



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 **Kelly Ruddick** who recorded a PB of 22:18.00 for the 5000m walk at Lakeside Stadium in Melbourne at the Australian T&F Championships a week ago.

This week a rest from voting as we wait for more sensational times to pop up. Stay tuned!

2012 ATHLETICS AUSTRALIA UNDER 17 DEVELOPMENT SQUAD

Congratulations to the following 8 walkers on their selection in the 71 strong Australian Under 17 Development Squad. The first step in Athletics Australia's National Development Pathway, this squad comprises those athletes considered prospects for future selection to the IAAF World Youth championships, the IAAF World Junior championships and the National Under 19 Talent Squad.

Boys: **Billy Allamby (Vic), Kyle Bird (Vic), Nathan Brill (Vic), Zac Partington (WA)**
Girls: **Jasmine Dighton (NSW), Stephanie George (Vic), Jasmine Irshad (Vic), Jemma Potezny (SA)**

See the full announcement at http://www.athletics.com.au/home/news/news/2012/april/u17_squad_73_athletes_added_a

Congratulations to this group of very talented young walkers.

RUNNERS WORLD WINNERS ANNOUNCED

The VRWC Committee votes at the end of each Winter and Summer season on its best walkers, male and female, for our Runners World Awards as per <http://www.vrwc.org.au/vrwc-runners-world.html>. This summer, the voting was very tight with 3 very talented male and 3 equally talented female walkers to choose from but we eventually sorted out our winners who are **Nathan Brill** and **Jemima Montag**. Each walker will now receive a substantial award from Neil Ryan of Runners World in Kew. For the summer season winners, this award consists of

- \$500 gift voucher for the Runners World shop
- \$500 cheque from Neil

Congratulations to Nathan and Jemima on their wins - they are richly deserved. We hope that Neil's sponsorship enables them to push their careers ever onwards and upwards!



NEW VRWC CLUB JUNIOR CAPTAIN ANNOUNCED

At the end of last financial year, Natalie Laurie stepped down as VRWC Junior Club Captain to start her career as an Open walker. The Committee is now pleased to announce that **Stephanie George** has graciously accepted our offer to become the new VRWC Junior Club Captain. Steph, who was second in the U17 5000m walk at the recent Australian Junior T&F Championships, is one of the large group of young and talented walkers with whom the club is blessed. She has just been announced as part of the Australian U17 Development Squad and we know that she will lead our junior walkers with aplomb and finesse.



VRWC PARKING PERMITS

As our winter season starts this Saturday, a reminder to all parents that parking in the Albert Park park area is not free. Rather than pay each time you come, you can apply to Parks Victoria for a season ticket and save a significant amount of money. See me on any race day to get the appropriate authorised form.

CANBERRA PLANNING

A couple of planning items for the Lake Burley Griffin Carnival in Canberra in June.

1. RWV Uniforms

You need to race in your Racewalking Victoria uniform in Canberra. For those who don't have one yet, we will have singlets on sale (same design as last year) at our VRWC races this Saturday. For those who prefer crop tops, Sabby George has been busy finalizing design and prices from a local manufacturer and we are now able to offer Racewalking Victoria Crop Tops and/or Bike Shorts as well as racing singlets.

The crop tops and/or bike shorts MUST be pre-ordered - use the order form on the VRWC website at <http://www.vrwc.org.au/RWV%20Crop%20Top%20Order%20Form.pdf>. We will only purchase what has been ordered and **orders close on Wednesday 2nd May**. Contact Tim Erickson (terick@melbpc.org.au) or Sabby George (sabbygeorge@hotmail.com) to discuss further or place your orders.



2. Team Accommodation Details now available

While most people organise their own accommodation at the Canberra Carnival, some RWV families or members like to stay as a team so each year we organise a group booking at the Central Motel in Queanbeyan. You can read all about it at <http://www.vrwc.org.au/Canberra%20Carnival%20Accommodation.pdf>. If you want to avail yourselves of this offer, just fill in the form and return to your club secretary.

SANDY BRUNNER DOMINATES THE RUN

I like to focus on walkers when the time seems appropriate and that is certainly the case at the moment for South Australian Masters athlete **Sandy Brunner**. Better known as a walker, Sandy recently broke the **W70 World Masters 3000m Run Record** with a time of 13:21.93 – a pretty good transition from walking to running considering that she started including running in her training less than a year ago! I interviewed Sandy a few days ago via email to find out a bit more about her career.

How long have you been running and walking?

Until just recently I had no previous history of running so for me, race walking came first. At the age of 60 I walked our State's biggest fun run, the 12km City to Bay as a regular walker. I enjoyed the experience and decided I'd like to try and walk faster. In 2002 I started walking with Deryck Skinner who later went on to become a Centurion. At the end of 2002 I met Kim Mottrom walking along the Torrens River in Adelaide and in March 2003 I asked him (I actually ambushed him) if he would coach me.

Your first really big walk was in 2004 in Melbourne when you broke the W60 20km World Record.

In my first two years of walking, I walked a marathon and no less than 10 half marathons. This gave me the endurance and perfect foundation to break the W60 20km walk world record in Melbourne. Over the next few years I lowered the W60 Australian Records in 3000m-15km walks and in New Zealand in 2006 I set new W60 Oceania Records for the 3000m, 5000m and 10km.

Editor's note: On Sunday 24th May 2004, when VRWC hosted its annual 20km Club Championships at Middle Park, Sandy came across with her coach Kim. My race report at the time read as follows:

Sandy has only been walking for a short time and is being coached by SA walker Kim Mottrom. On Sunday she broke the World and Australian records for the W60 20 km racewalk. Her time of 1:57:42.2 broke the previous world record of 2:02:56 by over 5 minutes. Technically she looked to have plenty in reserve and I think we may soon see this mark being lowered again. Her splits show a very even race: 11:41, 23:27, 35:18, 47:04, 58:48, 70:34, 82:22, 94:13, 105:59, 117:42.2

You have had more than your fair share of injuries in recent years?

Moving into the W65 age group, my body was beginning to feel the effects of all the long races. I was soon to become my physiotherapist's new best friend. Injuries unrelated to walking were torn ligaments; one caused a fracture, and a broken toe. I had a long stint of bursitis in my glutes and underwent an arthroscopy on my left knee in 2007. Unfortunately the knees started showing signs of osteo arthritis so it was becoming increasingly harder to satisfy the judges. I kept pushing myself and Kim continued to encourage me and fine tune my technique, looking ahead to moving into the W70 age group. At the end of July we introduced some running into my walking program to keep my fitness levels while focusing on my walking technique.



Left: Sandy on her way to her W60 20km World Record in Melbourne in 2004

Right: January 2011 – Sandy walks 19:56 for 3km at Middle Park – still walking well despite the injuries

When was the decision finally made to move from walking to running?

At the end of 2011 and three months before I turned 70, Kim and I both agreed that my knees just weren't responding to all the extra work we were doing and Kim suggested I run 1-2 times a week. At the start of 2012 we decided walking was no longer an option and we put 100% of our efforts into running. Walking has been my passion; it helped me through a very difficult period in my life and gave me the opportunity to meet some amazing people. Letting go was never going to be easy.

Your progress in running has been pretty sensational!

Between the start of the summer season and March 2012, I had broken 8 State records for 3000m and 5000m running events. Around February I decided I might be good at running 10km as well so, although I'd never run anything over 5km, I started doing a couple of longer runs on a Saturday morning.

Heading over to the AMA championships in Melbourne, just after I turned 70, I was able to run 48:31 for 10km, my fifth ever 10km and my first 10km race, which fortunately was 28 seconds under the national record. Two days later I ran 23:02 for 5000m, a 15 second PB and 19 seconds under the national record.

Coming back to Adelaide the next weekend I wanted to try and break the 3000m national record of 14:17 rather than wait until next summer. My PB was 13:44 so I was confident I could go under the national record time but not the world record time of 13:24.78. The day of the race though I was very aggressive with my approach and ran PBs for 1km, 1500m, 2000m and ultimately 3000m. Unlike when I did my 20km walk record, this world record of 13:21.93 was a total surprise.



Sandy on the podium at the AMA Champs in Melbourne in April 2012 – two races for two W70 Australian running records

Any final words?

Leaving walking behind I didn't know what to expect from running, having never been a runner. It has been a whole new learning experience for me. I have enormous confidence in my coach and having my support team, Kim and Justin Hill my lap scorer, with me for the AMA championships and at Santos for the All Comers was amazing, I couldn't ask for anything more.

Well done Sandy on your wonderful Masters career – may you have many more runs and may the records continue to fall!

QUENTIN REW AND ROZIE ROBINSON MAKE NZ TEAMS

Last week saw this significant announcement: <http://www.odt.co.nz/sport/athletics/205948/athletics-rew-added-london-olympic-team>

The New Zealand Olympic Committee has marked the 100-day milestone to the Olympic Games with the announcement of more selections for London. Along with triathlon and football's announcements, the committee confirmed the selection of 50km race walker **Quentin Rew** who met the IAAF A standard on March 25, after just missing the initial selection. Rew qualified after finishing ninth at the IAAF Walking Challenge in Dudinska Paldesjatka, Slovakia in 3:58:48, just 12 seconds under the performance standard. The 27-year-old cut a substantial eight minutes off his previous best, set in Taicang China in April last year. Rew was 24th in the 50km road walk at the world championships in Daegu last September. He joins four others in the initial athletics selection, Valerie Adams, Nick Willis, Kimberley Smith and Stuart Farquhar.



Left: Quentin finishes the 50km at the IAAF meet in Taicang in April 2011
Right: Quentin collapses after 5x2km reps at Thredbo in January 2012 – and the hard work has paid off

For Quentin, it is just reward for a lot of sacrifice and hard work. Well done mate!

And NZ walking got another boost recently with the announcement that **Rozie Robinson** (current NZ champion) has been named in the New Zealand athletics team for the Oceania championships in June. Rozie (21), a physical education student, will compete in the senior women's 5000m track walk. See <http://www.odt.co.nz/sport/athletics/206273/athletics-selection-thrills-walker-robinson> . Go Rozie!



Rozie (second from left) at Thredbo in January along with Kirsty Klein, Jesse Osborne and Harry Bates

ONE TO ADD TO THE BOOKMARKS

It's been around for a while but since it has now added a racewalking section to its blog, I thought I should share this website with you. Check out <http://trackfield97.com/race-walking/>. It shows promise.

PHOTOS FROM FLAGSTAFF

Thanks to **Luke Adams** for letting me use these fantastic photos from Flagstaff in Arizona where he and **Nathan Deakes** are training. Flagstaff is at 2100m altitude and is a popular high altitude training venue for walkers world wide. The news is that both walkers are training well. I can hardly wait to see them both in action in our Olympic 50km along with 2008 Olympic 50km silver medallist Jared Tallent. What a team!

First, however, Luke will compete in the 20km event at the Racewalking World Cup in Russia while Nathan will bypass this competition and continue his Olympic preparation. As for Jared, he is currently putting in some pretty big miles in Canberra in preparation for the 50km event in Russia next month. Three elite walkers, each with a different Olympic game plan!

Flagstaff forecast for Tuesday – 2°C overnight and rising to a warm and sunny 27°C. Nice!





RACEWALKING AUSTRALIA 100KM CHAMPIONSHIPS REVIEW

Racewalking Australia 100km Track Championships have been held each April at Coburg since 2007 so we now have 6 years of data at our disposal. Of course, I have never really found the time to do much with this data, such are my commitments on so many fronts. But I have fallen on my feet in that Melbourne based walker **Rudolf Skrucany** has taken up the offer to become the Australian Centurions Records and Rankings officer. His first job – to extract the race sheets from the more recent Coburg 24 Hour Carnivals and extract the complete 100km results. Here are the results from 2007 to 2011. 2012 will be added as soon as the Coburg results are finalised and confirmed. Yes, small beginnings but the real aim is to make this a regular yearly event and let it eventually build. It is indeed a work in progress. Well done to those many walkers who feature in this list – walking 100km on a track is no mean feat.

2007 Men	1	O'NEILL, Terry	VIC	13:08:08
	2	HAIN, Geoff	QLD	14:04:47
	3	COMMINS, Louis	NSW	14:21:09
	4	WEBBER, Bruce	QLD	14:54:07
	5	ATTRILL, David	NSW	15:16:38
	6	SKRUCANY, Rudolf	VIC	20:38:18
	7	FISHER, Pat	ACT	22:56:37
2007 Women	1	BOLLEN, Karyn	VIC	14:51:40
	2	COX, Catherine	SA	15:00:11
2008 Men	1	Andrew Ludwig	QLD	12:28:09
	2	Colin Brooks	SA	15:12:32
	3	Pat Fisher	ACT	15:29:34
	4	Craig Welsh	NZ	17:37:00
	5	Steve Jordan	VIC	?
2008 Women	1	Catherine Cox	SA	14:36:16
	2	Karyn O'Neill	VIC	15:26:54
2009 Men	1	O'NEILL, Terry	VIC	12:44:09
	2	VALENTINE, Ian	QLD	13:10:52
	3	SCHOORS, Rudy	BELG	13:14:54
	4	HAIN, Geoff	QLD	14:14:07
	5	JORDAN, Steve	VIC	14:26:10
	6	MANDERSON, Gerald	NZ	15:05:57
	7	McKAY, Doug	VIC	16:04:30
	8	COMMINS, Louis	NSW	17:24:53
	9	SKRUCANY, Rudolf	VIC	22:45:03
2009 Women	1	MESTDAGH, Caroline	BELG	13:27:08
	2	PARRIS, Dawn	VIC	15:49:58
	3	CHESTERTON, Val	ACT	17:52:05
2010 Men	1	BENNETT, Peter	QLD	12:24:43
	2	VALENTINE, Ian	QLD	14:01:30
	3	TIMMS, John	VIC	15:45:10
	4	McKAY, Doug	VIC	16:51:17
	5	COMMINS, Louis	NSW	19:58:04

	6	JORDAN, Steve	VIC	21:16:56
2010 Women	1	O'NEILL, Karyn	VIC	17:56:18
	2	PARRIS, Dawn	VIC	18:18:35
2011 Men	1	WALL, Mark	ENG	13:55:56
	2	Van den BOOGAARD, Martijn	HOLL	14:02:33
	3	JORDAN, Steve	VIC	14:21:25
	4	COMMINNS, Louis	NSW	16:39:52
	5	McKAY, Doug	VIC	16:43:43
	6	VOITIN, John	VIC	20:45:17
2011 Women	1	THOMPSON, Michelle	VIC	12:43:24
	2	O'NEILL, Karyn	VIC	14:13:51
	3	QUEENEY, Serena	ENG	14:50:46
	4	PARRIS, Dawn	VIC	15:15:31
	5	HARVEY-JAMIESON, Susannah	QLD	16:01:44
	6	KELLY, Diana	WA	19:41:31

Rudolf now has his own area on our Australian Centurions website (see www.centurions.org.au) and I am excited to see this area of walking now getting the attention it deserves.

NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 7 APRIL 2012

NSW Race Walking Club winter season kicked off a couple of weeks ago and I can now report on weeks one and two of competition. The first week saw the club racing at Chipping Norton and there were some pretty slick times by Cheryl Webb (8km 38:34), Tyler Jones (30:26 6km) and Kyle Malone (8km 38:34).

Long Division - 8km

1.	Cheryl Webb	38.34
2.	Kyle Malone	39.21
3.	Jay Felton	40.02
4.	Stephen Washburn	44.38
5.	Anthony Albanese	49.05
6.	Vanessa Noble	49.05
7.	Matthew Killen	51.36
	Amy Bettioli	DNF
	Nicole Fagan	DNF

Medium Division - 6km

1.	Tyler Jones	30.26
2.	Tom Doyle	34.16
3.	Robert Murphy	36.06
4.	Amanda Barendregt	38.40
5.	Demi Psarianos	39.14
6.	Tony Psarianos	39.18
7.	Brioney Beasley	39.27
8.	Caitlen Plummer	41.46
9.	Judy Brown	49.11

Short Division - 3km

1.	Adam Mylonas	16.56
2.	Stephanie Grujoski	17.10
3.	Nathan Brown	17.23
4.	Rhiannon Minett	19.04
5.	Raluca Bastucescu	19.05
6.	Mary Willis	22.26
7.	Nicolle Challinor	22.26

U16 Division - 2km

1.	Dylan Richardson	10.50
2.	Ben Tisdale	10.52
3.	Ryan Thompson	10.54
4.	Mascey Willis	11.49
5.	Travis Barendregt	12.11
6.	Yasmin Mills	12.14
7.	Ally Grujoski	12.42

U12 Division - 1km

1.	Samantha Brown	5.08
2.	Lauren Tisdale	5.23
3.	Sybella McKay	5.25
4.	Daniella Salisbury	5.30
5.	James Plummer	6.22
6.	Renee Hardy	7.05
7.	Logan Barendregt	7.14
8.	Jada Thompson	7.17
9.	Lachlan Beecroft	7.18
10.	Aiden Hardy	10.23
11.	Emily Challinor	10.25

NSWRWC ROAD RACES, CHIPPING NORTON, SATURDAY 14 APRIL

And now onto their second week of competition which saw an impressive 62 walkers in action at Chipping Norton once again. Best walks were probably by Tyler Jones (8km 41:18), Leah McDonald (3km 15:27) and Kyle Malone (10km 51:30).

Long Division - 10km

1.	Kyle Malone	51.30
2.	Steven Washburn	52.57
3.	Derek Mulhearn	53.23
4.	Jay Felton	54.28

U16 Division - 3km

1.	Leah McDonald	15.27
2.	Kyle Bedford	16.02
3.	Ryan Thompson	17.42
4.	Benjamin Tisdale	18.59

5.	Lauren Bourke	55.19
6.	Joan Purcell	81.44
	Vanessa Noble	DNF

Medium Division - 8km

1.	Tyler Jones	41.18
2.	Tom Doyle	43.45
3.	Amanda Barendregt	51.50
4.	Demi Psarianos	52.29
5.	Brioney Beasley	52.41
6.	Tony Psarianos	53.07
7.	Peter Greenland	56.55
8.	Caitlin Plummer	59.17
9.	Judy Brown	66.22
	Tayla Billington	DNF

Short Division - 4km

1.	Nathan Brown	22.11
2.	Lucy Francis	22.22
3.	Aiden Kerr	22.35
4.	Adam Mylonas	24.13
5.	Stephanie Grujoski	24.53
6.	Raluca Bastucescu	29.04
7.	Mary Willis	30.34
8.	Nicolle Challinor	35.34
9.	Jenny Lingley	35.34

5.	Yasmin Mills	19.15
6.	Travis Barendregt	20.43
7.	Daniella Salisbury	20.47
8.	Mascey Willis	26.01
9.	Ally Grujoski	26.01
	Angela Redzic	DNF

U12 Division - 1.5km

1.	Samantha Brown	7.54
2.	Lauren Tisdale	8.08
3.	Hayley Mills	8.29
4.	Flynn Ross	8.50
5.	Niamh Sanday	8.51
6.	James Plummer	8.52
7.	Bayden Little	9.12
8.	Morgan Little	11.26
9.	Renee Hardy	10.46
10.	Lachlan Beecroft	10.47
11.	Logan Barendregt	10.02
12.	Jada Thompson	11.04
13.	Brooke Martin	11.48
14.	Bronti Westaway (INV)	13.28
15.	Aiden Hardy	15.05
16.	Emily Challinor	15.11

SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 14 APRIL

Thanks to Kim Mottrom and Peter Crump for results from the opening round of the South Australian Amateur Walkers Club in Adelaide. Kim commented that it was a warm start to the winter (around 27C) but it was very encouraging that so many young walkers attending. Peter's race report read as follows

Our first round of winter competition saw a number of new walkers, some of whom were coming for the "Come & Try" from our Little Athletics clubs. We also had a few new walkers who have been coming out with their children or siblings while they have walked and have decided to step out as "Club Rule" walkers (unjudged but highly encouraged and praised for their efforts). A special welcome to Peter Walsh, Troy Hooker and Corey Harlington as familiar faces, and now "Club Rule" walkers, with our "Come & Try" visitors who were well appreciated, being Kerry, Hayley and Jayden Goode, plus Ayeisha Wallace. Some old names who have reappeared included Yvette Becker (another cameo), Kelly Ashby (back from Wagga Wagga) and Amber Tuscharski (no excuses now at uni).

Over the 8km, Kim Mottrom showed that he has prepared very well over the summer, with yet another impressive time, similar for Justin Hill, whose main challenge this season will be to see how far he can push himself.

Open 8km

1.	Kim Mottrom	37:34
2.	Justin Hill	42:57
3.	Peter Crump	45:12
4.	Bill Starr	56:36
5.	Jim Hoare	57:22
	Kristie Goznic	DNF
	Gloria Holliday	DNF

Open 4km

1.	Yvette Becker	22:24
2.	Kelly Ashby	22:29
3.	Amber Tuscharski	22:53
4.	Lachlan Tyler-Dowd	23:21

Open 2km

1.	Danielle Walsh	11:07
2.	Rhiannon Lovegrove	11:09
3.	Beth Cross	11:13
4.	Riona Tyler-Dowd	12:35
5.	Rhiana Hooker	12:43
6.	Michael Nicolaidis	13:46
7.	Joe Cross	14:31
	Alix Harlington	DNF

Club Rule 2km

1.	Peter Walsh	14:58
2.	Tony Hooker	14:58

Open 1.5km

1.	Jayden Goode	9:30
2.	Ayeisha Wallace	10:30

Open 1km

1.	Chantelle Nicolaidis	6:37
2.	Summer Pelentsov	8:15
3.	Hayley Goode	8:35
4.	Kerry Goode	8:35

Club Rule 1km

1.	Corey Harlington	9:13
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ACTRWC ROADWALKS, LAKE TUGGERANONG, SATURDAY 21 APRIL 2012

Thanks to Robin Whyte for the weekly ACT Racewalking Club results from Canberra. Ann Staunton-Jugovic led from the front with her 10km time of 58:49.

4km Walk

1.	Ashleigh Resch	24:18
2.	Jane Bates	25:41
3.	Marilyn Banfield	27:56
4.	David Mackenzie	29:46
5.	Terry Munro	31:33
6.	Rosemary Parker	32:03
7.	Jack Thackray	34:01
8.	Karen Knowles	37:03
9.	Carmen Carlon	38:00
10.	Helen Munro	38:24
11.	Desma Butler	39:01

10km Walk

1.	Ann Staunton-Jugovic	58:49
2.	Derek Robinson	72:20
3.	Pat Fisher	75:41
4.	Doug Fitzgerald	75:42

2km Walk

1.	Peter Baker	10:40
2.	Spencer Burns	11:33
3.	Kara Baker	12:09
4.	Hilary Thackray	19:35

1km Walk

1.	Laura Burns	08:18
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AUSTRALIAN LITTLE ATHLETICS U13 CHAMPIONSHIPS, HOBART, 21 APRIL 2012

The 2012 Australian Little Athletics Championships for U13 athletes were held on Saturday 21st April 2012 at the Domain Athletics Centre, Hobart. As is always the case with this event, each State has to select a small group of athletes who can cover as many events as possible and earn as many points as possible. Unfortunately that means that the top athletes in specialist events like the walks often miss out. This was certainly the case with the 4 Victorians who contested the 1500m walk – Ross Darlow was the only recognised walker and he certainly walked well, coming 4th in a PB time of 7:22.93. Overall, Jasmym McDonald 7:06.22 and Getasew Ferguson 7:01.52 certainly walked well and deserved their wins but the standard dropped off quicker than expected.

U13 Girls 1500m Walk

2.	Jasmym McDonald	NSW	7:06.22
3.	Anna Cross	SA	7:20.08
4.	Shania West	WA	7:22.38
5.	Jemma Smith	TAS	7:36.09
6.	Aimee Brackin	QLD	7:39.50
7.	Maria Leen	QLD	8:04.98
8.	Emily Hopkins	ACT	8:15.03
9.	Schlinda-Lee Booth	SA	8:53.87
10.	Morgan Doecke	WA	9:08.83
11.	Alex Mathisen	VIC	9:19.35
12.	Jaimie Summers	TAS	9:37.74
13.	Sally Withcalls	ACT	10:07.90
14.	Clementine Landels	NSW	10:37.10
15.	Emily Harvey	VIC	10:48.87

U13 Boys 1500m Walk

1.	Getasew Ferguson	TAS	7:01.52
2.	Simeon Leatherland	WA	7:07.66
3.	Jordan Glover	NSW	7:22.55
4.	Ross Darlow	VIC	7:22.93
5.	Daniel Hamilton	VIC	8:59.13
6.	Casey Brown	TAS	9:16.79
7.	Andrew Hosking	ACT	10:01.50
8.	John Chegwidde	WA	10:07.11
9.	Adam Engeler	NSW	10:13.13
10.	Nicholas Mc Ewen	ACT	10:41.60
11.	Dean Pastrello	SA	10:45.39
12.	Brandon Stanaway	QLD	10:57.71
	Jacob Russo	SA	DQ
	Joshua Morrison	QLD	DQ

SAWRC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 21 APRIL

Thanks to Peter Crump for his report on last weekend's South Australian Walkers Club events in Adelaide.

Our second round and again we had an amended track while the main track is under repairs / installing pipes. With insufficient time I measured a 1.5km loop and not a 2km loop, which caused too many turns (sorry!). That and the first onset of wintry weather (cool and rainy) did not deter some excellent times. Tanya Holliday walked a great 46:40, showing Kim Mottrom a clean pair of heels over the last few laps, with a 3 year PB for an in-form Kim. Kristie Goznic, just about to disappear to the World Race Walking Cup, walked her second best time over 10km, with another good time from Justin Hill. A pretty decent PB to Gloria Holiday over 10km, just in time for our handicap event in a few weeks !

10km Walk

1.	Kim Mottrom	Open	46:51
2.	Justin Hill	Open	52:05
3.	Peter Crump	Over 35	56:37
4.	Trevor Mayhew	Over 35	58:22
5.	Bill Starr	Open	72:01
6.	Jim Hoare	Over 35	70:52
1.	Tanya Holliday	Open	46:40
2.	Kristie Goznic	U20	50:37
3.	Gloria Holliday	Over 35	58:35
4.	Barbara Cain	Over 35	77:12

	Megan Szirom	Open	DNF
5km Walk			
1.	Amber Tuscharski	U20	28:08
2.	Lachlan Tyler-Dowd	U18	29:06
3.	Jemma Potezny	U18	27:53
4.	Julia Potezny	U16	31:14
3km Walk			
1.	Alix Harlington	U14	16:25
2.	Rhiannon Lovegrove	U12	17:57
3.	Danielle Walsh	U18	17:46
4.	Riona Tyler-Dowd	U12	19:47
2km Walk			
1.	Sarah Damin	Come and Try U12	13:35
2.	Michael Nicolaides	U16	15:36
1km Walk			
1.	Peter Walsh	Over 35	7:12
2.	Ayeisha Wallace	Come and Try	6:37
3.	Corey Harlington	U16	9:15
4.	Riley Szirom	U10	8:23

QUEENSLAND MASTERS 10000M TRACK C'SHIPS, QEII TRACK, NATHAN, SATURDAY 21 APRIL

The Queensland Masters 10000m Track Championships had been scheduled for last month but they were postponed due to a clash in track bookings. They were finally held last Saturday morning at the State Athletic Centre at Nathan, commencing at 8AM. Dean Nipperess, Iggy Jimenez and Peter Bennett all walked good times. Noela McKinven advises that Bert Janes was given a medal under Oceania rules, but would have been DQ'd under normal rules (his time was 1:12.45.65).

M40	1	Dean Nipperess	51.25.8
M45	1	Ignacio Jimenez	55.34.2
M55	1	Peter Bennett	55.33.1
M60	1	John Harris	1:06.39.5
W65	1	Noela McKinven	1:16.58.0

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 22 APRIL 2012

Peter Bennett fronted up again on Sunday morning for a second 10km race, not bad considering the fact that he had walked 100 miles in Melbourne only a week before – his two times of 55.34 and 54.33 were pretty good under the circumstances! Iggy, Dean and Noela also raced a second 10km for the weekend – well done everyone! Overall, it was Nick and Brandon Dewar who led from the front with fast 10km times of 44:55 and 46:14 while Jess Pickles and Mel Hayes had a pleasant Sunday morning stroll to win the women's 10km!

A Grade 10km

1.	Nick Dewar	44.55
2.	Brandon Dewar	46.14
3.	Iggy Jimenez	52.21
4.	Dean Nipperess	54.18
5.	Peter Bennett	54.33
6.	Paul Lindenberg	59.50

E1.	Jess Pickles	57:38
E1.	Mel Hayes	57.38
3.	Kay Shaw	67.30
4.	Donna Beikoff	70.52
5.	Noela McKinven	78.08

B Grade 5km

1.	Trent Miles	29.44
2.	Richard Lynch	38.53

1.	Clara Smith	26.52
2.	Katya Martin	31.59
3.	Sally Lynch	35.46
4.	Denise Fellows	38.39
5.	Christiane Dauphin	39.24

C Grade 3km

1.	Mikaela Woodward	15.51
2.	Robyn Wales	23.23

D Grade 2km

1.	Ryan Pinchen	11.21
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1.	Katie Hayward	11.51
E2.	Thalia Martin	15:45
E2.	Jade-E Pearson	15.45

F Grade 1km

1.	Kris Hayward	6.36
2.	Simone Berndt	7.08

BRWC PRESIDENT'S CUP, NORTH GARDENS LAKE WENDOUREE, SUNDAY 22 APRIL 2012

Thanks to Kerrie Peart for the latest results from the Ballarat Race Walking Club in country Victoria. She commented: *Conditions were excellent for racing. No wind ,cool. Leah, who is only 7 years old, walked her 1st 3 km and walked extremely well, was never headed and won easily. Well done Leah.*

3km Handicap Walk - President's Cup

1.	Leah Canavan	26.25
2.	Jemma Peart	18.22
3.	Amy Canavan	18.17
4.	Sarah Brennan	15.59
5.	Rodney Davis	21.15
6.	Olivia Davis	26.40
7.	Josh Dillon	14.16

2 Km Walk

1.	Kobie Somerfield	13.28
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Ballarat Race Walkers President Daryl Biggin with President's Cup winner Leah Canavan

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 22 APRIL

Thanks to Rick Cattermole for the Racewalking Club of WA results from Sunday.

10km Open Walk

1.	Daniel Lowe	61.21
2.	Sara Cattermole	62.33

5km Open Walk

1.	Caitlin Gerken	30.47
2.	Christopher Gerken	37.38

2km Open Walk

1.	Jasmine Burgess (U12)	11.48
2.	Daniel Turner (U10)	12.42

INTERNATIONAL RACEWALK MEETING, PODEBRADY, CZECH REPUBLIC, SAT 21 APRIL 2012

Of course Emmanuel Tardi was at Podebrady last Saturday – what would I do without him! My report is taken from the European Athletics website review: <http://www.european-athletics.org/news/latest-news/509-meetings-2012/race-walking-permit-meetings-2012/10971-toth-and-di-vicenzo-triumph-in-podebrady.html>

Slovakia's Matej Tóth and Italy's Sibilla Di Vincenzo fulfilled their roles as favourites in the 20km races at the Europe Athletics Race Walking Meeting in the Czech spa town of Podebrady on Saturday. Tóth, the 2010 Race Walking World Cup 50km gold medallist, won his third consecutive high quality 20km race in barely a month while Di Vincenzo led home an Italian clean sweep of the places on the podium in the women's race.

On a pleasantly warm day with temperatures just topping 20 degrees and fortunately very little wind, Tóth was in front from almost the gun and crossed the line in 1:21:54 for his fourth win in Podebrady (previous wins were in 2003, 2008, and 2009), just over a minute in front of Finland's Jarkko Kinnunen who finished second in 1:23:12. Hungary, led home by Sándor Rác who finished third in 1:23:54, won the men's team title ahead of Slovakia and Italy. The best of the Czech walkers, Karel Ketner, crossed the line ninth in 1:28:12, an almost two minute improvement on his PB and took his third consecutive national title.

"It wasn't as easy as it may have looked but I had control over the race all the time. It was pity I had to go all the way by myself, it would have been better to compete with someone else. I had a little problem around 15km to find the right motivation, but it was worth winning. I knew there wasn't any chance to go for a personal best because I felt tired from previous races, but I raced at a pace to go for the win" said Toth. "I will miss (the IAAF Race Walking Cup in) Saransk and fully concentrate on 50k at Olympics, so it was my last serious race before that."

For more than half of the women's race it looked like the home star and defending Podebrady champion Lucie Pelantová might be on her way to a second consecutive win but she started to struggle from 11km onwards, allowing both Sibilla Di Vincenzo and then Federica Ferraro to pass. The former had a slight advantage at the bell as the pair entered the last of the 1066.13-metre circuits (the unusual distance being due to construction work on the normal circuit) and she held it to the line, winning in 1:34:16. Ferraro finished eight seconds in arrears and her compatriot Antonella Palmisano came through strongly on the last lap to finish third in 1:24:27. Pelantová was nine seconds further back, and just 20 seconds covered the first four women home, but she had the compensation of being the Czech national champion for the fourth time. Italians were, not surprisingly, first in the senior women's international match with the hosts in second place ahead of Hungary.

"The course wasn't that easy and my only goal was to finish. It's a great thing for me to win here and I hope I can repeat this result at the World (Race Walking) Cup," said the winner.

The Czech twins Anežka and Eliška Drahotová finished first and third - the former winning in 47:47 by almost a minute - in the junior women's 10km to lead the Czech team to the junior women's title. The sisters were separated by Italy's silver medallist Anna Clemente.

Italy got a one-two-three in the junior men's 10km with Vito Minei clocking 43:11 and finishing one second ahead of his team mate Francesco Fortunato with Marco Amati next in 45:04. Not surprisingly, the Italians also took the team title. But it could have been very different had not 3 of the early leaders (Miklos Srp, Thomas Bagdany and Peter Tichy Jr) been disqualified.

Partial results follow - full results can be sourced at <http://www.tilastopaja.org/db/eareults.php?CID=12822078>

20km Men

1.	Matej Tóth	SVK	10 Feb 83	1:21:54
2.	Jarkko Kinnunen	FIN	19 Jan 84	1:23:13
3.	Sándor Rác	HUN	14 Sep 86	1:23:54
4.	Máté Helebrandt	HUN	12 Jan 89	1:24:10
5.	Arnis Rumbenieks	LAT	4 Apr 88	1:24:47
6.	Vito Di Bari	ITA	19 Nov 90	1:26:04
7.	Riccardo Macchia	ITA	27 Mar 90	1:27:14
8.	Diego Cafagna	ITA	9 Jul 75	1:27:26
9.	Karel Ketner	CZE	11 Apr 90	1:28:12
10.	Milan Rízek	SVK	5 Jan 78	1:32:32
11.	Lukáš Gdula	CZE	6 Dec 91	1:33:21
12.	Anders Hansson	SWE	10 Mar 92	1:33:36
13.	Aleksey Golovin	RUS	24 Dec 88	1:33:48
14.	Edgars Gjačš	LAT	27 Aug 93	1:34:43
15.	Jean-Michel Prevel	FRA	28 May 84	1:34:58
16.	Pavel Schrom	CZE	20 Mar 91	1:35:35
17.	Roman Říha	CZE	10 Jun 90	1:35:54
18.	Zdeno Babík	SVK	9 Jan 84	1:37:14
19.	Mael Boulch	FRA	25 Jun 90	1:39:17
20.	Laurent Le Galle	FRA	8 Jan 62	1:39:44
21.	Dávid Töködi	HUN	3 May 91	1:42:02
22.	Zdenko Medera	SVK	1 Jan 75	1:42:47
23.	Nicolas Potier	FRA	4 Nov 89	1:43:05
24.	Radek Pařízek	CZE	21 Apr 82	1:43:14
25.	Arnaud Sizorn	FRA	25 Nov 92	1:44:17
26.	Martin Tipka	CZE	20 Jun 85	1:45:50
27.	Václav Kolář	CZE	15 Oct 89	1:51:34

20km Women

1.	Sibilla Di Vincenzo	ITA	22 Jan 83	1:34:16
2.	Federica Ferraro	ITA	18 Aug 88	1:34:24
3.	Antonella Palmisano	ITA	6 Aug 91	1:34:27
4.	Lucie Pelantová	CZE	7 May 86	1:34:36
5.	Anita Kažemäka	LAT	30 May 90	1:35:51
6.	Zuzana Schindlerová	CZE	25 Apr 87	1:36:11
7.	Viktória Madarász	HUN	12 May 85	1:37:15

8.	Veronika Privalincová	SVK	12 Mar 92	1:45:59
9.	Anett Torma	HUN	2 Apr 84	1:48:13
10.	Miroslava Stašová	SVK	14 Feb 86	1:49:51
11.	Hana Herberová	CZE	3 Jan 81	1:55:00
12.	Karolína Škrášková	CZE	6 Jan 87	2:06:04

U20 Men 10km

1.	Vito Minei	ITA	16 Jun 94	43:10
2.	Francesco Fortunato	ITA	13 Dec 94	43:11
3.	Marco Amati	ITA	18 Oct 94	45:04
4.	Bence Venyercsán	HUN	8 Jan 96	45:29
5.	Patrik Spevák	SVK	30 Jul 94	45:53
6.	Ondřej Motl	CZE	25 Jul 94	45:56
7.	Andrej Dolinský	SVK	31 Dec 94	46:12
8.	Vít Polasek	CZE	94	47:57
9.	Filip Veselouš	CZE	18 May 95	48:18
10.	Miroslav Úradník	SVK	24 Mar 96	51:04

U20 Women 10km

1.	Anežka Drahotová	CZE	22 Jul 95	47:47
2.	Anna Clemente	ITA	6 Jan 94	48:30
3.	Eliška Drahotová	CZE	22 Jul 95	49:37
4.	Elena Poli	ITA	10 Oct 93	50:14
5.	Barbara Kovács	HUN	26 Jul 93	50:28
6.	Mercédés Márton	HUN	28 Nov 95	50:44
7.	Alessia Constantino	ITA	25 Sep 94	50:52
8.	Nikola Piliarová	SVK	14 Jul 94	51:01
9.	Mariann Lengyel	HUN	1 Jan 94	51:42
10.	Adela Frydrychová	CZE	20 Mar 95	52:21

U18 5km Boys

1.	Michal Morvay	SVK	96	23:11
2.	Tomas Gdula	CZE	9 Jan 97	25:07

U18 5km Girls

1.	Henrika Parviainen	FIN	27 May 97	24:02
2.	Erika Parviainen	FIN	9 Sep 95	25:10

And thanks to Emmanuel Tardi for the following great photos. You can view these and many more in Emmanuel's Podebrady album at <https://picasaweb.google.com/EmmanuelTardi/Podebrady2012?authuser=0&feat=directlink>



Left: Junior Women 10km: Eliška Drahotová (146), Anežka Drahotová (147), Anna Clemente (152), Mercedesz Marton (150)
Right: Junior Men 10km: Miklos Spr (120), Peter Tichy (126) and Vito Minei (124)



Left: Open Men winner Matej Toth
Right: Open Women: Lucie Pelantova, Sibilla Di Vincenzo and Federica Ferraro

43RD INTERNATIONAL RACE WALKING MEET, NAUMBURG, GERMANY, SUNDAY 22 APRIL

Naumburg (Saale) is a small German city of about 25000 habitants, located in Saxony-Anhalt about 50 km south-west of Leipzig and 200 km south of Berlin. Racewalking in Naumburg has a long tradition of over 50 years - the first racewalking event was organised way back in 1953. Since then national or international events were organised in Naumburg just about every year up till when the 21st IAAF World Race Walking Cup was held there in 2004. This year's Naumburg International Race Walking Meet was held last weekend and it once again attracted strong fields from around the world with 40 men and 41 women racing over the 20km distance.

The men's event saw a local trifecta with Christopher Linke 1:20:55, André Höhne 1:21:24 and Hagen Pohle 1:24:40 taking line honours. For Linke and Höhne it was a case of Olympic A qualifier while for 19 year old Hagen Pohle, it continued his good form as he transitions into the senior ranks.

The women's event was won by German Sabine Krantz 1:33:02 who finally broke away from Canadian Rachel Seaman 1:33:05 in the final sprint. Spaniard Ainoha Pinedo Gonzales was third with 1:33:47. For Seaman who lives in San Diego and trains there with her husband Tim Seamon, it was a Canadian National Record and probably gives her that all important Olympic spot.

The Irish walkers also walked well with Colin Griffiths 4th in 1:24:45, Jamie Costin 8th in 1:25:24 and Laura Reynolds 4th in 1:34:42.

Abbreviated results follow. See <http://www.racewalking-naumburg.de/> for the full result set.

20km Walk Men

1.	Linke, Christopher	1988	SC Potsdam	1:20:55
2.	Höhne, André	1978	SCC Berlin	1:21:24
3.	Pohle, Hagen	1992	SC Potsdam	1:24:40
4.	Griffin, Colin	1982	Ireland	1:24:45
5.	Schmidt, Carsten	1986	SCC Berlin	1:24:49
6.	Paris, Daniele	1984	Italy	1:24:57
7.	Berger, Maik	1979	SCC Berlin	1:25:17
8.	Costin, Jamie	????	Ireland	1:25:24
9.	D'Onofrio, Fortunato	1981	Italy	1:25:57
10.	Lehmberg, Marcel	1992	SCC Berlin	1:27:07
11.	Dolci, Mirko	1985	Italy	1:28:17
12.	Bedif Aly Ghodaia, Moustafa Al	????	Egypt	1:30:30
13.	Gloger, Nils Christopher	1990	SC Potsdam	1:31:23
14.	Borsch, Steffen	1973	SV Halle e.V.	1:37:35
15.	Strunk, Malte	1973	Alemannia Aachen	1:41:47
16.	Touba Fawzi, Ahmed Elabd	????	Egypt	1:43:28
17.	Meyer, Steffen	1966	GutsMuths-Renns	1:44:20
18.	Franke, Denis	1969	SV Einheit 1875 Worbis	1:45:42
19.	Dietsche, Klaus	1962	TV Bühlertal	1:46:25
20.	Prieler, Helmut	1955	SpVgg Niederaichbach	1:48:12

20km Walk Women

1.	Krantz, Sabine	1981	TV Wattenscheid 01	1:33:02
2.	Seaman, Rachel	????	Canada	1:33:05
3.	Gonzales, Ainocha Pinedo	????	Spain	1:33:47
4.	Reynolds, Laura	1989	Ireland	1:34:42
5.	Guaman Maza, Yadir	????	Ecuador	1:36:17
6.	Halkivaha, Anne	1986	Finland	1:37:05
7.	Forgues, Lauren	????	USA	1:38:04
8.	Polli, Laura	1983	Switzerland	1:40:21
9.	Schenker, Bianca	1974	LG Vogtland	1:45:45
10.	Md. Rusni, Norlianda	????	Malaysia	1:52:04
11.	Best, Nicole	1968	TV Groß-Gerau	1:53:41
12.	Schmidt, Tina	1989	SV Halle e.V.	1:54:32
13.	Mohamed ElSayed Meshref, Gehad	????	Egypt	1:55:32
14.	Song Gie, Chee	????	Malaysia	1:56:31
15.	Betto, Linda	1977	TV Groß-Gerau	1:58:22
16.	Schröter, Brit	1974	LG Vogtland	1:58:37
17.	Unterholzner, Maria	1968	TV Altötting	1:59:16
18.	Heuer, Anneke	1971	Polizei SV Berlin	2:03:32
19.	Sarembe-Stegmaier, Christine	1966	LSG Aalen	2:05:09
20.	Kahr, Antje	1966	THW Kiel	2:06:21

POLISH U23 RACEWALKING CHAMPIONSHIPS, ZANIEMSYL, POLAND, SATURDAY 21 APRIL

I never cease to be amazed at the ongoing depth and quality of Polish walking and last weekend was no exception with the National U23 roadwalk championships being contested as part of the 10th annual Race Walking meeting in Zaniemysl. With the first 8 men and the first 5 women in the Open 20km events doing Olympic A qualifiers, they are second only to China and Russia.

Paulina Buziak set a Polish national 20km record of 1:29:44 in winning the women's event. This time beat Sylvia Korzeniowska's previous record of 1:30:31, set when she finished seventh at the 2006 European Athletics Championships in Göteborg. It was also a 3 minute PB for the 25 year old walker. Agnieszka Swarnog finished second in a personal best of 1:30:56 while Agnieszka Dygacz was third 1:31:40. "I am extremely happy, I did not expect that I would go so well. It was raining, it was cool, but I do love to walk in these conditions," said Buziak.

Men's winner Dawid Tomala clearly also enjoyed the weather in Zaniemysl as the 2011 European Athletics U23 Championships silver medallist clocked a personal best of 1:20:50. Rafal Augustyn also went into new territory when he finished second in 1:20:53 while Grzegorz Sudol, second in the 2010 European Athletics Championships 50km walk, will not be too unhappy with his outing over the shorter distance and came home third in 1:20:58, just eight seconds outside his best.

Below are the main results. For a full result set, check out http://www.pzla.pl/zalaczniki_impresy/1879_20120421225250.pdf.

20km Senior Men

1.	TOMALA Dawid	1989	AZS-AWF Katowice	1:20:50
2.	AUGUSTYN Rafał	1984	OTG Sokół Mielec	1:20:53
3.	SUDOŁ Grzegorz	1978	KS AZS AWF Kraków *	1:20:58
4.	JELONEK Jakub	1985	KS AZS AWF Kraków *	1:21:05
5.	NOWAK Łukasz	1988	OŚ AZS Poznań	1:21:12
6.	FEDACZYŃSKI Rafał	1980	AZS-AWF Katowice	1:21:21
7.	SIKORA Rafał	1987	KS AZS AWF Kraków	1:22:09
8.	WOLSKI Dawid	1989	CWKS Resovia Rzeszów	1:22:17
9.	BRZOZOWSKI Artur	1985	MKL Sparta St..	1:23:12
10.	ROGOWSKI Patryk	1989	MKL Szczecin	1:23:23
11.	BŁOCKI Adrian	1990	MKL Szczecin	1:26:48
12.	BŁOCKI Damian	1989	MKL Szczecin *	1:26:57
13.	STASIEWICZ Michał	1988	AZS-AWFiS Gdańsk	1:27:20
14.	AUGUSTYN Łukasz	1990	OTG Sokół Mielec *	1:27:37
15.	WIATER Tomasz	1990	KS Agros Zamość *	1:28:22
16.	ROMANOWSKI Mieczysław	1991	MKS Polonia Warszawa	1:29:12
17.	CHOCHO Andres	1983	Ekwador	1:31:58
18.	GAWROŃSKI Paweł	1990	KS AZS AWF Kraków *	1:33:30
19.	KUSZNERUK Jakub	1992	MKS Żak Biała Podlaska	1:37:49
20.	LIPKA Łukasz	1992	MKS Polonia Warszawa *	1:37:58
21.	2PORCZAK Radosław	1992	CWKS Resovia Rzeszów **	1:38:25
22.	CZAJA Mateusz	1991	KL Lechia Gdańsk	1:43:38

20km U23 Men

1.	BŁOCKI Adrian	1990	MKL Szczecin	1:26:48
2.	AUGUSTYN Łukasz	1990	OTG Sokół Mielec *	1:27:37
3.	3 WIATER Tomasz	1990	KS Agros Zamość *	1:28:22
4.	ROMANOWSKI Mieczysław	1991	MKS Polonia Warszawa	1:29:12

5.	GAWROŃSKI Paweł	1990	KS AZS AWF Kraków *	1:33:30
6.	KUSZNERUK Jakub	1992	MKS Żak Biała Podlaska	1:37:49
7.	LIPKA Łukasz	1992	MKS Polonia Warszawa *	1:37:58
8.	PORCZAK Radosław	1992	CWKS Resovia Rzeszów	1:38:25
9.	CZAJA Mateusz	1991	KL Lechia Gdańsk	1:43:38

20km Senior Women

1.	BUZIAK Paulina	1986	OTG Sokół Mielec	1:29:44
2.	SZWARNÓG Agnieszka	1986	KS AZS AWF Kraków	1:30:56
3.	DYGACZ Agnieszka	1985	AZS-AWF Katowice	1:31:40
4.	PEREZ Paola	1989	Ekwador *	1:32:01
5.	KWOKA Katarzyna	1985	CWKS Resovia Rz..	1:32:18
6.	KAPERA Monika	1990	AZS-AWF Katowice	1:37:20
7.	KRAWCZUK Monika	1988	AZS-AWFiS Gdańsk	1:41:49
8.	PŁOMIŃSKA Natalia	1992	UKS 12 Kalisz	1:41:56
9.	NAWROCKA Monika	1990	KS Agros Zamość	1:43:32
10.	ELLWARD Agnieszka	1989	KL Lechia Gdańsk	1:44:58
11.	STASIEWICZ Marta	1992	MKSŁ Konradia Gdańsk	1:52:29
12.	SERAFIN Małgorzata	1992	KKS Victoria St..	1:52:50
13.	KOMIAŻYK Karolina	1992	KL Lechia Gdańsk	1:53:19
14.	IDZIKOWSKA Natalia	1992	KL Lechia Gdańsk	1:59:51

20km U23 Women

1.	KAPERA Monika	1990	AZS-AWF Katowice	1:37:20
2.	PŁOMIŃSKA Natalia	1992	UKS 12 Kalisz	1:41:56
3.	NAWROCKA Monika	1990	KS Agros Zamość	1:43:32
4.	STASIEWICZ Marta	1992	MKSŁ Konradia Gdańsk	1:52:29
5.	SERAFIN Małgorzata	1992	KKS Victoria St..	1:52:50
6.	KOMIAŻYK Karolina	1992	KL Lechia Gdańsk	1:53:19
7.	IDZIKOWSKA Natalia	1992	KL Lechia Gdańsk	1:59:51

10km Junior Men

1.	ROSIEWICZ Maciej	1977	Gruzja	43:00
2.	KOSTKA Łukasz	1994	GTS Bojszowy	43:08
3.	DMOWSKI Tomasz	1994	WLKS Iganie Nowe	44:05
4.	WERNER Robert	1994	LKS Maraton Turek	47:55
5.	GRABAREK Radosław	1994	UKS 12 Kalisz	48:20

10km YouthMen

1.	ZIELIŃSKI Szymon	1995	UKS Orkan Środa Wlkp.	45:25
2.	CHOJECKI Daniel	1995	WLKS Iganie Nowe	48:25
3.	MAŁEK Adam	1995	Victoria Stałowa Wola	49:12
4.	NAJDYHOR Karol	1995	MKS Żak Biała Podlaska	49:17
5.	MIŚKIEWICZ Arkadiusz	1995	UKS Olimp Kozienice	49:26

10km Junior Women

1.	BEMOWSKA Joanna	1994	PLKS Gwda Piła	49:42
2.	WIERUS Karolina	1993	CKS Budowlani Cz..	49:57
3.	CHOJECKA Marlena	1994	WLKS Iganie Nowe	50:14
4.	WLAZŁO Natalia	1994	CWKS Resovia Rzeszów	50:32
5.	KANTOROWSKA Barbara	1995	LKS Stal Mielec	54:09

5km Youth Women

1.	ZDZIEBŁO Katarzyna	1996	LKS Stal Mielec	24:15
2.	AUGUSTYN Angelika	1996	OTG Sokół Mielec	24:51
3.	BINDRYN Joanna	1995	CKS Budowlani Cz..	25:39
4.	LEHMANN Anna	1995	UKS Orkan Środa Wlkp.	26:22
5.	WYSOKIŃSKA Natalia	1995	PLKS Gwda Piła	26:57

5km U16 Boys

1.	GOŁAWSKI Robert	1998	WLKS Siedlce Ig..	24:43
2.	TARA Sebastian	1997	LKS Stal Mielec *	25:20
3.	3KOSECKI Kacper	1997	SKLA Sopot	25:51
4.	JACHER Piotr	1998	LKS Stal Mielec	26:25
5.	CHOJNACKI Dawid	1997	UKS Orkan Środa *	28:38

3km U16 Girls

1.	AUGUSTYN Wiktoria	1997	OTG Sokół Mielec	14:57
2.	NIEDZIAŁEK Olga	1997	WLKS Siedlce Ig..	15:31
3.	PANKOWSKA Marietta	1997	UKS Orkan Środa	15:50
4.	MŁYNEK Wiktoria	1998	LKS Stal Mielec	16:24

5.	WOJTYS Klaudia	1997	UKS Orkan Środa	17:13
2km U14 Boys				
1.	NIEDZIALEK Łukasz	2000	WLKS Siedlce – Ig..	11:24
2.	KISTOWSKI Konrad	1999	SP Zaniemyśl	12:40
3.	MENDYKA Patryk	1999	ZS Pięczkowo	12:41
2km U14 Girls				
1.	SZYMBROWICZ Julia	1999	ZS Pięczkowo	12:16
2.	ZAWITAJ Katarzyna	1999	ZS Pięczkowo	12:42
3.	ORZECHOWSKA Karolina	2000	ZS Pięczkowo	13:10

OVERSEAS SHORTS

South African Yellow Pages Track Competition, Friday 20 April

Round 3 of the South African Yellow Pages competition last Friday evening saw Wayne Snyman win in a very good 20:29.44. I believe that we will see three SA walkers in the WWC in Russia - Pierre De Villiers, Marc Mundell and Wayne Snyman.

Men 5000m walk

1.	Wayne SNYMAN	RSA	85	20:29.44
2.	Sipho MAHLANGU	RSA	83	22:28.82
3.	Jacques FAURE	RSA		23:29.33
4.	Mfana MBATHA	RSA	92	23:34.11
5.	Sanele MATHONSI	RSA	89	23:34.98

Women 5000m Walk

1.	Susan SWANEPOEL	RSA	73	24:30.03
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WORLD CUP TEAMS ANNOUNCED

A couple of European teams announced this week for the 2012 World Cup in Russia. As expected, Yohann Diniz of France will contest the 20km event. And not a bad team for the Portuguese Women's 20km!

French Team

10km Junior Women	Corralie Mellado, Émilie Tissot
10km Junior Men	Aurelien Quinion, Keny Guinaudeau, Adrien Cassagnes
20km Women	Sylwia Korzeniowska, Anne-gaelle Retout, Inès Pastorino, Émilie Menuet, Violaine Averous
20km Men	Yohann Diniz, Bertrand Moulinet, Kevin Campion, Antonin Boyez, Cédric Houssaye
50km Men	Hervé Davaux, Xavier Le Coz

Portuguese Team

10km Junior Women	Filipa Ferreira, Mara Ribeiro
10km Junior Men	Samuel Pereira, Miguel Carvalho, Bruno Pedro
20km Women	Vera Santos, Ana Cabecinha, Inês Henriques, Susana Feitor
20km Men	João Vieira, Sérgio Vieira
50km Men	Augusto Cardoso, Pedro Martins, Pedro Isidro, Dionísio Ventura, Luís Gil

WHAT'S COMING UP

At last! Our VRWC winter season kicks off on **Saturday 28 April** with races as shown below. Come early as there are sure to be lines waiting to pay for races, yearly registrations and Canberra entries.

Saturday 28th April 2012, Middle Park

VRWC EVENTS: Entries close for all events at 2.00pm sharp.

2.15pm	8km	Open
2:15pm	4km	Open
2.15pm	4km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12

Victorian 5km Teams Championships – Saturday 5 May

These are our first Victorian roadwalk championships for the year, to be contested on Saturday 5 May. Individuals must enter (via AV) and if 3 or more men or women enter from the one club, then their team can contest the Teams Championship. There is no age limit so I hope that many of our younger walkers will also enter, thus getting valuable racing experience in Open competition. And of course the country regions can enter combined teams, thus ensuring a strong competition.

I am still liaising with AV regarding activating entry procedures for the AV winter season walks. The latest from Michelle James:

I am hopeful that our online entries will be up Monday/Tuesday, we are waiting on our new system to be signed off. I understand your frustration as I too am feeling the pressure for XCR entries (round 1 is 5th May), officials nominations, courses and schools meets. All which are waiting on the go ahead of this system. I will let you know as soon as the system is live.

With our first championship less than 2 weeks away now, the clock is ticking. 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 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

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

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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)