



## 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 14 year old **Clara Smith** of Queensland. Competing in the Glynis Nunn Shield the previous Saturday evening at the Queensland Sports Centre in Brisbane, she scorched around the track in a wonderful 5000m time of **23:08.26**. That's over a minute faster than the time which won her Walker of the Week the previous week. It is certainly an Australian leading time and perhaps one of the best ever world wide for one so young - Clara is only 14 years old! She is now our top U20 ranked woman and she has another 5 years to go!

This week, it's a vote with two performances that really caught my eye. You can read more about them later in the newsletter.

- Victorian walker **Kelly Ruddick** dominated the women's division in the Athletics Victoria Shield Final last Saturday, recording a 4 sec PB time of 8:22.0 for the 2000m walk, contested in 35°C conditions at Lakeside Pavilion in Melbourne. The time continues her rapid rise up the rankings this Summer and omens well for the Australian 20km next weekend in Hobart.
- Victorian ultra specialist **Michelle Thompson** was in action last Saturday night in Canberra where she powered through the 12 Hour Injinji Ultra event with a superb distance of 100.986km. This was only 172m outside her Australian best and it marks a great start to her 2013 ultra campaign.

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

### WHAT'S COMING UP

I normally have this section at the end of the newsletter but this week it is right up front so that no one can miss it. There are a lot of events coming up for Victorian walkers and you must ensure you get your entries done in time. Read on!

- The **Victorian Open T&F Championships** will be held at Lakeside Oval on the weekend of **1-3 March** and the 5000m Open walk is currently scheduled for 6:20PM on the night of Friday 1 March. **Entries closed on Mon 19 Feb** and late entries close Mon 25 February. See <http://www.athsvic.org.au/events/detail/victorian-open-awd-track-field-championships>
- The **Sydney Track Classic** will be held on **9<sup>th</sup> March** at Sydney Olympic Park. Amongst the events on offer are 5000m walks for elite men and women. **Nominations close on Friday 22 February**. You can enter at [http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display\\_full&MeetID=990&OrgID=887](http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=990&OrgID=887).
- The **Victorian Masters T&F Championships** will be held at the Bill Seward Athletics Track in East Burwood on **16-17 March**. The 3000m walks are on the Saturday and the 1500m walks are on the Sunday. Entries close **Thursday 28 February**. Enter via AV website - see <http://www.athsvic.org.au/events/register/3721>.
- The **2013 Australian Masters T&F Championships** will be held in Canberra from **26 March - 1 April**. Online entries are available at <https://sites.google.com/site/ama2013canberra/>. **Entries close Friday 22 February. Late entries will not be accepted.**
- The **Australian Open T&F Championships** will be held in Sydney on **11-14 April** and will include invitational 5000m walks for men and women. The draft timetable shows the walks on 2:30PM on Saturday 13 April. You can enter online via the AA online entry panel at [http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display\\_main&OrgID=887](http://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=887).

**BENDIGO WALKERS CLUB ROAD RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 13 FEBRUARY**

Thanks to Paul Rance for the latest race report from Bendigo.

The Bendigo Walkers Club held a 2.4km sealed handicap event on Wednesday evening in Rosalind Park as part of their Summer Race Walking program. 9 year old Carissa Brook scored a strong victory as she broke her own Club Under 10 record with a 14.09 personal best effort. A deadheat resulted for 2<sup>nd</sup> place between Madison Hill who also recording a personal best time and Norm West. Fastest time honours went to Peter Curtis.

**2.4km Handicap**

1.	Carissa Brook	14.09
E2.	Madison Hill	14.32
E2.	Norm West	18.57
4.	John Carter	16.01
5.	Peter Curtis	15.07
6.	Geoff Major	18.09
E7.	Annette Curtis	17.16
E7.	Barb Bryant	14.41
9.	Zahra Hayes	13.23
10.	Sheridan Commons	20.32
11.	Caitlyn Tozer	22.32
12.	Colin Cleary	25.01

This Wednesday evening a 1.5km handicap event will be held in Rosalind Park commencing at 6pm. Enquirers phone 5442 6435 or 0400649610.

**SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, THURSDAY 14 FEBRUARY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin advises it was hot and humid but there was still an excellent turnout.

**1500m Yacht Handicap**

M69	Graham Harrison	09:31	74.95%
W64	Gill White	11:23	63.51%
M74	Rodger Barber	10:49	70.19%
M60	Jack Russell	07:57	81.38%
W64	Jan Layng	11:25	63.32%
W60	Edna Bates	12:47	54.20%
M64	John Hore	10:14	65.88%
M62	Phil Coles	11:09	59.21%
W55	Ruth Taylor-Hull	10:25	63.44%
M69	Roger Lowe	10:50	65.84%
	Ann Ireland	10:36	
M67	George White	08:08	85.68%
	Louisa Mitchell	10:59	
M54	Norman White	11:17	54.21%
	Kay Sutton	11:18	
M69	Doug Smart	11:27	62.30%
W65	Ros Lowe	12:12	59.93%

**3000m Yacht Handicap**

	Kay Sutton	21:37	
M76	Paul Boyce	24:22	65.32%
M83	Colin Hainsworth	22:34	78.40%
M62	Phil Coles	22:19	60.30%
M79	David Robertson	23:58	66.57%
M69	Graham Harrison	19:47	73.51%
M60	Jack Russell	18:06	72.86%
W64	Jan Layng	23:23	64.36%
W68	Valmai Padget	25:32	62.01%
M67	George White	16:39	85.33%
W61	Helen Suridge	21:12	68.56%
W58	Linda Whitelaw	23:49	59.08%
	Ann Ireland	22:16	
M69	Roger Lowe	24:01	60.56%

**WA STATE CHAMPIONSHIPS DAY 1, WAAS, PERTH, THURSDAY 14 FEBRUARY**

Day 1 of the Western Australian T&F Championships saw the U14-U16 walks contested. The remaining walks will be contested next Friday evening.

**Women 3000m Walk U14**

1.	Johns, Mikayla	Melville	16:59.90
2.	Ruane, Tiahna	Athletics WA	17:18.80
	Burgess, Jasmin	Athletics WA	DQ

**Women 3000m Walk U15**

1.	Maynard, Joanna	Kingsway	18:58.90
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**Men 3000m Walk U16**

1.	Leatherland, Simeon	West Track.	15:53.30
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**Men 3000m Walk U14**

1.	Reid, Benjamin	Athletics WA	17:39.90
2.	Ellis, Daryl	Mandurah/Roc	19:12.10
3.	Gerken, Christopher	Athletics WA	20:14.70

**A.V. SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 16 FEBRUARY**

The Athletics Victoria Shield final was a huge affair last Saturday with a program extending from 10AM to 7PM and with 114 teams participating, 2100+ performances recorded and 15 premierships decided. There were four separate 2000m races and, although it was very hot (35°C), the 116 walkers were in fine form with many of them also doing additional events. There were lots of others who would have loved to race but, alas, it is a teams championship so if your team did not make the regional finals, you missed out. Photos can be found at <http://www.facebook.com/media/set/?set=a.10151520189852533.543132.391958577532&type=3>

I would normally check out PBs and advise of any that I find but the racewalkaustralia.com website is currently down (I am waiting on advice) so I can't do that at the moment.

The first of the walks was for the younger male walkers and the lower Open men's divisions. It saw Emmet Brasier record an easy win with an excellent 9:04.8.

**2000 Meter Race Walk - Division 1**

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	9:04.8
2.	Swan, Kyle	M	KNOX AC	9:46.7
3.	Garganis, Adam	M	COLLINGWOOD	9:54.1
4.	McShanag, Connor	M	ATHLETICS ESSENDON	10:22.0
5.	Dickson, Corey	M	KNOX AC	10:31.0
6.	Owen, Cooper	M	DIAMOND VALLEY AC	10:54.4
7.	Van Dongen, Rupert	M	CASEY CARDIN	11:37.6
8.	Burgess, Liam Alex	M	DIAMOND VALLEY AC	11:56.4
9.	Hockley-Samon, Har	M	GEELONG REGION	12:02.9
10.	Hibbert, Chris	M	GLENHUNTLY AC	12:34.7
11.	Hamilton, Daniel	M	GLENHUNTLY AC	12:36.1
12.	Watson, Nick	M	DONCASTER AC	12:48.3
13.	Macdonald, Chris	M	HAILEYBURY AC	13:28.4
14.	Derby, Lachlan	M	COLLINGWOOD	13:33.8
15.	Sykes, Dominic	M	KEILOR ST BE	13:41.1
16.	Lui, Yuan Chow	M	DONCASTER AC	13:46.3
17.	Mirarchi, Thomas	M	GEELONG REGION	14:46.2
18.	Ramsay, Wayne	M	IVANHOE HARRIERS AC	15:34.6
19.	Holstein, Jake	M	KEILOR ST BE	16:12.3
20.	Power-Priede, Octa	M	DONCASTER AC	16:13.9
21.	Masini, Daniel	M	WESTERN ATHL	17:21.4
22.	Weitsz, Robert	M	WESTERN ATHL	17:21.7
23.	Rickard, Ian	M	BRUNSWICK AC	17:41.2
	Wellington, Shea	M	KEILOR ST BE	DQ
	Pensa, Marcus	M	KEILOR ST BE	DQ
	Lawson, Corey	M	SOUTH MELBOURNE AC	DQ

The second of the walks was for the younger female walkers and the lower Open women's divisions. Eliza Clark was the winner with 10:00.3.

**2000 Meter Race Walk - Division 2**

1.	Clarke, Eliza	W	DIAMOND VALLEY AC	10:00.3
2.	De Lisen, Paige	W	KNOX AC	10:25.3
3.	Hamilton, Emily	W	KNOX AC	10:39.9
4.	Vasiljevic, Taylor	W	CASEY CARDIN	10:40.3
5.	Schwerkolt, Zoe	W	BOX HILL AC	11:53.0
6.	Campbell, Rebecca	W	ATHLETICS ESSENDON	12:47.5
7.	Irons, Julia	W	KEILOR ST BE	12:52.7
8.	Noonan, Emily	W	COLLINGWOOD	12:54.5
9.	Clarke, Monica	W	OLD XAVERIANS AC	12:56.8
10.	Owen-Smith, Chelsea	W	DIAMOND VALLEY AC	12:59.3
11.	O'Keefe, Jessica	W	DONCASTER AC	13:12.6
12.	Laufer, Josephine	W	COLLINGWOOD	13:13.2
13.	Matthews, Rhiannon	W	KEILOR ST BE	13:14.4
14.	Walburg, Kirsten	W	DONCASTER AC	13:37.2
15.	Irons, Elaine	W	KEILOR ST BE	14:25.1
16.	Hodgart, Claire	W	WESTERN ATHL	14:26.4

17.	Van Der Westhuizen	W	ATHLETICS NU	14:49.0
18.	Zeleznikow, Eva	W	GLENHUNTLY AC	21:13.3
	Crea, Gabriella	W	ATHLETICS ESSENDON	DQ

The third walks race hosted the top Open men's divisions, along with the U20 men's division, contesting what turned out to be a super event. Rhydian Cowley 7:49.2 and Chris Erickson 7:54.5 dominated amongst the men although Chris was coming off a tough intervals session and stepped onto the start line straight from his workout so he was never going to seriously challenge the in-form Rhydian who produced yet another high quality walk. Kelly Ruddick must have been competing in the Ballarat Men's team as she was the next to finish in what was otherwise an all-male race. Her time of 8:22.0 was superb and is a new W35 Victorian record as well as a new VRWC club record. Behind her, the fast times continued as you can see below.



**Top performers Rhydian Cowley, Kelly Ruddick and Chris Erickson ([www.insideathletics.com](http://www.insideathletics.com))**

**2000 Meter Race Walk - Division 3**

1.	Cowley, Rhydian	M	GLENHUNTLY AC	7:49.2	
2.	Erickson, Chris	M	ATHLETICS ESSENDON	7:54.5	
3.	Ruddick, Kelly	F	BALLARAT REGION	8:22.0	PB 0:04
4.	Kozica, Jason	M	ST KEVINS AC	8:36.3	
5.	Simpson, Bradley	M	ATHLETICS NU	8:43.5	
6.	Hawksworth, Danny	M	ATHLETICS ESSENDON	9:08.7	
7.	Donahoo, Mark	M	ATHLETICS ESSENDON	9:13.1	
8.	Evans, Simon	M	BOX HILL AC	9:19.1	
9.	McDonough, Aaron	M	PRESTON AC	9:20.0	
10.	Hawkins, Trenton	M	PRESTON AC	9:29.2	
11.	Blood, Andrew	M	BALLARAT REGION	9:43.3	
12.	Mirarchi, Nicholas	M	GEE LONG REGION	10:14.7	
13.	Patti, Adrian	M	DONCASTER AC	10:42.4	
14.	Noonan, Patrick	M	ST KEVINS AC	11:34.2	
15.	Wright, Jacob	M	ATHLETICS NU	12:03.0	
16.	Irons, Matthew	M	MELBOURNE UN	12:25.2	
17.	Finch, Nicholas	M	DONCASTER AC	12:31.9	
18.	Worsnop, Christopher	M	OLD XAVERIANS AC	12:33.4	
19.	Hutton, Philip	M	GLENHUNTLY AC	12:42.3	
20.	Barrow, Geoff	M	MENTONE AC	12:57.3	
21.	Martini, David	M	OLD XAVERIANS AC	13:27.0	
22.	Mckay, Campbell	M	OLD XAVERIANS AC	13:27.7	
23.	Sofianos, Gerald	M	ST KEVINS AC	13:50.2	
24.	Buller, Peter	M	GLENHUNTLY AC	14:07.1	
25.	Seymour, Nicholas	M	OLD XAVERIANS AC	14:20.8	
	Sommers, David	M	KNOX AC	DQ	
	Dillon, Joshua	M	GEE LONG REGION	DQ	

The final walks race saw the women's Open divisions along with the men's and women's Masters divisions. James Christmass 10:16.9 and Elise Aplin 10:25.4 took line honours.

**2000 Meter Race Walk - Division 4**

1.	Christmass, James	M	GEELONG REGION	10:16.9
2.	Aplin, Elise	W	KEILOR ST BE	10:25.4
3.	Keirl, Bernie	M	DIAMOND VALLEY AC	10:28.4
4.	Kondogonis, John	M	KEILOR ST BE	10:32.2
5.	McInnes, Simone	W	GLENHUNTLY AC	10:57.9
6.	Bennett, Ralph	M	VICTORIAN MA	10:59.7
7.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	11:03.9
8.	Keighery, Peter	M	KEILOR ST BE	11:16.5
9.	Olden, Graeme	M	BOX HILL AC	11:19.8
10.	Hammett, Gary	M	DIAMOND VALLEY AC	11:45.8
11.	Gourlay, Marlene	W	VICTORIAN MA	11:46.1
12.	Smithson, Kimberle	W	PRESTON AC	11:47.5
13.	Dyer, Chelsea	W	BOX HILL AC	11:52.4
14.	Walshe, Kerry	W	DIAMOND VALLEY AC	11:57.9
15.	Elms, Donna-Marie	W	ATHLETICS ESSENDON	12:08.1
16.	McLennan, Phillip	M	BALLARAT REGION	12:09.7
17.	Brazel, Hilary	W	ATHLETICS NU	12:16.7
18.	Hunter, Pia	W	BOX HILL AC	12:22.4
19.	Attard, Michaela	W	KNOX AC	12:24.5
20.	Rosenbrock, Caroly	W	ATHLETICS NU	12:27.1
21.	Steed, Gwen	W	VICTORIAN MA	12:36.7
22.	Shaw, Robyn	W	WESTERN ATHL	12:37.7
23.	Fielding, Shane	M	ATHLETICS WAVERLEY	12:41.4
24.	Quinn, Karen	W	DIAMOND VALLEY AC	13:23.0
25.	Caulfield, Sharyn	W	ATHLETICS WAVERLEY	13:29.4
26.	Cowell, Jacqueline	W	DIAMOND VALLEY AC	14:11.3
27.	Garganis, Clare	W	COLLINGWOOD	14:12.6
28.	Higham, Cassie	W	GLENHUNTLY AC	14:36.1
29.	Abfalder, Maria	W	KEILOR ST BE	14:41.8
30.	Quinn, Samantha	W	DIAMOND VALLEY AC	14:44.9
31.	Lane, Mikaela	W	DONCASTER AC	14:51.0
32.	Hamond, Tamara	W	ATHLETICS ESSENDON	14:58.0
33.	Lane, Kiandra	W	DONCASTER AC	14:58.3
34.	Gunn, Nicole	W	KEILOR ST BE	14:59.6
35.	Molnar, Jo	W	ATHLETICS WAVERLEY	15:05.4
36.	Page, Kirsty	W	COLLINGWOOD	15:20.1
37.	McIntyre, Michelle	W	WESTERN ATHL	15:27.9
38.	Arnold, Madison	W	PRESTON AC	15:34.8
39.	Curtis, Annette	W	BENDIGO REGION	16:48.9
40.	Jarvis, Heather	W	COLLINGWOOD	17:13.3
41.	Rowan, Joanne	W	GEELONG REGION	17:15.8
	Laufer, Michelle	W	COLLINGWOOD	DNF
	Scott, Caroline	W	SOUTH MELBOURNE AC	DQ
	Dyer, Bill	M	BOX HILL AC	DQ

**VMA AND VRWC TRACK RACES, DOLOMORE OVAL, MENTONE, SUNDAY 17 FEBRUARY**

The final Victorian Race Walking Club events for the summer were held on Sunday morning at Mentone in suburban Melbourne. The main events on offer were the Victorian Masters 5000m Track Walk Championships and it was pleasing to see good fields in both the men's and women's events. A review of the age graded stats shows that the best walks were by Heather Carr (W60 28:32, 89.78%), Bob Gardiner (M75, 30:21, 89.32%) and Ralph Bennett (M70, 28:34, 88.77%). Fastest times went to Stuart Kollmorgen (M40 23:37) and Heather Carr. Thanks to Russ Dickenson for working out the age graded percentages for me.

**5000m VMA Championship for Women**

W50	1	Donna Elms	32:36	69.08%
W55	1	Alison Thompson	32:14	75.80%
W60	1	Heather Carr	28:32	89.78%
	2	Marlene Gourlay	30:00	83.35%
	3	Liz Feldman	31:28	82.44%
W65	1	Celia Johnson	34:22	76.47%
W70	1	Gwen Steed	33:21	84.50%
	2	Sylvia Machin	35:42	80.14%
	3	Beverly Hugo	42:17	67.66%
W75	1	Ruth-Mary Falconbridge	41:57	72.75%
	2	Pam Mews	51:01	63.12%

**5000m VMA Championship for Men**

M40	1	Stuart Kollmorgen	23:37	81.99%
	2	Adam Patterson	26:46	70.65%
	3	David Smythe	29:41	65.23%
M50	1	Simon Evans	24:46	84.26%
	2	Mark Donahoo	25:32	83.10%
M55	1	Andrew Cochrane	28:02	77.76%
	2	Clyde Riddoch	30:10	71.60%
M60	1	Geoff Barrow	34:47	67.20%
M65	1	Russ Dickenson	30:14	79.94%
M70	1	Ralph Bennett	28:34	88.77%
	2	Tony Johnson	31:12	82.33%
	3	Murray Dickinson	32:05	82.19%
	4	Juan Perez	37:09	70.04%
	5	Barrie Wicks	38:26	66.83%
M75	1	Bob Gardiner	30:21	89.32%
	2	Ian Beaumont	41:27	65.40%
M80	DQ	Jim Machin		

We also had VRWC club races but, with the AV Shield the day before, fields were small.

**1500m Open**

1.	Philippa Huse	07:38
2.	Hayley George	07:44
3.	Madeleine Feain	09:54
4.	Lachlan Feain	09:31

**3000m Open**

1.	Alan Huse	19:06
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**5000m Open**

1.	Donna Urquhart	33:56
2.	Gerard Feain	30:52
	Connor McShanag	DNF

Thanks to Ralph Bennett who has put a lot of photos online - see <https://www.dropbox.com/sh/gq6w3njrk9g58b8/uLTI2z5aie> . Ralph commented: *Plenty more where they came from (I took 190) if you want a different slant, but none of the men's 5,000m – I was a bit too busy!*

Thanks as usual to our various officials and judges. Apologies if I missed anyone.

**Officials:** Alan Lucas, Bob Gardiner, Mark Donahoo, Damien Elms, Dawn Bennett, Alison Thompson, Heather Carr, Ralph Bennett and Gwen Steed  
**Judges:** Stu Cooper, Lloyd Nichols, David Cash  
**Entries:** Alan Lucas, Damien Elms  
**Results:** Alan Lucas and Mark Donahoo

**BRWC ROAD WALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 17 FEBRUARY**

It was a hot sunny morning for the 20 competitors in Ballarat Race Walking Club's "Pick a Distance" Day. Most of the youngsters opted to race 1km, with newcomer Mia Lepair recording the fastest time of 7:30. Special mention to sisters Jemma and Alanna Peart, who racing over 2km, set the pace with times of 12:01 and 12:44. New BRWC records were claimed by Bailey Ohlsen (U10 Boys 1km) and Alanna Peart (U10 Girls 2km).

**5km**

Sarah Brennan	31:27
Kobie Somerfield	33:34

**4km**

Ross Darlow	27:24
Rodney Davis	27:51

**3km**

Emily Crowley	21:57
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**2km**

Jemma Peart	12:01
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**1km**

Mia Lepair	7:30
Jessika Bridges	7:50
Olivia Davis	7:51
Kayla Bridges	7:52
Mia Darlow	7:52
Leah Canavan	8:20
Alice Lepair	8:32
Bailey Ohlsen	9:30
Scott Peart	11:45
Rex Brennan	11:45

Alanna Peart	12:44
Amy Canavan	14:51
Eliza Lepair	15:20
Ruby Saunder	17:00

### INJINJI 12 HOUR ENDURANCE RACE, CANBERRA, 16-17 FEBRUARY

I was in Canberra over the weekend helping out with a bit of crewing at the annual Injinji 12 Hour Endurance race, held in the Mt Stromlo Park. Like most Hour ultra events at this time of the year, it is held overnight as the risk of extreme daytime temperatures is too high for safety. This ultra is part of the Stromlo Running Festival (see <http://www.stromlorunningfestival.com.au/event.aspx?e=21>), a 3 day carnival which runs from Friday to Sunday and incorporates School Challenge runs, cross country, tough off road runs and the ultra events themselves (50km, 6 Hours, 100km and 12 Hours). One of the highlights of the night was seeing Australian Olympic Marathon runner Marty Dent attack the Australian 100km record of 6:29.26, set by Tasmanian Tim Sloan in 1995. It is a very tough record and, although Marty was on track at 50km (around 3:09), he faded in the second half, eventually retiring at the 70km mark.

There were 3 walkers in action in the 12 Hour event which was won overall by runner Mal Gamble (130.600km). Victorian **Michelle Thompson** was in superb form, finishing with a distance of 100.986 km (100km in 11:53:10). Last year in this event, she walked 101.158km so she was only 172m under that distance, a lapse around the 10 hour mark seeing her lose some 10 minutes. It was a dominant performance by our best ultra walker. Fellow Victorian **Steve Jordan** was also in great form, finishing with 83.180km, his best since 2007 and only 2km outside his PB. Since Steve walked in the Caboolture 12 Hour event the previous weekend, it was a huge effort to back up a week later and walk so well. Saul Richardson, the third of the walkers, was forced out mid race and had to be content with 43.000km.

11	Michelle Thompson	VIC	100.986 km
17	Steve Jordan	VIC	83.180 km
25	Saul Richardson	NSW	43.000 km



**Michelle Thompson and Steve Jordan in action last Saturday evening in Canberra**

### ASVÖ VIENNA INDOOR GALA, VIENNA, SATURDAY 9 FEBRUARY

The Vienna Indoor Gala meet saw walkers from many countries contesting 3000m walks. Winners were Bianca Dittrich (14:43.73) and Fabio Ruzzier (14:27.06).

#### **3000m Women**

1.	Dittrich, Bianca	1993	GER	14:43.73
2.	Scheibl, Andrea	1984	AUT	17:14.93
3.	Sitek, Renata	1960	AUT	17:19.62
4.	Bajnai, Nóra	1988	HUN	17:50.03
5.	Grolig, Dorothea	1951	AUT	18:48.10
6.	Schwantzer, Monika	1955	AUT	19:23.60

7.	Neidel, Heidrun	1947	GER	20:06.59
8.	Michlfeit, Karmella	1949	AUT	21:33.45
9.	Konrad, Christine	1956	AUT	22:34.15
10.	Radziewinska, Urszula	1972	POL	22:46.21

#### 3000m Men

1.	Ruzzier, Fabio	1953	SLO	14:27.06
2.	Versec, Vladimir	1963	SLO	14:47.91
3.	Gnauck, Dick	1963	GER	15:09.78
4.	Kropik, Franz	1968	AUT	15:11.89
5.	Hirschmugl, Dietmar	1968	AUT	15:13.32
6.	Zdenek, Simon	1960	CZE	15:22.44
7.	Dorigo, Silvio	1962	ITA	15:33.98
8.	Toporek, Martin	1961	AUT	15:44.50
9.	Niestelberger, Ludwig	1948	AUT	16:00.62
10.	Heinzl, Rainer	1972	AUT	16:16.28

### CAMBRIDGE HARRIERS WINTER LEAGUE RACE 3, BEXLEY, KENT, SATURDAY 9 FEBRUARY

16 year old Cameron Corbishley won the 5km Open Walk in the third stage of the Cambridge Harriers Winter League in a very promising time of 23:01 while 20 year old Lauren Whelan won the women's race with 25:18. It is good to see younger walkers coming to the fore in England.

#### 5km Men

1.	Cameron Corbishley (U17M)	Medway & Maidstone AC	23:01
2.	Francisco Reis	Ilford Athletic Club	23:58
3.	Ian Richards	Steyning Athletic Club	24:30
4.	Steve Allen	Barnet & District AC	26:45
5.	Luc Legon (U17M)	Cambridge Harriers	28:04
6.	Tim Snook (U17M)	Aldershot Farnham & Dist	29:02
7.	Paul King	Belgrave Harriers	30:29
8.	Christopher Flint	Surrey Walking Club	31:23
9.	Stephen Holliday	Medway & Maidstone AC	33:07
10.	David Delaney	Surrey Walking Club	33:09
11.	Malcolm Martin	Paddock Wood AC	34:22
12.	Michael Barnbrook	Ilford Athletic Club	34:52
13.	David Ainsworth	Ilford Athletic Club	39:29

#### 5km Women

1.	Lauren Whelan	Belgrave Harriers	25:18
2.	Heather Butcher (U17W)	Cambridge Harriers	26:46
3.	Sabina Brown	Belgrave Harriers	29:31
4.	Maureen Noel	Belgrave Harriers	29:50
5.	Tabitha Gillan	Belgrave Harriers	31:08
6.	Angela Martin	Paddock Wood AC	32:30
7.	Geraldine Legon	Bexley Athletic Club	36:01

### POLISH NATIONAL CHAMPIONSHIPS, SPALA, SUNDAY 10 FEBRUARY

Superb racing in the Polish Indoor Championships in Spala a week ago. With the first 5 men under 19:36 and the first 3 women under 13:00, the depth of Polish walking was on show. 50km specialist Grzegorz Sudol won the men's championship with a fast time of 19:03.48 and Kararzyna Kwoka won the women's championship with 12:21.40 after swapping the lead with Paulina Buziak. Full results at <http://www.domtel-sport.pl/insidethecode/files/3598-pl.pdf>

#### 5000W Men

1.	Grzegorz SUDOL	78-08-28	KS AZS AWF Kraków	19:03.48
2.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	19:13.16
3.	Lukasz NOWAK	88-12-18	OŚ AZS Poznań	19:18.66
4.	Rafał AUGUSTYN	84-05-14	OTG Sokół Mielec	19:22.98
5.	Rafał SIKORA	87-02-17	KS AZS AWF Kraków	19:35.81
6.	Lukasz AUGUSTYN	90-11-29	OTG Sokół Mielec	20:56.76

#### 3000W Women

1.	Katarzyna KWOKA	85-06-29	RLTL ZTE Radom	12:21.40
2.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	12:31.62
3.	Agnieszka DYGACZ	85-07-18	AZS-AWF Katowice	12:58.64



<b>GREEK INDOOR T&amp;F CHAMPIONSHIPS, PIRAEUS, SUNDAY 10 FEBRUARY</b>
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The Greek indoor track championships, held last Sunday in Piraeus saw winners, Alexandros Papamichael (19:37.00) and Despina Zapounidou (13:01.73) establish new national records. The previous men's record belonged to Dimitri Orfanopoulos (19:45.06, 1990) and Despina had previously held the women's record with 13.02,45 (2012). Second placed walkers Zacharias Tsamoudakis (20.21,87) and Athanasia Vaitsie (14:11:01) also set new underage national records.

**5000m Men**

1.	Alexandros Papamichael	1988	19:37.00
2.	Zacharias Tsamoudakis	1996	20:21.87
3.	Savvas Kravariotis	1996	21:10.57
4.	Ioannis Vaitsis	1995	21:20.68
5.	Georgios Alifierakis	1987	21:36.80
6.	Aristidis Karnachoritis	1986	21:59.16
7.	Georgios Andrianos	1995	22:08.73
8.	Dimitrios Tsordias	1996	22:49.93
9.	Nickolaos Samouridis	1997	23:33.69
10.	Michael Lykouriotis	1997	24:59.45

**3000m Women**

1.	Despina Zapounidou	1985	13:01.73
2.	Athanasia Vaitsi	1998	14:11.01
3.	Spiridoula Stavrou	1988	14:11.64
4.	Aggeliki Bagatela	1995	14:27.57
5.	Evagelia Vaitsi	1994	15:02.58
6.	Efstathia Koyrkoytsaki	1998	16:02.58
7.	Ioanna Antonopoulou	1996	16:02.60
8.	Eleni Tsolakidi	1992	16:37.14
9.	Georgia Mpalasi	1998	17:23.70
10.	Panagiota Fiteli	1969	17:35.24
11.	Konstantina Antonopoylou	1996	17:43.89
12.	Eleni Tsakoniti	1999	17:56.84
13.	Chrisi-Maria Pelekanou	1997	18:08.70

<b>LITHUANIAN INDOOR CHAMPIONSHIPS, SIAULIAI, 15-16 FEBRUARY</b>
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**Men's 5000m Race Walk indoor - 15.02.2013**

1.	Marius ZIUKAS	LTU	85	19:49.48
2.	Genadiy KOZLOVSKIY	LTU	91	20:33.62
3.	Ričardas REKST	LTU	87	20:51.58
4.	Marius SAVELSKIS	LTU	94	21:09.74
5.	Artur MASTIANICA	LTU	92	21:26.65
6.	Normantas PETRISA	LTU	94	22:23.68
7.	Tomas PAGIRYS	LTU	96	23:42.11

**Women's 3000m Race Walk indoor - 15.02.2013**

1.	Neringa AIDIETYTĖ	LTU	83	13:26.93
2.	Inga MASTIANICA	LTU	89	13:38.29
3.	Gintarė VAICIUKEVIČIŪTĖ	LTU	94	13:42.99
4.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	14:05.57
5.	Agne KLEBAUSKAITE	LTU	92	14:10.49
6.	Monika VAICIUKEVIČIŪTĖ	LTU	96	14:49.97
7.	Diana KAČANOVA	LTU	93	15:02.93
8.	Sandra LAURYNAITĖ	LTU	97	16:10.69
9.	Jelena KUNEVIČ	LTU	88	16:41.44
10.	Diava SADAUSKAITE	LTU	90	16:43.00
11.	Rita ANDREJEVA	LTU	91	16:58.44

<b>TROFÉU CIDADE DE MÓSTOLES, MADRID, SUNDAY 10 FEBRUARY</b>
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The Troféu Cidade de Móstoles, held in Madrid on Sunday 10 February, saw around 100 walkers competing in a variety of age groups. Julia Takacs won the women's 10km in an excellent 44.40 while José Ignacio Díaz won the men's 20km with 1:28:09, ahead of fellow 50km specialist David Mateos with 1:34:49. Another excellent walk was seen by 16 year old Diego Garcia Carrera who

recorded 44:22 to win the men's 10km. Full results at <http://www.omarchador.blogspot.pt/2013/02/julia-takacs-e-jose-ignacio-diaz-vengecm.html>

#### 20km men

1.	José Ignacio Diaz Velazquez	1979	UBU-Caja de Burgos	1:28.09
2.	David Mateos Redondo	1981	Atletismo Alcorcon	1:34.49
3.	Oscar Crespo Romo	1979	AA Mostoles	1:58.04

#### 10km Women (juv/jun/sen/vet)

1.	Julia Takacs Nyerges	1989	Individual	44.40
2.	Lidia Sanchez-puebla Fernandez	1996	Atletismo Alcorcon	54.41
3.	Macarena Martin Uriol	1992	Playas de Castellon	55.42

#### 10km Men (juv/jun/vet)

1.	Diego Garcia Carrera	1996	AD Marathon	44.22
2.	Miguel Angel Prieto Adanero	1964	AA Moratalaz	46.20
3.	Jose Luis Duce Aragues	1973	AD Marathon	48.08

### UKRAINIAN INDOOR CHAMPIONSHIPS, SUMY, UKRAINE, 13-16 FEBRUARY

Fast winning times in the Ukrainian Indoor Championships with Oleksander Venhlovskiy 40:01.51 and Inna Kashina 21:48.28.

#### Men's 10,000m Race Walk indoor - 13.02.2013

1.	Oleksandr VENHLOVSKIY	UKR	85	40:01.51
2.	Konstantin PUZANOV	UKR	91	40:58.22
3.	Oleksandr ROMANENKO	UKR	81	41:05.13
4.	Vladyslav SVIDNYTSKYI	UKR	87	43:22.10
5.	Ihor PUZANOV	UKR	93	43:48.27
6.	Maksym KOVALENKO	UKR	89	44:25.51
7.	Mykola KALASHNIK	UKR	92	45:50.30
8.	Serhiy SVITLYCHNIY	UKR	94	46:56.96
9.	Valeriy LITANYUK	UKR	94	48:13.03

#### Women's 10,000m Race Walk indoor - 13.02.2013

1.	Inna KASHINA	UKR	91	21:48.28
2.	Lyudmyla SHELEST	UKR	74	22:01.95
3.	Halina YAKOVCHUK	UKR	92	22:02.67
4.	Anna KOVALENKO	UKR	92	22:16.51
5.	Nataliya KONTSEVICH	UKR	84	22:43.52
6.	Vasylyna VITOVSHCHYK	UKR	90	23:38.82
7.	Kseniya RADKO	UKR	94	24:56.38
8.	Viktoriya FERENTS	UKR	93	25:03.20
9.	Olha KISIL	UKR	91	25:36.49
10.	Khrystyna MYKHAYLYSHYN	UKR	92	26:59.00

### INDIAN ROADWALK CHAMPIONSHIPS, PATIALA, 14-15 FEBRUARY

The Athletics Federation of India introduced a new event into their national calendar this year - the National Race Walking Championships which were held last Thursday and Friday at Netaji Subhas National Institute of Sports premises in the city of Patiala.

Gurmeet Singh from Railways, the silver medalist in last year's Asian Race Walking championships at Nomi City in Japan, proved his mettle to win the men's 20 km title in a time of 1:21:17 ahead of Uttarakhand's Chandan Singh (1:23:28) and former national champion Babu Bhai Panocha (1:24:01).

National record-holder Khushbir Kaur took the inaugural women's 20km title. The 19-year-old Punjab woman, representing ONGC, had set her national mark of 1:37:28 at the same venue last year during the Federation Cup. This time around she clocked a season best 1:38:52 to be just outside her mark and more than four minutes faster than second-placed Gaurav Kumari of Madhya Pradesh (1:43:16). Former national champion Deepmala Devi (Railways) came third in 1:43:55.

In the men's 50 km walk, Haryana's Sandeep Kumar clocked a personal best 4:02:19 to break his own national record of 4:03:45 which he registered while finishing 36th during last year's Race Walking World Cup at Saransk. Manipur's S. Damen Singh was almost 10 minutes behind Sandeep for the silver medal (4:12:17) while the bronze went to Manish Singh from Uttarakhand in a time of 4:13:55.

Two youngsters who made their marks at the national scene in recent times- Shanti Kumari and Karan Rathi- clinched the junior

titles in their respective divisions. Punjab's Shanti led a three member field right from the start to win in 51:32 well ahead of her nearest rival Priyanka (Haryana, 54:58). Haryana lad Karan Rathi maintained a family tradition in race walking as he romped home with the gold after locked in a battle with U.P. boy Krishna in the boys' event. Rathi timed 46:06 for his win, just 9 secs ahead of Krishna, while his state-mate Pawan Kumar got the bronze in 47:07.

See the full results set at <http://www.indianathletics.in/news/FINAL%20RESULT-NATIONAL%20RACE%20WALKING%20CHAMPIONSHIP.pdf>

#### 20km Open Men

1.	GURMMET SINGH	RAILWAY	1:21:17
2.	CHANDAN SINGH	UTTERCH	1:23:28
3.	BABU BHAI	GUJRAT	1:24:01
4.	BALJINDER SINGH	PUNJAB	1:24:22
5.	SURINDER SINGH	PUNJAB	1:24:28
6.	GANAPATHI	TN	1:26:06
7.	MANI RAM	RAILWAY	1:27:23
8.	JITENDER SINGH	RAJ	1:27:23
9.	DEEPAK KUMAR	MP	1:29:46
10.	NAVEEN DALAL	HAR	1:30:00
11.	SANAHAL	MANIPUR	1:31:31
12.	ANKIT KUMAR	U.P	1:32:22
13.	DEEPAK KUMAR	PUNJAB	1:32:30
14.	SACHIN RATHI	HAR	1:33:26
15.	SATYANARYANAN	SSCB	1:33:20
16.	ANTAR SINGH	PUNJAB	1:33:30
17.	AJANI KUMAR SINGH	SSCB	1:35:34
18.	PANKAT KUMAR	PUNJAB	1:37:41
19.	MAHENDER PRATAB SINGH	MP	1:39:29
20.	JESBIN JOSE	SSCB	1:39:36

#### 20km Open Women

1.	KHUSHBIR KAUR	ONGC	1:38:52
2.	GAURAV KUMARI	MP	1:43:16
3.	DEEPMALA	RLY	1:43:55
4.	RANJANA GUPTA	MP	1:44:20
5.	RANI YADAV	RLY	1:46:47
6.	RAJINI	MP	1:51:29

#### 50km Open Men

1.	SANDEEP	HR	4:02:19
2.	S.DAMEN SINGH	MANIPUR	4:12:17
3.	MANISH SINGH	UK	4:13:55
4.	MANJEET SINGH	PUNJAB	4:21:17
5.	ABBAL SINGH	RANA U.K	4: 28:06
6.	SANJAY YADAV	SSCB	4:45:52
7.	SACHIN KUMAR	SSCB	4:56:22

#### 10km Junior Women

1.	SHANTI KUMARI	PUNJAB	51:32
2.	PRIYANKA	UP	54:58
3.	VANDANA	MP	1:00:43

#### 10km Junior Men

1.	KARAN RATHI	HAR	46:06
2.	KRISHNA	UP	46:15
3.	PAWAN KUMAR	HAR	47:07
4.	MANJIT	PB	48:58
5.	NEERAJ KUMAR	UP	49:09
6.	AMIT	HAR	49:57
7.	SAJJAN KUMAR	HAR	52:49
8.	SANDEEP KUMAR	PUNJAB	53:06
9.	ATUL CHORISYA	Up	53:10
10.	AMIT	HAR	53:22

## DUTCH INDOOR CHAMPIONSHIPS, APELDOORN, 16-17 FEBRUARY

Thanks to Gerrit Riezebos for the results from the Dutch Indoor Championships, held last weekend at Apeldoorn. Harold van Beek commented: *Times are slow but at least race walking is back on the program after it was taken off last year. Richard (aged 53!) normally doesn't race indoors and it was a surprise that the younger guys couldn't beat him.* Full results at <http://www.timetronics.be/results/NKindoorSEN2013/schedule.html>

### 3000m Women

1.	MAAS, Sandra	RWV	18:30.08
2.	GROOTSWAGERS-LEERMAKERS, Yvonne	DAK	19:57.13
3.	BREMEN VAN DEN BEEMT, Loes van	RWV	19:58.72
4.	WIJNEN-VAN DEN BEEMT, Truus van	RWV	20:30.25
	RIEZEBOS-RIJPLOEG, Corina	RWV	DQ

### 5000m Men

1.	LEIJENAAR, Richard	RWV	25:45.14
2.	VERSTEEG, Colin	VAV	26:13.45
3.	BREMEN, Wilfried van	RWV	26:32.74
4.	SLOOTEN, André van	RWV	27:37.62
5.	KOENIS, Theo	LAT	28:00.89
6.	BREMEN, Robert van	RWV	28:48.75
	BREMEN, Jacques van	RWV	DNF
	- [BM] STRUNK, Malte	KNAU	23:21.05

## 96<sup>TH</sup> JAPANESE ATHLETICS CHAMPIONSHIPS, KOBE, 16-17 FEBRUARY

Thanks to Nicola Maggio who has posted a race report and a full set of results from last weekend's Japanese Racewalking Championships on the Italian Racewalking website - see [http://www.marciaitaliana.com/dett\\_news.asp?id=1305](http://www.marciaitaliana.com/dett_news.asp?id=1305) and <http://www.marciaitaliana.com/risultati/Kobe%20results.pdf>.

I am astounded at the depth shown in the following races, especially the Open Men's 20km and the Junior Men's 10km. Talk about becoming a world powerhouse in our sport - they are now there! Here is an extract just to show the depth and quality.

### 20km Open Men (75 starters)

1.	Suzuki, Yusuke	1:19:02
2.	Saito, Takumi	1:20:05
3.	Morioka, Koichiro	1:20:16
4.	Takahasi, Eiki	1:20:25
5.	Yosida, Takuya	1:20:47
6.	Fujisawa, Isamu	1:20:50
7.	Tanii, Takayuki	1:21:06
8.	Arai, Hirooki	1:21:28
9.	Matsuzaki, Takaki	1:22:06
10.	Katuki, Hayato	1:22:24
11.	Higuma, Takafumi	1:23:01
12.	Matsunaga, Diasuke	1:23:56
13.	Ookuma, Takeshi	1:23:57
14.	Mauuo, Satoshi	1:24:59
15.	Hukuoka, Hikaru	1:25:46
16.	Shinohe, Keita	1:25:46
17.	Itoh, Yuki	1:25:48
18.	Harada, Nobuyuki	1:25:53
19.	Naiatubo, Akira	1:26:27
20.	Ueda, Katsuya	1:26:44

### 20km Open Women (31 starters)

1.	Otoshi, Kumi	1:30:45
2.	Okada, Kumiko	1:32:22
3.	Maeda, Hiroi	1:33:14
4.	Maekawa, Tomomi	1:35:38
5.	Michiguchi, Ai	1:35:39
6.	Asada, Chiaki	1:36:51
7.	Nemoto, Yumi	1:37:47
8.	Okabe, Fumiko	1:38:32
9.	Sekine, Naksuki	1:39:52
10.	Hasagawa, Matsumi	1:40:17

**10km Junior Men (102 starters)**

1.	Yamanishi, Toshizaku	41:14
2.	Yamada, Kouta	41:15
3.	Kawasima, Tenta	41:40
4.	Yamashita, Yuga	41:58
5.	Kurumisawa, Yuuki	42:09
6.	Matsumara, Hiromi	42:21
7.	Noda, Tomohiro	42:37
8.	Horanai, Kouki	43:07
9.	Siozima, Ryouta	43:10
10.	Kimura, Hiroki	43:16

**10km Junior Women (60 starters)**

1.	Mizota, Momoko	23:11
2.	Mizusawa, Akane	23:21
3.	Habara, Miyuu	23:40
4.	Gotou, Rena	23:48
5.	Shirai, Manaka	23:56
6.	Hasimoto, Humie	23:57
7.	Yoshida, Eriko	23:58
8.	Takano, Hiroko	24:00
9.	Minemura, Kana	24:16
10.	Kato, Mizuki	24:32

<b>ITALIAN INDOOR CHAMPIONSHIPS, ANCONA, SATURDAY 16 FEBRUARY</b>
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Giorgio Rubino defended his Italian Indoor 5000m walk title last Saturday with a time of 19:32:51 while Antonella Palmisano won the women's 3000m walk title with 12:53.63. Second place in the women's championship went to Adelina De Soccio, a former middle-distance runner and the 2005 European junior 3000m run champion. Talk about depth!

**5000m Men**

1.	RUBINO Giorgio	1986	19:32.51
2.	MACCHIA Riccardo	1990	19:41.53
3.	DI BARI Vito	1990	19:59.08
4.	ADRAGNA Andrea	1989	20:20.45
5.	DEI TOS Leonardo	1992	20:32.65
6.	FORTUNATO Francesco	1994	20:37.00
7.	DOLCI Mirko	1985	20:39.88
8.	STANO Massimo	1992	20:50.79
9.	VIGANO' Giacomo	1991	20:56.87
10.	ROMAGNOLI Tommaso	1991	21:11.11
11.	MARCHISELLI Giuseppe	1991	21:11.22
12.	CUSMAI Alessandro	1994	21:23.47
13.	QUACQUARELLI Giuseppe	1993	21:41.06
14.	AMOROSO Michele	1993	23:40.8

**3000m Women**

1.	PALMISANO Antonella (I)	1991	12:53.63
2.	DE SOCCIO Adelina (I)	1986	13:25.33
3.	POLI Elena	1993	13:52.75
4.	STETSKIV Cecilia	1991	13:57.22
5.	FERRARO Federica (I)	1988	14:07.30
6.	GALLI Ilaria	1987	14:11.93
7.	COLOMBI Nicole	1995	14:24.39
8.	MENIS Giorgia	1996	15:01.29
9.	MARIOTTI Ilaria	1991	15:10.49
10.	CASTELLANA Federica	1993	15:19.24
11.	SBERNARDORI Elena	1991	16:19.52

<b>SWEDISH INDOOR CHAMPIONSHIPS, GOTHENBURG, SATURDAY 16 FEBRUARY</b>
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Thanks to Birger Fält for sending me the results of the Swedish Indoor Championships which saw Siw Karlström (born 1957) win the women's indoor 3000m walk in an amazing 14:16.1. Last year she won this championship in 14:18.0 to set a new W50 World Indoor Record. This year's even faster time is a new W55 World Indoor Record, breaking the W55 time of 14:51.24 set by Lyn Ventris at last year's World Masters Indoor Championships in Jyväskylä. Lyn holds the W55 outdoors 3000m record with 14:16.4 so it will be fantastic to see when these two finally meet, perhaps in this year's World Masters Championships in Brazil. In the men's

championship, Unfortunately with Ato Ibanez and Andreas Gustafsson both non-starters, we were robbed of what would have been a superb race in the men's event which was won by Perseus Karlström with a good 20:59.1.

### 3000m Women

1.	Siw Karlström (1957)	Eskilstuna FI	14:16.1
2.	Lena Tomas (1996)	GK Steget	14:49.5
3.	Ellinor Hogrell (1968)	Enhörna IF	16:02.0
4.	Felicia Hogrell	Enhörna IF	16:12.0
5.	Monica Månsson Martinsson	Växjö AIS	16:19.9
6.	Maria Aydin	GK Steget	17:39.5
7.	Alexandra K-Boberg	Eskilstuna FI	18:13.5
8.	Victoria Hogrell	Enhörna IF	18:16.7
9.	Nashielli Karlström	Eskilstuna FI	18:40.6
10.	Marie Andersson	IF Nornan	19:50.0
11.	Carmen Dinkha	GK Steget	20:34.4
12.	Ann-Cathrin Hermansson	GK Steget	21:20.3

### 5000m Men

1.	Perseus Karlström (1990)	Eskilstuna FI	20:59.1
2.	Anders Hansson (1992)	SK Svängen	21:31.8
3.	Christer Svensson (1969)	Växjö AIS	23:13.3
4.	Fredrik Svensson	Växjö AIS	23:40.3
5.	Anders Wahlström	Södra Ölands GoMK	23:58.7
6.	Fredrik Sandmer	SK Svängen	24:14.9
7.	Birger Fält	Mälardalens IK	24:16.8
8.	Peter Ferrari	GK Steget	24:58.7
9.	Erik Bengtsson	GK Steget	25:12.5
10.	Bengt Bengtsson	GK Steget	25:41.7
11.	Jerker Samuelsson	GK Steget	26:00.6
12.	Anton Nicklasson	IFK Sala	26:30.9
13.	Thomaz Magnusson	Växjö AIS	30:43.2

Full results of all events can be found at [http://iof2.idrottonline.se/ImageVaultFiles/id\\_32240/cf\\_78/Resultat\\_2013\\_iSM.PDF](http://iof2.idrottonline.se/ImageVaultFiles/id_32240/cf_78/Resultat_2013_iSM.PDF) . You can also source a summary article at <http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/DubbeltKarlstromvidInomhus-SMuppdaterat182ki920/>

## MILLROSE GAMES, THE ARMORY, NEW YORK, SATURDAY 16 FEBRUARY

The Millrose Games is one of the oldest carnivals in the USA calendar and it always hosts a 1 Mile walk (USA must be the only country in the world still contesting this old Imperial distance - it is 1609m for those youngsters who don't know). Winners were Johathan Hallman (6:07.42) and Maria Michta (6:40.06), both very fast times.

### Women's USATF Championship One Mile Walk

1.	Maria Michta	Walk USA	6:40.06
2.	Miranda Mellville	NYAC	6:49.32
3.	Erika Shaver	Dayton, OH	6:49.44
4.	Katie Burnett	Bellevue, WA	6:54.27
5.	Susan Randall	Miami Valley TC	7:10.04
6.	Natalia Alfonzo	St. Loius RW	7:15.14
7.	Erin Taylor-Talcott	Shore AC	7:17.06
8.	Loretta Schuellein-McGovern	World Class RW	7:26.64
9.	Rachel Tylock	Penfield, NY	7:30.40
10.	Kang Jiwon	Park Racewalkers	7:37.65
11.	Tina Peters	Miami Valley TC	7:50.84
12.	Maria Gorecki	Somers, NY	7:57.13
13.	Sophia Mahin	Park Racewalkers	8:16.01

### Men's USATF Championship One Mile Walk

1.	Jonathan Hallman	Shore AC	6:07.62
2.	Dan Serianni	World Class RW	6:10.64
3.	Michael G. Mannozi	Shore AC	6:28.00
4.	Rich Luettchae	Shore AC	6:45.76
5.	Joel Pfahler	Miami Valley TC	6:50.89
6.	Dave McGovern	World Class RW	7:12.34
7.	Dave Talcott	Shore AC	7:12.99
8.	Geraldo Flores	So Texas Walking Club	7:20.18

**PORTUGUESE INDOOR CHAMPIONSHIPS, POMPAL, SATURDAY 16 FEBRUARY**

Competing in the Portuguese Indoor Championships last Saturday in Pompal, Ana Cabecinha broke the national indoor 3000m walk record, her time of 12:21.56, beating the previous best of 12:21.7, set by Susana Feitor in Braga in 1994 while still a junior. Inês Henriques finished second with 12:25.36 and Daniela Cardoso was third with 13:37.18. In the men's 5000m race, the Vieira brothers went to an early lead and remained together until, towards the half way mark, João then breaking clear to win his 15<sup>th</sup> National Indoor title, his time of 19:29.06 less than two seconds ahead of his brother Sérgio who finished with 19:31.32. Junior walker Miguel Carvalho finished in fifth place with 20:42.04, an improvement of 35 seconds on his PB.

**5000m Men**

1.	João Vieira	1976	Sporting CP	19:29.06
2.	Sérgio Vieira	1976	SL Benfica	19:31.32
3.	Dionísio Ventura	1979	FAMA Ferreira do Alentejo	20:30.34
4.	Pedro Isidro	1985	SL Benfica	20:38.07
5.	Miguel Carvalho	1994	CN Rio Maior	20:42.04
6.	Cristiano António	1988	AC Vermoil	21:23.16
7.	Luís Silva	1970	J Vidigalense	21:27.93
8.	Rui Coelho	1994	CA Seia	21:32.68
9.	Samuel Pereira	1993	CA Seia	22:01.10
10.	Hélder Santos	1996	GDP Chão Duro	22:41.81
11.	Nuno Santos	1988	Sporting CP	23:07.37

**3000m Women**

1.	Ana Cabecinha	1984	CO Pechão	12:21.56
2.	Inês Henriques	1980	CN Rio Maior	12:25.36
3.	Daniela Cardoso	1991	Leiria MA	13:37.18
4.	Filipa Ferreira	1994	CO Pechão	14:03.27
5.	Liliana Martins	1990	GCA Donas	14:09.46
6.	Mara Ribeiro	1995	CN Rio Maior	14:12.70
7.	Nádia Cancela	1993	SL Benfica	14:28.03
8.	Edna Barros	1996	CO Pechão	14:38.49
9.	Vitória Oliveira	1992	SL Benfica	14:50.57
10.	Cristiana Vaz	1987	CP Corroios	15:14.45
11.	Sandra Leitão	1975	ADRE Palhaça	15:28.44
12.	Laura Leal	1996	CO Pechão	15:34.05

**WOODIE'S DIY NATIONAL SENIOR INDOOR CHAMPIONSHIPS, ATHLONE, IRELAND, SAT 16 FEB**

Olympic fourth place walker Robbie Heffernan (Togher AC) started a clear favourite in the men's walk and duly racked up his 15<sup>th</sup> indoor title when he won comfortably in a time of 19:13.04. Crossing the line in sixth place was Luke Hickey (Leevale AC), who is coached by Heffernan, in a time of 20:56.55, a new Irish junior record and bettering the mark of 21:01.41 set by Olympian Colin Griffin in 2001. Fellow Olympian Laura Reynolds (Mohill AC) defended her title easily with a time of 13:05.84.

**3000m Walk Women**

1.	REYNOLDS Laura	89	13:05.84
2.	BOYLAN Alicia	95	15:30.07
3.	COLLINS Rebecca	91	15:56.86
4.	BARBER Alana	87	16:12.04

**5000m Walk Men**

1.	HEFFERNAN Robert	78	19:13.03
2.	REW Quentin (GUEST)	84	19:52.43
3.	MC MANAMON Cian	91	20:31.19
4.	DOYLE Michael	87	20:51.18
5.	CONNOLLY Creighton (GUEST)	88	20:54.98
6.	HICKEY Luke	97	20:56.55 NJR
7.	TREANOR James	93	21:05.63
8.	LYNCH Evan	95	22:27.63
9.	PRENDIVILLE Niall	90	22:48.17
10.	EGAN Aaron	97	23:57.66
11.	TOBIN Anthony	97	25:20.85

And for completeness, here are the 15 wins that Robbie has clocked up since his first in 1998. It reads very impressively (stats from Pierce O'Callaghan's analysis at <http://www.athleticsireland.ie/content/?p=30331>)

1998	21:05.14
1999	21:05.25

2000	19:51.69
2001	19:12.31
2002	18:53.09
2003	19:16.95
2004	19:05.60
2005	19:20.8
2007	19:11.58
2008	18:51.46
2009	19:23.27
2010	19:24.64
2011	19:09.56
2012	19:06.58
2013	19:13.03

He has won every Indoor 5000m since 1998 except for the 2006 race which was won by Colin Griffin with 20:24.02.

#### HUNGARIAN JUNIOR INDOOR CHAMPS, BUDAPEST, SATURDAY 16 FEBRUARY

##### Men's 5000m Race Walk indoor

1.	Bence VENYERCSÁN	HUN	96	21:58.36
2.	Marcel Attila MAYER	HUN	94	36:44.21
3.	Donát BURGER	HUN	97	25:14.12
4.	Miklós SZEGEDI	HUN	97	28:00.14
5.	Soma KOVÁCS	HUN	97	30:53.31

##### Women's 3000m Race Walk indoor

1.	Mercédesz MARTON	HUN	95	13:57.44
2.	Anna SÜDI	HUN	97	15:21.05
3.	Mariann LENGYEL	HUN	94	14:30.35
4.	Viktória BENCZIK	HUN	97	15:21.68
5.	Tímea HORVÁTH	HUN	94	15:19.15
6.	Klaudia CSÚZI	HUN	97	19:21.52
7.	Luca NAGY	HUN	94	16:25.02
8.	Bettina VARGA	HUN	97	19:39.88
9.	Dalma TAKÁCS	HUN	94	18:06.10
10.	Diána DEMETER	HUN	97	19:59.98
11.	Szilvia FUCIN	HUN	95	19:07.10

#### FINNISH INDOOR CHAMPIONSHIPS, JYVÄSKYLÄ, FINLAND, 16-17 FEBRUARY

##### Men's 5000m Race Walk indoor - 16.02.2013

1.	Jarkko KINNUNEN	FIN	84	19:56.83
2.	Markus KYRÖLÄ	FIN	95	21:30.89
3.	Timo VILJANEN	FIN	77	21:40.02
4.	Veli-Matti PARTANEN	FIN	91	DQ

##### Women's 3000m Race Walk indoor - 16.02.2013

1.	Anne HALKIVAHA	FIN	86	13:00.33
2.	Henrika PARVIAINEN	FIN	97	13:55.64
3.	Mikaela LÖFBACKA	FIN	90	13:56.57
4.	Erika PARVIAINEN	FIN	95	14:17.94
5.	Sini JUSSILA	FIN	95	14:52.74
6.	Marianne VIITAMAA	FIN	96	15:34.69

#### FRENCH NATIONAL INDOOR CHAMPIONSHIPS, AUBIÈRES, SUNDAY 17 FEBRUARY

With Yohan Diniz absent, it was left to Antonin Boyez to seize the opportunity, winning the men's 5000m at the French Indoor Championships last Sunday with a time of 19:06.16. It was Boyez's fifth win in this championship, second only to the great Gérard Lelièvre who won it 7 times. In the women's race, 19 year old Émilie Tissot won with a PB time of 13:15.39 ahead of Inès Pastorino 13:20.06 and Anne-Gaëlle Retout with 13:22.03. This is a name to watch in future.

##### 5000m Men

1.	Antonin Boyez	19:06.16
2.	Djamel Selseldeb	20:52.56
3.	Hedi Teraoui (Tunisia)	21:00.95



4.	Sebastien Delaunay	21:05.38
5.	Keny Guinaudeau	21:21.51
6.	Jean-Michel Prevel	21:26.67
7.	Hugo Andrieu	21:34.68
8.	Romain Denimal	21:34.72
9.	Maxime Faiteau	21:35.66
10.	Mickael Thomas	21:53.85
11.	John Baumert	21:54.08
12.	Dorian Richard	24:03.89

#### 3000m Women

1.	Émilie Tissot	13:15.39
2.	Inès Pastorino	13:20.06
3.	Anne-Gaelle Retout	13:22.03
4.	Émilie Menuet	13:30.90
5.	Corinne Baudoin	13:33.68
6.	Amandine Marcou	13:45.69
7.	Violaine Averous	13:52.74
8.	Fabienne Rinero Chanfreau	13:55.49
9.	Lucie Auffret	14:07.74
10.	Marine Quennehen	14:17.65
11.	Agnès Robert	14:25.05
12.	Roseline Chapillon	14:29.66
13.	Elisabeth Brunet	14:55.10

### SAN DIEGO WALKING FESTIVAL, CUYAMACA COLLEGE, SAN DIEGO, SUNDAY 17 FEBRUARY

The first edition of the San Diego Walking Festival last Sunday saw some pretty good walking by a couple of well known men. The 5000m was highlighted by the performance of Swedish walker Andreas Gustaffson who won with a PB time of 19:24.80. Birger Fält tells me that his time actually beats the PB of his father Bo Gustaffson (Bo's PBs were 19:32.5 - 1983 and 19:27.43 indoor - 1987). A family record is always worth celebrating! The race also saw Tim Seaman set a new M44 US Masters record with his time of 20:23.25. Tim's 3000m split time of 12:06.24 was also a US Masters M40 record. You can see the full result set at <http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/Andreas192480iSanDiego/>

#### 5000m Men

1.	Andreas Gustafsson (SWE)	19:24.80	
2.	Tim Seaman	20:23.25	(US Masters M40 record)
3.	Joe Nieroski	29:49.79	
4.	Concepcion Vasquez (MEX)	32:09.15	
5.	Deo Jaravata	34:16.41	
6.	Jim Olson	DNF	
7.	Larry Kloha	DQ	

#### 5000m Women

1.	Liz Salvato	28:56.04
2.	Gina Bentley	33:12.00
3.	Jolene Steigerwalt	34:05.00
4.	Mary Kloha	38:33.29

#### 3000m Men

1.	Andreas Gustafsson (SWE)	11:38.69	(split)
2.	Tim Seaman	12:06.24	(split – US Masters M40 record)
3.	John Nunn	12:09.05	
4.	Rick Campbell	18:37.28	

### WALKING SHORTS

- Athletics Australia has announced the appointment of **Megan Szirom** as our new **National Youth Event Coach (NYEC) for Walks**. Megan, who is a former Australian International walks rep and the current coach of Tanya Holliday and others in Adelaide, replaces Brent Vallance who has fulfilled the role so well since 2006. See the brief announcement at <https://twitter.com/AthsAust/status/302616289308966913>. Well done Megan!
- A very interesting article in the Canberra Times about Jared Tallent leaving Canberra and the dismantling of the AIS scholarship program as we know it - <http://www.canberratimes.com.au/act-news/were-losing-tallent-as-athletes-hit-the-wall-at-ais-20130218-2enwd.html#ixzz2LI2R8OQU>

- One of Ireland's finest ever athletes, race-walker Olive Loughnane (Loughrea AC), last week announced her retirement from competitive athletics at the age of 36. The Loughrea AC athlete has had a star studded international career that has spanned over twelve years. There have been lots of articles – here are a few:  
<http://www.athleticsireland.ie/content/?p=30226>  
[http://www.marciaitaliana.com/dett\\_news.asp?id=1304](http://www.marciaitaliana.com/dett_news.asp?id=1304)  
<http://www.breakingnews.ie/sport/loughnane-calls-it-a-day-584474.html>
- American Masters racewalker Chris Schmid passed away last week (February 13) in Lakewood, Ohio. He was a well known figure on the Masters circuit and a regular in US Championships. M65 Melbourne based walker Russ Dickenson SMS'd me this morning to advise:  
*I'm not sure if you caught up on the passing of Chris Schmid. Chris walked brilliantly in Sacramento for a couple of fourth placing in extremely tough fields. He would have come into the same age group as Andrew Jamieson, George White and me this year so he will be sadly missed.*
- The **Chinese leg of the 2013 IAAF Challenge Series is due to be held on Friday 1<sup>st</sup> March in Taicang** and the organizers have put out a late call to the international walks community for last minute entries. There are very few international walkers who have currently committed. Some Australians have answered the call - Jared Tallent, Luke Adams, Regan Lambie, Rachel Tallent and Chris Erickson have put their hands up but the organizers are still concerned that a lack of support by the wider walking community may jeopardise the future of this annual event. I reproduce the following email from IAAF Race Walking Committee president Maurizio Damilano <[m.damilano@mapitalia.it](mailto:m.damilano@mapitalia.it)>

*Date: Friday, 15 February 2013 8:46 AM*

*Subject: I: Taicang RWC*

*Dear Friends,*

*I received an urgent email from Mr. Gavin YangFeng, responsible to the China Athletic Association for the Challenge meeting in Taicang,*

*They will pay the travel expenses for athletes who will take part in this meeting.*

*You know that is also our interest, as RWC members and Race Walking Family, to support participation in the challenge meetings and support the IAAF RW Challenge as possible.*

*If you have contact with international level walkers in your country who may be interested in taking part the next end of March in Taicang please take contact with Gavin ([yangfeng@athletics.org.cn](mailto:yangfeng@athletics.org.cn)).*

*Thank you so much for your help.*

*Regards*

*MAURIZIO DAMILANO*

## WHAT'S COMING UP NEXT WEEKEND

Next Sunday morning sees the **Australian 20km Roadwalk Championships** in **Hobart**, Tasmania. I published the start list in last week's newsletter and we can expect some strong racing. I received an email a couple of days ago from Wayne Fletcher advising the **start time will be 7:30AM Sunday morning.**

Next weekend also sees the LAVIC Region T&F Championships so good luck to all our Little Athletics walkers.

Next weekend also sees the **2013 IAAF Race Walking Challenge** kick off with an inaugural leg in **Chihuahua** on Saturday 23 February. Unfortunately there will not be any Australian walkers there this year as it is being held the same weekend as our National championships in Hobart but it is always a high quality meet and I look forward to reporting on it in the next newsletter.

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### 2012/2013 Victorian/Australian Summer Season Key Dates

Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open T&F Championships, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 16-17, 2013	VMA/AA Masters T&F Championships, East Burwood Athletics Track, East Burwood
Mar 29-Apr 1, 2013	Australian Masters T&F Championships, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong. See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

### 2013 International Fixture

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

### **2013 IAAF Race Walking Challenge**

23 Feb 2013	Circuito Internacional de Marcha Chihuahua 2013	Chihuahua
24 Feb 2013	Oceania Race Walk Championships	Hobart
1 Mar 2013	2013 IAAF Race Walking Challenge - Taicang China	Taicang
10 Mar 2013	Asian 20km Race Walking Championships	Nomi City
17 Mar 2013	Lugano Trophy - Memorial Mario Albisetti	Lugano
6 Apr 2013	African Race Walking Championships	Maurice
6 Apr 2013	22° Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior
13 Apr 2013	Podebrady 2013	Podebrady
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni
19 May 2013	10th European Cup Race Walking	Dudince
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña
29 June 2013	Dublin Grand Prix of Race Walking	Dublin
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moskva

### **2013 European Athletics Permit Meets**

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

### **2014 International Fixture**

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

### **Looking even further forward**

2015	<b>28<sup>th</sup> Summer Universiade, Gwanju, Korea</b>
2015	<b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>
August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
2017	<b>29<sup>th</sup> Summer Universiade, Taipei</b>
August 5-13, 2017	<b>16<sup>th</sup> IAAF World Championships in Athletics, London, UK</b>
July 2020	<b>32<sup>nd</sup> Olympic Games</b> City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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