



## HEEL AND TOE ONLINE

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### VICTORIAN OPEN AND U20 5000M WALK, OLYMPIC PARK, THURSDAY 18 FEBRUARY 2010

The Victorian Open and Under 20 5000m track championships were held last Thursday evening at Olympic Park in Melbourne. With the women's event starting at 7:30PM and the men's at 8:55PM, conditions were perfect and there were some good performances. And, of course, AV video supremo **David Armstrong** captured all the action with his usual top quality AthsVicTV production on the walks – see [http://www.youtube.com/watch?v=Oe3OWazR\\_DA](http://www.youtube.com/watch?v=Oe3OWazR_DA). Thanks to **Stu Cooper** for the photos – it is hard to get it right at night time.

The women's race saw 16 year old Amy Burren winning overall with a time of 25:37.75. Early on, she was shadowed by Jmara Hockley Samon and Kylie Irshad but she cleared out mid race and eventually won by just over 1 minute. Kylie Irshad took the open title with 26:38.61.

#### Women 5000 Meter Race Walk Open

1.	Irshad, Kylie	South Coast	26:38.61	
2.	Carr, Heather	Eaglehawk	27:04.50	
3.	Brunton, Caitlin	Corio	28:57.72	
4.	Wallace, Anna	Athletics Essendon	29:13.87	PB – 0:46
5.	Steed, Gwen	Mentone	29:58.62	
6.	Elms, Donna	Athletics Essendon	30:30.78	

#### Women 5000 Meter Race Walk Under 20

1.	Burren, Amy	Malvern Harriers	25:37.75	
2.	Hockley Samon, Jmara	Athletics Chilwell	26:25.48	
3.	Campbell, Caitlin	Athletics Essendon	28:08.04	PB – 0:29
4.	Mason, Ella	Box Hill	29:54.27	

The men's event was dominated by Chris Erickson who powered through to a fine time of 19:33.95 and lapped the entire field. Tom Barnes and Rhydian Cowley battled it out for second place overall before Rhydian cleared away to win the U20 title with a PB time of 21:15.21. Lewis Clark 23:34.82 and Brad Simpson 23:48.92 did huge PBs in taking out the U20 minor medals behind Rhydian. It was great to see so many men on the track and lots of PBs along the way.

#### Men 5000 Meter Race Walk Open

1.	Erickson, Chris	Athletics Essendon	19:33.95	
2.	Barnes, Tom	Melbourne UN	21:29.59	
3.	Van Kopplen, Paul	Croydon	23:20.78	
4.	Kollmorgen, Stuart	Collingwood	23:28.17	PB – 0:23
5.	Donahoo, Mark	Athletics Essendon	24:38.55	
6.	Seid-Christmass, James	Corio	24:49.94	PB – 0:59
7.	Kennedy, Paul	Melbourne UNI	25:10.24	
8.	Evans, Simon	Box Hill	25:24.88	
9.	McDonough, Aaron	Preston	25:27.05	PB – 0:37
10.	Blood, Andrew	Ballarat Ycw	26:25.41	
11.	Dyer, Bill	Box Hill	26:59.61	
12.	Erickson, Tim	Coburg Harriers	27:31.53	
13.	Biggin, Daryl	Ballarat Ycw	28:23.74	
14.	Thillaisundaram, Anand	Collingwood	28:40.91	PB – 5:30
15.	Prendergast, Maurice	Ballarat Ycw	29:46.32	
16.	Kozica, Jason	ST Kevins	31:28.06	
	Nunn, Paul	Wendouree	DQ	

#### Men 5000 Meter Race Walk Under 20

1.	Cowley, Rhydian	Glenhuntly	21:15.21	PB – 0:31
2.	Clark, Lewis	Athletics Chilwell	23:24.82	PB – 1:24
3.	Simpson, Bradley	Knox Athletics	23:48.92	PB – 1:30
	Cosic, Filip	Athletics Essendon	DNF	
	Dillon, Joshua	Corio	DQ	

This is Chris's 6<sup>th</sup> win in 7 years in this event which he has pretty much made his own. His last 7 years of participation read like this

2004	1 <sup>st</sup>	Erickson, Chris	23.08.15 (41°C)
2005	1 <sup>st</sup>	Erickson, Chris	20:58.26
2006	2 <sup>nd</sup>	Erickson, Chris	20:16.33
2007 *	1 <sup>st</sup>	Erickson, Chris	19:40.27
2008	1 <sup>st</sup>	Erickson, Chris	19:35.71
2009	1 <sup>st</sup>	Erickson, Chris	19:25.98
2010	1 <sup>st</sup>	Erickson, Chris	19:33.95

\* In 2007, Luke Adams actually finished first in 18:59.43 but Chris took the title as first Victorian finisher when he came 2<sup>nd</sup> overall.



Medallists Jmara Hockley Samon, Kylie Irshad, Amy Burren, Caitlin Brunton, Heather Carr and Caitlin Brunton



Medallists Tom Barnes, Chris Erickson, Paul Van Kopplen, Lewis Clark, Rhydian Cowley and Brad Simpson

## SOME MORE STATS FROM THE AUSTRALIAN 20KM CHAMPIONSHIPS IN HOBART

I have been forwarded the 2km lap splits from the Hobart 20km races and, as usual, it makes for very interesting reading. Here they are for our top walkers – note a 7:40 second lap by Jared Tallent – this is what is called stamping your authority on the race!

Jared Tallent	8:02	7:40	7:47	7:48	7:51	7:55	7:57	8:03	8:04	8:08
Luke Adams	8:02	7:47	8:00	8:08	8:12	8:15	8:19	8:27	8:29	8:29
Ato Ibanez	8:22	8:30	8:22	8:19	8:07	8:06	8:19	8:34	8:23	8:29
Chris Erickson	8:02	8:13	8:25	8:23	8:21	8:22	8:28	8:25	8:29	8:30
Adam Rutter	8:04	7:40	8:20	8:15	8:13	8:25				
Nathan Deakes	8:02	7:42	8:02	8:18	8:31					
Claire Tallent	9:07	9:13	9:20	9:14	9:16	9:15	9:16	9:22	9:19	9:19
Cheryl Webb	9:07	9:13	9:20	9:14	9:16	9:16	9:15	9:26	9:38	9:44
Jillian Hosking	9:09	9:11	9:20	9:14	9:16	9:17	9:43	9:40	9:54	9:29
Kellie Wapshott	9:13	9:14	9:13	9:23	9:31	9:26	10:04	9:47	9:52	9:40
Nicole Fagan	9:37	9:40	9:46	9:45	9:51	9:50	10:13	11:58	10:15	10:40

I have also extracted the 10km half way splits and Paul Jeness has now added them into his yearly ranking lists as they are legitimate 10km times in their own right.

Jared Tallent	39:08	Claire Tallent	46:10
Luke Adams	40:09	Cheryl Webb	46:10
Adam Rutter	40:32 - DNF	Jillian Hosking	46:10
Nathan Deakes	40:35 - DNF	Kellie Wapshott	46:34
Chris Erickson	41:24	Nicole Fagan	48:39
Ato Ibanez (SWE)	41:40	Rosie Robinson (NZ)	52:01
Ian Rayson	43:13	Kate Newitt (NZ)	52:52
Isamu Fujisawa (JP)	43:14	Lauren Bourke	57:07
Yuki Yamazaki (JP)	43:15	Alana Barber (NZ)	57:09
Brendon Reading	43:23	Tamara Attard	59:13
Tom Barnes	45:30	Kelly Mabbett (NZ)	61:15
Duane Cousins	45:32	Caitlin Brunton	63:10
Derek Mulhearn	46:11		
Quentin Rew (NZ)	46:30		
Scott Nelson(NS)	48:02		
Daniel Payne	49:13		
Darren Purcell	51:54		
Eric Kemsley (NZ)	52:02		
Mike Parker (NZ)	52:15		
David Sim (NZ)	56:18		

## BENDIGO WALKERS CLUB RACES, ROSALIND PARK, BENDIGO, WEDNESDAY 17 FEBRUARY 2010

Thanks to Paul Rance for his weekly report from Bendigo

The Bendigo walkers Club held racewalking events in Rosalind Park on Wednesday evening with athletes having the choice of walking 1, 2, 3, 4, 5, or 6 laps of the 800m circuit.

The best performance on handicap for the 1, 2 or 3 laps category was Charlotte Edlin with an excellent personal best time of 4.00 for the 800m to take the sealed handicap award, Zoe Boldiston's 8.11 for 2 laps gave her 2<sup>nd</sup> place with Catherine Heard in 3<sup>rd</sup> place. The fastest time award was taken out by Peter Curtis.

In the 4, 5 or 6 lap event Colin Cleary produced a strong finishing sprint at the end of his 6 laps to give him victory in the sealed handicap with Josh Savage producing a personal best for 4 laps to take 2<sup>nd</sup> place while Jessey Wilson also walked strongly over 4 laps to finish in 3<sup>rd</sup> place with Ebony Whiley securing the fastest time award.

Meanwhile Charlotte Edlin continued her excellent form into the Bendigo Little Athletics Centre's competition on Friday evening where she broke the U10 1100m walk record with a time of 5.37 with the record mark of 5.40, held by 3 time Australian Champion Natalie Gleeson, having stood for 15 years .

**800m** Peter Curtis 3.42, Charlotte Edlin 4.00, Geoff Major 6.23, Jamie-Lee Jones 6.39

**1600m** Zoe Boldiston 8.11, Grace Edlin 8.45, Dane Heiden 8.45, Jeremiah Jones 9.18, Barb Bryant 9.34, Jarrod Coad 10.37, Catherine Heard 10.58, Ebony-Jade Jones 12.10

**2400m** Carol Coad 20.08, Norm West 20.08

**3200m** Ebony Whiley 17.32, Amanda Heard 18.02, Josh Savage 18.57, Jessey Wilson 20.03, Annette Major 20.05, Annette Curtis 23.39

**4800m** John Carter 32.51, Colin Cleary 35.21, Eddie Rowan 35.22

## ACT RACE AND FITNESS WALKING CLUB RESULTS

Thanks to Robin Whyte for the last couple of week's of racing results from ACT. I'm guessing that they might have been 2000m and 1500m respectively.

### ACT Race & Fitness Walk Walking Club Turkey Handicap, AIS Track, Canberra, Thursday 28 January 2010

			Nominated Time	Actual Time	Diff
1.	McSpadden, Margaret	F	16.32	16.36	0.04
2.	Gilchrist, Rod	M	12.50	12.58	0.08
3.	Whyte, Robin	M	11.55	11.41	-0.14
4.	Gilchrist, Jennie	F	15.00	14.45	-0.15
5.	Bialecki, Helen	F	11.37	11.19	-0.18
6.	Suiter, John	M	14.00	13.42	-0.18
7.	Taylor, Jo	F	15.00	15.20	0.20
8.	Williams, Alan	M	13.30	13.08	-0.22
9.	Baker, Peter	M	12.30	12.08	-0.22
10.	Chesterton, Val	F	16.00	16.29	0.29
11.	Baker, Kara	F	12.40	12.05	-0.35
12.	Donovan, John	M	14.50	14.09	-0.41
13.	Plested, Josephine	F	13.00	12.05	-0.55
14.	Bruce, Janet	F	17.00	18.26	1.26
15.	Burns, Callum	M	11.26	12.56	1.30
16.	Baumann, Ruth	F	15.50	14.11	-1.39
17.	Rayner, Jenny	F	15.00	16.54	1.54
18.	Shelton, Kay	F	16.30	18.27	1.57
19.	Klenke, Jo	F	14.00	17.03	3.03

### ACT Race & Fitness Walk Walking Club Age Handicap, AIS Track, Canberra, Thursday 4 February 2010

			Finish Time	Start Time	Actual Time
1.	Baird, Carol	F	10.27	2.00	8.27
2.	Suiter, John	M	10.29	0.30	9.59
3.	Hunt, Zoe	F	11.27	2.40	8.47
4.	Baker, Kara	F	11.31	2.40	8.51
5.	Burns, Callum	M	11.32	2.20	9.12
6.	Bialecki, Helen	F	11.56	3.10	8.46
7.	Baker, Peter	M	12.06	4.00	8.06
8.	Barker, Geoff	M	12.24	2.40	9.44
9.	Munro, Terry	M	12.30	2.00	10.30
10.	Plested, Josephine	F	12.32	4.00	8.32
11.	Baumann, Ruth	F	12.33	2.20	10.13
12.	Black, Kate	F	12.36	3.10	9.26
13.	Gilchrist, Jennie	F	12.54	2.20	10.34
14.	Williams, Alan	M	13.06	3.00	10.06
15.	Greathead, Sheryl	F	13.13	2.20	10.53
16.	Harris, Fran	F	13.17	1.30	11.47
17.	Thackray, Jack	M	13.37	1.30	12.07
18.	Fitzgerald, Doug	M	13.50	3.20	10.30
19.	Donovan, John	M	14.16	4.20	9.56
20.	McSpadden, Margaret	F	14.24	2.00	12.24
21.	Rayner, Jenny	F	14.40	2.00	12.40
22.	Klenke, Jo	F	14.40	0.30	14.10
	Burns, Spencer	M	DNF		

## GLYNIS NUNN SHIELD, GOLD COAST CITY ATHLETICS TRACK, SATURDAY 20 FEBRUARY 2010

**Dane Bird-Smith** took all before him at the Glynis Nunn Shield Meet at the Gold Coast in Queensland last Saturday, walking to an 8 second PB of **11:49.17**. Dane's next outing will be on Saturday when he competes against the big guys over 5000m at the Sydney Grand Prix and another big PB looks on the cards.

#### Mixed 1500 Metre Race Walk

1.	Barker, Rachel	W14	GCV	7:31.18
2.	Barker, Kristy	W11		9:55.36
3.	Wales, Robyn	W58	GCV	11:22.21

#### Mixed 3000 Metre Race Walk

1.	Bird-Smith, Dane	M18	QRW	11:49.17	PB – 8 secs
2.	Dewar, Brandon	M18	QRW	13:51.91	
3.	Benzenati, Kenza	W13	GCV	15:45.30	
4.	Morssinkhof, Amy	W14	QRW	16:05.19	
5.	Carroll, Tess	W14	RED	18:10.85	
6.	Czislarski, Shannon	W17		19:47.22	
	Paviell, Marybeth	W14	GCV	DNF	

## 10TH MARCHA ATL. CIDADE DE OLHAO, OLHAO, PORTUGAL, SUNDAY 21 FEBRUARY 2010

The second leg of the IAAF Race Walking Challenge was held in the Portugese port side city of Olhao on Sunday. The 10<sup>th</sup> edition of the Meeting Marcha Atl. Cidade de Olhao, which also served as the national championships, was an IAAF Category C meeting (the same as Hobart) through which points can be earned towards qualification for the IAAF Race Walking Challenge Final on 19 September in Beijing.

The highest quality event was the women's 20km where **Vera Santos** of Portugal (5<sup>th</sup> place in Berlin last year) battled strong winds as well as some rain to win in 1:30:09. The performance was better than her 1:30:35 from Berlin, but shy of her personal of 1:28:14, set at the 2008 Olympics in Beijing where she finished ninth.

This was the second national title for Santos, 27, adding to her victory from 2005. Susana Feitor rules the national tables with 13 victories, but the Portuguese standout didn't compete, recovering from a broken arm sustained in a fall during a training session. Finishing behind Santos were Ana Cabecinha, the eighth place finisher at the last Olympics, and Inês Henriques, who was 11<sup>th</sup> in Berlin last year, clocking 1:32:36 and 1:33:47 respectively.

The men's 20km international was won by **Bertrand Moulinet** of France, who stopped the clock with a 1:25:16 career best, a 14-second PB. Moulinet's victory was secured when Portuguese João Vieira, the European bronze medallist in 2006, was forced to drop out due to unjury in the 16<sup>th</sup> kilometre. Moulinet was followed by the Vieira's twin brother, Sérgio, who clocked 1:28:36. Sérgio Vieira, whose 1:20:57 personal best dates back to 1997, has returned to top level racing after several years away. Another Portuguese, Pedro Isidro, topped off the podium ahead of another Frenchman, Daimen Molmy, 1:28.43 to 1:28:57.

The 50km national title was won by **Dionísio Ventura** in 4:06:07. Ventura, who has a personal best of 3:59:28, also won the national titles in 2006 and 2009. Leading results were as follows

### 20 km Men

Bertrand Moulinet	FRA	1:25.16
Sérgio Vieira	POR	1:28.36
Pedro Isidro	POR	1:28.43
Damien Molmy	FRA	1:28.57
Augusto Cardoso	POR	1:29.56
Pedro Martins	POR	1:33.38

### 20km Women

Vera Santos	POR	1:30.09
Ana Cabecinha	POR	1:32.36
Inês Henriques	POR	1:33.47
Laura Polli	SUI	1:39.57
Zuzanna Schindlerova	CZE	1:40.48
Maribel Gonçalves	POR	1:41.57

### 50 km Men

Dionísio Ventura	POR	4:06.07
Jorge Costa	POR	4:14.34
Luís Gil	POR	4:14.59



Vera Santos finishes third in the 2008 World Cup 20km in Cheboksary

## RUSSIAN WINTER RACEWALKING CHAMPIONSHIPS, ADLER, RUSSIA, 20-21 FEBRUARY 2010

The Russian Winter Racewalking Championships were held last weekend in Adler, producing the usual round of superb results. See website [http://eng.rusathletics.com/sor/sor.php?sor\\_in=1879&ppr=1](http://eng.rusathletics.com/sor/sor.php?sor_in=1879&ppr=1) for full details. Day 1 saw 20km road championships for men and women and a 35km road championship for men.

**Sergey Bakulin** won the men's 35km road championship, clocking 2:27:42 in sunny conditions of +15°C. Two-time World champion Sergey Kiryapkin finished second in 2:29:00 and Sergey Sergachov was third with a PB of 2:30:56. Ruslan Vershinin won the U23 men's 35km with 2:36:22 ahead of Anton Sivakov 2:37:17 and Aleksey Bartsaykin 2:39:48.

**Anisya Kiryapkina**, 20, won the women's 20km road championship, clocking 1:25:11 (PB), a time that is actually under the current world record. However, the IAAF website advises that it is unlikely to be ratified for record purposes since, as at past years, no international judges were present at the competition. Vera Sokolova finished second in 1:25:35, and Tatyana Sibileva was third in 1:25:26 (PB). Two-time Olympic champion Olga Kaniskina finished fourth in 1:28:26. Kiryapkina also won the U23 title ahead of Tatyana Mineyeva in 1:28:33 and Natalta Graber in 1:32:33.

**Stanislav Emelyanov**, Junior Men's 20km World Record holder and still only 19 years of age, clocked 1:19:43 to win the men's 20km road championship. Denis Strelkov, 19, was second with 1:20:19 and Pyotr Trofimov finished third in 1:20:44. Aleksey Golovin was third in the U23 men's 20km, clocking 1:28:48 behind Yemelyanov and Strelkov.



**Left: Anisya Kiryapkina in the 2009 European Racewalking Cup  
Right: Stanislav Emelyanov wins the 2008 World Junior Championship**

I wouldn't normally reproduce the entire set of results but I will in this case, just to highlight the incredible depth in Russian racewalking. The results also include the age of each competitor and the number of IAAF points scored for each performance.

### Men Open and U23 20km Championship

1.	Stanislav EMELYANOV	RUS	90	1:19:43	1203	PB
2.	Denis STRELKOV	RUS	90	1:20:19	1191	PB
3.	Pyotr TROFIMOV	RUS	83	1:20:44	1182	
4.	Andrey RUZAVIN	RUS	86	1:21:01	1177	
5.	Andrey KRIVOV	RUS	85	1:22:58	1139	
6.	Aleksandr YARGUNKIN	RUS	81	1:23:09	1135	
7.	Aleksandr PROKHOROV	RUS	86	1:23:35	1127	
8.	Konstantin MAKSIMOV	RUS	82	1:26:17	1075	
9.	Ivan KUZNETSOV	RUS	83	1:26:21	1074	
10.	Georgiy SHEIKO	KAZ	89	1:26:48	1065	PB
11.	Rustam KUVATOV	KAZ	77	1:27:33	1051	
12.	Vitaliy ANICHKIN	KAZ	88	1:27:49	1046	PB
13.	Abdinur ALIBEK K	AZ	87	1:28:27	1034	PB
14.	Aleksey GOLOVIN	RUS	88	1:28:48	1028	PB
15.	Artyom BISYUKOV	RUS	87	1:29:22	1017	
16.	Denis ZONOV	RUS	88	1:30:47	991	PB
17.	Pavel YEROKHOV	RUS	82	1:30:59	988	PB
18.	Sergey LYUBOMIROV	RUS	89	1:31:09	985	
19.	Aleksandr FILIN	RUS	89	1:31:31	978	PB
20.	Edikt KHAYRULLIN	RUS	89	1:32:14	965	
21.	Dmitriy YEMELYANOV	RUS	90	1:32:43	957	PB

22.	Aleksandr SALTYKOV	RUS	86	1:33:38	940	
23.	Dmitriy NEKRASOV	RUS	89	1:34:22	927	PB
24.	Andrey RYABUSHEV	RUS	88	1:34:33	924	
25.	Sergey BOLDIN	RUS	83	1:34:40	922	PB
26.	Sergey IVANOV	RUS	88	1:34:44	921	PB
27.	Aleksandr LUCHSHEV	RUS	88	1:35:33	907	
28.	Aleksandr BIBAYEV	RUS	86	1:35:46	903	
29.	Roman YARKIN	RUS	90	1:35:55	900	PB
30.	Svyatoslav CHERNYSHENKO	RUS	90	1:36:17	894	PB
31.	Aleksey SHASHKOV	RUS	87	1:37:46	869	PB
32.	Grigoriy FIRSIN	USA	87	1:38:39	854	
33.	Aleksey ARKHIPOV	RUS	88	1:38:55	849	PB
34.	Sergey TYURIN	RUS	89	1:39:30	839	
	Vyacheslav STUPIN	RUS	89	DNF		
	Valeriy BORCHIN	RUS	86	DNF		
	Aleksey POMAZNOY	RUS	90	DNF		
	Anton TABAKOV	RUS	86	DNF		
	Aleksandr NIKITIN	RUS	88	DNF		
	Yevgeniy TABAKOV	RUS	89	DNF		
	Ivan GUBIN	RUS	90	DNF		

#### Men Open and U23 35km Championship

1.	Sergey BAKULIN	RUS	86	2:27:42	1186	
2.	Sergey KIRDYAPKIN	RUS	80	2:29:00	1174	
3.	Sergey SERGACHEV	RUS	87	2:30:56	1156	PB
4.	Yuriy ANDRONOV	RUS	71	2:31:15	1153	
5.	Sergey MELENTYEV	RUS	76	2:32:40	1140	
6.	Ivan ZHBANOV	RUS	87	2:33:49	1129	PB
7.	Yuriy CHESNOKOV	RUS	79	2:33:57	1128	PB
8.	Ruslan VERSHININ	RUS	89	2:36:22	1106	PB
9.	Anton SIVAKOV	RUS	89	2:37:17	1097	PB
10.	Aleksey BARTSAYKIN	RUS	89	2:39:48	1075	PB
11.	Andrey TROFIMOV	RUS	87	2:41:00	1064	
12.	Sergey KOREPANOV	RUS	84	2:45:22	1025	
13.	Aleksandr VOROBYEV	RUS	88	2:48:04	1002	
14.	Viktor TELEPOV	RUS	86	2:52:11	966	PB
15.	Albert KHALIKOV	RUS	89	3:02:47	878	PB
	Aleksey KHIMIN	RUS	89	DQ		
	Pavel PINISHIN	RUS	88	DQ		

#### Women Open and U23 20km Championship

1.	Anisiya KIRDYAPKINA	RUS	89	1:25:11	1224	PB
2.	Vera SOKOLOVA	RUS	87	1:25:35	1218	
3.	Tatyana SIBILEVA	RUS	80	1:25:52	1214	PB
4.	Olga KANISKINA	RUS	85	1:28:26	1179	
5.	Tatyana MINEYEVA	RUS	90	1:28:33	1177	PB
6.	Lyudmila ARKHIPOVA	RUS	80	1:28:54	1172	
7.	Svetlana SOLOVYEVA	RUS	86	1:29:37	1163	PB
8.	Larisa YEMELYANOVA	RUS	80	1:31:42	1134	
9.	Natalya GRABER	RUS	90	1:32:33	1123	PB
10.	Anastasiya YATSEVICH	BLR	85	1:32:52	1119	
11.	Yelena KRUCHINKINA	RUS	88	1:33:40	1108	PB
12.	Lina BIKULOVA	RUS	88	1:35:33	1083	
13.	Nelly LEKAREVA	RUS	89	1:36:15	1074	
14.	Tatyana KOROTKOVA	RUS	80	1:36:17	1073	
15.	Malvina PETROVA	RUS	89	1:37:09	1062	PB
16.	Yelena PRITUZHALOVA	RUS	89	1:39:02	1038	PB
17.	Kseniya TRIFONOVA	RUS	90	1:39:09	1036	PB
18.	Anastasiya PAVLENKO	RUS	88	1:39:10	1036	PB
19.	Anna PETROVA	RUS	90	1:40:13	1022	PB
20.	Irina MUSIKHINA	RUS	88	1:41:28	1007	PB
21.	Natalya GRITSAYENKO	RUS	88	1:43:45	978	
22.	Yekaterina POPOVA	RUS	87	1:46:37	942	
23.	Albina LEBEDEVA	RUS	90	1:47:30	931	PB
24.	Polina REPINA	KAZ	90	1:47:52	927	PB
25.	Anastasiya POZDEYEVA	RUS	89	1:51:22	885	PB
	Olga TROFIKOVA	RUS	86	DQ		
	Tatyana SHEMYAKINA	RUS	87	DNF		
	Elmira ALEMBEKOVA	RUS	90	DNF		
	Yelena VOLPUKHINA	RUS	88	DNF		
	Irina YUMANOVA	RUS	90	DNF		
	Oksana KIRILLOVA	RUS	88	DNF		

Olga POVALYAYEVA	RUS	84	DNF
Nadezhda POVALYEVA	RUS	86	DNF
Olga MIKHAYLOVA	RUS	86	DNF
Kristina KARPOVA	RUS	89	DNF
Mariya LOSEVA	RUS	90	DQ
Marina PANDAKOVA	RUS	90	DQ

Day 2 featured Junior 10,000m track championships. For the men, **Valeriy Filipchuk** won in 40:34 ahead of Konstantin Kulagov 40:51 and Dmitriy Cheparev 41:00. All three are coming from Mordovia. The women's results are not yet posted on the Russian website.

#### Junior Men 10,000m Race Walk

1.	Valeriy Filipchuk	RUS	40.34
2.	Konstantin Kulagov	RUS	40:51
3.	Dmitriy Cheparev	RUS	41:00

### THE TALLENTED TWO IN A NEW ROLE

Thanks to Bob Cruise for this news flash

Whilst visiting South Australia for the weekend Claire and Jared Tallent attended the Athletics South Australia interclub track program. The program was held Saturday morning due to the hot weather and coincided with the South Australian Special Olympics Trials for the National Special Olympic Championships.

Somewhat short of walking judges for the 1500 metre ASA walk event the Chief Judge, Bob Cruise, co-opted Claire and Jared to act as Guest Judges. Claire, a C Grade AA Judge, did not seem concerned by the co-option however Jared, when handed the judging paddles asked 'What do I do with these?' I'm sure he was jesting but then again he wouldn't have seen too many of them during his walking career.

Immediately following the ASA walk the Special Olympics 400 metre walk was held. The guest judges were again invited to officiate and accepted gladly. Forty athletes of various ages and abilities fronted the starter. It was pleasing to note that our guest judges were as flexible with their judging as they were with their time.

Both Claire and Jared's involvement was greatly appreciated by all particularly the Special Olympian group of athletes.

### A WEBSITE TO BOOKMARK

**All-Athletics.com** (<http://www.all-athletics.com>) is by far the most comprehensive Track and Field statistics database website in the world. Much of the more detailed information is only available to those subscribers who pay an annual fee but the site has just introduced a new free service for its visitors: the **News Wire**. Point your browsers to [http://www.all-athletics.com/en-us/news\\_wire](http://www.all-athletics.com/en-us/news_wire) to see a huge selection of daily news items about what is going on in the world of athletics. This is definitely worth a bookmark and a regular visit.

### SYDNEY TRACK CLASSIC, SYDNEY OLYMPIC PARK, SATURDAY 27 FEBRUARY 2010

The Sydney Track Classic on Saturday 27<sup>th</sup> February sees our top walkers back in action once again and we look set for an exciting couple of walks. Entry lists look like this

#### Women 5000 metres Race Walk, 7:09PM

Szirom, Megan	SA
Tallent, Claire	AIS /SA
Wapshott, Kellie	AIS /VIC
Webb, Cheryl	NSWIS
Fagan, Nicole	NSW
Hosking, Jillian	ACT
Lamble, Regan	AIS /VIC

#### Men 5000 metres Race Walk, 7:09PM

Adams, Luke	AIS /NSW
Bird-Smith, Dane	QLD
Deakes, Nathan	AIS /VIC
Erickson, Chris	AIS /VIC
Fitzsimons, Sean	AIS /WA
Rayson, Ian	NSWIS
Reading, Brendon	ACT
Rutter, Adam	AIS /NSW
Tallent, Jared	AIS /VIC
Barnes, Tom	VIC

### WHAT'S COMING UP IN VICTORIA

#### Australian Masters 4 x 800m Walk Relays, Bill Sewart Athletics Track, Burwood, Thursday 25 February, 7:45PM

The annual AMA Relay championships are on once again and the Victorian walk component will be held on Thursday 25 February at East Burwood. Teams can be entered in M40/W40/M50/W50/M60/W60/M70/W70 and it is 'enter on the night'. So get to it and get your team together. It is a fun event and is followed by 2000m/4000m walks at 8PM for those who are interested.

#### Victorian Youth and U20 Track & Field Championships, Olympic Park, Melbourne, 26-28 February

The Victorian Youth Championships (U14/U15/U16/U17/U18 and U20) this weekend are compulsory championships for those intending to compete in the Australian Youth Championships in Sydney in March. Walk schedulings are

Friday 26 February, 5:30pm	Boys and Girls U17 5000m Walk Boys and Girls U18 5000m Walk Boys and Girls U20 5000m Walk (non championship)
Saturday 27 February, 11:45am	Boys and Girls U14 1500m Walk
Sunday 28 February, 11:05am	Boys and Girls U15 3000m Walk Final Boys and Girls U16 3000m Walk Final

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts.

Thurs 25 Feb 2010	AMA 4 x 800 Walk Relays, East Burwood Athletics Track, 7:45PM (also 2km and 4km walks at 8PM)
26-28 Feb 2010	Victorian U14-U18 & U20 Track and Field Champs, Olympic Park
Sat 27 Feb 2010	Sydney Grand Prix – 5000m walks
11-14 Mar 2010	Australian U14, U15, U16, U17, U18 and U20 Track and Field Champs, Sydney (walks in all divisions)
20-21 Mar 2009	Victorian Masters T&F Championships, Hagenauer's Reserve, Box Hill
20-21 Mar 2009	Victorian Little Athletics State Championships, Olympic Park, Melbourne
26-28 Mar 2010	Victorian Open T&F Championships, Olympic Park (note 5000m walks held separately on Thur 18 Feb)
2-5 April 2010	Easter weekend - Australian Masters T&F Champs, Perth
Sun 11 April 2010	VMA 5000m track championships and VRWC events, Collingwood
16-18 April 2010	Australian Open and U23 Track and Field Championships, Perth
Sat 26 April 2010	Australian Little Athletics U13 Championships, Bill Sewart Athletics Track, Nunawading, VIC

#### Australian Winter Season Key Dates

Sun 12 June	44 <sup>th</sup> Lake Burley Griffin Racewalking Australia Carnival, Canberra
Sat 24 July 2010	Racewalking Australia State Challenge, in each State
Sun 22 August	Australian Roadwalking Championships and RWA carnival, QLD (venue TBA)

#### 2010 International Highlights

Mar 1-6, 2010	<b>WMA World Indoor Championships, Kamloops, Canada</b> (3000m and 10000m walks)
May 15-16, 2010	<b>IAAF World Race Walking Cup, Chihuahua, Mexico.</b> See <a href="http://www.iaaf.org/wrc10/preview.html">http://www.iaaf.org/wrc10/preview.html</a>
July 3-10, 2010	<b>Oceania Masters Championships, Tahiti</b>
July 19-25, 2010	<b>World Junior Championships, Moncton, Canada</b>
14-26 Aug, 2010	<b>World Youth Olympics, Singapore</b> (10000m walk boys, 5000m walk girls)
Oct 3-14, 2010	<b>Commonwealth Games, Delhi, India.</b> See <a href="http://www.cwgdelhi2010.com/">http://www.cwgdelhi2010.com/</a>

#### 2010 Race Walking Challenge Events

Feb 13, 2010	Australian 20k RW Championships, Hobart, AUS	Category C
Feb 21, 2010	10 <sup>th</sup> Meeting Marcha Atl. Cidade de Olhao, Olhao, POR	Category C
Mar 14, 2010	GP Città di Lugano - Mem. Mario Albisetti, Lugano, SUI	Category C
Mar 27, 2010	Dudinska 50-km, Dudince, SVK	Category C
Apr 10, 2010	19 <sup>th</sup> Grande Premio Internacional en Marcha Atletica, Rio Maior, POR	Category B
May 1, 2010	53 <sup>rd</sup> Coppa Città di Sesto San Giovanni, Sesto san Giovanni, ITA	Category B
May 15-16, 2010	24 <sup>th</sup> IAAF World Racewalking Cup, Chihuahua, MEX	Category A
May 29, 2010	XIII Na Rynek Marsz, Krakow, POL	Category B
June 11, 2010	36 <sup>th</sup> Intl. RW Festival Alytus, Alytus, LTU	Category C
June 19, 2010	XXIV Gran Premio Cantones de La Coruña, La Coruña, ESP	Category B
Sept 18, 2010	IAAF Race Walking Challenge Final, Beijing, CHN	

#### 2010 – Other International Opportunities

May 30, 2010	German 20km Championships, Naumburg (see <a href="http://www.racewalking-naumburg.de">http://www.racewalking-naumburg.de</a> )
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#### 2011 International Fixture

July 7-17, 2011	<b>World Masters T&amp;F Championships, Sacramento, California, USA</b>
Aug 27-Sept 4, 2011	<b>13<sup>th</sup> IAAF World Championships in Athletics, Daegu, Korea</b>
Aug 12-22, 2011	<b>26<sup>th</sup> World Summer Universiade Games, Shenzhen, China.</b> See <a href="http://www.sz2011.org/eng/index.htm">http://www.sz2011.org/eng/index.htm</a>
July 7-17, 2011	<b>19<sup>th</sup> World Masters Athletics Championships Stadia, Sacramento, USA</b>

#### 2012 International Fixture

May 2012	<b>IAAF World Race Walking Cup, Saransk, Russia</b>
July 27-Aug 12, 2012	<b>Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

#### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)