



HEEL AND TOE ONLINE

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

Last week's winner was 20 year old **Rachel Tallent** who walked a 4 minute PB in Hobart 2 weeks ago and then backed it up a week later in China, taking a further 55 secs off that time with a World Championship A qualifying time of **1:34:55**. She is now one of six A Australian qualified women for the 20km walk (Claire Tallent, Regan Lamble, Tanya Holliday, Beki Lee, Rachel Tallent and Cheryl Webb).

This week we have a vote once again and it is an interesting one.

- 43 year old Victorian walker **Michelle Thompson** won the walk division at the annual Coburg 6 Hour Track Championships at the Harold Stevens Athletics Track in suburban Melbourne on Sunday morning in sweltering conditions - her final distance of **55.865 km** was a 1:140 km PB and bettered her own Australian record, set in this same event last year. She is by far and away the best ultra distance walker in Australia and this is just the latest in a growing string of records she has set or bettered over the last 2 years. I was there and can vouch that this was indeed an impressive performance.
- Fellow Victorian **Jess Rothwell** returned to the track on Saturday evening after a layoff of nearly 3 years with injury. Her last major race was the June 2010 when she competed in the La Coruna 20km (1:30:53). She was a surprise starter in the Sydney Track Classic, finishing second to Tanya Holliday in the impressive time of 21:28.92. I am so excited to see Jess back in action. In January she was just getting back into some gentle walking on the treadmill. Two months later, she is ready to race. Will Jess now make it seven Australian women to qualify for the 2013 World Champs!

As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 MARCH

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: *All scratch events. Hot - humid - 'oribble evening for walking. Times a bit slow.*

3000m Walk

1.	W62	Helen Surridge	21:13	69.27%
2.		Ann Ireland	21:26	
3.		Louisa Mitchel	21:45	
4.	M74	Rodger Barber	22:17	69.50%
5.	M76	Paul Boyce	25:14	63.08%
6.	W68	Valmai Padget	25:39	61.73%
7.	W60	Edna Bates	26:19	54.62%

800m Walk

1.	M69	Graham Harrison	04:59
2.	W62	Helen Surridge	05:17
3.		Ann Ireland	05:28
4.	M74	Rodger Barber	05:37
5.	M69	Roger Lowe	05:42
6.	M41	Aaron Schenk	06:17

5000m Walk

1.	M60	Jack Russell	30:08	74.45%
2.	M69	Graham Harrison	32:58	75.06%
3.	M70	Bill Starr	35:51	69.87%
4.	M83	Colin Hainsworth	38:54	77.62%
5.	M69	Roger Lowe	38:56	63.56%
6.	M79	David Robertson	39:48	71.18%
7.	W59	Linda Whitelaw	40:17	60.65%

GWS SUMMER SERIES, BLACKTOWN INTERNATIONAL SPORTS PARK, SYDNEY, THURS 7 MARCH

Jasmine Dighton walked an 18 sec PB at Blacktown last Thursday evening with her 5000m time of 25:32.00. Ryan Thomson and Raquel Roukos both PB'd in the 3000m.

5000m Walk

1.	Dighton, Jasmine	17	Illawong and	25:32.00	PB 0:18
2.	Beasley, Bryony	16	Nepean Distr	29:22.85	
3.	Barendregt, Amanda	17	Nepean Distr	31:29.37	

3000m Walk

1.	Thomson, Ryan	M13	Nepean Distr	16:01.97	PB 0:30
2.	Roukos, Raquel	W13	Nepean Distr	16:10.51	PB 0:05
3.	Kalemusic, Danielle	W14	Nowra Athlet	17:08.34	
4.	Randell, Kayla	W	Nepean Distr	20:47.34	
	Bedford, Kyle	M13	Nepean Distr	DQ	

QA ENDURO MEET, UQ TRACK, ST LUCIA, BRISBANE, FRIDAY 8 MARCH

Only a small field at St Lucia last Friday evening. Luke McCutcheon was the best with a good 15:06.66.

3000m Walk

1.	McCutcheon, Luke	15	Qe2	15:06.66	
2.	Woodward, Mikaela	14	Unq	16:07.52	
3.	McCutcheon, Jamie	14	Qe2	18:04.99	

AACT 2012-2013 SUMMER SERIES, AIS TRACK, BRUCE, FRIDAY 8 MARCH

Good walking by Thomas Hopkins, Ashleigh Resch and Zoe Hunt in Canberra last Friday evening.

U16 3000m Walk

1.	Hopkins, Thomas	QUEA	6:41.61	PB 0:08
2.	Hopkins, Karina	QUEA	8:03.90	
3.	Hopkins, Emily	QUEA	8:07.66	

U18 3000m Walk

1.	Resch, Ashleigh	SCT	14:51.24	
2.	Hunt, Zoe	NCG	14:54.89	PB 0:03

SA PREMIERSHIP CUP, SANTOS STADIUM, MILE END, ADELAIDE, FRIDAY 8 MARCH

Thanks to Kim Mottrom for the latest results from South Australia. He reported:

We had a 5000m here last night in very warm and very humid conditions. Peter Crump and Anna Cross were the stand outs, each walking as if the weather was perfect! In the 2000m, Naomi Roberts, who used to walk with us 7 years ago, completed her first race after what Bob Cruise said was an injury which she was told would not allow her to walk again.

Open 5000m

1.	Kim Mottrom	22:50.76	
2.	Justin Hill	24:16.10	
3.	Peter Crump	27:00.70	
4.	Troy Hooker	DNF	

Open 2000m

1.	Anna Cross	9:36.22	PB
2.	Naomi Roberts	10:22.49	
3.	Beth Cross	10:51.74	
4.	Rhiannon Lovegrove	11:07.56	
5.	Joe Cross	11:09.85	
6.	Jayden Goode	11:12.07	PB
7.	Michael Nicolaidis	13:11.52	

TASMANIAN INTERCLUB MEET, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 9 MARCH

Tahlia Hunt 14:17.78 and Louis Rose 14:27.50 were both in good form with PBs in Hobart on Saturday.

3000m Walk

1.	Tahlia Hunt	OVA	14:17.78	PB 0:23
2.	Louis Rose	OVA	14:27.50	PB 0:22
3.	Lawrie Marsh	TMA	17:54.69	
4.	David Moore	TMA	22:18.89	

SYDNEY TRACK CLASSIC 5000M, SOPAC, HOMEBUSH, SYDNEY, SATURDAY 9 MARCH

The Sydney Track Classic meet featured its usual 5000m walk on Saturday evening and once again we saw a qualify field and some good results. Alas, no foreign walkers this year and certainly not a full field of our elite walkers (Jared and Claire Tallent were moving to Adelaide) and Chris Erickson, Luke Adams and Rachel Tallent were having a weekend off racing after their efforts in China the following weekend) but **Tanya Holliday** 21:21.51 and **Dane Bird-Smith** 19:28.67 were both worthy winners with very impressive times. The other big story from the walks was the reappearance of Victorian and Australian star **Jess Rothwell** after nearly 3 years off with injury. I saw Jess in January and she indicated at that time that she was slowly building up and hoping to return to racing this year - I just did not expect it be so soon! Her second place time of 21:28.92 was outside her best of 21:03.33 but not all that far off top form. How exciting! And a special mention to VRWC member **Rhydian Cowley** who took a very good second place in the men's event with 19:49.03.

16 year old **Nathan Brill** (20:36.06) and 18 year old **Jesse Osborne** (21:00.54) will be back in action on Tuesday evening in Perth when they contest the U20 10,000m Australian Track walk championship.

5000m Walk Open Women

1.	Tanya Holliday	SASI	21:21.51	
2.	Jessica Rothwell	VIC	21:28.92	
3.	Regan Lamble	VIC/AIS	22:32.70	
4.	Cheryl Webb	NSW	22:51.59	
5.	Lauren Bourke	NSW	23:42.43	PB 0:38

5000m Walk Open Men

1.	Dane Bird-Smith	QAS	19:28.67	
2.	Rhydian Cowley	VIC	19:49.03	
3.	Ian Rayson	NSWIS	20:19.90	
4.	Nathan Brill	VIC	20:36.06	
5.	Nick Dewar	QLD	20:39.26	PB 0:19
6.	Brandon Dewar	QLD	20:44.16	
7.	Jesse Osborne	VIC	21:00.54	
	Kyle Malone	NSW	DNF	



Jess Rothwell shadows Tanya Holliday early in the women's race



Dane Bird-Smith and Rhydian Cowley set the pace early in the men's walk
 (photos - <http://www.facebook.com/media/set/?set=a.10151490724574301.1073741829.264338589300&type=1>)

SAMA TRACK CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE, SUNDAY 10 MARCH

Thanks to Colin Hainsworth for the results from the first day of the SAMA Championships at SANTOS Stadium in Adelaide. The Masters championships continue next weekend. Fastest time went to Petger Crump (M50 56:31) while the highest age graded score went to George White (M65 57:17 86.65%).

Masters 10000m Track Walk

1	W50	Gloria Holliday	1:02:51	75.30%
1	W70	Ann Ireland	1:15:38	80.20%
1	M50	Peter Crump	0:56:31	75.86%
1	M60	John Hore	1:18:27	61.18%
1	M65	George White	0:57:17	86.65%
2		Graham Harrison	1:09:16	73.39%
3		James Hoare	1:16:16	64.35%
4		Roger Lowe	1:22:44	61.44%
1	M70	Rodger Barber	1:17:15	70.23%
1	M75	David Robertson	1:28:48	65.79%

COBURG 6 HOUR TRACK CHAMPS, HAROLD STEVENS TRACK, COBURG, SUNDAY 10 MARCH

The 2013 Coburg 24 Hour Carnival is spread over 2 weekends, with the 6 Hour events held on Sunday 10th March and the 24 Hour events to be held on the weekend of 13th - 14th April. With Melbourne under the influence of ongoing sweltering conditions, the decision was made to bring the start time for the 6 Hour Championships forward from 8AM to 6AM last Sunday. The decision was well received by competitors and it proved a correct one as the temperature was around 35°C by the time the event finished at midday. The championship featured both run (26 entries) and walk (13 entries) divisions and this report concentrates on the feats of the walkers in what proved to be a hot race in more ways than one.

6 Hour Walk Women

VRWC walker Michelle Thompson was in a class of her own in the walk division, covering 9.3km in the first hour and holding that same pace throughout the entire race to break her own **Australian Women's 6 Hour Walk Record** with **55.865km** (she held it previously with 54.636km, set here at Coburg in 2012). Fellow VRWC club member Karyn O'Neill took second with 45.735km while ultramarathon legend Dawn Parris was third with 43.476km. It was a dominant display by Australia's best female ultra walker and this performance adds to her growing collection of records. An inspection of her lapsheets indicate she passed the 50km mark in **5:22:00**, an **Australian Women's 50km track best**.

1.	THOMPSON, Michelle	VIC	55.865 km	PB 1:140 km
2.	O'NEILL, Karyn	VIC	45.735 km	
3.	PARRIS, Dawn	VIC	43.476 km	
	HOWORTH, Sandra	VIC	DNS	

6 Hour Walk Men

Defending walk champion and VRWC member Terry O'Neill had an easy win in the men's walk with 50.532km ahead of fellow Melbourne walker Steve Jordan (PB of 46.157km) and NSW walker Saul Richardson (PB of 43.266km). It was good to see a couple of first timers in Victorians Rob Grinter and Michael Whimpey also walk to good totals.

1.	O'NEILL, Terry	VIC	50.532 km	
2.	JORDAN, Steve	VIC	46.157 km	PB 1:138 km
3.	RICHARDSON, Saul	NSW	43.266 km	PB 0:266 km
4.	GRINTER, Rob	VIC	41.975 km	First
5.	WHIMPEY, Michael	VIC	39.772 km	First
6.	TIMMS, John	VIC	38.692 km	
7.	TURNER, Gary	VIC	38.332 km	
8.	CARTER, Ken	VIC	28.535 km	
	McKAY, Doug	VIC	DNS	

Provisional results can be viewed at <http://www.coburgharriers.org.au>.

Once again, we restricted run entrants to lanes 1-2 and walk entrants to lanes 3-4. The Computer lapscoring worked well and we were able to confirm the provisional race results within 30 minutes of the event finish and hand out printed results at the presentations.



Michelle, Karyn, Terry and Steve



There is always time for a chat early on



Michelle, Karyn, Dawn, Terry, Steve and Saul

BENDIGO WALKERS CLUB RACES, ROSALIND PARK , ENDIGO

Thanks to Paul Rance for the reports on the most recent races from Bendigo.

BRWC Road Races, Rosalind Park, Wednesday 27 February

The Bendigo Walkers Club's races on Wednesday 27th February almost didn't eventuate with severe storms hitting Bendigo and 20 millimetres of rain falling in 15 minutes just an hour before race time. Luckily the weather cleared for long enough for our competition to go ahead. The events were even pace with 2x 0.8km and 2x 1.6km races being held, with Carissa Brook winning the short distance event from Zahra Hayes and Colin Cleary in 3rd place. The longer event was won by Barb Bryant as she walked exactly the same time for both of her 1.6km events, an excellent effort. First season competitors Sheridan Commons and Caitlyn Tozer finished in equal 2nd place.

2x 1.6km

1.	Barb Bryant	09.14, 09.14
E2.	Sheridan Commons	14.45, 14.43
E2.	Caitlyn Tozer	14.45, 14.43
4.	Ebony Whiley	08.25, 08.33
5.	John Carter	10.44, 10.30
6.	Geoff Major	13.04, 12.45
E7.	Peter Curtis	08.13, 08.34
E7.	Norm West	13.19, 12.58
9.	Annette Major	09.50, 08.57

2x 0.8km

1.	Carissa Brook	4.12, 4.08
2.	Zahra Hayes	3.58, 3.52
3.	Colin Cleary	6.41, 6.28
4.	Annette Curtis	6.02, 5.46

BRWC Road Races, Rosalind Park, Wednesday 6 March

On Wednesday 6th March a 2000m handicap event was held with Annette Major producing her best performance for the season to race clear of the field and score an emphatic victory. This was Annette's first Club victory in over 2 years and she also broke the Club W45+ record which had been held by Barb Bryant for 11 years. Colin Cleary took 2nd place just in front of Peter Curtis with Peter also recording fastest time with a personal best effort while youngsters Zahra Hayes and Carissa Brook finished just outside the placegetters also with PBs. Keilor athlete Georgia Bertrand made the trip up to Bendigo to compete with the Club for the first time and she also performed strongly as first Season walker Caitlyn Tozer who continues to improve her times with a personal best effort.

2km Handicap Walk

1.	Annette Major	10.55
2.	Colin Cleary	15.32
3.	Peter Curtis	10.06
4.	Zahra Hayes	10.27
5.	Carissa Brook	11.51
6.	Barb Bryant	11.36
7.	Geoff Major	14.52
8.	Ebony Whiley	10.52
9.	John Carter	13.26
10.	Georgia Bertrand	11.16
11.	Caitlyn Tozer	18.09
12.	Annette Curtis	14.45
13.	Sheridan Commons	17.45

This Wednesday evening a 1.6km sealed handicap will be held in Rosalind Park at 6pm. Enquiries - 03-54426435 or 0400 649 610.

ASIAN 20 KM WALK CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 10 MARCH

Japanese athletes Yusuke Suzuki and Kumi Otoshi delighted the home crowd in Nomi, Japan, last Sunday with their victories at the Asian 20km Race Walking Championships, part of the IAAF Race Walking Challenge. I will simply reproduce the excellent report of Paul Warburton for the IAAF (see <http://www.iaaf.org/news/report/suzuki-breaks-japanese-record-at-asian-race-w2>).

It has become common to see Suzuki charging along at the front of the first few kilometres at a major championship. The 25-year-old filled the frame in lead-vehicle cameras at both the IAAF World Championships at Daegu in 2011 and last August's Olympics before fading. In fact, he ended up a distant 36th on The Mall in London – but it looks as if those rabbit days are over after he set a Japanese national 20km record in Nomi to eclipse the one he set in Kobe just last month. His success, this time in an IAAF Race Walking Challenge race that doubled as the Asian Championships, was all the more remarkable because it was achieved in a cold blustery wind, spiced up by torrential rain. What's more, Nomi City, unlike other IAAF Challenge races, has seven turns on a 2km loop. Race walkers have got used to a straight-up, straight-back circuit, but the course in the recently-created city on Japan's southern isle of Honshu was anything but easy.

There were a fair few toeing the line in both the men's and women's races that eschewed their full warm-up for fear of ending up soaked and shivering before the gun. None of which bothered Suzuki, who instantly hit fourth gear like the race bike whose name he bears. He was 34 seconds up on second place by 5km, and after his fastest split of the race (19:13) he reached halfway in 38:43. Roared on by fans in his home city, there were plenty at that stage wondering out loud whether Suzuki might trouble Vladimir Kanaykin's five-year-old World record (1:17:16). But even though hope of eclipsing the Russian quickly faded as Suzuki slowed slightly over the second half to notch a final 5km of 20:15, his winning time of 1:18:34 sliced 28 seconds off his own national record, barely a month old. It was all the better for Japanese medal hopes at the IAAF World Championships in Moscow later this year that Suzuki picked up not a single disqualification or warning card.

Behind him, ploughing similar lone furrows after 7km, were Li Tianlei of China (1:21:28) and India's Gurmeet Singh (1:21:38). The Chinese was ahead by 17 seconds at 10km and pushed on to be rewarded with a time just 27 seconds outside his 1:21:01 best. Singh has likewise been making progress as a beacon of what India with its huge population might achieve. But the man from Bangalore suffered a relatively slow third 5km (21:01) before he got a second wind and ended up just 10 seconds short of Li in a fascinating chase over the last few hundred metres.

20km Men

1.	Yusuke Suzuki	JPN	1 Feb 88	1:18:34
2.	Li Tianlei	CHN	13 Jan 95	1:21:28
3.	Gurmeet Singh	IND	1 Jul 85	1:21:38
4.	Ebrahim Rahimian	IRI	28 Jul 81	1:24:08
5.	Nguyen Thanh Ngung	VIE	92	1:27:30
6.	Lo Choon Sieng	MAS	16 Nov 85	1:28:07
7.	Tse Chun Hung	HKG	81	1:36:54
	Hendro	INA		DQ
	Byun Young-Jun	KOR	20 Mar 84	DNF

Like Suzuki, there was no-one capable of troubling Kumi Otoshi in the women's 20km. The Japanese was also minus a challenge from the start, and when the weather was at its worst, she was forced to deal with the effects of leading from the front and battling the elements. In fact, Otoshi's 24:51 final 5km split was exactly 51 seconds slower than second-place finisher Thi Thanh Phuc Nguyen – although by then the Japanese had an unassailable lead stretching almost two minutes. Nguyen first came to prominence in this race last year where she achieved the breakthrough that qualified her as Vietnam's first Olympic walker. She was third in 2012 in Nomi, and although 13 seconds outside the mark she set then, moved up a place in far more trying conditions.

20 km walk Women

1.	Kumi Otoshi	JPN	29 Jul 85	1:33:49
2.	Nguyen Thi Thanh Phuc	VIE	12 Aug 90	1:35:26
3.	Jeon Yong-Eun	KOR	24 May 88	1:35:49
4.	Khushbir Kaur	IND	9 Jul 93	1:37:32
5.	Chang Chia-Feng	TPE	15 Aug 93	1:40:46
6.	Jessica Ching Siu Nga	HKG	87	1:41:45
7.	Elena Goh Ling Yin	MAS	96	1:51:24

It says much for the future of the IAAF Race Walking Challenge that countries like Vietnam, India and Iran – represented here by men's fourth-place finisher Ebrahim Rahimian Khanghah – are starting to make regular inroads on the race circuit and boost the credentials of both the sport and the series as a truly global event.

PORTUGESE MASTERS INDOOR CHAMPIONSHIPS, POMPAL, PORTUGAL, SUNDAY 3 MARCH

42 year old Luis Silva starred in the Portugese National Indoors Masters Championships, held last Sunday in Pompal, his 3000m time of 12.25,93 a scant 0.13 sec outside Swede Bengt Bengtsson's 2004 record time of 12.25,80. But he did beat his own National record which had stood at 12.27,04. In the women's division, Maria Alice Fernandes set a new W60 national record with her time of 16.42,46. It was also impressive to see a number of other walkers with age graded scores over 80%.

3000m Masters Men

1.	Luis Silva	1970	J Vidigalense	12:25.93	1	M40	90.76 %
2.	Jaime Santos	1972	GD Lourocoop	14:08.75	2	M40	78.52 %
3.	Carlos Paiva	1969	CA Galinheiras	14:31.59	3	M40	78.29 %
4.	Rogério Filipe	1959	CP Alcanena	15:17.56	1	M50	81.54 %
5.	Carlos Carmino	1957	Leiria MA	15:27.84	1	M55	81.36 %
6.	Vitor Araújo	1974	NA Cucujães	15:53.15	1	M35	68.86 %
7.	Joaquim Leitão	1956	GDS Domingos	17:54.55	2	M55	71.55 %
	António Santos	1961	NA Cucujães -	DQ	-	M50	
	Luis Machado	1943	Galp Energia	DQ	-	M65	
	Auspicio Fernandes	1942	Santander	DQ	-	M70	

3000m Masters Women

1.	Maria Alice Fernandes	1952	GD Lourocoop	16.4226	1	W60	86.04 %
2.	Maria Orlete Mendes	1951	CA Galinheiras	18.0091	2	W60	80.67 %
3.	Eugénia Fernandes	1969	CA Galinheiras	18.5050	1	W40	65.40 %
4.	Maria José Dias	1965	GDS Domingos	21.4037	1	W45	58.73 %
5.	Natália Santos	1970	GD Lourocoop	21.4656	2	W40	56.14 %

RWA NATIONAL 10 MILE CHAMPIONSHIPS, VICTORIA PARK, LONDON, SUNDAY 10 MARCH

And now to England for the annual Racewalking Association 10 Mile Championships which were held in Victoria Park in London on Sunday. The very cold conditions meant that walkers were rugged up but that didn't stop Irish international Michael Doyle (71:31) and Lithuanian Olympic walker Neringa Aidityte (79:43) from taking victory in their respective events. Both walkers competed for their English clubs in the championships. Daniel King (72:54) and Dominic King (75:05) also recorded good times in taking silver and bronze in the men's event while Lauren Whelan (88:06) and Rebecca Collins (91:42) took the remaining medals in the women's event.

RWA 10 Mile Championship Open Men

1.	(67)	Michael Doyle	Ashford AC	71:31
2.	(70)	Daniel King	Colchester AC	72:54
3.	(71)	Dominic King	Colchester AC	75:05
4.	(66)	Jonathon Hobbs	Ashford AC	84:51
5.	(167)	Steve Uttley	Ilford AC	89:11
6.	(65)	Christopher Hobbs	Ashford AC	93:42
7.	(172)	Steve Arnold	Nuneaton Harriers	93:45
8.	(68)	Steve Allen	Barnet and District AC	93:50
9.	(173)	David Crane	Surrey WC	95:26
10.	(73)	John Ralph	Enfield and Haringey	97:29
11.	(168)	Chris Berwick	Leicester WC	99:39
12.	(77)	Steve Allen	Ilford AC	100:19
13.	(166)	Ed Shillabeer	Ilford AC	103:32
14.	(69)	Paul King	Belgrave Harriers	104:24
15.	(179)	Shaun Lightman	Surrey WC	105:27
16.	(75)	David Bowker	Fairlands Valley Spartans	106:20
17.	(174)	Chris Flint	Surrey WC	107:18
18.	(175)	Peter Hannell	Surrey WC	107:29
19.	(79)	David Kates	Ilford AC	107:46
20.	(176)	Mick Harren	Surrey WC	108:16
21.	(170)	Colin Vesty	Leicester WC	108:25
22.	(185)	Mark Palethorpe	Worcester AC	108:29
23.	(72)	Sean Pender	Enfield and Haringey	109:00
24.	(169)	George Smolinski	Leicester WC	114:59
25.	(184)	Mick Barnbrook	Ilford AC	119:02
	(171)	John Borgars	Loughton AC	DNF
	(177)	David Hoben	Surrey WC	DNF

RWA 10 Mile Championship Open Women

1.	(60)	Neringa Aidityte	HfordAC	79:43
2.	(55)	Lauren Whelan	Belgrave Harriers	88:06

3.	(62)	Rebecca Collins	Medway and Maidstone	91:42
4.	(61)	Fiona McGorum	Leicester WC	99:30
5.	(37)	Susan Beardsmore	Abingdon Amblers	102:16
6.	(56)	Geraldine Legon	BexleyAC	118:39
	(42)	Maureen Noel	Belgrave Harriers (n/s)	DQ
	(38)	Rebeca Crossan	Belgrave Harriers	DNF

Thanks to Mark Easton for the following photos from the event. You can find these and lots more on his event photo gallery at <http://markeaston.zenfolio.com/p767095253>. He advises that the best way to view to view is to click on the photos of the event to enter the gallery and then click the *Show All* link near the bottom of the page.



Neringa Aidietyte, Micheal Doyle, Daniel King, Dominic King and Lauren Whelan in action in Victoria Park
(Photos Mark Easton - <http://markeaston.zenfolio.com/p767095253>).

CLUBE ORIENTAL DE PECHÃO GRAND PRIX, PECHÃO, PORTUGAL, SATURDAY 9 MARCH

The Clube Oriental de Pechão held its annual Grand Prix event in the streets of Pechão in Portugal on Saturday with 77 walkers in attendance, racing over a variety of distance and age groups. The main events were the 5km Open roadwalks which were won by Ana Cabecinha (21:45) and Dionísio Ventura (21:47). The event is fully reported on the oMarchador website - see <http://omarchador.blogspot.pt/2013/03/cerca-de-oito-dezenas-de-marchadores.html>.

5km Open Women

1.	Ana Cabecinha	CO Pechão	21.45
2.	Filipa Ferreira	CO Pechão	24.02 (1 júnior)
3.	Laura Leal	CO Pechão	28.00 (1 juvenile)
4.	Anabela Moreira	CD Quarteira	28.38 (1 veteran)
5.	Andreia Francisco	Casa Benfca de Faro	28.59

5km Open Men

1.	Dionísio Ventura	Ferreira Activa-MA	21.47
2.	Hélder Santos	CDP Chão Duro	23.19 (1 juvenile)
3.	Grigore Navín	ND Escola Tomás Cabreira	24.01 (1 júnior)
4.	Daniel Sousa	CO Pechão	25.19 (1 veteran)
5.	Jorge Costa	CO Pechão	25.19 (2 veteran)

Full results can be seen at <http://www.aaalgarve.org/images/resultados2013/1380032%20RESULTADOS.pdf>.

WALKING SHORTS

- Chris Rael of Racewalk Planet Radio speaks with new M40 3000m Indoor World Record Holder, Tim Seaman, about his fantastic race at the US Indoor National Championships. Tim also discusses the upcoming Pan American Cup Trials. Tune in at <http://panamcuptrials.blogspot.com/>

- YEVPATORIYA (UKR, Mar 2-3): Solid results in the women's 20 km at the Ukrainian national race walk championships a week ago. Liudmyla Olianovska won the U23 category with a personal best of 1:30:26. The 20-year-old 4th placer from the last World junior championships was also the fastest in the Open category ahead of Olha Iakovenko 1:30:38 (also a PB) and Olena Shumkina 1:32:39. In the men's 20km race, Andrii Kovenko finished first with 1:20:22 ahead of Ruslan Dmytrenko 1:21:45. Oleksandr Verbytskyy won U23 20km with 1:22:48 and Ihor Hlavan won the 35km race with 2:31:15 ahead of Serhiy Budza (2:32:13) and Oleksiy Kazanin (2:32:36). The 10 km junior races were won by Yuriy Shvaryk 44:28 and Alina Halchenko 48:14. The Youth Championship races went to Vitaliy Zub (10km 46:13.0) and Hanna Suslyk (5km 24:48).
- While not a racewalking story, if you want to read a story about someone who qualified in T&F for 3 Olympics but competed in none, you must read <http://assets.espn.go.com/oly/summer00/s/boycott/kennedy.html>. Talk about timing!!!!
- Great article on Ballarat walker Kelly Ruddick - <http://www.thecourier.com.au/story/1344009/racewalker-set-for-biggest-year-of-her-career/?cs=63>
- Thinking of walking a 100 miler in the UK. Then think no further than the 2013 Centurions qualifying race which will be held at Douglas, Isle of Man, on 3-4 August this year. You can even join the facebook group to keep up with all the latest info - http://www.facebook.com/groups/550275208327422/550276801660596/?notif_t=group_activity. I do like the logo!



- Thanks to Nicola Maggio for pointing me to this Italian Television coverage of the 1987 IAAF World Championships 10km event for women in Rome. see <http://www.youtube.com/watch?v=1kpBt23UP5M>. The final result read

1.	Krishtop	USSR	43:22
2.	Strakhova	USSR	43:35
3.	Jin Bingjie	CHN	43:45
4.	Kerry Saxby	AUS	43:57
5.	Nicolayeva	USSR	43:57

Sue Cook of Australia finished 13th with 46:03 and teammate Lorraine Jachno finished 32nd in 48:21. There were 90 starters and 85 finishers - a big field indeed.

To complete the Champs, here is the Italian coverage of the Men's 20km which was won by Maurizio DaMilano of Italy in 1:20:45. It is worth a watch just to view the chaos on the road and the ecstatic reaction of the crowd as he wins. See <http://www.youtube.com/watch?v=bEg-ePKLlvc>

ENGLISH WALKERS TO COMPETE IN LUGANO NEXT WEEKEND

England Athletics has announced it's team to contest the Lugano International Walks match on Sunday 17th March. This follows some exciting early season form from all of the athletes.

Tom Bosworth (Coach: Andi Drake) set the 3rd fastest all-time result over 10Km in finishing 2nd at the Molly Barnett race walk fixture in Coventry on 3 March with 40.44. He is joined by Alex Wright (Coach: Raph Rinaldi/Ray Hall) who walked the fastest ever GB time over 3km on 27 January at the Irish National Championships with 11.23.99 and followed that with a strong 10km at Victoria Park in 41.24 a week later. Selected alongside them are two exciting prospects. Jamie Higgins (Coach: Andi Drake) walked a new personal best and European Junior Qualifying performance at Coventry in the same race as Bosworth with 42.42 while Cameron Corbishley took the opportunity to walk a fast 5km at Bexley on 2 March (22.46) and backed this up the next day with 23.19 at Coventry to confirm his selection for the Under 18 10km race.

The team reads as follows: 20km Men: Tom Bosworth, Alex Wright
 10km U20 Men: Jamie Higgins

10km U18 Men: Cameron Corbishley Team Management:
Managers: Andi Drake and Bridget Kaneen
Physio: Ollie Williamson

A BRIEF HISTORY OF MEXICAN RACEWALKING VIA YOUTUBE

A few days ago, Vic Miller pointed me to the following 2012 interview with Mexican Daniel Bautista who won the 1976 Olympic 20km - <http://www.youtube.com/watch?v=Hkfs1bgadQo>. The video shows excerpts from the 1968 Olympic 20km (credited with starting the Mexican walking revolution) and the 1976 Olympic 20km which Bautista won ahead of East German walkers Reimann and Frenkel.

It got me thinking about how to write a brief article on the Mexican Walking revolution with a different slant - via YouTube. Here goes!

One of the most significant events in the history of racewalking quietly took place in 1966 when Mexico hired a group of foreign coaches to help their athletes prepare for the 1968 Olympic Games. Amongst the new arrivals was Polish coach **Jerzy Hausleber** who went on to revolutionize walking and single handedly lead Mexico to the top of world walking.

An unknown 29 year old army sergeant by the name of **Jose Pedraza** claimed the nation's first international title when he won the 10,000m walk at the 1966 Central American and Caribbean Games in San Juan, Puerto Rico. He was soon to become world famous.

These Olympic Games remain the most controversial of all time. Commercialism first became an issue in the form of sponsorship and the wearing of branded running shoes (Nike and Adidas). The Black Power movement was beginning to find a voice. The Warsaw Bloc countries had invaded Poland. The Mexican government had brutally put down riots over the poor living conditions of the impoverished population. And finally the altitude of Mexico City (7,347 feet above sea level) was the main topic of discussion for months before the Games. Many sports commentators were predicting deaths in the endurance events and much attention was focussed on the marathon and long walks.

But if there were concerns about the altitude, it did not deter the athletes and good fields of 33 and 36 walkers contested the two walks. Golubnichiy, in his third Olympics, was always going to be the walker to beat in the 20km. The World Record holder since 1958 (1:27:05), with Olympic gold and bronze medals already in his possession and coming off silver medals in the 1966 European and the 1967 Lugano Cup 20 km events, he was a big-event performer and the one who was seemed strong enough to beat the altitude.

The event was an unusual one. The starting time was 4.30pm and competitors finished the last 2 km in darkness. Early on, Golubnichiy (USSR) and Laird (USA), who were leading, went straight instead of turning into the circuit. They lost some 20 yards but Golubnichiy caught the leaders again within 200 yards, while Laird never recovered and finished a disappointing 25th.

Oxygen debt hit most competitors early in the race and the second half was a struggle for all but the leading few. After 85 minutes of hard walking, Golubnichiy entered the stadium in first place, followed closely by teammate Nikolai Smaga. Then the 60,000-plus spectators went wild as a third walker appeared – Mexican champion Jose Pedraza. Two hundred metres from the finish, Pedraza passed Smaga and set his sights on Golubnichiy. Pedraza's style seemed far from legal and he received three cautions (one step short of a warning). But it would have taken a suicidal judge to disqualify the determined Pedraza while the stadium echoed with chants of "May-hee-co" and "Pay-drah-zah." An international incident was avoided when Golubnichiy drew away slightly in the homestretch to win by a mere three yards.

Check out the action in that race via <http://www.youtube.com/watch?NR=1&v=O1c3iNgTpel>

Fast forward 8 years to the 1976 Olympics in Montreal and the first wave of Mexican walkers were ready to rock and roll. This time it was 23 year old **Daniel Bautista** who brought home the bacon, taking Mexico's first ever T&F gold medal in the 20km walk, his time of 1:24:40 a new Olympic record. He was so dehydrated at the end that he had to drink 10 cans of soft drinks before he could produce enough urine for the dope test. This was the first of many wins for Bautista on the international stage - he won the 1977 and 1979 World Cup 20km events and broke the 20km world record on 2 separate occasions. Check out his 2011 interview and see footage of the 1976 20km at <http://www.youtube.com/watch?v=Hkfs1bgadQo>.

Back in 5th place in the 1976 Olympic 20km was 24 year old **Raul Gonzales** who went on to break the 50km world record twice in 1978 (firstly to 3:52:23 and then to an impossible 3:41.39.0 - his last mark stood as the World Record for an unprecedented 18 years and was not broken until 1996), won the World Cup 50km in 1977, 1981 and 1983 and eventually took silver in the 1984 Olympic 20km and gold in the 1984 Olympic 50km. Not a bad resume. Generally regarded as one of the best stylists ever, here is some brief footage from his 1984 Gold Medal finish: <http://www.youtube.com/watch?v=2R9Sykf-2Zo> and a more recent interview in Mexico in 2010 - one of the nicest blokes on the international circuit - http://www.youtube.com/watch?v=TN_xi_Cgsi4.

The 50km was removed from the 1976 Olympics but the IAAF put on its own championship, in Malmo in Sweden. It was

there that the **Enrique Vera** took second place and **Domingo Colin** took fourth. Thus Mexico had 4 of the world's top walkers in 1976! Colin was interviewed in 2011 and looked back on the Mexican walking years and the many walkers who had excelled during that time. See <http://www.youtube.com/watch?v=7S7P5iEFrEU>.

The 1977 World Cup saw Bautista and Colin take gold and silver in the 20km and Gonzales and **Pedro Aroche** gold and silver in the 50km. Yet another Mexican to watch! Mexico was indeed the clear number one racewalking nation for depth and quality.

The 1979 World Cup saw yet more walkers from the Mexican machine - **Ernesto Canto** (6th in the 20km) and **Martin Bermudez** (first in the 50km). Canto went on to win the 1981 World Cup 20km, the 1983 World Championship 20km (see http://www.youtube.com/watch?v=JPMwH4K_YU), the 1983 World Cup 20km, the 1984 Olympic 20km (<http://www.youtube.com/watch?v=IJDaXkhBgRI&NR=1>) and even took silver in the 1991 World Cup 20km. Canto was interviewed in 2012 and still looks pretty good! - <http://www.youtube.com/watch?v=7S7P5iEFrEU>. See also <http://www.youtube.com/watch?v=Aw6VpkXQnr8>.

Bermudez himself had a long career, competing in World Cup events up till 1995 and regularly finishing in the top 10.

Carlos Mercenario was the next champion to lead out, winning the 1987 World Cup 20km (see <http://www.youtube.com/watch?v=g8kEYRNSmKw>), the 1991 (see <http://www.youtube.com/watch?v=Py9HFLcqX9M>) and 1993 World Cup 50km events and taking silver in the 1992 Olympic 50km event. He was interviewed in 2012 - see <http://www.youtube.com/watch?v=ZyznU0UGSqA>.

Daniel Garcia burst on the scene in 1993, winning the World Cup 20km. He also won the 1997 World Championship 20km event, took second in the 1997 World Cup 20km and third in the 1999 World Championship 20km. He competed right up to 2008 when he did his last World Cup event.

German Sanchez appeared at the same time as Garcia, taking bronze in the 1993 World Cup 50km,

Miguel Rodriguez was another to excel, taking fourth in 1993 World Cup 50km, fifth in 1995 World Cup 50km, third in the 1997 World Championship 50km and sixth in the 1997 World Cup 50km.

Bernardo Segura set a new 20,000m World Record in the nineties with a time of 1:17:25.6. He was third in the 1995 World Cup 20km and third again in the 1996 Olympic 20km. He improved to first in the 1999 World Cup 20km and was the first walker to finish in the 2000 Olympic 20km walk in Sydney and was being congratulated by then president Ernesto Zedillo when told of his disqualification. See a great photo collage at <http://www.youtube.com/watch?v=4wILEB000z4>.

Noe Hernandez burst onto the scene in the late nineties to take silver in the 2000 Olympic 20km, finishing only 4 secs behind Robert Korzenioski. Here he is interviewed and you can see lots of footage from that famous walk - <http://www.youtube.com/watch?feature=endscreen&v=3iyJ-UecXjM&NR=1>. He was well up in the 2004 Olympic 20km when disqualified. Alas, on 30 December 2012, he was shot in the head in a nightclub incident and died soon afterwards. The Who's Who of Mexican walking gathered to say farewell at his funeral earlier this year - <http://www.youtube.com/watch?v=NcctRC2lrZ0>.

Eder Sanchez (see <http://www.youtube.com/watch?v=mAaDuFC5zDY>) currently proudly flies the flag as the top Mexican walker, boasting fourth in the 2007 World Championships 20km and third in the 2009 World Championships 20km.

Mexico has been at the forefront of world walking since the mid seventies and it continues to produce champions in our sport. Mexico is indeed a nation of walkers!

WHAT'S COMING UP NEXT WEEKEND

The Australian **Junior T&F Championships** kick off today in Perth and run for 6 days, finishing on Sunday 17th March. Good luck to all our walkers. The walks timetable reads as follows with our U20 walkers competing tonight in their 10,000m track walk race.

Tues 12 Mar	8:00 PM	U20 10,000m Walks
Thur 14 Mar	8:00 AM	U17/U18 5000m Walks
Fri 15 Mar	8:30 AM	U15/U16 Men 3000m Walks
	8:50 AM	U15/U16 Women 3000m Walks
Sat 16 Mar	8:45 AM	U14 Men 3000m Walk
	9:10 AM	U14 Women 3000m Walk

The **VMA/AV Masters T&F Championships** will be held this weekend at the East Burwood Athletics Track with 3000m walks on Saturday and 1500m walks on Sunday. Good luck to all our Masters.

The IAAF Challenge Series continues next Sunday with the **Mario Albisetti Memorial Meet in Lugano, Switzerland**. This is always one of the biggest of the early season European classics and the walking standard is expected to be high. I will report on this meet in next week's newsletter.

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA/AA Masters T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Championships, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 IAAF Race Walking Challenge - Remaining events

17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano, Switzerland
6 Apr 2013	African Race Walking Championships	Maurice, Mauritius
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, Portugal
13 Apr 2013	Podebrady 2013	Podebrady, Czech Republic
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10th European Cup Race Walking	Dudince, Slovak Republic
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña, Spain
29 June 2013	Dublin Grand Prix of Race Walking	Dublin, Ireland
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moscow, Russia

2013 European Athletics Permit Meets

March 17, 2013	Mario Albisetti Memorial Meet, Lugano, Switzerland
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
2015	9th World Youth T&F Championships, Cali, Colombia
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
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)