



EELAND 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 **Claire Tallent** whose superb 20km in Taicang, China, was in a class of its own. Her fifth place finishing time of 1:28:53 was a PB by over 3 minutes and a performance which propels her to second on the Australian all-time list.

This week it was our Masters walkers in action on two fronts – in the Australian Masters Championships in Melbourne and in the World Masters Indoor Championships in Finland. And there were more great performances. How about this for starters

- WA M55 walker **Lyn Ventris** won two golds in Finland with two new World Records – her indoor track 3000m time of 14:39.77 broke the existing record by 15 secs and her road 10km time of 49:59 broke her own record of 50:32, set last October in Australia. She was without a doubt the athlete of the meet.
- Victorian M65 walker **Andrew Jamieson** also won two golds in Finland and broke the current M65 World Record for the indoor 3000m walk by 7 secs with his time of 14:39.77.
- **Heather Carr** (W60) and **Mark Donahoo** (M50) also won both the 3000m track and 10km road walks in Finland for their own golden doubles.
- **Bob Gardiner** (M75) set a new Australian M75 10km road walk record with 59:55 at the AMA champs at Fawkner Park.
- **Ralph Bennett** (M70) set a new Australian M70 1500m track record with 8:00.40 at the AMA champs at Lakeside Stadium in Melbourne.
- **Kelly Ruddick** (W35) was the fastest walker, male or female, at the AMA champs in Melbourne with her 5000m time of 22:39.87 and her 10km time of 47:57.

But there can only be one Walker of the Week this week and it has to be **Lyn Ventris** for her superb walks in Finland. Lyn was last year's IAAF Masters Athlete of the Year and she is right on target for a repeat performance in 2012!



Lyn on her way to gold and a new World Record in the 10km roadwalk in Finland last Saturday

AUSTRALIAN MASTERS T&F CHAMPS, LAKESIDE PAVILION, ALBERT PARK, 6-9 APRIL 2012

The Australian Masters T&F Championships are traditionally held over the Easter long weekend and it was the case again this year as our top Masters walkers descended on Melbourne. Three walks were on offer – 1500m last Friday, 3000m last Saturday and 10km road yesterday (Monday).

1500m Walk Masters, Friday 6 April

The 1500m walks were first up on Friday 6th April in hot and windy conditions. **Michelle Laufer** and **Pam Tindal** led out in the

women's event with Pam eventually taking line honours of 7:10.45 (89.73%) ahead of Michelle with 7:22.16 (80.44%). Others to beat the 80% mark included **Ann Staunton-Jugovic** (W45 – 7:46.59), **Alison Thompson** (W55 – 8:09.42), **Liz Feldman** (W55 8:42.43), **Gwen Steed** (W65 – 9:20.41) and **Heather Lee** (W85 – 11:36.90).

W30	1	Anna Wallace	W30	Vic	8:10.60	68.69%
W40	1	Michelle Laufer	W42	Vic	7:22.16	80.44%
	2	Lynette Smith	W41	Nsw	8:04.14	72.89%
	3	Regina Crouch	W43	WA	10:40.02	56.02%
W45	1	Ann Staunton-Jugovic	W48	Act	7:46.59	80.03%
	2	Kate White	W46	SA	12:12.46	50.15%
W50	1	Pam Tindal	W52	Vic	7:10.45	89.73%
	2	Terri Grimmett	W54	NZ	8:20.23	78.56%
	3	Donna-marie Elms	W51	Vic	8:32.17	74.77%
	4	Robyn Shaw	W50	Vic	8:38.69	73.21%
	5	Trish Stallard	W54	Nsw	9:50.53	66.55%
W55	1	Alison Thompson	W59	Vic	8:09.42	84.11%
W60	1	Liz Feldman	W63	Vic	8:42.43	82.12%
	2	Celia Johnson	W64	Vic	9:48.79	73.67%
	3	Michele Mison	W64	WA	10:27.66	69.11%
W65	1	Gwen Steed	W69	Vic	9:20.41	82.15%
	2	Jacqueline Wilson	W66	Vis	9:42.88	76.14%
	3	Valerie Millard	W65	WA	9:51.69	74.14%
	4	Trish Thomas	W66	Act	15:07.92	48.88%
W70	1	Daphne Jones	W70	NZ	10:29.24	74.12%
	2	Margaret Beaumont	W74	Vic	12:26.83	65.98%
W75	1	Pam Mews	W77	Vic	15:03.69	57.06%
W80	1	Christiane Dauphinat	W81	Qld	11:34.99	79.30%
W85	1	Heather Lee	W85	Nsw	11:36.90	85.24%
	-	Lorna Thompson	W85	Qld	DQ	

The men's event saw M40 **Dean Nipperess** 6:26.21 (84.59%) finishing ahead of M44 **James Christmass** 6:37.69 (84.81%) - quality walks by both youngsters. The other highlight came compliments of **Ralph Bennett** whose time of 8:00.40 took some 4 secs off Murray Dickinson's M70 Australian Record. Ralph scored 90.16% for his efforts. Up one age group, M75 **Bob Gardiner** scored nearly the same with his winning time of 8:35.84 (90.72%). These were the two top scoring performances of the day. The men's event was high quality with quite a few other walkers also achieving over 80% on the Age Graded Tables – **Clyde Riddoch, Tim Erickson, George White, Russ Dickenson, Jim Seymon, Robyn Whyte, Osmo Millridge** and **John Suiter**.

M35	1	Aaron McDonough	M39	Vic	7:00.62	77.07%
	2	Adam Patterson	M39	Vic	7:37.60	70.84%
	3	Rupert van Dongen	M37	Vic	9:29.19	56.12%
	3	Rupert van Dongen	M37	Vic	9:29.19	56.12%
M40	1	Dean Nipperess	M40	Qld	6:26.21	84.59%
	2	James Christmass	M44	Vic	6:37.69	84.81%
M45	-	Bernie Keirl	M48	Vic	DQ	
M50	1	Garry Hastie	M50	WA	7:32.76	78.30%
M55	1	Clyde Riddoch	M58	Vic	7:41.21	82.55%
M60	1	Tim Erickson	M61	Vic	7:50.28	83.37%
	2	Geoff Barrow	M63	Vic	9:21.31	71.31%
	3	Robert Connors	M64	Nsw	10:11.54	66.14%
	4	Harold Membrey	M60	WA	10:13.54	63.27%
	5	John West	M61	Nsw	11:05.14	58.95%
	-	Gerald Sofianos	M63	Vic	DQ	
M65	1	George White	M66	SA	7:55.97	86.86%
	2	Russ Dickenson	M66	Vic	8:10.34	84.31%
	3	Des Middleton	M65	Vic	8:44.69	77.93%
	4	Geoff Byham	M65	SA	9:04.08	75.15%
M70	1	Ralph Bennett	M70	Vic	8:00.40	90.16% (AR)
	2	Jim Seymon	M74	Nsw	8:49.22	86.08%
	3	Robin Whyte	M70	Act	8:54.73	81.00%
	4	Patrick Sela	M72	Qld	9:30.66	77.80%
	5	Barrie Wicks	M71	Vic	10:28.02	69.81%
	-	Murray Dickinson	M73	Vic	DQ	
	-	Bryan Thomas	M70	Act	DQ	
	-	Gunther Ilgoutz	M73	Vic	DQ	
M75	1	Bob Gardiner	M76	Vic	8:35.84	90.72%
	2	Harry Summers	M76	Vic	9:48.13	79.57%
	3	Leigh Smith	M76	SA	10:46.27	72.41%
	4	Ian Beaumont	M76	Vic	11:55.08	65.44%
	5	Colin Silcock-Delaney	M79	Vic	11:56.19	68.19%
	-	Harbhajan Aulakh	M79	Vic	DQ	
M80	1	Osmo Millridge	M80	Nsw	9:54.62	83.36%

	2	John Suiter	M82	Act	10:23.58	81.99%
	3	Colin Hainsworth	M82	SA	10:59.48	77.52%
	4	Kees Zwynenburg	M83	Vic	13:04.85	66.18%
M85	1	Sydney Elks	M86	Vic	12:30.42	72.79%

5000m Walk Masters, Friday 7 April

The 5000m walks were next, being held in much cooler conditions on Friday 7th April. What a difference a day makes! The women's race saw **Kelly Ruddick** set a W35 Championship record of 22:39.87 (89.43%) and **Heather Lee** set a new W85 Australian record of 41:25.35 (89.93%). **Pam Tindal** was just as good, recording a W50 time of 25:28.63 (89.22%) after battling **Michelle Laufer** early. Michelle was not far behind her with her W40 winning time of 25:37.54 (81.48%). Others in the 80%+ level included **Alison Thompson, Liz Feldman, Gwen Steed, Jacqueline Wilson** and **Sylvia Machin**.

W30	1	Anna Wallace	W30	Vic	29:17.63	67.53%
W35	1	Kelly Ruddick	W38	Vic	22:39.87	89.43% (CR)
W40	1	Michelle Laufer	W42	Vic	25:37.54	81.48%
	2	Regina Crouch	W43	WA	39:29.63	53.29%
W45	1	Ann Staunton-Jugovic	W48	Act	28:19.31	77.42%
	2	Kate White	W46	SA	44:36.74	48.33%
W50	1	Pam Tindal	W52	Vic	25:28.63	89.22%
	2	Terri Grimmett	W54	NZ	29:54.22	77.50%
	3	Donna-marie Elms	W51	Vic	30:54.03	72.88%
	4	Robyn Shaw	W50	Vic	31:11.49	71.54%
	5	Trish Stallard	W54	Nsw	37:49.47	61.27%
W55	1	Alison Thompson	W59	Vic	29:27.33	82.95%
W60	1	Liz Feldman	W63	Vic	30:56.12	82.81%
	2	Celia Johnson	W64	Vic	34:10.88	75.90%
	3	Michele Mison	W64	WA	36:09.42	71.75%
W65	1	Gwen Steed	W69	Vic	32:55.33	84.34%
	2	Jacqueline Wilson	W66	NZ	33:12.17	80.20%
	3	Valerie Millard	W65	WA	35:14.27	74.58%
W70	1	Sylvia Machin	W70	Vic	34:32.21	81.60%
	2	Daphne Jones	W70	NZ	36:13.52	77.79%
W75	1	Pam Mews	W77	Vic	51:56.10	60.87%
W80	1	Christiane Dauphinat	W81	Qld	40:13.04	84.90%
W85	1	Heather Lee	W85	Nsw	41:25.35	89.93% (AR)
	-	Lorna Thompson	W85	Qld	DQ	

The men's 5000m championships was another high quality event with M40 **Dean Nipperess** once again fastest with 23:49.51. Top performances went to **Bob Gardiner** (M75 30:08.57 - 89.94%), **George White** (M65 27:26.44 - 87.08%) and **Ralph Bennett** (M70 27:50.64 - 89.96%). Others above the elusive 80% mark included **Mark Thomas, Garry Hastie, Tim Erickson, Russ Dickenson, Robin Whyte, Jim Seymon** and **John Suiter**.

M35	1	Aaron McDonough	M39	Vic	25:12.49	74.44%
	2	Adam Patterson	M39	Vic	28:07.58	66.72%
M40	1	Dean Nipperess	M40	Qld	23:49.51	79.37%
	2	James Christmass	M44	Vic	25:04.39	77.84%
M45	1	Mark Thomas	M49	Vic	24:28.37	83.08%
M50	1	Garry Hastie	M50	WA	25:32.23	80.29%
	2	Paul Rance	M53	Vic	26:31.96	79.28%
M55	1	Clyde Riddoch	M58	Vic	27:44.18	79.33%
	2	Doug Barrett	M59	Nsw	35:37.70	62.35%
M60	1	Tim Erickson	M61	Vic	27:48.05	81.50%
	2	Geoff Barrow	M63	Vic	32:43.60	70.67%
	3	Gerald Sofianos	M63	Vic	34:36.70	66.82%
	4	Robert Connors	M64	Nsw	36:37.10	63.84%
	5	John West	M61	Nsw	41:55.10	54.05%
M65	1	George White	M66	SA	27:26.44	87.08%
	2	Russ Dickenson	M66	Vic	28:02.10	85.23%
	3	Des Middleton	M65	Vic	31:43.10	74.50%
	4	John Hallo	M69	Vic	36:50.90	67.15%
	-	Geoff Byham	M65	SA	DQ	
M70	1	Ralph Bennett	M70	Vic	27:50.64	89.96%
	2	Robin Whyte	M70	Act	31:02.04	80.71%
	3	Jim Seymon	M74	Nsw	31:27.06	83.84%
	4	Patrick Sela	M72	Qld	33:35.57	76.46%
	5	Murray Dickinson	M73	Vic	33:36.02	77.44%
	6	Barrie Wicks	M71	Vic	36:59.43	68.56%
	-	Bryan Thomas	M70	Act	DQ	
	-	Gunther Ilgoutz	M73	Vic	DQ	
M75	1	Bob Gardiner	M76	Vic	30:08.57	89.94%
	2	Harry Summers	M76	Vic	34:35.56	78.37%

	-	Ian Beaumont	M76	Vic	DQ	
	-	Leigh Smith	M76	SA	DQ	
	-	Colin Silcock-Delaney	M79	Vic	DQ	
M80	1	Osmo Millridge	M80	Nsw	36:09.51	79.55%
	2	John Suiter	M82	Act	37:00.21	80.26%
	3	Colin Hainsworth	M82	SA	38:38.82	76.85%
	4	Kees Zwynenburg	M83	Vic	43:55.65	68.74%

10km Road Walks, Monday 9 April 2011

The 10km roadwalks were held at Fawkner Park on the same 2km course where the Australian 50km championship is held each year and once again it proved itself to be a fast course in the cool conditions. The women started 2 minutes after the men and it was W35 **Kelly Ruddick** who took all before her, catching all the men except for **Dean Nipperess** and taking fastest time overall with 47:57 (87.50%). But it was W85 **Heather Lee** who was the absolute star of the show, walking the distance in 1:24:06 (96.17%) to take over 8 minutes off the Australian record in a dominant display. With 12 women over the 80% mark, it was an amazing walk to watch as most did their fastest in years. **Michelle Laufer** 52:14, **Anna Wallace** 1:01:34 and **Robyn Shaw** 1:03:42 all did PBs and I am sure that they were not the only ones.

W30	1	Anna Wallace	W30	Vic	1:01:34	66.51%	PB 1:33
W35	1	Kelly Ruddick	W38	Vic	47:57	87.50%	
W40	1	Michelle Laufer	W42	Vic	52:14	82.74%	PB 1:24
	2	Regina Crouch	W43	WA	1:23:41	52.07%	
W45	1	Ann Staunton-Jugovic	W48	Act	56:45	80.20%	
W50	1	Pam Tindal	W52	Vic	52:46	89.69%	
	2	Robyn Shaw	W50	Vic	1:03:42	72.83%	PB 0:18
	3	Donna Elms	W51	Vic	1:04:30	72.63%	
	-	Terri Grimmett	W54	NZ	DQ		
W55	1	Alison Thompson	W59	Vic	1:01:06	83.72%	
W60	1	Liz Feldman	W63	Vic	1:03:12	85.18%	
	2	Celia Johnson	W64	Vic	1:09:49	78.16%	
	3	Michele Mison	W64	WA	1:13:13	74.53%	
W65	1	Jacqueline Wilson	W66	Vis	1:06:22	84.58%	
	2	Gwen Steed	W69	Vic	1:09:12	84.88%	
	3	Valerie Millard	W65	WA	1:09:53	79.19%	
W70	1	Sylvia Machin	W70	Vic	1:11:10	83.85%	
	2	Daphne Jones	W70	NZ	1:13:02	81.71%	(NZR)
W80	1	Christiane Dauphinat	W81	Qld	1:22:21	89.28%	
W85	1	Heather Lee	W85	Nsw	1:24:06	96.17%	(AR)
	2	Lorna Thompson	W85	Qld	1:28:04	91.84%	

The men's event was also of the highest quality with 8 men above the 80% mark. **Bob Gardiner** was the star with a new M75 Australian record of 59:55 (93.15%) but **Ralph Bennett** (56:29 - 91.12%) and M70 **George White** (new South Australian M65 record of 55:06 - 89.06%) were nearly as impressive. M40 **Dean Nipperess** was fastest with 49:39 ahead of M45 **Mark Thomas** 50:36 and M35 **Aaron McDonough** a PB 51:07.

M35	1	Aaron McDonough	M39	Vic	51:07	75.59%	PB 0:54
	2	Adam Patterson	M39	Vic	1:01:52	62.46%	
M40	1	Dean Nipperess	M40	Qld	49:39	78.40%	
	2	James Christmass	M44	Vic	54:09	74.16%	
M45	1	Mark Thomas	M49	Vic	50:36	82.63%	
M50	1	Garry Hastie	M50	WA	51:16	82.24%	
M55	1	Clyde Riddoch	M58	Vic	58:03	77.85%	
M60	1	Geoff Barrow	M63	Vic	1:07:15	70.61%	
	2	Harold Membrey	M60	WA	1:20:33	57.19%	
M65	1	George White	M66	SA	55:06	89.06%	(SAR)
	2	Russ Dickenson	M66	Vic	59:49	82.04%	
	3	Geoff Byham	M65	SA	1:08:30	70.84%	
M70	1	Ralph Bennett	M70	Vic	56:29	91.12%	
	2	Robin Whyte	M70	Act	1:00:50	84.60%	
	3	Jim Seymon	M74	Nsw	1:03:41	85.19%	
	4	Patrick Sela	M72	Qld	1:07:20	78.42%	
	5	Barrie Wicks	M71	Vic	1:17:42	67.08%	
	-	Murray Dickinson	M73	Vic	DQ		
	-	Bryan Thomas	M70	Act	DQ		
M75	1	Bob Gardiner	M76	Vic	59:55	93.15%	(AR)
	2	Harry Summers	M76	Vic	1:13:50	75.59%	
	3	Colin Silcock-Delaney	M79	Vic	1:14:41	78.22%	
	4	Leigh Smith	M76	SA	1:15:24	74.02%	
	-	Ian Beaumont	M76	Vic	DQ		
M80	1	Colin Hainsworth	M82	SA	1:17:35	79.11%	
	2	John Suiter	M82	Act	1:19:43	77.00%	

Alas, I only have photos from the 5000m women's and 70+ events as I was otherwise occupied during the men's event.



Kelly Ruddick, Bob Gardiner, Ralph Bennett and Patrick Sela in action in the 5000m



Jim Seymon, Robin Whyte, Kees Zwynenburg, Heather Lee, Michelle Laufer and Alison Nicholls in the 5000m



Ann Staunton-Jugovic, Gwen Steed, Liz Feldman and Pam Mews in the 5000m



The start of the W30-W65 5000m at the AMA Championships



The start of the M70+ and W70+ 5000m events at the AMA Championships

2012 WORLD MASTERS INDOOR CHAMPS, JYVASKYLA, FINLAND, 3-8 APRIL 2012

The World Masters Athletics Indoor Championships were held in Jyvaskyla, Finland, last week (see the championship website at <http://wma2012.jyvaskyla.fi/> for further info) and Australian walkers Lyn Ventris, David Smyth, Lynne Schickert, Ray Hall, Stuart Kollmorgen, Simon Evans, Mark Donahoo, Andrew Jamieson and Heather Carr were all in action. Two walks were contested – a 3000m Track Indoor on Thursday 6th April / Friday 7th April and a 10km road walk on Saturday 8th April.

WMA 3000m Indoor Track Walks, Thursday 6 April 2012

Day Two saw the women and the older men contesting the 3000m Track Indoor walk and it was **Lyn Ventris** who starred, winning the W55 3000m walk in a new world record of 14:51.24. Lyn's time beat the existing record of 15:06.18, held by Portuguese walker Maria Alice Fernandes since 2008. **Heather Carr** was also in gold medal form, winning the W60 walk with 16:05.95 while **Lynne Schickert** was fourth in the W70 division with 21:38.23. The first 3 places are shown in each result set below. You can source the full results at http://www.fidalservizi.it/wma_2012/Index.htm

W35	1	FRISENBRUDERE Baiba	1975	W35	LAT	16:37.95
	2	TOIA Katia	1976	W35	ITA	17:47.92
	3	MOTTONEN Minna	1974	W35	FIN	17:54.14
W40	1	LILAND Hanne	1969	W40	NOR	16:35.06
	2	MOMBELLI Roberta	1968	W40	ITA	16:48.50
	3	MEDEIROS Sara	1969	W40	BRA	17:15.91
W45	1	KOKORINA Irina	1964	W45	RUS	16:17.48
	2	ZEIDLER Brigitte	1964	W45	GER	18:29.59
	3	GLOMBITZA Silke	1967	W45	GER	18:41.49
W50	1	TERENTYEVA Natalia	1961	W50	RUS	16:14.28
	2	PAMART Odile	1959	W50	FRA	16:16.19
	3	COCHEREAU Veronique	1959	W50	FRA	16:16.77
W55	1	VENTRIS Lynette	1956	W55	AUS	14:51.24 (WR)
	2	MARCENCO Natalia	1954	W55	ITA	16:42.58
	3	WHEELER Ann	1955	W55	GBR	16:44.03
W60	1	CARR Heather	1949	W60	AUS	16:05.95
	2	BLATCHFORD Noel	1947	W60	GBR	17:50.96
	3	VIHINEN Anneli	1947	W60	FIN	17:52.70
W65	1	KARETIE Pirjo	1942	W65	FIN	19:06.51
	2	KLINK Ursula	1944	W65	GER	20:27.61

	3	BLUME Rosina	1945	W65	GER	21:32.37
W70	1	TULINIEMI Ritva	1940	W70	FIN	21:00.51
	2	GRINBERTE Vera	1940	W70	LAT	21:38.06
	3	GIRARDS Rosa	1939	W70	GER	21:38.20
	4	SCHICKERT Lynne	1941	W70	AUS	21:38.23
W75	1	LECLERC Denise	1933	W75	FRA	21:33.93
	2	ALEKSYEYEVA Lyusya	1937	W75	UKR	21:34.66
	3	LAURILA Hanna	1935	W75	FIN	24:55.45
M80	1	HYVOLA Viljo	1929	M80	FIN	21:15.72
	2	PUSHKIN Ivan	1930	M80	UKR	22:01.30
	3	TAMMINEN Matti	1928	M80	FIN	22:08.94
M85	1	CIESIELSKI Guenter	1926	M85	GER	22:00.31
	2	HOKKANEN Taavi	1924	M85	FIN	27:18.14
	3	ANISIMOV Andrei	1922	M85	RUS	31:23.6

WMA 3000m Indoor Track Walks, Friday 7 April 2012

Day Three saw the younger men in action in the 3000m walk and once again we saw a World Record performance, this time to **Andrew Jamieson** in the M60 division with 14:39.77. Andrew's time beat the previous record of 14:46.08, set by Jean-Paul Masselin earlier this year. **Mark Donahoo** also took gold in the M50 walk with 13:55.43 while **Stuart Kollmorgen** took silver in the tough M40 division with 13:41.19. A very fit looking **David Smyth** was fourth in the M40 division with 15:55.02 while **Simon Evans** was sixth in the M50 division with 14:42.35 (what a strong standard!). The only disappointment of the day was seeing **Ray Hall** disqualified in the M75 division.

With the indoor track only 200m in circumference and only 4 lanes wide, the starts were very congested and it was a case of sprint like mad at the gun to try to get a position. Mark Donahoo commented: *I was on the front row so was fortunate. I was also lucky as Simon Evans started very fast as he was on the back row and walked around everyone, so I went with him and we left the rest of the field behind.*

M35	1	MAGLIULO Vincenzo	1976	M35	ITA	12:16.30
	2	MARTIN Francisco	1975	M35	ESP	12:46.73
	3	PUPYSHEV Andrey	1972	M35	RUS	12:57.67
M40	1	DEGTYARENKO Viacheslav	1971	M40	RUS	12:57.95
	2	KOLLMORGEN Stuart	1969	M40	AUS	13:41.19
	3	CACIA Salvatore	1967	M40	ITA	13:47.93
	6	SMYTH David	1969	M40	AUS	15:55.02
M45	1	ARENA Walter	1964	M45	ITA	13:02.11
	2	PERIANEZ Miguel	1962	M45	ESP	13:19.73
	3	GNAUCK Dick	1963	M45	GER	13:55.30
M50	1	DONAHOO Mark	1958	M50	AUS	13:55.43
	2	NASO Andrea	1960	M50	ITA	14:02.24
	3	BOGAERT Dirk	1958	M50	BEL	14:21.21
	6	EVANS Simon	1960	M50	AUS	14:42.35
M55	1	KISELEV Mikhail	1955	M55	RUS	14:47.94
	2	LYZHIN Sergey	1955	M55	RUS	14:54.30
	3	ZHYRKOV Pavlo	1953	M55	UKR	14:57.01
M60	1	BROCHOT Patrice	1951	M60	FRA	14:15.85
	2	RICHARDS Ian	1948	M60	GBR	14:21.07
	3	HALL John	1949	M60	GBR	14:22.57
M65	1	JAMIESON Andrew	1946	M65	AUS	14:39.77 (WR)
	2	MCMULLIN John	1946	M65	IRL	16:20.73
	3	RABATEL Fernand	1946	M65	FRA	16:49.24
M70	1	JOBIN Marcel	1942	M70	CAN	16:34.25
	2	PALMAR Ants	1940	M70	EST	16:34.51
	3	VAINIKKA Einari	1940	M70	FIN	17:01.91
M75	1	JORDANA Alexis	1937	M75	FRA	17:31.55
	2	IRBE Zigurds	1936	M75	LAT	17:36.98
	3	NOKELA Aaro	1935	M75	FIN	18:11.32
		HALL Ray	1933	M75	AUS	DQ

WMA 10km Road Walk, Saturday 7 April 2012

The final walk, the 10km road event, was played out on the Saturday morning against a backdrop of freezing temperatures and snow. Once again, **Lyn Ventris** starred, this time with a W55 10km road World Record of 49:59, easily beating her own record of 50:32 set in October last year in Adelaide. A second world record of the day went to German Guenter Ciesielski with an M85 time of 1:16:12. Interestingly, his time beat the current record which had been set by Queenslander Richard Keatinge in 2008.

Gold also went to **Mark Donahoo** M50 49:50, **Andrew Jamieson** M65 52:04 and **Heather Carr** W55 55:23 while **Stuart Kollmorgen** took silver in the M40 with 48:07. **David Smyth** took 6th in the M40 with a PB 54:54, **Simon Evans** took 5th in the M50 with 51:18, **Ray Hall** was 9th in the M75 with 1:16:23 and **Lyn Schickert** was 4th in the W70 with 1:14:10.

It was also a case of Team Gold for Mark Donahoo, Stuart Kollmorgen and David Smyth who won the M40 teams event ahead of

Finland, Austria and Russia. Mark explained via email that their case was helped when the Italian Cascio, a 45 minute walker, was disqualified while going head to head with the Russian on the final lap. That put the Italian team out of contention.

M35	1	MARTIN Francisco	1975	M35	ESP	45:33	
	2	PUPYSHEV Andrey	1972	M35	RUS	45:37	
	3	PINERA ALVAREZ Ruben	1975	M35	ESP	47:34	
M40	1	DEGTYARENKO Viacheslav	1971	M40	RUS	45:39	
	2	KOLLMORGEN Stuart	1969	M40	AUS	48:07	
	3	SIRAGUSA Gianni	1968	M40	ITA	52:31	
	6	SMYTH David	1969	M40	AUS	54:54	
M45	1	PERIANEZ Miguel	1962	M45	ESP	46:33	
	2	MEYER Steffen	1966	M45	GER	49:12	
	3	GNAUCK Dick	1963	M45	GER	49:19	
M50	1	NASO Andrea	1960	M50	ITA	48:30	
	2	DONAHOO Mark	1958	M50	AUS	49:50	
	3	MURPHY Patrick	1961	M50	IRL	50:28	
	5	EVANS Simon	1960	M50	AUS	51:18	
M55	1	KISELEV Mikhail	1955	M55	RUS	52:09	
	2	LYZHIN Sergey	1955	M55	RUS	53:17	
	3	PIO Alberto	1952	M55	ITA	53:56	
M60	1	BROCHOT Patrice	1951	M60	FRA	49:54	
	2	RICHARDS Ian	1948	M60	GBR	50:10	
	3	HALL John	1949	M60	GBR	54:00	
M65	1	JAMIESON Andrew	1946	M65	AUS	52:04	
	2	MCMULLIN John	1946	M65	IRL	56:41	
	3	RABATEL Fernand	1946	M65	FRA	58:51	
M70	1	PALMAR Ants	1940	M70	EST	56:46	
	2	JOBIN Marcel	1942	M70	CAN	57:39	
	3	PENFOLD Ronald	1941	M70	GBR	59:25	
M75	1	JORDANA Alexis	1937	M75	FRA	1:01:12	
	2	IRBE Zigurds	1936	M75	LAT	1:04:29	
	3	PANASEIKO Mykola	1934	M75	UKR	1:05:23	
	9	HALL Ray	1933	M75	AUS	1:16:23	
M80	1	HYVOLA Viljo	1929	M80	FIN	1:14:37	
	2	PUSHKIN Ivan	1930	M80	UKR	1:15:46	
	3	TAMMINEN Matti	1928	M80	FIN	1:21:49	
M85	1	CIESIELSKI Guenter	1926	M85	GER	1:16:12	(WR)
	2	HOKKANEN Taavi	1924	M85	FIN	1:31:05	
W35	1	FRISENBRUDERE Baiba	1975	W35	LAT	56:59	
	2	MOTTONEN Minna	1974	W35	FIN	1:03:09	
	3	JAKUBOVSKA Aiva	1973	W35	LAT	1:04:08	
W40	1	IGLESIAS Pilar Amelia	1968	W40	ESP	52:42	
	2	MOMBELLI Roberta	1968	W40	ITA	57:43	
	3	LILAND Hanne	1969	W40	NOR	58:40	
W45	1	KOKORINA Irina	1964	W45	RUS	56:10	
	2	ZEIDLER Brigitte	1964	W45	GER	1:04:19	
	3	GORMLEY Anne	1963	W45	IRL	1:05:32	
W50	1	TERENTYEVA Natalia	1961	W50	RUS	56:35	
	2	PAMART Odile	1959	W50	FRA	56:58	
	3	COCHEREAU Veronique	1959	W50	FRA	57:07	
W55	1	VENTRIS Lynette	1956	W55	AUS	49:59	(WR)
	2	MARCENCO Natalia	1954	W55	ITA	57:36	
	3	WHEELER Ann (I)	1955	W55	GBR	1:00:34	
W60	1	CARR Heather	1949	W60	AUS	55:23	
	2	BLATCHFORD Noel	1947	W60	GBR	1:02:16	
	3	GROLIG Dorothea	1951	W60	AUT	1:03:57	
W65	1	KARETIE Pirjo	1942	W65	FIN	1:05:15	
	2	KLINK Ursula	1944	W65	GER	1:10:24	
	3	BLUME Rosina	1945	W65	GER	1:14:26	
W70	1	HERRENDOERFER Ursula	1940	W70	GER	1:13:22	
	2	GRINBERTE Vera	1940	W70	LAT	1:13:48	
	3	LEBIEDIEVA Larysa	1940	W70	UKR	1:14:08	
	4	SCHICKERT Lynne	1941	W70	AUS	1:14:10	
W75	1	LECLERC Denise	1933	W75	FRA	1:11:56	
	2	ALEKSYEYEVVA Lyusya	1937	W75	UKR	1:16:53	
	3	LAURILA Hanna	1935	W75	FIN	1:29:15	

And now onto some great photos compliments of Emmanuel Tardi. Thanks Emmanuel!



Mark Donahoo, David Smyth, Heather Carr, Stuart Kollmorgen, Lyn Ventris, Simon Evans and Andrew Jamieson



Heather Carr, David Smyth, Andrew Jamieson and Lynne Schickert



Ray Hall, Mark Donahoo, Lyn Ventris and Simon Evans



Heather Carr in action, a pensive Stuart Kollmorgen and finally Andrew Jamieson on course alongside the frozen lake!



The start of the 3000m – the walkers sprint for position on the narrow track



Left: 3000m Presentations – Andrew Jamieson, Mark Donahoo and Stuart Kollmorgen



Right: Heather Carr and Lyn Ventris

WA MASTERS T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH 22-25 MARCH

A couple of weeks ago, I reported on the WA Masters 5000m walk which was held on Thursday 22 March as the first of 3 walks which was contested in their T&F Championships. The results of the remaining 2 walks have now come online so here they are for completeness. The Saturday walk included Lyn Ventris's W55 3000m World Masters Record of 14:16.41.

3000m Walk, Saturday 24 March

W40	1	Crouch, Regina	W43	23:08.48	53.25%	
W45	1	Fitzsimons, Marie	W46	16:31.59	76.39%	
W55	1	Ventris, Lynette	W55	14:16.41	95.68%	WR
W60	1	Mison, Michele	W64	20:57.91	71.78%	
	2	Ladwig, Sarah	W62	21:04.32	69.75%	
W65	1	Millard, Valerie	W65	20:28.71	74.39%	
	-	Oldfield, Christine	W67	DQ		
W70	1	Schickert, Lynne	W70	21:49.69	74.55%	
W80	1	Lauchlan, Lorna	W82	24:50.47	80.04%	
M35	-	Vogler, Garry	M37	DNF		
M40	1	Smyth, David	M42	16:12.63	69.60%	
M45	1	Best, David	M48	21:19.04	55.57%	
M50	1	Hastie, Garry	M50	15:47.0h	76.33%	
M65	1	Oldfield, John	M68	24:59.95	57.49%	
M70	-	Doye, Peter	M71	DQ		
M75	1	Hall, Ray	M78	21:49.58	75.03%	
	-	Whittam, Jeffrey	M77	DQ		

1500m Walk, Sunday 25 March

W40	1	Crouch, Regina	W43	11:28.31	52.09%	
W45	1	Fitzsimons, Marie	W46	8:00.79	76.40%	
W60	1	Ladwig, Sarah	W62	9:56.50	71.15%	
	2	Mison, Michele	W64	10:15.71	70.45%	
W65	1	Millard, Valerie	W65	9:54.40	73.80%	
W70	1	Schickert, Lynne	W70	10:23.09	74.85%	
W80	1	Lauchlan, Lorna	W82	12:26.51	75.16%	
M40	1	Smyth, David	M42	7:38.60	72.37%	
M45	1	Best, David	M48	10:09.42	57.20%	
M50	1	Hastie, Garry	M50	6:42.29	88.13%	
M60	1	Membrey, Harold	M60	11:52.36	54.49%	
	1	Membrey, Harold	M60	11:52.36	54.49%	
M65	1	Oldfield, John	M68	13:06.44	53.78%	
M75	-	Whittam, Jeffrey	M77	DQ		

DAVID SMYTH – ON THE IMPROVE

One of the big improvers at the World Masters Indoor Championships in Finland was Western Australian walker David Smyth - a big PB of 15:55.2 in the 3000m indoor track walk and then another PB of 54:54 in the 10km roadwalk. So I thought it about time I put David under the microscope and let readers know a bit more about him.

The basics first - David who is currently the President of the Racewalking Club of Western Australia, is actually a New Zealander by birth (yes, if you have ever heard him talk, you will quickly twig to that distinctive Kiwi accent).

David started his athletics career in New Zealand as a 400m/800m runner but couldn't seem to get past the semis in his regional school championships even though his schoolboy PBs were quite good – 55.09 for 400m and 2:01 for 800m. The big change came for him at age 15 when one night at training, his Club President said they needed an additional racewalker that weekend to qualify for the NZ Club Championships. He practiced that night, doing a 2000m walk in 13 minutes. With that one session under his belt, he raced the following weekend in the 3000m walk, coming 4th without any warnings in a time of 20:55.51.

The club duly went to the NZ Club Championships 4 weeks later where he raced to 3rd in the B division in a much improved time of 19:42. By this time, he had a coach in Mr Paul Luckie, Craig Barrett's first coach. He subsequently took bronze in the Waikato Schools Championships and was selected for the North Island Secondary Schools Champs. In the much tougher competition he came 6th with 18:52.

He was now hooked and trained through the winter. The following year he won three Waikato U18 and U20 walking titles and was selected in the Waikato team to contest the NZ championships. Unfortunately he couldn't go due to work commitments.

He carried on with his walking until he was 21 years of age, hanging up his racing shoes when he fell in love! It was not until some 7 years later that he returned to the sport, rejoined his same club and started to train and race again.

I raced ok but was not as fast as previously. I went to the NZ Interclub Championships again but came last in 16:09. I remember Scott Nelson winning the race in around 11:45.

His move from Hamilton to Wellington was a good one and his walking started to improve once again. His senior highlight was

taking 3rd in the 2002 NZ 20km Championship.

When his father died, David was grief stricken – he had lost not only his father but his coach and best friend. Presumably his walking suffered too as, when he moved to Sydney in 2005, he was an overweight 109kg! He joined NSW Race Walking Club in May of that year, stripped down to a still big 95kg and started racing once again. He approached Marilyn Pearson to coach him and she took up the challenge.

She is and always will be an amazing lady and friend. She coached me and though her I won 6 Australian Masters M35 titles and I thank her even now. I still love my training even now at 42 .



David racing for NSW Masters in his 2006 M35 Australian Masters Championship win

He moved to Perth in 2007 to continue his career as a chef (he has worked in the trade since age 19) and he currently works in his dream job with Herdsman (www.theherdsman.com.au) as a dessert chef. He joined the Racewalking Club of Western Australia once he arrived in Perth and has won his fair share of Masters and Open medals since then. He trains 6 days per week but is forced, due to his working hours, to do much of his training alone.

He went to his first World Masters Championships in Sacramento in July 2011 and won team gold along with Stuart Kollmorgen and James Christmass in the 20km walk.



David, Stuart and James at the 2011 World Masters Championships in Sacramento

He came back inspired to train more. He has now teamed up with coach Jim Leppik (<http://www.jamesfitness.info/>) and has been preparing for Finland in earnest.

I am now training hard for the World Masters Indoor Champs in Jyväskylä Finland which I'm so excited about and very nervous as it will be my first indoor track race but my good friend Marie Kay says its an amazing experience. After that, my next aims are to do the NZ 50km champs and break the WA record of 5:29:12.

Since I last saw David at the 2011 Australian 20km championships in Canberra in August last year, he has shed 10kg and is now a

trim 73km. His results in Finland lived up to his expectations - a big PB of 15:55.2 in the 3000m indoor track walk and then another PB of 54:54 in the 10km roadwalk.



April 2012 – a trim 73kg when racing in Finland

My final question to David – what's his secret?

I put my current form down to training at 100%, completely following the coach's programme and proper eating. I love living in Australia not only because of the weather the because of the food and the wider racewalking community which is like one huge family.

Well done David on a career in progress. May the improvement continue and the PBs come thick and fast!

PONDERING THE 10KM RANKINGS

I have been chatting with Nathan Deakes who has perused some of my online information and has pointed out a number of items for review. One was the relatively low standing of Dion Russell in the Australian All-time 10km rankings list which reads as follows:

Rank	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	9/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Series Final 10km, Beijing	18/09/2010	26
4	38.41	Luke Adams	N	22/10/1976	9	IAAF Challenge Series Final 10km, Beijing	18/09/2010	33
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Series Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney	13/01/1991	22
8	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Series Final 10km, Beijing	18/09/2010	23
9	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
10	40.08	Willi Sawall	V	07/11/1941	1	AFORWC Championship, Richmond, NSW	1982	40
11	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	5/01/1992	20
12	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
13	40.56	Dane Bird-Smith	Q	15/07/1992	5	Hobart	19/02/2011	18
14	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
15	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
16	41.01	Jon Gawley	N	08/05/1980		NSW U20 10km Championship, Sydney	8/05/1999	19
17	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	5/01/1992	24
18	41.05.50	Dion Russell *	V	08/05/1975	1	VIC 10,000m Championship, Box Hill	1/04/1995	19
19	41.38	Brent Vallance	N	30/04/1972	3	Canberra	8/02/1998	25
20	41.46.79	Ian Rayson *	N	04/02/1988	2	Sydney, NSW Title (Track)	3/01/2009	20

Considering that Dion has a 20km PB of 1:20:49, surely 41:05.50 is too slow for his 10km best? Nathan commented:

His 1:20.49 at the Nationals in 1999 held along the path outside Princes Park, included a sub 40 last 10km. In fact, I think it may have even been 39.49 off the top of my head, making the first 10km 41.00. Again, I remember this day distinctively as I was dq'd whilst leading between 16 and 17km, when on track for my first sub 80.

I checked out the VRWC archives and did find the results of this Australian Championship but, alas, no lap splits. So Dion's relatively slow 10km PB has to stand. For completeness, I have typed up the results from those champs and include them here – they make for interesting reading

1999 AUSTRALIAN ROADWALK CHAMPIONSHIPS, MELBOURNE, THURSDAY 18 MARCH 1999

The Australian Summer Roadwalking Championships were held on a 2km course at Princes Park in Melbourne on Thursday 18th March 1999. It was also the official World Cup Trial so was keenly contested by all those hoping for a berth. This was the first day of the Australian T&F Championships and an early start meant that many of us could catch the walks before we headed off to work for the day.

The men's 20km event started first at 7:30AM and it was a huge race in every way with Dion Russell winning out with a PB time of 1:20:49. With a huge negative split, Dion surged away from Nick A'Hern who had to be content with his second place 1:21:18. Luke Adams took the bronze with 1:23:52 and he is still walking superbly 13 years later! At the time, this was the most impressive 20km race ever held in Australia with the first 5 Australians breaking 85 mins and the first 8 all breaking 90 mins. There were also a number of overseas walkers in the mix. I remember vividly seeing Brad Malcolm cross the finishing line under World Cup qualifying standard only to learn post-event that he had been disqualified. It was a gut busting experience for Brad and he walked away from the sport soon afterwards.

Open Men 20km Walk , 7:30AM

1.	Dion Russell	VAIS	1:20:49
2.	Nicholas A'Hern	NAIS	1:21:18
3.	Luke Adams	NSW	1:23:52
4.	Denis Langlois	FRA	1:23:57
5.	Duane Cousins	VAIS	1:24:20
6.	Darren Bown	SA	1:24:57
7.	Troy Sundstrom	NSWI	1:25:02
8.	Scott Nelson	NZL	1:26:49
9.	Liam Murphy	SASI	1:26:58
10.	Dominic McGrath	VIC	1:27:19
11.	Boon Lim Teoh	MAS	1:29:20
12.	Sylvain Caudron	FRA	1:29:43
13.	Brent Vallance	NAIS	1:31:38
14.	Shane Pearson	QLD	1:31:39
15.	Matthew Groves	TAS	1:31:56
16.	Christian Bone	NSW	1:32:55
17.	Andrew Duncan	WA	1:33:12
18.	Paul Kennedy	VIC	1:34:41
19.	Andrew Jamieson	VIC	1:35:46
20.	Graham Watt	VIC	1:41:20
21.	Noel Wooler	QLD	1:42:44
	Duncan Knox	VIC	DNF
	Jon Gawley	NSW	DNF
	Brad Malcolm	VIC	DNF
	Daniel Thorne	VIC	DNF
	Nathan Deakes	VAIS	DQ
	Trenton Hawkins	VIS	DQ
	Marcus Dwyer	VIC	DQ

The women's 10km started 15 minutes later at 7:45AM with 15 women joining the 28 men to add to the spectacle. Kerry Saxby-Junna and Jane Saville led out at a scorching pace but it was the veteran Kerry, then nearly 39 years of age, who won out, gradually clearing away to win with 43:09 ahead of Jane 44:24. Wendy Muldoon 46:24 and Simone Wolowiec 46:27 both walked excellently and won World Cup selection with their walks. The big loser was Lisa Sheridan-Paolini who was disqualified. Luckily, she was still granted a discretionay selection in the World Cup.

Open Women 10km Walk , 7:35AM

1.	Kerry Saxby-Junna	NAIS	43:09
2.	Jane Saville	NAIS	44:24
3.	Wendy Muldoon	VIS	46:24
4.	Simone Wolowiec	VIS	46:27
5.	Tracy Rosengrave	VIC	48:36
6.	Jenni Jones-Billington	NZL	49:20
7.	Carma Watson	NZL	50:04
8.	Diane Barrett	NZL	50:05
9.	Natalie Saville	NSWI	50:44
10.	Alison Baker	VIC	50:54
11.	Sara-Jane Cattermole	WA	51:53
12.	Alanna Stretton	TAS	51:59
13.	Rachael Cross	VIC	52:48
14.	Megan Peters	VIC	54:21
	Lisa Sheridan-Paolini	NSW	DQ

Later in the T&F Championship meet, the Junior 10,000m/5000m walks were held and they saw John Gawley 42:11.83 and Kellie Wapshott 23:12.28 as victors. Note the attrition rate in the men's event where half the field was disqualified.

U20 Men 10,000m Walk

1.	Jon Gawley	NSW	42:11.83
2.	Chris Erickson	VIC	47:32.07
3.	Daniel Allender	VIC	49:58.90
4.	Warren Russell	NSW	50:57.62
	Darren Breckon	NSW	DQ
	Jarrod Russell	VIC	DQ
	Shane Willson	NSW	DQ
	Douglas Connolly	NSW	DQ

U20 Women 5000m Walk

1.	Kellie Wapshott	VIC	23:12.28
2.	Erin Adamcewicz	VIC	25:06.98
3.	Sara Tomlin	VIC	25:23.59
4.	Claire Woods	SA	25:45.37
5.	Rebecca Hosking	ACT	25:50.50
6.	Kelly Excell	NSW	25:57.10
7.	Kym Osmand	VIC	26:20.56
8.	Anna Keim	QLD	29:08.14
	Michelle French	NSWI	DQ
	Vanessa Arcadi	VIC	DQ

The World Cup was subsequently held in Deauville/Mezidon, France and the team performed as shown below

Men's 20 km Walk	Darren Bown (SA)	50/140	50 th	1:29:31.0
	Luke Adams (NSW)	55/140	55 th	1:30:11.0
	Troy Sundstrom (NSW)	59/140	59 th	1:30:28.0
	Nicholas A'Hern (NSW)	140/140	DNF	
	Nathan Deakes (Vic)	140/140	DQ	
	Team	14/27	14 th	164 pts
Men's 50 km Walk	Dominic McGrath (Vic)	46/110	46 th	4:00:50.0
	Duane Cousins (Vic)	51/110	51 st	4:02:27.0
	Michael Harvey (Vic)	61/110	61 st	4:08:58.0
	Shane Pearson (Qld)	73/110	73 rd	4:16:43.0
	Dion Russell (Vic)	110/110	DNF	
	Team	14/20	14 th	158 pts
Women's 20 km Walk	Jane Saville (NSW)	18/123	18 th	1:31:58.0
	Kerry Saxby-Junna (Saxby) (NSW)	21/123	21 st	1:32:24.0
	Lisa Paolini (Sheridan) (NSW)	40/123	40 th	1:36:20.0
	Simone Wolowiec (Vic)	59/123	59 th	1:39:31.0
	Wendy Muldoon (Vic)	87/123	87 th	1:46:25.0
	Team		6 th	79 pts

CLUB RECORD UPDATE

More VRWC club records were broken this week by our magnificent masters walkers. I think I have captured them all:

Ralph Bennett	M70 1500m Track Walk	8:00.40	Lakeside Stadium, Melbourne	06/04/2012
Kelly Ruddick	W35 5000m Track Walk	22:39.87	Lakeside Stadium, Melbourne	07/04/2012
Pam Mews	W75 5000m Track Walk	51:56.10	Lakeside Stadium, Melbourne	07/04/2012
Bob Gardiner	M75 10km Road Walk	59:55	Fawkner Park, Melbourne	09/04/2012

OVERSEAS SHORTS

SARANSK (RUS): The organizers of the 25th IAAF Race Walking World Cup in May in Saransk advise that 67 countries have confirmed their intention to compete. This will be a new participation record if it eventuates, beating the 58 countries that competed in La Coruna in 2006. Russian organizers are hoping that at the end of the day at least 60 countries will arrive. Final entries will be close on April 30.

WHAT'S COMING UP

Next Saturday morning sees an invitational 5000m walk at the National Open T&F Championships at Lakeside Stadium in Melbourne. Although we only had very short notice to advertise this event, I am very pleased to see high quality fields as follows

Men 5000m Walk

Women 5000m Walk

Nathan Brill	96	VIC	Allegra Steele	90	SA
Jared Tallent	84	AIS	Claire Tallent	81	AIS
Dane Bird-Smith	92	QLD	Cheryl Webb	76	NSW
Rhydian Cowley	91	VIC	Kelly Ruddick	73	VIC
Jason Kozica	87	VIC	Megan Szirom	77	SA
Joshua Kaiser	93	VIC	Michelle Laufer	69	VIC
Andrew Jamieson	46	VIC	Stephanie George	96	VIC
Bradley Simpson	93	VIC			
Simon Evans	60	VIC			
Aaron McDonough	72	VIC			
James Christmass	67	VIC			

Next weekend the Australian Centurions will hold their annual 24 Hour / 100 Mile qualifying event at the Harold Stevens Athletics Track in Coburg on the weekend of 14-15 April. Many of our top ultra walkers will be in action along with 5 overseas walkers so if you are Melbourne based, drop over some time and see the action. The 24 Hour event kicks off at 10AM on Saturday morning and obviously finishes exactly 24 hours later at 10AM on Sunday morning. I'll be there for the full weekend as usual.

Next weekend also sees the last two big international racewalk meets in Europe before next month's World Cup in Russia:

Sat 21 Apr 2012	International Race Walking Meet, Podebrady, Czech Republic
Sun 22 Apr 2012	43 rd International Race Walking Meet, Naumburg, Germany

For most of us, it's a rest until our Victorian winter season starts on **Saturday 28 April**. I will be posting out our winter season fixture this week (it's all sitting on my dining room table amongst the general chaos) or so so check your letter box soon.

I have contacted AV and have asked them to get the AV Season Entry form out as soon as possible so that walkers can enter the first championship (the AV 5km Teams Championship) on Saturday 5 May. Remember that you must also renew your AV registration for the new season which commenced on 1st April.

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

14-15 Apr 2012	Australian Centurions 24 Hour Walk, Coburg, Melbourne
13-15 Apr 2012	Australian Open T&F Championships , Melbourne (5000m invitation walks)

2011/2012 Victorian/Australian Winter Season Key Dates

Sat 28 Apr 2012	VRWC Winter Season opening races, Middle Park
13-20 Oct 2012	Alice Springs Masters Games, Alice Springs, N.T.

2012 International Fixture

Sat 21 Apr 2012	International Race Walking Meet, Podebrady, Czech Republic
Sun 22 Apr 2012	43 rd International Race Walking Meet, Naumburg, Germany
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/

Remaining 2012 IAAF Race Walking Challenge Dates

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. See http://www.wma2013.com

2014 International Fixture

5-6 May 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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