



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2010/2011 Number 22
1 March 2011



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/>

VICTORIAN YOUTH T&F CHAMPIONSHIPS, OLYMPIC PARK, MELBOURNE, 25-27 FEBRUARY

The Victorian Youth Track and Field championships were held last weekend at Olympic Park in Melbourne with track walks on offer.

The 7:20PM timeslot on Friday evening meant perfect conditions for the U17-U20 5000m. Beth Alexander and Lewis Clark headed out together and soon had a big break on the rest of the field. Unfortunately Beth was below par on the day and faded as the race progressed, leaving Lewis on his own out the front to finish first in an excellent 23:23.15. Matt Felton walked a very sensible race, starting slowly and coming home strongly to finish next with 24:01.97. Amy Burren walked a similar race, holding on well to record 24:47.49. Others to record good times included Amelia Finnegan 25:52.57 and Jmara Hockley-Samon 25:57.28.



Ryan Antidormi, Matt Felton, Amelia Finnegan and Amy Burren in action



Ebony Whiley, Amanda Heard, Jmara Hockley-Samon, Kyle Swan (helping out), Lewis Clark and Beth Alexander

Men 5000mWalk Under 17

1.	Antidormi, Ryan	95	ANW	26:59.23
	Savage, Josh	95	EAG	DQ

Men 5000mWalk Under 18

1.	Clark, Lewis	94	CHI	23:23.15
2.	Felton, Matt	94	KNA	24:01.97

Men 5000mWalk Under 20

1.	Simpson, Bradley	93	KNA	25:46.15
----	------------------	----	-----	----------

Women 5000mWalk Under 17

1.	Finnegan, Amelia	95	KNA	25:52.57
2.	Hockley Samon, Jmara	95	CHI	25:57.28
3.	Whiley, Ebony	95	EAG	26:27.59
4.	Heard, Amanda	95	EAG	26:57.87

Women 5000mWalk Under 18

1.	Burren, Amy	94	MAL	24:47.49
2.	Raselli, Cassandra	94	SCA	26:47.01
3.	Stadus, Lauren	96	KNA	28:51.11
	Campbell, Caitlin	94	ATE	DNF

Women 5000mWalk Under 20

1.	Alexander, Beth	92	KNA	26:11.17
----	-----------------	----	-----	----------

The U14 walkers had to face hot and sunny conditions on Saturday for their 3000m walk and times were obviously effected. The star of the show had to be Jemima Montag who stormed around the track, lapping nearly everyone, to record 15:14.86. Emily Hamilton 17:06.64 and Shelby Kay 17:26.45 also walked strongly and looked good as did Kyle Swan who won the boy's event with 17:40.08.

Women 3000mWalk Under 14

1.	Montag, Jemima	98	MAC	15:14.86
2.	Hamilton, Emily	98	KNA	17:06.64
3.	Kay, Shelby	99	JDS	17:26.45
4.	Walburg, Kirsten	98	DAC	18:04.76
5.	Guy, Rachael	99	CCA	18:46.48
6.	Bertrand, Georgia	00	JDS	19:39.29
7.	Irons, Julia	98	KSB	21:58.69

Men 3000mWalk Under 14

1.	Swan, Kyle	99	KNA	17:40.08
2.	Petersen, Timothy	98	JDS	19:47.04



Jemima Montag, Shelby Kay, Tim Petersen, Kyle Swan and Emily Hamilton

The U15-U16 3000m events were held on Sunday morning but unfortunately I could not make it so can only report from what I see in the results. Nathan Brill must have lapped the whole field for his 9 sec PB time of 12:32.06. Connor McShanag 14:57.89 and Lucas Taylor 14:58.39 also broke 15 mins to finish next behind Nathan. Zoe Boldiston 15:13.58 and Billy Allamby 15:34.76 won the U15 events while Stephanie George 15:42.56 won the U16 girls' event. Just checking the stats for the placegetters, there were some massive PBs in this race which was showed good depth – check out Adam Garganis 16:19.92 (90 sec PB) and Jade Sanders 15:20.30 (92 sec PB). Fantastic stuff.

Men 3000mWalk Under 16

1.	Brill, Nathan	96	BOH	12:32.06	PB 9 secs
2.	McShanag, Connor	96	ATE	14:57.89	
3.	Taylor, Lucas	96	SCA	14:58.39	PB 36 secs

Men 3000mWalk Under 15

1.	Allamby, Billy	97	KNA	15:34.76	
2.	Garganis, Adam	97	COL	16:19.92	PB 90 secs
3.	Jones, Jeremiah	97	EAG	16:23.24	

Women 3000mWalk Under 16

1.	George, Stephanie	96	SCA	15:42.56	
2.	Burren, Sarah	96	MAL	16:23.86	
3.	Guy, Rebecca	96	CCA	17:16.53	
4.	Bertrand, Carly	96	KSB	17:26.52	

Women 3000mWalk Under 15

1.	Boldiston, Zoe	97	BYC	15:13.58	
2.	Sanders, Jade	97	CCA	15:20.30	PB 92 secs
3.	Irshad, Jasmine	97	SCA	15:52.89	
4.	Eastwood, Jessie	97	KNA	16:16.36	
5.	Cooke, Brianna	97	DIV	18:19.06	
6.	Henderson, Keely	97	PTN	18:48.11	

Finally, some photos from the presentations:



Ryan Antidormi, Brad Simpson, Matt Felton, Lewis Clark, Amy Burren and Lauren Stadus



Jmara Hockely Samon, Amelia Finnegan, Ebony Whiley, Tim Petersen and Kyle Swan



Emily Hamilton, Jemima Montag, Kirsten Walburg and Shelby Kay

BENDIGO WALKERS CLUB WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 16 FEBRUARY 2011

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 1.5km and 3km sealed handicap events on Wednesday evening in Rosalind Park with a small number of walkers competing. The 1.5km was won by Peter Curtis with Ebony-Jade Jones in 2nd place while the 3km race saw the Club's executive committee members producing excellent performances with Club Secretary Barb Bryant producing her best effort for the Season as she raced to a strong win with Club Treasurer Annette Major in 2nd place and Club President Paul Rance snaring 3rd and also recording fastest time.

1500m Peter Curtis 1st 7.47, Ebony-Jade Jones 2nd 11.22
3000m Barb Bryant 1st 17.33, Annette Major 2nd 17.16, Paul Rance 3rd 15.08, Ebony Whiley 4th 16.13
 John Carter 5th 19.57, Norm West 6th 25.03, Colin Cleary 7th 22.56, Annette Curtis 8th 21.20, Josh Savage 9th 18.33

Meanwhile several Club walkers performed strongly at the Victorian Little Athletics Northern Country Regional Championships held on Saturday at the Bendigo Athletic Complex with Zoe Boldiston producing a brilliant solo walk to win the U14 girls 1500m in 7.03.24, breaking the 12 year old Regional record held by former National Champion Natalie Gleeson. Dane Heiden won the U14 boys event in 8.07.32 with Jeremiah Jones 2nd in 8.42.13, Holly Boldiston won the U12 girls 1500m in 9.12.44 with Zahra Hayes easily accounting for the opposition in the U10 girls 1100m with a time of 7.18.12.

ACT WALKERS CLUB RESULTS, AIS WARMUP TRACK, BRUCE, THURSDAY 24 FEBRUARY 2011

Thanks to Robin Whyte for the weekly track results from Canberra where the ACT Walking Club combine their competition each week with the ACT Athletics Track competition. Harry Bates 49:49 and Ann Staunton-Jugovic 57:46 won the 10,000m track walks.

10000m Walk 1 Harry Bates 49:49 2 Colin Heywood 54:19 3 Ann Staunton-Jugovic 57:46 4 Robin Whyte 01:03:04
 5 Emily Blair 01:07:36 6 Geoff Barker 01:07:51 7 Bryan Thomas 01:09:22 8 Rod Gilchrist 01:13:15
 9 Doug Fitzgerald 01:17:36 10 Val Chesterton 01:21:05.

3000m Walk 1 Zoe Hunt 15:10 2 Thomas Hopkins 17:08 3 Ally Durr 17:33 4 Karina Hopkins 17:34

1200m Walk 1 Callum Burns 06:12 2 Thomas Hopkins 06:28 3 Gabby Hunt 06:36 4 Karina Hopkins 06:37
 5 Spencer Burns 06:58 6 Callum Doherty 06:58 7 Jack Durr 07:19 8 John Donovan 08:09
 9 Noeline Burden 08:54 10 Sheryl Greathead 08:55 11 Robert Kennelly 09:27 12 Fran Harris 09:33
 13 Jenny Rayner 09:34 14 Pauline Armstrong 09:42

VMA 4X800M WALK RELAYS, EAST BURWOOD, THURSDAY 24 FEBRUARY 2011

Last Thursday saw the Victorian Masters holding their relays at the East Burwood Athletics Track. Each State chooses its own date for what is really a Postal Event, the results are collated and forwarded to the AMA who then announce the winners in each division, Australia wide. The walkers had to contest 4x800m walks and it was a great opportunity for some good fun so I was disappointed to see so few taking advantage of the opportunity. In fact, only two teams of walkers fronted – an M50 team and an M60 team. In past years, the turnout has been much better. Anyway, here are the results for completeness

M50 Team (Paul Kennedy 3:17, Clyde Riddoch 3:47, Tim Erickson 4:02, Alan Lucas 4:47) 15:56
 M60 Team (Russ Dickenson 3:58, Ralph Bennett 3:59, Llew Jenkins 4:57, Leo Watson 5:29) 18:15

Some of us then raced in a 2000m walk to round off the night's entertainment. Llew was busy doing another event when we gathered for a quick photo so we dragged in walk judge Peter Vysma for the photo shoot.



Alan Lucas, Tim Erickson, Paul Kennedy, Clyde Riddoch, Ralph Bennett, Leo Watson, Russ Dickenson and Peter Vysma

STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 25 FEBRUARY

Mixed 5000 Meter Race Walk

1.	Watson, Hannah	W94	MLV	26:25.0
2.	Holt, Kate	W96	MLV	27:59.4
3.	Hughes, Holly	W97	MLV	31:04.7
4.	Hill, Jeremy	M98	CUR	33:39.8

QUEENSLAND JUNIOR CHAMPIONSHIPS, QSAC, NATHAN, 18-20, 26-27 FEBRUARY 2011

The Queensland Track and Field Titles were spread across two weekends with the young walkers on Saturday 19th February (4PM) and the U18 upwards on Sunday 26th February.

Queensland T&F Championships, U14-U16 Walks, Gold Coast City Athletics Track, Southport, Saturday 19 February

The first weekend saw the younger walkers in action with Kenza Benzenati the fastest with a very good 15:45.08.

Women 3000m Race Walk U14

1.	Woodward, Mikaela	12	QRW	18:10.69
2.	Smith, Jessie-Clai	13	QRW	DQ

Women 3000m Race Walk U16

1.	Benzenati, Kenza	14	GCV	15:45.08
2.	Morssinkhof, Amy	15	QRW	16:23.03
3.	Martin, Katya	14	GCV	17:37.00

Men 3000m Race Walk U14

1.	Miles, Trent	13	RED	17:29.29
----	--------------	----	-----	----------

Men 3000m Race Walk U16

1.	Pritchard, Brandon	14	QE2	18:45.40
----	--------------------	----	-----	----------

Queensland T&F Championships, U18 and Open Walks, Gold Coast City Athletics Track, Southport, Saturday 26 February

Last weekend saw the older walkers in action over 5000m and 10000m at the same Southport venue on the Gold Coast. The U20 and Open 10000m walks were held at 5PM and the 5000m U18 was held at 6:30PM. In the longer event, Dane Bird-Smith won by just over 4 minutes with 43:36.10 from Nick Dewar with 47:44.89. In the 5000m, Brad Aiton 21:32.92 and Jessica Pickles 23:43.92 (yet another time under the World Youth qualifying standard of 24:00) dominated their respective events. Overall, an excellent set of results.

Women 10000m Walk QLD Champs U20

1.	Guo, Yue	19	QRW	61:17.70
----	----------	----	-----	----------

Women 10000m Walk QLD Champs Open

1.	Jackson, Roslyn	22	TES	68:54.48
----	-----------------	----	-----	----------

Men 10000m Walk QLD Champs U20

1.	Bird-Smith, Dane	19	QRW	43:36.10
2.	Dewar, Nicholas	19	QRW	47:44.89
3.	Dewar, Brandon	19	QRW	49:17.35

Men 10000m Walk QLD Champs Open

1.	Bird-Smith, Dane	19	QRW	43:36.10
2.	Osborne, Jesse	16	QRW	? (around 49 mins)
3.	Lindenberg, Paul	49	QRW	59:44.06

Men 5000m Walk QLD Champs U18

1.	Aiton, Brad	17	GCV	21:32.72
2.	Hodgson, Elliot	16	GLD	24:25.80
3.	Osborne, Jesse	16	QRW	24:56.10
4.	Cunningham, Matt	17	MRB	27:16.34

Women 5000m Walk QLD Champs U18

1.	Pickles, Jessica	17	JIM	23:43.92
2.	Benzenati, Kenza	14	GCV	26:25.26
3.	Morssinkhof, Amy	15	QRW	27:51.47
4.	Martin, Katya	14	GCV	29:34.25
5.	Jackson, Eloise	16	QRW	30:30.07

An Open 3000m walk was also on the program with Mikaela Woodward as the sole entrant.

Women 3000m Walk

1.	Woodward, Mikaela	12	QRW	17:49.85
----	-------------------	----	-----	----------

BALLARAT RACEWALKING CLUB, NORTH GARDENS, LAKE WENDOUREE, SUNDAY 27 FEBRUARY

It is great to see Ballarat Racewalking Club up and running again and featuring regular walks. Daryl Biggin tells me that it was a cool wet day in Ballarat on Sunday and the venue had to be changed from Victoria Park to Lake Wendouree. It was good to see 19 walkers in attendance and we saw some keen racing over a variety of distances. I must also point out that club President Daryl Biggin is working on a new Ballarat Racewalking Club website. You can check it out at <http://www.ballaratracewalkers.com/>

1 km Walk

1.	Alana Peart	7.01
2.	Leah Canavan	8.47
3.	Mia Darlow	9.42

2 km Walk

1.	Olivia Davis	15.40
2.	Ebonie Squire-Robison	17.20

3 km Walk

1.	Ross Darlow	19.40
2.	Jemma Peart	20.03
3.	Amy Canavan	22.12
4.	Rodney Davis	22.39

4 km Walk

1.	Josh Dillon	21.32
2.	Colin Bootsman	24.36
3.	Lee Govan	28.30
4.	Wilma Oomen	29.12
5.	John Ohlsen	31.54
6.	David Lotherington	32.06

5 km Walk

1.	Kobie Somerfield	33.23
----	------------------	-------

6 km Walk

1.	Shae Ohlsen	47.10
2.	Katelyn Lotherington	47.10
	Daryl Biggin	DNF

OVERSEAS NEWS

The indoor season is in full swing in Europe and below are reports on the Polish, Italian and German Indoor Championships. In each case, the men race over 5000m and the women over 3000m.

Polish Indoor Championships, SPAŁA, Poland, Saturday 19 February 2011

A great standard of walking at the Polish Indoor champs with 3 men breaking 20 mins and 4 women under 13:30.

5000m Walk Men

1.	Rafał AUGUSTYN	84-05-14	OTG Sokół Mielec	19:35.65	
2.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:49.85	pb
3.	Rafał SIKORA	87-02-17	Niestowarzyszony	19:53.22	pb
4.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	20:08.81	pb
5.	Dawid WOLSKI	89-06-15	CWKS Resovia Rzeszów	20:11.07	pb
6.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	20:30.40	
7.	Patryk ROGOWSKI	89-04-11	Niestowarzyszony	20:50.63	pb

3000m Walk Women

1.	Agnieszka DYGACZ	85-07-18	AZS-AWF Katowice	12:56.76	pb
2.	Katarzyna KWOKA	85-06-29	CWKS Resovia Rzeszów	13:11.36	
3.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	13:20.72	
4.	Agnieszka SZWARNÓG	86-12-28	KS AZS AWF Kraków	13:26.88	pb
5.	Justyna ŚWIERCZYŃSKA	87-02-26	PLKS Gwda Piła	13:41.70	pb
6.	Lucyna CHRUŚCIEL	88-06-29	KS AZS AWF Kraków	13:41.84	pb
7.	Katarzyna GOLBA	89-12-21	KS AZS AWF Kraków	13:49.66	pb

Italian Indoor Championships, Ancona, Italy, Saturday 19 February 2011

Day One of the Italian Indoor championships saw the two racewalks but the standard was perhaps not as high as we sometimes see, especially in the men's event. Few of the top walkers seemed to be in attendance.

5000m Walk Men

1.	MACCHIA Riccardo	1990	G.S. FIAMME ORO PADOVA	20:09.99	
2.	MASCIADRI Daniele	1988	FIAMME GIALLE G. SIMONI	20:26.43	
3.	MAGLIULO Vincenzo	1976	ASD ARCA ATL.AVERSA A.AVERSA	20:29.43	
4.	D'ASCANIO Ruggero	1984	POL. ROCCO SCOTELLARO MT	20:44.32	
5.	PARIS Daniele	1984	C.S. AERONAUTICA MILITARE	21:12.36	
6.	MARCHISELLI Giuseppe	1991	AMATORI ATL. ACQUAVIVA	DQ	
7.	IGANO Giacomo	1991	ATL. LECCO-COLOMBO COSTRUZ.	DQ	

3000m Walk Women

1.	DI VINCENZO Sibilla	1983	SASSINDUSTRIA SPORT PADOVA	12:42.61	
2.	GIORGI Eleonora Anna	1989	G.S. FIAMME AZZURRE	12:51.59	
3.	PRUNER Serena	1986	S G AMSICORA	13:12.98	
4.	PERRONE Elisabetta	1968	SG.S. FORESTALE	13:40.05	
5.	GRANGE Francesca	1989	CAMELOT	13:55.59	
6.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	14:05.87	
7.	GALLI Ilaria	1987	SATLETICA FIRENZE MARATHON S.S.	14:24.14	
8.	GAROFALO Valentina	1984	SC.S. ESERCITO	14:29.18	
9.	BORIO Elisa	1990	C. U. S. TORINO	15:13.05	

German Indoor Championships, Leipzig, Germany, Saturday 26 February 2011

The German Indoor championships showcased fast walking as Christopher Link 19:19.45 and Sbaine Krantz 12:18.12 blitzed the opposition. Krantz's walk saw her record a world leading time for the 3000m indoor for 2011.

Men 5000m

1.	LINKE Christopher	SC Potsdam	19:19.45	DJB
2.	SCHMIDT Carsten	SCC Berlin	19:31.35	
3.	GLOGER Nils Christopher	SC Potsdam	20:31.59	
4.	POHLE Hagen	SC Potsdam	20:56.32	
5.	BORSCH Steffen	FSV Köthen	21:03.02	SB
6.	LEHMBERG Marcel	SCC Berlin	DQ	

Women 3000m

1.	KRANTZ Sabine	TV Wattenscheid	12:18.12	DJB,WL
2.	SEEGER Melanie	SC Potsdam	12:31.43	SB
3.	CZYCHY Charlyne	SC Potsdam	13:05.76	SB
4.	ELß Christin	SC Potsdam	13:06.45	SB
5.	SCHULZE Kathrin	ASV 1902 Sangerhausen	14:27.91	SB
6.	SCHENKER Bianca	LG Vogtland	14:31.72	SB
7.	SCHRÖTER Brit	LG Vogtland	14:38.85	
8.	SCHRÖTER Laura	LG Vogtland	14:40.00	SB

9.	SCHMIDT Tina	SV Halle	15:05.13	SB
10.	GRUBER Katharina	Mönchengladbacher	15:06.78	SB
11.	SCHMIDT Sabine	SpVgg Niederaichbach	15:08.71	SB
12.	EGGL Katrin	pVgg Niederaichbach	16:08.28	SB

RUSSIAN WINTER WALKING CHAMPIONSHIPS, SOCHI, RUSSIA, 26-27 FEBRUARY 2011

The Russian Winter Walking Championships are always a huge affair and this year was no different. Usually these national championships take place in Adler, near Sochi, but this time the walkers competed in the centre of the city. Unlike previous years, three international judges were on hand so everything went according to IAAF rules and regulations for record purposes.

The nationals began with the men's 35 km on the Saturday morning. While not a standard distance, it is popular among Russian race walkers and is considered to be the stepping stone to the 50km distance. Former European junior champion Igor Yerokhin returned from a two-year drugs ban to win with a new PB of 2:26.36. 2004 Olympic 50km silver medalist Denis Nizhegorodov finished second, clocking 2:27.08 (a comeback after a one-year absence due to injury) while Denis Strelkov was third in 2:27:52.

Men's 35km Race Walk , Saturday 26 February

1.	Igor YEROKHIN	RUS	85	2:26:36	PB
2.	Denis NIZHEGORODOV	RUS	80	2:27:08	SB
3.	Denis STRELKOV	RUS	90	2:27:52	PB
4.	Andrey RUZAVIN	RUS	86	2:28:17	SB
5.	Sergey SERGACHEV	RUS	87	2:32:29	SB
6.	Yuriy ANDRONOV	RUS	71	2:32:49	SB
7.	Aleksandr YARGUNKIN	RUS	81	2:33:00	PB
8.	Aleksey BARTSAYKIN	RUS	89	2:34:36	PB
9.	Ivan ZHBANOV	RUS	87	2:39:44	SB
10.	Aleksey KHEMIN	RUS	89	2:40:16	PB
11.	Vladislav KHAFIZOV	RUS	88	2:40:31	PB
12.	Ruslan VERSHININ	RUS	89	2:44:22	SB
13.	Sergey KOREPANOV	RUS	84	2:46:26	SB
14.	Aleksey ARKHIPOV	RUS	88	2:49:41	PB
15.	Sergey TYURIN	RUS	89	2:55:13	PB
16.	Aleksandr MIRONOV	RUS	78	3:03:42	PB
-	Sergey BAKULIN	RUS	86	DNF	
-	Anton SIVAKOV	RUS	89	DNF	

The women's 20km provided the highlight of the meet with a new world record (pending the usual ratification procedures) by Vera Sokolova, her winning time of 1:25:08 a massive 33 seconds under the previous world record mark of 1:25:41, set by fellow Russian Olimpiada Ivanova when winning the 2005 World title. Sokolova was aggressive from the start but Tatyana Sybileva, Tatyana Shemeyakina and Anisiya Kirdyapkina, the silver medal winner at the 2010 European Championships, went with her. Sybileva and Shemeyakina were eventually disqualified but Kirdyapkina, wife of former World champion Sergei Kirdyapkin, fought on until the final dramatic moments, eventually finishing just one second behind in 1:29:09 (for a world under-23 best). 19 year old Anna Luckyanova finished third in 1:27:49, an extremely promising debut over the 20 kilometre distance. This is the second world record set by Sokolova in recent months, after clocking a world indoor 5000m race walk best of 20:10.3 in Saransk at the end of December.

Women's 20km Race Walk, Saturday 26 February

1.	Vera SOKOLOVA	RUS	87	1:25:08	WR, AR
2.	Anisiya KORNIKOVA-KIRDYAPKINA	RUS	89	1:25:09	PB
3.	Anna LUKYANOVA	RUS	91	1:27:49	PB
4.	Tatyana KOROTKOVA	RUS	80	1:28:38	SB
5.	Irina YUMANOVA	RUS	90	1:29:26	PB
6.	Yelena KRUCHINKINA	RUS	88	1:30:08	PB
7.	Natalya MAKAROVA	RUS	87	1:30:27	PB
8.	Nina OKHOTNIKOVA	RUS	91	1:30:52	PB
9.	Lyudmila ARKHIPOVA	RUS	80	1:31:14	SB
10.	Tatyana MINEYEVA	RUS	90	1:31:53	SB
11.	Svetlana SOLOVYEVA	RUS	86	1:31:55	SB
12.	Lina BIKULOVA	RUS	88	1:35:25	SB
13.	Natalya KHOLODILINA	RUS	89	1:36:28	PB
14.	Nelly LEKAREVA	RUS	87	1:36:40	SB
15.	Yekaterina YEZHOVA	RUS	82	1:37:48	SB
16.	Anastasiya PAVLENKO	RUS	88	1:38:52	PB
17.	Mariya TYUREVA	RUS	91	1:39:46	PB
18.	Yekaterina POPOVA	RUS	87	1:40:03	SB
19.	Irina MUSIKHINA	RUS	88	1:42:00	SB
20.	Yelena ZUBAKINA	RUS	88	1:42:56	PB
21.	Yelena FATAKHETDINOVA	RUS	89	1:47:14	PB
22.	Anastasiya POZDEYEVA	RUS	89	1:47:19	PB
23.	Svetlana TRIFONOVA	RUS	82	1:47:20	SB
24.	Mariya LOSEVA	RUS	90	1:49:09	PB
25.	Olga ANIKINA	RUS	91	1:50:47	PB

26.	Anastasiya ZARIPOVA	RUS	91	1:53:31	PB
OC	Anastasiya YATSEVICH	BLR	85	1:37:54	SB
OC	Nadezhda DOROZHUK	BLR	90	1:39:08	PB

In the men's 20km event, also held on Saturday, former world junior champion Vladimir Kanaykin, also returning from a two-year drugs ban, won the men's 20km walk in a world-leading 1:19:14, two minutes shy of his own world record. Segey Morozov (also returning from a two year drugs ban) finished second with 1:20:08 while Andrey Krivov finished third with 1:20:16.

It should be noted that all nine medal winners have the same coach: Victor Chegin. So the school of race walkers of Saransk turned out yet again to be the best in Russia. Chegin said that his most well-known athletes, Olympic champions Olga Kaniskina and Valeriy Borchin as well as World champion Sergei Kiryapkin, didn't take part in the championships as that they were preparing for the season according to their training program.

Men's 20km Race Walk, Saturday 26 February

1.	Vladimir KANAYKIN	RUS	85	1:19:14	WL
2.	Sergey MOROZOV	RUS	88	1:20:08	SB
3.	Andrey KRIVOV	RUS	85	1:20:16	SB
4.	Pyotr BOGATYREV	RUS	91	1:20:18	PB
5.	Pyotr TROFIMOV	RUS	83	1:20:31	SB
6.	Anatoliy KUKUSHIN	RUS	86	1:21:19	PB
7.	Mikhail RYZHOV	RUS	91	1:21:49	PB
8.	Dmitriy SHORIN	RUS	88	1:23:59	PB
9.	Andrey RYABUSHEV	RUS	88	1:24:20	PB
10.	Mikhail ORLOV	RUS	67	1:24:57	SB
11.	Konstantin MAKSIMOV	RUS	82	1:25:05	SB
12.	Ivan NOSKOV	RUS	88	1:25:20	PB
13.	Andrey TROFIMOV	RUS	87	1:26:00	SB
14.	Konstantin KULAGOV	RUS	91	1:26:20	PB
15.	Aleksandr PROKHOROV	RUS	86	1:26:31	SB
16.	Ivan KUZNETSOV	RUS	83	1:26:42	SB
17.	Igor YUKIN	RUS	91	1:26:58	PB
18.	Aleksey GOLOVIN	RUS	88	1:27:12	PB
19.	Aleksandr LUCHSHEV	RUS	88	1:28:28	SB
20.	Albert KHALIKOV	RUS	89	1:28:42	PB
21.	Dmitriy YEMELYANOV	RUS	90	1:28:45	PB
22.	Svyatoslav CHERNYSHENKO	RUS	90	1:28:50	PB
23.	Pavel SAMOYLENKO	RUS	88	1:28:52	SB
24.	Dmitriy MALANOV	RUS	91	1:29:00	PB
25.	Mikhail SKORODYOLOV	RUS	91	1:29:10	PB
26.	Aleksey KONDRATENKO	RUS	87	1:30:46	PB
27.	Yuriy CHESNOKOV	RUS	79	1:31:04	SB
28.	Pavel YEROKHOV	RUS	82	1:31:10	SB
29.	Aleksandr ZHIGALOV	RUS	91	1:31:12	PB
30.	Ivan PAVLIN	RUS	91	1:33:08	PB
31.	Aleksey GARIDOV	RUS	91	1:33:29	PB
32.	Sergey STEPANOV	RUS	86	1:33:36	PB
33.	Nikita LIFANOV	RUS	89	1:35:46	SB
34.	Roman YARKIN	RUS	90	1:35:54	SB
35.	Aleksey TARENTYEV	RUS	91	1:38:48	PB
OC	Vitaliy ANICHKIN	KAZ	88	1:25:39	PB
OC	Denis KRAVCHUK	BLR	87	1:28:24	SB
OC	Abdinur ALIBEK	KAZ	87	1:29:22	SB
-	Valeriy FILIPCHUK	RUS	91	DQ	
-	Aleksandr SALTYSKOV	RUS	86	DNF	
-	Sergey LYUBOMIROV	RUS	89	DNF	
-	Sergey IVANOV	RUS	88	DQ	
-	Dmitriy NEKRASOV	RUS	89	DQ	

The second day of Russian Winter Walking Championships saw the Junior walkers contesting 10,000m track walks.

Svetlana Vasilyeva stormed to a winning time of 42:43 in the junior women's 10,000m walk, a time that was inside Vera Sokolova's world and European record of 43:11.34, but unfortunately it will not be ratified as it was hand-timed and there were no international judges present, unlike the previous day with Sokolova's 20km road walk performance. Vasilyeva, from Chuvashia, who finished fifth at last summer's IAAF World Race Walking World Cup, comprehensively defeated the 2010 World Junior Championships 10,000m gold medallist Yelena Lashmanova, who was second in 43:41. Despite the administrative issues, Vasilyeva's performance in Sochi suggest that Sokolova's junior mark, set at the 2005 European Athletics Junior Championships, could be in danger at this year's Championships in Tallinn, Estonia, which will be from 21-24 July.

The 2010 Youth Olympic Games 10,000m walk bronze medallist Pavel Parshin was the best in junior men's 10,000m race in 41:18. It was an impressive performance from Parshin who only turned 17 last month and who is still young enough to compete at the IAAF World Youth Championships in Lille, France, this summer. He slashed his personal best by over a minute and also beat the 2009 World Youth Championships silver medallist Dementiy Cheparev by nearly a minute, the latter finishing second in 42:11.

Junior Men 10,000m Track Walk, Sunday 27 February

1.	Pavel Parshin	RUS	41.18
2.	Dementiy Cheparev	RUS	42.11
3.	Denis Asanov	RUS	42.12
4.	Aleksandr Ivanov	RUS	42.16
5.	Evgeniy Nushtaev	RUS	42.28
6.	Kirill Frolov	RUS	42.33
7.	Andrey Matoshin	RUS	42.57

Junior Women 10,000m Track Walk, Sunday 27 February

1.	Svetlana Vasilieva	RUS	42.43
2.	Yelena Lashmanova	RUS	43.41
3.	Olga Dubrovina	RUS	47.34
4.	Liliya Gimatdinova	RUS	47.35
5.	Alyona Aryukova	RUS	47.42
6.	Dina Zamyatina	RUS	47.57
7.	Anna Yermina	RUS	48.04
8.	Alla Karmysheva	RUS	48.26
9.	Anna Krakhmalyova	RUS	48.30
10.	Marina Burak	RUS	49.11

WALKERS GET READY FOR THE IAAF RACE WALKING CHALLENGE

The IAAF Race Walking Challenge series kicked off in Hobart a week ago. Over the next few months, things will really hot up with more elite races on offer around the world. Here's how the list reads:

5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km
9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)	10km	

While the next cab off the rank will be Chihuahua in Mexico in early March, the event that is producing most interest is the Dudince meet in Slovakia in late March. It features the first of the European 50km events and the lineup is huge. Amongst the starters will be a lot of the top walkers including Matej Toth (2010 World Cup 50km champion), Eder Sanchez, Jamie Costin and Ato Ibanez (Matej, Jamie and Ato all spent January in Australia and Eder was out here last year). And adding to the list will be **Nathan Deakes**, **Chris Erickson** and **Ian Rayson** from Australia. Yes, it's too good an opportunity to miss so I will be packing my portmanteau and making the trip myself.

The following fantastic article, written by Paul Warburton was published on the IAAF website on Tuesday 22 February 2011 (see <http://www.iaaf.org/history/WRC/season=2011/news/kind=100/newsid=59377.html?cid=rssfeed&att=index>)

Long haul underway for Race Walkers on the road to La Coruna

Race walkers are in for the long haul in the 2011 IAAF Race Walking Challenge – even if the final prize money goes to only those contesting just 10k in the Race Walking Challenge Final at La Coruna on 17 September.

One of the more intriguing contests slated for the season is a head-to-head between Nathan Deakes and Eder Sanchez in the Dudince 50k on 26 March next month. One talented walker is making his tentative way back from a catalogue of injuries – the other is making his debut at the distance after winning the 2009 Challenge title at 20k while placing third the year before.

The Slovakian city where the Australian and Mexican toe the line carries only a Category C rating as far as Challenge points go. But the race might still be a pretty good indicator for the IAAF World Championships later on in Daegu – and there are 20 points to the winner in Korea.

Sanchez admits he's dipping his toe into the water of the longer distance event. He said: "The 2011 Challenge is a new phase in my career because I'm trying my first 50k, although before that I have to do well in Chihuahua at 20k (5 March) because that will get me a place in the World Championships team. I also plan to race Rio Maior and Taican in China." The Central American champion is putting the final touches to his training in the northern Chilean town of Arica where he has been banging out 210 kilometres a week for the last four months, although he intends to taper down for the all important selection race in Chihuahua.

In contrast, Deakes is no stranger to 50k. Indeed, the former IAAF World champion and World record holder at the distance was favourite for Olympic gold in 2008 – but as he put it, his 'heart was ripped out' by injuries that scuppered his racing plans for the last two years. A comeback at the Category C race in Hobart 12 months ago ended in a disappointing DNF. In the 2011 edition on Sunday, he got seventh. No great shakes compared with the past, but the vital thing was Deakes completed the race in a decent 1:25:38. Now the 33-year-old hopes Dudince offers a chance to recapture former glories.

Two weeks before, European champion Yohan Diniz is attempting a 50k World track record in his home city of Reims. The

Frenchman believes a successful attempt will be the encouragement he needs to tackle the IAAF World Championships as well as a couple of other Challenge races in order to toe the line at the final in La Coruna.

One 50k exponent who won't feature in the early Challenge races is Alex Schwazer. Not because the Olympic champion doesn't fancy the task – but because a skiing accident where the Italian hurt his knee last month has all but wrecked his January and February training programme.

However, a challenge perennial in the shape of Luke Adams got his 2011 tilt under way at Hobart where he finished a heartening second in 1:21:00. The 34-year-old Australian only needs a second place to complete a remarkable sequence of first, third, fourth – as well as a 2010 ninth – over the last four Challenge series. Fellow countryman Jared Tallent will almost certainly be in the mix after winning it in 2008, fifth a year later and sixth in the World record 10k final in Beijing five months ago. His saunter along the Hobart waterfront where he headed Adams by 42 seconds to triumph for the second year running suggests it's Challenge business as usual for the Commonwealth champion. Irishman Robbie Heffernan is also in good shape after a nippy 2:07 30k two weeks ago, but it will be a major surprise if the Portuguese don't hog the early Challenge standings in the women's division.

Former IAAF World Championships bronze medallist Susana Feitor is now being coached by Stefan Platzer, who guided wife Kjersti Tysse-Platzer and brother-in-law Erik Tysse to a paper trail of Challenge cheques during the last five years. And the rest of Feitor's team-mates, Ines Henriques, Ana Cabecinha, and Vera Santos, who filled up four of the top eight places in 2010 are all in good shape and certain to race the B category race at home in Rio Maior on April 9.

A new role as a mother will deprive the Challenge of Sabine Krantz (nee Zimmer) in the early stages. But while the German rocks the cradle, Italian Elisa Rigaud is ready to roll back into Challenge action after giving birth last September. Mum's also the word for title holder Melanie Seeger who wrote she was down in the dumps around Christmas – but got a belated gift in the return of a nippy 12:39 for an indoor 3k in a low-key event in January. "Because of my poor form of training I had concerns about racing," she said. "But despite the burden of teaching, looking after my daughter, as well as training, it went well at a time when I had not expected much. "Now I need to qualify for Daegu."

Chihuahua ready to welcome the world's best race walkers - IAAF Race Walking Challenge

But before Ducince comes Chihuahua on March 5th and Australian walkers **Jared and Claire Tallent** and **Luke Adams** will be in action there, all competing over the 20km distance. Javier Clavelo Robinson previewed that meet on the IAAF website late last week (see <http://www.iaaf.org/WRC11/news/kind=100/newsid=59392.html?cid=rssfeed&att=index>).

Chihuahua ready to welcome the world's best race walkers - IAAF Race Walking Challenge

The northern Mexican city of Chihuahua is set to welcome the world's best for the fourth consecutive year as it prepares to host the second leg of the 2011 IAAF Race Walking Challenge on 5 March.

After successfully hosting the IAAF World Race Walking Cup in May 2010, the first on Mexican soil since 1993, Chihuahua expects many of the top walking specialists to test their form early in a season which will reach its climax at the World Championships in Daegu and the IAAF Race Walking Challenge Final in La Coruna, Spain, on 17 September.

The host country's top specialists will take the event as a qualifier for the Pan American Games, to be held on home soil in Guadalajara from 13-30 October. The two best ranked men in the 50Km race will represent Mexico in the continental showpiece.

Expectations are high for Mexico's top walkers, including 2009 World Championships 20Km bronze medallist and 2009 Challenge winner Eder Sanchez and Chihuahua local hero Horacio Nava, a 50Km silver medallist at the 2010 World Cup on home turf. Other established names are Jesús Sánchez, Omar Zepeda, Mariela Sánchez Terán, Rosario Sánchez, Graciela Mendoza, the 1993 World Cup silver medallist, who continues her illustrious career at the age of 47.

Chihuahua will also welcome the emerging local athletes. Among them 2009 World Youth Championships runner-up and 2010 Youth Olympic Games fifth placer Yanelli Caballero, who will make her debut in an IAAF Race Walking Challenge event. "I am hoping for a good result. I have only been in the race walking for three years and this will be my first Challenge (event). I was only a spectator last year and my target now is to achieve a good time in the 10km as a junior. My long-term aim is to break 46 minutes," Caballero said at a recent press conference in Mexico City. "I am excited to race at home. It is special for me although many of the athletes (in the junior race) are local," she added.

Fresh off his national title, two-time Olympic medallist **Jared Tallent and Luke Adams** will represent Australian colours over 20Km in Chihuahua.

At a press conference, Chihuahua Sports Institute director Luis Alfonso Rivera assured his state is capable of hosting such top class event. "We are excited to organize the Challenge for the third time. It will be a boost for Mexican society, especially for the northern states."

Organisers expect over 100 athletes from over 20 nations, including race walking powers like Russia, Portugal and other European countries. Five races will be held during the walking festival on 5 March. The 50Km men's contest will start at 8:00am, followed by the junior women's 10Km (9:00am), the junior men's 10Km (10:15), the women's 20Km at 2:00pm and the men's 20Km at 4:00pm.

Chihuahua, founded in 1709, is the capital of the largest state of Mexico, also called Chihuahua. Sitting 1415 metres above sea level on the western side of the Chihuahuan desert, the city of 841,490 inhabitants derives its name from the Tarahumara language, meaning "between two waters". The city's main economic activity is industry, including domestic heavy, light industries and consumer goods production. Organisers are serious in keeping the city on the world athletics map as they aim to bid for the 2014 World Half Marathon Championships.

MORE VRWC RESULTS GO ONLINE

Thanks to Ian Laurie who has typed up all the VRWC race results from the 1992 winter season. Ian has also typed up the full result set from the 1992 Canberra Carnival, held on 7th June 1992. The online links are

1992 LBG Results <http://www.rwa.org.au/aresult1990-1999.shtml>
1992 VRWC Winter Season <http://www.vrwc.org.au>

WHAT'S COMING UP

The next few weeks see some top flight walking on the local Australian front. This weekend sees the Victorian Open T&F Championships at Olympic Park in Melbourne and 5000m walks will be offer on the Friday evening at 7:45PM. Then the following weekend sees the Australian Junior T&F Championships in Sydney.

Sat 5 Mar, 2011 Australian Centurions 6 Hour Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
10-14 Mar, 2011 **Australian Junior (U14-U20) Championships**, Sydney Olympic Park, Sydney NSW

Also, Alan Lucas has emailed me regarding a further track racing opportunity for our Victorian walkers. Alan says

With only limited competition available during March some VRWC members may be looking for an extra opportunity to race. In particular, masters walkers may want to check their form before the state titles on 2,3 & 10 April. On **Thursday 17th March** at the East Burwood venue as part of our normal program we will have 3000m and 5000m walks, starting around 7.50pm. Obviously these are training walks as there are insufficient judges and they are held concurrently with the distance runs but it is an opportunity to have a good hit out. Cost is \$2 plus \$1 if staying for supper at the conclusion of the event. There is also an 800m walk on the program at 7.25pm if anyone wanted to use that as a warm up.

Regards
Alan Lucas
Venue Manager
Victorian Masters Athletics, East Burwood Venue

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.

2010/2011 Australian/Victorian Summer Season Key Dates

4-6 Mar, 2011 Victorian Open T&F Championships, Olympic Park (including Open and U20 5000m walks)
Entries close Thursday 17th February.
Sat 5 Mar, 2011 Australian Centurions 6 Hour Hour Track Walk, Coburg, VIC. Field nearly full so enter quickly.
10-14 Mar, 2011 **Australian Junior (U14-U20) Championships**, Sydney Olympic Park, Sydney NSW
Thur 15 Mar, 2011 East Burwood Masters 3000m and 5000m walks, East Burwood Aths Track, 7:50PM
Sat 19 Mar, 2011 Aust Athletics Tour Meet, SOPAC, Sydney – 5000m track walks for men and women.
Entries close with A.A. on Friday 4th March.
19-20 Mar, 2011 VLAA State T&F Championships, Olympic Park
2-3 April, 2011 Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011 VMA 5000m track champs and VRWC track races, venue TBA
16-17 April, 2011 Australian Centurions 24 Hour walk, Coburg, VIC. Field nearly full so enter quickly.
April 21-24, 2011 **Australian Masters Athletics Championships**, Brisbane
Apr 28-30, 2011 Australian Little Athletics T&F Championships, Sydney

2011 Australian/Victorian Winter Season Key Dates

Sunday May 29, 2011 Australian Masters 20km championships, Middle Park, VIC
Sun 12 June, 2011 Lake Burley Griffin Racewalk Carnival, Canberra, ACT
Sun 10 July, 2011 Victorian Schools Roadwalking Championships, Middle Park, VIC
Sat 23 July, 2011 Racewalking Australia Postal Challenge (each club in their home state)
20-21 August, 2011 Australian Roadwalking Championships, Canberra, ACT (draft date at this stage)
7-16 Oct, 2011 13th Australian Masters Games, Adelaide (see www.AustralianMastersGames.com)

2011 International Fixture

Sun Apr 10, 2011 Hong Kong International 10km (good one for Australians!).
July 6-10, 2011 **7th World Youth T&F Championships, Lille, France**
July 7-17, 2011 **19th World Masters T&F Champs Stadia, Sacramento, California, USA.** See <http://www.wma2011.com/>
Aug 12-22, 2011 **26th World Summer Universiade Games, Shenzhen, China.** See <http://www.sz2011.org/eng/index.htm>
Aug 27-Sept 4, 2011 **13th IAAF World Championships in Athletics, Daegu, Korea.** See <http://english.daegu2011.org>
Sept 7-13, 2011 **4th Commonwealth Youth Games, Isle of Man, UK.** See <http://www.cyg2011.com/>

2011 IAAF RaceWalking Challenge Series – Remaining Races

5 Mar 2011	Chihuahua (MEX)	Category B Meet	20km, 50km
20 Mar 2011	Lugano (SUI)	Category C Meet	20km
26 Mar 2011	Dudince (SVK)	Category C Meet	10km, 20km, 50km

9 Apr 2011	Rio Maior (POR)	Category B Meet	20km
11 Apr 2011	Taicang (CHN)	Category B Meet	20km, 50km
1 May 2011	Sesto San Giovanni (ITA)	Category B Meet	20km
26 June 2011	Dublin (IRL)	Category C Meet	20km, 50km
27 Aug - 4 Sept 2011	The IAAF World Champs, Daegu (KOR)	Category A Meet	20km, 50km
17 Sept 2011	Challenge Final, La Coruña (ESP)		10km

2011 key EAA European Meets

Sun 20 Mar, 2011	Gran Premio Citta di Lugano (EAA Permit Race), Lugano, Switzerland - 20km and 10km
Sat 26 Mar, 2011	Dudinska 50/EAA Permit Meeting Dudince, Slovakia - 50km, 20km, 10km, 5km
Sat 9 Apr, 2011	Podebrady 20/EAA Permit Meeting, Podebrady, Czech Republic - 20km, 10km, 5km
Sat 21 May, 2011	9 th EAA European Cup Racewalking, Olhao, Portugal - 50km, 20km, 10km
Sun 26 Jun, 2011	Dublin Grand Prix (EAA Permit Race)/Small Nations/Nihill Shield, Dublin, Ireland

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 10-15, 2012	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 Alegro, Brazil
2013	8th World Youth T&F Championships, Donetsk, Ukraine

2014 International Fixture

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

Looking even further forward

2015	15th IAAF World Championships in Athletics, Beijing, China
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>)