



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 26
26 March 2013



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TIM'S WALKER OF THE WEEK

Last week's winner was **Bob Gardiner**, who turned 77 four days ago (happy birthday Bob). Bob was in dominant form in the Victorian Masters Championships a week ago, winning both his M75 events with superb times - 3000m (17:22.90 - 91.57%) and 1500m (8:08.90 - 95.72%).

This week has seen our Little Athletes in action in most Australian States and, although there have been many fine performances, one stands out to me - 13 year old **Jasmyn McDonald** of Parramatta won the Girls U14 1500m Walk at the Little Athletics NSW T&F Championships in Sydney with an amazing time of 6:46.25. This was a 7 sec PB and continues Jasmyn's domination of her age group nationally.

WHAT'S COMING

- Next 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.
- The following Sunday 7th April sees our final VRWC Summer Season activity which is noted in the fixture as a bush walk. I am still liasing on this and we will make a final announcement next week.
- Our **VRWC 2013 draft Winter Season fixture** is now online - see <http://www.vrwc.org.au/vrwcw13.shtml>. It has been with AV for nearly 2 months now, a rather frustrating experience, but I hope that it will soon be confirmed and I can finally do my winter season mailout. In the meanwhile, check it out for yourselves. A few of the dates deserve some attention
 - The **Victorian Country Roadwalk Champs** are drafted for **Sunday 26 May in Ballarat**. This is the day after the AV Lake Wendouree Relay and will make an AV double header for Ballarat.
 - The **LBG Carnival** is scheduled for **Sunday 9 June** as usual in Canberra so note that one down.
 - The **AV Schools Roadwalk Champs** are drafted for **Sunday 30 June**. This is the first weekend of the school holidays. It is impossible to hold them a week earlier as the Schools CC are on that weekend. Go back any further and you are too close to the Canberra carnival. So this date seems the best we can do.
 - The main **Victorian Roadwalk Champs** are drafted for **Sunday 28 July** and will be held in conjunction with the AV 30km.
 - The **Australian Roadwalk Champs** are to be held on **Sunday 1 Sept** and are allocated to **Tasmania**. Note this does not necessarily mean Hobart so don't book your flights yet. AA will advise in due time.
 - Our final fixture date is the weekend of **14-15 September** and it kicks off with a **24 Hour Walk** on Saturday 14th and finishes with the **Victorian 50km** on Sunday 15th. That is certainly something different!
 - The two VMA championship dates are **Sunday 30 June (VMA and AMA 20km)** and **Saturday 17 August (VMA 10km)**.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 20 MARCH

Thanks to Colin Hainsworth for the results from the last South Australian Masters walks for the summer. The walks were followed by end of season Presentations. The SAMA Winter Season commences on 20th April.

1500m Walk

1.		Kim Mottrom	06:03	
2.		Justin Hill	06:13	
3.	M67	George White	07:39	91.10%
4.	W52	Gloria Holliday	07:43	83.42%
5.	M60	Jack Russell	07:51	82.42%
6.	W52	Marie Maxted	09:21	68.85%
7.	W62	Helen Suridge	09:57	71.09%
8.	W69	Margaret Trengove	10:00	76.73%
9.	M64	John Hore	10:03	67.08%
10.	W71	Ann Ireland	10:06	77.98%
11.	M69	Roger Lowe	10:26	68.37%
12.	M75	Colin Trengove	11:52	64.84%

3000m Walk

1.	M52	Peter Crump	15:57	76.84%
2.	M67	George White	16:09	87.97%
3.	W52	Gloria Holliday	17:09	77.44%
4.	W52	Marie Maxted	20:28	64.89%
5.	W62	Helen Suridge	20:59	70.05%
6.	M66	James Hoare	21:29	65.38%
7.	W71	Ann Ireland	21:32	76.65%
8.	M69	Roger Lowe	22:37	64.30%
9.	M83	Colin Hainsworth	22:40	78.06%
10.	W64	Jan Layng	22:42	66.30%
11.	W64	Gill White	23:27	64.18%

LITTLE ATHLETICS VICTORIA T&F CHAMPS, LA TROBE UNI TRACK, BENDIGO, 23-24 MARCH

Little Athletics T&F Championships were held in all Australian States last weekend. The culmination of their summer season, the meets brought together the cream of our youngest walkers with walks for U9 to U15 (and even to U17 in some States). The Victorian Champs were held in Bendigo, due to the fact that Lakeside Stadium was unavailable due to Grand Prix Motor Race cleanup. Full results can be source at <http://www.clubsonline.com.au/Uploads/AthleticsResults/littleathletics/statetf13/> and a brief selection of photos at <http://s1124.photobucket.com/user/LittleAthleticsVictoria/library/2013%20IGA%20State%20Track%20and%20Field%20Championships?page=1>

Congratulations to all our winners

Girls U 9 - 1100m Walk	1.	Charlotte Holmes	Diamond Valley	6:01.10
Boys U 9 - 1100m Walk	1.	Jared Hodges	Knox	6:11.17
Girls U 10 - 1100m Walk	1.	Alanna Peart	Ballarat	5:45.53
Boys U 10 - 1100m Walk	1.	Bede Collis	Diamond Valley	5:28.07
Girls U 11 - 1500m Walk	1.	Amy Canavan	Ballarat	7:39.98
Boys U 11 - 1500m Walk	1.	Corey Dickson	Knox	7:44.20
Girls U 12 - 1500m Walk	1.	Rebecca Henderson	Casey	7:16.86
Boys U 12 - 1500m Walk	1.	Harry Hockley Samon	Geelong	7:57.42
Girls U 13 - 1500m Walk	1.	Eliza Clarke	Diamond Valley	6:58.27
Boys U 13 - 1500m Walk	1.	James Burren	Springvale	7:18.29
Girls U 14 - 1500m Walk	1.	Taylor Vasiljevic	Casey	7:24.04
Boys U 14 - 1500m Walk	1.	Kyle Swan	Knox	6:42.47
Girls U 15 - 1500m Walk	1.	Emily Hamilton	Knox	7:16.48
Boys U 15 - 1500m Walk	1.	Emmet Brasier	Diamond Valley	6:22.30

Here are the full results of the walks.

Girls U 9 - 1100m Walk

1.	Charlotte Holmes	Diamond Valley	6:01.10
2.	Grace Louey	Knox 23	6:09.96
3.	Brianna Briet	Cranbourne 59	6:19.55
4.	Eliza Keast	Corio 7	6:37.02
5.	Kaitlyn Fitzgerald	Casey 154	6:41.74
6.	Claire Noonan	Yarra Ranges 43	6:42.25
7.	Jordyn Leamer	Corio 7	7:04.25
8.	Tess Bartlett	Sherbrooke 71	7:07.86
9.	Jaide Anthony	Mornington 82	7:13.05
10.	Jesse Jones	Cockatoo 123	7:13.88
11.	Soraya Maclean	Ringwood 52	7:15.21
12.	Georgia Simonsen	Seaford 99	7:45.66
13.	Alyssa Wooding	Frankston 17	7:54.35
14.	Merryn Rowlands	Croydon 49	8:00.85
15.	Brooke Hutchinson	Frankston 17	8:10.06
16.	Grace Maclachlan	Sale 30	8:19.18

Boys U 9 - 1100m Walk

1.	Jared Hodges	Knox 23	6:11.17
2.	Marcus Byron	Knox 23	6:16.08
3.	Jhye Smith	Knox 23	6:19.27
4.	Camden Harding	Geelong 1	6:20.67
5.	Joshua Abbott	Geelong 1	6:42.67
6.	Mitchell Caldwell	Corio 7	8:29.33
7.	Blake Damon	Shepparton 55	9:06.33

Girls U 10 - 1100m Walk

1.	Alanna Peart	Ballarat 122	5:45.53
2.	Carissa Brook	Bendigo 2	5:50.46
3.	Andie Montag	Caulfield 56	5:53.47
4.	Chloe Osborne	Geelong 1	6:04.11
5.	Arnika Nelson	Corio 7	6:12.46
6.	Jessica Simpson	Diamond Valley	6:14.60
7.	Layla McGill	Mornington 82	6:25.78
8.	Ruby Paten	Seaford 99	6:31.56
9.	Mackenzie Mielczarek	Corio 7	6:36.44
10.	Hannah Smith	Diamond Valley	6:40.38
11.	Courtney Beer	Knox 23	6:41.86
12.	Lanarose Picioane	Diamond Valley	6:43.88
13.	Chloe Olsen	Croydon 49	6:44.27
14.	Mieke Barnes	Knox 23	6:53.04
15.	Tahlia Lane	Dandenong 38	6:55.48
16.	Isabella Harper	Caulfield 56	6:57.70
17.	Alannah Dingli	Mentone 104	7:01.83
18.	Imogen van Rensburg	Ringwood 52	7:06.26
19.	Mia Lepair	Ballarat 122	7:23.18
20.	Stephanie Kewley	Ringwood 52	7:27.63
21.	Hayley Gilpin	Casey 154	7:39.29
22.	Jadimo Nelson	Mornington 82	7:44.27
23.	Lara Ryan	Coburg 5	8:04.52

Boys U 10 - 1100m Walk

1.	Bede Collis	Diamond Valley	5:28.07
2.	Nikola Mandic	Casey 154	5:34.29
3.	William Smith	Geelong 1	5:57.98
4.	Nikolaj Djordjevic	Mentone 104	6:01.29
5.	Ryan de Haan	Yarra Ranges 43	6:32.93
6.	Cambell Riseley	Leongatha 74	6:33.27
7.	Thomas Glover	Brimbank 151	6:35.98
8.	Brady Ferguson	Geelong 1	6:40.96
9.	Matt Coon	Maryborough	6:42.26
10.	Thomas Gasparroni	Knox 23	7:31.23
11.	Troy Maggs	Knox 23	8:09.67

Girls U 11 - 1500m Walk

1.	Amy Canavan	Ballarat 122	7:39.98
2.	Brianna Lillie	Knox 23	7:51.50
3.	Kathleen O'Mahony	Knox 23	8:03.14
4.	Mia Holah	Box Hill 21	8:28.31
5.	Jasmin Hass	Sherbrooke 71	8:30.78
6.	Chloe Karagiorgos	Knox 23	8:51.87
7.	Lucinda Derrett	Diamond Valley	8:58.38
8.	Georgia Clarke	Diamond Valley	8:59.08
9.	Frances Collis	Diamond Valley	9:24.44
10.	Holly Cocking	Nunawading 33	10:16.59

Boys U 11 - 1500m Walk

1.	Corey Dickson	Knox 23	7:44.20
2.	Joseph Rickard	Mornington 82	8:17.75
3.	Matthew Keast	Corio 7	8:49.17
4.	Nicholas Zsebe-Sterle	Corio 7	9:07.08
5.	Christopher Menara	Caulfield 56	9:39.19
6.	Dale Jordison	Yarra Ranges 43	10:07.97

Girls U 12 - 1500m Walk

1.	Rebecca Henderson	Casey 154	7:16.86
2.	Jemma Peart	Ballarat 122	7:23.16
3.	Mackayla Davison	Corio 7	7:32.31
4.	Zahra Hayes	Rochester 141	7:37.00
5.	Taylor Langford	Diamond Valley	7:38.29
6.	Brodie Richardson	Knox 23	7:44.13
7.	Mikhala Hodges	Knox 23	7:49.59
8.	Romy Gras	Corio 7	7:59.77
9.	Tegan Miller	Skye Valley 156	8:06.29
10.	Madison Hill	Bendigo 2	8:36.54
11.	Ruby Pallot	Warragul 27	8:49.10
12.	Natalie Morrow	Cranbourne 59	8:52.69
13.	Eliza Lepair	Ballarat 122	9:07.50
14.	Lee Taylor	Yarra Ranges 43	9:12.98
15.	Larissa Watts	Shepparton 55	9:15.70
16.	Abbey Ferguson	Geelong 1	9:52.99
17.	Johanna Campbell	Diamond Valley	10:29.95

Boys U 12 - 1500m Walk

1.	Harry Hockley Samon	Geelong 1	7:57.42
2.	Ethan Wright	Whittlesea City	8:14.03
3.	Hayden Walmsley	Knox 23	8:47.16
4.	Brenton O'Brien	Shepparton 55	9:31.36
5.	Luke Cullen	Whittlesea City	10:04.12
6.	Scott Nicholson	Westernport 117	10:05.47
7.	Jack Contencin	Casey 154	10:58.10

Girls U 13 - 1500m Walk

1.	Eliza Clarke	Diamond Valley	6:58.27
2.	Hayley George	Knox 23	7:37.22
3.	Georgia Bertrand	Sunbury 83	7:48.11
4.	Karla Bulte	Casey 154	7:52.61
5.	Jessica Lillie	Knox 23	8:23.00
6.	Jemma Eastwood	Knox 23	8:28.62
7.	Emily Noonan	Yarra Ranges 43	8:59.93
8.	Paris Owen-Wilson	Dandenong 38	9:02.73
9.	Leah Wright	Whittlesea City	9:23.41

Boys U 13 - 1500m Walk

1.	James Burren	Springvale 29	7:18.29
2.	Jack Keating	Corio 7	7:30.84
3.	Michael Taylor	Diamond Valley	7:38.49
4.	Rodney Davis	Ballarat 122	8:07.73
5.	Hugh Collis	Diamond Valley	8:09.32
6.	Thomas Keast	Corio 7	8:47.63
7.	Lachlan Feain	Sunbury 83	8:56.12
8.	Blake Dobay	Nunawading 33	9:30.32
9.	Johnny Hilton	Knox 23	10:03.31

10.	Caitlyn Musgrave	Whittlesea City	9:44.35
11.	Anaya Hodges	Knox 23	10:00.50
12.	Catherine Simonsen	Seaford 99	10:05.30
13.	Sophie Schwerkolt	Box Hill 21	10:38.50
14.	Lauren Huth	Camperdown 44	10:54.93

Girls U 14 - 1500m Walk

1.	Taylor Vasiljevic	Casey 154	7:24.04
2.	Philippa Huse	Brighton 63	7:26.30
3.	Paige de Lisen	Knox 23	7:41.14
4.	Megan White	Corio 7	8:13.63
5.	Ali Simpson	Corio 7	8:17.37
6.	Ellen Dowie	Maryborough	8:43.38
7.	Lauren Kewley	Ringwood 52	8:46.94
8.	Hayley Brown	Knox 23	8:47.57
9.	Josephine Laufer	Collingwood 10	8:48.41
10.	Kirsten Townshend	Yarra Ranges 43	9:43.02
11.	Anna Purtill	Bendigo 2	9:45.68

Boys U 14 - 1500m Walk

1.	Kyle Swan	Knox 23	6:42.47
2.	Ross Darlow	Ballarat 122	7:05.76
3.	Liam Burgess	Diamond Valley	7:41.54
4.	Matthew Mc Kenzie	Geelong 1	9:24.10

Girls U 15 - 1500m Walk

1.	Emily Hamilton	Knox 23	7:16.48
2.	Jade Sanders	Casey 154	7:19.76
3.	Lauren Collis	Diamond Valley	7:30.56
4.	Marley Berntsen	Mentone 104	7:45.56
5.	Zoe Schwerkolt	Box Hill 21	8:01.06

Boys U 15 - 1500m Walk

1.	Emmet Brasier	Diamond Valley	6:22.30
2.	Billy Allamby	Knox 23	6:59.97
3.	Reese Walmsley	Knox 23	7:15.21
4.	Cody McNicol-Davidson	Skye Valley 156	7:47.67
5.	Jack Stone	Cranbourne 59	8:19.40

NSW LITTLE ATHLETICS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 22-24 MARCH

As with our Victorian Little Athletes, their NSW compatriots were also in action last weekend in Sydney with their own T&F Championships. The walks were contested on Sunday morning. Here are the first 10 placings from each race. For the full results, see <http://nswathletics.info/lansw/live/index.htm>.

Congratulations to the following walkers who all broke the existing LANSW Championship Records

Girls U 10 1100 Metre Walk	Emma Blanch	Port Hacking	5:24.48
	Allanah Pitcher	Gosford	5:33.46
Girls U 14 1500 Metre Walk	Jasmyn McDonald	Parramatta	6:46.25
Boys U 15 1500 Metre Walk	Tyler Jones	Wyong	6:20.78
Girls U 17 1500 Metre Walk	Jasmine Dighton	Glenbrook	6:45.25

The times overall were fantastic - this is our strongest Little Athletics walking State and it shows in the results.

Girls U 9 - 700 Metre Walk

1.	Elizabeth McMillen	Manly Warringah	3:31.33
2.	Charlotte Curran	Ku-Ring-Gai	3:33.84
3.	Georgia Arcus	Ryde	3:46.60
4.	Danielle Vesper	Tuggerah Lakes M	3:51.20
5.	Madison Callaway	Lake Illawarra	3:54.43
6.	Jada Thomson	Colyton St Clair	3:58.03
7.	Julia Dickerson	Dubbo	4:01.30
8.	Chloe Bell	Kings Langley	4:02.71
9.	Taylor Galea	Randwick Botany	4:07.03
10.	Ivory Radford	Kurrajong Bilpin	4:07.64

Boys U 9 - 700 Metre Walk

1.	Joshua Jackson	Lake Illawarra	3:32.45
2.	Tom Jessep	Port Hacking	3:37.34
3.	Jackson Deane	Hills District	3:41.06
4.	Joshua Barton	Winston Hills	3:46.61
5.	Tom Plunkett	Randwick Botany	3:53.35
6.	Joseph Smith	Edgeworth	3:53.65
7.	Adam Brunsch	Ryde	4:02.18
8.	Ryan Kernaghan	Ballina	4:02.32
9.	Adam Dickson	Hills District	4:11.12
10.	David Kanard	Port Hacking	4:15.63

Girls U 10 - 1100 Metre Walk

1.	Emma Blanch	Port Hacking	5:24.48
2.	Allanah Pitcher	Gosford	5:33.46
3.	Kaiya Buchanan	Hills District	5:43.74
4.	Lauren Tisdale	Girraween	5:50.49
5.	Emma Hopkins	A.N.L.	5:56.67
6.	Alana Kavanagh	Nth Rocks Carlin	5:58.43
7.	Renee Hardy	Kurrajong Bilpin	6:03.26
8.	Sybella McKay	Gosford	6:09.45
9.	Hannah Parker	Manly Warringah	6:11.11
10.	Brooke Martin	Doonside	6:16.82

Boys U 10 - 1100 Metre Walk

1.	Dion Carrothers	Manly Warringah	5:41.01
2.	Jarrod Beasley	Girraween	5:47.25
3.	Bayden Little	Cherrybrook	5:54.90
4.	Karl Skeed	South Eastern	5:58.30
5.	Darcy Whittingham	Hills District	6:23.48
6.	George Davis	Ryde	6:37.01
7.	Michael Wills	Nepean	6:37.45
8.	Flynn Lanz	A.N.L.	6:43.63
9.	Jack McGinniskin	Edgeworth	6:47.58
10.	Adam Jubb	Ryde	6:49.83

Girls U 11 - 1100 Metre Walk

1.	Abbey Waterworth	Manly Warringah	5:35.95
2.	Niamh Sanday	Kings Langley	5:40.50
3.	Paige Rigney	Wyong	5:53.13
4.	Tara McNally	St Georges Basin	6:02.60
5.	Darci Carroll	Tuggerah Lakes M	6:07.49
6.	Brittany Robertson	Port Hacking	6:09.30
7.	Taya-Jade Radford	Manly Warringah	6:13.93
8.	Gabrielle Marriott	Lake Illawarra	6:24.94
9.	Maggie Page	Kiama	6:27.97
10.	Elise Brennan	Western Suburbs	6:29.64

Boys U 11 - 1100 Metre Walk

1.	Benjamin Johnson	Port Hacking	5:26.70
2.	Hayden Blaskett	Manly Warringah	5:33.34
3.	Lachlan Dalton	Northern Suburbs	5:47.09
4.	Joel Shieds	Preston Robins	5:56.18
5.	Jack Griffith-Saunders	Canterbury	5:58.04
6.	Christopher Wicks	Quakers Hill	6:01.42
7.	Nathan Lees	Nepean	6:12.72
8.	Joel Alcock Lake	Illawarra	6:20.16
9.	Oscar Browne	Parramatta	6:22.94
10.	Connor Simpson	Hills District	6:24.72

Girls U 12 - 1500 Metre Walk

1.	Samantha Brown	Hornsby District	7:16.54
2.	Eliza De Laine	Northern Suburbs	7:22.99
3.	Abbey McMillen	Manly Warringah	7:31.12
4.	Jasmine Fletcher	Randwick Botany	7:32.12
5.	Teegan Pengilly	Bankstown Sports	7:45.89
6.	Tamsin Buchanan	Hills District	8:10.05
7.	Vithuya Uruthiran	Girraween	8:14.05
8.	Yasmin Mills	Parramatta	8:14.13
9.	Daniela Salisbury	Ku-Ring-Gai	8:14.50
10.	Rose Jennings	Randwick Botany	8:17.73

Boys U 12 - 1500 Metre Walk

1.	Harrison Mavin	Ku-Ring-Gai	7:12.30
2.	Dylan Richardson	Gosford	7:25.05
3.	Blake Dwyer-Hall	Blacktown	7:29.37
4.	Luke Gosper	Parramatta	8:13.70
5.	Nickolai Simmons	Hills District	8:36.11
6.	Joshua Hughes	Kempsey	8:40.98
7.	Sean Teo Randwick	Botany	8:44.76
8.	Kyle Walsh	Ku-Ring-Gai	8:57.81
9.	Jake Dollar	Colyton St Clair	9:15.26
10.	Cooper Thomson	Shoalhaven	9:15.39

Girls U 13 - 1500 Metre Walk

1.	Raquel Roukos	Doonside	6:55.89
2.	Leah McDonald	Parramatta	7:02.96
3.	Amy Henry	Port Hacking	7:41.54
4.	Ebony McCue-Shore	Eschol Park	7:48.45
5.	Abbey Dhu	Doonside	8:00.08
6.	Chelsea Goodhew	Westlakes	8:05.30
7.	Sophie Crichton	Ku-Ring-Gai	8:32.24
8.	Brooke Ferguson	Kurrajong Bilpin	8:43.77
9.	Melissa Hoy	Parramatta	8:51.92
10.	Alyssa Saurine	Revesby Workers	8:54.48

Boys U 13 - 1500 Metre Walk

1.	Kyle Bedford	Nepean	7:07.87
2.	Benjamin Tisdale	Girraween	7:19.90
3.	Hayden Millican	Northern Districts	7:25.29
4.	Elijah Harris	Girraween	7:53.50
5.	Dylan Nagle	Girraween	8:00.70
6.	Travis Barendregt	Doonside	8:08.67
7.	Timothy Dib	Campbelltown	8:10.85
8.	Benjamin Norris	Manly Warringah	8:15.76
9.	Thomas Hunt	Parramatta	8:23.88
10.	Riley Butler	Revesby Workers	8:56.75

Girls U 14 - 1500 Metre Walk

1.	Jasmyn McDonald	Parramatta	6:46.25
2.	Lucy Francis	Ku-Ring-Gai	7:11.96
3.	Shanae Norton	Bankstown Sports	7:20.14
4.	Sophia Dickerson	Dubbo	7:27.70
5.	Ebony Burnard	Western Suburbs	7:32.70
6.	Mascey Willis	Campbelltown	8:24.17
7.	Ally Grujoski	Randwick Botany	8:30.94
8.	Mary Jones	Springwood	8:32.28
9.	Samantha Wild	Mt Druitt	9:01.22
10.	Deyana Trikaliotis	Blacktown	9:05.72

Boys U 14 - 1500 Metre Walk

1.	Nicholas Douglas	Doonside	8:17.05
2.	Adrian Kotevski	Bankstown Sports	8:27.80
3.	Nathan Kuszelyk	Maitland	8:33.37
4.	Declan O'Connell	Randwick Botany	8:34.84
5.	Jordan Glover	Hills District	8:41.63
6.	Andrew El-Haddad	Bankstown Sports	9:47.23
7.	Mitchell Drew-Rugg	Glenbrook	9:47.73
8.	Gerry georgiou	Port Hacking	10:06.02
9.	Joshua Hill	Bankstown Sports	10:31.47

Girls U 15 - 1500 Metre Walk

1.	Madyson Romer	Emu Plains	7:22.40
2.	Rhiannon Minett	Bankstown Sports	7:41.02
3.	Adriana Shina	Hills District	7:49.08
4.	Sarah Kelland	Ryde	7:59.36
5.	Katrina Shaw	Doonside	8:28.48
6.	Cori Hardy	Ballina	8:47.45
7.	Ashley Harris	Girraween	9:11.03
8.	Rhianna Lucas	Port Hacking	9:12.06
9.	Candice Porley	Kurrajong Bilpin	9:24.03
10.	Jade Kearsey	St George	9:25.76

Boys U 15 - 1500 Metre Walk

1.	Tyler Jones	Wyong	6:20.78
2.	Conor Kidd-Matthews	Cardiff	6:55.95
3.	Lachlan Miller	Eschol Park	7:03.97
4.	Tim Martin	Sawtell-Toormina	7:22.97
5.	Patrick Estrada	Doonside	7:29.84
6.	Scott Cassidy	Parramatta	7:48.73
7.	Jonte Schmetzer	Leeton	9:04.55

Girls U 17 - 1500 Metre Walk

1.	Jasmine Dighton	Glenbrook	6:45.25
2.	Tabitha Porley	Kurrajong Bilpin	6:59.30
3.	Tayla-Paige Billington	Mosman	7:04.75
4.	Jayde Hill	Nambucca District	7:15.34

Boys U 17 - 1500 Metre Walk

1.	Carl Gibbons	Westlakes	6:21.02
2.	Tom Doyle	Randwick Botany	6:23.91
3.	Luke Jobson	Girraween	6:44.10
4.	Eric Morey	Maitland	6:51.49

5.	Stephanie Grujoski	Randwick Botany	7:30.83	5.	Robert Murphy	South Eastern	7:05.24
6.	Amanda Barendregt	Doonside	7:37.50	6.	Delian Kotevski	Bankstown Sports	7:11.69
7.	Isabella Sund	Eschol Park	7:38.98	7.	Adam Mylonas	Winston Hills	7:21.80
8.	Kerilee Coote	Hills District	7:55.62	8.	Nicholas Shina	Hills District	7:29.51
9.	Georgina Dickerson	Dubbo	8:04.27	9.	Luke Wilesmith	Preston Robins	7:45.24
10.	Chantelle Torres	Ingleburn Rsl	8:10.60	10.	Danyon Dowton	Glenbrook	7:46.26

QUEENSLAND LA STATE CHAMPIONSHIPS, QSAC, NATHAN, 23-23 MARCH

Queensland also hosted their Little Athletics Championships over the weekend. Robyn Wales emailed me to say

Little As in Qld are now done and dusted for the year. Perfect evening for walking so those who raced well were very happy. I'm happy as all my training squad did well with pb's and no dq. Best were Mikaela Woodward and Luke McCutcheon. Some of us at Masters Gold Coast long jumped for Jai Taurima's little girl today and managed to send off \$200 so there's a challenge for everyone else!!

See <https://assets.imgstg.com/assets/console/document/documents/sat%20night%20kl.pdf> for the full results. Here is a cutdown version with the top 10 finishers in each division.

Girls Under 9 700m Walk

1.	Abbey Hannigan	Beaudesert	4:10.59
2.	Brooke Coulson	Gold Coast	4:14.86
3.	Shelby Daunt	Glasshouse	4:19.46
4.	Charley Sleigh	Redlands	4:23.40
5.	Bridie Sullivan	Toowong Harriers	4:30.92
6.	Jessie Higgins	Cairns	4:41.54
7.	Mackenzie Ofield	Caloundra	4:52.92
8.	Rylee Skipper	Ipswich	4:55.61
9.	Alexandra Angus	Nambour	5:00.42
10.	Madysun Egan-Mercer	City North	5:22.78

Boys Under 9 700m Walk

1.	Adam Buchhorn	Mt Gravatt	3:59.27
2.	Riley Visona	University	4:11.81
3.	Jonathan Wearne	Aspley	4:12.56
4.	Hayden Vickers	Bracken Ridge	4:12.65
5.	Brock Taylor	Sunnybank	5:44.65
6.	Lachlan White	Deception Bay	6:04.62
7.	Heath Van Beek	Deception Bay	6:04.63
8.	Fletcher Dunn	Aspley	6:34.99

Girls Under 10 1100m Walk

1.	Shania Thomson	Beaudesert	6:37.21
2.	Daniella Hill	Tweed	6:49.67
3.	Jasmin Bennett	Caloundra	7:01.16
4.	Kirra Stonehouse	Redlands	7:30.95
5.	Emily Cacciola	Arana	7:46.42
6.	Hayley Grieve	Rosewood	8:18.26
7.	Ella Blackman	Wulguru	8:26.50
8.	Kirsten O'Connor	South Burnett	8:31.31
9.	Anna Deakin	Nth Rockhampton	8:31.34

Boys Under 10 1100m Walk

1.	Kobe Hinton	Mudgeeraba	6:03.55
2.	Reece Madden	Tweed	6:12.39
3.	Jeremiah Woodward	Strathpine	6:13.30
4.	Nelson McCutcheon	Redlands	6:17.55
5.	Liam Georgilopoulos	Gold Coast	6:56.13
6.	Hamish Cunningham	Toowong Harriers	7:18.84
7.	Thomas Morrow	Ipswich	7:22.48
8.	William Cox	Toowoomba Cent.	7:22.88
9.	Joshua Brown	Strathpine	7:25.71
10.	Jake Patrick	Ipswich	7:30.80

Girls Under 11 1100m Walk

1.	Zanthie Verrall	Toowoomba Cent.	6:06.83
2.	Tenyka Chapman	Mudgeeraba	6:09.28
3.	Regan Payne	Redcliffe	6:28.69
4.	Kayla Harris	Tweed	6:45.16
5.	Sophie Otten	Warwick	6:50.35
6.	Samantha Coglán	Noosa	7:05.29
7.	Sarah McLeod	Toowong Harriers	7:07.89
8.	Brianna Taber	Bundaberg	7:13.47
9.	Jasmine McRoberts	Redcliffe	7:22.62
10.	Mia Reynolds	Caloundra	7:41.87

Boys Under 11 1100m Walk

1.	Jaedyn Tucker	Toowong Harriers	6:54.85
2.	Jayden Castles	Toowoomba Cent.	6:57.64
3.	Sean Brackin	Strathpine	6:57.98
4.	Robert Lees	Toowong Harriers	7:13.67
5.	Ben Jeffrey	Souths	7:13.69
6.	Tyler De Snoo	Gold Coast	8:23.51
7.	Luke Telford	Algerster	9:43.26

Girls Under 12 1500m Walk

1.	Tahliah Thomson	Beaudesert	8:23.17
2.	Jenna Lawrence	Springwood	8:25.99
3.	Haley Van Beek	Deception Bay	9:22.98
4.	Jade Hardy	Synnott Ipswich	9:34.67
5.	Emily Ghusn	Toowong Harriers	9:40.20
6.	Tayla Coulson	Gold Coast	10:01.41
7.	Morgan Durham	Caboolture	10:31.80

Boys Under 12 1500m Walk

1.	Yanis Benzenati	Ashmore	8:08.10
2.	Jamison Stovin	Gold Coast	8:53.50
3.	Callum Haig	Caloundra	9:34.11
4.	Jackson Loone	Aspley	9:45.87

Girls Under 13 1500m Walk

1.	Katie Hayward	Gold Coast	7:28.92
2.	Courtney Thwaites	Ashmore	8:02.85
3.	Kelly McNamara	Rosewood	8:12.90
4.	Riley Sims	Aspley	8:28.36
5.	Clancy Smith	Noosa	8:43.64
6.	Jessica Hoy	Tweed	8:55.10
7.	Rebeckah Tesch	Strathpine	8:59.33
8.	Karly Warner	Ipswich	9:04.41
9.	Samantha Watts	Arana	9:17.78
10.	Melita Wilson	Noosa	10:04.32

Boys Under 13 1500m Walk

1.	Jonah Mead	Strathpine	8:18.35
2.	Hayden Wearne	Aspley	9:01.12
3.	Adam Sganzerla	Souths	10:26.41

Girls Under 14 1500m Walk

1.	Mikaela Woodward	Sunnybank	7:21.38
2.	Jesse Langton	Strathpine	8:15.31
3.	Chelsea Keong	Caboolture	9:58.73

Boys Under 14 1500m Walk

1.	Brodie Woodward	Strathpine	8:25.43
2.	Troy Gorry	Springwood	9:22.46

Girls Under 15 1500m Walk

1.	Elara Crook	Maryborough	8:18.53
2.	Natasha Simpkins	Tweed	8:26.08
3.	Rebekkah Law	Redcliffe	9:45.70
4.	Gemma Titheradge	Maleny	10:12.68

Boys Under 15 1500m Walk

1.	Luke McCutcheon	Redlands	7:05.26
2.	Ben Kaufman	Tweed	9:12.42

Girls Under 17 1500m Walk

1.	Jesse Sims	Aspley	7:53.90
2.	Samantha Hooper	Noosa	8:22.82
3.	Jessica Haig	Caloundra	8:41.92

Boys Under 17 1500m Walk

1.	Aiden Titheradge	Maleny	10:23.81
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SOUTH AUSTRALIAN LITTLE ATHLETICS T&F CHAMPIONSHIPS, SANTOS STADIUM, 23-24 MARCH

And now to South Australia for their Little Athletics walks.

U10 Girls 1100m Walk

1.	Zoe Gidman	TTG	7:09.0
2.	Sophie Kameniar	ED	7:13.0
3.	Tess Jantke	En	7:15.8
4.	Claire Quigley	SC	7:31.5
5.	Emma Cotgrove	SE	7:31.7
6.	Georgia Potter	RE	7:38.9
7.	Zosia Roomes	SE	7:55.3
8.	Tahlia Seymour	TTG	8:01.2
9.	Jordan Bowden	RE	8:05.2
10.	Teagan Powell	Wv	8:17.3

U10 Boys 1100m Walk

1.	Joe Cross	ED	6:19.2
2.	Jared Gilliam	SE	7:18.5
3.	Luke Chalmers	TTG	7:24.5
4.	Jack Gillingham	GG	7:32.8
5.	Dylan Matthews	S	7:35.5
6.	Noah Goldie	ED	7:59.2
7.	Aled Phillips-Johns	FW	8:01.8

U11 Girls 1100m Walk

1.	Chloe Upton	SD	6:19.1
2.	Rachel Kameniar	ED	6:21.9
3.	Charlotte Peck	M	6:41.9
4.	Hayley Goode	GG	6:45.1
5.	Brooke Nangle	IF	6:50.3
6.	Kayla Hooker	TC	8:29.1

U11 Boys 1100m Walk

1.	Divan Verdoorn	Why	6:22.9
2.	Thomas Michalanney	FW	6:30.1
3.	Antonio Lo Iacono	TTG	6:34.2
4.	Blake Favretto	ED	7:04.3
5.	Jasper Clark	AE	7:05.7
6.	Jake Tatarelli	M	7:12.5
7.	Nathaniel Erlandsen	MD	7:16.7

U12 Girls 1500m Walk

1.	Bethany Cross	ED	7:52.6
2.	Riona Tyler-Dowd	SD	8:06.8
3.	Ayeisha Wallace	N	9:09.8
4.	Elizabeth Hartley	SD	9:24.8
5.	Quillen Economou	Wv	9:45.6
6.	Ainsleigh Howard	ED	10:22.5
7.	Victoria Lidstone	SH	10:57.2
8.	Sarah Simmonds	Why	11:54.4

U12 Boys 1500m Walk

1.	Jayden Goode	GG	8:15.3
2.	Ryan Lucas	ED	9:01.9
3.	Tristan Camilleri	SD	9:34.9
4.	Keenan O'Malley	H	9:50.7

U13 Girls 1500m Walk

1.	Rhiana Hooker	G	8:34.4
2.	Chelsie Dawber	SE	8:38.3
3.	Jessica Hahn	BV	8:52.6
4.	Kelsey Lynch	SE	9:10.8
5.	Shae McDonald	N	9:25.5
6.	Hannah Garnish	S	10:06.6

U13 Boys 1500m Walk

1.	Alix Harlington	SE	7:32.8
2.	Jake Vidler	N	8:04.8
3.	Nicholas Dallimore	SD	8:18.1
4.	Ryan Bland	SE	9:24.1
5.	Jackson Millington	RE	9:30.8
6.	Jayden Watson	TTG	10:27.4
7.	Shaun Jackson	MD	10:37.4
8.	Patrick Gayen	ED	10:38.6

U14 Girls 1500m Walk

1.	Anna Cross	ED	7:01.1
2.	Neve Goodrem	MD	8:29.5
3.	Chantelle Nicolaides	F	9:08.2
4.	Schlindalee Boothby	S	9:24.3

U14 Boys 1500m Walk

1.	Estevan Verdoorn	Why	8:47.2
2.	Callum Peck	M	10:30.0
3.	Benjamin Hubbert	S	10:34.4

U15 Girls 1500m Walk

1.	Erin Dallimore	SD	8:34.3
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U15 Boys 1500m Walk

1.	James Birt	S	8:25.1
2.	Michael Nicolaides	F	8:25.1
3.	Bradley Samarcq	SH	9:32.2

U16 Boys 1500m Walk

1.	Benjamin Slimming	ED	7:29.0
2.	Ryan Green	MtG	8:09.0

U16 Boys 1500m Walk

1.	Benjamin Slimming	ED	7:29.0
2.	Ryan Green	MtG	8:09.0

QMA TRACK & FIELD CHAMPIONSHIPS, SAF NATHAN, 16-17 MARCH

Now to the previous weekend when the Queensland Masters were in action in Brisbane. Peter Bennett was probably the top performer with his M55 time of 25:38.13.

Queensland Masters 5000m Walk Championship

M40	1	Nipperess, Dean	M41	Qma Gold Coa	29:29.25
M55	2	Bennett, Peter	M57	Qma Brisbane	25:38.13
M60	1	Harris, John	M64	Qma Brisbane	32:14.74
M75	1	Megas, George	M76	Qma Gold Coa	39:51.45
M80	1	Lynch, Richard	M84	Qma Gold Coa	39:02.77
W45	1	Beikoff, Donna	W45	Qma Brisbane	32:57.01
W65	1	Lynch, Sally	W69	Qma Gold Coa	35:26.59
W70	1	McKiven, Noela	W70	Qma Brisbane	38:49.80
W80	1	Grigg, Russell	M86	Qma Brisbane	47:52.31

TASMANIAN T&F CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, HOBART, 22-24 MARCH

Tasmania conducted their T&F Titles last weekend and the walkers were well represented. Tahlia Hunt broke her own State Record by 2 secs with her time of 14:26.58 in the U16 3000m while Stephanie Stigwood 23:27.50 and Daniel Coleman 22:28.46 walked well to take the State Open titles. And well done to Stephanie and Daniel and Tahlia on their PBs.

Women 5000m Walk Open

1.	Stephanie Stigwood	90	Old Virgil	23:27.50
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Men 5000m Walk Open

1.	Daniel Coleman	89	Old Virgil	22:28.46
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Women 5000m Walk Under 18

1.	Tahlia Hunt	98	Old Virgil	25:46.10
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Men 5000m Walk Under 20

1.	Louis Rose	97	Old Virgil	26:06.53
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Women 3000m Walk Under 16

1.	Tahlia Hunt	98	Old Virgil	14:26.58
2.	Alice Randall	00	Old Virgil	17:07.64

Men 5000m Walk Under 18

1.	Louis Rose	97	Old Virgil	25:36.83
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1. Women 3000m Walk Under 15

2.	Hannah Richardson	99	Eastern Sbs	17:13.19
3.	Sarah Guy	99	Old Virgil	21:22.71

Men 1500m Walk Masters

1.	Lawrence Marsh	M60	Tas Masters	9:29.13
2.	David Moore	M55	Tas Masters	10:51.34

Women 3000m Walk Under 14

1.	Arabella Phillips	01	Newstead	17:46.66
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Men 5000m Walk Masters

1.	David Moore	M55	Tas Masters	38:42.53
	Lawrence Marsh	M60	Tas Masters	DQ

32ND DUDINSKA PATDESIATKA WALKING MEET, DUDINCE, SLOVAKIA, SATURDAY 23 MARCH

The Dudinska Patdesiatka walking meet, held on Saturday in the Slovak spa town of Dudince, was the latest high quality European walks meet to be contested. For the organisers it was an important test before the European Cup in Race Walking which will be staged there on May 19th and a new 1 km loop was being tested. In total, 175 walkers from 19 countries were registered with 49 walkers registered for the blue riband 50km event. The meet was marked by cold weather with the overnight temperature plunging to -5°C and barely rising above zero as the day progressed.

Guatemalan walker Erick Barrondo won the 50km event, following in the footsteps of countryman Luis Garsiovi who won here in 2003. His time of 3:41:09 was a new American Continental record (the previous record was in possession of the legendary Mexican walker Raul Gonzalez with 3:41:21, dating from 1978). Second place went to France's Yohann Diniz who was nearly 9 minutes back with 3:49:52 while third place went to Polish walker Adrian Blocki with 3:50:48. In fact, even after the top Polish walker Grzegorz Sudol was forced to withdraw at 40 km, their walkers still filled 3rd, 4th and 5th places. Overall, only 23 of the 46 starters finished, a reflection perhaps on the inclement weather. The 50km event also hosted National Championships for Slovakia, the Czech Republic, Poland and Hungary.

21 year old Barrondo is very much the walker of the moment. Second in the 2012 Olympic 20km and DQ'd in the Olympic 50km between 35km and 40km while in medal contention, he made amends with his fine walk on Saturday. He had been in contention a week ago in the Lugano 20km, matching it stride for stride with eventual winner Wang Zhen before being DQ'd but he has bounced back well. It is fair to say now that he is equally gifted over both walk distances and has a huge future in the sport.

The 20km events also produced quality winners. The men's event saw local hero Matej Tóth battling it out early with Ecuadorian Andres Chocho but when Chocho was disqualified at the half way mark, Toth was left on his own to walk to a comfortable win with 1:22:17. The women's event saw Polish walker Agnieszka Szwarnog win by over a minute with a time of 1:31:33. This is the second best female performance for this particular event in its 15 year history. The women's event also hosted the Slovakian Championship which was won by Mária Galikova with a time of 1:42:00.

Full results at http://www.atletickevysledky.sk/2013/2013_03_23_MSR_DU/index.html. The main events read as follows

Men's 50km Race Walk

1.	Erick Bernabé BARRONDO	GUA	91	3:41:09
2.	Yohann DINIZ	FRA	78	3:49:52
3.	Adrian BLOCKI	POL	90	3:50:48
4.	Damian BLOCKI	POL	89	3:51:32
5.	Rafał AUGUSTYN	POL	84	3:51:33
6.	Oleksandr VENHLOVSKIY	UKR	85	3:56:06
7.	Predrag FILIPOVIĆ	SRB	78	3:58:31
8.	Tadas SUSKEVICIUS	LTU	85	4:00:50
9.	Dušan MAJDAN	SVK	87	4:03:37
10.	Łukasz AUGUSTYN	POL	90	4:04:42
11.	Mario José DOS SANTOS	BRA	79	4:05:36
12.	Sándor RÁCZ	HUN	86	4:11:48
13.	Lukas GDULA	CZE	91	4:12:55
14.	Dávid TOKODI	HUN	91	4:22:41
15.	Martin TIŠŤAN	SVK	92	4:36:42
16.	Tibor KOLÉNER	HUN	90	4:45:46
17.	Jakub ZAJIC	CZE	89	4:50:28
18.	Zdeno MEDERA	SVK	75	4:55:10
19.	Antonín KOZELKA	CZE	85	4:57:45
20.	Ferenc MAJOR	HUN	61	5:02:13
21.	Gyula DUDÁS	HUN	66	5:07:34
22.	István CSABA	HUN	59	5:30:07
23.	Dávid KOLTAI-FARKAS	HUN	83	5:52:40
	Artur BRZOZOWSKI	POL	85	DNF
	Zdeněk SIMON	CZE	60	DQ
	Jiří MALYSA	CZE	66	DQ
	Viktor NEMES	HUN	89	DQ
	Miklós Domonkos SRP	HUN	93	DNF
	Krzysztof AUGUSTYN	POL	87	DNF
	Michael DOYLE	IRL	87	DNF
	Milan RÍZEK	SVK	78	DNF
	Peter TICHÝ	SVK	93	DNF
	Tomasz ZMUDZKI	POL	90	DNF
	Peter GAJDOŠ	SVK	62	DNF
	Jerome CAPRICE	MRI	83	DNF
	Jhonathan CACERES	ECU	90	DNF
	Róbert TUBAK	HUN	79	DNF
	Pavel YEROKHOV	BLR	82	DNF

Claudio Paulino VILLANUEVA FLORES	ESP	88	DNF
Anton KUČMÍN	SVK	84	DNF
Lorenzo DESSI	ITA	89	DNF
Djamel SELSELDEB	FRA	76	DNF
Cedric HOUSSAYE	FRA	79	DNF
Jaime Daniel QUIYUCH	GUA	80	DNF
Rafał SIKORA	POL	87	DNF
Grzegorz SUDOL	POL	78	DNF

Men's 20km Race Walk

1. Matej TÓTH	SVK	83	1:22:17
2. Vladimir SAVANOVIČ	SRB	85	1:27:37
3. Pavel SCHROM	CZE	91	1:29:39
4. Oleksiy MELNYK	UKR	92	1:30:02
5. Zdeno BABÍK	SVK	84	1:30:09
Andres CHOCHO	ECU	83	DQ
Jiří MALYSA	CZE	91	DQ
Mieczysław ROMANOWSKI	POL	91	DNF

Women's 20km Race Walk

1. Agnieszka SZWARNÓG	POL	86	1:31:33
2. Paola Viviana PEREZ SAQUIPAY	ECU	89	1:32:53
3. Erica ROCHA DE SENA	BRA	85	1:32:59
4. Justyna ŚWIERCZYŃSKA	POL	87	1:38:48
5. Mária GÁLIKOVÁ	SVK	80	1:42:00
6. Ioanna BEMOWSKA	POL	94	1:43:39
7. Barbara KOVÁCS	HUN	93	1:46:02
8. Miroslava STAŠOVÁ	SVK	86	1:51:39
9. Petra RÉCSEI	HUN	90	1:51:44
10. Katarina STRMENOVA	SVK	93	1:52:23
11. Radosveta SIMEONOVA	BUL	93	1:55:51
12. Martina STRMEČKI	CRO	94	2:09:50
Soňa TYDOROVÁ	SVK	92	DNF
Agnieszka DYGACZ	POL	85	DNF

U23 Men 35 km walk

1. Miklós Srp	HUN	93	2:47:19
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U20 10 km walk

1. Miroslav Úradník	SVK	96	43:44
2. Brian Pintado	ECU	95	43:52
3. Franco Chocho	ECU	95	43:55
4. Tamás Bagdány	HUN	95	43:57
5. Andrej Dolinský	SVK	94	44:10
6. Łukasz Kostka	POL	94	44:37
7. Ondřej Motl	CZE	94	44:40
8. Michal Morvay	SVK		45:52

U20 Women 10 km walk

1. Eliška Drahotová	CZE	95	49:42
2. Mariann Lengyel	HUN	94	50:48
3. Radoslava Piliárová	SVK	96	52:06
4. Monika Hornáková	SVK		53:09
5. Lucia Čubaňová	SVK		53:20
6. Lucia Škantárová	SVK		54:01
7. Luca Nagy	HUN		56:08
8. Petra Hornyik	HUN		59:02

U18 5 km walk Women

1. Henrika Parviainen	FIN	97	23:32
2. Erika Parviainen	FIN	95	23:56

EUROPEAN MASTERS INDOOR CHAMPIONSHIPS , SAN SEBASTIÁN, SPAIN, 19-24 MARCH

The European Masters Indoor Championships (see <https://www.sansebastian2013.com/?lang=en>) have just completed in San Sebastian in northern Spain and, if the depth of performance in the racewalks are any measure of the meet, it was indeed a high quality one. Full results http://www.rfea.es/competi/result2013/pistacubierta/San_Sebastian/C08.23032013.html. First to the records

which were set in the two walks on offer - 3000m track and 5km road.

European Record	3.000m walk	W45	14:20.14	Nicole Best	GER	30/01/1968	20.03.2013
Championship Records	3.000m walk	W75	21:41.00	Denise Leclerc	FRA	10/10/1933	20.03.2013
	3.000m walk	W85	29:26.15	Elena Pagu	ROU	25/07/1926	20.03.2013
	3.000m walk	W45	14:20.14	Nicole Best	GER	30/01/1968	20.03.2013
	3.000m walk	M50	13:32.58	Miguel Periañez	ESP	02/11/1962	21.03.2013
	5km Walk Road	M65	26:33	Ettorino Formentin	ITA	22/03/1947	23.03.2013
	5km Walk Road	M75	29:36	Arthur Thomson	GBR	22/04/1936	23.03.2013
	5km Walk Road	W35	24:05	Bianca Schenker	GER	03/10/1974	23.03.2013
	5km Walk Road	W40	25:21	Cristina Fernández	ESP	22/07/1971	23.03.2013

And now onto the results which I present in full - firstly, the 3000m walks which were held on 20th and 21st March.

3000m Track Walks

W70	1	Gisela Theunissen	GERMANY	05/07/42	21:11.34	
	2	Vera Grinberte	LATVIA	25/12/40	21:21.04	
	3	Halldis Marit Nagell-Dahl	NORWAY	16/07/42	21:34.73	
	4	Larysa Lebedieva	UKRAINE	27/12/40	21:58.80	
	5	Rosa Girards	GERMANY	13/11/39	22:27.55	
	6	Maria Maro	AUSTRIA	23/12/42	22:28.93	
	7	Ursula Herrendoerfer	GERMANY	29/08/40	22:29.70	
	8	Helga Dräger	GERMANY	20/08/39	23:36.15	
	9	Ilga Buntika	LATVIA	09/03/39	23:53.08	
	10	Maria Vecchi	ITALY	02/02/40	24:20.98	
W75	1	Denise Leclerc	FRANCE	10/10/33	21:41.00	CR
	2	Lyusya Aleksyeyeva	UKRAINE	16/03/37	22:05.38	
W85	1	Elena Pagu	ROMANIA	25/07/26	29:26.15	CR
W65	1	Antonina Tyshko	UKRAINE	24/06/47	18:29.69	
	2	Noel Blatchford	GREAT BRITAIN	19/12/47	18:34.15	
	3	Janine Bernier	FRANCE	22/08/46	19:06.88	
	4	Heidrun Neidel	GERMANY	04/09/47	20:12.63	
	5	Loyer Suzanne	FRANCE	19/07/47	20:15.65	
W60	1	Maria Alice Fernandes	PORTUGAL	26/03/52	16:59.84	
	2	Dorothea Grolig	AUSTRIA	13/05/51	17:53.15	
	3	Maria Jose Briz	SPAIN	21/06/51	17:53.16	
	4	Edith Brochot	FRANCE	24/07/52	18:17.31	
	5	Liubov Shymko	UKRAINE	25/10/49	18:32.86	
	6	Aurora Alvarez	SPAIN	20/06/52	18:41.37	
	7	Rita Del Pinto	ITALY	05/02/49	20:46.54	
	8	Pilar Adan	SPAIN	11/08/52	20:57.26	
	9	Karmella Michlfeit	AUSTRIA	28/02/49	21:24.09	
	10	Heidrun Grünig	GERMANY	30/12/49	22:18.67	
	11	Tetyana Lavruk	UKRAINE	22/06/51	23:04.68	
W55	1	Marie Astrid Monmessin	FRANCE	05/02/56	15:52.04	
	2	Natalia Marcenco	ITALY	12/12/54	16:43.66	
	3	Daniela Ricciutelli	ITALY	14/11/56	16:44.59	
	4	Dominique Lemonnier	FRANCE	03/10/56	17:01.58	
	5	Ann Wheeler	GREAT BRITAIN	17/10/55	17:50.87	
	6	Milliet Hélène	FRANCE	06/09/56	18:00.22	
	7	Yvonne Maggiore	FRANCE	14/09/55	18:01.68	
	8	Marie-France Beaulier	FRANCE	25/08/57	18:30.12	
	9	Judy Howard	GREAT BRITAIN	30/01/57	19:28.57	
	10	Monika Schwantzer	AUSTRIA	19/10/55	19:38.04	
W50	1	Veronique Cochereau	FRANCE	06/09/59	16:40.47	
	2	Maria Del Carmen Garcia	SPAIN	10/12/60	16:49.73	
	3	Iлона Kirchesch	GERMANY	17/11/58	18:23.62	
W45	1	Nicole Best	GERMANY	30/01/68	14:20.14	ER
	2	Kokorina Irina	RUSSIA	24/11/64	16:02.70	
	3	Barbara Primas	GERMANY	03/12/65	16:02.88	
	4	Annick Le Mouroux	FRANCE	24/11/64	16:14.28	
	5	Sylvie Chranuski	FRANCE	28/06/65	17:05.20	
	6	Nathalie Chretien	FRANCE	31/05/66	17:15.12	
	7	Christine Briantais	FRANCE	26/09/65	17:15.55	
	8	Catherine Soubiran	FRANCE	18/09/64	17:47.94	
	9	Catherine Pongin	FRANCE	06/08/63	17:54.10	
	10	Silke Glombitza	GERMANY	24/03/67	18:10.14	
	11	Roz Mcenzie	GREAT BRITAIN	21/11/64	19:06.83	

	12	Anne Gormley	IRELAND	20/03/63	19:28.78
	13	Inara Fjodorova	LATVIA	24/10/65	19:38.96
W40	1	Cristina Fernandez	SPAIN	22/07/71	14:53.50
	2	Christelle Barré	FRANCE	02/04/72	15:16.09
	3	Lenka Borovikova	CZECH REPUBLIC	04/01/73	16:38.85
	4	Carmen Mercedes Hernandez	SPAIN	07/02/69	16:44.98
	5	Roberta Mombelli	ITALY	02/12/68	16:54.42
	6	Aija Rogale	LATVIA	29/11/68	17:58.17
	7	Alicia Lozano	SPAIN	28/08/70	18:47.11
	8	Royer Vanessa	FRANCE	23/10/72	20:21.98
W35	1	Bianca Schenker	GERMANY	03/10/74	14:37.93
	2	Brit Schröter	GERMANY	03/10/74	14:41.15
	3	Olga Cabrera	SPAIN	24/01/74	15:19.54
	4	Baiba Frisenbrudere	LATVIA	06/03/75	16:16.39
	5	Yvonne Markgraf	GERMANY	15/08/75	16:57.23
	6	Isabel Huertos	SPAIN	27/12/75	17:26.86
	7	Severine Favron	FRANCE	17/11/76	17:55.60
M85	1	Günter Ciesielski	GERMANY	23/10/26	22:47.33
M80	1	Eric Horwill	GREAT BRITAIN	09/03/33	22:47.14
	2	Matti Tamminen	FINLAND	21/08/28	22:47.54
	3	John May	GREAT BRITAIN	06/11/30	24:38.33
M75	1	Arthur Thomson	GREAT BRITAIN	22/04/36	17:22.99
	2	Jordana Alexis	FRANCE	10/02/37	17:34.88
	3	Zigurds Irbe	LATVIA	24/01/36	17:39.06
	4	Mykola Panaseiko	UKRAINE	20/12/34	18:42.79
	5	Holger Flassnöcker	GERMANY	21/11/37	20:54.76
	6	David Stevens	GREAT BRITAIN	23/04/36	21:02.40
	7	Gernot Mittag	GERMANY	13/02/38	21:33.15
	8	Gunars Janis Mikulis	LATVIA	30/08/37	21:34.00
	9	Frank Knäring	GERMANY	18/02/36	21:36.59
	10	Santos Uribe	SPAIN	12/09/34	22:34.51
	11	Claude Bertrandeau	FRANCE	22/10/37	22:43.04
	12	Bernard Krabbendam	NETHERLANDS	11/08/34	23:04.45
M70	1	Peter Schumm	GERMANY	28/10/42	17:32.52
	2	Alexandr Sartakov	RUSSIA	01/01/42	17:37.75
	3	Einari Vainikka	FINLAND	04/08/40	17:40.48
	4	Wolf-Dieter Giese	GERMANY	07/02/43	18:52.40
	5	Gunars Rubenis	LATVIA	31/10/38	19:28.30
	6	Raitis Lerme	LATVIA	11/10/42	20:35.27
	7	A Volskyi	UKRAINE	17/07/40	21:02.74
	8	Andre Liardou	FRANCE	27/07/40	22:59.95
M65	1	Ludwig Niestelberger	AUSTRIA	05/03/48	15:43.75
	2	Ettorino Formentin	ITALY	22/03/47	15:47.12
	3	Roger Michell	GREAT BRITAIN	07/01/48	16:41.19
	4	John McMullin	IRELAND	05/03/46	16:53.79
	5	Fernand Rabatel	FRANCE	02/07/46	17:02.90
	6	Bernard Delayre	FRANCE	10/09/47	17:17.62
	7	Arvid Bjørsvik	NORWAY	14/06/43	17:18.72
	8	Ivan Kovalev	RUSSIA	01/01/47	17:34.33
	9	Francisco Arnaiz	SPAIN	08/11/43	17:35.66
	10	Benito Leon	SPAIN	15/12/46	18:06.14
	11	Joseph Hummer	LUXEMBOURG	05/10/46	18:26.19
	12	François Poncin	FRANCE	30/11/44	19:57.19
	13	Louis Bellevegue	FRANCE	22/12/46	20:03.11
	14	Arthur Lillefosse	NORWAY	23/07/44	21:11.08
	15	Rudolf Michlfeit	AUSTRIA	29/12/46	21:19.22
	16	Walter Brandenburg	SWITZERLAND	15/08/46	22:46.93
	17	Benazet Robert	FRANCE	25/09/44	22:57.41
	18	Michel Lheritier	FRANCE	11/02/48	25:05.19
M60	1	Ignasi Melo	SPAIN	28/12/52	14:18.16
	2	Ian Richards	GREAT BRITAIN	12/04/48	14:39.32
	3	Patrice Brochot	FRANCE	03/08/51	14:56.84
	4	John Hall	GREAT BRITAIN	18/01/49	15:23.91
	5	Gerard Perez	FRANCE	25/07/51	15:41.19
	6	Petr Adam	CZECH REPUBLIC	08/05/50	16:29.48
	7	Jean Pierre Pin	FRANCE	09/01/49	16:43.12
	8	Marc Lassus	FRANCE	21/03/50	17:10.68

	9	Sergio Fasano	ITALY	17/02/52	17:16.54	
	10	Eric Raul	FRANCE	30/01/49	17:18.57	
	11	Rafael Area	SPAIN	27/11/49	17:21.11	
	12	Pierangelo Fortunati	ITALY	14/10/50	17:32.66	
	13	Claude Flamant	FRANCE	21/03/49	17:36.80	
	14	Jan Arvid Rolstad	NORWAY	17/08/50	17:59.24	
	15	Yves Laffon	FRANCE	12/04/48	18:10.47	
M55	16	Gianni Frandi	ITALY	24/11/48	20:56.97	
	1	Dirk Bogaert	BELGIUM	11/03/58	14:37.87	
	2	Mirosław Luniewski	POLAND	25/01/57	14:51.72	
	3	Jesus Javier Moreno	SPAIN	07/07/57	15:16.60	
	4	Sergey Lyzhin	RUSSIA	19/04/55	15:23.56	
	5	Steve Allen	GREAT BRITAIN	01/05/56	15:41.31	
	6	Juan Carlos Ugarte	SPAIN	23/11/57	15:45.43	
	7	Jean-Claude Guillon	FRANCE	05/03/56	15:54.48	
	8	Wilfried Gaube	GERMANY	30/11/56	16:00.72	
	9	Gerard Gualandi	FRANCE	14/02/55	16:29.87	
	10	Gilles Pascal Chrisment	FRANCE	17/09/54	16:41.07	
	11	Yves Calamy	FRANCE	19/07/55	17:31.60	
	12	Manuel Molera	SPAIN	01/06/56	18:08.19	
M50	13	Santiago Segui	SPAIN	16/09/53	21:07.64	
	1	Miguel Periañez	SPAIN	02/11/62	13:32.58	CR
	2	Andrea Naso	ITALY	24/11/60	13:36.44	
	3	Francisco Reis	GREAT BRITAIN	14/08/60	13:59.37	
	4	Jose Antonio Gallardo	SPAIN	09/06/61	14:08.71	
	5	Patrick Murphy	IRELAND	16/01/61	14:22.07	
	6	Klaus Dietsche	GERMANY	28/05/62	14:28.16	
	7	Patrick Bonvarlet	FRANCE	11/06/60	14:29.44	
	8	Uwe Schröter	GERMANY	13/09/59	14:31.92	
	9	Markus Reifinger	AUSTRIA	07/08/60	14:52.19	
	10	Luis Abadias	SPAIN	30/12/59	14:53.32	
	11	Julian Iglesias	SPAIN	22/12/62	15:33.99	
	12	Daniele Colombo	ITALY	20/07/58	16:12.08	
	13	Serge Marvingt	FRANCE	07/12/58	16:28.04	
	14	Seffari Abdelaziz	FRANCE	08/10/58	17:06.39	
	15	Patrick Liardou	FRANCE	08/06/60	17:52.41	
	16	Thierry Goubert	FRANCE	23/08/59	18:32.08	
	17	Udo Münster	GERMANY	16/03/61	18:58.63	
M45	1	Miguel Angel Prieto	SPAIN	20/09/64	12:30.99	
	2	Leonardo Toro	SPAIN	07/05/67	13:18.26	
	3	Petro Garnyk	UKRAINE	18/08/64	13:40.56	
	4	Fabrice Poras	FRANCE	10/07/67	13:43.75	
	5	Steffen Meyer	GERMANY	04/07/66	13:45.14	
	6	Sebastian Manuel Barranco	SPAIN	20/12/67	14:19.59	
	7	Jose Faus	SPAIN	21/02/64	14:21.71	
	8	Briere Regis	FRANCE	25/01/68	14:52.53	
	9	Madars Breide	LATVIA	06/12/64	15:05.05	
	10	Ion Marian	ROMANIA	03/07/63	17:07.06	
M40	11	Alan Roberts	GREAT BRITAIN	08/04/64	21:03.45	
	1	Steffen Borsch	GERMANY	16/02/73	12:13.49	
	2	Viacheslav Degtyarenko	RUSSIA	08/04/71	12:27.84	
	3	Luis Silva	PORTUGAL	26/08/70	12:30.51	
	4	Jose Luis Duce	SPAIN	17/02/73	12:54.49	
	5	Normunds Ivzans	LATVIA	07/11/71	12:54.57	
	6	David Durand Pichard	FRANCE	16/04/72	15:05.13	
	7	Ruben Piñol	SPAIN	10/07/71	15:36.52	
	8	Mario Fernandez	SPAIN	29/11/68	17:43.20	
M35	1	Juan Ruben Piñera	SPAIN	25/07/75	12:57.72	
	2	Francisco Martin	SPAIN	27/05/75	13:19.87	
	3	Rodrigo Dominguez	SPAIN	26/06/77	13:31.95	
	4	Jose Manuel Sanchez	SPAIN	30/04/74	14:03.78	
	5	Jose Luis Muñoz-torrero	SPAIN	24/01/75	14:08.68	
	6	Jose Manuel Rodriguez	SPAIN	25/08/75	14:16.05	
	7	Sébastien Eichholtzer	FRANCE	29/05/76	14:33.72	

After the track walks, Germany led with 6 medals (3 gold, 1 silver and 2 bronze), followed by France with 5 medals (3-1-1) and Spain with 4 (1-1-2). And now the results for the 5km road walk which was held on March 23rd.

In the medals table for the men's 5 km race, Spain used its home country advantage to dominate, winning 9 medals (4 gold, 2 silver and 3 bronze), clearly ahead of Britain with 4 (2-1-1) and Germany with 3 (2-1-0). In the women's 5km, it was a case of Spain vs Germany with regard to medals.

5km Road Walk

W35	1	Bianca Schenker	GERMANY	03/10/74	24.05	CR
	2	Maria Jose Guardiola	SPAIN	25/11/76	24.17	
	3	Brit Schröter	GERMANY	03/10/74	25.15	
	4	Olga Cabrera	SPAIN	24/01/74	25.53	
	5	Sandrine Eichholtzer	FRANCE	12/03/77	26.31	
	6	Valeria Pedetti	ITALY	15/10/73	26.43	
	7	Baiba Frisenbrudere	LATVIA	06/03/75	28.19	
	8	Yvonne Markgraf	GERMANY	15/08/75	28.56	
	9	Raquel Galisteo	SPAIN	07/06/75	29.53	
	10	Isabel Huertos	SPAIN	27/12/75	30.16	
	11	Sarah Treillie	FRANCE	30/06/73	31.11	
W40	1	Cristina Fernandez	SPAIN	22/07/71	25.21	CR
	2	Pilar Amelia Iglesias	SPAIN	01/04/68	26.01	
	3	Christelle Barré	FRANCE	02/04/72	26.04	
	4	Carmen Mercedes Hernandez	SPAIN	07/02/69	27.36	
	5	Lenka Borovikova	CZECH REPUBLIC	04/01/73	27.46	
	6	Maria Sabina Brown	GREAT BRITAIN	13/08/69	28.39	
	7	Roberta Mombelli	ITALY	02/12/68	29.02	
	8	Alicia Lozano	SPAIN	28/08/70	30.27	
	9	Aija Rogale	LATVIA	29/11/68	31.00	
	10	Urszula Radziewinska	AUSTRIA	05/04/72	37.00	
W45	1	Nicole Best	GERMANY	30/01/68	24.09	CR
	2	Kokorina Irina	RUSSIA	24/11/64	27.40	
	3	Barbara Primas	GERMANY	03/12/65	28.50	
	4	Christine Briantais	FRANCE	26/09/65	29.21	
	5	Catherine Pongin	FRANCE	06/08/63	30.18	
	6	Silke Glombitza	GERMANY	24/03/67	31.47	
	7	Inara Fjodorova	LATVIA	24/10/65	33.20	
	8	Roz Mценzie	GREAT BRITAIN	21/11/64	33.26	
	9	Anne Gormley	IRELAND	20/03/63	33.36	
W50	1	Veronique Cochereau	FRANCE	06/09/59	28.25	
	2	Maria Del Carmen Garcia	SPAIN	10/12/60	28.46	
	3	Maria Angeles Noell	SPAIN	24/03/62	29.54	
	4	Ilona Kirchesch	GERMANY	17/11/58	30.24	
	5	Macarena Uriol	SPAIN	28/06/60	33.25	
	6	Fiona Jane Bishop	GREAT BRITAIN	31/05/59	33.45	
	7	Marvingt Béatrice	FRANCE	22/10/58	36.58	
W55	1	Marie Astrid Monmessin	FRANCE	05/02/56	27.50	
	2	Natalia Marcenco	ITALY	12/12/54	28.07	
	3	Ann Wheeler	GREAT BRITAIN	17/10/55	29.31	
	4	Yvonne Maggiore	FRANCE	14/09/55	30.35	
	5	Milliet Hélène	FRANCE	06/09/56	30.49	
	6	Bonvarlet Liliane	FRANCE	26/09/53	31.10	
	7	Mourgues Martine	FRANCE	21/03/56	31.15	
	8	Marie-France Beaulier	FRANCE	25/08/57	31.20	
	9	Jocelyne Pater	BELGIUM	09/03/54	31.32	
	10	Cath Duhig	GREAT BRITAIN	19/10/54	32.01	
	11	Judy Howard	GREAT BRITAIN	30/01/57	33.10	
	12	Luidmila Nityagovskaya	RUSSIA	06/05/54	33.42	
	13	Yovka Nyagolova	BULGARIA	21/08/57	39.23	
W60	1	Maria Alice Fernandes	PORTUGAL	26/03/52	28.52	
	2	Maria Jose Briz	SPAIN	21/06/51	30.00	
	3	Dorothea Grolig	AUSTRIA	13/05/51	30.03	
	4	Edith Brochot	FRANCE	24/07/52	30.16	
	5	Aurora Alvarez	SPAIN	20/06/52	30.52	
	6	Liubov Shymko	UKRAINE	25/10/49	32.13	
	7	Rita Del Pinto	ITALY	05/02/49	34.11	
	8	Simone Baret	FRANCE	29/04/50	34.44	
	9	Pilar Adan	SPAIN	11/08/52	34.59	
	10	Karmella Michlfeit	AUSTRIA	28/02/49	35.16	
	11	Heidrun Grünig	GERMANY	30/12/49	37.12	
	12	Tetyana Lavruk	UKRAINE	22/06/51	39.09	
W65	1	Noel Blatchford	GREAT BRITAIN	19/12/47	30.45	

	2	Antonina Tyshko	UKRAINE	24/06/47	31.16	
	3	Janine Bernier	FRANCE	22/08/46	32.16	
	4	Heidrun Neidel	GERMANY	04/09/47	34.07	
	5	Ursula Klink	GERMANY	21/07/44	34.07	
	6	Loyer Suzanne	FRANCE	19/07/47	35.23	
W70	1	Gisela Theunissen	GERMANY	05/07/42	34.07	
	2	Halldis Marit Nagell-Dahl	NORWAY	16/07/42	36.12	
	3	Larysa Lebedieva	UKRAINE	27/12/40	36.52	
	4	Maria Maro	AUSTRIA	23/12/42	37.00	
	5	Rosa Girards	GERMANY	13/11/39	37.00	
	6	Ilga Buntika	LATVIA	09/03/39	39.30	
	7	Alla Kolesnikova	RUSSIA	02/09/41	39.54	
	8	Helga Dräger	GERMANY	20/08/39	40.11	
	9	Maria Vecchi	ITALY	02/02/40	40.17	
W75	1	Denise Leclerc	FRANCE	10/10/33	36.21	
	2	Lysya Aleksyeyeva	UKRAINE	16/03/37	37.11	
M35	1	Juan Ruben Piñera	SPAIN	25/07/75	22.21	
	2	Rodrigo Dominguez	SPAIN	26/06/77	22.32	
	3	Antonio Ferrer	SPAIN	05/11/75	23.49	
	4	Jose Manuel Sanchez	SPAIN	30/04/74	24.01	
	5	David Hernandez	SPAIN	31/12/76	24.01	
	6	Jose Luis Muñoz-torrero	SPAIN	24/01/75	24.21	
	7	Jose Manuel Rodriguez	SPAIN	25/08/75	24.37	
	8	Evaristo Bailen	SPAIN	06/06/74	24.48	
	9	Ernesto Croci	ITALY	16/08/73	25.05	
	10	Francesco Scafuro	ITALY	24/12/77	25.23	
	11	Sébastien Eichholtzer	FRANCE	29/05/76	26.33	
	12	Alejandro Ruisanchez	SPAIN	02/05/77	27.30	
M40	1	Luis Silva	PORTUGAL	26/08/70	21.09	
	2	Steffen Borsch	GERMANY	16/02/73	21.25	
	3	Normunds Ivzans	LATVIA	07/11/71	21.56	
	4	Jose Luis Duce	SPAIN	17/02/73	22.14	
	5	Viacheslav Degtyarenko	RUSSIA	08/04/71	22.43	
	6	Fabrice Ramon	FRANCE	09/07/70	22.48	
	7	Manuel Julio Angueira	SPAIN	04/11/72	23.34	
	8	Steffen Meyer f	GERMANY	04/07/66	23.41	
	9	Christer Svensson	SWEDEN	15/12/69	23.55	
	10	Jose Antonio Aparicio	SPAIN	27/05/69	23.56	
	11	David Durand Pichard	FRANCE	16/04/72	24.46	
	12	Julia Urrutia	SPAIN	09/07/68	25.39	
	13	Ruben Piñol	SPAIN	10/07/71	26.41	
	14	Madars Breide f	LATVIA	06/12/64	26.46	
	15	Stefan Werner f	GERMANY	28/02/64	27.39	
	16	Franco Venturi Degli Esposti f	ITALY	01/03/57	29.15	
	17	Mario Fernandez	SPAIN	29/11/68	30.08	
	18	Gunars Janis Mikulis f	LATVIA	30/08/37	40.29	
M45	1	Miguel Angel Prieto	SPAIN	20/09/64	21.30	
	2	Leonardo Toro	SPAIN	07/05/67	22.16	
	3	Enrique Fernandez	SPAIN	20/02/66	22.24	
	4	Alfredo Galicia	FRANCE	10/12/66	22.49	
	5	Petro Garnyk	UKRAINE	18/08/64	23.25	
	6	Fabrice Poras	FRANCE	10/07/67	23.27	
	7	Juan Manuel de Lucas	SPAIN	29/06/66	24.29	
	8	Sebastian Manuel Barranco	SPAIN	20/12/67	24.45	
	9	Jose Faus	SPAIN	21/02/64	24.56	
	10	Pere Tobaruela	SPAIN	14/11/65	25.24	
	11	Manuel Treus	SPAIN	11/08/66	25.34	
	12	Briere Regis	FRANCE	25/01/68	26.07	
	13	Dr. Franz Kropik	AUSTRIA	20/01/68	26.48	
	14	Ion Marian	ROMANIA	03/07/63	27.42	
	15	Roman Brzezowsky	AUSTRIA	05/09/64	32.19	
	16	Alan Roberts	GREAT BRITAIN	08/04/64	35.42	
M50	1	Miguel Periañez	SPAIN	02/11/62	22.43	CR
	2	Andrea Naso	ITALY	24/11/60	23.33	
	3	Francisco Reis	GREAT BRITAIN	14/08/60	23.52	
	4	Klaus Dietsche	GERMANY	28/05/62	24.33	
	5	Jose Antonio Gallardo	SPAIN	09/06/61	24.45	

	6	Patrick Bonvarlet	FRANCE	11/06/60	24.58	
	7	Uwe Schröter	GERMANY	13/09/59	25.01	
	8	Patrick Murphy	IRELAND	16/01/61	25.29	
	9	Markus Reifinger	AUSTRIA	07/08/60	25.34	
	10	Julian Iglesias	SPAIN	22/12/62	25.39	
	11	Luis Abadias	SPAIN	30/12/59	25.39	
	12	Luis Mahugo	SPAIN	24/12/60	25.56	
	13	Adolfo Garcia	SPAIN	01/02/63	25.57	
	14	Antonio Sansevrino	ITALY	25/11/59	26.17	
	15	Andres Vilarrasa	SPAIN	22/02/61	26.51	
	16	Daniele Colombo	ITALY	20/07/58	28.12	
	17	Gerard Chatelet	FRANCE	06/06/60	28.21	
	18	Serge Marvingt	FRANCE	07/12/58	28.25	
	19	Seffari Abdelaziz	FRANCE	08/10/58	28.35	
	20	Patrick Liardou	FRANCE	08/06/60	30.45	
	21	Zdenek Bittengl	CZECH REPUBLIC	12/05/61	31.26	
	22	Udo Münster	GERMANY	16/03/61	32.09	
	23	Jean Pierre Chipeaux	FRANCE	13/08/58	32.18	
M55	1	Dirk Bogaert	BELGIUM	11/03/58	25.17	
	2	Mirosław Luniewski	POLAND	25/01/57	25.33	
	3	Jesus Javier Moreno	SPAIN	07/07/57	25.59	
	4	Steven Uttley	GREAT BRITAIN	18/05/57	26.14	
	5	Sergey Lyzhin	RUSSIA	19/04/55	26.32	
	6	Gerard Barbouteau	FRANCE	23/04/57	26.39	
	7	Juan Carlos Ugarte	SPAIN	23/11/57	26.43	
	8	Wilfried Gaube	GERMANY	30/11/56	26.58	
	9	Steve Allen	GREAT BRITAIN	01/05/56	27.07	
	10	Alfons Schwarz	GERMANY	14/07/54	27.23	
	11	Jean-Claude Guillon	FRANCE	05/03/56	27.25	
	12	Gunter Evertz	GERMANY	27/01/57	27.59	
	13	Yves Calamy	FRANCE	19/07/55	28.14	
	14	Gerard Gualandi	FRANCE	14/02/55	28.56	
	15	Juergen Bruegel	GERMANY	29/07/53	30.21	
	16	Beraha Samy	FRANCE	19/05/53	30.32	
	17	Santiago Segui	SPAIN	16/09/53	36.16	
M60	1	Ignasi Melo	SPAIN	28/12/52	24.09	
	2	Ian Richards	GREAT BRITAIN	12/04/48	24.16	
	3	Patrice Brochot	FRANCE	03/08/51	25.42	
	4	John Hall	GREAT BRITAIN	18/01/49	26.24	
	5	Gerard Perez	FRANCE	25/07/51	26.28	
	6	Daniel Siegenfuhr	FRANCE	14/02/50	27.49	
	7	Petr Adam	CZECH REPUBLIC	08/05/50	28.12	
	8	Jean Pierre Pin	FRANCE	09/01/49	28.38	
	9	Rafael Area	SPAIN	27/11/49	28.48	
	10	Sergio Fasano	ITALY	17/02/52	29.09	
	11	Marc Lassus	FRANCE	21/03/50	29.42	
	12	Claude Flamant	FRANCE	21/03/49	29.49	
	13	Pierangelo Fortunati	ITALY	14/10/50	29.51	
	14	Yves Laffon	FRANCE	12/04/48	30.02	
	15	Jan Arvid Rolstad	NORWAY	17/08/50	31.37	
	16	Claude Munsch	FRANCE	27/06/48	34.16	
M65	1	Ettorino Formentin	ITALY	22/03/47	26.33	CR
	2	Ludwig Niestelberger	AUSTRIA	05/03/48	27.06	
	3	John McMullin	IRELAND	05/03/46	28.21	
	4	Bernard Delayre	FRANCE	10/09/47	28.33	
	5	Roger Michell	GREAT BRITAIN	07/01/48	28.41	
	6	Fernand Rabatel	FRANCE	02/07/46	29.22	
	7	Ivan Kovalev	RUSSIA	01/01/47	29.58	
	8	Francisco Arnaiz	SPAIN	08/11/43	30.22	
	9	Benito Leon	SPAIN	15/12/46	30.50	
	10	Arvid Bjørsvik	NORWAY	14/06/43	30.55	
	11	Joseph Hummer	LUXEMBOURG	05/10/46	31.24	
	12	François Poncin	FRANCE	30/11/44	34.00	
	13	Werner Knyz	AUSTRIA	13/09/45	34.47	
	14	Benazet Robert	FRANCE	25/09/44	34.51	
	15	Louis Bellevegue	FRANCE	22/12/46	34.52	
	16	Arthur Lillefosse	NORWAY	23/07/44	34.57	
	17	Rudolf Michlfeit	AUSTRIA	29/12/46	36.37	

	18	Walter Brandenburg	SWITZERLAND	15/08/46	37.40	
	19	Michel Lheritier	FRANCE	11/02/48	43.19	
M70	1	Peter Schumm	GERMANY	28/10/42	29.37	
	2	Einari Vainikka	FINLAND	04/08/40	29.46	
	3	Alexandr Sartakov	RUSSIA	01/01/42	29.47	
	4	Ronald Penfold	GREAT BRITAIN	14/10/41	29.55	
	5	Wolf-Dieter Giese	GERMANY	07/02/43	31.24	
	6	Klaus Gottert	GERMANY	08/01/39	32.18	
	7	Iurii Polovshchikov	RUSSIA	22/03/42	33.00	
	8	Hermann Strieder	AUSTRIA	22/02/41	33.02	
	9	Gunars Rubenis	LATVIA	31/10/38	33.09	
	10	Raitis Lerme	LATVIA	11/10/42	33.45	
	11	Jorma Pirinen	FINLAND	30/01/41	34.56	
	12	A Volskyi	UKRAINE	17/07/40	35.05	
	13	Vladimirs Dribincevs	LATVIA	17/09/40	37.57	
	14	Andre Liardou	FRANCE	27/07/40	39.02	
M75	1	Arthur Thomson	GREAT BRITAIN	22/04/36	29.36	CR
	2	Jordana Alexis	FRANCE	10/02/37	29.52	
	3	Zigurds Irbe	LATVIA	24/01/36	30.06	
	4	Mykola Panaseiko	UKRAINE	20/12/34	30.46	
	5	Holger Flassnöcker	GERMANY	21/11/37	34.38	
	6	Gernot Mittag	GERMANY	13/02/38	36.37	
	7	Claude Bertrandeau	FRANCE	22/10/37	37.33	
	8	Frank Knäringer	GERMANY	18/02/36	37.46	
	9	Jose Armisen	SPAIN	13/03/35	39.03	
	10	Bernard Krabbendam	NETHERLANDS	11/08/34	39.11	
	11	José Bom	PORTUGAL	20/05/33	43.11	
M80	1	Eric Horwill	GREAT BRITAIN	09/03/33	38.19	
	2	Matti Tamminen	FINLAND	21/08/28	39.03	
M85	1	Günter Ciesielski	GERMANY	23/10/26	37.40	

FERNANDO ROZO CUP, CASTILLA LA NUERVA, COLOMBIA, SATURDAY 17 MARCH

Again, thanks to oMarchador for the results of the Fernando Rozo Cup, contested in Colombia on Saturday 17th March - see their article at <http://omarchador.blogspot.pt/2013/03/eider-arevalo-jorge-ruiz-e-arabelly.html>

Eider Arévalo, 2012 World Cup and World Junior 10km champion, won the men's 20km with 1:25:00 ahead of compatriot James Rendon 1:25:05 and Ecuadorian Jose Mauricio Arteaga 1:27:19. In the 35 km race, Jorge Ruiz won with a time of 2:42:15, followed him Ferney Rojas 2:47:19, and Rodrigo Moreno 2:50:22. In the women's 20 km, Arabelly Orjuela was the winner with 1:37:36 ahead of Sandra Galvis 1:39:03 and Yeseida Torres 1:45:03. 94 athletes participated in the various races, honouring the memory of former Colombian walker Fernando Luis Rozo Burrano.

20km Women

1.	Arabelly Orjuela	BOG	1.37.36
2.	Sandra Galvis	Chía	1.39.03
3.	Yeseida Carrillo Torres	Chía	1.45.03

20km Men

1.	Eider Arévalo	BOG	1.25.00
2.	James Rendón	BOG	1.25.05
3.	Mauricio Arteaga	ECU	1.27.19

35km Men

1.	Jorge Ruiz	FA	2.42.15
2.	Ferney Rojas	BOY	2.47.19
3.	Rodrigo Moreno	BOG	2.50.22

10km Junior Women

1.	Milena Restrepo	ANT	52.44
2.	Carolina Mariño	BOY	53.27
3.	Sara Patricia Pulido	RIS	56.07

10km Junior Men

1.	Iván Garrido	BOG	44.03
2.	Kenny Pérez	RIS	44.04
3.	Esteban Soto	BOG	44.06

5km Youth Women

1.	Daniela Dorado	HUI	24.59
2.	Daniela Pastrana	NAR	25.13
3.	Luz Karen Mena	NAR	25.29

10km Youth Men

1.	Brayan Fuentes	Rozo	46.23
2.	Diego Fernando Cuellar	HUI	46.32
3.	Cristián Merchán	BOG	47.02

VENEZUELAN RACEWALKING CHAMPIONSHIPS, VALENCIA, VENEZUELA, SAT 16 MARCH

Thanks to oMarchador for their article on the Venezuelan Racewalking Championships, held on Sat 16 March in Valencia, Venezuela. See <http://omarchador.blogspot.pt/2013/03/milangela-rosales-e-richard-vargas.html>

Under a temperature hovering between 29C and 35C, Milangela Rosales 1:42:06 and Junior walker Richard Vargas 1:32:41 won the Open races on a circuit of 1015m while the Masters titles went to 4th placed Lorena Sierra 2:06:28, and 7th placed Jose Mendez 2:06:52. The meet had a number of other events and saw 117 walkers in action overall.

20km Men

1.	Richard Vargas	Distrito Capital	1.31.42
2.	Jose Bustamante	Portuguesa	1.35.11
3.	Anderson Torres	Miranda	1.43.30
4.	Francisco Zapata	Portuguesa	1.44.42
5.	Gustavo Muñoz	Carabobo	1.49.58
6.	Oscar Barios	Carabobo	1.55.00
7.	Jose Mendez	Portuguesa	2.06.52
8.	Julian Conde	Anzoategui	2.10.34
9.	Gregorio Zapata	Miranda	2.36.01

20km Women

1.	Milangela Rosales	Merida	1.42.06
2.	Nayibe Rosales	Distrito Capital	1.45.22
3.	Carolina Flores	Miranda	1.52.38
4.	Lorena Sierra	Aragua	2.06.28
5.	Carmen Penarrieta	Distrito Capital	2.20.18
6.	Veronica Luna	Miranda	2.22.58
7.	Nanci Julio	Miranda	2.47.37

10km Junior Men

1.	Roger Materan	Portuguesa	50.23
2.	Carlos Cedeño	Carabobo	51.06
3.	Frank Andara	Trujillo	52.41
4.	Kevin Salvatierra	Carabobo	52.55
5.	John Sanchez	Merida	53.16
6.	Anthony Ortiz	Miranda	58.45

10km Junior Women

1.	Natalia Alfonso	Carabobo	52.08
2.	Jiifrenn Quintero	Barinas	54.52
3.	Germaris Pinilla	Miranda	1.00.44
4.	Nelly Becerra	Tachira	1.03.57
5.	Daniela Lazcano	Carabobo	1.06.49
6.	Maria Cedeño	Miranda	1.11.26

PATRA, GREECE, SATURDAY 16 MARCH**Men's 10,000m Race Walk**

1.	Konstadinos DEDÓPOULOS	GRE	94	42:29.83
2.	Zacharias TSAMOUDAKIS	GRE	96	42:34.28
3.	Yeóryios ALIFIERÁKIS	GRE	87	43:18.87
4.	Savvas KRAVARIOTIS	GRE	94	43:34.03
5.	Joannis VAITSIS	GRE	95	43:57.88

Women's 10,000m Race Walk

1.	Spyridoula STAVROU	GRE	88	48:20.17
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NEW ZEALAND T&F CHAMPIONSHIPS, MT SMART, AUCKLAND, 22-24 MARCH

The New Zealand T&F Championships were held in Auckland last weekend and there were some fine walks by Rozie Robinson (14:09.92), Mike Parker (13:28.64), Matt Holcroft (12:56.68) and Jonathon Lord (13:26.93). For Rozie, it was her third win in a row in the Open Women's 3000m and it made the papers - see <http://www.odt.co.nz/sport/athletics/250558/athletics-three-row-robinson>.

Walk results follow. For the full meet results, you can checkout <http://athletics.org.nz/Resource.aspx?ID=17222>. And you can also check out the meet photos at <http://www.facebook.com/photo.php?fbid=10151338551544080&set=a.10151338547714080.1073741829.663794079&type=1&permPage=1>

Women 3000m Walk Open

1.	Roseanne Robinson	Otago	14:09.92
2.	Kate Newitt	Canterbury	14:29.66
3.	Lesley Cantwell	Southland	14:35.40
4.	Corinne Smith	France	15:06.99
5.	Terri Grimmett	Wellington	18:03.34
6.	Theresa Large	Taranaki Race Walking Club	18:18.69

Women 3000m Walk Under 20

1.	Jenny Meikle	Canterbury	17:43.28
2.	Sarah-Amy Rhind	Racewalking Auck	18:00.25

Women 3000m Walk Under 18

1.	Emma Dunbar	Auckland	18:29.19
2.	Kerri Batin	Sumner RC	20:06.02

Men 3000m Walk Open

1.	Mike Parker	Auckland	13:28.64
2.	Graeme Jones	Hawkes Bay Gisborne	13:38.71
3.	Mike Morresey	Taranaki	13:45.01
4.	Miguel Blanco Rodriguez	Mexico	14:10.58

Men 3000m Walk Under 20

1.	Matthew Holcroft	Waikato BoP	12:56.68
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Men 3000m Walk Under 18

1.	Jonathon Lord	Canterbury	13:26.93
2.	Jared Free	Auckland	15:27.22
3.	Jamie Shaw	Tasman	15:37.12
4.	Nathan McDougall	Hillsborough Athletics	17:55.95



Nationals Day 1 22.03.13 Marten Bearda Photos

Matt Holcroft (2481) leads the men - Open winner Mike Parker 2112 is nicely placed (Marten Bearda Photos)



Rozie Robinson leads the women's race

SOUTH AFRICAN SCHOOL CHAMPS, JAN SMUTS STADIUM, EAST LONDON, SA, 22-24 MARCH

The South African Athletics National Secondary Schools Track and Field Championship kicked off at 6am last Friday at the Jan Smuts Stadium in East London. The meet saw some 1800 athletes from the various provinces competing in a variety of events, including track walks.

Girls u/15 5000m

1.	Henriette Cronje	27:34.24
2.	Noeline Rossouw	27:35.81
3.	Carla Van Lill	27:57.35
4.	Mizan Viljoen	28:15.55
5.	Chante Hofffeldt	29:29.63
6.	Anette Koen	29:38.22
7.	Maxine Klinkenberg	29:44.39
8.	Lorma J V Rensburg	29:50.68
9.	Anieka Van Der Westhuizen	31:07.23
10.	Hesmari Teubes	33:24.23

Girls u/17 5000m

1.	Chrysa Van Wyk	26:36.23
2.	Udelle de Winnaar	26:37.70
3.	Tersia Smit	27:44.60
4.	Delia Meyer	28:53.47
5.	Elandre Kapp	29:14.51
6.	Ester Van Der Merwe	30:09.44
7.	Stofile Zimkhita	35:07.06

Girls u/19 5000m

1.	Phelokazi Gcolotela	57:59.40
2.	Juanine Langeveldt	66:03.41
3.	Sisipoho Sokrowa	67:17.94

Boys u/15 5000m

1.	Pierre Vermaak	24:43.16
2.	Hanru Colling	26:17.55
3.	Xolisa Lumkwana	26:49.64
4.	Siyabonga Kolomba	27:03.63
5.	Dullan Solomons	27:05.27
6.	Nkosiphendule Maluleka	29:02.73
7.	Christiaan Van Der Schyff	29:04.38

Boys u/19 10000m

1.	Ntoane Ntoane	51:51.44
2.	Lwazi Ntsizakalo	52:55.14
3.	Malakhiwe Poni	54:14.90
4.	Odirile Tsamai	55:24.91
5.	Karabo Mpedi	57:42.20

SOUTH AFRICAN PRIMARY SCHOOL CHAMPIONSHIPS, FREE STATE, SA, 14-16 MARCH 2013

And now to the walks in the South African Primary Schools Championships which were held a week earlier.

Girls u/13 1500m Walk

1.	Maria Conradie	8:10.56
2.	Anlé Loubser	8:13.11
3.	Hilda du Toit	8:14.94

Boys u/13 1500m

1.	Francois Jacobs	7:43.58
2.	Duan Jansen	7:43.75
3.	Mohlouwa Busa	7:56.55

4. Lesego Maphike	8:38.28	4. Jaques Heymans	7:56.62
5. Xanthé Claase	8:50.71	5. Marko Jansen	7:59.25
6. Ayabukwa Bune	9:00.73		
7. Asenathi Tom	9:21.99		

The South African Senior Race Walking Championships will be held on 13 April 2013 at Youngsfield, Cape Town.

24 HEURES DE CHATEAU-THIERRY, CHATEAU THIERRY, FRANCE, 23-24 MARCH

Emmanuel Tardi was out and about last week, first at Chateau-Thierry on Saturday and then in Montreuil on Sunday. First to Chateau-Thierry (the birthplace of French poet La Fontaine), about 100km in the East of Paris, where the second of the Paris-Colmar spring qualifiers was to be held. 51 starters toed the line for the 2PM start at the Town Hall Square, intent on walking as far as they could in the next 24 hours. The first lap was 1.108km, followed by laps of 2.417km with the lap reduced to 656m for the final hour.

Fabrice Henry took the lead right from the gun. For the first two hours, he had company in the person of local walker Philippe Morel but he soon cleared out, passing the 100km mark in 10:59:57 (already 21 mins in front) and the 180km in 21 hours. His final winning distance of 205.632km was very good considering the adverse weather (sub zero temperatures during the night and a swirling cold wind). Second place went to Dominique Bunel with 196.338km and third place to Florian Letourneau with 187.95km in his first attempt at this kind of event. 80 year old Jean Pichon walked an excellent 135km. In the women's race, Corinne Fauqueur led for the 6 hours but then surrendered the lead to Dominique Alvernhe who went on to win with 172.813km.

The 2x6 hours event was won by Saadi Lougrada with 99.523 km.

24 Heures de Chateau-Thierry

1. HENRY Fabrice	AS ST JUNIEN	205 km 632 m
2. BUNEL Dominique	NEUILLY SUR MARNE ATHLETISME	196 km 338 m
3. LETOURNEAU Florian	AC CHATEAU THIERRY	187 km 958 m
4. DUTERTE Andre	CM ROUBAIX	187 km 193 m
5. VARAIN Cedric	AC CHATEAU THIERRY	186 km 449 m
6. LETESSIER Gilles	PLM CONFLANS	179 km 702 m
7. RAULET Christophe	G A MEUSIEN	178 km 906 m
8. BUNEL Pascal	NEUILLY SUR MARNE ATHLETISME	174 km 213 m
9. ALVERNHE Dominique (F)	MONTPELLIER A.A.M	172 km 813 m
10. MARECHAL Jean	AC CHATEAU THIERRY	170 km 683 m
11. HUART Gilles	ASTT TOUL	165 km 554 m
12. FAUQUEUR Corinne (F)	ELAN 59	163 km 828 m
13. THEVENIN Hugues	MARNE ET GONDOIRE ATHLETISME	161 km 683 m
14. WALLAEYS Jean	CM ROUBAIX	161 km 028 m
15. PICOT Gerard	RANDO MONTFERMEIL	156 km 076 m
16. RODIER Nicole (F)	E.F.S.R.A.	153 km 331 m
17. DAUENDORFER Pierre	NL	152 km 737 m
18. LABYLLE Maggy (F)	AC BOUILLANTE	152 km 683 m
19. BAUDRILLART Antonio	PCA/CSL NEUF BRISACH	149 km 769 m
20. BIZARD Emilie (F)	THIAIS AC	149 km 082 m
21. CHAUVITEAU Daniel	NL	148 km 945 m
22. SEYNAEVE Serge	BEL (CM ROUBAIX)	146 km 412 m
23. EMONIERE Philippe	COSM ARCUEIL	144 km 880 m
24. PICHON Jean	A M S T V	135 km 331 m
25. BIZARD Claudie (F)	THIAIS AC	131 km 398 m
26. RASSAIND André	A LAÏQUE VOIRON	131 km 034 m
27. GLASER Jean Bernard	NEUILLY SUR MARNE ATHLETISME	125 km 964 m
28. GILLES Philippe	S/L LMA MEUNG SUR LOIRE	124 km 513 m
29. GANE Joel	AC BOUILLANTE	123 km 540 m
30. SPIESER Jean Paul	A.V.E.C	116 km 802 m
31. ELIESER Jocelyn	AC BOUILLANTE	105 km 938 m

2x6 Hour Walk

1. LOUGRADA Saadi	CM ROUBAIX	99 km 523 m
2. GIRAUDEAU Denis	PLM CONFLANS	95 km 791 m
3. MALOCHET Dominique (F)	A S C LE HAVRE	93 km 467 m
4. PIERRE Florence (F)	ASPTT BAR LE DUC	92 km 359 m
5. ANXIONNAT Claudine (F)	A.V.E.C	91 km 617 m
6. PANNIER Josiane (F)	H A C	90 km 633 m
7. SALOMEZ Benedicte (F)	NEUILLY SUR MARNE ATHLETISME	88 km 935 m
8. BORDIER Daniel	AC CHATEAU THIERRY	87 km 043 m

9. DALOZ Robert	NEUILLY SUR MARNE ATHLETISME	86 km 479 m
10. QUINQUETON Bernadette (F)	AM ST THIBAUT DES VIGNES	85 km 646 m
11. LAMOTTE Ginette (F)	NL	79 km 233 m
12. NAUMOWICZ Veronique (F)	CM ROUBAIX	73 km 702 m
13. MERCIER Jean Pierre	P C A/C S L NEUF BRISACH	73 km 547 m



Dominique Alverne, Dominique Brunel, Corinne Fauqueur and Jean Pichon



Fabrice Henry and Philippe Morel

55TH FACOETTI CHALLENGE, MONTREUIL, FRANCE, SUNDAY 24 MARCH

And now to Emmanuel's second report from the weekend - this time in Paris on Sunday.

On Sunday I walked the 55th Facoetti Challenge in Montreuil, an eastern suburb of Paris. It was the Regional Championship. In the men's race, Damien Molmy lead for 18k but Aurelien Quinion passed him in the final lap to win. In the women's race, Anne Gaelle Retout led from start to finish. For men, the cut was 2h10 and I was stopped after 18km. Bad luck Emmanuel but thanks for the results!

Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=132714>.

20km Women

1.	RETOUT Anne-gaelle	Val-de-reuil Ac *	SEF/80	1:40:04
2.	QUENNEHEN Marine	Ca Montreuil 93	ESF/91	1:44:19
3.	RINERO CHANFREAU Fabienne	Ca Montreuil 93	SEF/80	1:45:30
4.	HECKMANN Annette (GER)	Bordeaux Athle*	SEF/78	1:51:37
5.	LANOUE Severine	Avia Club Issy-les-moulx	SEF/85	1:58:01

20km Men

1.	QUINION Aurelien	Entente Franconville Cesame Va	ESM/93	1:35:43
2.	MOLMY Damien	Lille Metropole Athletisme*	SEM/88	1:35:48
3.	BOULAY Emmanuel	Rouen Maromme Mont Saint Aigna	VEM/70	1:38:16
4.	BOUFRAINE Mehdi	Ca Montreuil 93	SEM/89	1:38:26
5.	GROUSELLE Pierre	A. Sarreguemines Sarrebourg A	SEM/85	1:39:54
6.	DUMAIRE Thomas	Athle Sud 77*	SEM/90	1:40:02
7.	DAHM Florent	Ca Montreuil 93	SEM/87	1:40:28
8.	GIORDANO Manuel (Ita)	Centro Lazio Rome ITA	JUM/95	1:41:20
9.	GIORDANO Marco (Ita)	Centro Lazio Rome ITA	JUM/95	1:43:30
10.	LEAGENTIL Laurent	Dynamic Aulnay Club	SEM/88	1:44:12

WALKING SHORTS

Sometimes you get lucky and your picture turns up in unexpected places. Anand Thillaisundaram forwarded me these two scans from the latest version of the British based Anaesthesia News - the photo shows Australian walker **Chris Erickson** in the Olympic 20km in London.



And finally a few more links on the Lugano walks meet on which I reported in last week's newsletter.

- Nice article on how well the British walkers did in Lugano last week: <http://www.englandathletics.org/news.asp?itemid=11206&itemTitle=Great+results+and+times+for+English+walkers+in+Lugano§ion=42§ionTitle=England+Athletics+News>
- Lugano photo galleries at <http://www.swisswalking.org/news/news.php?id=992&title=Lugano+Trophy+2013%3A+photos+%2F+pictures+%2F+fotos&categorie=Activit%C3%A9s>
- And two more Lugano YouTube videos from Emmanuel Tardi
<http://www.youtube.com/watch?v=hKYkv8Fhdg0>
<http://www.youtube.com/watch?v=i0nC6bdYZLQ>

NATHAN BRILL GETS A GUERNSEY FOR THE WORLD YOUTH CHAMPIONSHIPS

Congratulations to Victorian walker Nathan Brill who has been selected in the Australian team to contest the **IAAF World Youth Championships** in Donetsk (UKR) in July. He is one of 21 young Australians selected - see the Athletics Australia announcement at http://www.athletics.com.au/home/news/news/2013/march/wyc13_donetsk_to_welcome_21

Well done Nathan - a well deserved selection that comes on top of his 2012 World Race Walking Cup selection and his 2013 Australian Youth Olympics selection.



Left: Nathan walks his first 10km in 47:30 in October 2010 in his first season as a walker - 14 years of age
Right: 16 year old Nathan walks 42:48 in March 2013 to confirm his place in the Australian World Youth team

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
April 28, 2013 ALAC Australian U13 Championships, Canberra, ACT

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**
 See www.isleofman100milewalk.co.uk
 October 15-27, 2013 **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 ^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

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>)