



HEEL AND TOE ONLINE

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DUDINSKA PATDESIATKA WALKING MEET, DUDINCE, SLOVAKIA, SATURDAY 26 MARCH 2011

The second of this season's four European Athletics Race Walking Permit Meets was held in the southern Slovakian spa town of Dudince last Saturday and, like the Lugano meet the previous weekend, the 30th edition of the famous Dudinska Patdesiatka walking meeting saw record numbers and depth.

Open Men 50 km walk

The main event in this meet is always the 50km and, in 2011, it saw nearly 80 entrants, a huge field indeed. Near perfect weather on the Saturday morning meant that big times were on the cards and the walkers did not disappoint. 2010 World Race Walking Cup 50km winner Matej Tóth went in as a clear favourite and he was in a class of his own, delighting the crowd by going to the front immediately and quickly building a convincing lead over the chasing pack. At 40km, he was on target for a time around 3:37 and it was only the strengthening wind in the dying stages of the race which forced him to slow, his final time still a PB and a new Slovakian national record. "It was like I wanted; fast to begin with and then I try to see whether I can keep up the pace. Only in the last five kilometres did that not work. But I must be satisfied, sub-3:40 was always my dream," reflected Tóth.

Behind Tóth the next four men home, all from Poland and racing in the concurrent Polish championship, were more than six minutes adrift but the quartet all still set personal bests. The Polish title went to Rafał Fedaczyński in 3:46:05 and he just came home ahead of Rafał Sikora in 3:46:16. Lukasz Nowak was fourth in 3:46:40 while Rafał Augustyn, the 2010 Dudinska Patdesiatka winner and Polish 50km walk champion, had to settle for fifth place despite finishing in 3:46:56, almost three minutes faster than he had ever gone before. The Polish effort is even more amazing considering that their top 50km walker Grzegorz Sudoł (2nd in the 2010 European Champs in 2:42:24) did not walk. So Poland actually have 5 walkers currently 3:46 or better. This is a depth that matches that of the Russians and Chinese.

Australian walkers **Nathan Deakes** and **Chris Erickson** were in the main chasing group which went through the half way mark in around 1:55:00, The next 10km was much faster, around 44:10, causing major fragmentations with many of the main contenders losing contact. Chris Erickson also succumbed finally and fell off the pace at the 38km mark but Nathan Deakes, in his first 50km since winning the 2007 World Championship, was still there and looking comfortable. It was only his lack of racing that eventually saw him slow to finish 6th in 3:48:02 but he was still wrapped to be finally back in the mix. This performance almost certainly gives him selection in the Australian team for the IAAF World Champs.

Unfortunately Chris Erickson, who also looked set to beat 3:50, dropped a few places in the final 10km. Omar Zepeda was the best of the Mexicans, finishing 7th in 3:50:26 ahead of Bertrand Moulinet of France who improved to 3:50:49 in his first sub 4 hours race. In 9th place was World 20km medallist Eder Sanchez of Mexico in his 50km debut, a solid 3:53:19. The top ten was completed by Cedric Houssaye of France, another personal best 3:53:24, and Chris was next to finish in a PB 3:54:53. The first 11 places all recorded IAAF A qualifiers. Australia's third entrant **Ian Rayson** made the tough decision to retire around the half way mark once he started to fall behind his schedule.

1.	Matej Tóth	SVK	10.2.83	3:39:46	NR PB
2.	Rafał Fedaczyński	POL	3.12.80	3:46:05	PB
3.	Rafał Sikora	POL	17.2.87	3:46:16	PB
4.	Łukasz Nowak	POL	18.12.88	3:46:40	PB
5.	Rafał Augustyn	POL	14.5.84	3:46:56	PB
6.	Nathan Deakes	AUS	17.8.77	3:48:02	
7.	Omar Zepeda	MEX	8.7.77	3:50:26	
8.	Bertrand Moulinet	FRA	6.1.87	3:50:49	PB
9.	Eder Sánchez	MEX	21.5.86	3:53:19	PB
10.	Cédric Houssaye	FRA	13.12.79	3:53:24	PB
11.	Chris Erickson	AUS	1.12.81	3:54:53	PB
12.	Nenad Filipović	SRB	5.10.78	3:59:17	PB
13.	Igors Kazakēvičs	LAT	17.4.80	3:59:43	
14.	Tadas Šuškevičius	LTU	22.5.85	4:00:54	
15.	Oleksandr Romanenko	UKR	26.6.81	4:01:05	PB
16.	Miloš Bátovský	SVK	26.5.79	4:01:10	

17.	Vladimir Savanović	SRB	12.6.85	4:02:07	PB
18.	Håvard Haukenes	NOR	22.4.90	4:04:48	PB
19.	Pavel Yarokhau	BLR	21.7.82	4:05:52	PB
20.	Yuriy Burban	UKR	18.4.80	4:06:14	
21.	Xavier Le Coz	FRA	30.12.79	4:06:15	PB
22.	Konstadinos Stefanópoulos	GRE	11.7.84	4:07:21	
23.	Jaime Quiyuch	GUA	24.4.88	4:08:49	PB
24.	Ihor Sakharuk	UKR	3.6.88	4:10:39	PB
25.	Dušan Majdán	SVK	8.9.87	4:12:15	
26.	Dominic King	GBR	30.5.83	4:14:55	PB
27.	Tomas Gaidamavičius	LTU	7.11.87	4:18:43	PB
28.	Arnis Rumbenieks	LAT	4.4.88	4:21:02	
29.	Ričardas Rekst	LTU	10.10.87	4:21:27	
30.	Róbert Tubak	HUN	1.3.79	4:22:32	
31.	Pavel Velicko	LTU	31.8.88	4:24:43	PB
32.	Andreas Nielsen	DEN	29.2.88	4:29:38	PB
33.	Jakub Zajíc	CZE	8.2.89	4:33:57	
34.	Lukáš Gdula	CZE	6.12.91	4:37:40	PB
35.	Ritvars Paliulis	LAT	23.12.91	4:41:16	PB
36.	Iurii Tatarciuc	MDA	26.6.83	4:47:38	
37.	Christer Svensson	SWE	15.12.69	4:51:20	
38.	Oleksandr Lukyanchuk	UKR	27.6.84	4:54:13	
39.	Jiří Žák	CZE	7.4.71	4:56:19	PB
40.	Zdenko Medera	SVK	1.1.75	4:58:21	
41.	Rafał Gołowski	POL	24.10.88	4:58:52	
42.	Zsolt Marinka	HUN	8.7.87	5:03:22	PB
43.	Radek Pařízek	CZE	82	5:05:29	PB
44.	Dávid Koltai	HUN	30.3.83	5:13:45	
45.	László Venyericsán	HUN		5:18:12	PB
46.	István Csaba	HUN	23.9.59	5:25:19	PB
47.	Stanislav Albrecht	CZE	25.11.73	5:27:23	PB
	Javier González	ESP	4.2.83	DNF	
	Francisco Javier Fernández	ESP	6.3.77	DNF	
	Sándor Rácz	HUN	14.9.86	DNF	
	András Fábíán	HUN	25.3.86	DQ	
	Ferenc Major	HUN	30.3.61	DNF	
	Gábor Lengyel	HUN	24.10.74	DQ	
	Mario Alfonso Bran	GUA	17.10.89	DQ	
	Antonín Kozelka	CZE	27.11.85	DNF	
	Dan King	GBR	30.5.83	DNF	
	Sébastien Biche	FRA	1.2.73	DNF	
	Hervé Davaux	FRA	2.8.78	DNF	
	Ian Rayson	AUS	4.2.88	DNF	
	Feodosii Ciumacenco	MDA	27.1.73	DNF	
	Janusz Gołowski	POL	26.3.66	DNF	
	Maciej Rosiewicz	POL	31.7.77	DQ	
	Tomasz Zmudzki	POL	19.6.90	DQ	
	António Pereira	POR	10.7.75	DQ	
	Kazimír Verkin	SVK	27.3.72	DQ	
	Antón Kučmín	SVK	7.6.84	DNF	
	Ato Ibáñez	SWE	14.11.85	DNF	

In the associated 35km U23 event, Hungarian walker Máté Helebrandt walked with the main 50km group and was rewarded with a fine time of 2:39:18.

U23 Men 35 km walk

1.	Máté Helebrandt	HUN	12.1.89	2:39:18	PB
2.	Tibor Koléner	HUN	24.9.90	3:02:43	PB
3.	Dávid Tokodi	HUN	3.5.91	3:11:41	PB
4.	Dénes Papp	HUN	13.8.90	3:50:49	
	Karel Ketner	CZE	11.4.90	DNF	



Left: winner Matej Toth. Right: Ian Rayson

Centre: The chasing pack – Chris Erickson (11), Francisco Fernandez (3), Nathan Deakes (2), Rafal Augustyn (4) and Eder Sanchez (55)

Open Women 20km

By the time the 20km events started, the still conditions of the morning had been replaced by strong blustery winds and competitors had to battle hard. The Open Women's 20km event was another huge race with 67 starters. Czech Republic's Zuzana Schindlerová, the winner in Dudince 12 months ago and the 2009 European Athletics U23 Championships silver medallist, took the early lead along with Ukrainian walkers Nadya Borovska and Olha Yakovenko. Ireland's World championships medallist Olive Loughnane started conservatively in her first race since stomach problems forced her to drop out of the European Athletics Championships 20km walk last summer but she was soon on the attack, catching the leaders by the half way mark and storming home to win in 1:32:40. Schindlerová finished strongly to take second in 1:33:51, 8 secs ahead of Borovska. Australian **Cheryl Webb** was obviously still tired after her walk last week in Lugano and retired mid race.

1.	Olive Loughnane	IRL	14.1.76	1:32:40	
2.	Zuzana Schindlerová	CZE	25.4.87	1:33:51	
3.	Nadiya Borovska	UKR	25.2.81	1:33:59	
4.	Agnieszka Szwarnóg	POL	28.12.86	1:35:15	PB
5.	Olha Yakovenko	UKR	1.6.87	1:35:24	
6.	Paulina Buziak	POL	16.12.86	1:35:49	
7.	Lucie Pelantová	CZE	7.5.86	1:36:35	
8.	Semiha Mutlu	TUR	1.1.83	1:37:06	PB
9.	Mari Olsson	SWE	27.4.86	1:37:29	PB
10.	Ana Maria Groza	ROU	1.6.76	1:40:07	
11.	Anita Kažemāka	LAT	30.5.90	1:40:18	
12.	Charlyne Czychy	GER	14.3.92	1:41:48	PB
13.	Anett Torma	HUN	2.4.84	1:44:47	
14.	Inga Mastianica	LTU	13.6.89	1:44:51	
15.	Agnieszka Ellward	POL	26.3.89	1:45:01	PB
16.	Mária Czaková	SVK	2.10.88	1:46:57	
17.	Jolanta Karaś	POL	9.3.89	1:47:54	
18.	Eszter Bajnai	HUN	15.5.89	1:49:38	PB
19.	Anita Mészáros	HUN	24.10.88	1:51:06	
20.	Miroslava Stašová	SVK	14.2.86	1:52:55	PB
21.	Barbora Strnadová	SVK	19.1.89	2:15:52	
	Cheryl Webb	AUS	3.10.76	DNF	
	Karolína Škrášková	CZE	6.1.87	DNF	
	Carne Robles	ESP	25.10.71	DNF	
	Agnieszka Dygacz	POL	18.7.85	DNF	
	Katarzyna Kwoka	POL	29.6.85	DNF	
	Lucyna Chruściel	POL	29.6.89	DNF	
	Agata Litwiniuk	POL	6.10.91	DQ	
	Katarzyna Śleziona	POL	1.5.70	DNF	

Open Men 20 km walk

In the Open Men's 20km, Andriy Kovenko of Ukraine stormed through the first 2km in around 7:50 and never let up from there, passing the half way mark in just over 40 minutes and finishing in a PB of 1:21:44. German Carsten Schmidt was 2nd in 1:24:39 ahead of Serbian walker Predrag Filipović who recorded 1:26:30. German walker Hagen Pohle, winner of the 2009 World Youth Championships, finished 5th in a very good debut time of 1:29:50.

1.	Andriy Kovenko	UKR	25.11.73	1:21:44	PB
2.	Carsten Schmidt	GER	29.5.86	1:24:39	
3.	Predrag Filipović	SRB	5.10.78	1:26:30	
4.	Oleksiy Kazanin	UKR	22.5.82	1:26:38	
5.	Hagen Pohle	GER	5.3.92	1:29:50	PB
6.	Milan Rizek	SVK	5.1.78	1:33:36	
7.	Jeffrey Cassin	IRL	15.12.71	1:34:35	
8.	Janis Strautins	LAT	18.6.89	1:36:26	PB
9.	Serhiy Datsenko	UKR	19.4.90	1:37:09	PB
10.	Mirosław Luniewski	POL	25.1.57	1:47:54	PB
11.	Guillem Pérez	ESP	26.10.83	1:49:32	PB
12.	Waldemar Malecki	POL		1:58:21	PB
13.	Zbigniew Kwita	POL		1:59:41	PB
14.	Dániel Balázs	HUN	10.5.88	2:05:42	PB
	Jiří Malysa	CZE	14.8.66	DNF	
	Aléxandros Papamihail	GRE	18.9.88	DNF	
	Stephen Allen	GBR	1.5.56	DNF	
	Pavel Schrom	CZE	20.3.91	DQ	
	Jiří Malysa	CZE	15.5.91	DNF	
	Dawid Wolski	POL	15.6.89	DQ	
	Łukasz Augustyn	POL	29.11.90	DNF	
	Paweł Gawroński	POL	13.4.90	DNF	
	Paweł Malecki	POL	22.5.91	DQ	



20km: Andriy Kovenko (128), Olive Loughnane (149), Olha Yakovenko (169), Zuzana Schindlerová (139) and Nadiya Borovska (168)

The Under 20 10km races saw convincing wins by Ukrainian Igor Puzanov in 43:28 and Ireland's Kate Veale in 46:43. Both Puzanov and Veale walked impressively and should be in contention for medals at the 2011 European Athletics Junior Championships in Tallinn, Estonia, this summer. Slovakian Patrik Spevak was even more impressive in winning the U18 Boys 10km in 43:23, advertising that he will be one to watch at the IAAF World Youth Championships in Lille, France, this summer. Czech Republic's Anezka Drahotova was the best in the U18 Girls' 5km with 23:03 and she should also be competitive in the World Youth championships later this year. The results below only show the first few places in each event. Full results can be sourced from <http://www.tilastopaja.org/staticresults/ea12807934.htm>

U20 Men 10km walk

1.	Ihor Puzanov	UKR	10.10.93	43:28	
2.	Peter Tichý	SVK	25.6.93	44:50	PB
3.	Nils Brembach	GER	23.2.93	44:54	PB
4.	Viktor Márkus	HUN	29.10.92	44:59	PB
5.	Jakub Herba	POL	19.2.92	45:01	PB
6.	Marcel Faber	SVK	27.4.92	45:09	
7.	Miklós Domonkos	HUN	6.3.93	45:26	PB
8.	Lukasz Kostka	POL	19.9.94	45:27	PB
9.	Maryan Pulyak	UKR	28.3.94	45:46	
10.	Yuriy Shvaryk	UKR	1.5.94	45:50	PB

U20 Women 10 km walk

1.	Kate Veale	IRL	5.1.94	46:43	PB
2.	Natalia Plomińska	POL	30.7.92	48:48	PB
3.	Barbara Kovács	HUN	26.7.93	50:19	PB
4.	Maeve Curley	IRL	24.10.92	50:55	PB
5.	Tetyana Davydenko	UKR	12.10.91	52:21	PB

U18 Men 10 km walk

1.	Patrik Spevák	SVK	30.7.94	43:23	PB
2.	Andrej Dolinský	SVK	31.12.94	48:14	PB
3.	Martin Spevák	SVK	17.10.95	48:21	PB
4.	Martin Priškin	SVK	24.5.95	58:21	PB
5.	ilan Linkeš	SVK	2.11.95	59:22	PB

U18 Women 5 km walk

1.	Anežka Drahotová	CZE	22.7.95	23:03	PB
2.	Eliška Drahotová	CZE	22.7.95	23:45	PB
3.	Nikola Piliarová	SVK	14.7.94	24:11	PB



Irish U20 winner Kate Veale – a very fast 46:43

ACT WALKERS CLUB RESULTS, AIS ATHLETICS TRACK, BRUCE, THURSDAY 24 MARCH
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Thanks to Robin Whyte for his weekly report from Canberra

5000m	1 Michael Reading 25:24 2 Colin Heywood 25:33 3 Ann Staunton-Jugovic 27:22 4 Peter Baker 27:46 5 Robin Whyte 30:05 6 Jane Bates 32:13 7 Kate Black 32:38 8 Doug Fitzgerald 32:44 9 Geoff Barker 33:40 10 Rod Gilchrist 34:13 11 Bryan Thomas 34:53 12 Jennifer Gilchrist 35:58 13 Terry Munro 36:31 14 Val Chesterton 41:13.
3000m	1 Harry Bates 14:50 2 Zoe Hunt 16:43 3 Ally Durr 17:03 4 John Donovan 21:07 5 Callum Doherty 22:45.
1500m	1 Thomas Hopkins 07:44 2 Callum Burns 07:50 3 Gabby Hunt 08:11 4 Karina Hopkins 08:20 5 Jack Durr 08:34 6 Spencer Burns 09:04 7 Gina Etienne 12:05 8 Trish Thomas 16:10.

BENDIGO WALKERS CLUB WALKS, LATROBE UNI TRACK, BENDIGO, WEDNESDAY 23 MARCH

Thanks to Paul Rance for his final weekly report of the summer from Bendigo Walkers Club.

The Bendigo Walkers Club held their final race day of the Summer walking Season last Wednesday evening with a teams race and end of Season presentations held at the Latrobe University Bendigo Athletic Complex.

The Teams race consisted of teams of 3 walkers completing 10 laps of the 400m track in sets of 2 laps or 4 laps with each walker having to complete a minimum of 2 laps and a maximum of 4 laps. The combination of Josh Savage, Barb Bryant, Annette Curtis and Catherine Heard won the event from the Peter Curtis captained team in 2nd place. Club record performances in the teams race came from Annette Major as she broke Barb Bryant's 45+ Club record while Barb Bryant set a new record time in the 55+ age group with Paul Rance equalling Geoff Major's long standing record in the 50+ age group which was set in the Club's first year of competition in 1988.

1. Josh Savage 2 x 800m 4.06 - 3.46, Barb Bryant 2 x 800m 4.21 - 4.16, Annette Curtis 1 x 800m 5.10, Catherine Heard 1 x 800m 5.18
2. Peter Curtis 2 x 800m 3.52 - 3.47, Dane Heiden 2 x 800m 3.58 - 3.51, Jamie-Lee Jones 1 x 800m 6.36
3. Jeremiah Jones 2 x 800m 4.06 - 4.19, Annette Major 2 x 800m 4.10 - 4.06, Norm West 1 x 800m 6.12
4. Amanda Heard 2 x 800m 3.52 - 3.53, Jarrod Coad 2 x 800m 4.44 - 4.51, Ebony-Jade Jones 1 x 800m 5.38
5. Paul Rance 2 x 800m 3.38 - 3.38, John Carter 1 x 1600m 10.04, Colin Cleary 1 x 800m 5.39

The Summer Season awards were presented on the night with the coveted Walker of the Year award won by Annette Curtis with Barb Bryant 2nd and Josh Savage in 3rd place while the Club Champion award was won for the 3rd year in a row by Ebony Whiley. Josh Savage won the Club Most Improved award and Ebony Whiley took out the Most Consistent and the long distance fastest time award, John Carter won the long distance aggregate while Peter Curtis won the short distance aggregate and short distance fastest time award.

Meanwhile 3 Club athletes competed in walk events at last weekends State Little Athletics Titles with Zoe Boldiston winning the under 14 girls 1500m walk just 1 week after winning the Athletics Australia National under 15 3km walk Title in Sydney while Jeremiah Jones took 5th place in the under 14 boys event while youngster Zahra Hayes contesting her first State Title raced to a massive personal best time as she took 6th place in the under 10 girls 1100m walk.

The Bendigo Walkers Club's walk program for the Winter - Spring months will commence on Sunday 1st May at 9-30am at Lake Neanger Eaglehawk with 2km and 8km Sealed handicap events being held. Any person of any age interested in coming along and having a walk during the Winter Months is welcome to attend for further enquiries phone 5442 6435 or 0400649610.

TASMANIAN LITTLE ATHLETICS T&F CHAMPIONSHIPS, HOBART, 12-13 MARCH

Thanks to Catherine Phillips who passed on the results from the Tasmanian Little Athletics T&F Championship walks, held a couple of weeks ago. A lot of walkers were in action so I have restricted my result set to the top 5 placings in each event. I think the walk of the meet had to be that of Tahlia Hunt who won the U13 1500m with a time of 7:28.0.

GIRLS U9 700m Walk

1.	Madi Withrington	HV	4:28.9
2.	Jessica Minifie	CLA	4:31.3
3.	Laura Phair	QBG	4:31.9
4.	Jessica Upton-Greer	SL	4:35.4
5.	Grace Howard	LFD	4:35.7

BOYS U9 700m Walk

1.	Jesse James	DPT	4:26.8
2.	Tamru Midson	NE	4:31.3
3.	Bayley Campbell	ED	4:51.0
4.	Ben Saint-John	BNE	4:58.5
5.	5 Fergus Fletcher	HD	5:31.1

GIRLS U10 1100m Walk

1.	Arabella Phillips	SL	6:27.4
2.	Georgia Sproule	HD	6:49.3
3.	Isabella Darsaklis	LFD	6:49.5
4.	Kirrily Garwood	ED	6:49.6
5.	Charlotte Rand	LFD	6:54.2

BOYS U10 1100m Walk

1.	Matthew Mason	SL	6:57.0
2.	Connar Walker	ED	7:30.0
3.	Conor Healey	SL	7:47.5
4.	Connor Sproule	HD	8:02.3
5.	Joshua Tyson	SL	8:06.7

GIRLS U11 1100m Walk

1.	Alice Randall	ED	6:36.2
2.	Emily Harris	SL	6:38.2
3.	Milly Wickham	SL	6:43.5
4.	Portia Hamilton	SL	6:49.7
5.	Jennifer O'Connor	HV	7:37.0

BOYS U11 1100m Walk

1.	Tyson Barrett	ED	6:10.6
2.	Ben McShane	LFD	6:39.0
3.	Matthew Duggan	SL	6:57.8

4.	Aidan Piper	BNE	6:58.7
5.	Tyson Sauerwald	SL	8:40.0

GIRLS U12 1500m Walk

1.	Jemma Smith	SED	8:08.6
2.	Lili Wrigley	SL	9:11.5
3.	Caitlin Boerma	BNE	9:22.8
4.	Chelsea Wright	LTN	9:46.0
5.	Sarah Guy	ED	9:46.3

BOYS U12 1500m Walk

1.	Getasew Ferguson	SL	7:50.8
2.	Corey Stanley	SL	8:54.4
3.	Joe Randall	ED	9:51.2

GIRLS U13 1500m walk

1.	Tahlia Hunt	HD	7:28.0
2.	Fiona Smith	SED	8:15.6
3.	Bridget Foale	CLA	9:24.6
4.	Alexandra Wrigley	SL	9:54.2
5.	Jazmin Gorrie	BNE	10:22.9

BOYS U13 1500m Walk

1.	Callum Walker	SL	8:29.4
2.	Thomas Baker	LFD	8:46.8

GIRLS U14 1500m Walk

1.	Emma Walker	SL	7:29.2
2.	Hannah Harrison	CLA	8:13.0
3.	Alissia Pearson	LTN	9:09.4

BOYS U14 1500m Walk

1.	Jayden Brown	SL	7:48.0
2.	Samuel Pulford	DPT	9:12.3

GIRLS U15 1500m Walk

1.	Maddison Campbell	LFD	9:11.8
2.	Madelaine Luck	ED	11:27.4
3.	Nevenka McKenzie	ED	12:24.6

BOYS U15 1500m Walk

1.	Andrew Boerma	BNE	8:15.8
2.	Mitchell Walker	ED	9:16.8
3.	Trent Millhouse	ED	9:20.7
4.	Brody Mason	SL	9:39.7
5.	Matthew Howlett	ED	10:26.9

WA LITTLE ATHLETICS T&F CHAMPS, WA STATE ATHLETICS CENTRE, PERTH, 19-20 MARCH

The Western Australian Little Athletics Championships were held a week ago and we saw 126 walkers in action. My report is restricted to the first 5 in each race. The walking was of a high standard – special mentions to Corey Cullen U10 Boys 1100m 5:31.20, Simeon Leatherland U12 Boys 1500m 7:20.0, Lachlan Fehrman U14 Boys 1500m 6:36.23 and Holly Hughes U13 Girls 1500m 7:11.30.

U10 Boys 1100m Walk

1.	COREY CULLEN	GOS	5:31.20
2.	LUKE BUTTON	EH	5:37.88
3.	JAYLEN PARSONS	KSY	5:59.55
4.	ZACHARY NEWTON	CBN	5:59.72
5.	MICHAEL RADANOVIC	CBN	6:37.03

U11 Boys 1100m Walk

1.	JAKOB HAND	GOS	5:58.40
2.	TIMOTHY DIB	ING	6:08.12
3.	JESSE MELVILLE-NELSON	ING	6:18.21
4.	THOMAS CAMERON GURNER	KSY	6:53.68
5.	THOMAS MCDONALD	GOS	7:03.86

U12 Boys 1500m Walk			
1.	SIMEON LEATHERLAND	ING	7:20.00
2.	JEREMY HILL	SD	7:31.91
3.	MITCHELL LEES	KSY	7:46.15
4.	ALEXANDER-THOMAS NOLAN	ROC	8:31.40
5.	BRADLEY MANN	RW	8:41.38
U13 Boys 1500m Walk			
1.	ZACK ELDRIDGE	SD	8:01.80
2.	RILEY BURKE	CBN	8:07.16
3.	KYLE NANKIVELL	ROC	8:09.58
4.	ANGUS KIRKER	MEL	8:31.47
5.	BLAKE KEEN	BAY	8:54.82
1. U14 Boys 1500m Walk			
2.	LACHLAN FEHRMAN	ALB	6:36.23
3.	LUCAS BRYAN OATES	KSY	7:32.91
4.	DAVID O'BRIEN	GOS	7:41.34
5.	LACHLAN MCDONALD	GOS	7:41.55
6.	STEPHEN CLOUGH	KSY	7:59.76
U15 Boys 1500m Walk			
1.	ZAC PARTINGTON	BEL	6:35.10
2.	ETHAN-LEE NOLAN	ROC	6:54.10
3.	JACOB PRIEST	GOS	7:37.89
4.	LIAM MCENTEE	KSY	7:50.77
5.	BRENDON CARROD	BAY	9:11.30
U16 Boys 1500m Walk			
1.	JACOB DIB	ING	6:45.80
2.	ROBBIE GILCHRIST	CBN	7:17.18
3.	AYDEN WOOD-STIBBLEY	GOS	7:32.98
4.	ETHAN LEURS	GOS	7:49.78
5.	COREY LITTKE	BAY	7:57.04
U17 Boys 1500m Walk			
1.	DALE HENNIGHAN	RW	6:52.00
2.	CAMERON JONES	ING	8:20.88
3.	BENJAMIN THROSSELL	SD	11:49.34
U10 Girls 1100m Walk			
1.	ALANA REES	MEL	5:45.60
2.	TIAHNA RUANE	GOS	5:55.47
3.	AMANDA EDWARDS	RW	6:18.03
4.	ALEXANDRA HOLDCROFT	BDS	6:27.19
5.	KELSEY EASTWOOD	EH	6:31.40
U11 Girls 1100m Walk			
1.	MIKAYLA JOHNS	MEL	5:43.40
2.	ELLA MANSO-VUKOVICH	ING	5:53.34
3.	MELISSA BULTER	GOS	5:54.88
4.	CASSIA BOGLIO	MEL	6:15.03
5.	CHEYENNE YATES	MEL	6:29.89
U12 Girls 1500m Walk			
1.	LAUREN LOWREY	MEL	8:01.90
2.	SHANIA WEST	GOS	8:11.10
3.	JAYDE FRANK	SD	8:16.19
4.	SARAH GEE	SD	8:50.90
5.	LUCIE MARTINO	ING	9:03.41
U13 Girls 1500m Walk			
1.	HOLLY HUGHES	MEL	7:11.30
2.	CHLOE PRIEST	GOS	7:34.85
3.	CARLA UNICOMB	SD	7:39.30
4.	JENNIFER DELPUP	SD	8:10.60
5.	COURTNEY STEWART	MEL	8:16.24

U14 Girls 1500m Walk

1.	KATE HOLT	MEL	7:23.20
2.	RAQEEMA EVANS	ING	7:32.88
3.	EMMA NORRIS	DL	7:55.24
4.	JEMMA BROWN	RW	8:17.76
5.	EMILY HADWIGER	CBN	8:23.54

U15 Girls 1500m Walk

1.	ELENA GOH	MAL	7:09.50
2.	BREANNA BROWN	RW	7:29.98
3.	BROOKE BARRITT	ROC	7:36.98
4.	JASMINE KEMPA	RW	8:08.77
5.	CASSANDRA PAGE-WILSON	GER	11:42.50

U16 Girls 1500m Walk

1.	TIFFANY D'AGNONE	GOS	7:02.00
2.	HANNAH WATSON	MEL	7:06.74
3.	KATIE SQUIERS	GOS	7:56.20
4.	SANTI WARDANA	BAY	8:20.18
5.	MEGAN BRUCE	GOS	8:42.11

U17 Girls 1500m Walk

1.	ANDREA HAHN	KSY	7:48.50
2.	EBONY CHRYSTIE	GOS	7:58.16
3.	MELISSA IERACE	BAY	8:40.44
4.	SAMANTHA HILTON	ROC	8:55.62
5.	TAYLA HARTLEY	PD	9:44.65

QUEENSLAND LITTLE ATHLETICS T&F CHAMPS, BRISBANE 25-27:ARCH

Queensland Little Athletics also hosted its annual T&F championships last weekend with 153 walkers in action. Unfortunately there were a total of 40 disqualifications so there must have been a lot of very disappointed walkers out there. I restrict the results to the first 5 in each division. See https://assets.clubsonline.com.au/assets/console/news/attachments/fri_sat.htm for the full result set. Special mention to Katie Hayward who won the U11 Girls 1100m with 5:34.74.

Girls Under 9 700m Walk

1.	Caitlin Hannigan	Beaudesert	3:54.46
2.	Teagan Woods	Twin Towns	4:32.60
3.	Jasmine McRoberts	Redcliffe	4:32.66
4.	Melinda Larsen	Deception Bay	4:44.65
5.	Jessica Moffat	Gracemere	4:45.21

Girls Under 10 1100m Walk

1.	Tahliah Thomson	Beaudesert	6:26.75
2.	Hayley Wright	Ipswich	6:39.46
3.	Lily Bougoure	Noosa	6:50.07
4.	Michaela Bell	Jimboomba	7:01.80
5.	Jenna Lawrence	Springwood	7:04.77

Girls Under 11 1100m Walk

1.	Katie Hayward	Gold Coast	5:34.74
2.	Taylor McCarthy-Smith	Centenary	5:43.47
3.	Riley Sims	Aspley	6:08.92
4.	Kelly McNamara	Rosewood	6:13.34
5.	Clancy Smith	Noosa	6:25.34

Girls Under 12 1500m Walk

1.	Jose Long	Toowong Harriers	8:20.09
2.	Maria Leen	Redlands	8:26.12
3.	Sophie Henderson	Kedron	9:10.55
4.	Mareli Muller	Redlands	9:41.75

Girls Under 13 1500m Walk

1.	Emma Henderson	Townsville Cent	8:20.77
2.	Natasha Simpkins	Twin Towns	8:32.08
3.	Katrina Riese	Toowong Harriers	8:46.11
4.	Jamie Howell	Redlands	9:03.95
5.	Rhiana Webber	Ipswich	9:19.65

Girls Under 14 1500m Walk		
1.	Katya Martin	Beenleigh 7:33.11
2.	Jesse Sims	Aspley 7:58.37
3.	Tess Carroll	Redlands 8:09.63
4.	Erin Montgomery	Gold Coast 8:19.73
5.	Jordan Smyth	North Mackay 8:30.45
Girls Under 15 1500m Walk		
1.	Lucy-Rose Boardman	Redcliffe 8:17.20
2.	Samantha Hooper	Noosa 8:28.36
3.	Jessica Haig	Caloundra 8:36.75
4.	Melanie Simpkins	Twin Towns 8:50.87
5.	Denita Gehan	Aspley 9:10.42
Girls Under 17 1500m Walk		
1.	Jody Cullen	Ipswich 8:10.47
2.	Casey Sims	Aspley 8:45.41
3.	Jessica Wright	Sunnybank 9:21.78
4.	Daniella Volling	Caboolture 9:54.32
5.	Rebekah Birkett	Deception Bay 10:15.46
Boys Under 9 700m Walk		
1.	Jean-Luc Fuller	Redlands 4:36.87
2.	Declan Battensby	Ipswich 4:57.97
3.	Ben Jeffrey	Souths 5:01.91
4.	Leo Langbridge	Noosa 5:07.49
5.	Sean Brackin	Strathpine 5:25.77
Boys Under 10 1100m Walk		
1.	Will Morris	Redlands 6:06.38
2.	Sean Bentley	Noosa 6:12.30
3.	Callum Haig	Caloundra 6:27.21
4.	Benjamin Champley	Twin Towns 6:39.72
5.	Alex Dando	North Mackay 7:00.93
Boys Under 11 1100m Walk		
1.	Jamie McCutcheon	Redlands 6:16.88
2.	Bradley Gibson	Mudgeeraba 6:22.97
3.	Adam Sganzerta	Souths 7:00.86
4.	Joshua Law	Redcliffe 7:46.53
5.	Nicholas Summerville	Rosewood 7:47.54
Boys Under 12 1500m Walk		
1.	Samuel Dando	North Mackay 8:35.86
2.	Oluwagbenga Akinboye	Redlands 8:56.27
3.	Ben Mingin	Gin Gin 8:56.52
4.	Noah Humphreys	Toowong Harriers 8:58.09
Boys Under 13 1500m Walk		
1.	Trent Miles	Redlands 7:30.70
2.	Luke McCutcheon	Redlands 7:36.50
3.	Connor Lehane	Toowong Harriers 7:40.50
4.	Brandon Pritchard	Aspley 8:10.51
5.	Trent Kinnersly	North Mackay 9:50.69
Boys Under 14 1500m Walk		
1.	Todd Grevsmuhl	Beenleigh 8:33.08
2.	Tyson Keong	Caboolture 9:14.78
Boys Under 15 1500m Walk		
1.	Ben Tesch	Strathpine 7:30.07
2.	Liam Murrhly	Noosa 8:07.47
3.	Corey Nicholson	Redlands 8:32.18
4.	Aidan Titheradge	Maleny 8:50.96
Boys Under 17 1500m Walk		
1.	Elliot Hodgson	Gladstone 6:38.74
2.	Matthew Cunningham	Wynnum Manly 6:53.00

SA OPEN AND OVER AGE CHAMPIONSHIPS, SANTOS STADIUM, ADELAIDE, 23 & 27 MARCH

Thanks to Peter Crump for this final report from Adelaide to close their summer season.

Our final week of summer competition saw the SA Open and Over Age Championships over two days, the 5,000 metres on Wednesday, backing up for the 10,000 metres on the Sunday. Paige Hooper and Kristie Goznik went head to head over both 5,000 and 10,000, while Peter Crump and Jim Hoare at least made Darren Bown turn up to earn his open medals.

Paige Hooper continues to improve her times (23:57 and 51:45), having worked all summer on her technique, which has shone through over the last few weeks. Not to be outdone, Kristie Goznik walked a smart time over 5,000 (24:48) and a track PB over the 10,000 (53:58). Without wanting to put the mockers on Kristie, a good strong season lies ahead after a strong four weeks end to the summer season. Darren Bown took out both 5,000 and 10,000 distances for the umpteenth time in South Australia, and is building up for another local and interstate season.

A week's lay off before the winter program kicks in in earnest.

Open Women 5,000, Wednesday 23 March

- | | | |
|----|----------------|---------|
| 1. | Paige Hooper | 23:57.1 |
| 2. | Kristie Goznik | 24:48.3 |

Open Women 5,000, Wednesday 23 March

- | | | |
|----|-------------|---------|
| 1. | Darren Bown | 21:34.4 |
| 2. | Peter Crump | 27:41.6 |

Over 35 Men 3,000, Wednesday 23 March

- | | | |
|----|-------------|---------|
| 1. | James Hoare | 21:04.7 |
|----|-------------|---------|

Open Women 10,000, Sunday March

- | | | |
|----|----------------|---------|
| 1. | Paige Hooper | 51:45.3 |
| 2. | Kristie Goznik | 53:58.0 |

Open Men 10,000, Sunday March

- | | | |
|----|-------------|---------|
| 1. | Darren Bown | 46:33.2 |
| 2. | Peter Crump | 57:09.7 |

NSW T&F CHAMPIONSHIPS, SOPAC, SYDNEY, SUNDAY 25-27 MARCH

Nicole Fagan and Kyle Malone won the NSW 5000m walk championships last Saturday afternoon in Sydney.

Women 5000 Metre Walk Open

- | | | | | |
|----|--------------|----|----------------|----------|
| 1. | Nicole Fagan | 22 | Sydney Pacific | 24:00.08 |
| 2. | Kirsty Klein | 17 | Sydney Wests | 25:38.34 |

Men 5000 Metre Walk Open

- | | | | | |
|----|-----------------|----|--------------|----------|
| 1. | Kyle Malone | 20 | Nepean Distr | 22:45.82 |
| 2. | Steven Washburn | 17 | Nepean Distr | 23:52.17 |

QUEENSLAND OPEN T&F CHAMPIONSHIPS, QSAC, NATHAN, 25-27 MARCH

The Open 5000m walks at the Queensland T&F Championships were scheduled on Saturday evening but Brad Aiton was the only one to take up the offer of a State championship medal – he won the men's event in a very good 22:22.80. With the State Little Athletics champs (for age groups up to U17) on the same weekend and with the end of a long season in sight, he was the sole entrant.

Men 5000 Meter Race Walk Open

- | | | | | |
|----|------------|----|-----|----------|
| 1. | Brad Aiton | 17 | Gcv | 22:22.80 |
|----|------------|----|-----|----------|

QMA CHAMPIONSHIPS, GRIFFITH UNIVERSITY, GOLD COAST, QUEENSLAND, SUNDAY 27 MARCH

Thanks to Robyn Wales for the Queensland Masters walk results from last Sunday at Griffith University on the Gold Coast.

1500m Walk

- | | | |
|----|-----------------|-------------|
| 1. | Paul Lindenberg | 7:51.3 (Pb) |
| 2. | Kay Shaw | 8:41.2 |
| 3. | Patrick Sela | 9:32.1 |
| 4. | Sally Lynch | 10:03.4 |
| 5. | Richard Lynch | 10:47.4 |
| 6. | Robyn Wales | 11:00.5 |

7. Christiane Dauphinet 11:35.9

3000m Walk

1. Richard Lynch 22:19.8

5000m Walk

1. Paul Lindenberg 28:22.2 (Pb)
2. Kay Shaw 30:49.3 (Pb)
3. Patrick Sela 32:41.4
4. Sally Linch 34:25.2
5. Christiane Dauphinet 39:26.5

WA T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 25-27 MARCH

Women 3000 Meter Race Walk U16

1. Holt, Kate MLV 15:35.44
2. Hughes, Holly MLV 16:00.56
3. Barritt, Brooke M/RO 16:57.45

Women 3000 Meter Race Walk U14

1. Radovic, Anastasija AWA 19:42.30

Men 3000 Meter Race Walk U14

1. Hill, Jeremy CUT 16:01.46

Women 5000 Meter Race Walk U18

1. Holt, Kate MLV 27:17.54
2. Brown, Breanna AWA 29:08.43
3. Hughes, Holly MLV 30:13.42
Watson, Hannah MLV DNF
D'Agnone, Tiffany AWA DQ

Men 5000 Meter Race Walk U18

Partington, Zac WALA DQ
Hill, Jeremy CUT DQ

Men 5000 Meter Race Walk U20

1. Hennighan, Dale AWA 26:12.38

FOCUS ON REGAN LAMBLE – ABC NEWS

The following news item was seen on the 7PM ABC News in Canberra on Thursday March 24 – it's a beauty and focuses on Regan Lamble, now into her second year as an AIS scholarship holder. Great to see walking getting more exposure with the mainstream media. See <http://www.abc.net.au/news/video/2011/03/24/3173133.htm?site=canberra§ion=sport&date=%28none%29>

FOCUS ON JARED WALKER

The Geelong centre has long been a source of excellent walkers, none better of course than Nathan Deakes. At the moment, the city is richer than ever in young talented walkers. The list includes Jmara and Harry Hockley-Samon, Lewis Clark, Josh Dillon, Nicholas Mirarchi, Dan Payne and Jared Walker. With Jared's convincing win in the VLAA U15 1500m last week, I thought it opportune to zoom in and have a look at this promising young walker.

Jared, born in October 1995, won the VLAA U13 1500m at the VLAA T&F Championships (7:40) in March 2009 in his first season of walking. With this initial success under his belt, he decided to test himself out in this walking game a bit more. He joined the Victorian Race Walking club along with his younger sister Megan (herself a very good walker) and embarked on the Winter 2009 season. Walking as a 13 year old, he had a great first season with 3rd in the LBG U14 2km (10:22) in June and 2nd in the Victorian 5km U16 (27:30) in August.

Come the 2009/2010 summer season, his times were vastly improved and he took gold in the U14 VLAA 1500m in March in 6:49. Unfortunately his plans for the winter had to be put on the backburner as he had the opportunity to spend a term away at the Education Department's Gnrud-Gundidj Campus at the School for Student Leadership - a term long residential program focusing on leadership skills, personal development and team learning projects through an outdoor education program. He came back at the end of the winter for two walks, finishing 3rd in the Victorian U16 5km (25:29) and 5th in the Australian U16 5km (24:56) in August, both PBs on a very limited preparation.

This summer, he has produced more excellent performances, starting in October with a win in the VSSSA U16 1500m walk in a PB 6:38 and culminating in a win in the VLAA U15 1500m walk (6:29) in March. This is his third VLAA T&F Championship win in 3 years of competition. In the leadup to that event, he walked a 1500m Corio Centre record of 6.13 and recently walked an unofficial 5.59 (unofficial as he did it as a split in a AV Shield 2000m event). Unfortunately, with Nathan Brill unable to walk in the VLAA State championships, we were not able to see what would have been an excellent contest.

Jared has yet to really test himself out at the National level, being content up till now to confine his walking mainly to the local Victorian front but he is a walker to watch over the next few years. Like a number of our other up and coming walkers, he is a keen distance runner and is currently training for a half marathon. He is coached by Harold and Tyne Boddy - their group "H's Army" includes Corio & Geelong Little Athletics athletes as well as Josh Dillon (ex-Corio Little A's).

This season Jared coached a newcomer to our sport – Lachlan Wilson. When he started with Lachlan, he was just outside the Little A's walk qualifying standard of 8:30 for U10 Boys. At the VLAA State Final, Lachlan won a silver medal in a time of 6:14.02 behind Harry Hockley-Samon. Him mum commented "I think Jared was just as happy with this as he was with his own win."



**Left: Jared wins the U14 1500m VLAA championship in March 2010 in a time of 6:38
Right: Jared with Lachlan Wilson after their 2011 VLAA State medals**

WORLD YOUTH GAMES TEAM ANNOUNCED



Off to the World Youths - Brad Aiton (44:00), Amy Burren (23:52), Jessica Pickles (23:42) and Jesse Osborne (44:45)

Athletics Australia has announced the makeup of the Australian team to contest the 2011 World Youth Championships in early July in Lille, France – see http://www.athletics.com.au/news/news/2011/march/twenty-seven_bound_for_2011_ja. Amongst the 27 athletes are the maximum of 4 walkers

Girls 5000m Walk	Amy Burren (VIC), Jessica Pickles (QLD)
Boys 10000m Walk	Brad Aiton (QLD), Jesse Osborne (QLD)

As these were the only walkers to reach the required standards (Girls 24:00, Boys 45:00), it was always just a question of whether they would all be selected and it is great to see that the selectors have shown faith in them all. Amy is coached by Simon Baker while Jessica, Brad and Jesse are all coached by David Smith. Well done to Simon and David on their good work in getting their athletes ready so well.

15TH PAN AMERICAN RACE WALKING CUP, ENVIGADO, COLOMBIA, 26-27 MARCH

Athletes representing 17 countries (Bolivia, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Ecuador, El Salvador, United States, Guatemala, Mexico, Panama, Peru, Puerto Rico, Dominican Republic and Venezuela) participated in the 15th Pan American Race Walking Cup last weekend in the municipality of Envigado (Medellin) in Colombia. 50km, 20km and 10km roadwalk events were held over a 2.5km circuit with a start/finish outside the Envigado Municipal Stadium. At an altitude of nearly 1800m, it was a true high altitude meet and, as expected, the Colombians and Mexicans fought out for the title of top country. Colombia in particular has a bid crop of top line senior and junior walkers and is becoming a world force. The first 10 from each race are shown below. Full details may be sourced from <http://www.fecodatle.org/20110226161/noticias/challenger-de-marcha-iaaf-chihuahua-mexico.html>

20km Men

1.	LUIS FERNANDO LOPEZ	COL	1:25:04
2.	ERICK BERNABE BARRONDO GARCIA	GUA	1:25:56
3.	GIOVANNI TORRES	MEX	1:26:18
4.	DIEGO FLOREZ	MEX	1:26:23
5.	ISAAC PALMA	MEX	1:26:38
6.	FERNEY ALEXIS ROJAS MESA	COL	1:27:08
7.	ANIBAL EDUARDO PAAU	GUA	1:28:02
8.	JOSE MAURICIO ARTEAGA SANCHEZ	ECU	1:29:14
9.	DAVID MEJIA	MEX	1:29:37
10.	CAIO OLIVEIRA DE SENA BONFIM	BRA	1:31:00

20km Women

1.	JAMY AMARILIS FRANCO NUÑEZ	GUA	1:36:04
2.	ARABELLY ORJUELA SANCHEZ	COL	1:36:12
3.	INGRID HERNANDEZ CASTILLO	COL	1:37:18
4.	CISIANE DUTRA LOPES	BRA	1:38:02
5.	SANDRA VIVIANA GALVIS GOMEZ	COL	1:38:20
6.	GUADALUPE SANCHEZ	MEX	1:38:44
7.	MONICA EQUIHUA	MEX	1:38:44
8.	ERICA ROCHA DE SENA	BRA	1:38:45
9.	PAOLA BIBIANA PEREZ SAQUIPAY	ECU	1:39:35
10.	CLAUDIA BALDERRAMA IBAÑEZ	BOL	1:39:41

Junior Men 10km

1.	EIDER ORLANDO AREVALO TRUCHE	COL	40,39
2.	JOSE LEONARDO MONTAÑA AREVALO	COL	41,50
3.	JESUS VEGA	MEX	42,28
4.	CRISTIAN GOMEZ	MEX	43,07
5.	JHON ALEXANDER CASTAÑEDA	COL	43,31
6.	BRYAN DANIEL PINTADO ALVAREZ	ECU	43,39
7.	USIEL SANCHEZ	MEX	44,28
8.	MARCO ANTONIO RODRIGUEZ PARDO	BOL	45,40
9.	NIEL PAVEL VLADIMIR GARCIA JOIJA	PER	45,53
10.	TYLER SORENSEN	USA	46,25

Junior Women 10km

1.	YANELLI CABALLERO	MEX	47,23
2.	GABRIELA KIMBERLY GARCIA LEON	PER	49,13
3.	YULI MAGALI CAPCHA CORONACION	PER	49,34
4.	LORENA ARENAS CAMPUZANO	COL	49,51
5.	WENDY GABRIELA CORNEJO ALIAGA	BOL	50,36
6.	SANDRA NEVAREZ	MEX	50,51
7.	ANGELA MELANIA CASTRO CHIRIVECHZ	BOL	51,29
8.	MARIA MENA	MEX	52,04
9.	MAGALY BEATRIZ BONILLA SOLIS	ECU	53,30
10.	ANA KARINA BUSTOS ZEAS	ECU	54,22

50km Men

1.	CRISTIAN BERDEJA	MEX	03:59:14
2.	FREDY HERNANDO HERNANDEZ	COL	03:59:40
3.	JAIIME ROLANDO SAQUIPAY PAÑI	ECU	04:01:20
4.	NESTOR MAURICIO RUEDA PALACIOS	COL	04:10:14
5.	RODRIGO MORENO MUNERA	COL	04:13:27
6.	JOSE VENTURA	MEX	04:15:22
7.	CLAUDIO VITORIO CAMPELO	BRA	04:22:46
8.	LUIS SOLIS	MEX	04:27:08
9.	BERNARDO CALVO AGUILAR	CRC	04:29:58
10.	WASHINGTON DAVID GUEVARA CASTILLO	ECU	04:30:10

MORE RESULTS FROM OVERSEAS

GENT (BEL): The 8th European Indoor Masters Championships were held at the Flanders Sports Arena in Gent, Belgium, from 16-20 March. It was a very large competition with some 3000 participants registered from 44 countries. Amongst the news flashes, I saw that Spanish walker Miguel Angel Prieto set a new World M45 indoor record of 12:14.77 for the 3000m walk. He was the 20 km bronze medallist at the 1986 European Championships in Stuttgart. It is too big a task for me to go through all the separate divisions and extract out the walkers so I will point those interested to the website <http://www.evaci2011.be/en/home>. You can pick up all the results from here in whichever categories you wish.

WHAT'S COMING UP

Next weekend sees the Victorian Masters T&F Championships at Doncaster. Apart from that, it looks fairly quiet on the local front.

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

2-3 April, 2011	Victorian Masters T&F Championships, Doncaster
Sun 10 April, 2011	VMA 5000m track champs and VRWC track races, Mentone Athletics Track, Mentone
16-17 April, 2011	Australian Centurions 24 Hour walk, Coburg, VIC.
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

Sat 30 April, 2011	VRWC Winter Season commences. Fixture includes AV 5km Teams Races, Middle Park
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	13 th 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

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

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 Alegre, Brazil**
2013 **8th World Youth T&F Championships, Donetsk, Ukraine**

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 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

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