



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 Victorian **Jess Rothwell** who returned to the track a couple of weeks ago 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!

This week has seen a number of top walks at the Australian Junior T&F Championships as well as some fine walking in the Victorian and SA Masters Championships. Consider the following from the Junior Champs in Perth

- 16 year old Victorian **Nathan Brill** did the double in Perth, winning the U20 10,000m (a PB 42:48.70) and the U18 5000m (20:33.90) and booking his trip to the World Youth Championships later this year. He just keeps getting better and better.
- 14 year old NSW walker **Tyler Jones** also contested the U20 10,000m in Perth, coming fourth in a huge PB of 47:34.21. He then backed up a few days later to win his U16 3000m with a very fast 13:10.62.
- 15 year old Victorian **Zoe Boldiston** won the women's U17 5000m in Perth in a PB 23:55.31, confirming her front running position with regard to the World Youth but will she have time to get that elusive qualifying time on the board - she is after a time of 23:30 or better.
- 15 year old Victorian **Adam Garganis** won the men's U17 5000m with 23:50.57, confirming his top spot in the age group and following on from his Australian representation in the Youth Olympics in Sydney in late January. He also contested the pole vault - not an easy double!
- 14 year old Queenslander **Clara Smith** won the women's U16 3000m in 13:55.59, bettering Amy Burren's 2009 Championship record by 20 secs.

Add to that a couple of fantastic Masters performances

- 67 year old **George White** was in dominant form in the South Australian Masters Championships last weekend, winning all 4 of his M65 walk events with a succession of outstanding times - 1500m (07:46 - 89.73%), 3000m (15:56 - 89.17%), 5000m (26:49 - 90.13%) and 800m (3:54).
- **Bob Gardiner**, who turns 77 this week, was in similar walking mode in the Victorian Masters Championships last weekend, winning both his M75 events - 3000m (17:22.90 - 91.57%) and 1500m (8:08.90 - 95.72%).

Now who to choose for this week? I have decided to share it around - Tyler has already won four times, Nathan three and Clara and Adam once each. So this week's vote will focus on the three first timers - **Zoe Boldiston**, **George White** and **Bob Gardiner**. All are worthy nominations - you can cast your vote as usual at <http://www.vrwc.org.au/vrwcWOW.php>.

AUSTRALIAN JUNIOR T&F CHAMPIONSHIPS, WA ATHLETICS CENTRE, PERTH, 12-17 MARCH

The Australian Junior T&F Championships have now been completed in Perth. It was a big meet with over 1600 athletes from across Australia competing over a week in the Western Australia capital city.

The first walks on offer were the U20 10,000m championships, contested in ideal conditions at 8PM on Day 1 of the competition and there were plenty of PBs. The U20 men's race saw 16 year old **Nathan Brill** continuing his superb form and achieving yet another World Youth qualifier (and an automatic selection) with a 54 second PB time of 42:48.70. Victorian team mate **Jesse Osborne** took second with a very fast 43:24 (just outside his PB). Both boys competed 3 days earlier in the Sydney Classic 5000m and seemed none the worse for wear. New Zealander **Matt Holcroft** took third with 47:23.37 ahead of NSW walkers **Tyler Jones** 47:34.21 and **Jay**

Felton 47:57.50. Now Tyler is only 14 years old so his time is an amazing one - fancy doing 47 mins for 10km at this age! It was a case of bad luck for Brad Aiton (leading when DQ'd soon after half way), Matthew Killen and Lucas Taylor.

The U20 women's race saw race favourite **Jessica Pickles** win with 49:14.07 ahead of **Kirsty Klein** 49:32.41 and **Amy Bettiol** 50:43.75. Kirsty's walk was yet another sub-50 and a 25 sec PB. Further back in the field, we saw further PBs for **Amanda Heard**, **Tabitha Porley**, **Shay Southern** and **Eloise Jackson**.

Women 10000m Walk Under 20, Tuesday 12 March, 8PM

1.	Jessica Pickles	94	QLD	49:14.07	
2.	Kirsty Klein	94	NSW	49:32.41	PB 0:25
3.	Amy Bettiol	95	NSW	50:43.75	PB 1:06
4.	Amanda Heard	95	VIC	54:26.59	PB 3:25
5.	Tabitha Porley	95	NSW	54:34.21	PB 1:07
6.	Shay Southern	95	NSW	54:43.07	PB 1:10
7.	Eloise Jackson	95	QLD	58:26.06	?
8.	Breanna Brown	95	WA	60:09.76	

Men 10000m Walk Under 20, Tuesday 12 March, 8PM

1.	Nathan Brill	96	VIC	42:48.70	PB 0:54
2.	Jesse Osborne	95	VIC	43:24.41	
3.	Matthew Holcroft	94	NZL	47:23.37	
4.	Tyler Jones	98	NSW	47:34.21	PB 3:23
5.	Jay Felton	95	NSW	47:57.50	PB 0:49
	Brad Aiton	94	QLD	DQ	
	Matthew Killen	95	NSW	DQ	
	Lucas Taylor	96	VIC	DQ	



Left: Jessica Pickles leads Kirsty Klein

Right: Nathan Brill, Brad Aiton and Jesse Osborne

(photos www.athletics.org.au)

Thursday's track program started with the U17 and U18 5000m walks and it was Victoria taking 3 of the 4 golds on offer with **Adam Garganis** 23:50.57, **Nathan Brill** 20:33.90 and **Zoe Boldiston** 23:55.31. The fourth gold of the day was taken by NSW walker **Tayla-Paige Billington** with 24:40.73. For Nathan, it was his second gold of the meet and was well under the Championship record of 21:08, set by Dane Bird-Smith in 2009. For Zoe, it was just 0.01 sec outside Melissa Hayes 2006 championship record and was much closer to the World Youth qualifying standard of 23:30 but, alas, still 25 sec outside the required time. Lots of PBs as you can see below. Special mentions to **Kyle Bird** 22:51.08, **Ashleigh Resch** 25:13.70 and **Louis Rose** 24:16.91.

Men 5000m Walk Under 17, Thursday 14 March, 8AM

1.	Adam Garganis	97	VIC	23:50.57	
2.	Louis Rose	97	TAS	24:16.91	PB 1:10
3.	Thomas Doyle	97	NSW	25:55.09	
4.	Adam Mylonas	97	NSW	26:38.46	PB 2:05
	Billy Allamby	97	VIC	DNF	

Men 5000m Walk Under 18, Thursday 14 March, 8AM

1.	Nathan Brill	96	VIC	20:33.90	
2.	Kyle Bird	96	VIC	22:51.08	PB 0:33
3.	Carl Gibbons	96	NSW	24:10.89	PB 0:09
4.	Lucas Taylor	96	VIC	24:47.50	
	Connor McShanag	96	VIC	DNF	

Women 5000m Walk Under 17, Thursday 14 March, 8AM

1.	Zoe Boldiston	97	VIC	23:55.31	PB 0:43
2.	Ashleigh Resch	97	ACT	25:13.70	PB 0:55
3.	Jayde Hill	97	NSW	25:36.98	PB 0:51
4.	Zoe Hunt	97	ACT	25:44.77	PB 0:43
5.	Holly Hughes	97	WA	27:32.50	
6.	Jade Sanders	97	VIC	27:53.73	PB 0:49
7.	Emily Swan	97	VIC	28:12.08	PB 2:47
8.	Jessie Eastwood	97	VIC	29:12.76	PB 0:26
9.	Isabella Tolardo	97	WA	29:27.37	PB 1:12
10.	Bryony Beasley	97	NSW	29:30.28	
11.	Caitlin Gerken	97	WA	29:57.16	
	Jasmine Irshad	97	VIC	DNF	

Women 5000m Walk Under 18, Thursday 14 March, 8AM

1.	Tayla-Paige Billington	97	NSW	24:40.73	PB 0:29
2.	Katya Martin	97	QLD	24:56.58	Equal PB
3.	Jemma Potezny	96	SA	24:58.05	PB 0:55
4.	Jasmine Dighton	96	NSW	24:58.75	PB 0:34
5.	Stephanie George	96	VIC	26:43.31	
6.	Kate Holt	96	WA	26:53.38	
7.	Amanda Barendregt	96	NSW	27:41.66	
8.	Lucy-Rose Boardman	96	QLD	29:16.84	



The girls get underway in the U17 and U18 5000m - Zoe Boldiston leads out (photo Terry Swan)

The walks continued on Friday morning with the 3000m events. The four winners were **Kyle Swan**, **Tyler Jones** (an excellent 13:10.62 after his fourth place in the U20 10,000m), **Anna Cross** and **Clara Smith**. Clara's time of 13:55.59 bettered Amy Burren's 2009 Championship record by 20 secs. Special mention also to WA walker **Simeon Leatherland** 14:20.57.

Men 3000m Walks Under 15, 8:30AM, Friday 15 March

1.	Kyle Swan	99	VIC	16:36.95
2.	Cory McGinniskin	99	NSW	20:14.44

Men 3000m Walks Under 16, 8:30AM, Friday 15 March

1.	Tyler Jones	98	NSW	13:10.62	
2.	Simeon Leatherland	98	WA	14:20.57	PB 0:59
3.	Reese Walmsley	98	VIC	14:31.95	
4.	Ross Darlow	98	VIC	14:35.46	
5.	Aidan Kerr	98	NSW	15:09.85	
	Thomas Hopkins	98	ACT	DQ	

Women 3000m Walks Under 15, 8:50AM, Friday 15 March

1.	Anna Cross	99	SA	15:08.03
2.	Lucy Francis	99	NSW	15:18.96
3.	Mikaela Woodward	99	QLD	15:43.16
4.	Rachael Guy	99	VIC	16:16.31
5.	Ebony Burnard	99	NSW	16:24.57
6.	Emily Hopkins	99	ACT	18:25.45
7.	Danielle Kalemusic	99	NSW	18:32.06
8.	Shanae Norton	99	NSW	18:55.73
9.	Sarah Gee	99	WA	20:16.75
	Taylor Vasiljevic	99	VIC	DQ

Women 3000m Walks Under 16, 8:50AM, Friday 15 March

1.	Clara Smith	98	QLD	13:55.59	
2.	Tahlia Hunt	98	TAS	14:28.72	
3.	Emily Hamilton	98	VIC	15:35.39	PB 0:04
4.	Paige De Lisen	98	VIC	16:09.87	
5.	Lauren Collis	98	VIC	16:47.90	
6.	Sarah Kelland	98	NSW	17:26.72	
7.	Karina Hopkins	98	ACT	18:01.99	
8.	Emma Henderson	98	QLD	19:09.07	



Underway in the U15 and U16 3000m - Darlow, Hopkins, Leatherland, Kerr, Jones, Walmsley, McGinniskin and Swan (photo Terry Swan)

The final walks were held on Saturday morning with the U14 3000m events. A review of the results below shows just how well the walkers prepared and walked - PBs everywhere! Winners **Callum Burns** 14:50.21 and **Eliza Clarke** 15:10.13 are our newest Australian Champions.

Men 3000m Walk Under 14, 8:45AM, Saturday 16 March

1.	Callum Burns	00	ACT	14:50.21	PB 0:13
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2.	Kyle Bedford	00	NSW	14:54.30	PB 0:18
3.	Harrison Mavin	01	NSW	15:38.70	PB 0:15
4.	Ryan Thomson	00	NSW	15:50.88	PB 0:11
5.	Hayden Millican	00	NSW	16:19.28	PB 0:12
6.	Benjamin Reid	01	WA	17:39.17	eq PB
7.	Ethan Wright	01	VIC	17:48.55	PB 2:07
8.	Hugh Collis	00	VIC	17:55.23	
9.	Hayden Walmsley	01	VIC	18:02.23	
10.	Christopher Gerken	00	WA	19:00.66	PB 0:015
11.	Daryl Ellis	01	WA	19:18.02	
12.	Callum Haig	00	QLD	20:16.83	PB 2:25

Women 3000m Walk Under 14, 9:10AM, Saturday 16 March

1.	Eliza Clarke	00	VIC	15:10.13	PB 0:34
2.	Gabby Hunt	00	ACT	16:17.46	
3.	Mikayla Johns	00	WA	16:29.03	
4.	Hayley George	00	VIC	16:43.40	
5.	Zahra Hayes	01	VIC	17:10.04	PB 0:21
6.	Bethany Cross	00	SA	17:44.06	
7.	Jemma Eastwood	00	VIC	20:10.28	
	Tiahna Ruane	01	WA	DNF	



Final photos from Terry - Adam Garganis (U17 winner), Carl Gibbon, Tyler Jones (U16 winner) and Kyle Swan (U15 winner)

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 13 MARCH

Thanks to Paul Rance for the latest results from Bendigo.

The Bendigo walkers Club held a 1.6km sealed handicap event in Rosalind Park on Wednesday evening with 9 year old Carissa Brook winning the event in a personal best time of 9.05, her performance just 4 seconds outside the Club under 10 record. Geoff Major snared his first placing for the year as he took 2nd place just in front of Barb Bryant. Heidi Commons, having her first walk with the Club, showed fine form while Sheridan Commons produced an excellent personal best performance.

This Wednesday evening 800m and 3200m sealed handicap events will be held in Rosalind Park commencing at 6pm. Enquirers phone 5442 6435 or 0400649610.

1.6km Handicap

1.	Carissa Brook	9.05
2.	Geoff Major	11.38
3.	Barb Bryant	9.10
4.	Norm West	12.33
5.	Annette Curtis	11.14
6.	Colin Cleary	12.18
7.	Peter Curtis	8.06
8.	Madison Hill	9.32
9.	Sheridan Commons	12.23

E10. Georgia Bertrand	8.38
E10. John Carter	10.48
12. Caitlyn Tozer	14.13
13. Heidi Commons	12.06

ATHLETICS SA ALL COMERS MEET, SANTOS STADIUM, MILE END, SATURDAY 16 MARCH

Thanks to Kim Mottrom for the following results from Adelaide.

While our kids were away doing great things in Perth and Peter Crump was at the masters (yesterday and tomorrow) beating his PB's, we had a small showing for a 1600m walk race. Small field of 5 but good results overall. I know that Justin and Troy both did 1500m PB's during the race. With the Masters finishing their State titles tomorrow, this will most likely be the last walk for the summer before we start our winter season in 3 weeks.

Open Women 1600m

1. Rhiannon Lovegrove	8:50.11
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Open Men 1600m

1. Kim Mottrom	6:31.42
2. Justin Hill	6:47.77
3. Troy Hooker	8:02.77
4. Joe Cross	9:19.59

SAMA TRACK CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE, 16-17 MARCH

Thanks to Colin Hainsworth for the results from the South Australian Masters Track Championships in Adelaide last weekend. The 1500m and 3000m walks were up first on Friday evening, followed by 5000m and 800m walks on Sunday. That is pretty tough - 4 walks in quick succession! George White was the standout with age graded performances around 90% for all the walks.

1500m walk, Friday 15 March

1	W70	Ann Ireland	10:17	76.59%
1	W65	Margaret Trengove	10:22	74.02%
1	W60	Helen Surridge	10:00	70.74%
2		Barbara Cain	10:16	70.42%
3		Mary Abrey	10:41	66.21%
4		Jan Layng	11:33	62.59%
1	W50	Gloria Holliday	07:56	81.14%
2		Marie Maxted	09:18	69.22%
1	M80	Colin Hainsworth	11:09	77.64%
1	M75	David Robertson	?	
1	M65	George White	07:46	89.73%
2		Lawrie Marsh (TAS)	08:34	80.43%
3		Graham Harrison	09:28	75.35%
4		James Hoare	10:29	65.73%
5		Roger Lowe	10:42	66.66%
1	M60	Jack Russell	07:49	82.77%
2		John Hore	10:21	65.14%
1	M50	Peter Crump	07:35	79.26%
2		Norman White	11:02	55.44%

3000m Walk, Friday 15 March

1	W70	Ann Ireland	21:39	76.24%
1	W60	Helen Surridge	20:51	70.49%
2		Barbara Cain	21:35	69.73%
3		Gill White	22:15	67.64%
4		Jan Layng	22:42	66.30%
5		Edna Bates	26:06	55.07%
1	W55	Linda Whitelaw	22:17	63.81%
1	W50	Gloria Holliday	16:31	80.41%
2		Marie Maxted	19:01	69.84%
1	M80	Colin Hainsworth	22:57	77.09%
1	M75	David Robertson	24:13	68.63%
1	M70	Bill Starr	20:43	71.05%
1	M65	George White	15:56	89.17%
2		Lawrie Marsh (TAS)	18:11	77.25%
3		Graham Harrison	19:11	75.81%
4		James Hoare	21:53	64.19%
5		Roger Lowe	22:03	65.96%
1	M60	Jack Russell	17:13	76.6%
1	M50	Peter Crump	15:38	78.39%

5000m Walk, Sunday 17 March

1	M75	David Robertson	39:45	71.26%
1	M65	George White	26:49	90.13%
2		Lawrie Marsh (TAS)	32:16	74.06%
3		Graham Harrison	32:21	76.49%
4		Roger Lowe	37:13	66.49%
1	M60	Jack Russell	28:59	77.4%
1	M50	Peter Crump	26:44	78.02%
1	W65	Margaret Trengove	35:53	77.38%
1	W60	Helen Surridge	34:43	72.89%
2		Jan Layng	37:56	68.39%
1	W55	Linda Whitelaw	37:37	64.95%
1	W50	Gloria Holliday	28:11	80.60%

800m Walk, Sunday 17 March

1	M75	Colin Trengove	5:43
2		Paul Boyce	5:53
1	M65	George White	3:54
2		Graham Harrison	5:00
3		Roger Lowe	5:19
4		Barry Lloyd	6:28
1	M60	John Hore	5:20
1	M50	Peter Crump	3:52
2		Norman White	5:44
1	M40	Aaron Schenk	6:15
1	W65	Margaret Trengove	5:15
1	W60	Barbara Cain	5:05
2		Mary Abrey	5:35
3		Jan Layng	5:47

4		Gill White	5:48
5		Cherie Dempsey	7:15
1	W50	Gloria Holliday	4:02
1	W35	Fleur Woodhouse	6:27

Colin advises that Wednesday 20th March is the final walk for the Summer Season with Presentations after the races.

NSW MASTERS CHAMPIONSHIPS, SOPAC, SYDNEY, SUNDAY 17 MARCH

NSW Masters were also in action last weekend with their 5000m Masters championships on Sunday.

NSW Masters 5000m Walk Championships

W70	1	Purcell, Joan	W71	Asics Wests	35:24.97
W55	1	Lloyd, Nancy	W59	U.T.S. North	34:26.07
W45	1	Brown, Suzanne	W47	U.T.S. North	34:23.00
W40	1	Brown, Kylie	W41	Nepean Distr	28:49.83
M75	1	Seymon, Jim	M75	U.T.S. North	33:41.05
M70	1	Biggs, Kevin	M74	Nsw Masters	37:05.59
M65	1	Connors, Robert	M65	U.T.S. North	35:02.30
	2	Hyde, Brendon	M68	Sydney Unive	37:44.84
M60	1	West, John	M62	Nsw Masters	40:45.22
M55	1	Osborne, Robert	M57	Nepean Distr	29:22.71
	2	Bennett, Rodney	M58	Sydney Strid	33:38.72
M50	1	Pomplun, Bill	M53	Nowra Athlet	41:30.76

VIC MASTERS T&F CHAMPS, BILL SEWART ATHLETICS TRACK, EAST BURWOOD, 16-17 MARCH

The Victorian **Masters T&F Championships** were also held last weekend at the East Burwood Athletics Track with 3000m walks on Saturday and 1500m walks on Sunday. This is a joint championship hosted by both Athletics Victoria and the Victorian Masters Assn, a sensible move and different to the old days when they each went their separate way with their own champs.

There were plenty of standouts - **Bob Gardiner** (M75), **Pam Tindal** (W50), **Heather Carr** (W60), **Stuart Kollmorgen** (M40), **Simon Evans** (M50), **Gwen Steed** (W70), **Russ Dickenson** (M65) and **Liz Feldman** (W60). Our oldest competitor was **Colin Silcock-Delaney**, a young 80 years of age! Well done Col!

Victorian Masters 3000m Walk, Saturday 16 March

W40	1	Garganis, Clare	W42	COLLINGWOOD	21:05.28	57.97%
W50	1	Tindal, Pam	W53	VICTORIAN MA	15:20.61	87.35%
	2	Elms, Donna-Marie	W51	ATHLETICS ESSENDON	18:23.43	71.58%
	3	Molnar, Jo	W51	ATHLETICS WAVERLEY	22:30.58	58.48%
W55	1	Challen, Julie	W55	VICTORIAN MA	21:01.99	64.93%
W60	1	Carr, Heather	W63	EAGLEHAWK YM	16:21.76	90.87%
	2	Gourlay, Marlene	W61	VICTORIAN MA	17:43.94	81.96%
	3	Feldman, Liz	W64	VICTORIAN MA	18:20.06	82.08%
	4	Thompson, Alison	W60	VICTORIAN MA	18:34.48	77.38%
W65	1	Johnson, Celia	W65	VICTORIAN MA	21:02.21	72.41%
W70	1	Steed, Gwen	W70	VICTORIAN MA	19:26.66	83.69%
	2	Hugo, Beverley	W73	VICTORIAN MA	24:39.24	68.97%
W75	1	Faulconbridge, Ruth-Mary	W75	VICTORIAN MA	24:41.78	71.04%
	2	Beaumont, Margaret	W75	VICTORIAN MA	25:25.57	69.00%
	3	Mews, Pam	W78	VICTORIAN MA	29:11.86	63.20%
M40	1	Kollmorgen, Stuart	M43	COLLINGWOOD	13:30.20	84.22%
	2	Patterson, Adam	M40	VICTORIAN MA	15:04.50	73.68%
	3	Smyth, David	M43	COLLINGWOOD	16:23.00	69.42%
M45	1	Christmass, James	M45	CORIO	15:23.60	75.09%
	2	Keirl, Bernie	M49	DIAMOND VALL	16:28.80	72.49%
M50	1	Evans, Simon	M52	BOX HILL ATH	14:33.90	84.14%
	2	Blackwood, Edwin	M52	VICTORIAN MA	19:31.20	62.78%
M55	1	Kennedy, Paul	M55	MELBOURNE UN	15:47.70	79.66%
	2	Riddoch, Clyde	M59	ATHLETICS WAVERLEY	17:29.40	74.67%
M60	1	Erickson, Tim	M62	COBURG HARRIERS	16:22.80	82.16%
	2	Barrow, Geoff	M64	MENTONE ATHL	19:31.20	70.40%
	3	Sofianos, Gerald	M63	ST KEVINS AM	20:33.40	66.15%
M65	1	Dickenson, Russ	M67	SOUTH COAST	17:05.90	83.09%

M70	1	Dickinson, Murray	M74	VICTORIAN MA	19:19.14	80.17%
	2	Ilgoutz, Gunther	M74	VICTORIAN MA	20:39.01	75.00%
	3	Hallo, John	M70	VICTORIAN MA	21:48.84	67.47%
	4	Wicks, Barrie	M72	VICTORIAN MA	22:05.32	68.31%
	--	Perez, Juan	M73	VICTORIAN MA	DQ	
M75	1	Gardiner, Bob	M76	COLLINGWOOD	17:22.90	91.57%
	--	Beaumont, Ian	M76	VICTORIAN MA	DQ	
M80	--	Silcock-Delaney, Colin	M83	VICTORIAN MA	DQ	

Victorian Masters 1500m Walk, Sunday 17 March

W35	1	Tonti-Filippini, Justi	W37	VICTORIAN MA	8:19.14	68.78%
W50	1	Tindal, Pam	W53	VICTORIAN MA	7:16.60	89.24%
	2	Elms, Donna-Marie	W51	ATHLETICS ESSENDON	8:40.34	73.60%
	3	Charles, Vicki	W50	VICTORIAN MA	11:15.48	56.21%
W60	1	Feldman, Liz	W64	VICTORIAN MA	8:32.95	84.57%
	2	Thompson, Alison	W60	VICTORIAN MA	8:42.84	79.52%
W70	1	Steed, Gwen	W70	VICTORIAN MA	9:32.08	81.52%
	2	Hugo, Beverley	W73	VICTORIAN MA	11:58.86	67.57%
W75	1	Faulconbridge, Ruth-Mary	W75	VICTORIAN MA	12:17.76	67.78%
	2	Mews, Pam	W78	VICTORIAN MA	14:38.88	59.61%
M35	1	Van Dongen, Rupert	M38	CASEY CARDINIA	9:18.03	57.65%
M40	1	Patterson, Adam	M40	VICTORIAN MA	7:01.44	77.52%
	2	Smyth, David	M43	COLLINGWOOD	7:41.53	72.50%
M45	1	Grimmett, Mal	M47	VICTORIAN MA	11:03.77	52.08%
M50	1	Evans, Simon	M52	BOX HILL ATH	6:56.51	86.59%
	-	Donahoo, Mark	M54	ATHLETICS ESSENDON	DNF	
M55	1	Riddoch, Clyde	M59	ATHLETICS WAVERLEY	8:19.91	76.89%
M60	1	Barrow, Geoff	M64	MENTONE ATHL	9:17.96	72.50%
	2	Sofianos, Gerald	M63	ST KEVINS AM	10:18.72	64.69%
M65	1	Dickenson, Russ	M67	SOUTH COAST	8:14.60	84.54%
M70	1	Johnson, Tony	M72	VICTORIAN MA	9:04.90	81.48%
	2	Dickinson, Murray	M74	VICTORIAN MA	9:09.04	82.97%
	3	Ilgoutz, Gunther	M74	VICTORIAN MA	9:48.96	77.35%
	4	Wicks, Barrie	M72	VICTORIAN MA	10:55.75	67.70%
M75	1	Gardiner, Bob	M76	COLLINGWOOD	8:08.90	95.72%
M80	1	Silcock-Delaney, Colin	M83	VICTORIAN MA	12:48.24	67.61%

VMA webmaster Ralph Bennett has a great selection of photos online at

<http://www.atfcavicoaches.org.au/vma-albums/2013%20Vic%20Masters%20-%20Walks/>. Here is a brief selection.



Bob Gardiner, Simon Evans, Stuart Kollmorgen and Russ Dickenson



Heather Carr, Pam Tindal, Liz Feldman and Gwen Steed



Our toughest age group - W60 medallists Marlene Gourlay, Heather Carr and Liz Feldman. Check out the W60 3000m results from Saturday: Heather Carr (16:21.76 - 90.87%), Marlene Gourlay (17:43.94 - 81.96%), Liz Feldman (18:20.06 - 82.08%) and Alison Thompson (18:34.48 - 77.38%)

MARIO ALBISETTI MEMORIAL MEET, LUGANO, SWITZERLAND, SUNDAY 17 MARCH

The 11th Memorial Mario Albisetti, Lugano Trophy in Switzerland, part of the IAAF Race Walking Challenge, saw wins for China's Wang Zhen and Liu Hong on Sunday. The IAAF report (<http://www.iaaf.org/news/report/chinese-walkers-stroll-off-with-two-victories>) sets the scene nicely.

London 2012 Olympic Games 20km Race Walk bronze medallist Wang Zhen won in 1:19:08, his second victory at the race after a win in 2011. Wang, the Asian record holder with 1:17:36 set in 2012 and also a winner at the 2012 IAAF World Race Walking Cup, broke away at the 8km mark, quickly opening up a gap of 14 seconds over an eight-man chasing pack. He increased his lead to 31 seconds over France's inspired Kevin Campion at the halfway mark which he went through in 39:51 and continued to extend his lead as the kilometres ticked off. Wang, still only 21, had a gap of 1:19 at 15km, which he reached in 59:01 and that had grown to 1:26 at 17km when the clocked read 1:07:06.

Second was Ukraine's Ruslan Dmytrenko in 1:20:38 and third was Campion, who improved by almost two minutes to clock 1:21:02. The top 10 all went under 1:22. Fourth was another Ukraine walker Nazar Kovalenko in 1:21:10. Guatemala's 2012 Olympic 20km Race Walk silver medallist Erick Barrondo was disqualified.

Two-time IAAF World Championships medallist and Asian record holder Liu Hong was the top woman in 1:27:06, a new

event record by almost a minute beating the previous mark of 1:28:03 set by Russia's Tatyana Sibileva from last year. Like her compatriot and training partner Wang, who are both guided by the famous Italian walking guru Sandro Damilano, Liu had already won here in 2011. In second place, just like 12 months ago was Guatemala's Mirna Ortiz in 1:28:54, bizarrely exactly the same time as 2012 and so she equalled her own Central America and Caribbean record. Two more women went under 1:30 on the fast lakeside circuit. Third was Russia's Lina Bikulova with a personal best of 1:28:58 while Katarzyna Kwoka set a Polish record of 1:29:21 in fourth place.

Liu and Bikulova led at the halfway mark in 44:15 with a gap of 13 seconds back to Kwoka. The Chinese star then began pulling away and had a lead of four seconds at 14km before increasing her advantage further in the following kilometre to lead by 22 seconds as the 15km checkpoint was passed in 1:06:05. At 17km, Liu's lead over her nearest rival had grown to 52 seconds and it kept on increasing all the way to the line. Ortiz was 16 seconds behind Bikulova at 18km but closed the gap on the Russian walker and caught up with her midway through in the final kilometre.

The winners of the junior 10km races were Great Britain's Jamie Higgins with 43:30 (fantastic to see!) and Russia's 2012 IAAF World Junior Championships 10000m Race Walk silver medallist Nadezhda Leontyeva in 45:14.

From a Commonwealth perspective, NZ walker Quentin Rew 1:22:56 and English walker Alex Wright 1:23:05 were in great form with big PBs. Special mention also to Czech walker Anezka Drahotova whose 7th place time of 1:30.54 was superb for a 17 year old.

You can also read another report on the European Athletics website <http://www.european-athletics.org/news/latest-news/535-meetings-2013/race-walking-permit-meeting-2013/11837-european-walkers-excels-in-lugano-and-a-new-czech-star-is-born.html>

And yes, Emmanuel Tardi was there as usual and was busy with camera and video. He commented

It is very easy for me to go in Lugano (one hour by plane to Milano, then one hour by bus). On Saturday the weather was really nice and cold but no clouds. But on Sunday morning, it snowed (but the snow don't stay on the ground). I will not go in Dudince next Sunday. My next trip is Podebrady in mid-April.

First check out his video at <http://www.youtube.com/watch?v=SGkwz1XjxpU>

Emmanuel has also forwarded a selection of photos highlighting the winners of the 6 events. Thanks mate!



Winners Wang Zhen, Liu Hong (1) and Jamie Higgins (353)



Winners Nadezhda Leontyeva (301), Michal Morvay (451) and Lidia Barcella (403)

Open Men 20km

1.	Wang Zhen	1991	CHN	1:19.08
2.	Dmytrenko Ruslan	1986	UKR	1:20.38
3.	Campion KÁ©vin	1988	FRA	1:21.02
4.	Kovalenko Nazar	1987	UKR	1:21.10
5.	Palma Olivares Isaac Antonio	1990	MEX	1:21.13
6.	Nowak Lukasz	1988	POL	1:21.17
7.	Xu Faguang	1987	CHN	1:21.35
8.	Gomez Cruz Pedro Daniel	1990	MEX	1:21.38
9.	Losev Ivan	1986	UKR	1:21.55
10.	Heffernan Robert	1978	IRL	1:21.59
11.	Palma Olivares Ever	1992	MEX	1:22.02
12.	Paa Anibal Eduardo	1987	GUA	1:22.19
13.	Quiyuch Jaime Daniel	1988	GUA	1:22.25
14.	Saito Takumi	1993	JPN	1:22.42
15.	Rew Quentin	1984	NZL	1:22.56
16.	Wright Alex	1990	GBR	1:23.05
17.	Tontodonati Federico	1989	ITA	1:23.20
18.	Wang Zhendong	1991	CHN	1:23.42
19.	Boyez Antonin	1984	FRA	1:23.46
20.	Jelonek Jakub	1985	POL	1:23.47
21.	Giupponi Matteo	1988	ITA	1:23.50
22.	Paris Daniele	1984	ITA	1:24.29
23.	Brembach Nils	1993	GER	1:24.39
24.	Chocho AndrÁ©s	1983	ECU	1:24.43
25.	Katsuki Hayato	1990	JPN	1:24.44
26.	Caporaso Teodorico	1987	ITA	1:25.22
27.	Di Bari Vito	1990	ITA	1:25.42
28.	Gdula Lukas	1991	CZE	1:26.10
29.	Adragna Andrea	1989	ITA	1:26.27
30.	Si Tianfeng	1984	CHN	1:26.29
31.	Yin Jiaying	1994	CHN	1:26.38
32.	Nkouloukidi Jean-Jacques	1982	ITA	1:26.49
33.	Macchia Riccardo	1990	ITA	1:26.58
34.	Stano Massimo	1992	ITA	1:27.15
35.	Boyce Brendan	1986	IRL	1:27.20
36.	Racz Sandor	1986	HUN	1:27.22
37.	Mcmanamon Cian	1991	IRL	1:27.35
38.	Sanchez PÁ©rez Luis Angel	1993	GUA	1:27.36
39.	Sanchez Eder	1986	MEX	1:28.10
40.	Guinaudeau Keny	1993	FRA	1:28.20
41.	RenÁ² Giovanni	1991	ITA	1:28.32

42.	Connolly Creighton	1988	CAN	1:28.41
43.	Quinion Aurélien	1993	FRA	1:28.54
44.	Florez Alejandro Francisco	1971	SUI	1:28.55
45.	King Daniel	1983	GBR	1:29.04
46.	King Dominic	1983	GBR	1:29.21
47.	Zhu Chundong	1990	CHN	1:29.22
48.	Schrom Pavel	1991	CZE	1:29.51
49.	Cafagna Diego	1975	ITA	1:29.54
50.	Gawronski Pawel	1990	POL	1:30.44
51.	Andrieu Hugo	1992	FRA	1:30.45
52.	Faiteau Maxime	1990	FRA	1:30.52
53.	Herba Jakub	1992	POL	1:31.00
54.	Prevel Jean-Michel	1984	FRA	1:31.19
55.	Thomas Mickael	1978	FRA	1:31.58
56.	Dujour Guillaume	1978	FRA A	1:32.01
57.	D'Ascanio Ruggiero	1984	ITA	1:32.25
58.	Boulch Mael	1990	FRA	1:33.36
59.	Romagnoli Tommaso	1991	ITA	1:34.13
60.	Breuer Max	1992	GER	1:35.57
61.	Mobilia Ivan	1991	ITA	1:36.46
62.	Sizorn Arnaud	1992	FRA	1:37.34
63.	Dumaire Thomas	1990	FRA	1:38.02
64.	Potier Nicolas	1989	FRA	1:38.30
65.	Le Galle Laurent	1962	FRA	1:39.03
66.	Gauchet Quentin	1993	FRA	1:39.39
67.	Sahuc Gilles	1962	FRA	1:41.26
68.	Hobbs Jonathan	1993	GBR	1:43.59
69.	Zajic Jakub	1989	CZE	1:45.33
70.	Maier Joachim	1970	GER	1:47.45
71.	Ghirlanda Paolo	1967	SUI	1:49.23
72.	Pazdera Lukas	1986	CZE	1:49.23
73.	Smola Josef	1964	CZE	1:50.39
74.	Ginko Viktor	1965	BLR	1:51.32
75.	Stsepanchuk Andrei	1979	BLR	1:51.32
76.	Duccoli Marco	1957	ITA	1:55.49
77.	Schwing Martin	1989	FRA	1:52.37

Open Women 20km

1.	Liu Hong	1987	CHN	1:27.06
2.	Ortiz Flores Mirna Sucely	1987	GUA	1:28.54
3.	Bikulova Lina	1988	RUS	1:28.58
4.	Kwoka Katarzyna	1985	POL	1:29.21
5.	Buziak Paulina	1986	POL	1:30.15
6.	Rigauo Elisa	1980	ITA	1:30.49
7.	Drahotova Anezka	1995	CZE	1:30.54
8.	Virbalyte Brigita	1985	LTU	1:31.47
9.	Pinedo Gonzalez Ainhoa	1983	ESP	1:32.20
10.	Herrera Mayra Carolina	1988	GUA	1:32.29
11.	Franco Jamy Amarilis	1991	GUA	1:33.11
12.	Pelantova Lucie	1986	CZE	1:33.23
13.	Ferraro Federica	1988	ITA	1:33.42
14.	Pastare Agnese	1988	LAT	1:34.10
15.	Madarasz Viktoria	1985	HUN	1:34.26
16.	Drisbioti Antigoni	1984	GRC	1:34.37
17.	Polli Laura	1983	SUI S	1:35.22
18.	Shushina Irina	1986	RUS	1:35.26
19.	Czakova Maria	1988	SVK	1:35.30
20.	Perez Saquipay Paola Bibiana	1989	ECU	1:36.48
21.	Polli Marie	1980	SUI	1:37.48
22.	Pastorino Ines	1992	FRA	1:38.20
23.	Baudoin Corinne	1980	FRA	1:38.24
24.	Rocha De Sena Erica	1985	BRA	1:39.12
25.	Tsinopoulou Panagiota	1990	GRC	1:39.31
26.	Trapletti Valentina	1985	ITA	1:39.40
27.	Curiazzi Federica	1992	ITA	1:39.48
28.	Marcou Amandine	1992	FRA	1:40.46
29.	Sanchez Teran Mariela	1991	MEX	1:40.51
30.	Plominska Natalia	1992	POL	1:41.00

31.	Korotkova Evdokiya	1978	RUS	1:41.05
32.	Averous Violaine	1985	FRA	1:41.35
33.	Auffret Lucie	1988	FRA	1:41.39
34.	Platace Kristine	1990	LAT	1:45.13
35.	Drahotova Eliska	1995	CZE	1:46.02
36.	Mellado Coralie	1993	FRA	1:47.05
37.	Guillard Caroline	1971	FRA	1:47.17
38.	Chapillon Roseline	1968	FRA	1:47.23
39.	Brunet Elisabeth	1986	FRA	1:49.21
40.	Eichholtzer Sandrine	1977	FRA	1:50.16
41.	Naumann Marit	1968	FRA	1:50.37
42.	Barritault Lucie	1990	FRA	1:53.08
43.	Barber Alana	1987	NZL	1:55.00
44.	Valsecchi Viviana	1992	ITA	1:55.05
45.	Poux Tiphaine	1987	FRA	1:59.08
46.	Ausello Morgane	1992	FRA	1:59.13
47.	Florindi Marine	1990	FRA	1:59.18
48.	Perrot Marie Noelle	1960	FRA	2:01.02
49.	Di Vincenzo Sibilla	1983	ITA	1:10.00
50.	Stetskiv Cecilia	1991	ITA	1:14.03
51.	Founnnet Alice	1993	FRA	1:09.23

U20Men 10km

1.	Higgins Jamie	1994	GBR	43.30
2.	Chocho Vera Franco Luis	1995	ECU	44.55
3.	Hilbert Jonathan	1995	GER	45.33
4.	Motl Ondrej	1994	CZE	45.59
5.	Agrusti Andrea	1995	ITA	46.11
6.	Giordano Manuel	1995	ITA	46.42
7.	Desjardins Florian	1994	FRA	46.46
8.	Gerbaud-Blin Pierre	1995	FRA	47.24
9.	Cortinovis Massimiliano	1995	ITA	47.30
10.	Sestier Anael	1994	FRA	47.38
11.	Giordano Marco	1995	ITA	48.40
12.	Polasek Vit	1994	CZE	49.09
13.	Skalka Jiri	1995	CZE	49.16
14.	Chiappero Luigi	1995	ITA	49.24
15.	Risetti Lorenzo	1994	ITA	49.30
16.	Sireix Brice	1995	FRA	49.47
17.	Kazlouski Yahor	1995	BLR	50.35
18.	Ghilardi Simone	1995	ITA	53.00

U20 Women 10km

1.	Leontyeva Nadezhda	1994	RUS	45.14
2.	Colombi Nicole	1995	ITA	48.53
3.	Frydrychova Adela	1995	CZE	52.58
4.	Begel Myriam	1995	FRA	52.59
5.	Manenti Paola	1994	ITA	53.31
6.	Naze CÃ©cile	1995	FRA	55.05
7.	Perez Laura	1995	FRA	55.48
8.	Selnikova Anna	1994	CZE	55.59
9.	Sari Charlotte	1994	FRA	56.09
10.	Baeza Julie	1995	FRA	56.41

U18 Men 10km

1.	Morvay Michal	1996	SVK	44.54
2.	Blancheteau Jean	1996	FRA	45.56
3.	JunghannÃ Karl	1996	GER	46.12
4.	Homeleu Anatoli	1996	BLR	47.28
5.	Mutter Axel	1996	FRA	48.03
6.	Gdula Tomas	1997	CZE	48.29
7.	Kley Paul	1996	GER	48.40
8.	Corbishley Cameron	1997	GBR	49.03
9.	Morotti Marco	1997	ITA	51.07
10.	Zecha Petr	1996	CZE	52.11
11.	Foresti Samuele	1996	ITA	52.19
12.	Carella Alberto	1997	ITA	53.27
13.	Joukal Lukas	1997	CZE	53.44

14.	Malysa Alexandr	1997	CZE	55.25
15.	BÄ¶rner Felix	1997	GER	62.24
16.	Sieb Florian	1996	GER	62.25

U18 Women 10km

1.	Barcella Lidia	1997	ITA	52.24
2.	Caslini Alessandra	1997	ITA	53.53
3.	Mavu Maryna	1996	BLR	54.17
4.	Brembach Annika	1996	GER	54.49
5.	Nardoni Alessia	1996	ITA	57.49
6.	Cortesi Maria Teresa	1996	ITA	58.30
7.	Mengardo Marta	1996	ITA	58.44
8.	Michutova Viktorie	1996	CZE	63.59

IBERIAN ROADWALKING CHAMPIONSHIPS, MONTIJO, PORTUGAL, SAT 16 MARCH

While most of the other European athletes were slogging it out in Lugano, the Spanish and Portugese walkers were at Montijo in Portugal contesting the Iberian Trophy which included their joint 50km championships. The 50km races, which got underway first, were dominated by Spanish walkers. Mikel Odriozola led for the first half but eventually relinquished the lead and the win to Claudio Villanueva 3:55:13. Born in Ecuador, the new Spanish champion is coached by José Marín. Odriozola held on for second place with 4:00:04 while José Ignacio Diaz closed the Spanish podium with 4:12:36. The Portugese championship was won by Luís Gil with 4:12:31.

The 20km events were mainly Portugese affairs with João Vieira 1:26:36 and Ana Cabecinha 1:30:49 winning. The women's event saw a 3 way battle expected between Cabecinha, Inês Henriques and Vera Santos. Throw in Lithuanian walker Kristina Saltanovic and it had the makings of a high quality race with the top four placings probably going as expected.

The men's 20km saw the top three walk together for some 15km before João Vieira eventually made his wining break to breast the tape ahead of his brother Sérgio Vieira 1:26:57 and team mate Pedro Isidro 1:26:58. The two brothers certainly swap this championship around, João winning it in the odd years (2009, 2011 and 2013) and Sérgio winning it in the even years (2010 and 2012),

See <http://www.ammamagazine.com/fotos/2013/03/16-jg/index.html> and <http://www.ammamagazine.com/fotos/2013/03/16-ma/index.html> for photos from this meet.

50km Spanish Championship

1.	Claudio Villanueva	ESP	3.55.13
2.	Mikel Odriozola	ESP	4.00.05
3.	José Ignacio Diaz	ESP	4.12.36
4.	Ivan Pajuelo	ESP	4.12.52
5.	Rafael Ballesteros	ESP	4.24.46
6.	Roberto Rodriguez	ESP	4.29.11

50km Portugese Championship

1.	Luís Gil	CS Marítimo	4.12.31
2.	Pedro Martins	CA Seia	4.18.39
3.	Dionísio Ventura	FAMA Ferreira do Alentejo	4.25.34
	Christer Svensson	Sweden	4.36.06

20km Men Portugese Championship

1.	Vieira	Sporting CP	1.26.36
2.	Sérgio Vieira	SL Benfica	1.26.57
3.	Pedro Isidro	SL Benfica	1.26.58
4.	Cristiano António	AC Vermoil	1.33.46
5.	Duarte Dias	ADR Água de Pena	1.39.14
6.	Samuel Pereira	CA Seia	1.42.38
7.	Pedro Santos	SL Benfica	1.44.15
8.	Amaro Teixeira	GCA Donas	1.48.42
9.	André Pagaiame	GDP Chão Duro	1.51.17
10.	Eduardo Cardoso	CCD Ribeirão	1.54.49

20km Women Portugese Championship

1.	Ana Cabecinha	CO Pechão	1.30.49
2.	Inês Henriques	CN Rio Maior	1.31.25
	Kristina Saltanovic	Lithuania	1.33.41
3.	Vera Santos	Sporting CP	1.34.56

4.	Daniela Cardoso	Leiria MA	1.45.15
5.	Sandra Silva	Gira Sol-RC	1.45.33
6.	Vitória Oliveira	SL Benfica	1.47.29
7.	Liliana Martins	GCA Donas	1.53.56
8.	Andreia Francisco	CB Faro	2.12.15
9.	Anabela Moreira	CD Quarteira	2.13.32
10.	Isa Patrício	CD Quarteira	2.21.11
11.	Natacha Domingos	CD Quarteira	2.23.03

U20, U18 and Masters races were also contested - here are the first 5 placings in each event. See <http://www.omarchador.blogspot.pt/2013/03/nacionais-do-montijo-deram-minimos.html> for a further discussion of these events.

5km U18 Women

1.	Edna Barros	CO Pechão	24.53
2.	Laura Leal	CO Pechão	26.21
3.	Marisa Paulino	CA Marinha Grande	26.46
4.	Rita Ribeiro	CN Rio Maior	27.23
5.	Liandra Gonçalves	CO Pechão	27.57

10km U18 Men

1.	Hélder Santos	GDP Chão Duro	47.42
2.	Miguel Rodrigues	CN Rio Maior	48.08
3.	Marco Graça	GA Casais do Vento	54.58
4.	Vitor Ramos	MG Boos	57.21
5.	Rui Rodrigues	ACR Mealhada	57.33

10km Junior Women

1.	Mara Ribeiro	CN Rio Maior	49.49
2.	Filipa Ferreira	CO Pechão	50.40
3.	Elisabete Pinho	CS Gaia	57.30
4.	Ana Rute Alberto	Leiria MA	61.15
5.	Áurea Araújo	Individual-Setúbal	69.37

10km Junior Men

1.	Miguel Carvalho	CN Rio Maior	44.32
2.	Rui Coelho	CA Seia	48.27
3.	Grigore Navin	ND Escola Tomás Cabreira	52.20
4.	Telmo Oliveira	Ga Fátima	54.51
5.	Paulo Afonso	CA Galinheiras	55.26

5km Masters Women

1.	Sofia Avoila	GDP Chão Duro	25.34
2.	Alexandra Lamas	CA Galinheiras	26.45
3.	Lígia Gonçalves	GDP Chão Duro	28.01
4.	Paula Nascimento	AC Alfenense	28.31
5.	Carla Morgado	GDP Chão Duro	29.21

10km Masters Men

1.	Francisco Reis	CA Galinheiras	51.00
2.	Carlos Paiva	CA Galinheiras	53.02
3.	Paulo Ramos	CA Galinheiras	54.11
4.	Joaquim Leitão	GD São Domingos	64.42

USA PAN-AM RACEWALK TRIALS, HUNTINGTON BEACH, CALIFORNIA, SUNDAY 17 MARCH

The 2013 Pan American Race Walk Cup Trials, held on Sunday in California, were qualifiers to select the US Open team for the 2013 Pan American Race Walk Cup in Lima, Peru, on May 18-19. But it was two Canadians who stole the show in the men's event with 22 year old Evan Dunfee 1:22:46 and 20 year old Ben Thorne 1:22:49 taking line honours. Add in 24 year old Inaki Gomez (1:20:58 in London last year) and you now have the makings of a top Canadian men's 20km team.

Patrick Stroupe walked excellently to win the American men's trial with 1:25:28 ahead of evergreen Tim Seaman 1:28:22 and Alex Chavez 1:29:01 while Maria Michta won the American women's trial with 1:35:38 ahead of Miranda Melville 1:37:58 and Katie Burnett 1:39:32. Michta's time bettered the IAAF A Standard of 1:36:00, a second such qualifying time for her.

Men 20km

1.	Evan Dunfee	CAN	1:22:46
2.	Ben Thorne	CAN	1:22:49

3.	Patrick Stroupe	UA	1:25:28
4.	Tim Seaman	NYAC	1:28:22
5.	Francisco Pantoja	MEX	1:28:47
6.	Adrian Zamudio	Guest	1:28:48
7.	Alex Chavez	MBU	1:29:01
8.	John Nunn	US Army	1:33:02
9.	Nick Christie	MBU	1:33:20
10.	Michael Manozzi	SAC	1:34:12
11.	Dan Seriani	RCW	1:34:20
12.	Bruno Carriere	CAN	1:36:14
13.	Jon Hallman		1:40:37
14.	Ian Whately	RCW	1:42:40
15.	Pablo Gomez	CW	1:45:36
16.	Dave Talcott	SAC	1:45:52
17.	Rob Frank		1:47:29

Women 20km

1.	Maria Michta	NYAC	1:35:38
2.	Miranda Melville		1:37:58
3.	Katie Burnett		1:39:32
4.	Teresa Vaill	PAC	1:41:04
5.	Nicola Evangelista	CAN	1:41:19
6.	Susan Randall	MVTC	1:42:07
7.	Mereth Zalba	MBU	1:44:19
8.	Erin Taylor-Talcott	SAC	1:45:14
9.	Katie Grimes		2:01:02
10.	Leann Young		2:05:03
11.	Carmen Jackinsky	RNW	2:09:10

MIDLAND 20KM AND YAG CHAMPIONSHIPS, ABBEY PARK, LEICESTER, SUNDAY 17 MARCH 2013

Thanks to Mark Wall for the results of the English Midlands Championships. It sounded dreadful - sleet and driving rain and icy cold! 20 year old Heather Lewis (walking as a guest) made her 20km debut with a good first up 105:54.

Men 20km Championship

1.	Mark Williams	Tamworth A.C.	116.09
2.	Steve Arnold	Nuneaton Harriers	125.20
3.	Chris Berwick	Leicester W.C.	126.49
4.	Colin Vesty	Leicester W.C.	133.07
5.	David Manning	Birchfield Harriers	136.25
6.	George Smolinski	Leicester W.C.	138.40
7.	John Constandinou	Birchfield Harriers	142.15
8.	Parminder Bhati	Unattached	145.04
9.	David Fall	Birchfield Harriers	152.21
10.	Julian Barnett	Birchfield Harriers	156.25
	Gareth Edwards	Telford Harriers	DQ
	Mark Palethorpe	Worcester A.C.	DNF
	Tony Collins	Birchfield Harriers	DNF

Teams

1.	Leicester W.C.	287pts	Berwick, Vesty, Smolinski
2.	Birchfield Harriers	279pts	Manning, Constandinou, Fall

Women 20km Championship

	Heather Lewis (Guest)	Pembroke Harriers	105.54
1.	Kate Hargreaves	Leicester W.C.	137.35
2.	Sarah Lightman	Leicester W.C.	142.30
3.	Karen Davies	Birchfield Harriers	153.05

Teams

1.	Leicester W.C.	198pts	Hargreaves, Lightman
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Midland Younger Age Group Championships

Under 20 Women – 5km	1.	Jasmine Nicholls	Leicester W.C.	26.49
Under 20 Women 10km (Guest)	1.	Ellie Dooley	Leeds City A.C.	52.56
Under 17 Girls – 5km	1.	Emma Achurch	Leicester W.C.	27.35
Under 17 Boys – 5km	1.	Daniel Watling	Wolv.& Bilston A.C.	30.10

Under 13 Girls – 2km	1	Kara Lane	Birchfield Harriers	11.56
	2	Laura Achurch	Leicester W.C.	12.45
Under 13 Boys – 2km	1	Ben Allen	Leicester W.C.	12.46
	2	Matt Davies	D.A.S.H.	13.51
Under 11 Girls -1km	1	Mckenzie Brazier	Wolv.& Bilston A.C.	7.36

ENGLISH RACEWALKING HALF MARATHON, HILLINGDON CYCLE CIRCUIT , SAT 16 MAR

Still in UK, thanks to Ron Wallwork for the results from the English Racewalking Half Marathon (21km) championships, hosted by the Enfield League at Hillingdon last Saturday. His race report read:

To everyone's relief, the rain ceased half an hour before the race got underway and, but for an occasional squall toward the end, it held off. Fabian Deuter made it two wins out of two in this year's campaign and, in the absence of Fransisco Reis (racing in Portugal), had things all his own way. Suzanne Beardsmore and the other four Centurions in the race thrived at this distance and in only his second race Keith Vallis walked exceptionally well. Locals Ken Bobbett and Russell Vroobel set PBs; Ken by two minutes and Russell by over ten minutes. Sue Barnett was more than pleased with her debut at the distance.

English Racewalking Half Marathon - Men

1.	Fabian Deuter	Hillingdon AC	2.00.04	
2.	Peter Ryan ©	Ilford AC	2.09.35	M60
3.	John Ralph	Enfield HAC	2.11.43	M55
4.	Ken Bobbett	Hillingdon AC	2.12.12	M65
5.	Steve Allen ©	Ilford AC	2.15.25	M50
6.	Paul King ©	Belgrave H	2.19.33	M60
7.	Keith Vallis	Overton Harriers	2.22.09	M45
8.	Andrew Cox	Hillingdon AC	2.26.37	M60
9.	Russell Vroobel	Hillingdon AC	2.32.56	M50
10.	David Hoben	Surrey WC	2.39.21	M60
11.	David Delaney	Surrey WC	2.41.26	M70
12.	Jon May	Enfield HAC	2.42.37	M60

English Racewalking Half Marathon - Women

1.	Suz Beardsmore ©	Abingdon A	2.15.34	W35
2.	Cath Duhig ©	Ryston R	2.25.04	W55
3.	Sue Barnett	Enfield HAC	2.28.49	W60
4.	Jo Miles	Hillingdon AC	2.37.04	W55
5.	Linda Spinks	Enfield HAC	2.38.07	W40
6.	Norma Grimsey	Enfield HAC	2.42.30	W55

Judges: Pauline Wilson (Chief), Peter Cassidy, Andrew Garner, Ray Pearce – (J/Runners) N.Blatchford, B.Ralph
 Timekeeper: P.Welch
 Recorders: Pam Ficken
 Refreshments: R.Spinks, J.Wallwork
 Clerks of Course: Ken Bobbett, Andy Cox

WALKING SHORTS

The new IAAF Pit Lane Rule, recently passed by the IAAF Walking Commission, will be in operation for the UKA/RWA National U17 Men and Women 5kms. Instead of being disqualified after three red cards a walker will have to serve a 45 second time penalty in the Pit Lane during the race. Walkers who received a third card late in the race will have 45 seconds added to their finishing time and their position amended accordingly. The rule has been introduced to encourage youngsters to persevere with the discipline if they have early problems with technique.

VRWC CLUB RECORDS

Yes, yet more club records for us to acknowledge this week. First three from the last couple of weeks

Nathan Brill	U17 & U18 Track 10,000m	42:48.70	Australian Junior T&F Champs	Perth	12/03/2013
Gwen Steed	W70 5000m Track Walk	33:01.50	Sydney Track Classic	Sydney	01/03/2013
Kelly Ruddick	W35 5000m Track Walk	21:50.13	Sydney Track Classic	Sydney	01/03/2013

And now a catchup from the last 6 months. I had missed the fact that Gwen Steed had turned 70 in August - lots of her performances since then set new W70 club records. I think this gets me up to date. Well done Gwen!

Gwen Steed	W70 1500m Track Walk	9:32.08	Victorian Masters Champs	East Burwood	17/03/2013
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Gwen Steed	W70 2000m Track Walk	12:33.1	AV Shield	Mentone	27/10/2012
Gwen Steed	W70 3km Road Walk	18:55	VRWC Races	Middle Park	14/07/2012
Gwen Steed	W70 10km Road Walk	1:07:27	VRWC Races	Middle Park	04/08/2012

FOCUS ON THE 2013 ISLE OF MAN CENTURION 100MILE WALK

I reported in last week's newsletter that this year's English Centurion 100 mile qualifying event is to be held at the National Sports Centre in Douglas, Isle of Man, on 3-4 August. The event website has now gone online at www.isleofman100milewalk.co.uk and race entries are now being taken via their online entry system: https://www.sientries.co.uk/event.php?elid=Y&event_id=1006. An amazing 29 entries were received on the first day of registration so the event looks like it will be a big one.

The event incorporates the RWA National Long Distance Race Walking Championship and is sponsored by Tower Insurance. As part of the official event opening, the following photo was taken:



Back Row left to right: Jock Waddington C1034, Sean Hands C1014, John Cannell C388 (Manx Record Holder 17:10:15), Irene Corlett (first lady Manx Centurion 1982 and still record holder 18:54:05)
Front Row: Chris Cale C1050, Graham Young (First Manx Centurion), Kellie Hands and Ann Zachorecki of Tower Insurance and Steve Taylor (2012 Chief Olympic Judge, CWG 1994)

Manx walkers have often been prominent in the Centurion events. The Manx all time 100 miles list below (from Steve Taylor) shows the 46 Manx centurions although a couple of them moved to the Isle of Man after they qualified as centurions. Not bad for a little island of 85,000 inhabitants, a speck in the middle of the Irish Sea!

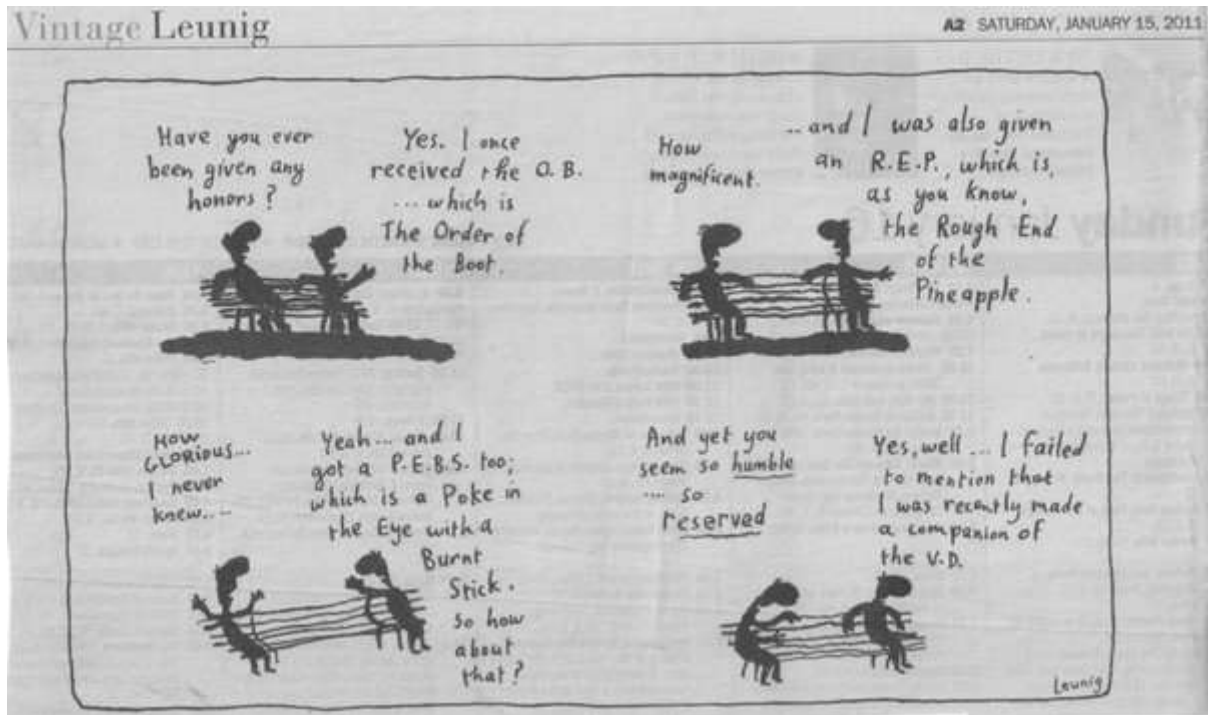
17.10.15	John Cannell	10/06/1988	Leicester	National Championships
17.15.50	Derek Harrison	31/07/1976		Leicester to Skegness
18.34.56	T Corkhill (Willie?)	1988	Congerstone	Leicester Open
18.54.05	Irene Corlett	21/08/1982	Congerstone	National Championships
19.02.57	Sean Hands	31/07/2005	King's Lynn	National Championships
19.43.30	Denis Vale	1975	Ewhurst	
20.08.10	Sue Biggart	20/08/2006	NSC, Isle of Man	National Championships
20.24.30	Graham Young	1966		Leicester to Skegness
20.34.01	Michael George	20/08/2006	NSC, Isle of Man	National Championships
20.34.11	Eammon Harkin	20/08/2006	NSC, Isle of Man	National Championships
20.50.26	Catherine Lowey	20/08/2006	NSC, Isle of Man	National Championships
20.57.35	Jock Waddington	20/08/2006	NSC, Isle of Man	National Championships
21.08.05	Chris Keown	25/07/1986	Congerstone	Leicester Open
21.21.09	Andy Gosnell	20/08/2006	NSC, Isle of Man	National Championships
21.33.59	Roey Crellin	31/07/2005	King's Lynn	National Championships
21.33.59	Eammon Harkin	31/07/2005	King's Lynn	National Championships
21.34.00	Andrew Tittley	29/07/2007	Surrey, London	National Championships
21.43.04	Terry Moffat	20/08/2006	NSC, Isle of Man	National Championships
21.53.20	Ray Pitts	22/09/2004	Colchester	National Championships
21.56.45	Mick Holgate	26/06/1987	Surrey	National Championships

22.15.48	Anthony Kneale	1998	Parish Walk	Isle of Man
22.23.39	Karen Lawrie	20/09/2012	Colchester	National Championships
22.28.10	Stan Sille	20/08/2006	NSC, Isle of Man	National Championships
22.29.32	Alan Kinvig	20/08/2006	NSC, Isle of Man	National Championships
22.41.45	David Doyle	20/08/2006	NSC, Isle of Man	National Championships
22.47.56	David Chambers	20/08/2006	NSC, Isle of Man	National Championships
22.52.05	Simon Cox	22/09/2004	Colchester	National Championships
22.53.00	JC Draper	1964		Leicester to Skegness
22.53.34	John Stubbs	20/08/2006	NSC, Isle of Man	National Championships
22.54.43	Roy Corlett	21/08/1982	Congerstone	National Championships
22.55.05	Ray Hughes	1998	Parish Walk	Isle of Man
22.56.00	Andrew Titley	4/05/2005	Weert, Holland	Dutch Championships
22.56.03	Bernie Ball	8/08/2010	Colchester	National Championships
22.57.10	Dave Looker	20/08/2006	NSC, Isle of Man	National Championships
23.02.32	Keith Wilkinson	31/07/2005	King's Lynn	National Championships
23.08.42	Dermot O'Toole	31/07/2005	King's Lynn	National Championships
23.15.02	Anne Oates	20/08/2006	NSC, Isle of Man	National Championships
23.18.09	Selwyn Callister	31/07/2005	King's Lynn	National Championships
23.18.59	John Stubbs	11/08/2002	Blackpool	National Championships
23.19.26	Jackie Campbell	20/08/2006	NSC, Isle of Man	National Championships
23.19.26	Terri Salmon	20/08/2006	NSC, Isle of Man	National Championships
23.21.05	Chris Cale	20/08/2006	NSC, Isle of Man	National Championships
23.24.40	Steve Gardner	2/08/2005	Bristol	Bristol Open
23.36.43	Maureen Cox	1995	Battersea Park	
23.39.48	Gareth Evans	20/08/2006	NSC, Isle of Man	National Championships
23.45.19	Mike Gellion	20/08/2006	NSC, Isle of Man	National Championships

The 2013 event will be the third time that the National 100 miles will be staged on the Isle of Man. In 1998 it was held over a lap of the Parish Walk course, then fifteen miles up and down Douglas promenade. There were 11 finishers that day, 4 qualifying as Centurions for the first time, 3 of whom were Isle of Man walkers. In 2006 it was staged at the National Sports Centre where there 80 entrants and 42 finishers, the winner being Manx walker Sean Hands. Of the 42, 25 qualified as Centurions that day, 20 of whom were Isle of Man walkers.

TIME FOR A JOKE

It's not a walking joke but I do like Michael Leunig, the cartoonist for the Melbourne Age, so I thought I would reproduce this gem from a couple of months ago.



Leunig looks at the follies, foibles and joys of the human race from his own unique view and with his own unique style. He has been

declared a National Living Treasure by the National Trust and his work was featured in the Opening Ceremony of the 2006 Commonwealth Games in Melbourne. There are lots of websites that shed further light on the man and his work.

<http://www.leunig.com.au/>
http://www.artloft.com.au/Michael_Leunig/?gclid=CLuM6rH0-rUCFcVZpOodAx0Afg
<http://www.curlyflat.net/leunigwww.php>
<http://www.facebook.com/pages/Michael-Leunig/36116356986>
<http://www.themonthly.com.au/michael-leunig-conversation-jane-sullivan-1488>

I captured one of his cartoons from the early nineties onto our VRWC website some time ago. It remains my favourite cartoon of all time. See <http://www.vrwc.org.au/vrwccartoons.shtml>.

2013 AUSTRALIAN RACEWALKING SERIES UPDATE

With 3 rounds now completed in our 2013 Australian Racewalking Series (Hobart, Sydney and Perth), the individual scores and progressive total score for each walker in the various divisions have now been calculated and uploaded to <http://www.rwa.org.au/aevents-1.shtml>.

Current leaders are

Open Men	Jesse Osborne (only 18 years of age - but he has competed in the Open division in two meets so far)
Open Women	Tanya Holliday
U23 Men	Dane Bird-Smith
U23 Women	Rachel Tallent
U20 Men	Nathan Brill
U20 Women	Jessic Pickles
U18 Men	Nathan Brill
U18 Women	Tayla-Paige Billington

The next Challenge Series event will be the 5000m walk held in conjunction with the Australian T&F Championships in Sydney next month.

WHAT'S COMING UP NEXT WEEKEND

Next weekend sees the **Victorian Little Athletics T&F Championships in Bendigo**. The culmination of a long season for our best youngsters, track walks will be contested for U9 thru U15. It is always a high quality meet. Good luck everyone!

The following weekend is Easter and that means the annual **Australian Masters T&F Championships in Canberra**. Extending from **Friday 29 March - Monday 1 April**, these are also bigger than big and will include both road and track walks, **Pam Tindal** has asked me to let masters know that she has room for 2 more people in her shared accommodation so, if you are still looking for a roof over your head in Canberra at Easter, you can contact Pam on martynti@bigpond.net.au or via mobile on 041 600 6583.

Next weekend also sees the **Czech and Slovak 50km championships in Dudince, Slovakia on Saturday 23 March**. This is normally a very big international meet but has been scaled back this year as Dudince is hosting the European Racewalking Cup in May. But it will still be an interesting meet as it is one of the few early season 50km opportunities for European walkers.

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 29-Apr 1, 2013 Australian Masters T&F Championships, Canberra, ACT
April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW

2013 Australian/Victorian Winter Season Key Dates

Apr 27, 2013 VRWC Winter Season kicks off
June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
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**
Aug 3-4, 2013 **English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man**

October 15-27, 2013 See www.isleofman100milewalk.co.uk
World Masters Athletic Championships, Porto Alegre, Brazil. See <http://www.wma2013.com>

2013 IAAF Race Walking Challenge - Remaining events

6 Apr 2013	African Race Walking Championships	Maurice, Mauritius
6 Apr 2013	22° 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

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

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