



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WESTERN AUSTRALIAN RESULTS

Here are recent WA Walk Results as per Terry Jones.

#### Friday 5 Mar 2010

##### Mixed 1500 Metre Race Walk

1.	Barritt, Brooke	W	Athletics WA	7:44.90
2.	Hann, Andrea	W	Athletics WA	7:50.6h
3.	Butler, Michelle	W	Athletics WA	8:06.7h

#### Friday 12 Mar 2010

No Walk Events

#### Friday 19 Mar 2010

##### Mixed 3000 Metre Race Walk

1.	Dib, Samuel	M	West Track	14:19.0
2.	Bone, Christian	M	Curtin	15:12.0
3.	Watson, Hannah	W	Curtin	15:21.2
4.	Smyth, David	M	West Track	16:28.1

### ATHLETICS BENDIGO WALK RANKINGS 1999-2009

Paul Rance has been busy going through his Bendigo walking records and has worked out the Athletics Bendigo Best Walk Performances in the 10 years since the La Trobe University Athletics Complex was opened and the Summer Track and Field Season re-started. The following lists show the best walk performances from 13<sup>th</sup> November 1999 - 14<sup>th</sup> November 2009. Thanks Paul!

Mens 1500m walk					Womens 1500m walk				
1.	Duane Cousins	Ehawk	08/09	5.56	1.	Sibon Fuzzard	Sth Bgo	03/04	6.59
2.	Kyle Bryant	Ehawk	06/07	6.15	1.	Annette Major	Ehawk	04/05	6.59
3.	Evan Thompson	Sth Bgo	00/01	6.16	3.	Natalie Gleeson	Bgo Ym	99/00	7.04
4.	Paul Rance	Sth Bgo	2001	6.51	4.	Jaclyn Bryant	Sth Bgo	01/02	7.06
5.	Peter Curtis	Sth Bgo	08/09	7.24	5.	Jessie Palfreyman	Sth Bgo	03/04	7.15
6.	Adrian Coad	Sth Bgo	07/08	7.36	6.	Ebony Whiley	Ehawk	08/09	7.25
7.	Dane Heiden	University	09/10	7.40	7.	Amanda Heard	Ehawk	08/09	7.38
8.	Brian Cornell	Sth Bgo	2001	7.51	8.	Donna Bryant	Sth Bgo	2001	7.42
9.	Jeremiah Jones	Ehawk	08/09	7.53	9.	Leila Bunnett	Sth Bgo	03/04	7.51
10.	Geoff Major	Ehawk	99/00	8.02	10.	Barb Bryant	Ehawk	06/07	7.56
11.	John Carter	Sth Bgo	99/00	8.03	11.	Jessey Wilson	Ehawk	09/10	8.00
12.	Ben Maskell	Ehawk	08/09	8.06	12.	Kayla Hunt	Sth Bgo	99/00	8.03
13.	Paul Martin	Bgo YM	01/02	8.08	13.	Brooke Palfreyman	Sth Bgo	01/02	8.14
14.	Jack Palfreyman	Sth Bgo	05/06	8.32	14.	Mandy Worthington	Sth Bgo	05/06	8.16
15.	John Watson	Bgo YM	99/00	8.42	15.	Katrina Maskell	Sth Bgo	07/08	8.27
16.	Ian Wellard	Ehawk	99/00	8.42	16.	Grace Campbell	Ehawk	08/09	8.31
17.	Norm West	Sth Bgo	99/00	8.43	17.	Keely Trew	Sth Bgo	05/06	8.43
					18.	Anne Buckley	Bgo Ym	05/06	8.44
					19.	Nikki Gillespie	Sth Bgo	99/00	8.59
Mens 3000m walk					Womens 3000m walk				
1.	Duane Cousins	Ehawk	08/09	12.19	1.	Jess Rothwell	Shepp	04/05	14.18
2.	Kyle Bryant	Ehawk	06/07	13.10	2.	Annette Major	Ehawk	04/05	14.54
3.	Evan Thompson	Sth Bgo	00/01	13.48	3.	Sibon Fuzzard	Sth Bgo	03/04	15.10
4.	Paul Rance	Sth Bgo	01/02	14.26	4.	Jaclyn Bryant	Sth Bgo	2001	15.24
5.	Jeremiah Jones	Ehawk	09/10	16.17	5.	Jessie Palfreyman	Ehawk	06/07	15.28

6.	Brian Cornell	Sth Bgo	2001	16.30	6.	Ebony Whiley	Ehawk	09/10	16.12
7.	John Carter	Sth Bgo	99/00	16.58	7.	Barb Bryant	Ehawk	06/07	16.32
8.	Dane Heiden	University	09/10	17.10	8.	Amanda Heard	Ehawk	09/10	16.55
9.	Paul Martin	Bgo Ym	99/00	17.22	9.	Donna Bryant	Sth Bgo	00/01	17.08
10.	John Carter	Sth Bgo	02/03	18.01	10.	Anne Hunter	Bgo Ym	99/00	17.37
11.	John Watson	Bgo Ym	99/00	18.08	11.	Jessey Wilson	Ehawk	08/09	17.37
12.	Ian Wellard	Bgo Ym	99/00	18.17	12.	Kayla Hunt	Sth Bgo	00/01	17.46
13.	Adrian Coad	Sth Bgo	06/07	18.18	13.	Grace Campbell	Ehawk	09/10	17.55
14.	Josh Savage	Ehawk	09/10	18.19	14.	Keely Trew	Sth Bgo	06/07	18.02
15.	Ben Maskell	Ehawk	08/09	18.53	15.	Katrina Maskell	Sth Bgo	08/09	18.14
<b>Mens 5000m walk</b>					<b>Womens 5000m walk</b>				
1.	Duane Cousins	Ehawk	05/06	21.31	1.	Jess Rothwell	Sth Bgo	05/06	24.46
2.	Kyle Bryant	Ehawk	06/07	23.10	2.	Annette Major	Ehawk	99/00	25.52
3.	Paul Rance	Sth Bgo	01/02	24.59	3.	Jessie Palfreyman	Sth Bgo	05/06	26.36
4.	Evan Thompson	Sth Bgo	99/00	25.18	4.	Jaelyn Bryant	Sth Bgo	00/01	27.03
5.	Geoff Major	Ehawk	99/00	29.08	5.	Barb Bryant	Ehawk	06/07	27.54
6.	John Carter	SthBgo	99/00	29.14	6.	Sibon Fuzzard	Sth Bgo	03/04	29.10
7.	Paul Martin	Bgo Ym	01/02	29.34	7.	Ebony Whiley	Ehawk	09/10	30.00

### QLAA IGA STATE CHAMPIONSHIPS, TOWNSVILLE SPORTS RESERVE, 26-28 MARCH 2010

Robyn Wales reports in from Queensland on their State Little Athletics Championships which were held last weekend.

Hi Tim

I've just returned from Townsville and the Queensland Little Athletics State Championships. Every 4 years this Meet goes up north so along with hundreds of competitors, parents, aunts, uncles, cousins and grandparents I went along to support our walkers.

This was a very well organised carnival with events happening everywhere at once, making it good spectator sport. It was held on the synthetic Townsville Sports Reserve at the bottom of Castle Hill and overlooking Magnetic Island. A beautiful location and for once it was quite cool if a bit windy thanks to a cyclone that breezed through a week ago.

All the walks were held on the Friday evening and the competitors came from all over Qld with big fields.

As with any carnival there were triumphs and tragedies, tears and smiles and, as always, walk judging remains one of life's mysteries.

First up was the **U11 girls 1100m** which was won in fine style by **Mikaela Woodward** although she did gain two red cards. The **U10 girls 1100m** was won by **Taylor Smith** who had crossed the line first last year only to be DQ'd. Star of the **U9 700m boys' race** was **Yanis Benzenati** who won in a new Qld record for his first state title after being DQ'd twice in Qld Road championships. A bigger smile could not be seen anywhere.

The **U12 girls 1500m** saw a new PB to **Jessie Claire Smith** and so it was to the **U13 girls 1500m** with the results influencing the state team that everyone eagerly awaited. The starting line was crammed with over 20 girls excitedly wanting to prove their talent to the selectors. The gun went and someone yelled out as the race was immediately stopped. In all the pushing and shoving **Kenza Benzenati** fell to the ground clutching her knee in pain. The race was held up while the officials asked Kenza if she was going to get up and "run". After a couple of minutes the race was restarted and Kenza headed to the front closely followed by Katya Martin. It was obvious Kenza was suffering but true competitor as she is she managed to hang in and the lead swapped a few times until Katya managed to lead into the final straight crossing in a new Qld record (7.18) with Kenza 2nd (7.28) followed by Jesse Sims (7.57) who had traded 3rd place several times with Tess Carroll. The smile on Katya's face faded when told she'd been DQ'd which gave Kenza gold.

The **boys' U13 1500m**, though slower was just as exciting. However the judges were ruthless in their red cards with several DQ'd. The winner was **Riley Watts** from Maryborough who has been rewarded with State selection. 13 year old Baxter Knight was 2<sup>nd</sup> having crossed the line in 1st place in the past 3 years only to be DQ'd. He walked the whole race on the line to be sure his knees were straight and it has paid off!

The **U14 girls 1500m** went to All Schools champion **Rachel Barker** with Marybeth Paviell 3rd. Ben Tesch in the U14 boys suffering a knee injury could not get past the judges this time.

**Jesse Osborne U15** (6.18) was fastest overall and is only going from strength to strength. **Jessica Pickles' U17** winning time of 6.57 was fastest of the girls and a great PB but it didn't come easy after going stride for stride for most of the race with Courtney Sorensen whose 7.04 was a massive PB and in the words of her father, Paul, "Not a bad time for a netballer!")

This gave 7 gold medals to those associated with the Dave Smith training group as well as a few silver and bronze, many PBs and 3 State Records. Most walkers could be seen on Saturday morning in the 1500m run while others surprised with medals and PBs in high jump, hurdles and javelin. They are certainly a talented bunch.

The team announcement on Sunday afternoon was welcome relief for Katya Martin and well deserved for all 4 competitors. Congratulations to Riley Watts, Baxter Knight, Kenza Benzenati and Katya Martin.

A big thank you to Dave Smith because these results are outstanding.

Regards .. Robyn Wales

And now onto a results summary with the first 6 places from each championship. To see the full results, check out <http://qlaa.asn.au/LinkClick.aspx?fileticket=72dpLmSHjcw%3d&tabid=110&mid=715&forcedownload=true>

<b>Girls U9 700m Walk</b> 1. Thomson, Tahliah Beaudesert 3:55.64 2. Bougoure, Lily Noosa 4:07.82 3. Riese, Clare Toowong Harriers 4:08.68 4. Muller, Elmari Redlands 4:21.55 5. Stolberg, Tyla Ipswich 4:28.53 6. Martin, Thalia Beenleigh 4:33.51	<b>Boys U9 700m Walk</b> 1. Benzenati, Yanis Ashmore 3:43.64 2. Bradfield, Connor Redlands 3:58.24 3. Morris, Will Redlands 4:07.12 4. Haig, Callum Caloundra 4:07.90 5. Dando, Alex North Mackay 4:22.71 6. Champley, Benjamin Twin Towns 4:23.36
<b>Girls U10 1100m Walk</b> 1. Smith, Taylor Centenary 6:06.44 2. Humphreys, Liberty Toowong Harriers 6:08.69 3. Robertson, Bree Gayndah 6:18.84 4. Tesch, Rebeckah Strathpine 6:35.16 5. Sims, Riley Aspley 6:42.55 6. Nott, Lucinda Toowong Harriers 6:48.79	<b>Boys U10 1100m Walk</b> 1. Gibson, Bradley Mudgeeraba 6:14.83 2. Galanos, James Mt Gravatt 7:08.91 3. Waugh, Kyle Gracemere 7:59.12
<b>Girls U11 1100m Walk</b> 1. Woodward, Mikaela Toowong Harriers 5:46.90 2. Leen, Maria Redlands 6:29.21 3. Tiver, Sophie Nambour 6:36.24 4. Henderson, Sophie Kedron 6:38.08 5. Mitchell-Storey, Emily Toowong Harriers 6:50.62 6. Young, Chloe Deception Bay 6:55.20	<b>Boys U11 1100m Walk</b> 1. Moran, James Redlands 6:13.91 2. Dando, Samuel North Mackay 6:20.19 3. Watts, Coen Maryborough 6:47.32 4. Woodward, Brodie Strathpine 6:52.10 5. Humphreys, Noah Toowong Harriers 7:07.13
<b>Girls U12 1500m Walk</b> 1. Riese, Katrina Toowong Harriers 8:22.87 2. Henderson, Emma Townsville 8:32.30 3. Simpkins, Natasha Twin Towns 8:39.77 4. Howell, Jamie Redlands 9:11.11 5. Smith, Jessie-Claire Centenary 9:16.19 6. Webber, Rhiana Ipswich 9:39.02	<b>Boys U12 1500m Walk</b> 1. Lehane, Connor Toowong Harriers 8:00.87 2. Pritchard, Brandon Aspley 8:38.78 3. Buckley-Thirkell, Nathan Ross River 8:43.65 4. Galanos, Dean Mt Gravatt 8:55.35 5. Kaufman, Ben Twin Towns 9:27.09 6. Healy, Shane Beaudesert 9:46.46
<b>Girls U13 1500m Walk</b> 1. Benzenati, Kenza Ashmore 7:28.09 2. Sims, Jesse Aspley 7:57.87 3. Carroll, Tess Redlands 8:14.61 4. Smyth, Jordan North Mackay 9:01.32 5. Alder, Leigh Gold Coast 9:11.04 6. Koop, Sophia Algester 10:12.97	<b>Boys U13 1500m Walk</b> 1. Richardson, Bryce Nth Rockhampton 8:59.43 2. Knight, Baxter Gold Coast 9:13.69
<b>Girls U14 1500m Walk</b> 1. Barker, Rachel Gold Coast 7:58.44 2. Boardman, Lucy-Rose Redcliffe 8:25.74 3. Paviell, Marybeth Ashmore 8:32.47 4. Haig, Jessica Caloundra 8:45.16 5. Simpkins, Melanie T win Towns 9:11.17 6. Eddison, Priscilla Upper Lockyer 10:29.50	<b>Boys U14 1500m Walk</b> 1. Murrhly, Liam Noosa 9:15.67 2. Titheradge, Aidan Maleny 9:16.86
<b>Girls U15 1500m Walk</b> 1. Sims, Casey Aspley 8:32.47 2. Volling, Daniella Caboolture 9:30.66 3. Wright, Jessica Sunnybank 9:32.17 4. Birkett, Rebekah Deception Bay 10:01.07 5. Buscemi-Le-Brun, Roxann Mulgrave 11:39.98	<b>Boys U15 1500m Walk</b> 1. Osborne, Jesse Strathpine 6:18.40 2. Archer, Jake Ross River 8:41.95
<b>Girls U17 1500m Walk</b> 1. Pickles, Jessica Jimboomba 6:57.47 2. Sorensen, Courtney Redlands 7:04.41 3. Castrillejo, Rosa Caboolture 9:29.58	<b>Boys U17 1500m Walk</b> 1. Buckler, Corey Strathpine 6:42.92 2. Cunningham, Matthew Beenleigh 7:32.43 3. Harris, Nathan North Mackay 8:17.01

## AMA 4X800M RELAYS, THURSDAY 25 FEBRUARY 2010

Alan Lucas has forwarded the results from last month's Victorian edition of the AMA 4x800m relays. Thanks Alan.

1.	M50 - Simon Baker, Tim Erickson, Clyde Riddoch, Paul Kennedy	14.38
2.	W60 - Heather Carr, Liz Feldman, Gwen Steed, Jan Morrey	17.14
3.	W30 - Janet Holmes, Shirley Coppock, Kylie Irshad, Pam Tindal	19.21
4.	M50 - Alan Lucas, Llewelyn Jenkins, Leo Watson, Rudolf Skrucany	19.35

Alan notes" *"The W30 team was "thrown" together just before the start but the result was unfortunately not accepted as Kylie had not sent in her registration at the time. In her defence she did say before the event that she didn't intend to compete and only did so under urging from others (inc me). The second M50 team was supposed to be an M60 team but Russ Dickenson couldn't make it on the night so I cajoled Rudolf into walking but that dropped us into the M50 category so the first M50 team will be the Victorian entry in the overall competition."*

## NEW ZEALAND T&F CHAMPIONSHIPS, QEII PARK STADIUM, CHRISTCHURCH, 26-28 MARCH 2010

The New Zealand Track and Field titles were held last weekend with track walks on the Friday evening and road walks on the Sunday morning.

### Friday 26 March 2010

The 3000m walks on Friday evening saw Kate Newitt and Quentin Rew, who both walked in the Aust-U23 vs NZ match last month, take the senior titles while Rosie Robinson (also in the February match) and Daniel Lord took the Junior titles.

#### Women 3000m Race Walk Senior

1.	Newitt, Kate	90	Canterbury	13:44.53
2.	Barber, Alana	87	Auckland	15:47.94
3.	Sunderland, Nyle	67	Tasman	16:32.55
	Grimmett, Terri	57	Wellington	DQ

#### Women 3000m Race Walk U20

1.	Robinson, Roseanne	90	Otago	14:20.68
2.	Murrihy, Natasha	92	WaikatoBayofPlenty	14:59.16
3.	Meikle, Rowena	91	University Cante	18:51.09

#### Women 3000m Race Walk U17

1.	Ruske, Courtney	94	Canterbury	15:40.28
2.	Shaw, Lucinda	93	Canterbury	15:41.86
3.	Shaw, Rachael	94	Canterbury	18:42.50

#### Men 3000m Race Walk Senior

1.	Rew, Quentin	84	Hawkes Bay Gisborne	12:31.64
2.	Nelson, Scott	69	WaikatoBayofPlenty	13:08.92
3.	Parker, Mike	53	Auckland	13:46.95
4.	Sargisson, Tony	75	Auckland	14:40.76
5.	Sim, David	59	Racewalking	15:59.36

#### Men 3000m Race Walk U20

1.	Lord, Daniel	91	Canterbury	13:45.37
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#### Men 3000m Race Walk U17

1.	Holcroft, Matthew	94	WaikatoBayofPlenty	13:58.43
2.	Meikle, Phillip	94	Canterbury	14:53.15
3.	Wyatt, Phillip	93	Auckland	16:25.27
4.	Meikle, Ben	94	Canterbury	16:30.71

### Sunday 28 March 2010

Mike Porter reports on the Sunday morning action with the 20km and 10km roadwalks

The start time was 8AM. It was cold and damp at that hour but without rain falling. In fact when the van picked up Aucklanders up from the motel at 7AM to drive us out to the course it was pitch black and not very pleasant. Conditions improved as soon as the walk started. Throughout the conditions were good for racing, cool and plenty of oxygen in the air.

The circuit was 10 x 2kms not completely flat with a slight decline and a corresponding incline each time round. There was also a nasty camber on a fair proportion of the circuit, these factors could have slowed times slightly but with the cool conditions it probably evened itself out.

Both Kate and Quentin went for it and tried to post NZ Commonwealth Games Standard times 88m for men and 99m for women. They both walked well, but were also disappointed they didn't get closer to the standards. One of the National selectors was there throughout the race which was a real positive. We obviously have two walkers on their radar. The selectors have indicated that the standard times will have to be broken to gain selection for the Games. We have organised two 20km races in Auckland, April (Track) and May (Road) if they want to have another crack at the times.

Another good performer on the day was Brooke Cowsill. Brooke had been disq in the Jan trial for Oceania. This time she got through with just the one card. I'm sure her confidence will grow now and she can build on her 1:51m performance. She has a lot of ability.

Unfortunately Eric Kemsley who also walked in Hobart scratched at the last minute due to recurring hamstring problems.

Regards,

Mike

#### **Senior Women 20km Race Walk,**

National Record: N 1:39:54.20 21/11/1993 Linn Murphy, Wellington

1.	Newitt, Kate	90	Canterbury	1:42:15.0
2.	Cowsill, Brooke	80	Auckland	1:51:43.0
3.	Barber, Alana	87	Auckland	1:57:53.0
4.	Sunderland, Nyle	67	Tasman	2:00:08.0
5.	Mabbett, Kelly	89	WaikatoBayofPlenty	2:05:10.0
	Grimmett, Terri	57	Wellington	DQ

#### **U20 Women 10km Race Walk**

National Record: N 50:15.56 19/12/2009 Kate Newitt, Port Hills

1.	Robinson, Roseanne	90	Otago	50:30.0
2.	Murrihy, Natasha	92	WaikatoBayofPlenty	54:53.0
3.	Ruske, Courtney	94	Canterbury	57:41.0
4.	Shaw, Lucinda	93	Canterbury	1:00:07.0
5.	Meikle, Rowena	91	University Cante	1:09:35.0

#### **Senior Men 20km Race Walk**

National Record: N 1:22.20 26/01/1998 Craig Barrett, Hamilton

1.	Rew, Quentin	84	Hawkes Bay Gisborne	1:32:20.0
2.	Nelson, Scott	69	WaikatoBayofPlenty	1:43:30.0
3.	Parker, Mike	53	Auckland	1:45:20.0
4.	Sargisson, Tony	75	Auckland	1:48:10.0
5.	Sim, David	59	Racewalking	1:57:22.0

#### **U20 Men 10km Race Walk**

National Record: N 43:52.58 11/02/1995 Tony Sargisson, Auckland

1.	Lord, Daniel	91	Canterbury	49:34.0
2.	Holcroft, Matthew	94	WaikatoBayofPlenty	49:45.0
3.	Meikle, Phillip	94	Canterbury	56:02.0
4.	Wyatt, Phillip	93	Auckland	56:46.0
5.	Meikle, Ben	94	Canterbury	1:06:58.0

It's great to see New Zealand walking working its way back with depth and numbers. Let's keep our fingers crossed that Quentin and Kate can lead the charge to the Commonwealth Games and record those all important qualifying times.

### **SOUTH AFRICAN T&F CHAMPIONSHIPS, KINGS PARK STADIUM, DURBAN, 20-21 MARCH 2010**

The South African Track and Field championships, raced one week earlier, also featured 20km walks and the winning times were pretty similar to those achieved in New Zealand last weekend. Again, let's hope that their walkers can produce that little bit extra and push their way into the Commonwealth Games. We need as many countries participating as possible to ensure that walks are retained post 2010.

#### **20km Walk Men**

1 Thami Hlatswayo 1:30:46.40; 2 Pierre de Villiers 1:35:26.90; 3 Werner Appel 1:35:28.80; 4 Marc Mundell 1:36:08.20; 5 Ross McDonald 1:38:16.00; 6 Mojalefa Molise 1:43:05.80; 7 Wayne Snyman 1:44:40.10; 8 Gideon Cillie 1:46:10.50; 9 Wade Fraser 1:46:20.20; 10 Professor Cele 1:53:53.80; Mfana Mbatha 2:01:26.90

#### **20km Walk Women**

1 Susan Swanepoel 1:50:22.10; 2 Nomsa Buthelezi 1:52:01.40; 3 Michelle Hopkins 1:53:19.00; 4 Lesley van Buuren 1:55:52.80; 5 Estle van Schalkwyk 1:9:44.40; 6 Brenda Nooy 2:01:11.40; 7 Yvonne Irmischer 2:03:00.30; 8 Anne McKenzie 2:06:40.30; 9 Inge Kotzae 2:10:08.90

### **FRENCH RACEWALK CHAMPIONSHIPS, AIX-LES-BAINS, FRANCE, 21 MARCH 2010**

In the absence of Yohann Diniz, whose wife had a baby girl the previous Tuesday, the 20km French title was won by Antonin Boyez, winner of the 2010 5000m title, with 1:26:24. In the women's championship, Polish walker Sylwia Korzeniowska won the race in 1:35:20 but second placed Anna-Gaëlle Retout became the French champion with 1:39:55.

### 20 Km Walk Open Men

1.	1:26:24	BOYEZ Antonin	Efs Reims A
2.	1:27:38	CAMPION Kevin	Afa Feyzin-venissieux
3.	1:28:47	BOUFRAINE Mehdi	Ca Montreuil
4.	1:29:56	LE COZ Xavier	Entente Franconville Cesame Va
5.	1:32:02	DELAUNAY Sebastien	Ca Du Pays Saumurois

### 20 Km Walk Open Women

1.	1:35:20	KORZENIOWSKA Sylwia (POL)	Lille Metropole Athletisme
2.	1:39:55	RETOUT Anne-gaelle	Val-de-reuil Ac
3.	1:42:43	MITROVIC Sandra	Lagardere Paris Racing
4.	1:45:16	AVEROUS Violaine	Ca Balma
5.	1:47:36	AUFFRET Lucie	Stade Niortais

### 10 Km Walk Junior Men

1.	47:01	MALOSSE Dimitri	Js Lezignan-corbieres
2.	47:15	GOSSELIN Nicolas	Asc Le Havre
3.	47:35	ANDRIEU Hugo	Uavh Aubagne
4.	48:21	RAZAFIMAHEFA Toavina	Lille Metropole Athletisme
5.	51:02	DENIMAL Romain	Esc Tergnier

### 10 Km Walk Junior Women

1.	49:31	MENUET Emilie	Aj Blois-onzain
2.	51:32	PASTORINO Ines	Nice Cote D'azur Athletisme
3.	53:31	MARCOU Amandine	Sa Merignac
4.	53:51	QUENNEHEN Marine	Ca Montreuil
5.	57:12	BOURGON Julia	Doubs Sud Athletisme

## 29<sup>TH</sup> DUDINSKA PATDESIATKA, DUDINCE, SLOVAKIA, SATURDAY 27 MARCH 2010

A record 271 walkers from 22 countries were entered in the 14 races in Dudince, the third of this year's six EA Walking Permit Meetings and the fourth IAAF Racewalking Challenge event for the year. The European Athletics website (<http://www.european-athletics.org>) carried the following report:

Poland's Rafal Augustyn caused an upset when he won the men's 50km walk, the highlight event at the European Athletics Walking Meeting in Dudince, Slovakia, on Saturday. Augustyn, 25, produced a strong finish over the final kilometre of the 29<sup>th</sup> Dudinska Patdesiatka to take over two minutes off his previous best with a winning time of 3:49:54, the second best time in the world this year. He was followed home by his compatriot Artur Brzozowski, who also clocked a personal best of 3:50:07 in second place. Both men overtook Ireland's flagging Robbie Heffernan around 300 metres from home before Augustyn triumphed after he pulled away from his team-mate in the final 100 metres. It was a cruel ending to the race for Heffernan, who finished sixth at the 2007 World Championships 20km Walk and eighth in the same event the following year at the Olympics, and who was making his debut at the longer distance.



**Poland's Rafal Augustyn wins in Dudince, Slovakia, on Saturday (<http://www.european-athletics.org>)**

Heffernan shared the early pace with the Norwegian favourite and 2009 World Championships silver medallist Trond Nymark before forging ahead on his own after 15 kilometres. The Irishman lead by 1:20 going into the final 2km loop but started to unravel badly almost as soon as the bell sounded. Nevertheless, he was rewarded with a national record of

3:50.08 with the first five men home all recording personal best times. In total, there were nine men under the world class benchmark of four hours. However, there was disappointment for Nymark, who dropped out of the race at 30km after suffering from stomach problems.

In the men's 20km race Slovakia's best walker Matej Toth won in 1:22:25. Ukrainian Ruslan Dmytrenko was second with 1:22:47 ahead of his team-mate Nazar Kovalenko with 1:23:46. In the women's 20km, Czech Zuzana Schindlerova won with 1:34:20 ahead of the best Slovak Zuzana Malikova (who currently lives in Ireland) who won her 7<sup>th</sup> national title with 1:34:53.

In the men's 10km Junior race Ukrainian Ihor Lyashchenko posted 41:20 to beat German Hagen Pohle (42:22); the top 5 went sub 43 minutes.

Main results were as follows:

#### 50 km Open Men

1.	Augustyn Rafal	14.05.1984	POL	3:49:54
2.	Brzozowski Artur	29.03.1985	POL	3:50:07
3.	Heffernan Robert	28.02.1978	IRL	3:50:08
4.	Nowak Lukasz	18.12.1988	POL	3:50:30
5.	Linke Christopher	24.10.1988	GER	3:53:24
6.	Pereira António	10.07.1975	POR	3:55:41
7.	Kim Dong Young	06.03.1980	KOR	3:56:40
8.	Shin Il Yong	17.02.1979	KOR	3:57:46
9.	Houssaye Cedric	13.12.1979	FRA	3:59:20
10.	Bátovský Miloš	26.05.1979	SVK	4:01:15

#### 20 km Open Men

1.	Tóth Matej	10.02.1983	SVK	1:22:25
2.	Dmytrenko Ruslan	22.03.1986	UKR	1:22:47
3.	Kovalenko Nazar	09.02.1987	UKR	1:23:46
4.	Talashko Andrei	31.05.1982	BLR	1:23:48
5.	Kučmín Anton	07.06.1984	SVK	1:27:04
6.	Celik Recep	18.06.1983	TUR	1:27:12
7.	Rácz Sándor	14.09.1986	HUN	1:28:46
8.	Deac Ciprian	29.08.1981	ROU	1:32:07
9.	Augustyn Lukasz	29.11.1990	POL	1:32:16
10.	Egan John	18.05.1982	IRL	1:32:35

#### 20 km Open Women

1.	Schindlerová Zuzana	25.04.1987	CZE	1:34:20
2.	Malíková Zuzana	02.08.1983	SVK	1:34:53
3.	Madarász Viktória	12.05.1985	HUN	1:36:27
4.	Pelantová Lucie	07.05.1986	CZE	1:39:01
5.	Szwarnóg Agnieszka	28.12.1986	POL	1:40:31
6.	Świerczyńska Justyna	26.02.1987	POL	1:44:56
7.	Czáková Mária	02.10.1988	SVK	1:46:50
8.	Kažemaka Anita	30.05.1990	LAT	1:47:04
9.	Karaš Jolanta	03.05.1989	POL	1:47:48
10.	Mészáros Anita	24.10.1988	HUN	1:49:10

#### 10 km Junior Men

1.	Lyashchenko Ihor	24.08.1993	UKR	41:20
2.	Pohle Hagen	05.03.1992	GER	42:22
3.	Partanen Veli-Matti	28.10.1991	FIN	42:28
4.	Puzanov Ihor	10.10.1993	UKR	42:32
5.	Choi Byung Kwang	07.04.1991	KOR	42:36
6.	Schrom Pavel	17.03.1991	CZE	43:33
7.	Herba Jakub	19.02.1992	POL	45:22
8.	Márkus Viktor	29.10.1992	HUN	45:34
9.	Fáber Marcel	27.04.1992	SVK	46:36
10.	Ojala Aleksí	09.12.1992	FIN	47:24

#### 10 km Junior Women

1.	Chernenko Anna	27.12.1992	UKR	47:28
2.	Kriván Berta	17.01.1991	HUN	47:56
3.	Czychy Charlyne	14.03.1992	GER	49:38
4.	Švedaitė Karolina	26.05.1992	LTU	51:07
5.	Plomińska Natalia	30.07.1992	POL	51:23
6.	Jasińska Magdalena	04.10.1991	POL	51:50
7.	Litwiniuk Agata	06.10.1991	POL	51:52
8.	Korzeniowska Katarzyna	08.03.1991	POL	52:02
9.	Privalincová Veronika	12.03.1992	SVK	52:35
10.	Dennehy Fiona	01.01.1992	IRL	56:28



## FRANK MCGUIRE CELEBRATES HIS 98<sup>TH</sup> BIRTHDAY WITH A WALK

Thanks to VRWC member Geoff Barrow who forwarded this great news item to me on Sunday.

I have attached couple of photos of Frank McGuire who celebrated his forthcoming 98<sup>th</sup> birthday (on Monday 29 March) by competing in a 2000m race yesterday at Mentone. The Mentone Walkers group, which was initially established by Frank over 20 years ago, has competition every Saturday afternoon at Dolamore Reserve Mentone (except for the next three weeks when the track is being resurfaced). Yesterday's race had 18 starters and was won by Jasmine Irshad in a time of 10:38. Frank completed the 2000m race in a time of 25:19. He also did a one lap warm up and a one lap warm down.

Frank is living in an aged care home in Emerald . He tells me that he still trains daily doing approx 40 laps of the courtyard at the home. Each lap is about 40 metres . Franks family brings him down to the Mentone track every 4 to 6 weeks where he continues to judge and provide coaching advice to the group.

It is terrific to see such a doyen of race walking in Victoria still take such an active involvement.



Frank remains our oldest association with walking of times past so I thought that a more in-depth analysis of his many contributions was in order. Here goes ....

Frank, born 29 March 1912, commented on his early years as follows

*Having always been interested in gymnastics, athletics and fitness, I spent much time running or walking every time I had the chance and managed to run second in the combined Fitzroy School Sports at 13, in 1925, and won the Fitzroy Cricket Club medallion for the best Fitzroy School allrounder the same year. I joined Collingwood Harriers in 1929, made the team for the 880 yards in 1930 but switched to racewalking in 1931 and managed to finish 5<sup>th</sup> in the State five miles championship at John Wren's Richmond Racecourse and won the Junior Title (then Under 21). I was 19.*

He also joined VAWC as a junior in 1931, the same year as Gus Theobald. As he commented above, he was immediately successful, winning the Victorian Junior walk titles over 880 yard (3:30) and 7 miles (61:47) ahead of Collingwood teammate Jim Gaylor. In 1932, he won the Victorian Junior 5 mile title in 40:05, again just ahead of Jim.

Frank at one time showed me a trophy that he won in 1931, during his first year as a VAWC club member. The trophy is engraved

*Byrne Trophy  
Season 1931  
Most Improved Member  
F. M. McGuire*



Having found walking and liked it, Frank stayed with the sport, competing throughout the 1930s with Collingwood Harriers and VAWC. However, like most athletes his age, his career was interrupted by the Second World War and time in the army.



**Our oldest photo of Frank, circa 1932**

While still in the army, he and Freda moved to Chelsea in 1943 and accordingly, he transferred to the newly reformed Chelsea Club in 1946. Because the club had many young and inexperienced members, he became involved in coaching and promoting, especially on the walking side.

Soon after, he achieved his best national performance - a third placing to Ted Allsopp and Ray Goulding in the inaugural Australian 10,000m title in 1948. He won the 1951 Melbourne to Frankston 25 Mile handicap and became VAWC Club Captain in 1952 and stayed in that capacity until 1956. His last interstate competition was the 1954 Australian 50 km championship as captain of the Victorian team (he was also captain of the 1948 and 1952 teams) and soon after that, he retired from racing and turned his attention to coaching.



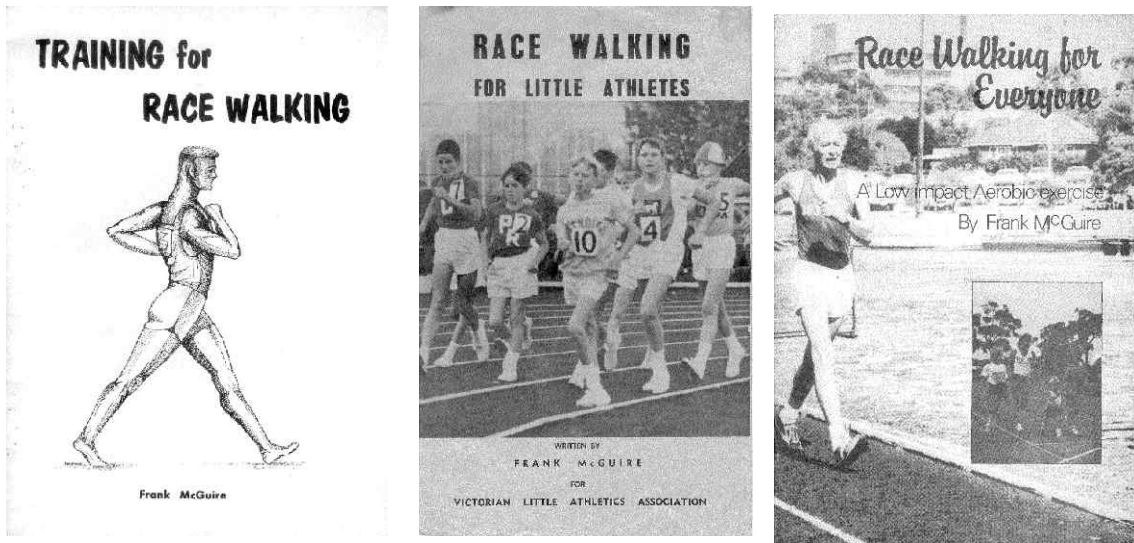
**1949 - Alex Philpott, R Horden, Frank McGuire (centre front), W Knott and G Smith**

He was appointed VAWC Club Coach in 1954 and attacked the task with great vigor. His innovative use of slow motion cine film to analyse walking technique was revolutionary and his recommendations that judges adopt angle judging was accepted first at VAWC level and then at Federation and Australian level. Not surprisingly, he had the job of filming the 1956 Olympic road events in slow motion for Guy Buther, the IAAF official photographer. It was at this stage (1956) that he was awarded life membership of VAWC.

Frank became an IAAF walking judge in 1959 and National Walking Coach that same year. He judged at the 1960 Rome Olympics and in the same year was appointed national walk coach. Always innovative, he tried to introduce examination by movie (video), but

the suggestion was rejected by other judges.

He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. When his definitive book *Training for Race Walking* was published in 1962, he presented 40 copies to the club to sell for club funds.



**Three of Franks' many racewalking publications – 1962, 1970 and 1987**

Frank had a keen interest in history, sparked by family stories such as his grandmother witnessing the send-off of explorers Bourke and Wills in Parkville in 1860. In 1963, he founded the Chelsea and District Historical Society and subsequently wrote several books on the area's history including *A Short History of Chelsea* in 1965 to mark the centenary of the first land sales. Frank was the Society's Historian from 1963 until he retired from office in 1996. He was fittingly recognised with life membership of the society and he still attends Monthly meetings when possible.

Frank was also a prominent weights training coach, for many years operating a gym on The Strand in Chelsea. The annual VAWC St Kilda to Chelsea 15 mile race used to finish at his gym and I remember competing in it in 1967 as a sub-junior (U17). Over the years, he coached many famous sportsmen at his gym, amongst them top football players like Leigh Matthews, Stan Alves and the Moncrieff brothers as well as Olympic athletes like shotputter Ray Rigby.

In fact, it was his gymnasium work that resulted in him being stripped of his amateur status by the AAU in 1965. In 1966 VAWC had to follow suit and he was forced to resign his position as VAWC Club Coach. It is recorded that the committee received this resignation with great regret. But Frank continued to work tirelessly behind the scene, coaching and writing.



**Frank's gym in the Strand in Chelsea**

Frank and his wife Freda helped set up veteran athletics at Mentone in 1978 and the venue is still going strong over 30 years later. He was also prominent in Veteran Athletics as a competitor and formed an unbeatable duo with Tom Daintry and Jack Webber. Together they won the teams event at the 1981 World Vets in Christchurch (65+) and in the 1987 World Vets in Melbourne (70+).



**The 1981 World Veterans M65 podium – Frank McGuire, Tom Daintry and Jack Webber in the centre**

Frank was awarded a BEM in 1981 for services to Athletics and in 2000 he was awarded the Australian Sports Medal for outstanding contribution to sport.

And his amateur status - *“I got my amateur status back when everyone else was a pro!”*

In 2007, Frank bid farewell to Chelsea and moved to the Emerald Glades Hostel in Emerald to be closer to his son. At that stage, at 95 years of age, he finally retired from Saturday morning coaching at the Mentone Athletics Track.

Frank is a living legend and his contributions to Australian sport and local history are enormous. He remains our link with racewalking in the early 1930s and an invaluable resource on matters historical.

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

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 Apr 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 <a href="http://www.vrwc.org.au">http://www.vrwc.org.au</a>
Sun June 13, 2010	44 <sup>th</sup> 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	<b>24<sup>th</sup> IAAF World Race Walking Cup, Chihuahua, Mexico.</b> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
Aug 3, 2010	<b>8<sup>th</sup> World Gay Games VIII, Cologne, GERMANY</b> (5000m walks). See <a href="http://www.gaygames.com/">http://www.gaygames.com/</a>
July 19-25, 2010	<b>13<sup>th</sup> World Junior Championships, Moncton, Canada.</b> See <a href="http://www.moncton2010.ca/">http://www.moncton2010.ca/</a>
Aug 14-26, 2010	<b>1<sup>st</sup> World Youth Olympics, Singapore</b> (10000mW boys, 5000mW girls). See <a href="http://www.singapore2010.sg">http://www.singapore2010.sg</a>
Oct 3-14, 2010	<b>19<sup>th</sup> Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### **2010 Race Walking Challenge Events**

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 <sup>th</sup> 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 <sup>th</sup> Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 <sup>rd</sup> Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 <sup>th</sup> IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	13 <sup>th</sup> Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 <sup>th</sup> Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 <sup>th</sup> 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 <a href="http://www.racewalking-naumburg.de">http://www.racewalking-naumburg.de</a> )
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Aug 28, 2010 20<sup>th</sup> International Festival of Race Walking, Gdansk, POLAND (5km and 10km walks)

**2011 International Fixture**

July 7-17, 2011 19<sup>th</sup> World Masters T&F Championships Stadia, Sacramento, California, USA  
Aug 27-Sept 4, 2011 13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea. See <http://english.daegu2011.org>  
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**

Apr 3-8, 2012 World Masters Athletics Indoor Championships, Jyvaskyla, Finland  
May 12-13, 2012 25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia  
July 2010 ? 14<sup>th</sup> World Junior Championships, Barcelona, Spain  
July 27-Aug 12, 2012 30<sup>th</sup> 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  
July 24 - Aug 4, 2013 World Masters Athletic Championships, Port Alegre, Brazil

**2014 International Fixture**

2014 26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China  
July 23 – Aug 3, 2014 20<sup>th</sup> Commonwealth Games, Glasgow . See <http://www.glasgow2014.com/>

**Looking even furthe forward**

Aug 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL. See <http://www.rio2016.org.br/en/Default.aspx>  
July 2020 32<sup>nd</sup> Olympic Games TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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