



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 25
16 March 2010



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/>

GARRY BROWN SHIELD, STATE ATHLETICS FACILITY, QSAC, SATURDAY 6 MARCH 2010

Thanks to Peter Aiton for the latest Queensland results. Peter commented: "It had been raining all week and it was a lot cooler than normal. The track was filled with puddles of water so the 5 walkers did very well."

Girls 1500 Meter Race Walk Under 16			
1.	Morssinkhof, Amy	14	QRW 7:28.74
Boys 1500 Meter Race Walk Under 16			
1.	Osborne, Jesse	15	STR 6:26.60
Girls 1500 Meter Race Walk Under 18			
1.	Czislowski, Shannon	17	QRW 8:38.90
Boys 3000 Meter Race Walk Under 18			
1.	Aiton, Brad	16	GCV 13:18.61
Boys 3000 Meter Race Walk Under 20			
1.	Dewar, Brandon	18	QRW 14:08.11

AUSTRALIAN U14-U20 T&F CHAMPIONSHIPS, SYDNEY, 11-14 MARCH 2010

Our best young walkers travelled to Sydney last weekend for the Australian U14-U20 Track and Field championships, with track walks contested in all age groups. Overall, some 1500 athletes contested these championships which were finally back on the fixture after a significant break. The U14 events were removed by AA after 1999 and the U15-U18 events were removed after 2004. Now they have finally been resurrected. Of course, it is a case of giving with one hand and taking with the other as the highly popular and successful Australian Schools championships, held annually in December since 1978, are to be changed from now on to a much smaller teams based competition. This is a shame in my book as the Schools Championship have well and truly proved themselves over the years.

Overall it was good to see all the Australian States (and New Zealand) getting in on the medal act and golds being won by walkers from 5 separate States. Overall medal counts per state are shown below

VIC	3-6-4 (13)	QLD	4-3-1 (8)	SA	2-1-2 (5)	NSW	0-2-2 (4)
ACT	2-0-0 (2)	TAS	1-0-1 (2)	WA	0-0-2 (2)	NZ	0-0-1 (1)

Day 1 – Thursday 11 March

Thursday afternoon saw the U17 and U18 5000m walks contested. Kristie Gosnik and Blake Steele warmed up for the U20 10000m on Saturday with wins in their U18 events. Amy Burren and Jesse Osborne won the U17 events to complete the winners list. The number of big PBs by some of the faster walkers indicates the rapid rate of improvement of these walkers as they strive in the highly competitive Australian scene. Special mentions to Josh Dillon (1:47 PB), Ben Tesch (2:01 PB), Jessica Pickles (1:35 PB) and Alana Hewish (1:53 PB). There were probably further big PBs further down the finishing list. Brad Aiton was well on the way to a strong win in the U17 5000m when he was informed of his disqualification with around 500m to go. He was around 150m in front so can feel disappointed with the result. The small group of Victorians performed well with gold to Amy Burren, silvers to Josh Dillon, Brad Simpson and Jmara Hockley-Samon. Unfortunately Lewis Clark, who should have also been in the medal counts, was off colour and finished 7th in his event.

Boys 5000 metre Race Walk Under 17, 4:35PM					
1.	Jesse Osborne	95	QLD	23:19.29	PB 50 secs
2.	Josh Dillon	94	VIC	24:00.03	PB 1:47
3.	Nathan Fazldad	94	NSW	24:22.86	PB 59 secs
4.	Ben Tesch	96	QLD	24:22.88	PB 2:01
5.	Steven Washburn	94	NSW	25:05.09	
6.	Corey Buckler	94	QLD	25:35.16	
7.	Lewis Clark	94	VIC	25:37.88	
8.	Elliot Hodgson	95	QLD	25:57.75	

9.	Adrian Santa Maria	94	NSW	28:32.70
	Brad Aiton	94	QLD	DQ

Boys 5000 metre Race Walk Under 18, 4:35PM

1.	Blake Steele	93	SA	21:49.66	
2.	Brad Simpson	93	VIC	24:00.19	
3.	Matthew Holcroft	94	NZL	24:21.24	
4.	Dale Hennighan	93	WA	25:40.30	PB 18 secs
5.	Dylan Sloan	93	VIC	28:19.89	
6.	Christopher Ollerenshaw	93	NSW	28:27.71	
	Cheyne Egelton	93	NSW	DNF	
	Samuel Dib	94	WA	DNF	
	Joshua Kaiser	93	VIC	DNF (was stopped 1 lap too soon)	

Girls 5000 metre Race Walk Under 17, 6:15PM

1.	Amy Burren	94	VIC	25:00.80	eq PB
2.	Jessica Pickles	94	QLD	25:08.91	PB 1:35
3.	Hannah Watson	94	WA	25:20.59	PB 6 secs
4.	Kirsty Klein	94	NSW	26:09.36	PB 28 secs
5.	Emma Bettiol	95	NSW	26:21.42	PB 1:28
6.	Kate Holt	96	WA	27:07.26	
7.	Breanna Brown	95	WA	27:38.61	
8.	Caitlin Campbell	94	VIC	28:18.87	
9.	Samantha Flood	94	NSW	29:19.81	
10.	Andrea Sexton	96	WA	29:37.67	
11.	Jessica Sexton	96	WA	29:55.11	
12.	Faith Bennett	94	QLD	30:32.50	

Girls 5000 metre Race Walk Under 18, 6:15PM

1.	Kristie Goznik	93	SA	25:26.73	
2.	Jmara Hockley Samon	95	VIC	25:52.92	
3.	Alana Hewish	93	QLD	25:55.69	PB 1:53
4.	Dimitra Psarianos	93	NSW	25:57.72	
5.	Samara Holliday	93	SA	26:48.58	
6.	Courtney Sorensen	93	QLD	28:13.39	
7.	Jessica Callaway	95	VIC	28:46.64	big PB of many minutes
8.	Jade Dighton	93	NSW	29:40.48	
9.	Shannon Czislawski	93	QLD	31:51.10	



**Left: Kristy Gosnik, Hannah Watson and Amy Burren lead the girls' event
Right: Blake Steele wins the boys' event (photos from Brent Vallance)**

Day 2 – Friday 12 March

Friday saw the U14 1500m races, back on the National scene after an 11 year absence. Caitlin Hosking burst back onto the National scene in her first big race since winning the U12 2km at the Canberra carnival last June. One of the talented Hosking family from the ACT, she walked a big PB (6:59.92) to win the girls' event ahead of Tayla Paige-Billington and Jasmine Irshad. Billy Allamby on the other hand always seems to be in the major medals at the big races and this was no exception, winning the boys' event comfortably with 7:06.74.



Left: Billy Allamby leads Johnathon Anestoudis
Right: Caitlin Hosking leads Tayla-Paige Billington and Jasmine Irshad (photos from Brent Vallance)

Girls 1500 metre Race Walk Under 14, 3:50PM

1.	Caitlin Hosking	97	ACT	6:59.92	PB 23 secs
2.	Tayla-Paige Billington	97	NSW	7:02.13	
3.	Jasmine Irshad	97	VIC	7:03.65	PB 5 secs
4.	Katya Martin	97	QLD	7:13.88	
5.	Kenza Benzenati	97	QLD	7:19.01	
6.	Jemima Montag	98	VIC	7:21.25	
7.	Emma Norris	97	WA	7:29.15	
8.	Piper Douglas	97	SA	7:33.50	
9.	Alina Tape	97	NSW	7:45.79	
10.	Jessie Eastwood	97	VIC	7:48.21	
11.	Emma Grand	97	NSW	7:53.02	
12.	Taryn McCaffery	97	NSW	7:55.49	
13.	Caitlin Plummer	97	NSW	7:56.69	
14.	Tahlia Hunt	98	TAS	7:57.95	
15.	Jade Sanders	97	VIC	7:59.34	
16.	Bryony Beasley	97	NSW	8:17.97	
17.	Adriana Shina	97	NSW	8:21.81	
	Raqeema Evans	97	WA	DQ	
	Jemma Brown	97	WA	DQ	

Boys 1500 metre Race Walk Under 14, 3:50PM

1.	Billy Allamby	97	VIC	7:06.74
2.	Johnathon Anestoudis	97	NSW	7:20.45
3.	Louis Rose	97	TAS	7:51.00
4.	Adam Mylonas	97	NSW	7:56.58
5.	Adam Garganis	97	VIC	8:20.41
6.	Jake Andrews	97	WA	8:57.49
	Daniel Ison	98	NSW	DQ

Wrapping up the day's events were the Under 20 10000m race walks. Providing encouraging signs of Australia's continuing stength in the sport, winners Regan Lamble (48:21.71) and Dane Bird-Smith (43:16.93) and silver medallists Paige Hooper (49:12.58) and Rhydian Cowley (43:22.47) were all under the World Junior qualifying standard and probably just earned up World Junior berths. The boys' race was especially interesting with Dane and Sean Fitzsimons both sitting back and forcing Rhydian Cowley (the only one of the three top boys without a WJ qualifier) to make the pace. Rhydian was up to the task and led them through the first 5km in around 21:25. With Sean being advised of his disqualification in the last few laps, that left Rhydian and Dane well out in front and it was just a case of who would prove the faster in the last laps. As expected, it was Dane, who equaled his road time from Hobart last month. Rhydian improved on his Hobart PB by over 1 minute, walking perhaps the race of the meet. Beth Alexander (50:30.77) and Blake Steele (45:00.49) showcased the depth of Junior walking in Australia with their strong third placings.

Girls 10000 metre Race Walk Under 20, 7:10PM

1.	Regan Lamble	91	VIC	48:21.71	
2.	Paige Hooper	92	SA	49:12.58	PB 14 secs
3.	Beth Alexander	92	VIC	50:30.77	
4.	Claire Xian	91	SA	50:58.92	PB 19 secs
5.	Kristie Goznic	93	SA	54:13.62	

Boys 10000 metre Race Walk Under 20, 7:10PM

1.	Dane Bird-Smith	92	QLD	43:16.93	eq PB
2.	Rhydian Cowley	91	VIC	43:22.47	PB 1:04
3.	Blake Steele	93	SA	45:00.49	
4.	Jordan Mulhearn	92	NSW	47:02.81	PB 6 secs
5.	Steven Washburn	94	NSW	49:28.28	PB
6.	Brandon Dewar	92	QLD	49:47.88	PB 5:57
7.	Filip Cosic	92	VIC	56:26.07	PB 1:03
8.	Samuel Dib	94	WA	DNF	
9.	Daniel Lord	91	NZL	DQ	
	Sean Fitzsimons	92	WA	DQ	

One final race was held on Day 2. Victorian walker Joshua Kaiser had been a shattered walker after Day 1 of the Championships. When officials had miscounted his laps in the U18 5000m walk and ushered him off the track a lap early. When this was eventually discovered, there was no alternative but to designate him as a DNF. Athletics Australia, acknowledging the error, generously agreed to stage an Invitational 5km race, alongside the U20 10,000m championship the next day. Josh duly raced and was rewarded with a 89 second PB time of 26:28.

Under 18 5000m Invitation Walk

1.	Joshua Kaiser	93	VIC	26:28.00	PB 89 secs
----	---------------	----	-----	----------	------------

Day 3 – Saturday 13 March

Saturday saw the remaining U15 and U16 3000m walks contested. In the boys' events, Queenslanders Ben Tesch and Jesse Osborne repeated their golds from Hobart, recording excellent times of 14:03.91 and 13:30.70 respectively. Special mention to Billy Allamby who jumped up from his U14 gold on Friday and snared silver in the U15 event with a PB performance. Victorians Connor McShanag and Ryan Antidormi snares bronzes with their own PBs to ensure that the medals were an exclusive QLD-VIC affair. In the girls' events, Sophie Eberhardt scored a big breakthrough win in the U15 3000m, beating quality opposition in Kenza Benzenati and Jemma Potezny. Unfortunately Stephanie George of Victoria was off the pace and finished out of medal contention. In the U16 girls' event, Elizabeth Hosking of ACT and Jmara Hockley-Samon of Victoria had another great battle and, like in Hobart, it was Elizabeth who won out, the girls doing PBs of 14:21.55 and 14:23.92. But Jmara won't be too disappointed as it was a second silver for her after her great walk in the U18 5000m two days previously. Amy Bettiol of NSW showed that she is getting back into good racing shape with a very strong third place time of 14:30.18. There were PBs galore in these races, indicating the good conditions weather wise.

Boys 3000 metre Race Walk Under 15, 6:10PM

1.	Ben Tesch	96	QLD	14:03.91	
2.	Billy Allamby	97	VIC	14:57.50	PB 5 secs
3.	Connor McShanag	96	VIC	15:18.64	PB 20 secs
4.	Jason Dredge	96	NSW	15:31.63	PB 46 secs
5.	Ethan-Lee Nolan	96	WA	15:35.26	
6.	Robert Murphy	96	NSW	16:19.72	
7.	Matthew Oswald	96	NSW	16:29.55	
8.	Louis Rose	97	TAS	16:32.29	
9.	Mitchell Walker	96	TAS	17:19.24	
	Nathanael Dib	96	WA	DQ	

Boys 3000 metre Race Walk Under 16, 6:10PM

1.	Jesse Osborne	95	QLD	13:30.70	
2.	Elliot Hodgson	95	QLD	14:03.76	PB 2 secs
3.	Ryan Antidormi	95	VIC	14:22.33	PB 12 secs
4.	Kurtis Birch-Ward	95	NSW	14:31.22	
5.	Jay Felton	95	NSW	15:02.96	
	Harry Bates	95	ACT	DQ	

Girls 3000 metre Race Walk Under 15, 6:50PM

1.	Sophie Eberhardt	96	TAS	15:05.11	PB 72 secs
2.	Kenza Benzenati	97	QLD	15:11.69	PB 28 secs
3.	Jemma Potezny	96	SA	15:20.32	PB 11 secs
4.	Kate Holt	96	WA	15:20.34	PB 4 secs
5.	Stephanie George	96	VIC	15:35.80	
6.	Amy Morssinkhof	96	QLD	15:36.06	
7.	Amanda Barendregt	96	NSW	15:44.59	
8.	Raqeema Evans	97	WA	15:51.22	
9.	Jasmine Dighton	96	NSW	15:51.71	
10.	Carla Elias	96	NSW	16:06.38	

11.	Brooke Barritt	96	WA	16:14.08
12.	Andrea Sexton	96	WA	16:18.80
13.	Emma Walker	96	TAS	16:46.30
14.	Billie Whitelaw	96	VIC	16:48.38
15.	Rachelle Taylor	96	TAS	17:31.67
16.	Tess Carroll	96	QLD	18:03.60
	Jessica Sexton	96	WA	DNF
	Piper Douglas	97	SA	DQ

Girls 3000 metre Race Walk Under 16, 6:50PM

1.	Elizabeth Hosking	95	ACT	14:21.55	PB 4 secs
2.	Jmara Hockley Samon	95	VIC	14:23.92	PB 8 secs
3.	Amy Bettiol	95	NSW	14:30.18	PB 28 secs
4.	Amelia Finnegan	95	VIC	14:41.20	
5.	Breanna Brown	95	WA	15:22.82	
6.	Hannah Denney	95	NSW	15:29.02	
7.	Bianca Attard	95	VIC	15:40.61	
8.	Ebony Whiley	95	VIC	16:12.12	
9.	Amanda Heard	95	VIC	16:13.59	
10.	Jessica Callaway	95	VIC	16:22.28	
11.	Emily Warden	95	NSW	16:23.45	
12.	Isabella Shina	95	NSW	16:48.29	
	Shay Southern	95	NSW	DQ	

Day 4 – Sunday 14 March

And finally to Sunday when Dane Bird-Smith fronted in the super strong Queensland Under 20 4x400m relay team, helping them to win as expected in a very fast 3:12.44. Not a bad double for the young Queensland walker!

Boys 4x400 metre Relay Under 20

1.	QLD	Matthew Bailey 92, Dane Bird-Smith 92, Kuey Diew 93, Tom Gamble 91	3:12.44
2.	NSW	Alex Pettigrew 92, Guy Lewis 91, Ozner Abdullah 93, Robert McIntyre 91	3:16.74
3.	TAS	Tyler Heron 92, Dom Anastasio 91, Chris McConnell 91, Jarred Gilroy 92	3:31.17

2010 WORLD RACEWALKING CUP TEAM ANNOUNCED

Athletics Australia has announced a very strong team of 18 walkers to contest the 2010 World Racewalking Cup. With all 10 AIS walkers in the mix, it is our best possible team with one exception – ACT walker Brendon Reading can count himself unlucky to have missed selection in the Open Men 20km team by a miserly 8 seconds. Hopefully, Brendon will keep his training going and continue his rapid rate of improvement. A 20km time of 1:28:08 at 21 years of age is a pretty good start! In a pleasing sign of the spread of talent around Australia, the team includes reps from all over (9 VIC, 4 NSW, 2 SA, 1 ACT, 1 QLD and 1 WA). Here is the AA news release.

Dual Olympic medallist **Jared Tallent** and former world champion and world record-holder **Nathan Deakes** will lead an 18-strong Australian team into action at the IAAF World Race Walking Cup in Chihuahua, Mexico, in May.

Twenty-five-year-old Tallent will line up for his fourth consecutive World Race Walking Cup in scintillating shape, his win in Round 1 of the IAAF Race Walking Challenge in Hobart last month in the personal best time of 1:19.15 showing he has entered 2010 in ominous form.

In three previous appearances at the World Race Walking Cup Tallent has placed 75th (2004), 14th (2006) and 10th (2008) over 20km, the 2010 edition of the meet to mark the first time the Victorian has attempted the 50km distance at a Cup.

Tallent will be joined over the senior men's 50km course by a resurgent Nathan Deakes, who made his return to competition in Hobart last month following a serious hamstring injury that forced him out of the 2008 Beijing Olympic Games and 2009 world championships. In Chihuahua Deakes will contest his first major race on international soil since taking out the 50km world title in Osaka (JPN) in 2007.

Tallent and Deakes will share the start line at the May 15-16 meet with two-time Olympic, four-time world championships and five-time World Race Walking Cup representative **Luke Adams**, fellow Olympic, world championships and World Race Walking Cup representative **Chris Erickson** and 2009 World University Games contender **Tom Barnes**.

Flying the flag for Australia in the senior men's 20km event will be Australian Flame athlete **Adam Rutter** and 2009 World University Games representative **Ian Rayson**.

The senior women's 20km team will be fronted by Australian Flame athletes **Jessica Rothwell**, **Claire Tallent** and **Cheryl Webb**, the world championships trio to be joined on the start line by Beijing Olympian **Kellie Wapshott** and 2009 World University Games representative **Jillian Hosking**.

In the junior division 2009 world youth championships representatives **Dane Bird-Smith** and **Paige Hooper** will lead fellow emerging stars **Rhydian Cowley** and **Sean Fitzsimons** (junior men – 10km) and **Beth Alexander** and **Regan Lamble** (junior women – 10km) into battle against the world's top race walking talent. Lamble will line up for her second World Race Walking Cup following her 26th placing at the 2008 meet in Cheboksary, Russia.

Australia has enjoyed a strong history of success at the biennial World Race Walking Cup since its inception in 1979, highlighted by Simon Baker's win over 50km in 1989, silver medals to Kerry Saxby-Junna over 10km in 1989 and Baker over 50km in 1991, and bronze medals to Susan Cook over 10km in 1983 and Nathan Deakes over 20km in 2004.

In 2006 Australia claimed its first ever senior men's team medal, taking silver in the 20km event (Adams, Deakes, Rutter, Tallent) and going on to claim bronze in the same category in 2008 (Adams, Erickson, Rutter, Tallent). Australia's senior female team has placed third on three occasions since 1979, taking out third place in 1981 (5km), 1983 (10km) and 1987 (10km).

The team reads as follows

Senior Men – 20km

Ian Rayson (22, NSW)
Adam Rutter (23, NSW/AIS)

Senior Men – 50km

Luke Adams (33, NSW/AIS)
Tom Barnes (27, VIC)
Nathan Deakes (32, VIC/AIS)
Chris Erickson (28, VIC/AIS)
Jared Tallent (25, VIC/AIS)

Junior Men – 10km

Dane Bird-Smith (17, QLD/AIS)
Rhydian Cowley (19, VIC)
Sean Fitzsimons (18, WA/AIS)

Senior Women – 20km

Jillian Hosking (22, ACT)
Jessica Rothwell (20, VIC)
Claire Tallent (28, SA/AIS)
Kellie Wapshott (28, VIC/AIS)
Cheryl Webb (33, NSW)

Junior Women – 10km

Beth Alexander (17, VIC)
Paige Hooper (17, SA)
Regan Lamble (18, VIC/AIS)

Note that since Dane Bird-Smith, Rhydian Cowley, Regan Lamble and Paige Hooper now look set for World Junior selections after this weekend's trials in Sydney, there is a slight chance of one or more changes to the World Racewalking Junior teams announced above.

FOCUS ON JOSH DILLON AND LEWIS CLARK

Josh Dillon is a name that might be currently unknown outside Victoria but he is a young walker in a hurry and his silver medal in the Under 17 5000m (24:00.03) in Sydney comes after just one season of serious walking. To cap off a great weekend, he flew back to Melbourne on Thursday evening and then backed up a couple of days later in the Corio Little Athletics Centre Championship Day with 2 wins and two new centre records as follows:

U15 Boys 1500m run 4:23
U1Boys 1500m walk 6:16

Josh, who turned 15 a few months ago, is coached by Harold Boddy in Geelong (yes, another Geelong walker!). He burst onto the local scene with a huge walk March 2009 in the Victorian Little Athletics U14 1500m track championship, winning in around 6:30 and then suffering a post-race disqualification. He played football for the winter but returned in October to do a proper summer and give walking a 'go'. The results have been quick to come.

Using the Athletics Victoria Shield competition in Geelong to get fit, he has battled out the various Victorian championships with fellow Geelong walker **Lewis Clark**, both boys pushing each other to improve week by week. His major championship performances have showed great consistency and the sky's the limit in my opinion.

7 November 2009	Victorian Schools T&F Championships	1 st	3000m U16	14:30.14
6 December 2009	Australian Schools T&F Championships	3 rd	3000m U16	13:41.64
26 February 2010	Victorian T&F Championships	2 nd	5000m U17	28:25.28
7 March 2010	Australian T&F Championships	2 nd	5000m U17	24:00.03

Of course, Lewis, who turned 16 this week, is matching Josh every step of the way and has also had a great last 12 months. Further progressed that Josh in his walking career, he has already tested himself out over the 10km road distance, recording a great first up 52:03. His Hobart silver behind Brad Aiton saw both bothboys shatter the U16 3000m championship record and he only failed to win gold by the narrow margin of 2 secs. It is unfortunate that he was below par in Sydney last weekend and finished outside the medals. But again, the sky's the limit with Lewis. We can expect to see much more of these two boys in the 2010 winter season. For the record, Lewis's major results over the last 12 months are as follows

1 March 2009	Victorian T&F Championships	1 st	3000m U16	14:56.45
7 June 2009	LBG Carnival	3 rd	3km U16	14:20
28 June 2009	Victorian Schools Roadwalk Champs	1 st	3km U16	14:56
9 August 2009	Victorian Roadwalk Championships	1 st	5km U16	26:26
7 November 2009	Victorian Schools T&F Championships	2 nd	3000m U16	14:37.58
6 December 2009	Australian Schools T&F Championships	2 nd	3000m U16	13:20.01
10 January 2010	VRWC Club Roadraces	2 nd	10km Open	52:03
23 January 2010	Victorian Country T&F Championships	1 st	5000m U20	24:48.72
18 February 2010	Victorian T&F Championships	2 nd	5000m U20	23:24.82
26 February 2010	Victorian T&F Championships	1 st	5000m U17	25:45.75
7 March 2010	Australian T&F Championships	7 th	5000m U17	25:37.88



**Left: Josh and Lewis chase Brad Aiton in the Australian Schools U16 3000m walk in Hobart in December
Right: Josh and Lewis share the podium after the Victorian U17 5000m championship in February**

VRWC NOW ON 'FACEBOOK'

Club media officer Stuart Cooper advises me that VRWC now has a Facebook group. This is meant to provide a forum for members to meet and discuss topics, post and read news related to race-walking (including results and upcoming events) and help spread the word about both the Club and the sport in general. At this stage the group has around 50 members and Stu has been providing most of the input. It is time to open it up and invite everyone to share via it.

To access the group, log on to Facebook and enter 'Victorian Race Walking Club' in the search box, or follow link <http://www.facebook.com/group.php?gid=306385488910&ref=search&sid=100000333815591.39457954.1> Note: you will need to be a Facebook member to join this group.

WORTH A LOOK

Ray Smith pointed me to these great shots of the Olympic Torch relay for the 2010 Winter Olympics. Great stuff – thanks Ray. http://www.boston.com/bigpicture/2010/02/olympic_torch_relay_nearly_com.html

POLISH INDOOR CHAMPIONSHIPS , SPALA , SUNDAY FEBRUARY 28, 2010

The European indoor championships continue with the Polish ones on two weeks ago. As with most other European countries, the men compete over 5000m and the women compete over 3000m

Men 5000 m

1.	SUDOL Grzegorz	AZS-AWF Kraków	19:17.92
2.	AUGUSTYN Rafał	OTG Sokół Mielec	19:20.73
3.	FEDACZYNSKI Rafał	AZS-AWF Katowice	20:15.44

Women 3000 m

1.	DYGACZ Agnieszka	AZS-AWF Katowice	13:07.05
2.	BUZIAK Paulina	OTG Sokół Mielec	13:15.67
3.	SZWARNOG Agnieszka	AZS-AWF Kraków	13:30.19

GRAN PREMIO CITTÀ DI LUGANO , LUGANO, SWITZERLAND, SUNDAY 14 MARCH 2010

The IAAF website (<http://www.iaaf.org>) reports that reigning Olympic 50km Race Walking champion **Alex Schwazer** broke the 20km Italian record today with **1:18:24** at the Gran Premio Città di Lugano Memorial Albisetti, a EA Race Walking Permit Meeting which is part of the 2010 IAAF Race Walking Challenge. Schwazer smashed the long-standing national record held by former Olympic and World champion Maurizio Damilano who walked the distance in 1:18:54 in 1992 in La Coruna, after dominating the race from gun-to-tape. He passed through the first 5km mark in 19:25 and reaching 10km in 39:06 to be over a minute clear of the field and he ended up winning by over 2 minutes. Robbie Heffernan, eighth in the 20 km at the Olympic Games in Beijing, finished second in 1:20:44, ahead of 50 km specialist Grzegorz Sudol (fourth in the 50 km at the World Championships in Berlin), third in 1:20:49. Interestingly, Schwazer, now aged 25, is trained by Maurizio's brother Sandro.

Schwazer broke his previous PB by three minutes. It's his second Italian record this year - on 24 January he set the 35 km national record, smashing his previous best by ten minutes with an impressive **2:26:16** in Montalto di Castro. Since then he has been in racing mode, winning the Italian 5000m Indoor title with a world leading **18:46.49** on 27 February and last week attempting to break his own 50 km national record of 3:36:04 at the Italian 50km Championships in Signa near Florence. Unfortunately he had to fight against a strong wind on a cold day and clocked a solid **3:50:22** despite very difficult weather conditions.

"I knew that I could walk in 1:19 but breaking the record of Maurizio Damilano is a dream that comes true", said Schwazer. "I knew that it was a difficult record to beat. The work I have done in these past few years is bearing fruit now. I am now planning to train in Val Senales to prepare the 50 km at the World Cup in Chihuahua."

Open Men 20km

1.	Alex Schwazer	ITA	1984	1:18.23,2
2.	Robert Heffernan	IRL	1978	1:20.44,2
3.	Grzegorz Sudol	POL	1978	1:20.49,2
4.	Aleksandr Yargunkin	RUS	1981	1:20.54,6
5.	Ding Chen	CHN	1992	1:22.02,3
6.	Zhen Wang	CHN	1992	1:22.02,6
7.	Nazar Kovalenko	UKR	1987	1:22.22,1
8.	Jean-Jacques Nkouloukidi	ITA	1982	1:22.32,3
9.	Marco De Luca	ITA	1981	1:22.37,7
10.	Andrei Talashka	BLR	1982	1:23.52,8
11.	Aleksey Khimin	RUS	1989	1:23.55,3
12.	Sérgio Vieira	POR	1976	1:24.09,7
13.	Colin Griffin	IRL	1982	1:24.44,9
14.	Michael Doyle	IRL	1987	1:27.54,5
15.	Andrei Stsepanchuk	BLR	1979	1:28.12,1
16.	Brendan Boyce	IRL	1986	1:28.37,7
17.	Pasquale Sabino	ITA	1979	1:29.01,1
18.	Carl Dohmann	GER	1990	1:29.46,9
19.	Carlo Alberto De Casa	ITA	1986	1:29.55,5
20.	Darrel Stone	GBR	1968	1:30.01,6

Yanfei Li, a young Chinese walker born in 1990, who finished third at the IAAF World Junior Championships in 2008, took the win in the women's race in 1:31:26 beating her compatriot Li Li, who finished runner-up in 1:31:32. Third was Ines Henriques from Portugal in 1:32:30. The race started at a conservative pace. A big leading pack including Yanfei Li, Li Li, Ines Henriques, Johanna Jackson from Great Britain (winner last year in Lugano), Evangelia Xynou from Greece, Ana Cabecinha from Portugal, Zuzana Chindlerova from Czech Republic passed the 5km mark in a conservative 23:34. The 10km mark was reached in in 46:48 with most of the leading pack still in contention. The race proper began at 13 km when Li Yanfei forced the pace, and at that point only Li Li managed to respond. Li Yanfei passed the 15 km in 1:09:09, five seconds clear of Li Li and now well clear of the following pack. The two Chinese girls, who are currently training in Saluzzo at the Italian Walking School where they receive technical advice from Sandro Damilano, walked neck-to-neck until Yanfei Li managed to break away from her compatriot in the final km and bridge a decisive 5-second lead to cross the finish-line in 1:31.26

Open Women 20km

1.	Yanfei Li	CHN	1990	1:31.26,2
2.	Li Li	CHN	1987	1:31.32,3
3.	Inês Henriques	POR	1980	1:32.30,8
4.	Johanna Jackson	GBR	1985	1:32.36,6
5.	Evangelia Xynou	GRC	1981	1:32.57,1
6.	Ana Cabecinha	POR	1984	1:33.14,3
7.	Zuzana Schindlerova	CZE	1987	1:33.17,0
8.	Hanna Drabenia	BLR	1987	1:34.25,1
9.	Lucie Pelantova	CZE	1986	1:34.47,6
10.	Olga Povalyayeva	RUS	1984	1:36.00,5
11.	Katalin Varró	HUN	1986	1:36.15,9
12.	Laura Reynolds	IRL	1989	1:37.28,1
13.	Tatyana Korotkova	RUS	1980	1:37.32,1
14.	Laura Polli	SUI	1983	1:38.11,5
15.	Maria Czakova	SVK	1988	1:40.26,9
16.	Gisella Orsini	ITA	1971	1:40.31,3
17.	Agnese Ragonesi	ITA	1985	1:41.23,9
18.	Valentina Garofalo	ITA	1984	1:43.15,9
19.	Katsiaryna Pashkouskaya	BLR	1976	1:46.36,0
20.	Karolina Skraskova	CZE	1987	1:48.08,4

For completeness, I reproduce the first 5 places from each junior event

Under 20 Men 10km

1.	Lukas Gdula	CZE	1991	43.13,9
2.	Luca Ferrari	ITA	1992	44.36,6
3.	Pavel Schrom	CZE	1991	44.51,0
4.	Alberto Gabbiadini	ITA	1991	47.14,5

5. Antonio Cirillo GBR 1991 48.43,9

Under 20 Women 10km

1. Aikaterini Theodoropoulou GRC 1993 47.54,3
 2. Georgiana Enache ROM 1991 49.57,7
 3. Veronika Privalinková SVK 1992 50.43,4
 4. Anezka Drahotova CZE 1995 51.58,8
 5. Eliska Drahotova CZE 1995 52.01,7



Schwazer and Li win in Lugano (<http://www.iaaf.org>)

WHAT'S COMING UP

Next weekend is a big double-header weekend for Victorian walkers. Masters athletes will be competing in the **Victorian Masters T&F Championships at Duncan McKinnon Reserve** in Murrumbena with 3000m and 1500m walks on offer as follows:

Saturday 20 March 2010	10:00 AM	VMA 3000m Women, M70, M75
	10:30 AM	VMA 3000m M35, M40, M45, M50, M55, M60, M65
Sunday 21 March 2010	11:45 AM	VMA 1500m Women, M70, M75, M80
	12:00 PM	VMA 1500m M35, M40, M45, M50, M55, M60, M65

At the same time, our best Little Athletics walkers will be competing in the annual **Victorian Little Athletics State championships at Olympic Park** with 1100m and 1500m walks on offer as follows

Saturday 20 March 2010	8:30 AM	VLAA Boys U14 1500 Metre Race Walk
	8:42 AM	VLAA Girls U14 1500 Metre Race Walk
	8:54 AM	VLAA Girls U15 1500 Metre Race Walk
	12:35 PM	VLAA Boys U15 1500 Metre Race Walk
	12:47 PM	VLAA Boys U12 1500 Metre Race Walk
	12:59 PM	VLAA Girls U12 1500 Metre Race Walk
	14:40 PM	VLAA Boys U13 1500 Metre Race Walk
Sunday 21 March 2010	14:52 PM	VLAA Girls U13 1500 Metre Race Walk
	8:40 AM	VLAA Girls U9 1100 Metre Race Walk
	9:10 AM	VLAA Girls U11 1500 Metre Race Walk
	9:30 AM	VLAA Boys U9 1100 Metre Race Walk
	9:50 AM	VLAA Boys U10 1100 Metre Race Walk
	11:06 AM	VLAA Girls U10 1100 Metre Race Walk
	11:56 AM	VLAA Boys U11 1500 Metre Race Walk

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.

Mar 20-21, 2009	Victorian Masters T&F Championships, venue changed to Duncan McKinnon Reserve, Murrumbena
Mar 20-21, 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne
April 2-5, 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun April 11, 2010	VMA 5000m track championships and VRWC events, Collingwood
April 16-18, 2010	Australian Open and U23 Track and Field Championships, Perth (walks already held separately)

Sat April 24, 2010 Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

Australian Winter Season Key Dates

Sat Apr 24, 2010 VRWC Winter Season commences, Albert Park. See <http://www.vrwc.org.au>
Sun June 13, 2010 44th Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat July 24, 2010 Racewalking Australia State Challenge, in each State
Sun August 22, 2010 Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

2010 International Fixtures

May 15-16, 2010 **24th IAAF World Race Walking Cup, Chihuahua, Mexico.** See <http://www.iaaf.org/wrc10/preview.html>
July 3-10, 2010 **Oceania Masters Championships, Tahiti**
Aug 3, 2010 **VIII World Gay Games VIII, Cologne, GERMANY** (5000m walks). See <http://www.gaygames.com/>
July 19-25, 2010 **XIII World Junior Championships, Moncton, Canada.** See <http://www.moncton2010.ca/>
Aug 14-26, 2010 **1st World Youth Olympics, Singapore** (10000mW boys, 5000mW girls). See <http://www.singapore2010.sg>
Oct 3-14, 2010 **XIX Commonwealth Games, Delhi, India.** See <http://www.cwgdelhi2010.com/>

2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 th Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 th Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 rd Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 th IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	XIII Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	XXIV Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

2010 – Other International Opportunities

May 30, 2010 German 20km Championships, Naumburg (see <http://www.racewalking-naumburg.de>)
Aug 28, 2010 20th International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

2011 International Fixture

July 7-17, 2011 **19th World Masters T&F Championships Stadia, Sacramento, California, USA**
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>

2012 International Fixture

Apr 3-8, 2012 **World Masters Athletics Indoor Championships, Jyvaskyla, Finland**
May 12-13, 2012 **25th IAAF World Race Walking Cup, Saransk, Russia**
July 27-Aug 12, 2012 **XXX Olympic Games, London.** See <http://www.london2012.com/>

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 24 - Aug 4, 2013 **World Masters Athletic Championships, Port Alegre, Brazil**

2014 International Fixture

2014 **26th IAAF World Race Walking Cup, Taicing, China**
July 23 – Aug 3, 2014 **XX Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

Aug 2016 **XXXI Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **XXXII Olympic Games** TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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>)