



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Kyle Swan** for his wonderful U14 3000m time of 14:38 in Melbourne.

I have reviewed the performances reported in this week's newsletter and, boy, is it hard to even decide where to start. How do you choose between the huge number of great performers in the Sydney 5000m walk? Well, here goes with my picks:

- 23 year old **Tanya Holliday** who recorded the 4th fastest Australian 5000m of all time with her 42 sec PB winning time of 21:25.25. With that walk, she puts herself well and truly in contention for one of the 3 available Olympic spots
- 19 year old **Dane Bird-Smith** whose 5000m time of 19:02.59 was not only a 42 sec PB; it was also one of the fastest ever times by a 19 year old in Australia. Again, Dane must be counted as a contender for an Olympic berth if he can reproduce the same sort of form over the longer Olympic distance next weekend.
- 13 year old **Jemima Montag** whose 23:59.53 sets a new Victorian U16 record and whose time must be one of the fastest ever recorded in Australia by a walker of such tender years. The sky is the limit for this talented walker.
- 43 year old **Michelle Thompson** who walked an amazing 101.158km in the inaugural Injinji Canberra 12 Hour ultra distance event last Saturday night. At the same time that our top speedsters were in action in Sydney, Michelle was setting a new Australian standard in Canberra. You can read all about her performance later in the newsletter.

So read all about these performances and more below in the newsletter and then jump over and vote at <http://www.vrwc.org.au>.

SYDNEY TRACK CLASSIC, SOPAC, SYDNEY SATURDAY 18 FEBRUARY

The Sydney Track Classic 5000m was so well subscribed (40 entrants) that it was necessary to split the race into two with a B race at 4:50AM and the A race at 6PM last Saturday evening. This was a tough decision but it was needed to ensure that all had maximum opportunity to race well.

The B race was first up at 4:50PM and it saw some great walking from our younger walkers. Harry Bates was the overall winner with 23:40.18 ahead of Jason Jozica 23:51.07 and Jemima Montag 23:59.53. The standout walk had to be from 13 year old Jemima whose time was not only a 52 sec PB, it was also bettered Regan Lamb's Victorian U16 record and set new VRWC records for U14-U16 age groups. This follows on from her Victorian 3000m records last week and is pretty mind boggling for one so young. There were quite a number of PBs from other walkers in the race as you can see from the results below.

5000m Women B Race

1.	Montag, Jemima	14	VIC	23:59.53	PB 0:52	New Victorian U16 record
2.	Bettioli, Amy	17	NSW	24:10.05	eq PB	
3.	Stigwood, Stephanie	22	TAS	24:44.67	PB 0:01	
4.	Jennings, Shannon	19	NSW	24:58.70		
5.	Klein, Kirsty	18	NSW	25:29.20		
6.	George, Stephanie	16	VIC	25:37.87	PB 0:12	
7.	Whelan, Lauren	19	GBR	26:42.58		
8.	Dighton, Jasmine	16	NSW	27:09.23		
9.	Hayes, Melissa	21	NSW	DNF		

5000m Men B Race

1.	Bates, Harry	17	ACT	23:40.18		
2.	Kozica, Jason	25	VIC	23:51.07	PB 0:31	
3.	Washburn, Steven	18	NSW	24:39.92		

The A race started at 6:30PM and the pace was on from the gun with Inaki Gomez and Jared Tallent leading out a big group of men. It was Inaki who eventually won out with 18:45.64, just over 2 secs ahead of Jared. For Jared, it was yet another world class performance that confirms his place at the top of the Australian pecking order (not that that was ever in doubt). Next in was 19 year old Dane Bird-Smith with a huge PB time of 19:02.59, showing just why he is held in such high regards throughout the country. 22

year old Evan Dunfee was next in with a PB time of 19:08.87 to complete a great night out for Canada. PBs were seen throughout the race with Rhydian Cowley, Ian Rayson, Jesse Osborne and Brandon Dewar all adding to the excitement with great walks. But it was perhaps the two youngest walkers in the field who took my attention most. 17 year old Jesse Osborne stormed through to 20:23.37, only 1 sec outside his teammate Dane's U18 State record while 15 year old Nathan Brill walked his own huge PB with 20:44.66, bettering the current Victorian U16 and U17 records.

And if you thought the men was in good form, the women were even more impressive with nearly the whole field PB'ing. Tanya Holliday announced her intentions ahead of next week's Olympic trial in Hobart with a huge PB of 21:21.25 and she needed all of that to hold out Beki Lee 21:23.60 and Claire Tallent 21:29.12. Add in Regan Lambie 22:06.54 and Nicole Fagan 22:23.04 and we have the makings of a huge 20km on Saturday. 18 year old Rachel Tallent was next in with 22:50.32, confirming her pre-eminence in the Junior ranks ahead of Jess Pickles who also PB'd with 23:30.73. The other junior girls had to walk in the B race and perhaps missed a race opportunity that does not come around often.

5000m Open Women

1.	Holliday, Tanya	24	SASI	21:21.25	PB 0:42
2.	Lee, Beki	26	AIS/NSW	21:23.60	PB 1:27
3.	Tallent, Claire	31	AIS/SA	21:29.12	PB 0:27
4.	Lambie, Regan	21	AIS/VIC	22:06.54	PB 0:13
5.	Fagan, Nicole	23	NSWIS	22:23.04	PB 0:17
6.	Tallent, Rachel	19	AIS/VIC	22:50.32	PB 0:09
7.	Webb, Cheryl	36	NSW	23:18.92	
8.	Pickles, Jessica	18	QLD	23:30.73	PB 0:12

5000m Open Men

1.	Gomez, Inaki	24	CAN	18:45.64	PB 0:34
2.	Tallent, Jared	28	AIS/VIC	18:47.77	
3.	Bird-Smith, Dane	20	QAS	19:02.59	PB 0:42
4.	Dunfee, Evan	22	CAN	19:08.87	PB 0:15
5.	Rutter, Adam	26	AIS/NSW	19:10.97	
6.	Erickson, Chris	31	AIS/VIC	19:26.76	
7.	Cowley, Rhydian	21	VIC	19:52.92	PB 0:06
8.	Rayson, Ian	24	NSWIS	20:12.60	PB 0:15
9.	Gustafson, Andreas	37	SWE	20:22.68	
10.	Osborne, Jesse	17	QLD	20:23.37	PB 0:42
11.	Dewar, Brandon	20	QLD	20:40.21	PB 0:35
12.	Reading, Brendon	23	ACT	20:40.36	
13.	Brill, Nathan	16	VIC	20:44.66	PB 0:22, New Victorian U16 & U17 records
14.	Steele, Blake	19	AIS	21:09.18	
	Wright, Alex	22	GBR	DQ	

Thanks to Jemima Montag for letting me rummage through her facebook photos from the meet and select a few for the newsletter.



Left: Jemima Montag, Kirsty Klein and Amy Bettiol
Right: PBs to Victorian walkers Jemima Montag and Stephanie George



Left: Dane Bird-Smith, Adam Rutter, Jared Tallent, Chris Erickson and Inaki Gomez
 Right: Cheryl Webb, Rachel Tallent and Jessica Pickles



Tanya Holliday, Nicole Fagan, Regan Lamble and Beki Lee

And now onto the updated All-Time rankings lists so we can review how this race has changed the local landscape. First to the women where Tanya, Beki and Claire have zoomed up the list, leapfrogging some of our best ever. Regan, Nicole and Rachel have also consolidated their positions amongst those women who have broken 23:00.

Women	Time	Name	State	DOB	Place	Location	Date	Age
1	20:03.0	Kerry Saxby-Junna	N	20/06/1961	1	Sydney	11/02/1996	34
2	21:03.33	Jess Rothwell	V	18/06/1989	1	Melbourne	20/02/2009	19
3	21:19.19	Cheryl Webb	N	03/10/1976	2	Sydney	14/02/2009	32
4	21:21.25	Tanya Holliday	S	21/09/1988	mix	Sydney	18/02/2012	23
5	21:23.60	Beki Lee	N	25/11/1986	mix	Sydney	18/02/2012	25
6	21:29.12	Claire Tallent	S	06/07/1981	mix	Sydney	18/02/2012	30
7	21:25.6	Anne Pembroke-Manning	N	13/11/1959	mix	Sydney	12/02/1994	34
8	21:32.26	Jane Saville	N	05/11/1974	1	Melbourne	01/03/1997	26
9	21:34.23	Natalie Saville	N	07/09/1978	2	Melbourne	01/03/1997	18
10	21:45.16	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	20/02/2000	37
11	21:46.70	Kellie Wapshott	V	23/03/1981	mix	Melbourne	10/02/2008	26
12	21:47.6	Gabrielle Blythe	V	09/03/1969	mix	Canberra	12/03/1993	24
13	21:59.0	Teresa Letherby	Q	05/04/1972	3	Sydney	11/02/1996	23
14	22:01.50	Linda Coffee	N	31/07/1977	2	Sydney	18/02/1996	18
15	22:04.42	Sue Orr-Cook	V	23/04/1958	1	Melbourne	01/04/1984	25
16	22:05.76	Michelle French	N	01/04/1982	2	Melbourne	19/02/2006	23
17	22:06.54	Regan Lamble	V	14/10/1991	mix	Sydney	18/02/2012	20
18	22:08.00	Megan Szirom	V	18/08/1977	1	Melbourne	23/06/2007	29
19	22:08.5	Jenny Jones-Billington	Q	20/04/1967	4	Brisbane	06/03/1993	25

20	22:13.0	Simone Wolowiec	V	12/02/1974	mix	Melbourne	20/11/1997	23
21	22:15.0	Sally Pierson	V	10/03/1963	1	Melbourne	27/01/1984	20
22	22:15.5	Jane Lewry-Barbour	S	27/07/1966	1	Adelaide	16/02/1994	27
23	22:17.32	Lorraine Young-Jachno	V	21/09/1959	4	Sydney	04/01/1990	30
24	22:23.04	Nicole Fagan	N	24/07/1989	mix	Sydney	18/02/2012	22
25	22:24.9	Wendy Muldoon	V	27/05/1971	mix	Melbourne	09/03/1995	23
26	22:31.18	Lisa Grant	N	26/04/1985	3	Sydney	09/12/2001	20
27	22:34.30	Jo Strangman	A	17/11/1975	mix	Canberra	17/02/1995	19
28	22:35.15	Jillian Hosking	A	12/02/1987	2	Canberra	30/01/2010	22
29	22:36.6	Jantien Saltet	N	24/01/1972	mix	Sydney	28/11/1992	20
30	22:37.8	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	05/11/1988	27
31	22:40.3	Sharon Schnyder	V	01/07/1964	1	Bendigo	25/01/1992	27
32	22:41.2	Louise Nicholson	V	26/12/1966	1	Melbourne	05/01/1992	25
33	22:44.6	Celia Massie-Bertei	V	18/01/1966	mix	Melbourne	14/01/1991	24
34	22:44.66	Renee McAskill	N	11/03/1982	3	Sydney	07/03/1996	13
35	22:49.3	Jill Barrett-Maybir	Q	13/07/1964	7	Sydney	10/03/1996	31
36	22:50.32	Rachel Tallent	V	20/02/1993	mix	Sydney	18/02/2012	18
37	22:52.70	Laura Johnson	N	31/08/1984	1	Darwin	28/06/2002	17
38	22:57.67	Paige Hooper	S	09/09/1992	4	Ostrava,Cze	12/07/2007	14
39	22:58.0	Kelly Ruddick	I	19/04/1973	1	Ballarat	21/01/2011	37
40	22:59.19	Rachel Thompson	N	21/11/1962	2	Sydney	24/02/1985	22

The big mover in the men was Dane Bird-Smith who has now risen to 7th overall. Behind him, Rhydian, Ian, Jesse, Brandon and Nathan have also consolidated their positions below my 20:45 cutoff line.

Men	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	19:02.59	Dane Bird-Smith	Q	15/07/1992	3	Sydney	18/02/2012	19
8	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
9	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
10	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hun	05/03/1989	31
11	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
12	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
13	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
14	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
15	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
16	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
17	19:52.92	Rhydian Cowley	V	04/01/1991	7	Sydney	18/02/2012	21
18	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
19	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
20	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17
21	20:00.50	Darren Bown	S	30/06/1974	1	Adelaide	16/03/2005	20
22	20:06.54	Noel Wooler	Q	19/05/1975	1	Brisbane	16/02/1996	20
23	20:08.62	Duane Cousins	V	13/07/1973	5	Melbourne	09/03/2006	32
24	20:12.20	Liam Murphy	S	05/06/1979	5	Adelaide	28/01/2000	20
25	20:12.60	Ian Rayson	N	04/02/1988	8	Sydney	18/02/2012	23
26	20:14.90	Michael Harvey	V	05/12/1962	1	Melbourne	26/11/1991	28
27	20:16.26	Damian O'Mara	N	03/10/1975	4	Melbourne	20/02/1997	21
28	20:19.70	Brendon Reading	A	26/01/1989	6	Sydney	19/03/2011	22
29	20:22.50	Dariusz Wojcik	V	24/09/1959	3	Melbourne	26/11/1991	32
30	20:23.37	Jesse Osborne	Q	12/01/1995	10	Sydney	18/02/2012	17
31	20:30.10	Rob McFadden	S	15/03/1966	1	Adelaide	21/03/1992	26
32	20:30.87	Matt O'Donnell	N	18/11/1974	4	Sydney	12/03/1994	19
33	20:34.90	Daniel Thorne	V	19/12/1979	1	Melbourne	13/03/2003	23
34	20:36.73	Tom Barnes	V	22/09/1982	4	Melbourne	24/02/2007	24
35	20:37.0	Brad Aiton	Q	20/06/1994	2	Brisbane	05/02/2011	16
36	20:37.43	Blake Steele	S	04/01/1993	7	Sydney	19/03/2011	18
37	20:38.00	Mark Donahoo	V	27/05/1958	2	Melbourne	22/11/1990	32
38	20:40.21	Brandon Dewar	Q	13/05/1992	11	Sydney	18/02/2012	19
39	20:40.80	Jason Moore	Q	19/03/1974	1	Brisbane	12/02/1993	19
40	20:41.45	Greg Robertson	T	23/12/1969	4	Sydney	23/02/1991	21
41	20:42.90	Craig Brill	V	10/11/1967	1	Melbourne	06/12/1990	23
42	20:44.40	Brad Malcolm	V	07/08/1978	1	Melbourne	11/02/2000	21
43	20:44.66	Nathan Brill	V	24/05/1996	13	Sydney	18/02/2012	15

SAMA TRACK WALKS, SANTOS STADIUM, ADELAIDE, THURSDAY 16 FEBRUARY

Thanks to Kim Mottrom for the latest South Australian Masters track walk results from Adelaide. Justin Hill was the fastest with 14:19, yet another PB!

3000m Handicap	Clock Time	Actual Time	
Justin Hill	24:29	14:19	PB 0:12
Jack Russell	24:51	17:01	76.75%
Linda Whitelaw	25:11	22:21	62.31%
Kevin Finn	25:13	18:23	71.74%
Amber Tuscharski	25:15	16:35	
Roger Lowe	25:18	23:18	61.69%
Bill Starr	25:25	20:45	70.09%
Gloria Holliday	25:33	17:13	76.46%
Geoff Byham	25:35	18:45	74.09%
Helen Surridge	25:39	20:19	70.75%
Leigh Smith	25:48	21:48	73.01%
David Robertson	26:05	23:15	70.44%
Roger Barber	26:15	22:15	68.70%
Marie Maxted	26:24	20:14	65.06%
Edna Bates	26:29	26:29	53.69%
James Hoare	26:48	21:58	63.24%
Cynthia Dally	27:10	26:40	69.20%

QUEENSLAND JUNIOR CHAMPIONSHIPS, STATE ATHLETICS FACILITY, NATHAN, FRIDAY 17 FEB

The Queensland Junior Track and Field Championships were held last weekend in Brisbane with the track walks first up on the Friday evening. It was surprising to see Jesse Osborne in the mix considering he had to walk the next evening in Sydney in the elite 5000m and his winning time in the U18 5000m (23:01.48) was pretty impressive given that. And of course, as you have already read, he backed up the next evening with a huge time of 20:23;37. Now that is a good double! Others in good form included Mikaela Woodward, Clara Smith and Rachelle Taylor.

3000m Women U14

1.	Woodward, Mikaela	13	University of Qld	16:03.86
2.	Brackin, Aimee	13	Racewalking Qld	16:29.56
3.	Sims, Riley	12	Athletics North	19:52.71

3000m Men U14

1.	McCutcheon, Jamie	13	Redlands	19:23.50
	Pinchen, Ryan	12	Racewalking Qld	DQ

3000m Women U16

1.	Smith, Clara	14	University of Qld	15:02.03
2.	Martin, Katya	15	Gold Coast Victory	16:28.85
3.	Henderson, Emma	14	Tville Nth Star	16:40.98
4.	Sims, Jesse	15	Athletics North	17:09.16

3000m Men U16

	McCutcheon, Luke	14	Redlands	DQ
	Miles, Trent	14	Redlands	DQ

5000m Women U18

1.	Taylor, Rachelle	16	Racewalking Qld	26:47.85
2.	Boardman, Lucy-Rose	16	Athletics North	31:24.92
3.	Martin, Katya	15	Gold Coast Victory	32:04.10
4.	Sims, Jesse	15	Athletics North	32:55.78

5000m Men U18

1.	Osborne, Jesse	17	Racewalking Qld	23:01.48
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2012 ASA STATE JUNIOR CHAMPIONSHIPS, SANTOS STADIUM, 17-19 FEBRUARY

The South Australian Junior Track and Field Championships were held in Adelaide last weekend and a small number of walkers were in action.

3000m Women U14

1.	Cross, Anna	Pembroke	13:30.41 (should that be 15:30.41?)
2.	Lovegrove, Rhiannon	Elizabeth	18:03.99

3000m Women U16			
1.	Potezny, Julia	Hills District	17:21.86
5000m Women U18			
1.	Potezny, Jemma	Hills District	26:28.53
5000m Men U18			
1.	McKenna, Jordan	Elizabeth	31:41.85
2.	White, Jack	Enfield Harriers	49:01.53

AWA STATE CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, FRIDAY 17 FEBRUARY

Day 1 of the Western Australian Junior Track and Field Championships was held last Friday evening and walks were contested for the U13-U16 age groups. The third day of the championships (Friday 2 March) will see the walks for the U17-U18 age groups.

3000m Women U15			
1.	Anastasij Radovic	AWA	20.07.70
3000m Women U16			
1.	Holly Hughes	MEL	15.57.10
2.	Caitlin Gerken	AWA	17.08.20
3000m Men U14			
1.	Mitchell Lees	AWA	17.53.20
3000m Men U15			
	Jeremy Hill	DQ	

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 19 FEBRUARY 2012

Caitlin Gerken was back in action again on Sunday morning with the Racewalking Club of Western Australia in their regular summer road competition at Wilson. Best walks of the day were probably Vanessa Brown (a PB of 57:24 for the 10km) and Simeon Leatherland (15:20 for U14 3km). Thanks to Rick Cattermole for passing the results onto us.

10km Open		
1.	Vanessa Brown	57.24 (PB)
2.	Daniel Lowe	60.59
5km Open		
1.	Caitlin Gerken	31.03
2.	Breanna Brown	31.24
3.	Sara Cattermole	32.29
4.	Christopher Gerken	44.20
3km Open		
1.	Simeon Leatherland	15.20 (U14)
2km Open		
1.	Summer Brown	11.59

INJINJI STROMLO 12 HOUR EVENT, CANBERRA, 18-19 FEBRUARY 2012

The Stromlo Running Festival has been held annually in Canberra for some time (see <http://www.stromlorunningfestival.com.au>). It extends over 3 days and includes a variety of running events and is always held around this time of the year. 2012 saw the addition of the Injinji Stromlo 12 Hour Endurance event which was held over a 1km loop of the Stromlo Forest Park Criterium Circuit (a circuit which has also been used by the ACT Race Walking Club).

The 12 Hour ultra started at 6:30PM on Saturday evening and included 2 walkers amongst the field of runners – Victorians Michelle Thompson and Steve Jordan. That being the case, I made the trip up to crew for them and to check out this annual event. And yes, it was indeed a long night!

And onto the race report. February evenings in Canberra typically provide ideal running/walking conditions but things did not look good when a huge storm belt exploded upon us soon after the start, dumping huge amounts of rain and wetting everyone and everything. Luckily it then swept on and the remainder of the night was still, warm and ideal for the competitors. The event was of a very high standard with the first 12 competitors all in excess of 100km (very good by Australian standards) and it was fantastic to see **Michelle Thompson** amongst the elite grouping at the front, coming 11th overall with a huge PB of **101.158km** and taking third place overall in the women's section – all done as a walker! **Steve Jordan** was further back and probably had what he would describe as a bad day at the office, finishing 23rd with **71.227km**.

11	Michelle Thompson	VIC	101.158km (100 km in 11:51:22, 3 rd woman overall)
17.	Steve Jordan	VIC	71.227km

Full results available at http://www.ultralegends.com/wp-content/uploads/2012/02/Injinji_12Hr_2012_Overall_Final.pdf and a good race photo gallery at <https://picasaweb.google.com/104779027862947223273/StromloRunningFestival12Hr19Feb2012>



Michelle in action – 100km in less than 12 hours!

To put Michelle's walk in context, the previous 12 Hour best by an Australian was by Carol Baird who completed 97.550km in Melbourne in 2002. The only woman to have walked further on Australian soil in 12 hours is the great English walker Sandra Brown who completed 103.600km in Melbourne in 1999. So my overall 100km ranking list has now been updated as follows

1.	Sandra Brown	GB	50	11:33:24	19/09/1999
2.	Michelle Thompson	VIC	43	11:51:22	19/02/2012
3.	Carol Baird	ACT	53	12:18:57	14/04/2002
4.	Carol Baird	ACT	53	12:33:49	07/07/2002
5.	Carol Baird	ACT	52	12:37:50	08/07/2001
6.	Jill Green	GB	57	12:45:38	19/09/1999

If you check back to issue 19 of my newsletters (see <http://www.vrwc.org.au/newsletters/heelandtoe-2012-num19.pdf>), you will see that this time of Michelle's puts her 15th all time for women world wide. This is a fantastic result for this talented walker.

RUSSIAN WINTER WALKING CHAMPIONSHIP, SOCHI, 18-19 FEBRUARY 2012

Last weekend saw the traditionally fast Russian Winter Walking Championships held at Sochi. This year the event was the official trial to select the IAAF Race Walking World Cup team. By way of information, the Russian Olympic walking selections will be based on the World Cup results (winner is automatically selected, others need to be in top six) and also by the June Summer Walking Championships in Moscow where the 2013 World Championships walks course will be tested.

The women's 20km event was won by Elmira Alembekova, the 2009 European Junior Championship 10km walk winner, who showed great form to clock a super-fast 1:25:27 on Friday. Alembekova, who is still only 21, took full advantage of the absence of world and European champion Olga Kaniskina and the perfect conditions at the Black Sea resort to take more than two minutes off her previous best, set when winning the Russian Cup event in Voronovo last September. Her time moves her up to seventh on the all-time list. Yelena Lashmanova, Alembekova's successor as European junior champion in Tallinn last summer, had her first competitive outing as a senior and crossed the line in second place in 1:26:30 while Irina Yumanova was a close third in 1:26:46, improving her personal best by almost three minutes.

The 2009 World Championships 50km gold medallist Sergey Kirdyapkin won over 35km championship in 2:25:41, with Mikhail Ryzhov second in 2:25:58 and Ivan Noskov third in 2:26:32.

Andrey Ruzavin won the men's 20km on the Saturday with 1:17:45 one of fastest times in history. The 2005 European Athletics Junior Championships 10,000m gold medallist just had enough to finish in front of his successor as European junior champion and national 20km record holder Sergey Morozov, who was second with 1:17:50. It was a big personal best by more than two minutes for Ruzavin, who becomes the ninth fastest walker ever for the distance. Andrey Krivov was third 1:18:24 and Stanislav Yemelyanov fourth in 1:18:28.

Men 20 km walk

1.	Andrey Ruzavin	RUS	28.03.86	1:17:45	PB
2.	Sergey Morozov	RUS	21.03.88	1:17:50	SB

3.	Andrey Krivov	RUS	14.11.85	1:18:24	PB
4.	Stanislav Yemelyanov	RUS	23.10.90	1:18:28	PB

35 km walk

1.	Sergey Kirdyapkin	RUS	18.06.80	2:25:41	PB
2.	Mikhail Ryzhov	RUS	17.12.91	2:25:58	PB
3.	Ivan Noskov	RUS	16.07.88	2:26:32	PB

Women 20 km walk

1.	Elmira Alembekova	RUS	30.06.90	1:25:27	PB
2.	Yelena Lashmanova	RUS	12.11.92	1:26:30	PB
3.	Irina Yumanova	RUS	09/04/90	1:26:46	PB

FRENCH INDOOR MASTERS CHAMPIONSHIPS, MONDEVILLE, 17 FEBRUARY 2012

Emmanuel Tardi was at the French Masters Indoor championships in Mondeville (near Caen, 230km in the west of Paris) last weekend and he reports that M65 champion **Jean-Paul Masselin** was in record breaking form once again. While on his way to winning the 5000m race in 25:09.14, his official **3000m split was 14:46.08, a new M65 world record.**

The older walkers were in fine form with Denise Leclerc (M75 - born 10.10.1933) walking 3000m in 21:08.22 and Alex Jordana (M70 - born 10.02.1937) walking 5000m in 29:47.45 (3000m split of 17:43.87).

I won't reproduce all the results but will simply point readers to the full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=097407&frmtri=1&frmposition=3>

JAPANESE NATIONAL ROADWALK CHAMPIONSHIPS, KOBE, SATURDAY 18 FEBRUARY 2012

Last Saturday morning saw the Japanese National Roadwalking Championships in Kobe and conditions were cool and the walking hot! The women's 20km was won by 2011 IAAF World Champs representative Otoshi Kumi in a time just outside her PB of 1:29:11 while the men's 20km was won by international rep Fujisawa Isamu, again just outside his PB of 1:20:12. The standard was amazingly high with huge depth in the Open and U20 events. I have only reproduced the top 10 from each race but the results continue on for a fair while after that with lots more good walkers outside the top 10. Japan can well lay claim to being one of the top walking nations in the world on the basis of these results alone.

20km Open Women

1.	Otoshi Kumi	21:58	44:25	1:07:18	1:29:48
2.	Inoue Rei	22:07	45:15	1:08:46	1:32:43
3.	Okada Kumiko	22:28	45:52	1:10:01	1:34:27
4.	Asada Chiaki D	23:04	46:59	1:11:28	1:35:47
5.	Michiguchi Ai	23:27	47:03	1:11:27	1:35:56
6.	Urabe Mami	23:28	47:10	1:11:38	1:36:11
7.	Okabe Fumiko	23:27	47:03	1:11:28	1:36:42
8.	Hosaka Natuki	23:56	48:00	1:12:41	1:38:16
9.	Hasegawa Muthumi	24:13	49:03	1:14:01	1:39:29
10.	Osato Arisa	23:52	49:00	1:14:22	1:39:55

20km Open Men

1.	Fujisawa Isamu	20:07	40:15	1:00:21	1:20:38
2.	Saito Takumi	20:07	40:14	1:00:23	1:21:01
3.	Arai Hirooki	20:07	40:33	1:01:00	1:21:10
4.	Katsuki Hayato	20:26	40:43	1:01:03	1:21:14
5.	Tanii Takayuki	19:58	40:13	1:00:44	1:21:31
6.	Morioka Koichiro	20:07	40:16	1:00:41	1:21:52
7.	Yamazaki Yuki	20:18	40:44	1:02:24	1:23:37
8.	Takahashi Eiki	20:46	41:44	1:02:50	1:23:40
9.	Yoshida Takuya	20:57	42:00	1:02:49	1:23:46
10.	Higuma Takafumi	20:57	42:00	1:02:49	1:23:59

5km Junior Women

1.	Yagi Nozomi	22:48
2.	Onakahara Mai	22:58
3.	Yamaguchi Akane	23:11
4.	Watanabe Shiho	23:18
5.	Mizota Momoko	23:18
6.	Kobayashi Maya	23:19
7.	Nemoto Yuumi	23:25
8.	Eguchi Yuma	23:27
9.	Araki Yuriko	23:30

10. Gotou Rena 23:43

10km Junior Men

1.	Matsunaga Daisuke	20:53	41:27
2.	Kimura Yousuke	20:54	41:34
3.	Yamamoto Masaki	20:54	42:19
4.	Kutsuna Takateru	20:54	42:24
5.	Kou Hatuyuu	21:22	43:07
6.	Kimura Hiroki	21:21	43:10
7.	Harada Nobuyuki	21:29	43:15
8.	Nakao Yuzuru	21:21	43:21
9.	Hoshiya Ken	21:34	43:22
10.	Mato Keisuke	21:33	43:38

PORTUGESE INDOOR CHAMPIONSHIPS, AVEIRO, PORTUGAL, SUNDAY 19 FEBRUARY

The Portuguese Indoor Championships were held last weekend in Aveiro, with the walk titles going to João Vieira (his 14th) and Ana Cabecinha (her 2nd). Vieira dominated the men's race to win in under 20 minutes while second place went to Dionisio Ventura with a new PB while third place went to 50km specialist Pedro Martinez. In the women's race, Ana Cabecinha, who last won this event in 2006, was too strong for Vera Santos and won in an excellent time of 12:34.00.

5.000m Marcha Masculinos

1.	João Vieira	Sporting CP	19.53,96
2.	Dionisio Ventura	FAMA Ferreira Alentejo	20.51,13
3.	Pedro Martins	CA Seia	21.14,04
4.	Miguel Carvalho	CN Rio Maior	21.17,68
5.	Luís Silva	AA Coimbra	21.36,98
6.	Samuel Pereira	CA Seia	21.44,14
7.	Nuno Valente	CCS João Madeira	22.18,58
8.	Rui Coelho	CA Seia	22.23,72
9.	João Martins	CA Ferreira Zêzere	22.56,42
10.	Nuno Santos	CF Belenenses	23.13,34

3.000m Marcha Femininos

1.	Ana Cabecinha	CO Pechão	12.34,00
2.	Vera Santos	Sporting CP	12.46,81
3.	Sandra Silva	Gira Sol – RC	14.01,01
4.	Mara Ribeiro	CN Rio Maior	14.25,69
5.	Filipa Ferreira	CO Pechão	14.43,39
6.	Sandra Leitão	ADRE Palhaça	14.47,20
7.	Edna Barros	CO Pechão	15.57,13

IRISH NATIONAL 30KM WALK CHAMPIONSHIP, CLAREMORRIS, SUNDAY 19 FEBRUARY

A week ago, the Irish walkers contested their indoor championships. This weekend proceedings moved to the road as the Woodie's DIY National 30km Walk Championships were contested in Claremorris on Sunday.

After taking a huge early lead of nearly one minute, Beijing Olympian Colin Griffin tired significantly over the last 10km, allowing Brendon Boyce, who has already achieved the Olympic standard over 50km, to close to gap to nine seconds and had the race been a little longer Boyce may well have taken the title. Michael Doyle had a strong performance to take bronze in a PB of 2.20.23 while Mauritian international Jerome Caprice put himself in strong contention for Olympic selection for his home country with an 18 minute PB in 4th place. Defending champion Robert Heffernan did not start due to a hamstring injury and Jamie Costin was a late withdrawal due to a rib injury.

Irish 30km Walk Championship

1.	Colin Griffin	Ballinamore	2.15.17
2.	Brendan Boyce	Letterkenny	2.15.26
3.	Michael Doyle	Tara	2.20.23
4.	Jerome Caprice	Mauritius	2.30.01

There were a large number of supporting events, enabling lots of walkers to also enjoy the occasion. The 20km event saw a good walk by 23 year old Laura Reynolds whose time of 1:37:41 was only a couple of minutes outside her best.

20km

1.	Cian McManeman	Westport	1.30.58
2.	Niall Prenderville	Farrenfore	1.39.35
1.	Laura Reynolds	Mohill	1.37.41

10km			
1.	Luke Hickey	Leevale	46.40
2.	Evan Lynch	Clonmel	47.13
3.	Sean McMullan	Mullingar	59.11
8km			
1.	Eric Hynes,	Swinford	43-35
6km			
1.	Alicia Boylan,	Oriel	30-48
2.	Michelle Beirne,	Mohill	34-01
1.	Ryan Cleary,	Clonliffe	30-25
4km			
1.	Ashling Heneghan,	Westport	22-30
2.	Cliona Mulroy,	Swinford	23-36
3.	Laura Beston,	Claremorris	24-08
4.	Aisling McNabola,	Mohill	29-02
1.	Simon Gillespie,	Ballina	20-05
2.	Andrew Bell,	Castlebar	21-49
3km.			
1.	Emma Prendiville,	Farranfore	14-42
2km.			
1.	Orla Delahunty,	Sligo	10-04
2.	Dearbhaile Beirne,	Mohill	10-19
3.	Eilish O'Dowd,	Ballinamore	10-31
4.	Anne Tierney	Swinford	12-04
1.	Robbie Kelly	Sligo	11-21
2.	Gearoid McMahon,	Shannon	11-25
3.	James McNabola,	Mohill	12-36

ROZIE ROBINSON READY FOR HOBART

New Zealand walker Rozie Robinson is in fine form judging from her recent 3000m walk efforts. Two weeks ago, she bettered Lisa Mathieson's 1994 Otago record by 3sec with her time of 13.57.72 but it could not be recognized because it was held during the New Zealand Masters Games and there were not enough walking judges round the track. Everything was legal last Saturday and her time of **13:42.30** at the Otago championships becomes the new Otago senior women's record. Rozie, aged 22 and a physical education student, was well organised and had the lap times written on her forearm before the race. "When I was given the lap times I knew I was ahead of the target times and the record was on," she said. It is also a Caledonian track record and beat the 13:51.93 that Gabrielle Gorst walked when winning the New Zealand title in 2003.

Rozie will be in action next Saturday in Hobart as part of the New Zealand team contesting the Oceania Racewalking Trophy against Australia.



Rozie training with Kirsty Klein at Thredbo last month

OVERSEAS SHORTS

SUMY (UKR, Feb 16): Solid walking results in the Ukrainian Indoor Championships as Ruslan Dmitrenko won the 10,000m track walk with 39:26.90 ahead of Ivan Losev 39:43.81 and Nazar Kovalenko 39:49.55.

BADALONA (ESP, Feb 12): Old timer Jesus Angel Garcia (42) won the Catalunyan men's 20 km walk championship in 1:29:34 while Beatriz Pascual won the women's championship in 1:34:20.

BERGEN (NOR, Feb 6): Trond Nymark, a leading specialist 50km from Norway, won the 5000m indoor track championship in 19.52,62.

Italian Graziano Morotti established a new European record in the M60 division with his time of 2:36:47 in America on 29th January. The oldrecord belonged to Robert Schouckens, Belgium, with 2:42:49.

AUSTRALIAN TEAM ANNOUNCED FOR HOBART

This Saturday (25 Feb) sees the most important walking carnival for the summer taking place in Hobart. It includes

- Australian Open and U23 20km Summer Championships, 2012 Olympic trials and 2012 World Cup trials
- Under 20 10km 2012 World Cup trials
- Oceania Racewalking Cup (Aust vs NZ) match which is held every 2 years
- IAAF Race Walking Challenge event (Category C)

Once entries closed, Athletics Australia finalised its Australian Team to take on New Zealand in the bi-annual Oceania Racewalking Trophy. This Trophy was first contested in 2010 and featured an Aust U23 vs NZ Open 20km match. This time around, it has been extended to include Aust U20 vs NZ U20 10km events as well. The Australian team reads as follows

U23 Women 20km (1990-1992)

Regan Lamble	VIC	1991
Allegra Steele	SA	1990
Kirstin Shaw	VIC	1991
Stephanie Stigwood	TAS	1990

U23 Men 20km (1990-1992)

Dane Bird-Smith	QLD	1992
Sean Fitzsimons	WA	1992
Rhydian Cowley	VIC	1991
Kyle Malone	NSW	1991

U20 Women 10km (born 1993 onwards)

Jessica Pickles	QLD	1994
Rachel Tallent	VIC	1993
Kristie Goznik	SA	1993

U20 Men 10km (born 1993 onwards)

Brad Aiton	QLD	1994
Blake Steele	SA/AIS	1993
Jesse Osborne	QLD	1995

Congratulations to our newest Australian representatives and thanks to A.A. for showing faith in our young walkers and selecting a full team. Commiserations to Deryck Mulhearn who would have been in the U23 team except for a nasty fall last week ago which left him with a fractured elbow. His place has been taken by Kyle Malone. You can read further about this competition and the potted history of our various Aust vs NZ racewalk competitions at <http://www.rwa.org.au/aevents-2.shtml>.

The overall race entries stand at 64 including 15 overseas walkers. This is definitely the biggest and strongest carnival we have seen in Australia since the 2000 Olympics in Sydney. Just to reproduce the lists from last week's newsletter:

Open and U23 Men 20km - 26

Adams, Luke	AIS/NSW
Bird-Smith, Dane (U23)	QLD
Coleman, Daniel	TAS
Cowley, Rhydian (U23)	VIC (AUST U23)
Deakes, Nathan	AIS/VIC
Dewar, Nick (U23)	QLD
Dewar, Brandon (U23)	QLD
Donahoo, Mark	VIC
Dunfee, Evan (U23)	CAN
Erickson, Chris	AIS/VIC
Fitzsimons, Sean (U23)	WA (AUST U23)
Gomez, Inaki	CAN
Gustaffson, Andreas	SWE
Jones, Graeme	NZL
Malone, Kyle (U23)	NSW (AUST U23)
McDonough, Aaron	VIC
Mulhearn, Derek (U23)	NSW
Nelson, Scott	NZL
Parker, Michael	NZL
Rayson, Ian	NSWIS
Reading, Brendon (U23)	ACT (AUST U23)

Open and U23 Women 20km - 17

Alexander, Beth	VIC (U23)
Cantwell, Lesley	NZL
Fagan, Nicole	NSWIS
Holliday, Tanya	SA
Lamble, Regan	AIS/VIC (AUST U23)
Lee, Beki	AIS/NSW
Olsson, Mari	SWE
Robinson, Roseanne	NZL (U23)
Rothwell, Jess	AIS/VIC
Ruddick, Kelly	VIC
Schinderova, Zuzana	CZH
Shaw, Kirstin	VIC (AUST U23)
Steele, Allegra	SA (AUST U23)
Stigwood, Stephanie	TAS (AUST U23)
Sunderland, Nyle	NZL
Tallent, Claire	AIS/SA
Webb, Cheryl	NSW

Rew, Quentin	NZL	U20 Women 10km - 13	
Rutter, Adam	AIS/NSW	Bettiol, Amy	NSW
Singh, Gurmeet	IND	Burren, Amy	VIC
Tallent, Jared	AIS/VIC	Campbell, Caitlin	VIC
Wright, Alex	GBR	Eberhardt, Sophie	TAS
		Finnegan, Amelia	VIC
U20 Men 10km - 8		Goznik, Kristie	SA (AUST U20)
Aiton, Brad	QLD (AUST U20)	Hockley-Samon, Jmara	VIC
Bates, Harry	ACT	Jennings, Shannon	NSW
Brill, Nathan	VIC	Klein, Kirsty	NSW
Dillon, Joshua	VIC	Pickles, Jessica	QLD (AUST U20)
Holcroft, Matthew	NZL	Ruske, Courtney	NZL
Osborne, Jesse	QLD (AUST U20)	Tallent, Rachel	AIS/VIC (AUST U20)
Rose, Louis	TAS	Walker, Emma	TAS
Steele, Blake	AIS/SA (AUST U20)	Whelan, Lauren	GBR

I have also been informed that the athlete checkin is one Hour before race start and that the 20km Open races will start at 6PM and the 10km Junior races will start at 6:10PM. Athletes should have received their own notification from AA on this matter

A POTTED HISTORY OF THE IAAF RACE WALKING CUP

And now to a couple of great racewalking articles which were published this week on the IAAF website. The first article, by Paul Warburton, traces the history of the IAAF World Walking Cup since its first edition in 1961. You can read it in its original format at <http://www.iaaf.org/Mini/WRC12/News/NewsDetail.aspx?id=63616>

Hopefully the bells are silver in Saransk city cathedral when they ring out in honour of the 25TH edition of what has become the IAAF World Walking Cup. The birth of the Cup in 1961 was a kind of consolation prize bestowed on a pushy music-playing journalist. However, had IAAF officials really called the tune, there would have been a World Championships more than 27 years before the competition we know today started in 1983.

The plan proposed in 1956 was a multi-event affair that included a 20,000m track walk. When the scheme got thrown out – back came the idea of an exclusive Race Walking World Cup, which amazingly got accepted four years down the road. The man who made music and reported sport stories was Swiss IAAF member Armand Libotte then also on the Race Walking committee, who suggested Lugano to host the first edition. Libotte was an experienced race organiser to go with his other talents and hosted the popular 100km walk in Lugano.

City officials embraced the idea of a global competition and lent their name to the original men-only competition. The trophy still awarded each time to the men's winning team in the bi-annual event is the Lugano Cup. The concept saw a qualifying competition divided into four groups, with the winners of each invited to Lugano and competition over 20k and 50k. In the event of a team tie – and don't you know it? That's exactly what happened in 1961, the winners would be decided by who had done what in the longer event. Great Britain was the then walking force to be reckoned with and duly edged out Sweden on countback.

The men's 20k winner was Ken Matthews, not only successful in defending his title in Italy two years later, but the year after that becoming Britain's last Olympic walker to win gold. Incidentally, after nearly 50 years away from the sport, Matthews has returned as president of the British Race Walking Association for 2012.

The next four editions to follow the GB success became the exclusive property of the German Democratic Republic (East Germany). Russia was second in three with Britain runner-up in 1965 – but the swing to the east was absolute. There is a documentation and debate to the present day about dubious parts of the GDR training regime, but there was no doubt they produced fantastic walkers. Christophe Hohne scored a hat-trick of wins in the 50k between 1965 and 1970, while Dieter Lindner battled with team-mates Peter Frenkel and Hans-Georg Reimann to outwit the brilliant Russians Vladimir Golubnichiy and Nikolay Smaga with mixed success.

By 1975, women were unofficially contesting a 5k race, with Sweden dominant in the first two events. And in the same way Lugano gave its name to the men's team trophy, Eschborn became the name on the female gong when the ladies got welcomed into the fold at the German city in 1979. Co-incidentally, in the same way Britain claimed the first men's team title 18 years earlier – their women were first on the list of duties for the engraver, with Marion Fawkes just edging out Carol Tyson for individual gold.

But a shift of power in the men's races also gave the Lugano Trophy fresh impetus. At Milton Keynes in 1977, the new kids on the block were Mexico appropriately underlining their march to the top in an English town for the future. Montreal Olympic champion Daniel Bautista headed the rest at 20k, and Raul Gonzales – later to win Olympic gold in 1984 – won the 50k. It had been a while coming since Mexican army sergeant Jose Pedraza split Golubnichiy and Smaga in the 1968 Olympics, but once there, Mexico along with Italy, who revived a sparkling 20th century pedigree, were never far away from leading walking nations right up to the present day.

It was 1987 when any kind of semi-final qualification was abandoned and the entire world was invited for the finals in New York's Central Park. Thirty four men and 23 women's teams took a bite out of the Big Apple, with the likes of minnows

Venezuela, Egypt and the Dominican Republic dipping heels and toes into the walking's big pond now officially known as the IAAF World Walking Cup.

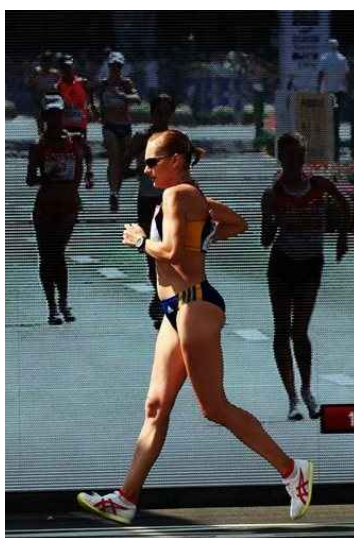
In 1985, the women's race was extended to 10k, and China were on the scene having won on the Isle of Man. And from there to the present day, they, Russia, Italy and Mexico have gone back and forth taking top honours both individually and as a team in both sexes.

Thankfully, the cartel has been creviced open on occasions by terrific individual walkers. Simon Baker won the 50k for Australia in 1989; Jesus Angel Garcia in 1997 – and at 42 the Spaniard could still toe the line in Saransk. Jefferson Perez had a period from Olympic gold in 1996 to 2004 when he was unbeatable at 20k in any competition. In fact, the Ecuadorean had all aficionados agreeing he had one of the smoothest, safest styles of any over the last six decades of World Cup walking.

The women now contest 20k, and it is somewhat fitting on the Cup's silver anniversary that Russian excellence has a rare opportunity to show what it does best in front of a huge audience its own back yard on 12-13 May.

FOCUS ON CLAUDIA STEF

And another great article from Paul Warburton, this time on Romanian champion Claudia Stef. Check out the IAAF website for the original: <http://www.iaaf.org/news/newsid=63650.html>



Claudia Stef in action in Daegu last year (photo from www.iaaf.org)

There is no more loyal servant of the IAAF Race Walking Challenge than Claudia Stef. The Romanian national record holder has competed in all but two of the nine Challenges – and only missed the 2010 version because she was pregnant at the time.

Back for an eighth go this year, she claims that when the sun sets on her Olympic tilt in August – and one of the two category A walks in this year's series – will she decide whether she wants to put her body through more exquisite torture in 2013. "It will depend on whether I am motivated or not," she added from her winter training base in Portugal. "But if I am performing well – then why not?"

Stef admits the IAAF Challenge has been good to her career and bank balance, especially since her own country's funding is all but negligible. All the more rewarding then since her singular efforts that garnered a first, two seconds, two thirds a fourth, a sixth and an 11th so far – have been largely made against the background of a nation with no other top walkers to ease the burden of lonesome training.

The athlete is 34 on Saturday (25 Feb) and has long got used to being the solitary figure waiting for planes at airports while others fly off in team groups. But Stef has nothing but praise for an IAAF initiative that sees walkers duel for a share of \$200,000, much like their brethren enjoy in other parts of track and field. She said: "The most difficult Challenge in both senses was last year. I came back after pregnancy and I got a lot of injuries. But my desire to compete at London's Olympics (and also a Category A race) was greater than anything else, and I got over any obstacle to achieve the 'A' standard for the race. "In the end it was a wonderful year because I was back doing what I like most than anything else which is to compete, travel and meet new people."

The endless queuing for visas has more stamps in her passport than a philatelist's album, but she is still able to list two standout events from so many. The first in Tlalnepantla de Baz in 2006 owed as much to race officials in the Mexico City suburb as her win against the odds. "The organisation was excellent – one of the best I can remember," she said. "But I also surprisingly beat a very strong Chinese contingent that set me up for first in the final standings later in the year."

It was at another Challenge race two years earlier that Stef adopted the vow to never abandon a race mid effort, no matter

what pain and doubt was scraping away her resolve.

When she warmed up in La Coruna, the former IAAF World Junior Championship bronze medallist was convinced DNF would appear against her name halfway through. By the end, Stef had set a Romania national record, won the 20k event and was on her way to a final second place in the standings. "It was undoubtedly my best race of all in the Challenge," she said. "I was competing against the best, but it was strange because I was convinced I would not be able to finish. But after 5k I began to feel better, and by 15k I realised I could win. When I set 1:27:41 – it convinced me there was no room to abandon in the future and always to make sure I crossed the finish line. You can never be sure what is going to happen next."

The northern Spanish city has been good to Stef, because it was there after triumphing earlier in Mexico that she won the 2006 series at the IAAF World Walking Cup. And it was in La Coruna, where she returned for last year's final – and a welcome return to form.

She added: "The Challenges have offered me a lot personally. I have been to almost all the series because I really love to compete regularly. I love to fight for every place that's in front of me – and maybe walk beyond my limits. Each competition won or lost makes me stronger as a person – and no amount of training can give me that."

WHAT'S COMING UP

The **2012 Victorian Junior Track & Field Champs** are to be held this weekend at Lakeside Stadium. Entries have now closed. The draft timetable shows the walk championships scheduled as follows:

Friday 24 Feb	7:30PM	U17/U18/U20 5000m Walks
Saturday 25 Feb	11:30AM	U14 3000m Walks

This weekend also sees the **Australian Summer 20km Roadwalk Championships** in Hobart. This has been discussed earlier in the newsletter. Good luck to all.

The **Victorian Open Track and Field Champs** are to be held on the weekend of **9-11 March** and AV is now taking online entries – see https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=819&OrgID=189. Entries for this meet close on **Monday 27 February** so get your entry in asap. The 5000m walk is drafted for the Friday evening at the moment.

Friday 9 March	6:30PM	Open 5000m Walks
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The **Victorian Masters Track & Field Championships** will be held at Reischiek's Reserve in Doncaster on **24-25 March** with 1500m and 3000m walks on offer. This is a combined carnival so as long as you are a member of either AV or VMA, you are eligible. Entries have now opened so download the form from the link below and enter.

<http://www.athsvic.org.au/cache/MeetFile/15380Vic%20Masters%20T%26F%20Entry%20Form%20%26%20Spec%20Sheet.pdf> .

Entries close on **Friday 16 March**.

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.

2011/2012 Australian/Victorian Summer Season Key Dates

Sat 25 Feb 2012	Australian 20km roadwalk Championships , Hobart, TAS (World Walking Cup trials for 10km and 20km) Incorporates Oceania Race Walking Trophy competition between Australia and New Zealand
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-11 Mar 2012	Victorian Open T&F Championships, Melbourne. Entries close Mon 27 February.
15-19 Mar 2012	Australian Junior Championships , Sydney Olympic Park
Sun 18 Mar 2012	VRWC Track Races and VMA 5000m Track Championships, Mentone
24-25 Mar 2012	Victorian Masters T&F Championships , Rieschick's Reserve, Doncaster. Entries close Fri 16 March.
5-9 Apr 2012	Australian Masters T&F Championships , Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m walks)

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/

2012 IAAF Race Walking Challenge Dates

Sat 25 Feb, 2012	Hobart (AUS)	Category C
Sat 3 Mar, 2012	Chihuahua (MEX)	Category B
Sun 18 Mar, 2012	Lugano (SUI)	Category C
Sat 24 Mar, 2012	Dudince (SVK)	Category C
Fri 30 Mar, 2012	Taicang (CHN)	Category B

Sat 14 Apr, 2012	Rio Maior (POR)	Category B
12-13 May, 2012	The IAAF World Race Walking Cup, Saransk (RUS)	Category A
Fri 1 June, 2012	Alytus (LTU)	Category C
Sat 9 June, 2012	La Coruña (ESP)	Category B
Sun 17 June, 2012	Sesto San Giovanni (ITA)	Category B
3-12 Aug, 2012	The Games of the XXX Olympiad, London (GBR)	Category A
14 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN	

2013 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil

2014 International Fixture

2014	26th IAAF World Race Walking Cup, Taicing, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, HUN
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, BRAZIL. See http://www.rio2016.org.br/en/Default.aspx
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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