



HEEL AND TOE ONLINE

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AUSTRALIAN ROADWALKING CHAMPIONSHIPS, FAWKNER PARK, MELBOURNE, SATURDAY 7 MARCH

The Australian 20 km Summer Championships were held on Saturday morning at Fawkner Park in Melbourne and once again, the course produced great performances with 5 IAAF A qualifiers, 3 IAAF B qualifiers and nearly half the field recording PBs.

First to the men where Jared Tallent led from start to finish, recording a wonderful 1:19:42, only 1 sec off his all time PB and matching is Olympic bronze medal time. Jared started with a 7:55 first lap (2 km) and walked very evenly, passing the half way mark in 39:29 and holding on well. In fact, he looked like he had lots in reserve and finished fresh. Adam Rutter went with him early but fell off the pace after only 1 lap and walked the rest of the race on his own. He was rewarded with an IAAF A qualifying time of 1:22:16 and now looks set to pick up the vital third spot in the Australian 20 km team for this year's world championships. Chris Erickson was clearly third for most of the race but was clearly having a bad day and was swallowed up in the last few laps by faster finishing walkers. Luke Adams, walking only to satisfy the selectors, started conservatively but came through well to take third in 1:26:33. That means that our three World Champs 20 km walkers took the first 3 places, a fitting result. Further back in the field, Tom Barnes and Ian Rayson were after World University Games qualifiers and both were successful, being well under the 88 minute mark. Tom took 4th in 1:26:57 while Ian was 7th in 1:27:43. Darren Bown showed that he can still match it with his younger rivals and walked well for 1:27:29. Further back, Brendon Reading (1:30:19) and Rhydian Cowley (1:36:14) also walked excellently and took the silver and bronze U23 medals behind Ian Rayson.



Jared Tallent, Adam Rutter, Luke Adams and Tom Barnes

Open Men 20k Road Walk Australian Championship

1.	Jared Tallent	VIC/AIS	1:19.42	IAAF A Qualifier
2.	Adam Rutter	NSW/AIS	1:22.16	IAAF A Qualifier
3.	Luke Adams	NSW/AIS	1:26.33	
4.	Thomas Barnes	VIC	1:26.57	
5.	Darren Bown	SA	1:27.29	
6.	Chris Erickson	VIC/AIS	1:27.31	
7.	Ian Rayson	NSW	1:27.43	PB 1:33
8.	Brendon Reading	ACT	1:30.19	PB 2:49
9.	Rhydian Cowley	VIC	1:36:14	PB - first ever
10.	Kim Mottrom	SA	1:42.05	
11.	Stuart Kollmorgen	VIC	1:50.06	
12.	Andrew Jamieson	VIC	DNF	

Under 23 Men 20k Road Walk Australian Championship

1.	Ian Rayson	NSW	1:27.43
2.	Brendon Reading	ACT	1:30.19
3.	Rhydian Cowley	VIC	1:36:14

The women's race was an even higher quality affair with 6 of the 7 finishers recording IAAF qualifiers. Cheryl Webb and Jess Rothwell passed the 10 km mark together in 44:52 but it was Cheryl who finished the stronger, walking an identical 44:52 for the second 10 km to win in 1:29:44. Cheryl's performance is the first sub-90 done by an Australian on Australian soil, a fantastic effort. Jess Rothwell, still only 19, was a revelation, holding on well to record a 7 min PB time of 1:30:25. Claire Tallent let them go early but then chased the whole way for her own big PB time of 1:32:12. Megan Szirom must be the unluckiest walker of the meet, recording 1:33:45 but still missing out on a medal. For Megan who has battled injuries for most of the summer, it was a big comeback walk and shows just what she would be capable of if luck ran her way a bit more. Jillian Hosking and Jess Heazlewood also recorded big PBs further back in the field and took the minor medals behind Jess Rothwell in the U23 race.



Cheryl Webb, Jess Rothwell, Claire Tallent and Megan Szirom

Open Women 20k Race Road Walk Australian Championship

1.	Cheryl Webb	NSW	1:29.44	PB 1:59 - IAAF A Qualifier
2.	Jess Rothwell	VIS	1:30.25	PB 7:09 - IAAF A Qualifier
3.	Claire Tallent	SA/AIS	1:32.12	PB 0:50 - IAAF A Qualifier
4.	Megan Szirom	VIC	1:33.45	PB 2:52 - IAAF B Qualifier
5.	Natalie Saville	NSWIS	1:36.45	IAAF B Qualifier
6.	Jillian Hosking	ACT	1:37.36	PB 3:26 - IAAF B Qualifier
7.	Jess Heazlewood	NSW	1:40.39	PB 1:16
8.	Susan Knapton	NSW	DNF	

Under 23 Women 20k Road Walk Australian Championship

1.	Jessica Rothwell	VIS	1:30.25
2.	Jillian Hosking	ACT	1:37.36
3.	Jess Heazlewood	NSW	1:40.39

And finally, a small number of our U18 girls availed themselves of the opportunity to race over the 10 km distance and all did big PBs. VRWC members Rachel Tallent and Beth Alexander walked together for the first half of the race before Rachel broke away, recording a wonderful winning time of 49:34. Rachel, who celebrated her 16th birthday only a week ago, and Beth, who recorded 50:07, are the top two U18 girls over the 5000m distance and their walks on Saturday added to their credentials in the context to the World Youth championship selections. South Australian girls Lauren Harrington (53:07) and Kristie Gosnik (53:59) also walked excellently in first up 10 km races. Our juniors are building up to the Australian U20 10000m track championships in 3 weeks time in Adelaide and we can expect to see some great times by our top boys and girls.



Rachel Tallent, Beth Alexander, Lauren Harrington and Kristie Gosnik

Under 20 Women 10k Invitational Road Walk

1.	Rachel Tallent	VIC	49.34	PB 2:32
2.	Beth Alexander	VIC	50.07	PB 7:37
3.	Lauren Harrington	SA	53.07	PB - first ever
4.	Kristie Gosnik	SA	53.59	PB - first ever

The women's All-Time ranking has taken a big hit with Cheryl and Jess R. moving into 3rd and 4th, Claire climbing to 6th and Megan to 9th while Jillian and Jess H. move into the top 30 with their PBs.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg,Germany	02/05/2004	25
6	1:32.12.0	Claire Tallent	S	06/07/1981	3	Melbourne	07/03/2009	27
7	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
8	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
9	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
10	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
11	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
12	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
13	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
14	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
15	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
16	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28
17	1:36.40.0	Lisa Grant	N	26/04/1985	4	Sydney	04/02/2006	20
18	1:37.32.0	Michelle French	N	01/04/1982	3	Melbourne	02/12/2006	24
19	1:37.34.0	Teresa Letherby	Q	05/04/1972	2	Adelaide	03/09/1995	23
20	1:37.36.0	Jillian Hosking	A	12/02/1987	6	Melbourne	07/03/2009	22
21	1:37.48.0	Jill Barrett-Maybir	NT	13/07/1964	1	Sydney	07/09/1997	33
22	1:37.59.0	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	15/07/1989	28
23	1:39.02.0	Jane Lewry-Barbour	S	27/07/1966	3	Hawkesbury	10/07/1993	26
24	1:39.03.0	Jo Strangman	A	17/11/1975	1	Sydney	05/08/1995	19
25	1:39.49.0	Sue Narbey	W	25/11/1964	1	Perth	13/07/1985	20
26	1:40.02.0	Gabrielle Blythe	V	09/03/1969	1	Melbourne	24/05/1992	23
27	1:40.36.0	Sharon Schnyder	V	01/07/1964	1	Adelaide	14/07/1991	27
28	1:40.38.0	Jenny Crooks	S	09/04/1976	2	Melbourne	01/09/1996	20
29	1:40.39.0	Jess Heazlewood	N	30/05/1987	7	Melbourne	07/03/2009	21
30	1:40.49.0	Carolyn Vanstan-Ferguson	V	14/08/1968	1	Melbourne	08/09/1991	23

You should read the Athletics Australia report on the event. Point your browsers to http://www.athletics.com.au/news/news/2009/march/webb_weaves_her_way_to_berlin

Jared and Claire Tallent, Adam Rutter and Luke Adams will race next weekend in Chihuahua in Mexico in the first of the 2009 IAAF Race Walking Challenge events. This big IAAF carnival is previewed by Javier Clavelo Robinson on the IAAF website as follows:

Tallent and Plätzer to start Race Walking Challenge defense in Mexico

Chihuahua, Mexico. - Australia's Jared Tallent and Norway's Kjersti Plätzer will begin their title defense at the opening stop of the 2009 IAAF Race Walking Challenge in this northern Mexican city.

Organizers of the "Encuentro Internacional de Marcha Chihuahua 2009" confirmed the initial registration of athletes from a record 25 countries to vie for the top honours in the men's 20km and 50km and women's 20km on the "Pancho Villa" course. Traditional hosts of the first stop of the Challenge since its first edition in 2003, Mexico has chosen Chihuahua as the new venue since 2008 as this northern city is slated to host the IAAF Race Walking World Cup in 2010.

Plätzer, a 37-year-old mother, won in Chihuahua in 2008, a surprising victory - she described - that paved the way for her best season ever, including her second Olympic medal, a personal best of 1:27:07 and the Challenge trophy. Other top names already confirmed are Italy's 2008 Olympic bronze medallist Elisa Rigaud and Spain's Beatriz Pascual, who finished sixth in the Chinese capital.

In the men's race, Olympic double medallist Jared Tallent will start his title defense facing a strong field including his compatriot and 2007 Challenge champion Luke Adams, Tunisia's 2007 World Championships bronze medallist Hatem Goula, 2008 Chihuahua winner and local favorite Éder Sánchez, as well as Irish Robert Hefferman, who finished eighth in Beijing. Twenty-year-old Tallent finished a distant ninth in Chihuahua but went on to clinch two Olympic medals: silver in the 50km bronze in the 20km. In 2009, he has made three outings on the track at three local meetings,

including his 5000m area record of 18:41.83, set last Saturday in Sydney.

The men's 50km features Spain's Jesús Ángel García and Norway's Erick Tysse, who finished fourth and fifth, respectively, in Beijing. Chihuahua-born Horacio Nava, sixth in the Chinese capital, will opt for the 20km. García, 39, arrived here over a week ago to get used to the course and the weather, hoping to improve his second place performance from last year.

"I came better prepared and I hope to perform better than last year. I believe the new modifications to the course will help us to achieve faster times. If we can walk around 3:50, considering the altitude and the fact that is the start of the season, it is a good result," said García, who became the first international athlete to arrive for the Challenge.

The 1993 World champion won the 50km in Tijuana 2003 and has always been on the 50km podium in the Mexican leg of the Challenge. He missed the 2007 edition and finished second in Chihuahua last year. Other athletes from Peru, Slovakia, Ecuador, Colombia, Italy, Russia, Belarus, Portugal, Ghana, Lithuania, Hungary, Chile and Sweden are also registered.

For this year's Challenge athletes can earn points in some other competitions than the eight race IAAF Race Walking Challenge events.

The 2009 Challenge Final will be held in Saransk, Russia, on September 19, one month after the IAAF World Championships in Berlin, August 15-23.

CHERYL WEBB - WALKER OF THE MEET



Cheryl in action in the 2005 (2nd in 1:35:14) and 2008 Winter (1st in 1:34:58) Australian 20 km championships

If I had to choose one walker as the outstanding walker of the Australian 20 km championships, it would have to be Cheryl Webb. Cheryl, born 3 October 1976 and now 32 years of age, is walking faster than ever and has now cemented a place at the top of the Australian racewalking tree. For her, it has been a long climb to the top, starting in the early nineties with a number of strong performances as an under-age athlete.

She was a consistent medallist in the Under 18 ranks, winning medals in the 8 km roadwalking title for 5 years in a row:

1990	Jane Saville	NSW	40:49	Jane Beecroft	VIC	41:11	Cheryl Webb	NSW	41:12
1991	Cheryl Webb	NSW	40:25	Nat Davison	VIC	41:20	Jo Strangman	ACT	42:17
1992	Jane Saville	NSW	39:15	Cheryl Webb	NSW	39:25	Jo Strangman	ACT	40:13
1993	Cheryl Webb	NSW	39:22	Natalie Saville	NSW	40:46	Jenny Crooks	SA	40:55
1994	Cheryl Webb	NSW	40:30	Melissa Scott	VIC	42:20	Tracey Rosengrave	VIC	42:51

She also medalled consistently in the Under 20 ranks, culminating in gold in 1995.

1992-93 Aust. Junior T & F Champs	5,000 metres Walk	3	24:30
1993 Aust. Junior Walking Champs	10 km Walk	2	49:25
1995 Aust. Junior Walking Champs	10 km Walk	1	51:13
1996 Aust. Junior Walking Champs	10 km Walk	2	48:56

Once she hit the senior ranks in 1997, she had to compete against the likes of Kerry Saxby-Junna, Jane and Natalie Saville, Simone Wolowiec, Wendy Muldoon and Lisa Paolini and it was a hard grind year by year as she lowered her times and reduced the gap.

She just missed selection for the 2000 Olympics, being the fourth Australian to finish in the Australian 20 km championship and official Olympic trial, held in Homebush in February 2000. The first 10 in the race read as follows

1.	Alfridi, Erica	ITA	1:30:06
2.	Perrone, Elisabetta	ITA	1:30:36
3.	Saville, Jane	AIS	1:30:58
4.	Saxby-Junna, Kerry	AIS	1:33:51
5.	Paolini, Lisa	NSW	1:34:35
6.	Webb, Cheryl	NSW	1:36:14
7.	Fang, Yuan Yu	MAS	1:36:14
8.	Wolowiec, Simone	VIS	1:40:06
9.	Kara-Ali, Lara	SAU	1:45:27
10.	Muldoon, Wendy	VIC	1:46:10

Her time of 1:36:14 was well within the required Olympic standard but Jane Saville, Kerry Saxby-Junna and Lisa Paolini had finished ahead of her.

It would be a further Olympic cycle before things fell her way. A second place in the 2004 Australian 20 km roadwalking championship in a PB time of 1:34:36 was the first step as it gained her selection in the Australian team to compete in the 2004 Racewalking World Cup in Naumburg. It was the start of a productive three years of international representations.

Her performance in Naumburg, where she finished in 26th place in a huge PB of 1:31:43, broke the Olympic A qualifier, took her to number four on the Australian all time list and cemented her long awaited Olympic selection. She followed this with selections to the 2005 World Championships in Helsinki and the 2006 Commonwealth Games and Racewalking World Cup. Her international

performances at these major championships read as follows and show great consistency.

2004 Race Walking World Cup	20 km Walk	26/100	26th	1:31:43
2004 Olympic Games	20 km Walk	38/57	38th	1:37:40
2005 World Championships	20 km Walk	21/47	21st	1:33:58
2006 Commonwealth Games	20 km Walk	3/9	3rd	1:36:03
2006 Race Walking World Cup	20 km Walk	37/88	37th	1:36:33

Over the last few years, although Cheryl continued to race, the major international berths eluded her. It was not until August 2008 that she started to show indications of her previous form in winning the Australian Winter 20 km championship in a good 1:34:58. A great summer followed as she reduced her 5000m track walk time to 21:19 and it was therefore not surprising when she won the Australian Summer 20 km title last weekend in a huge PB time of 1:29:44. Cheryl's comments after the event, as stated on the Athletics Australia website, sum up what the win and the time meant to her.

"I set out to break 90 minutes today, which was a big ask when my old pb was 91:43 back in 2004. Last year I was on the verge of quitting but in the end I simply said to myself – either have a real go at it or give it away. I have been in the sport for 25 years. I started walking when I was six so I didn't see any point in going on unless I was going to be serious. I got a lot of support from my family, and now I am really thinking about another four years. Certainly up to the Commonwealth Games next year and then I will think about going on again. This is just great."

Cheryl has now secured a berth to her second World Championships and we look forward to seeing her improve her time and her international ranking even further in Berlin.

NSW STATE U16, U20 AND U23 CHAMPIONSHIPS, SYDNEY ATHLETICS CENTRE, 7-8 MARCH 2009

The annual NSW Track and Field Championships were completed last weekend with the U16, U20 and U23 age groups in action. There were track walks scheduled for the U16 and U20 age groups. Nepean walkers won all four races with Shannon Jennings (24:17) and Kyle Malone (22:53) being the pick of the walkers from a time perspective.

Women 5000 metre Race Walk Under 20

1.	Jennings, Shannon	16	Nepean	24:17.05
2.	Bourke, Lauren	19	Gosford Athletics	27:50.16
3.	Gilroy, Darcy	16	Illawarra BS	28:55.06
4.	Gralton, Ebony	16	Asics Wests	29:59.72

Men 5000 metre Race Walk Under 20

1.	Malone, Kyle	18	Nepean	22:53.50
2.	Mulhearn, Derek	19	Parramatta	24:45.81
3.	Maruta, Kai	17	Asics Wests	26:55.92
	Pisani, James	19	Bankstown	DQ

Women 3000 metre Race Walk Under 16

1.	Bettiol, Amy	14	Nepean	15:23.24
2.	Bettiol, Emma	15	Nepean	15:24.67
3.	Klein, Kirsty	15	Asics Wests	16:04.45
4.	Flood, Samantha	15	Bankstown	17:30.43
5.	Dighton, Jasmine	13	Nepean	18:14.40
	Southern, Shay	14	Asics Wests	DQ

Men 3000 metre Race Walk Under 16

1.	Washburn, Steven	15	Nepean	14:52.52
2.	Oswald, Matthew	13	Illawarra BS	17:02.13

WEBSITE REVIEW – AND A LITTLE GEM HIDING THEREIN

New racewalking websites are coming online so fast nowadays that it is hard to keep up. Years ago, it was the Americans who led the way but recently it has been European based walking enthusiasts who are showing us what is possible. One site that has been around for a number of years and is definitely worth bookmarking is that of French walker **Dominique Guebey** – see <http://www.dg77.net/marche/>

Amongst the many gems on that website I found the followed training program from 1983 50 km World Champion Ronald Weigel of East Germany. Since Ronnie was our Australian national walks coach for a number of years and coached the likes of Nathan Deakes and Jane Saville, it is interesting to review how he trained in the days when DDR dominated world walking and how this possibly influenced his coaching when at the AIS.

Phase	Transition	Preparation	Competition
Period	September-December	January-April	May-August
Monday	25 km Walk at 70% 10km Run + 1h PPG	30 km Walk at 70% 10km Run + 1h PPG	30-35km Walk at 85% 15km Walk at 70%
Tuesday	10km Walk at 80% 15km Walk at 70% + 1h PPG	20km Walk at 80% 15km Walk at 70%	25x400m Walk at 105% 10km Run + 1h20 PPG + play
Wednesday	25km Walk at 70% 2h PPG + play	30km Walk at 70% 10km Run + 1h20 PPG + play	30-35km Walk at 85% 10km Walk at 70%
Thursday	10km Walk at 80% 15km Run + 1h PPG	15km Walk at 85% 3x2000m Walk à 90%	25km Walk at 70% 10km Run + 1h20 PPG + play
Friday	15km WalkM at 70% 2h PPG + play	20km Walk at 70% 2h PPG + jeux	5x2000 Walk at 95% 10km Walk at 70%
Saturday	30km Walk at 75%	30km Walk at 75%	35-40km Walk at 85%
Sunday	15km Run	10x1000 Walk à 100%	10-15km Walk at 95%

* PPG = Physical Training

The East Germans were big on volume and that is evident from the table above. Training twice per day was the norm and second sessions were often done when in a state of "training specific tiredness". This is high risk, and not for everybody and probably only succeeded in the DDR context because of the huge Sports Science monitoring of their athletes. Long walks were often done while in a fatigued state and it was common practice to do long walks on consecutive days, with the longer walk being on the second day. Note that this is NOT something that I recommend for our aspiring Australian walkers! But it did produce the goods for Weigel and the other top DDR walker Hartwig Gouder.

The following article was written by Jack Mortland and published in the November 1992 Ohio Racewalker magazine.



Gauder (left) and Weigel (right) in the 1987 50 km World Champs – Gauder won in 3:40:53 and Weigel was second in 3:41:30

During the 1980s, the names Hartwig Gauder and Ronald Weigel became synonymous with excellence in 50 Km walking and they were at their zenith when they traded one-two finishes at the 1987 World Cup and World Championship races. Weigel won the Cup race in New York, but Gauder came back later in the summer to beat him in the World Championships race. Before and since that banner year, they have been dominant figures in the event, with each also having significant success at 20 Km on occasion.

The two were in New York earlier this month for the New York Marathon, and, thanks to Helene Britton, we had the opportunity to converse with them on the phone, primarily with Hartwig. Before we attempt to summarize some of the highlights of that conversation, let's turn to the highlights of their stellar careers.

Gauder launched the decade of the '80s with a gold medal in the Moscow Olympics 50 Km. He was ranked number one in the world that year and also earned number one rankings in 1985, 1986, and 1987, along with several other rankings in the top five. He was ranked third at 20 Km in 1986. He was unable to defend his Olympic title because of the 1984 Eastern bloc boycott, but finished third in 1988 and was still good for sixth this summer at age 37. In World Cup competition, Hartwig was second in 1981, first in 1985, second in 1987, and sixth in 1991. And, he had that 1987 World Championship along with

a third in 1991.

Born November 10, 1954 in Vaihingen in the Federal Republic of Germany (West Germany), Hartwig moved with his family to the German Democratic Republic (East Germany) at age 5. Standing just over 6 feet tall and weighing about 160 pounds, Gauder has a 50 Km best of 3:39:45 and 20 Km best of 1:20:51. He was a European Junior champion at 10 Km (1973 in 42:27) and is one of only three athletes to have won European Junior and Senior, Olympic, and World Championships titles. (Decathlete Daley Thompson and triple jumper Khristo Markov are the other two.) (I don't know if there have been others since.) He retired briefly in 1989, but came back to competition in 1990.

Nearly five years younger than Gauder, Ronald Weigel emerged as a force at 50 Km in 1983 when he won the World Championships. The following year, he earned a number one world ranking in the event. He had number two rankings in both 1987 and 1988, and was ranked fifth last year. He also had number two rankings at 20 in 1984 and 1988. In the Seoul Olympics (1988) he captured silver medals at both 20 and 50 and has continued strongly with third place finishes in the 1991 World Cup and 1992 Olympic 50s. Weigel, at 5'9" and 135 pounds, has a 50 Km best of 3:38:17 and 20 Km best of 1:19:19. He was born August 8, 1951 in Hildburghausen.

When Helene introduced Hartwig to me on the phone, she noted that the two of them had given a clinic that morning (the day before the marathon), which had been excellent. She quoted him as saying at the clinic that they do more than 200 miles a week in training and that is why they have stayed on top. Well, it turns out that many been some what of an exaggeration, but they certainly have done a tremendous volume of training through the year.

When I asked Hartwig about training, I didn't get any real specific answers (A telephone interview in his second language- he speaks very well, but I wasn't always sure he completely comprehended my questions-is not the best situation). However, I got the numbers of 30 to 34 hours a week in training. This consists of walking, running, and "gymnastics". In fall and winter, activities include ski-rolling, mountain bike riding, and cross-country skiing. About 2 hours a week involve what he termed "athletic training." He threw out the figure of 230 Km in a typical week, and I think, indicated that this includes about as much running as walking. He also mentioned 35-40 km in the morning and 15-20 km in the afternoon, which, of course, would come to much more than 230 km a week in training. He does more running and skiing in the winter and starts specialized racewalk training in February. I got the idea from both that their training is mostly pounding it out on the roads, and includes little interval work. Hartwig noted that he also enjoys volleyball and football (soccer to us).

Gauder does most of his training alone, except when he is in a training camp situation, where he might train with Weigel or others. They usually get to Mexico in the spring for several weeks. Hartwig is coached by former 1500 meter running great Siegfried Hermann. Ron's coach, Hans Joachim Pathus is also the national coach-and his father-in-law. (I competed against Pathus way back in 1967 at the Lugano Cup in Bad Saarow, GDR-or, I should say, was in the same race.)

Hartwig started in sports competition at age 12 with ski jumping and did not find racewalking until age 17. He turned out to be natural at the sport, walking a 10 Km in 53:00 in his first race with little training and improving to 49 minutes just three weeks later. His first international race was a year later (1972) when he won at a seven-nation meets in Priz. In 1973, he captured that European Junior title. His first 50 km wasn't until 1979 and was walked as a joke, he says. Some joke, as he did 4:01. The next year he finished third in the German trials with a 3:49 and then on to win the Olympic gold.

I asked both why they have dropped back a bit the last few years (if battling for a medal rather than battling for the gold in dropping off). Gauder now being 38, I gave him the option of age as an excuse, and he felt that was part of it. He also mentioned the problem of incentive, which obviously gets tougher once you have conquered the mountain. Ron turned more to problems with organization since German reunification. The same support structure is not in place now that they had grown used to. Hartwig also noted this as a problem. Ron expressed confidence that things are getting better and will continue to do so., and both look forward to challenging the likes of Perlov and Mercenario in the future.

In talking to Hartwig, I tried to get into the question of how walking had been accepted by the general public in the GDR, wondering if they were subjected to the same sort of ridicule walkers elsewhere get, despite their stature in the sport. This was one question I couldn't quite get across, however, and all I got was that all sports were and all athletes were treated equally by the sports authorities.

Hartwig is an architecture student in Weimar and hopes to be opening an architectural partnership in 1993. His wife is a dentist and they have a 9-year-old son. Formerly a major in the Army, Ron is a journalism student.



The Australian connection – Ron Weigel with Nathan Deakes (left) and Brent Vallance (right) in 1997

AUSTRALIAN MASTERS WALK RELAYS, EAST BURWOOD, THURSDAY 26 FEBRUARY 2009

What the heck – Simon Baker sent me this photo and I thought it was good enough to add to the newsletter. It shows the M50 team which scored fastest time overall in last week's Victorian Masters walk relays.



Paul Kennedy, Tim Erickson, Clyde Riddoch and Simon Baker at the East Burwood track after the Masters walk relays

GRAN PREMIO CITTA DI LUGANO, SWITZERLAND, SUNDAY 8 MARCH 2009

The European outdoor circuit kicked off on Sunday with the first of the European Athletics Federation walk meets in Lugano in Switzerland. It was of special interest to Australians as it marked the first race for English walker Jo Jackson since she finished her Australian summer. After her magnificent 20:46 5000m effort in Sydney recently, it was no surprise that she won the comwn's 20 km walk in 1:31:16, a 17 sec PB. Overall, fields were big and the standard high. Full results can be sourced from the Swiss Racewalking website <http://www.lamarche.ch> and from the event website, <http://www.lugano-racewalking.com>. The other pleasing thing from a Commonwealth perspective was the great effort of English junior Ben Wears who finished 2nd in the U20 Men 10 km in 43:11 and the presence of a large number of GBR walkers overall. It looks like England is starting to rebuild its walking fortunes so we wish them well. The first few places from each of the 4 major races follows

20km Men

1.	Aleksandr Yargunkin	1981	RUS	1:21.40
2.	Ivan Trotski I	1976	BLR	1:22.21
3.	Andrei Stscephanchuk	1979	BLR	1:23.39
4.	Andrei Talashko	1982	BLR	1:24.25
5.	Antonin Boyer	1984	FRA	1:24.35
6.	Aliaksandr Kuzmin	1981	BLR	1:25.28
7.	Milan Rizek	1978	SVK	1:26.18
8.	Andrea Adragna	1989	ITA	1:26.33
9.	Gianpiero Palumbo	1981	ITA	1:27.29
10.	Dominic King	1983	GBR	1:28.33
11.	Luke Finch	1985	GBR	1:28.38
12.	Ruggiero D'Ascanio	1984	ITA	1:28.51
13.	Fortunato D'Onofrio	1981	ITA	1:28.51
14.	Daniel King	1983	GBR	1:28.51
15.	Brendan Boyce	1986	IRL	1:30.59

20km Women

1.	Johanna Jackson	1985	GBR	1:31.16
2.	Olga Povalyayeva	1984	RUS	1:31.32
3.	Brigita Virbalyte	1985	LTU	1:32.08
4.	Zuzana Schindlerova	1987	CZE	1:32.26
5.	Marie Polli I	1980	SUI	1:32.36
6.	Maria Galikova	1980	SVK	1:33.03
7.	Gisella Orsini	1971	ITA	1:33.46
8.	Eleonora Anna Giorgi	1989	ITA	1:34.27

9.	Neringa Aidityte	1983	LTU	1:34.53
10.	Annamaria Greceanu	1989	???	1:37.27
11.	Christine Guinaudeau	1978	FRA	1:38.09
12.	Lucie Pelantova	1986	CZE	1:38.52
13.	Sibilla Di Vincenzo	1983	ITA	1:39.28
14.	Francesca Grange	1989	ITA	1:40.25

10km Men U20

1.	Carl Dohmann	1990	GER	42:49
2.	Ben Wears	1990	GBR	43.11
3.	Andrea Previtali	1991	ITA	44.29
4.	Karel Ketner	1990	CZE	44.39
5.	Mark O'Kane	1991	GBR	44.53
6.	Luca Ferrari	1992	ITA	44.56
7.	Ciro Somma	1992	ITA	45.18
8.	Tom Bosworth	1990	GBR	45.29
9.	Pavel Schrom	1991	CZE	45.38
10.	Lukas Gdula	1991	CZE	46.04
11.	Alex Wright	1990	GBR	46.27
12.	Martin Bukacek	1990	CZE	46.29
13.	Francesco Campana	1992	ITA	48.12
14.	David Remjar	1991	SVK	48.17

10km Women U20

1.	Adriana Turnea	1991	ROM	50.03
2.	Federica Curiazzi	1992	ITA	52.42
3.	Tsetsylya Stetskiv	1991	UKR	52.55
4.	Tatiana Neile Dolci	1993	ITA	53.25
5.	Katarina Strmenova	1993	SVK	53.38
6.	Carolina De Rosa	1992	ITA	54.35
7.	Gladys Moretti	1991	ITA	55.44
8.	Chelsea O'Rawe-Hobbs	1991	SCO	57.09
9.	Francesca Craba	1991	ITA	57.16
10.	Barbora Havranova	1993	CZE	58.24
11.	Francesca Songini	1993	ITA	60.07
12.	Olga Puckova	1994	CZE	61.16

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Victorian & National Fixture – Summer 2008/2009

19-21 March, 2009	Australian T&F Champs, Brisbane – includes U18 Interstate Youth Match which has U18 5000m walks.
Sun 22 Mar, 2009	VRWC and VMA Track races, Mentone Athletics Track
21-22 March, 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne.
Mar 28-29, 2009	Victorian Masters T&F Championships, Box Hill This is an AV Overage and VMA combined championship with all Masters categories. Entries close with AV at 5PM on Thursday 12 March
Apr 3-5, 2009	Australian U20 All Schools, U20 & U23 Championships, SA (includes 10,000m walk)
Apr 10-13, 2009	Australian Masters T&F Championships, Adelaide

Victorian & National Fixture – Winter 2009

Sunday 7 June, 2009	Lake Burley Griffin Carnival, Canberra
July 11-12, 2009	Racewalking Australia Winter Postal Challenge
Sun Aug 30, 2009	Australian Roadwalking Championships, Parramatta Park, Sydney, NSW

2009 International Fixture

May 24, 2009	EAA Race Walking Cup, Metz, France
July 1-12, 2009	25th World Summer Universiade Games, Belgrade, Serbia - http://www.universiade-belgrade2009.org/en
July 8-12, 2009	6th IAAF World Youth Championships, Bressanone, Italy - http://www.iaaf.org/wyc09/preview.html
July 28 – Aug 8, 2009	18th World Masters Athletics Championships Stadia, Lahti, Finland - http://english.wma2009.org/
Aug 15-23, 2009	12th IAAF World Championships in Athletics, Berlin, Germany - http://www.iaaf.org/wch09/index.html
Oct 10-18, 2009	World Masters Games, Sydney - http://www.2009worldmasters.com

2009 IAAF Race Walking Challenge

Mar 14-15, 2009	Chihuahua, Mexico
Apr 4, 2009	Rio Maior, Portugal
Apr 18-19, 2009	Wuxi City, China
May 1, 2009	Sesto San Giovanni, Italy
May 30, 2009	Krakow, Poland

June 20, 2009 La Coruna, Spain
Aug 15-23, 2009 IAAF World Championships, Berlin
Sept 19, 2009 IAAF Challenge Final, Saransk, RUS

EAA Permit Walks 2009

Mar 28, 2009 Dudince, Slovakia
Mar 28, 2009 Ibiza, Spain
Apr 25, 2009 Podebrady, Czech Republic
June 28, 2009 Dublin, Ireland

2010 International Fixture

May 15-16, 2010 IAAF World Race Walking Cup, Chihuahua, Mexico
July 20-25, 2010 World Junior Championships, Moncton, Canada
Oct 3-14, 2010 Commonwealth Games, Delhi, India. See <http://www.cwgdelhi2010.com/>

2011 International Fixture

Aug 27-Sept 4, 2011 13th IAAF World Championships in Athletics, Daegu, Korea.
Aug 12-22, 2011 26th World Summer Universiade Games, Shenzhen, China. See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

July 27-Aug 12, 2012 Olympic Games, London. See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 14th IAAF World Championships in Athletics, Moscow, Russia

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