



## HEEL AND TOE ONLINE

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### SOUTH AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS, 21-22 MARCH 2009

Thanks to Bob Cruise who alerted me to the results of the South Australian Little Athletics Track and Field championships which were held a little over a week ago. Whereas VLAA only holds walk championships for U9 to U15, South Australia Little Athletics walk championships cover age groups from U9 to U17. I was not able to cut and paste from the online results so had to type them out - hence I am only giving the first 3 places from each event. For those who want to see the finer details, check out <https://console.clubsonline.com.au/customitem/attachments/sics-2009-results.pdf>. Standout walker was Blake Steele who won the U16 boys 1500m with a State Best Performance of 6:17.0.

#### Under 9 Girls 700m

1.	Liberty Humphries	M	4:07.2
2.	Jessica Quinn	GG	4:28.2
3.	Jessica Hahn	BV	4:31.4

#### Under 9 Boys 700m

1.	Daniel Binks	M	4:15.0
2.	Zach Reekie	RE	4:31.2
3.	Adam Woods	Ez	4:52.4

#### Under 10 Girls 1100m

1.	SchlindaLee Boothby	S	7:09.5
2.	Michaela Goodman	Ez	7:23.0
3.	Danielle Downie	G	7:25.7

#### Under 10 Boys 1100m

1.	Jacob Russo	S	6:42.1
2.	Jordan Cassidy	AW	6:56.8
3.	Connor Gur	SD	7:25.0

#### Under 11 Girls 1100m

1.	Erin Dallimore	SD	6:21.3
2.	Isabelle Tucker	ED	6:21.7
3.	Julia Podtznay	H	6:51.2

#### Under 11 Boys 1100m

1.	Chad Harris	ED	6:04.4
2.	Bradley Samarcq	SH	6:30.0
3.	Tynan Enonomou	Wv	6:51.8

#### Under 12 Girls 1500m

1.	Piper Douglas	TTG	8:54.7
2.	Chloe Paterson	SD	9:23.2
3.	Shanice Pinnegar	Ez	9:36.0

#### Under 12 Boys 1500m

1.	Adrian Lampe	BV	10:03.3
2.	Troy Miller	SD	10:27.9
3.	Benjamin Slimming	ED	12:20.0

#### Under 13 Girls 1500m

1.	Lotta Danner	ED	7:38.6
2.	Jemma Polezny	H	8:41.6
3.	Sarah Hartley	SD	9:01.6

#### Under 13 Boys 1500m

1.	Jack Rumbelon	M	8:22.0
2.	Patrick Marshall	RE	8:37.3
3.	Joshua Russo	S	9:06.6

#### Under 14 Girls 1500m

1.	Keely Tyler-Dowd	SD	9:36.6
2.	Simone Martland	S	10:34.5
3.	Amie Lennon	GG	12:19.7

#### Under 14 Boys 1500m

1.	Dylan Zeitz	SH	8:18.0
2.	Jordan McKenna	Ez	9:05.8
3.	Luke Baehnisch	S	9:18.5

#### Under 15 Girls 1500m

1.	Lauren Harrington	M	7:12.4
2.	Samara Holliday	SD	8:01.5

#### Under 15 Boys 1500m

1.	Daniel Crouch	M	8:53.6
2.	James Lee	MtB	9:08.9

#### Under 16 Girls 1500m

1.	Kristie Gosnik	G	7:28.7
2.	Alicia Caruso	ED	10:19.6
3.	Jemma Bambrick	GG	11:09.0

#### Under 16 Boys 1500m

1.	Blake Steele	TTG	6:17.0
2.	Nathan Rudge	TTG	12:08.5

#### Under 17 Girls 1500m

1.	Nicole McInerney	MtG	8:38.9
2.	Ellen Mills	GG	8:40.5
3.	Sarah Jamieson	F	9:38.7

#### Under 17 Boys 1500m

1.	Cameron Clark	SD	8:22.0
2.	Ryan Chalmers	Why	12:08.5

### VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS, BOX HILL, 28-29 MARCH 2009

The Victorian Masters Track and Field championships were held last weekend at the Box Hill athletics Track in suburban Melbourne. Weather was good and our walkers contested 3000m walks on the Saturday and 1500m walks on the Sunday. A number of the walkers also contested other events like the 5000m run which was held shortly before the 1500m walk. Now that's tough!

Note that the results also give the relative merit of the performance as a percentage out of 100, using the Masters tables. In general, anyone whose performance ranks above 80% has done well and anyone above 90% has done outstandingly I have highlighted all those performances with a ranking above 80% - and there are lots, indicating the great depth in Victorian masters walking. Best walkers on the weekend from this perspective were **Heather Carr** and **Ralph Bennett** (above 90% for both walks) and **Murray Dickinson, Gwen Steed, Pam Tindal** and **Ross Reid** (high 80s for both events). And not forgetting **Paul Van Kopplen** and **Kylie Irshad** who were our fastest male and female walkers overall - and did they move! There were a number of PBs, no mean feat at

Masters level. Pam Tindal was the outstanding walker from this perspective with 2 big PBs. And congratulations to **Ian Beaumont** who finally turned the tables on wife **Margaret** and recorded a faster time – well done Ian. Margaret, for her part, pleaded heavy training!



**Heather Carr, Ralph Bennett, Murray Dickinson, Gwen Steed and Ross Reid**



**Pam Tindal, Paul Van Kopplen, Ian and Margaret Beaumont, Alison Thompson and Kylie Irshad**

**3000m Championship Women**

W70	1	Marlaine Stanway	W70	VM-SPRINGVALE	21:11.84	76.77%
	2	Margaret Beaumont	W71	VM-MENTONE	23:07.77	71.36%
W65	1	Gwen Steed	W66	VM-MENTONE	17:34.41	<b>87.78%</b>
	2	Sylvia Machin	W67	VM-MENTONE	19:16.53	<b>81.05%</b>
W60		Isnelda Politis	W61	VM-EAST BURWOOD	DQ	
W55	1	Heather Carr	W59	EAGLEHAWK YM	15:30.62	<b>91.68%</b>
	2	Alison Thompson	W56	VM-CROYDON	16:28.19	<b>83.73%</b>
	3	Janet Holmes	W55	VM-CAULFIELD	17:09.90	79.56%
W45	1	Pam Tindal	W49	VM-CROYDON	14:56.43	<b>86.63%</b>
	2	Donna-Marie Elms	W47	PRESTON ATHL	17:56.70	70.93%
	3	Robyn Shaw	W47	WESTERN ATHLETICS	18:03.52	70.49%
W40	1	Gayle McIntyre	W42	VM-MENTONE	16:08.85	75.71%
W35	1	Kylie Irshad	W37	SOUTH COAST	14:31.73	<b>81.22%</b>

**3000m Championship Men**

M75	1	Colin Silcock-Delaney	M76	VM-GEELONG	22:00.79	72.30%
	2	David McNair	M78	SSH	24:04.46	68.03%
M70	1	Murray Dickinson	M70	VM-COLLINGWOOD	16:42.57	<b>88.08%</b>
	2	Harry Summers	M73	BOX HILL ATH	20:53.52	73.16%
	3	Ian Beaumont	M72	VM-MENTONE	22:57.32	65.74%
M65	1	Ralph Bennett	M67	VM-MENTONE	15:21.27	<b>92.53%</b>
	2	John Morrison	M69	SANDRINGHAM	19:57.98	72.84%
	3	John Hallo	M66	VM-FRANKSTON	20:01.70	70.13%
	4	Barrie Wicks	M68	VM-CROYDON	20:22.03	70.57%
M60	1	Russell Dickenson	M63	SOUTH COAST	16:01.58	<b>84.85%</b>

	2	Geoffrey Barrow	M60	MENTONE ATHL	18:39.61	70.67%
M55	1	Clyde Riddoch	M55	ATHLETICS WAVERLEY	15:56.00	78.97%
	2	Frank Prowse	M57	DONCASTER	17:42.20	72.38%
	3	Gerald Sofianos	M59	ST KEVINS AM	17:46.87	73.45%
	4	Stuart Cooper	M58	SSH	18:55.27	68.36%
M50	1	Paul Kennedy	M51	MELBOURNE UN	14:26.43	<b>84.14%</b>
	2	Ross Reid	M54	COLLINGWOOD	14:33.98	<b>85.61%</b>
	3	Christopher Worsnop	M51	OLD XAVERIANS	18:53.74	64.30%
	4	Frank Dunshea	M50	AV	19:05.72	63.09%
M45	1	Bernie Keirl	M45	DIAMOND VALL	16:28.58	70.15%
M40	1	Paul Van Kopplen	M41	CROYDON ATHL	13:13.45	<b>84.65%</b>
	2	James Seid	M41	AV	15:08.99	73.89%
	3	Paul Nunn	M43	WENDOUREE AT	16:09.28	70.40%
M35	1	Stuart Kollmorgen	M39	COLLINGWOOD	13:36.36	<b>81.00%</b>
	2	Aaron McDonough	M36	PRESTON ATHL	15:14.03	70.88%

#### 1500m Championship Women

W70	1	Marlaine Stanway	W70	VM-SPRINGVALE	10:20.88	75.11%
W65	1	Gwen Steed	W66	VM-MENTONE	8:22.25	<b>88.37%</b>
	2	Sylvia Machin	W67	VM-MENTONE	9:14.08	<b>81.06%</b>
	3	Jan Morrey	W69	VM-MENTONE	9:42.58	79.02%
W60		Isnelda Politis	W61	VM-EAST BURWOOD	DQ	
W55	1	Heather Carr	W59	EAGLEHAWK YM	7:21.15	<b>93.31%</b>
	2	Alison Thompson	W56	VM-CROYDON	7:43.22	86.36%
	3	Janet Holmes	W55	VM-CAULFIELD	8:02.58	<b>82.16%</b>
W45	1	Pam Tindal	W49	VM-CROYDON	7:07.94	<b>87.99%</b>
	2	Donna-Marie Elms	W47	PRESTON ATHL	8:20.99	73.92%
	3	Robyn Shaw	W47	WESTERN ATHLETICS	8:39.88	71.23%
W40	1	Gayle McIntyre	W42	VM-MENTONE	7:40.68	77.21%
W35	1	Kylie Irshad	W37	SOUTH COAST	6:57.74	<b>82.19%</b>

#### 1500m Championship Men

M75	1	Colin Silcock-Dela	M76	VM-GEELONG	11:14.10	69.42%
M70	1	Murray Dickinson	M70	VM-COLLINGWOOD	8:04.01	<b>89.49%</b>
	2	Harry Summers	M73	BOX HILL ATH	10:06.65	74.12%
M65	1	Ralph Bennett	M67	VM-MENTONE	7:23.56	<b>94.27%</b>
	2	Barrie Wicks	M68	VM-CROYDON	9:57.90	70.74%
M60	1	Russell Dickenson	M63	SOUTH COAST	7:48.25	<b>85.48%</b>
	2	Geoffrey Barrow	M60	MENTONE ATHL	8:49.84	73.27%
M55	1	Clyde Riddoch	M55	ATHLETICS WAVERLEY	7:36.04	<b>81.19%</b>
	2	Frank Prowse	M57	DONCASTER	8:33.36	73.47%
	3	Gerald Sofianos	M59	ST KEVINS AM	8:36.53	74.42%
	4	Stuart Cooper	M58	SSH 9:14.65	7:30.16	68.64%
M50	1	Ross Reid	M54	COLLINGWOOD	6:52.95	<b>88.87%</b>
	2	Christopher Worsnop	M51	OLD XAVERIANS	9:11.41	64.84%
M45	1	Simon Evans	M48	BOX HILL ATH	7:03.29	<b>82.35%</b>
		Bernie Keirl	M45	DIAMOND VALL	DNF	
M40	1	Paul Van Kopplen	M41	CROYDON ATHL	6:29.58	<b>84.52%</b>
	2	James Seid	M41	AV	7:04.73	77.53%
M30	1	Rupert Van Dongen	M34	CASEY CARDINIA	10:53.18	48.09%

### VICTORIAN LITTLE ATHLETICS PONDERINGS

Last week, I noted that Amy, Sarah and James Burren had all won golds in this year's Victorian Little Athletics Track and Field walk championships and wondered if that was a first. Bendigo Walkers Club President and prominent coach Paul Rance emailed me to draw attention to some other fine feats in this same vein.

Hi Tim

I read your article on State Little Aths Championships re 3 family members winning walk gold medals. Having coached athletes at VLAA State Championships every year since 1979, I thought I might come up with a family that may have achieved that feat.

I am sure there are family performances that I have forgotten that someone else might be able to tell you about but the best I can remember is the 4 **Sansonetti** girls. In particular, Nicole and Michelle won their events on many occasions. Nicole had some good battles with Julie Beecroft and Michelle was always well out in front and I think she won every year from U9 - U14. I think their best effort in 1 year was 2 gold and 1 silver. Their younger sisters also won medals and one of them won at least 1 gold although they weren't as dominate as their older sisters.

From a Bendigo perspective the **Jacobs** family (Lyndal silver, Melanie silver and Toni bronze) all won medals in 1989 and the **Bryants** (Jaclyn, Donna and Kyla) won 2 gold and bronze in 1998 and gold, silver and bronze in 2000 and the **Palfreymans** (Brooke, Jessie and Jack) all won walk medals but not in the same year.

The other excellent feat by Bendigo walkers was Brooke, Jessie and Jack Palfreyman all making the Victorian U13 team in walk events. This is a hard team to get into with the winner of the walk not necessarily making the team as Beth Alexander, Cassie Raselli (State record in U13) and Ebony Whiley have found out in recent years.

The other top Victorian Little Athletics Championship feat comes from Kyle Bryant winning the Walk Championship every year from U9-U15. I believe Kyle was the first walker to accomplish this feat although it may have been achieved again since Kyle in 2004 and in fact it has only been achieved by a handful of athletes in any track and field event since the inception of the U13-U15 age group in the mid 1980s.

Paul, that is absolutely fantastic information. I would welcome any other Little Athletics racewalk feats that come to light.

Just one extra golden fact about the Burren family. When Sarah won the U12 walk this year, she joined her older sister Amy (2003-2006) and her mother Joanne (1979-1982) walkers who have won all four championship walks from U9-U12. In Joanne's day, the top Little Athletics age group was U12 so she could not extend her winning feat any further. Nowadays, of course, things are different.

#### AIS WALKERS AT FLAGSTAFF, ARIZONA

I twisted Chris Erickson's arm and he has produced a great report and some photos from Flagstaff in Arizona. Thanks so much Chris.



**Brendon, Adam, Chris, Jared, Claire, Simone and Brent at the Grand Canyon**

This month finds Australian Institute of Sport walkers **Adam Rutter, Chris Erickson, Claire Tallent and Jared Tallent** undertaking a 3 week altitude training camp in Flagstaff, Arizona USA. Joining the four Beijing Olympians is World Walking Cup junior representative **Brendon Reading**. Under the watchful eye of AIS coach **Brent Vallance** and former Australian Representative **Simone Woloweic**, the walkers are getting their first exposure to “real” altitude, having clocked up numerous hours in the AIS Altitude House in Canberra.

Two hours drive north of Phoenix and sitting at an altitude of 2100m, Flagstaff is home to the Centre for High Altitude Training at the local Northern Arizona University. Considering the highest peak in Australia is only 2228m atop Mt. Kosciusko and the highest road for training reaches about 1800m, the advantages of training in Flagstaff are endless. Also training in Flagstaff whilst we've been here have been Norwegians Kjersti Platzer and Eric Tysse, German Sabine Zimmer, and a number of Americans including Tim Seaman.

After competing at the World Walking Challenge race in Chihuahua Mexico, Adam, Claire, Jared and Brent headed straight to Flagstaff. Joining them a few days later from Australia were Chris and Brendan and heavy training was soon underway. Coming to an altitude of 2100m takes some time to acclimatise; just street walking around, you initially find yourself breathing harder. It is therefore important to take the first 3-4 days training easy to acclimatise.

Training has taken place at a number of different venues in and around Flagstaff. The Northern Arizona University has their very own 8 lane blue track where rep sessions have taken place. There is also a 2.5km measured loop around some of the quieter streets for mid distance walks. Longer walks are done alongside the picturesque Lake Mary, walking out 15km and back as far as required. Finally a tough hill session has been done just outside Flagstaff, starting at an altitude of 1600m and rising back up to 2200m over 25km.

Weather as well as altitude has been a tester so far. It is quite cool here, regularly getting down to -5 °C overnight and only getting to mid to low teens during the day. Starting training at around 9am, on some mornings it's still been below zero and

long tights have been the order of the day! We've also had some occasional snow showers and strong winds with which to contend.

Returning from training at around 11am, days have been spent quietly relaxing watching trash American cable TV, surfing the web, or doing some sightseeing. A few days ago we travelled to the Grand Canyon, and in a word it was.....GRAND!

We're extremely lucky to have travelling with us former Australian rep Simone Wolowiec as our personal massage therapist. Simone has been hard at work tending to sore and tired bodies and is an invaluable member of the team.

Cooking has been one of the highlights so far with everyone chipping in. A work of art took place one evening with one of the world's biggest lasagne's being cooked. It feed all 7 people with more left over for lunch for the rest of the week!

We've also been lucky to befriend Flagstaff native Arthur Wilson. Arthur lives on the loop we use for training and has been getting to know most of the walkers who come to Flagstaff for a number of years. He has cooked up a storm at his place on a couple of evenings, regaling us with his wisdom on all facets of life. He is also serving as our own personal tour guide to Flagstaff and its surroundings.

After our 3 weeks here at Flagstaff we off to the Walking Challenge race in Wuxi in China. The general theory after coming down from altitude is that you will see most benefits between 7 and 21 days with the optimal benefits at 14 days. We will be racing in China about 10 days after leaving Flagstaff so keep an eye on the results to see how we all go.

And now onto the photos....



**Chris training at Lake Mary**



**8000 feet altitude – breathe deeply**



**Out training**





**The world's biggest lasagna?**



**Hmmm..tastes good**



**Lake Mary for the long walks**



**Jared in track and road mode**

## OVERSEAS NEWS

### **New Polish National Coach announced**

The Russian Federation website reports that the 1996 Olympic Games medalist and 1999 World Champion in race walking, Russian **Ilya Markov**, will be appointed as senior coach for the Polish national team for race walking. His assistant will be past Polish Olympian Roman Madyarchik. Markov is familiar with Polish race walking as in recent years he represented Krakow club AZS and frequently participated in competitions in the country.

## Dudinska Patdesiatka Racewalking Meet, Dudince, Slovakia, Saturday 28 March 2008

French European Champion and World Championships silver medalist Yohan Diniz won the 50km race at the 28<sup>th</sup> annual 'Dudinska patdesiatka', a European Athletics Permit Meet, with a new national record and a world leading **3:38:45** on Saturday. It is also a new event record. The former French record was 3:40:58 by Thierry Toutain in 1996 and the former best by Diniz was his winning mark in the Goteborg European Championships in 2006 - 3:41:39. The IAAF website (<http://www.iaaf.org>) reported as follows:

"We did not plan for such a fast time, but he is great competitor and used his chance and good conditions," commented his coach Pascal Chirat with whom Diniz has been working since last autumn. The duo has been working relentlessly to give a new direction to the Frenchman's career after the disappointment in Beijing.

Second placed Slovak Matej Toth who debuted at the distance, also set a national record clocking 3:41:32. The former Slovak record was 3:42:20 by Pavol Szikora also in Dudince in 1987.

The competition was held in excellent conditions, with temperature ranging between 14-18 degrees and very little wind.

"I could not dream about this, I was thinking maybe to break 3:50, but to achieve the Slovak record, not at all," said Toth.

Another five walkers managed to achieve the IAAF A-standard for Berlin (3:58). Third placer Irish walker Jamie Costin achieved a new national record also 3:50:51, fourth placed Polish Olympian Rafal Augustyn debuted at the distance with 3:52:16, fifth placed Colin Griffin of Ireland achieved 3:53:54 (he is the former Irish record holder with 3:51:32 from winning Dudince in 2007), sixth placed Tadas Suskevicius of Lithuania (3:54:40, missed his PB from last year in Dudince by only 3 seconds) and seventh placed Slovak Milos Batovsky (3:55:35).

The Hungarian title went to veteran Zoltan Czukor (4:10:35), while the Czech title was won by Roman Bilek (4:18:56). Ukrainian Lyudmyla Shelest won the 20 km race in 1:34:17 ahead of Swedish record holder Monica Svensson (1:34:31) and another Ukrainian Vira Zozulya (1:35:52).

Despite finishing fourth, Zuzana Malikova who won her 6<sup>th</sup> Slovak title in the women's 20km (1:37:40).

In the 20 km men's race Jakub Jelonek of Poland registered an impressive win, missing his PB by only 1 second with 1:22:58. Serbian Vladimir Savanovic won the new 35km U23 category 35 km (2:46:14), while the junior 10km race witnessed high quality performances with David Tomala of Poland (42:12) defeating German Hagen Pohle (42:19) to clinch the title.



Diniz crossed the finish line in Dudince (<http://www.iaaf.org>)

Rodulf Skrucany checked the Slovak papers to find out a bit more about the 3:41 performance of second placed Matej Tóth. Apparently, Tóth had steered away from the 50 km distance for a number of years, ignoring his coach's advice. He was very disappointed with his 26<sup>th</sup> place in the 20km event in Beijing and was considering quitting the sport when he finally decided to try the 50km and see if it could give him a higher placing. This was his first ever 50km attempt and he was only targeting the 3.58 A qualifying standard for Berlin and hoping for maybe around 3.50 if all went well.

Diniz was walking very fast and this made Tóth walk faster than planned as well. It was after he heard his 30km split that he realised that he was walking fast enough to break the old Slovakian national record (3.42).

He had decided to stay cool till 40k but at 36k started to chase Diniz and was pulling him slightly back. At 40km he lapped third placed Jamie Costin and they walked the last 10km together, helping each other against the strong wind which had picked up over the last 10km.

See [http://www.atletikasvk.sk/Podklady/Preteky/2009/Vysledky/0328\\_Dudince.pdf](http://www.atletikasvk.sk/Podklady/Preteky/2009/Vysledky/0328_Dudince.pdf) for the full results of all events contested. Here are the first 10 places from the 3 main senior events.

### 50km Men

1.	Diniz Yohann	1978	EFS REIMS (FRA)	3:38:45
2.	Tóth Matej	1983	VSC DUKLA BANSKÁ BYSTRICA (SVK)	3:41:32

3.	Costin Jamie	1977	IRL (IRL)	3:50:51
4.	Augustyn Rafał	1984	POL (POL)	3:52:16
5.	Griffin Colin	1982	IRL (IRL)	3:53:54
6.	Šuškevičius Tadas	1985	LTU (LTU)	3:54:40
7.	Bátovský Miloš	1979	VSC DUKLA BANSKÁ BYSTRICA (SVK)	3:55:35
8.	Filipović Predrag	1978	SRB (SRB)	4:06:02
9.	Gonzalez Cobacho Javier	1983	ESP (ESP)	4:09:14
10.	Czukur Zoltán	1962	KOMLÓI BSK (HUN)	4:10:35

#### 20km Men

1.	Jelonek Jakub	1985	POL (POL)	1:22:58
2.	Mikelionis Vilius	1985	LTU (LTU)	1:23:39
3.	Rekst Richardas	1987	LTU (LTU)	1:29:58
4.	Piórek Kamil	1989	POL (POL)	1:30:33
5.	Doyle Michael	1900	IRL (IRL)	1:34:24
6.	Mockel Max	1990	GER (GER)	1:35:29
7.	Davis Scott	1900	GBR (GBR)	1:36:12
8.	Zajíc Jakub	1989	HVĚZDA SKP PARDUBICE (CZE)	1:39:27
9.	Colette Olivier	1988	BEL (BEL)	1:39:38
10.	Luniewski Mirosław	1957	POL (POL)	1:48:53

#### 20 km Women

1.	Shelest Lyudmyla	1974	UKR (UKR)	1:34:17
2.	Svensson Monica	1978	SWE (SWE)	1:34:31
3.	Zozulya Vira	1970	UKR (UKR)	1:35:52
4.	Maliková Zuzana	1983	LOKOMOTÍVA ŠURANY (SVK)	1:37:40
5.	Schindlerová Zuzana	1987	USK PRAHA (CZE)	1:38:05
6.	Yakovenko Olga	1987	UKR (UKR)	1:41:02
7.	Golba Katarzyna	1989	POL (POL)	1:41:06
8.	Gáliková Mária	1980	VSC DUKLA BANSKÁ BYSTRICA (SVK)	1:41:15
9.	Chruściel Lucyna	1988	POL (POL)	1:42:22
10.	Madarász Viktória	1985	BUDA-CASH BÉKÉSCSABAI AC (HUN)	1:42:33

#### 6<sup>th</sup> Trofeu Internacional de Marxa, Santa Eulariain Ibiza, Spain on Saturday 29 March 2009

The main European Athletics website reported on the 6<sup>th</sup> Trofeu Internacional de Marxa, a European Athletics Permit Meeting held at Santa Eularia in Ibiza, Spain on Saturday where new course records were set by reigning European champion Francisco Fernandez and Olympic silver medalist Kjersti Platzer.

See [http://www.european-athletics.org/index.php?option=com\\_content&task=view&id=7224&Itemid=2](http://www.european-athletics.org/index.php?option=com_content&task=view&id=7224&Itemid=2)

In his first 20km race of the year, Francisco "Paquillo" Fernandez clocked an impressive 1:21:42 to win in a strong field. Olympic silver medalist Kjersti Platzer of Norway also bettered the meet record in the 10 km race for women by 4 seconds, clocking 43:21.

The former event record in the men's section was held by Alejandro Cambil 1:22:39 set in 2003.

Fernandez gained sole lead after 8 km and maintained the 4:10 pace. His compatriot Benjamin Sanchez finished second (1:23:26) ahead of Portugal's European medalist Joao Viera (1:24:07). World medalist Juan Manuel Molina did not finish, while Ireland's Robert Heffernan was disqualified. Fourth place for Miguel Angel Lopez (1:24:10) while the African record holder Hatem Ghoul finished a distant fifth finishing in 1:28:20. Fernandez now heads for a training camp in South Africa and plans to compete again in May.

Platzer also won after a nice solo with Romanian champion Claudia Stef finishing second clocking 44:03 and Susana Feitor of Portugal third (44:08) with her team-mate Vera Santos in fourth position with 44:18. Best Spanish Beatriz Pascual who was the former meet record holder 43:25 ended fifth 44:47. Winners of main categories got 800 E, and an additional 400 E for new course records.

Full results can be viewed at [http://www.rfea.es/competi/result2009/ruta/marcha\\_santaularia.pdf](http://www.rfea.es/competi/result2009/ruta/marcha_santaularia.pdf). The first 10 places from the two senior events were as follows

#### Open 10 km Women

1.	Kjersti Platzer	1972	NOR	43:21
2.	Claudia Stef	1978	ROM	44:03
3.	Susana Feitor	1975	POR	44:08
4.	Vera Santos	1981	POR	44:19
5.	Beatriz Pascual	1982	ESP	44:47
6.	Julia Takacs	1989	ESP	45:41
7.	Rocio Florido Florido	1976	ESP	46:18
8.	Lorena Luaces Barril	1984	ESP	47:13
9.	Maitte Gargallo Gracia	1969	ESP	49:17
10.	Isabel Perez Belloch	1979	ESP	49:51

### Open 20 km Men

1.	Francisco Fernandez	1977	ESP	1:21:42
2.	Benjamin Sánchez	1985	ESP	1:23:26
3.	Joao Vieira	1976	POR	1:24:07
4.	Miguel Angel Lopez	1988	ESP	1:24:10
5.	Hatem Ghoula	1973	TUN	1:28:20
6.	José David Domínguez	1980	ESP	1:29:09
7.	Santiago Pérez Alonso	1972	ESP	1:30:06
8.	Manel Torla	1989	ESP	1:30:19
9.	Luis Manuel Corchete Martínez	1984	ESP	1:31:30
10.	Jacques Van Bremen	1984	NED	1:35:21

### WHAT'S COMING UP NEXT?

One final encounter awaits our top Junior walkers with the Australian U20 championships to be contested this Friday evening in Adelaide. I am driving across to watch the 10,000m walks which will be high quality events. The AA website shows the entry lists as follows

#### U20 Men 10000m Walk

Bird-Smith, Dane	Queensland
Cowley, Rhydian	Victoria
Fitzsimons, Sean	Western Australia
Mulhearn, Derek	New South Wales
Mulhearn, Jordan	New South Wales
Payne, Daniel	Victoria
Reading, Michael	A.C.T
Steele, Blake	South Australia

#### U20 Women 10000m Walk

Alexander, Beth	Victoria
Goznik, Kristie	South Australia
Harrington, Lauren	South Australia
Hooper, Paige	South Australia
Tesch, Samantha	Queensland
Xian, Claire	South Australia

### 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

Apr 3-5, 2009	Australian U20 All Schools, U20 & U23 Championships, SA
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	25 <sup>th</sup> World Summer Universiade Games, Belgrade, Serbia - <a href="http://www.universiade-belgrade2009.org/en">http://www.universiade-belgrade2009.org/en</a>
July 8-12, 2009	6 <sup>th</sup> IAAF World Youth Championships, Bressanone, Italy - <a href="http://www.iaaf.org/wyc09/preview.html">http://www.iaaf.org/wyc09/preview.html</a>
July 28 – Aug 8, 2009	18 <sup>th</sup> World Masters Athletics Championships Stadia, Lahti, Finland - <a href="http://english.wma2009.org/">http://english.wma2009.org/</a>
Aug 15-23, 2009	12 <sup>th</sup> IAAF World Championships in Athletics, Berlin, Germany - <a href="http://www.iaaf.org/wch09/index.html">http://www.iaaf.org/wch09/index.html</a>
Oct 10-18, 2009	World Masters Games, Sydney - <a href="http://www.2009worldmasters.com">http://www.2009worldmasters.com</a>

#### 2009 – Remaining IAAF Race Walking Challenge Events

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 <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### 2011 International Fixture

Aug 27-Sept 4, 2011	13 <sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea.
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Aug 12-22, 2011      **26<sup>th</sup> 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      **14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia**

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