



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2009/2010 Number 30
20 April 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/>

UPDATE ON THE VICTORIAN 5KM TEAMS CHAMPIONSHIPS

It has come to our attention that the **Victorian 5km Roadwalk Teams Championships** scheduled for Saturday 1st May will clash with the Victorian Cross Country Relay championships being held on the same day at a different venue. A number of our walkers participate in this CC relay event and, if both events are scheduled concurrently, they will have to choose one event or the other, resulting in teams being impacted in one or both events.

We have decided to look at moving these walk teams championships back a week to Saturday 8th May by simply swapping the sets of events scheduled for those 2 days. There are still Victorian Cross Country races being held on 8th May but they are individual championships and hence unlikely to involve as many walkers. We looked at lots of dates and this it was either this date or else push it right back to the July/August period – and we did not want to do that.

So if you are intending to compete in the Victorian 5km teams championships, are you happy for it to be shifted from Saturday 1st May to Saturday 8th May? Please email me back with your response (terick@melbpc.org.au). If walkers are supportive of this move, then it will take place and I will email everyone back later in the week with a final confirmation.

WEST AUSTRALIAN T&F CHAMPIONSHIPS, FRIDAY 9 APRIL 2010

Thanks to Terry Jones for the final WA Summer Season Results - their State Championships on Friday 9 April. 16 year old Samuel Dib continued with his winning ways in the men's event while Masters champion Lyn Ventris took out the women's championship ahead of National Youth Squad member Hannah Watson.

Men 5000 Metre Race Walk State Champ

1.	Dib, Samuel	M	West Track	24:22.80
2.	Bone, Christian	M	Curtin	25:16.10
3.	Hastie, Garry	W	Bunbury	26:46.20
4.	Smyth, David	M	West Track	28:44.00

Women 5000 Metre Race Walk State Champ

1.	Ventris, Lyn	W	Athletics WA	25:00.30
2.	Watson, Hannah	W	Curtin	27:04.30
3.	Holt, Kate	W	Melville Roa	27:37.50
4.	Brown, Breanna	W	Athletics WA	27:53.80
5.	Smith, Jacqueline	W	Curtin	29:55.80
6.	Smith, Kimberly	W	Athletics WA	30:34.70

QRWC WINTER SEASON RESULTS

Thanks to Peter Aiton for the first couple of winter season results from Queensland. Early season numbers are strong with some new faces. It looks like QRWC are going to provide tough opposition once again at the Federation level.

QRWC Sign-on Day, New Farm Park, Saturday 10th April 2010

Due to overwhelming traffic, the course was rerouted and changed to 750m and the advertised programme had to be altered. But the races did take place and 23 walkers attended the season opener.

3km Men		3km Women		
1.	Jesse Osborne	14.31	1. Jessica Pickles	18.48
2.	Nick Dewar	14.42	2. Emma Robson	19.50
3.	Brandon Dewar	14.53	3. Kate Sanford	21.06
4.	Peter Bennett	15.30	4. Sally Lynch	21.50
5.	Ian Richardson	19.13	5. Noela McKinven	23.22
6.	Patrick Sela	20.28	6. Robyn Wales	23.35
7.	Dick Keatinge	24.39.	7. Christiane Dauphinet	24.00
	Richard Lynch	17.01 (3 laps)	8. Denice Bird (non judged)	26.49

1500m Boys		1500m Girls	
1. Trent Miles	9.20	1. Mykaela Woodward	9.28
2. Richard Hill	14.36	2. Jessica Haig	9.49
		3. Natalia Robson	10.07
		4. Amber Dean	11.38
750m Boys			
1. Callum Haig	5.24		

QRWC Races, New Farm Park, Sunday 18th April 2010

A Grade 10km - Men		A Grade 10km - Women	
1. Ignacio Jimenez	57.51	1. Kay Shaw	69.21
2. Aran Dall	64.02	2. Sally Lynch	69.32
3. Ian Richardson	65.38	3. Lyn Woodward	71.19
4. Paul Lindenberg	71.11	4. Noela McKinven	81.27
		5. Robyn Wales	82.45
B Grade 5km - Men		B Grade 5km - Women	
1. Nick Dewar	24.17	1. Christiane Dauphinet	39.42
2. Brad Aiton	24.53		
3. Richard Lynch	37.54		
C Grade 3km - Men		C Grade 3km - Women	
1. Jesse Osborne	14.06	1. Jess Pickles	16.02
2. Richard Hill	26.49	2. Kenza Benzenati	18.15
		3. Katya Martin	19.38
		4. Marybeth Paviell	23.52
		D Grade 2km - Women	
		1. Mikaela Woodward	12.46
		2. Denice Bird (non judged)	18.11
E Grade 1km - Boys		E Grade 1km - Girls	
1. Yanis Benzenati	5.20	1. Thalia Martin	9.34
2. Trent Miles	5.46		
		F Grade 1km - Girls	
		1. Cheyenne Trembath	9.36

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 17-18 APRIL 2010

I've nearly recovered from the weekend but it never gets any easier keeping a sleepless vigil throughout the Saturday night as the walkers and runners pound their way around the Harold Stevens Athletics Track in Coburg, a northern suburb of Melbourne. Let's start off with a quick summary of proceedings:

A total of 35 walkers and runners contested the 24 Hour weekend with the starter's gun being fired at 10AM on Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30°C, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark of the event. When day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours and a good crowd was on hand to witness the final gun sound at 10AM.

See http://www.coburgharriers.org.au/joomla1/component/option,com_docman/task,doc_download/gid,544/Itemid,28/ for the results of the run sections. The walk reports follow

24 Hour Walk Men

Peter Bennett, with a PB of 214km, was expected to be in a class of his own in the walk and so it proved. Passing the 6 Hour mark with 51.750km, he was already some 5km ahead of fellow centurion walkers Ian Valentine with 46.368km and Terry O'Neill with 45.540km. By the 12 hour mark he had covered 96.876km as against 87.768km for Ian and 81.972km for Terry. But the second half saw him slow like so many of the other competitors and his eventual winning distance of 171.968km was well below his expectations. But it was still his 9th walk in excess of 100 miles and it did allow us to see this wonderful walker for the first time at Coburg. Behind him, devastation reigned as the field imploded with experienced ultra walkers dropping by the wayside. Amongst the carnage, John Timms, better known for his running exploits, kept his eyes straight ahead and worked his way through the field, eventually finishing second with a very creditable 142.162km. Doug McKay, another walker who managed to keep going, took third with 133.983km.

1. BENNETT, Peter	QLD	171.968 km
2. TIMMS, John	VIC	142.162 km
3. McKAY, Doug	VIC	133.983 km
4. VALENTINE, Ian	QLD	119.690 km

5.	JORDAN, Steve	VIC	114.285 km
6.	COMMINS, Louis	NSW	105.126 km
7.	O'NEILL, Terry	VIC	82.111 km
8.	SKRUCANY, Rudolf	VIC	72.573 km
9.	JACK, Clarrie	VIC	30.273 km



Peter Bennett, John Timms and Doug McKay in action

24 Hour Walk Women

As in the run, only two starters toed the line in the women's 24 Hour walk, centurion walker Karyn O'Neill and former ultra running star Dawn Parris. It was Dawn who strode to an early lead, covering 42.642km in the opening 6 hours to lead Karyn by some 6km. By the 12 hour mark, she had increased her lead to 8km with a split of 79.488km. But soon after midnight, she stopped for a rest, allowing Karyn to take the lead after another couple of hours and pass the 100km mark first, thus winning the associated Racewalking Australia 100km walk championship. Dawn, now back on the track, slowly clawed the lead back as daybreak came. She then went on to win with 134.119km while Karyn took a number of breaks, content to stroll through to 121.263km.

1.	PARRIS, Dawn	VIC	134.119 km
2.	O'NEILL, Karyn	VIC	121.263 km



Dawn Parris and Karyn O'Neill in the Women's 6 Hour Walk

BENDIGO WALKERS CLUB STARTS IT'S WINTER SEASON – SUNDAY 18 APRIL 2010

Thanks to Bendigo Walkers Club president Paul Rance for his report on the winter season opener at Lake Neanger in Bendigo.

The Bendigo Walkers Club's winter Season of race walking commenced at Lake Neanger on Sunday morning with a small number of competitors contesting 1km and 4km sealed handicap events in ideal conditions.

The 1km sealed handicap was won by Jarrod Coad with a strong finishing burst as he showed excellent technique, producing

a time of 6.10 which was just outside his personal best, Wendy Ennor claimed 2nd place with Dane Heiden in 3rd place and he also secured fastest time honors just in front of his training partner Grace Edlin.

In the 4km race Annette Curtis continued her excellent Summer Season form as she won the sealed handicap section of the event defeating Geoff Major with Josh Savage in 3rd place while Ebony Whiley walked strongly to produce the fastest time.

1km sealed handicap

Dane Heiden 5.32, Grace Edlin 5.33, Charlotte Edlin 6.00, Jarrod Coad 6.10, Ebony-Jade Jones 7.01, Wendy Ennor 8.32, Carol Coad 8.32, Jamie-Lee Jones 8.55;

4km sealed handicap

Ebony Whiley 24.07, Josh Savage 24.54, Annette Major 25.45, Geoff Major 28.39, Annette Curtis 29.26;

The next Club events will be held at Lake Neanger on Sunday 2nd May with 5km and 8km events commencing at 9.30am and 2km at 10.15am - enquirers phone 5442 6435.

Meanwhile at the recent Australian Masters track and field Championships held in Perth 3 Club members contested race walk events with all 3 claiming top 3 finishes in their respective age groups in the 1500m walk and 5000m walk events. Annette Major was a dual gold medallist with victories in the 45-49 age group in both walk races, Paul Rance won silver medals in the 50+ 1500m and 5000m walk events while Geoff Major competing for the last time in the 70-74 age group before he progresses to the 75+ age group next Year took bronze medals in his walk event. Geoff and Annette are now in heavy training for the up-coming Oceania Masters Championships to be held in Tahiti in July.

One of the Club's top up and coming youngsters Zoe Boldiston has been selected in the Victorian Little Athletics U13 Team for next Weekend's Australian Little Athletics Track and Field Championships at the St. Lucia University Athletics Complex in Brisbane. Zoe who hails from Shepparton will contest the U13 girls 1500m walk after winning that event at the Victorian Little Athletics State Championships last month with a 31 second personal best time of 6.58.

NSWRWC SEASON KICKS OFF

The New South Wales winter walking season has kicked off with 3 rounds already completed. Results can be viewed on the NSWRWC website. I don't have the time to extract each result set out from their pdf documents and put them here (any volunteers in NSW to forward results to me?) but I will at least point you in the right direction if you want to check them out for yourselves.

27 th March	Chipping Norton	http://58.107.233.253:8183/newsletter/2010/NSWRWC10-2.pdf
3 April	Leichhardt	http://58.107.233.253:8183/newsletter/2010/NSWRWC10-3.pdf
10 April	Tempe	http://58.107.233.253:8183/newsletter/2010/NSWRWC10-3.pdf

CANBERRA CARNIVAL FACEBOOK GROUP UPDATE

The new Facebook group for the 2010 Lake Burley Griffin Carnival is really kicking on and now has nearly 100 members. There have been lots of photos posted and some very interesting discussions on the historical photos from 1968 and 1972. The LBG entry forms and race information documents have now also been posted and I will have handouts available at Albert Park on either this Saturday or the following. I am just waiting on some further info re accommodation.

Check out <http://www.facebook.com/home.php#!/group.php?gid=116927058324565&ref=nf> to see the latest on LBG.

SOUTH AFRICAN JUNIOR & YOUTH CHAMPIONSHIPS, GERMISTON, SOUTH AFRICA, APRIL 10-11

Given that South Africa is one of our Commonwealth partners, it is good to see that their Junior and Youth championships attracted strong fields and good times. This omens well for the future of racewalking in that country.

Junior Men 10km Walk

1.	Ruan Wessels	48:27.05
2.	Jandre Botes	49:41.96
3.	Mfana Mbatha	50:48.50
4.	Reginald Hufkie	50:51.64
5.	Envor Rhodas	54:31.52
6.	Janine Teubes	56:53.10
7.	Jacques Faure	56:53.10
8.	S J Wilson	1:02:03.38

Junior Women 10km Walk

1.	Corli Swart	51:40.20
2.	Inge Kotze	54:56.45
3.	J de Klerk	56:22.81
4.	Larisha Erasmus	58:48.88
5.	Melissa de Jager	59:08.03
6.	Danielle Koegelenberg	59:28.94
7.	Lauralee Koekemoer	1:03:58.07
8.	Precious Khuzwayo	1:05:43.50
9.	Siyabonga Phakathi	1:11:08.63

U18 Boys 10km Walk

1.	Naywin Blaauw	54:16.51
2.	Timothy Cleophas	55:55.91
3.	Mduduzi Mavundla	55:56.12
4.	Noko Sphiwe	59:07.72
5.	Alphonsus Salida	59:34.20
6.	Bradley Erasmus	59:54.97
7.	Willezano Theron	1:00:25.35
8.	Mduduzi Ndlovo	1:02:11.16

U18 Girls 5km Walk

1.	Melissa Meyer	28:23.06
2.	Alida Kruger	29:32.00
3.	Chanice Klink	29:44.80
4.	Marolene Gouws	29:48.20
5.	Xolile Mahlangu	31:00.71
6.	Michelle Strydom	31:10.70
7.	Tania Strydom	31:13.40
8.	Rose Shabalalan	31:59.60

9. Deon Botha	1:02:13.36	9. Lekhale Caseline	34:04.40
10. Moeketsi Mamapara	1:04.36.75	10. Marissa Meiring	34:26.70
		11. Nompumelelo Thabede	35:52.60
		12. Lebogang Lutwa	37:25.40
		13. Lizzy Mothibinyane	40:04.60

BRENDON AND NICOLE TAKE SILVER IN HONG KONG – SUNDAY 18 APRIL 2010

Last year, Daniel Coleman and Cheryl Webb won the Elite Class 10km events at the MTR Hong Kong Race Walking Carnival in April 2009. This year saw **Brendon Reading** (ACT) and **Nicole Fagan** (NSW) travelling over for the 2010 carnival which was held last Sunday in central Hong Kong. With over 1600m walkers competing in a range of events throughout the day, this is a huge carnival and one that has big financial backing from MTR, the main public transport provider for Hong Kong. And the big news is that Brendon and Nicole each took second place behind Chinese walkers in their respective 10km Elite category events.

Try as I might, I have been unable to find any results but hopefully something might pop up at some stage. Congratulations to Brendon and Nicole on fantastic performances.

PODEBRADY RACE WALK CARNIVAL, PODEBRADY, CZECH REPUBLIC, SATURDAY 10 APRIL 2010

While not an IAAF Race Walking Challenge event, the annual Poděbrady race walking carnival in the Czech Republic is the fourth of this year's European Athletics Walk Meets and is a high profile and well supported event. Although cold weather and gusting winds meant conditions were far from ideal this time around, it did not prevent the Italian pair of Giorgio Rubino and Sibilla Di Vincenzo from taking convincing wins. Emmual Tardi has put up a lot of photos from the meet at his picture gallery website at <http://picasaweb.google.com/athletissimo/MeetingDeMarchePodebrady2010#>. The event is also reported on the European Athletics website at http://www.european-athletics.org/index.php?option=com_content&task=view&id=8511&Itemid=2. That race report reads as follows

Rubino, 25, who was fourth in the men's 20km Walk at last year's World Championships, fulfilled pre-race predictions that he was the man to watch by going to the front early in the men's 20km event and never being headed at the 78th edition of the famous Czech walking event. He went through the halfway point in a fast 40:53 before taking the opportunity to ease up slightly over the second 10km, crossing the line in 1:22.22. Rubino, the fastest man in the 40-strong field with a personal best of 1:19:37, has only been back in full training for a month after suffering a foot injury at the end of last year. His win will have confirmed his belief that he can be a medal contender at the European Athletics Championships in Barcelona this summer.

"I needed to test myself in a race and, I must say, I am very pleased with the result. With just over four weeks work in the legs, I could not have asked for better. Now I've got to continue working hard until the IAAF Race Walking World Cup in Chihuahua (Mexico) next month, although the ultimate goal remains the European Athletics Championships. In the short term, I will have a couple more outings: next Sunday over 10km in Rivoli and then 1 May at the Sesto San Giovanni event," commented Rubino.

A distant runner up, more than a minute behind, was France's Antonin Boyez. Nevertheless, Boyez had an excellent outing and prevailed in a three man tussle for second place in 1:23:25, to take more than a minute off his previous best. Poland's Jakub Jelonek was third in 1:23:28 while Sweden's Ato Ibáñez confirmed his big improvement this winter by equalling his recent personal best of 1:23:30, exactly the same time that he clocked in an Australian race last month.

Sibilla Di Vincenzo had earlier in the day raised the morale of the Italian squad with a superb win in 1:32:10, the 27-year-old policewoman decimating her previous best of 1:34.48 which had only been set in January. Behind Di Vincenzo was Lithuania's Brigita Virbalyté, fourth in the 2003 European Athletics Junior Championships 10km Walk, who finished just eight seconds outside her personal best in 1:32.17. The first local athlete home was 23-year-old Lucie Pelantová in third place, who improved by nearly two minutes and crossed the line in a personal best 1:32:57. Home favourite Zuzana Schindlerová, who won in Poděbrady last year and who was also second in 2008, unfortunately had to drop out halfway into the race after having suffered with painful cystitis since Friday night.

"I could have finished but I was worried about the consequences for my body. I'll just now concentrate on getting ready for the World Cup," said the disappointed Schindlerová.

There were also some outstanding performances in the junior races at the historic Czech Race Walking meeting, which is held in a spa town with the same name around 60km from Prague and which also staged the 1997 IAAF World Race Walking Cup.

In the men's 10km race, Germany's 18-year-old Hagen Pohle, the 2009 World Youth Championships 10km Walk gold medal winner, was a clear winner in a personal best of 41:15. Finland's Veli-Matti Partenen had 40:27 to his name from last year but couldn't stay with Pohle and finished second in 41:41

The women's 10km race saw Italy's Antonella Palmisano, who took the European Athletics Junior Championships 10,000m Walk silver medal last year, win in a sparkling 45:49, the fastest time on the road by a junior in the world this year.

Like Pohle, Palmisano could be bidding for a place on the podium at this year's World Junior Championships in Moncton, Canada, in July. Her 16-year-old Italian team mate Anna Clemente was second in 46:42 and gave notice that she could be a name to watch out for in the future.

The next of this year's European Athletics Walking Meetings, the fifth of six events in 2010, will be the 36th Race Walking Festival - Alytus 2010 in Lithuania on June 11.

Full results can be sourced from <http://www.tilastopaja.org/staticresults/eaal2795506.htm>. Here are the first 10 from each event.

20 km Open Men

1.	Rubino Giorgio	86	ITALY	1:22:22
2.	Boyez Antonin	84	FRANCE	1:23:25
3.	Jelonek Jakub	85	POLAND	1:23:28
4.	Ibáñez Anatole	85	SWEDEN	1:23:30
5.	Kucmín Anton	84	SLOVAKIA	1:23:37
6.	Campion Kevin	88	FRANCE	1:24:01
7.	Šuškevičius Tadas	85	LITHUANIA	1:24:09
8.	Paris Dniele	84	ITALY	1:25:12
9.	Karlström Perseus	90	SWEDEN	1:25:32
10.	D'Onofrio Fortunato	81	ITALY	1:25:53

10 km Junior Men

1.	Pohle Hagen	92	GERMANY	41:15
2.	Partanen Veli-Matti	91	FINLAND	41:41
3.	Stano Massimo	92	ITALY	42:21
4.	Renó Giovanni	91	ITALY	42:35
5.	Lehmberg Marcel	92	GERMANY	43:05
6.	Dei Tos Leonardo	92	ITALY	43:10
7.	Serra Leonardo	93	ITALY	43:57
8.	Malysa Jirí	91	CZECH	44:23
9.	Kozlovskij Genadij	91	LITHUANIA	44:26
10.	Fáber Marcel	92	SLOVAKIA	44:29

20km Open Women

1.	Di Vincenzo Sibilla	83	ITALY	1:32:10
2.	Virbalytė Brigita	85	LITHUANIA	1:32:17
3.	Pelantová Lucie	86	USK Praha	1:32:57
4.	Giorgi Eleonora Anna	89	ITALY	1:34:00
5.	Kwoka Katarzyna	85	POLAND	1:34:21
6.	Ferraro Federica	88	ITALY	1:35:45
7.	Retout Anne-gaelle	80	FRANCE	1:36:21
8.	Elss Christin	89	GERMANY	1:37:41
9.	Pastare Agnese	88	LATVIA	1:37:56
10.	Guinaudeau Christine	78	AMIENS UC	1:38:21

10km Junior Women

1.	Palmisano Antonella	91	ITALY	45:49
2.	Clemente Anna	94	ITALY	46:42
3.	Czychy Charlyne	92	GERMANY	47:16
4.	Kriván Berta	91	HUNGARY	47:19
5.	Menuet Emilie	91	FRANCE	47:26
6.	Pastorino Ines	92	FRANCE	48:07
7.	Strmenová Katarina	93	SLOVAKIA	48:50
8.	Curiazzini Federica	92	ITALY	49:51
9.	Klebauskaitė Agnė	92	LITHUANIA	49:54
11.	Švedaitė Karolia	92	LITHUANIA	50:10

AUSTRALIAN COMMONWEALTH GAMES TEAM ANNOUNCED

Following three days of hard-fought action at the Australian Track and Field Championships in Perth last weekend, 41 athletes earned automatic nomination to the 2010 Australian Commonwealth Games team based on their results. Athletics Australia then announced a further 28 athletes as discretionary nominations to the team, taking the total number of nominated athletes to 69. The full team listing and press release can be read at http://www.athletics.com.au/news/news/2010/april/sixty-nine_set_for_commonwealth

The big news is that 5 walkers have been nominated out of a possible 6 positions. Congratulations to the following walkers who will all be off to Delhi in October

20km Men	Jared Tallent (VIC/AIS), Luke Adams (NSW/AIS), Chris Erickson (VIC/AIS)
20km Women	Claire Tallent (SA/AIS), Cheryl Webb (NSWIS)

One further spot remains open in the women's 20km and the selectors will obviously be watching the women's performances in next month's World Racewalking Cup in Mexico.

These 5 walkers have been at the top for a fair while now and have made the last few years their own, making just about every team on offer each year. To show their experience and continuing excellence, I have extracted a brief resume of their international credentials and PBs. It takes a special athlete to stay at the top year after year and all these 5 are well and truly in that category.

Jared Tallent		<p>Major International Representations</p> <table border="0"> <tr><td>2001 World Youth Champs</td><td>10,000m</td><td>7th</td><td>44:50</td></tr> <tr><td>2002 World Junior Champs</td><td>10,000m</td><td>9th</td><td>45:51.2</td></tr> <tr><td>2004 Racewalking World Cup</td><td>20 km</td><td>75th</td><td>1:30:01</td></tr> <tr><td>2005 IAAF World Champs</td><td>20 km</td><td>18th</td><td>1:23:42</td></tr> <tr><td>2006 Commonwealth Games</td><td>20 km</td><td>3rd</td><td>1:23:32</td></tr> <tr><td>2006 Racewalking World Cup</td><td>20 km</td><td>14th</td><td>1:21:36 , team 2nd</td></tr> <tr><td>2007 IAAF World Champs</td><td>20 km</td><td>DQ</td><td></td></tr> <tr><td>2008 World Racewalking Cup</td><td>20 km</td><td>10th</td><td>1:19:48 , team 3rd</td></tr> <tr><td>2008 Olympic Games</td><td>20 km</td><td>3rd</td><td>1:19:42</td></tr> <tr><td></td><td>50 km</td><td>2nd</td><td>3:39:27</td></tr> <tr><td>2009 IAAF World Champs</td><td>20 km</td><td>6th</td><td>1:20:27</td></tr> <tr><td></td><td>50 km</td><td>7th</td><td>3:44:50</td></tr> </table> <p>PBs</p> <table border="0"> <tr><td>5000m</td><td>18:41.83</td><td>2nd</td><td>Sydney</td><td>28/02/2009</td></tr> <tr><td>10 km</td><td>38.59</td><td>3rd</td><td>Beijing (20 km split)</td><td>16/08/2008</td></tr> <tr><td>20 km</td><td>1:19.15.0</td><td>1st</td><td>Melbourne</td><td>13/02/2010</td></tr> <tr><td>50 km</td><td>3:38:56</td><td>1st</td><td>Melbourne</td><td>22/11/2009</td></tr> </table>	2001 World Youth Champs	10,000m	7 th	44:50	2002 World Junior Champs	10,000m	9 th	45:51.2	2004 Racewalking World Cup	20 km	75 th	1:30:01	2005 IAAF World Champs	20 km	18 th	1:23:42	2006 Commonwealth Games	20 km	3 rd	1:23:32	2006 Racewalking World Cup	20 km	14 th	1:21:36 , team 2 nd	2007 IAAF World Champs	20 km	DQ		2008 World Racewalking Cup	20 km	10 th	1:19:48 , team 3 rd	2008 Olympic Games	20 km	3 rd	1:19:42		50 km	2 nd	3:39:27	2009 IAAF World Champs	20 km	6 th	1:20:27		50 km	7 th	3:44:50	5000m	18:41.83	2 nd	Sydney	28/02/2009	10 km	38.59	3 rd	Beijing (20 km split)	16/08/2008	20 km	1:19.15.0	1 st	Melbourne	13/02/2010	50 km	3:38:56	1 st	Melbourne	22/11/2009																				
2001 World Youth Champs	10,000m	7 th	44:50																																																																																							
2002 World Junior Champs	10,000m	9 th	45:51.2																																																																																							
2004 Racewalking World Cup	20 km	75 th	1:30:01																																																																																							
2005 IAAF World Champs	20 km	18 th	1:23:42																																																																																							
2006 Commonwealth Games	20 km	3 rd	1:23:32																																																																																							
2006 Racewalking World Cup	20 km	14 th	1:21:36 , team 2 nd																																																																																							
2007 IAAF World Champs	20 km	DQ																																																																																								
2008 World Racewalking Cup	20 km	10 th	1:19:48 , team 3 rd																																																																																							
2008 Olympic Games	20 km	3 rd	1:19:42																																																																																							
	50 km	2 nd	3:39:27																																																																																							
2009 IAAF World Champs	20 km	6 th	1:20:27																																																																																							
	50 km	7 th	3:44:50																																																																																							
5000m	18:41.83	2 nd	Sydney	28/02/2009																																																																																						
10 km	38.59	3 rd	Beijing (20 km split)	16/08/2008																																																																																						
20 km	1:19.15.0	1 st	Melbourne	13/02/2010																																																																																						
50 km	3:38:56	1 st	Melbourne	22/11/2009																																																																																						
Luke Adams		<p>Major International Representations</p> <table border="0"> <tr><td>1994 World Junior</td><td>10,000m</td><td>24th</td><td>44:09.59</td></tr> <tr><td>1999 Race Walking World Cup</td><td>20 km</td><td>55th</td><td>1:30:11</td></tr> <tr><td>2001 Universiade</td><td>20 km</td><td>10th</td><td>1:28:02</td></tr> <tr><td>2002 Commonwealth Games</td><td>20 km</td><td>2nd</td><td>1:26:03</td></tr> <tr><td>2002 Race Walking World Cup</td><td>50 km</td><td>29th</td><td>4:07:08</td></tr> <tr><td>2003 IAAF World Champs</td><td>20 km</td><td>5th</td><td>1:19:35</td></tr> <tr><td>2004 Race Walking World Cup</td><td>20 km</td><td>14th</td><td>1:21:24</td></tr> <tr><td>2004 Olympic Games</td><td>20 km</td><td>16th</td><td>1:23:52</td></tr> <tr><td>2005 IAAF World Champs</td><td>20 km</td><td>10th</td><td>1:21:43</td></tr> <tr><td>2006 Commonwealth Games</td><td>20 km</td><td>2nd</td><td>1:21:38</td></tr> <tr><td>2006 World Walking Cup</td><td>20 km</td><td>18th</td><td>1:22.11 , team 2nd</td></tr> <tr><td>2007 IAAF World Champs</td><td>20 km</td><td>7th</td><td>1:23.52</td></tr> <tr><td>2008 World Walking Cup</td><td>20 km</td><td>7th</td><td>1:19.15, team 3rd</td></tr> <tr><td>2008 Olympic Games</td><td>20 km</td><td>6th</td><td>1:19.57</td></tr> <tr><td></td><td>50 km</td><td>10th</td><td>3:47:45</td></tr> <tr><td>2009 IAAF World Champs</td><td>20 km</td><td>18th</td><td>1:22.37</td></tr> <tr><td></td><td>50 km</td><td>6th</td><td>3:43.39</td></tr> </table> <p>PBs</p> <table border="0"> <tr><td>5000m</td><td>18:56.67</td><td>2nd</td><td>Sydney</td><td>30/01/2010</td></tr> <tr><td>10 km</td><td>39.14</td><td>6th</td><td>Beijing (20 km split)</td><td>16/08/2008</td></tr> <tr><td>20 km</td><td>1:19.15.0</td><td>7th</td><td>Cheboksary</td><td>10/05/2007</td></tr> <tr><td>50 km</td><td>3:43:39</td><td>6th</td><td>Berlin</td><td>21/08/2009</td></tr> </table>	1994 World Junior	10,000m	24 th	44:09.59	1999 Race Walking World Cup	20 km	55 th	1:30:11	2001 Universiade	20 km	10 th	1:28:02	2002 Commonwealth Games	20 km	2 nd	1:26:03	2002 Race Walking World Cup	50 km	29 th	4:07:08	2003 IAAF World Champs	20 km	5 th	1:19:35	2004 Race Walking World Cup	20 km	14 th	1:21:24	2004 Olympic Games	20 km	16 th	1:23:52	2005 IAAF World Champs	20 km	10 th	1:21:43	2006 Commonwealth Games	20 km	2 nd	1:21:38	2006 World Walking Cup	20 km	18 th	1:22.11 , team 2 nd	2007 IAAF World Champs	20 km	7 th	1:23.52	2008 World Walking Cup	20 km	7 th	1:19.15, team 3 rd	2008 Olympic Games	20 km	6 th	1:19.57		50 km	10 th	3:47:45	2009 IAAF World Champs	20 km	18 th	1:22.37		50 km	6 th	3:43.39	5000m	18:56.67	2 nd	Sydney	30/01/2010	10 km	39.14	6 th	Beijing (20 km split)	16/08/2008	20 km	1:19.15.0	7 th	Cheboksary	10/05/2007	50 km	3:43:39	6 th	Berlin	21/08/2009
1994 World Junior	10,000m	24 th	44:09.59																																																																																							
1999 Race Walking World Cup	20 km	55 th	1:30:11																																																																																							
2001 Universiade	20 km	10 th	1:28:02																																																																																							
2002 Commonwealth Games	20 km	2 nd	1:26:03																																																																																							
2002 Race Walking World Cup	50 km	29 th	4:07:08																																																																																							
2003 IAAF World Champs	20 km	5 th	1:19:35																																																																																							
2004 Race Walking World Cup	20 km	14 th	1:21:24																																																																																							
2004 Olympic Games	20 km	16 th	1:23:52																																																																																							
2005 IAAF World Champs	20 km	10 th	1:21:43																																																																																							
2006 Commonwealth Games	20 km	2 nd	1:21:38																																																																																							
2006 World Walking Cup	20 km	18 th	1:22.11 , team 2 nd																																																																																							
2007 IAAF World Champs	20 km	7 th	1:23.52																																																																																							
2008 World Walking Cup	20 km	7 th	1:19.15, team 3 rd																																																																																							
2008 Olympic Games	20 km	6 th	1:19.57																																																																																							
	50 km	10 th	3:47:45																																																																																							
2009 IAAF World Champs	20 km	18 th	1:22.37																																																																																							
	50 km	6 th	3:43.39																																																																																							
5000m	18:56.67	2 nd	Sydney	30/01/2010																																																																																						
10 km	39.14	6 th	Beijing (20 km split)	16/08/2008																																																																																						
20 km	1:19.15.0	7 th	Cheboksary	10/05/2007																																																																																						
50 km	3:43:39	6 th	Berlin	21/08/2009																																																																																						
Chris Erickson		<p>Major International Representations</p> <table border="0"> <tr><td>2004 Racewalking World Cup</td><td>50 km</td><td>31st</td><td>4:14:16</td></tr> <tr><td>2006 Commonwealth Games</td><td>50 km</td><td>3rd</td><td>3:58:22</td></tr> <tr><td>2006 Racewalking World Cup</td><td>50 km</td><td>26th</td><td>3:59:20</td></tr> <tr><td>2007 IAAF World Champs</td><td>50 km</td><td>24th</td><td>4:13:00</td></tr> <tr><td>2008 Racewalking World Cup</td><td>20 km</td><td>31st</td><td>1:22:55 , team 3rd</td></tr> <tr><td>2008 Olympic Games</td><td>20 km</td><td>DQ</td><td></td></tr> <tr><td>2009 IAAF World Champs</td><td>50 km</td><td>DNS</td><td></td></tr> </table> <p>PBs</p> <table border="0"> <tr><td>5000m</td><td>19:25.98</td><td>1st</td><td>Melbourne</td><td>21/02/2009</td></tr> <tr><td>10 km</td><td>41.09</td><td>12th</td><td>Wuxi City, China</td><td>18/04/2009</td></tr> <tr><td>20 km</td><td>1:22.53.0</td><td>12th</td><td>Wuxi City, China</td><td>18/04/2009</td></tr> <tr><td>50 km</td><td>3:55:30</td><td>1st</td><td>Melbourne</td><td>14/12/2008</td></tr> </table>	2004 Racewalking World Cup	50 km	31 st	4:14:16	2006 Commonwealth Games	50 km	3 rd	3:58:22	2006 Racewalking World Cup	50 km	26 th	3:59:20	2007 IAAF World Champs	50 km	24 th	4:13:00	2008 Racewalking World Cup	20 km	31 st	1:22:55 , team 3 rd	2008 Olympic Games	20 km	DQ		2009 IAAF World Champs	50 km	DNS		5000m	19:25.98	1 st	Melbourne	21/02/2009	10 km	41.09	12 th	Wuxi City, China	18/04/2009	20 km	1:22.53.0	12 th	Wuxi City, China	18/04/2009	50 km	3:55:30	1 st	Melbourne	14/12/2008																																								
2004 Racewalking World Cup	50 km	31 st	4:14:16																																																																																							
2006 Commonwealth Games	50 km	3 rd	3:58:22																																																																																							
2006 Racewalking World Cup	50 km	26 th	3:59:20																																																																																							
2007 IAAF World Champs	50 km	24 th	4:13:00																																																																																							
2008 Racewalking World Cup	20 km	31 st	1:22:55 , team 3 rd																																																																																							
2008 Olympic Games	20 km	DQ																																																																																								
2009 IAAF World Champs	50 km	DNS																																																																																								
5000m	19:25.98	1 st	Melbourne	21/02/2009																																																																																						
10 km	41.09	12 th	Wuxi City, China	18/04/2009																																																																																						
20 km	1:22.53.0	12 th	Wuxi City, China	18/04/2009																																																																																						
50 km	3:55:30	1 st	Melbourne	14/12/2008																																																																																						

Claire Tallent		<p>Major International Representations</p> <table border="0"> <tr> <td>2004 Race Walking World Cup</td> <td>20 km</td> <td>42nd</td> <td>1:35:25</td> </tr> <tr> <td>2007 World University Games</td> <td>20 km</td> <td>14th</td> <td>1:45:07</td> </tr> <tr> <td>2008 Race Walking World Cup</td> <td>20 km</td> <td>31st</td> <td>1:35:01</td> </tr> <tr> <td>2008 Olympic Games</td> <td>20 km</td> <td>28th</td> <td>1:33:02</td> </tr> <tr> <td>2009 World Championships</td> <td>20 km</td> <td>27th</td> <td>1:38.12</td> </tr> </table> <p>PBs</p> <table border="0"> <tr> <td>5000m</td> <td>21:57.26</td> <td>1st</td> <td>Adelaide</td> <td>13/02/2008</td> </tr> <tr> <td>10 km</td> <td>45.41</td> <td>28th</td> <td>Beijing (20 km split)</td> <td>21/08/2008</td> </tr> <tr> <td>20 km</td> <td>1:32.12.0</td> <td>3rd</td> <td>Melbourne</td> <td>07/03/2009</td> </tr> </table>	2004 Race Walking World Cup	20 km	42nd	1:35:25	2007 World University Games	20 km	14th	1:45:07	2008 Race Walking World Cup	20 km	31 st	1:35:01	2008 Olympic Games	20 km	28th	1:33:02	2009 World Championships	20 km	27th	1:38.12	5000m	21:57.26	1 st	Adelaide	13/02/2008	10 km	45.41	28 th	Beijing (20 km split)	21/08/2008	20 km	1:32.12.0	3 rd	Melbourne	07/03/2009				
2004 Race Walking World Cup	20 km	42nd	1:35:25																																						
2007 World University Games	20 km	14th	1:45:07																																						
2008 Race Walking World Cup	20 km	31 st	1:35:01																																						
2008 Olympic Games	20 km	28th	1:33:02																																						
2009 World Championships	20 km	27th	1:38.12																																						
5000m	21:57.26	1 st	Adelaide	13/02/2008																																					
10 km	45.41	28 th	Beijing (20 km split)	21/08/2008																																					
20 km	1:32.12.0	3 rd	Melbourne	07/03/2009																																					
Cheryl Webb		<p>Major International Representations</p> <table border="0"> <tr> <td>2004 Race Walking World Cup</td> <td>20 km</td> <td>26th</td> <td>1:31:43</td> </tr> <tr> <td>2004 Olympic Games</td> <td>20 km</td> <td>38th</td> <td>1:37:40</td> </tr> <tr> <td>2005 IAAF World Champs</td> <td>20 km</td> <td>21st</td> <td>1:33:58</td> </tr> <tr> <td>2006 Commonwealth Games</td> <td>20 km</td> <td>3rd</td> <td>1:36:03</td> </tr> <tr> <td>2006 Race Walking World Cup</td> <td>20 km</td> <td>37th</td> <td>1:36:33</td> </tr> <tr> <td>2009 IAAF World Champs</td> <td>20 km</td> <td>DQ</td> <td></td> </tr> </table> <p>PBs</p> <table border="0"> <tr> <td>5000m</td> <td>21:19.19</td> <td>2nd</td> <td>Sydney</td> <td>14/02/2009</td> </tr> <tr> <td>10 km</td> <td>45.20</td> <td>26th</td> <td>Naumburg (20 km split)</td> <td>02/05/2004</td> </tr> <tr> <td>20 km</td> <td>1:29.44.0</td> <td>1st</td> <td>Melbourne</td> <td>07/03/2009</td> </tr> </table>	2004 Race Walking World Cup	20 km	26 th	1:31:43	2004 Olympic Games	20 km	38 th	1:37:40	2005 IAAF World Champs	20 km	21st	1:33:58	2006 Commonwealth Games	20 km	3 rd	1:36:03	2006 Race Walking World Cup	20 km	37 th	1:36:33	2009 IAAF World Champs	20 km	DQ		5000m	21:19.19	2 nd	Sydney	14/02/2009	10 km	45.20	26 th	Naumburg (20 km split)	02/05/2004	20 km	1:29.44.0	1 st	Melbourne	07/03/2009
2004 Race Walking World Cup	20 km	26 th	1:31:43																																						
2004 Olympic Games	20 km	38 th	1:37:40																																						
2005 IAAF World Champs	20 km	21st	1:33:58																																						
2006 Commonwealth Games	20 km	3 rd	1:36:03																																						
2006 Race Walking World Cup	20 km	37 th	1:36:33																																						
2009 IAAF World Champs	20 km	DQ																																							
5000m	21:19.19	2 nd	Sydney	14/02/2009																																					
10 km	45.20	26 th	Naumburg (20 km split)	02/05/2004																																					
20 km	1:29.44.0	1 st	Melbourne	07/03/2009																																					

FOCUS ON BETH ALEXANDER - AUSTRALIAN 2010 WORLD RACEWALKING CUP REPRESENTATIVE

When Australian walkers are selected in their first major international event, I like to zoom in on them with a bit of an in depth analysis. This year's World Racewalking Cup sees two new Australian representatives in Beth Alexander of Victoria and Sean Fitzsimons of Western Australia (Sean was actually selected in the World Youths last year but was forced out with injury and did not make the trip). This week, it's Beth's turn to come under the microscope.

Beth, born 28 November 1992 and currently aged 17, is our latest Australian racewalking representative, having secured a place in the 2010 World Racewalking Cup Under 20 10 km roadwalk. Early next month, the Brentwood Secondary College Year 11 student will pack her bags and head off to Albuquerque in New Mexico for 2 weeks of altitude training before travelling to Chihuahua in Mexico for the World Cup. I asked Beth a few key questions earlier this week and will kick off with her answers.

When did you take up racewalking?

I started at Knox Little Athletics in U7 but I did not start race walking until I was eight years old (U9), after I won a race at athletics and one of the walk judges suggested that I should start training. He suggested to my mum that I go to David Blackwood as his son Travis Middlemiss was training with him. I was hesitant at first but soon began training with David Blackwood, just once a week.

When did you decide to start concentrating on walking and make it your major sport? I see that your first winter season at Albert Park was 2005.

After winning the Victorian Little Athletics championships in U9 and U11 and coming 2nd to Rachel Tallent in U10, I began to enjoy it more and more. It was then that David suggested I start getting more races under my belt and he took me to Albert Park. This was the first time I had walked on road. It was in U12 that I came to Albert Park, in preparation to make the U13 Victorian team. Unfortunately I did not make the team, just the squad.



August 2005 – Beth's first season at Albert Park – walking alongside Hilary Brazel

What coaching help have you had over the years?

I first started walking with David Blackwood at the age 8 or 9 and was with him for 6 years. He was such a good junior coach. However after Siobhan Donovan and Regan Lamble left to go to Simon Baker, there was no walkers left around my speed as Natalie Laurie was injured. I then made the very hard decision to leave David to go to Simon as Regan, the Attards and the Burrens were all training with him. It was such a hard decision as I had grown up with David as a coach and had a strong relationship with him. I am so thankful for Simon allowing me to be part of the group. I look forward to every training session and have a great support group around me. Training with the likes of Regan, Sarah and Amy Burren, Tamara and Bianca Attard, Brad Simpson and on the odd occasion Jess Rothwell; they are all amazing athletes, so hard working, they are such a pleasure to train with. As for Simon, I could not ask for a better coach. Having someone who has been through your pain of losing a major race, of being injured and who knows how frustrating it gets or being able to share the taste of victory as it tastes so sweet and for him to be just as excited as you are. I am very lucky!

Who have been your toughest walking opponents?

Yes definitely, Rachel Tallent has been one of my toughest opponents through my career thus far. I remember our first race was when we were 8 and 9 at the Victorian LA U9 championship. I also race Rachel at school events as well. Paige Hooper and Shannon Jennings are also tough competitors from interstate. Our first race together was at the U12 Nationals over 1500m. Paige was 1st, Shannon 2nd and I was 4th. And then there's Regan - I have had many races with her over the years even though she is a year older. She's such a fantastic walker and a great friend.



November 2008 – Beth battles out the Victorian Schools championships with Rachel Tallent

You've been in a pretty tough arena in Victoria with Natalie Laurie, Regan Lamble, Rachel Tallent, Hilary Brazel and Amy Burren all around your age. At various times you have raced against them all, sometimes winning and sometimes losing.

All of these athletes are such great competitors and I believe they have great futures in the sport. Obviously my main competitors are Regan, Rachel and Natalie as I was born with one of those birthdays where I always have to go up and race the older girls. Nevertheless, I have had some good battles with all these girls, and as you mentioned, sometimes winning and sometimes losing. Victoria has some great juniors who are climbing up the ranks, which is great to see.

Your best races so far?

I have had a few good races, also a few bad races, but the good races is what I do it for. If I didn't have the bad races then I would have nothing to strive and aim for. I would say my best two races so far have been

- The 2009 Victorian 5000m Open Championship where I did a massive 37 sec PB in the 5km with a time of 23.44. I also walked a World Youth qualifier on that occasion, as did Rachel.
- The 2010 World Walking Cup 10 km trial in Hobart was another good one with a PB of 1:07 and a final time of 49.03. I was in good shape and eager for a PB, just coming off a 3 week training camp at the AIS. I also walked a World Walking Cup and World Junior qualifying time in that race.



Left: Beth tucked in behind Rachel Tallent and Kelly Ruddick on her way to a PB of 23:44 in the 2009 AV 5000m
Right: Beth battles with Paige Hooper in the 2010 World Cup 10km trial in Hobart

Current training?

I had a 5 day training camp up at Falls Creek over Easter. I was training twice a day including a walk in the morning and running or gym in the evening. A usual week will consist of a speed session with Simon on a Wednesday, a hill or a long walk (sometimes with Jess) on a Saturday and a shorter but faster walk on a Sunday about 9-12k. On the other days I will either run, swim and I do gym once to twice a week. I usually have one day off.

Your efforts to make World Youth team last year and your buildup this year to your World Cup selection?

It's hard combining training with school and work but with Simon's help I've been able to manage and achieve some good results leading to this year's selection. I am really pleased that all the hardwork is paying off!

Beth is a good example of a talented Little Athletics walker who has continued to excel throughout her secondary school years and who is now poised to make the jump from national to international walker. She has been continuously in the medal mix in Victorian and Australian championships since she made the transition from LA walker in 2005 and the last couple of years have been her best. To just extract a few stats, here are her major walk successes since 2008

2008 Feb	AV U20 5000m track	3 rd	26:18.62
2008 Feb	AV U18 5000m track	2 nd	27:46.49
2008 June	AV Schools U18 5km road	3 rd	26:28
2008 Jul	AV U18 8km road	2 nd	25:29
2008 Aug	Australian U18 8 km road	1 st	24:36
2008 Oct	Vic Schools U17 3000m	1 st	25:37.35
2008 Dec	Aust Schools U17 5000m	2 nd	25:52.83
2009 Feb	AV U20 5000m track	2 nd	23:44.54
2009 Feb	AV U18 5000m track	2 nd	24:21.37
2009 June	LBG Carnival – 10 Mile Open	8 th	1:28:30
2009 June	Vic Schools U20 10km road	1 st	52:46
2009 July	Vic Open 10km road	2 nd	50:39
2009 Aug	AV U18 8km road	1 st	24:37
2009 Oct	Vic Schools U18 5000m	1 st	25:34
2009 Dec	Aust Schools U18 5000m	1 st	25:00.70
2010 Jan	Canberra GP 5000m Open	7 th	24:36.84
2010 Feb	World Cup U20 Selection Trial	2 nd	49:03
2010 Mar	Aust U20 10000m track	3 rd	50:30.77

We wish Beth all the best in Mexico and hope that this will be the first of many international trips for her.

JERZY HAUSLEBER, THE ARCHITECT OF MEXICO'S RACEWALKING EXCELLENCE

The IAAF website recently carried a great article by staff writer Paul Warburton on the Polish racewalking coach Jerzy Hausleber who single handedly moulded Mexico into one of the world's walking powerhouses. I'll have to leave you to read the article for yourselves (see <http://www.iaaf.org/WRW10/news/kind=100/newsid=56459.html>) but I will reproduce the photo of Jerzy with some of his gold medallists, as published in the article.



Jerzy Hausleber flanked by a slew of medallists: from left, Miguel Rodriguez, Jerzy's wife, Ernesto Canto, Raul Gonzalez, and Daniel Bautista (photo by Andrew Hausleber, as published on <http://www.iaaf.org>)

OLIVE LOUGHNANE – IRISH RACEWALKING STAR

And talking of good articles, the independence News and Media website in Ireland last week carried a great story on Irish racewalking star Olive Loughnane (see <http://www.independent.ie/sport/other-sports/loughnane-focused-on-every-step-of-the-way-2133684.html>). Again, the newsletter is big enough already so I won't reproduce it. Make sure you have a read yourself to see what motivates this amazing 34 year old triple Olympian and 2009 World Championship silver medallist.



Olive Loughnane in the 2008 Olympic 20km final with Australia's Jane Saville (<http://www.racewalk.com>)

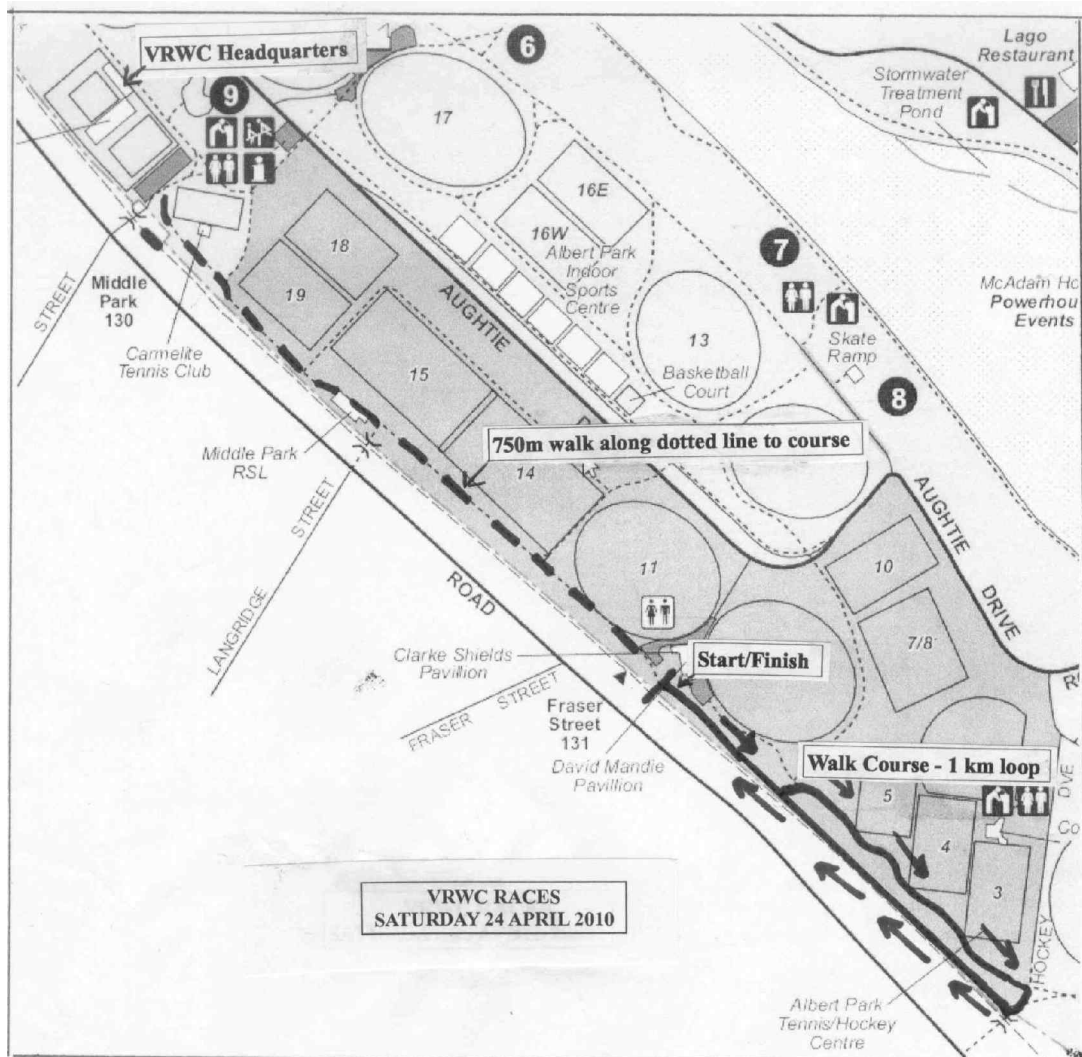
WHAT'S COMING UP NEXT

Our VRWC winter season kicks off at Albert Park on Saturday 24th April with races as shown below. Note that we have added a 5km event to the fixture for a special reason. Rachel Tallent missed the U20 World Cup 10km trial in February due to injury. In her absence, the first 3 girls in the trial (Regan Lambie, Beth Alexander and Paige Hooper) all did World Cup qualifiers and were subsequently selected in the team. Since then, Paige has also been selected in the World Junior championship team so has withdrawn from the World Cup team to concentrate on the one big event. This now opens the door for Rachel if she can prove her fitness – hence the 5km race on the program for Saturday. We will all be barracking from the sidelines for her!

Saturday 24 April 2010, Albert Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	2km	Handicap	Under 12
2.30pm	1km	Handicap	Under 9

Because of ongoing cleanup after the Australian Grand Prix Motor Race, our normal VRWC walking courses are not yet available for this weekend's walking races. After discussions with the Parks Victoria Albert Park office, we have been given permission to use a 1km course situated further south in the Albert Park parklands. The following map shows the course and its location. It is the same course we used last year in our opening race. It is a flat shaded course and walkers will enjoy it. The start/finish line is adjacent to the Clarke Shields Pavilion between ovals 11 and 9 and is opposite the Fraser Street Light Rail station. Toilets are available at this Pavilion.

Race entries will still be taken in our clubrooms at the Bowling Club due to the need to print off recording sheets, etc. Once you have registered for your race, you can make your way down to this week's course. The start/finish line is 750m walking distance from the front gate of the Middle Park Bowling Club so hopefully it is just the right distance for a nice warmup! The following map will enable you to see where we will be racing on Saturday. I am looking forward to a big turnout for our season opener.



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.

Sat Apr 24, 2010 Australian Little Athletics U13 Championships, UQ Track, St Lucia, Brisbane, QLD

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 **8th World Gay Games VIII, Cologne, GERMANY** (5000m walks). See <http://www.gaygames.com/>
 July 19-25, 2010 **13th 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 **19th 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	13 th Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 th Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	24 th 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 2010 ? **14th World Junior Championships, Barcelona, Spain**
 July 27-Aug 12, 2012 **30th 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, Taicang, China**
 July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow .** See <http://www.glasgow2014.com/>

Looking even furthe forward

Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
 July 2020 **32nd 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>)