paved the way for the next generation of female walkers to enjoy similar opportunities to their male counterparts.

"The highlight of my career was probably when I got a telegram to say I had been selected to compete in Italy as a young athlete, and that drove me to push for the 1987 World Championships. I didn't expect to do half the things I did and I am honestly amazed at how much I have done," Saxby-Junna said. "I obviously need to thank whoever it was that got me to AIS, it was the best thing for my career without question. I have to thank my coach Craig Hilliard and of course my parents who were there for me at a very young age."



Dmitri Markov, Rob Fildes (AA President), Kerry Saxby-Junna and Noel Freeman at John Landy Lunch last weekend

You can see the Australian T&F Hall of Fame listing at http://www.athletics.com.au/home/fanzone/hall_of_fame (although it is a bit out of date now!).

WHAT'S COMING UP

This weekend also sees the Australian Open Athletics Championships in Sydney. Although there are no official Australian track walk championships on offer, there are invitation 5000m track walks and I am sure that a number of our top walkers will avail themselves of the chance for one final Summer Season race. The 5000m walks are also point scoring races in the Open and U23 divisions in our 2013 Australian Race Walking Series (see <http://www.rwa.org.au/aevents-1.shtml>).

Internationally, the racewalk calendar continues with the next IAAF Challenge Series racewalk, to be held in Podebrady in the Czech Republic on Saturday 13th April. This is always a high quality meet.

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

April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW
April 28, 2013 ALAC Australian U13 Championships, Canberra, ACT

2013 Australian/Victorian Winter Season Key Dates

Apr 27, 2013 VRWC Winter Season kicks off at Middle Park in Melbourne
June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
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
Aug 3-4, 2013 English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man
See www.isleofman100milewalk.co.uk
Oct 6, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 World Masters Athletic Championships, Porto Alegre, Brazil. See <http://www.wma2013.com>

2013 IAAF Race Walking Challenge - Remaining events

13 Apr 2013	Podebrady 2013	Podebrady, Czech Republic
19 Apr 2013	African Race Walking Championships	Maurice, Mauritius
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10th European Cup Race Walking	Dudince, Slovak Republic
25-26 May	Pan American Walking club	Guatamala (venue TBA)
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

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

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