



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 33
14 May 2013



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was **Dane Bird-Smith** who came 3rd in the international racewalk meet in Sesto san Goivanni in Italy with a 2013 World Championship A qualifying time of 1:23:18.

This week I have reviewed the performances to hand and Dane stands out once more with yet another fine walk in Italy at the 44th Trofeo Ugo Frigerio meet in Bovisio Masciago. Although full results have not yet been posted, he and Rhydian Cowley walked in the 5+km event with Dane winning in 19:40 and Rhydian second in 20:27. You can read about it later in the newsletter.



Dane wins in the Trofeo di Marcia "Ugo Frigerio" last Sunday

WHAT'S COMING UP

Next Saturday sees our next Victorian Roadwalk championships at Middle Park - the 15km this time. Note the earlier start time of 2PM for our 15km walkers. Entries for all VRWC championships are taken on the day and we will have club championships medals for all place getters in all club championships.

Saturday 18th May 2013, Middle Park

Entries for VRWC 15km championship events and for non-championship 15km event close at 1.40pm

Entries for all other events close at 2.00pm sharp.

2.00pm	15km	AV Championship	Open Men
2.00pm	15km	AV Championship	Open Women
2.00pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	VRWC Championship	Under 20 Men/Women
2.00pm	15km	Non championship	Open
2.15pm	5km	VRWC Championship	Under 16 Boys/Girls
2.15pm	5km	Non championship	Open
2.15pm	3km	VRWC Championship	Under 14 Boys/Girls
2.45pm	1km	VRWC Championship	Under 9 Boys/Girls

2.55pm	2km	VRWC Championship	Under 12 Boys/Girls
3:30pm	Presentations		

All Victorian entries for the big Lake Burley Griffin Carnival close on Saturday with me. It is your last chance to register for Australia's biggest racewalking carnival which will be held on **Sunday 9th June in Canberra**. Our Racewalking Victoria team is looking strong and will be spearheaded by our international club member walkers Jared Tallent, Chris Erickson, Nathan Brill, Jesse Osborne, Regan Lambie, Jess Rothwell and Rachel Tallent who will all be competing for us. How exciting!

The following weekend sees our usual VRWC club races on Saturday 25th May and then the **Victorian Country Roadwalking Championships in Ballarat on Sunday 26th May**. Walkers from metropolitan clubs can also enter these Country Champs and compete by invitation and it is a chance to kick out a fast time on their great 1km loop in North Gardens, Lake Wendouree. Entry is via the online panel on the AV website - <http://www.athsvic.org.au/events/register/3807>. Entries will close in a couple of days so you need to action now if you intend to race.

Looking even further ahead, our club carnival on **Saturday 1st June is the first of our Prizes Days** with the pick of the table for the winner of each of the club handicap event in each of the 12 categories. If any club members or families have access to suitable prizes and can pass them onto us at cost price or equivalent, then we would be most grateful. I work on a budget of \$25 per prize. But sometimes I find it hard to get the old brain into gear and source enough prizes of a suitable variety to fill the table.

Next weekend also sees the 10th European Cup Race Walking which will be held in Dudince, Slovak Republic, on Sunday 19th May. I will preview this big meet later in the newsletter.

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 11 MAY

Last Saturday saw an abundance of opportunity for Victorian walkers with Little Athletics Cross Country in the morning and the Athletics Victoria Road Relays at Sandown Racecourse in the afternoon alongside our own Victorian Race Walking Club roadwalks at Middle Park. So we were pleased to see another good crowd of 64 walkers in attendance on what turned out to be a warm and very windy day - tough conditions for everyone, walkers and officials.

Terry Swan was out with his camera and has already loaded the day's takings to our gallery - see <http://www.vrwc.org.au/coppermine>. Frances Attard was also out with her video camera and will have the day's proceedings showing on the club TV next week. In the meanwhile, she had video of last week's races showing in the clubrooms and it is now on YouTube - see <http://www.youtube.com/watch?v=QyDIhqw0o6k>.

PBs were few and far between in the strong winds but there were plenty of solid walks. Leading the way in the 10km was Jesse Osborne with a very business like 45:34. And it was great to see Nicole Hallett walk her first 10km since 2009 with 1:11:00 - well done Nicole! And Cody McNicol-Davidson also walked excellently for a 16 sec PB with 1:06:54.

10km Open			Handicap	
1.	Liz Feldman	1:05:46	1	
2.	Nicole Hallett	1:11:00		
1.	Jesse Osborne	45:34	5	
2.	Mark Donahoo	53:46	4	
3.	James Christmass	56:56	7	
4.	Bernie Keirl	57:45	3	
5.	Terry O'Neill	1:04:05	8	
6.	Gerard Feain	1:04:25	1	
7.	Cody McNicol-Davidson	1:06:54	2	PB 0:16
8.	Murray Dickinson	1:07:12	6	
	Russ Dickenson	DNF		
	Simon Evans	DNF		

Jason Kozica 24:25 and Heather Carr 28:50 led the way in the 5km Open walk while Natalie Laurie 16:59 and Ed Blackwood (having his first walk with the club for a good 19:54) led the way in the 3km Open Walk.

5km Open			Handicap	
1.	Heather Carr	28:50	4	
2.	Paige De Lisen	28:50	6	
3.	Marlene Gourlay	29:59	8	
4.	Donna Elms	31:11	1	
5.	Pam Tindal *	31:43		
6.	Alison Thompson	32:10	3	
7.	Robyn Shaw	32:55	2	
8.	Gwen Steed	33:11	7	
9.	Celia Johnson	34:38	4	
	Carly Bertrand	DNF		
	Chloe McNicol-Davidson	DNF		

1.	Jason Kozica	24:25	2
2.	David Smyth	29:34	3
3.	Steve Jordan *	34:22	
4.	Barrie Wicks	37:24	1
5.	Rudolf Skrucany *	38:13	
6.	Alex Poore *	38:13	
7.	Bruce Conboy	39:14	4
	Ralph Bennett	DNF	

3km Open

1.	Natalie Laurie	16:59	
2.	Emily Swan	17:31	1
3.	Cathy Huse *	21:29	
4.	Pam Mews	30:21	2
1.	Ed Blackwood	19:54	
2.	John Morrison	21:09	1
	Gordon Onley	DQ	

Handicap

Philippa Huse 16:29 (a PB) and Kyle Swan 14:31 were our standouts in the U15 3km while Kathleen O'Mahony 14:28 and Corey Dickson 13:16 were our top U12s in their 2.5km race. The U9s raced over 1.5km with Marcus Byron 9:08 and Hayley Woolfe 10:16 our fastest.

3km Under 15

1.	Philippa Huse	16:29	2
2.	Emily Hamilton	16:54	6
3.	Georgia Bertrand	17:41	1
4.	Brodie Richardson	18:22	5
5.	Gabbie Crea	18:23	3
6.	Jessica Lillie	19:41	7
7.	Madeleine Feain	20:34	4
1.	Kyle Swan	14:31	1
2.	Reese Walmsley	14:49	2
3.	Lachlan Feain	19:58	3

Handicap

PB 0:29

2.5km Under 12

1.	Kathleen O'Mahony	14:28	1
2.	Brianna Lillie	15:45	6
3.	Tegan Miller	15:53	5
4.	Chelsea McDonald	19:13	2
5.	Alexandra Hay	20:24	4
6.	Caitlyn Rudston-Brown	20:28	3
1.	Corey Dickson	13:16	2
2.	Nikola Mandic	14:00	3
3.	Hayden Walmsley	15:43	1
4.	Joseph Rickard	15:51	

Handicap

1.5km Under 9

1.	Hayley Woolfe	10:16	5
2.	Gemma Lillie	10:28	3
3.	Brianna Briet	11:04	4
4.	Angela Lane	11:14	1
5.	Charlotte Hay	11:31	2
1.	Marcus Byron	9:08	1
2.	Lewis Rickard	12:29	
3.	Angus Hay	13:32	2

Handicap

Thanks as usual to our many official, judges and helpers. Sorry if I missed anyone.

Signin: Damien Elms, Mark Donahoo, Michael Bodey
Officials: Tim Erickson, Ian Laurie, Harry Summers, Mark O'Mahony, Stacey McLaren, Don McLaren, Marlane Stanway
Judges: Peter Vysma (Chief), Lloyd Nichols, Michael Bodey, Damien Elms, Stuart Cooper
Canteen: Kate Suich, Wendy Cooper
Photos and Video: Terry Swan, Frances Attard

And now to a selection from Terry Swan's photos - you can see these and more at <http://www.vrwc.org.au/coppermine>.



Jason Kozica, Jesse Osborne, Natalie Laurie, Donna Elms, Jessica Lillie, Chloe McNicol-Davidson and Gabriella Crea



Joseph Rickard, Lewis Rickard, Alexandra Hay, Angus Hay and Charlotte Hay



Philippa Huse, Paige De Lisen, Chelsea McDonald, Hayden Walmsley, Gemma Lillie, Hayley Woolfe and Angela Lane

STYLE AWARD POINTS

Our judges found a lot to like with our walkers at Middle Park on Saturday and voted as follows in our Winter Season Style Award points competition. I will post progressive scores in this and the Handicap and Fastest Times comps in next week's newsletter.

Open and U15 Men	Open and U15 Women	U12 and U9 Boys	U12 and U9 Girls
Jesse Osborne 5	Heather Carr 6	Corey Dickson 8	Gemma Lillie 6
James Christmass 4	Emily Hamilton 5	Nikola Mandic 3	Kathleen O'Mahony 3
Mark Donahoo 4	Paige De Lisen 5	Hayden Walmsley 2	Hayley Woolfe 2
Kyle Swan 3	Natalie Laurie 3	Joseph Rickard 2	Brianna Lillie 1
Ed Blackwood 3	Philippa Huse 1		Chelsea McDonald 2
David Smyth 2	Marlene Gourlay 1		
Jason Kozica 1			
Simon Evans 1			
Gerard Feain 1			

ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 11 MAY

Thanks to Robin Whyte for his weekly race roundup from Canberra.

8km Handicap

1. Doug Fitzgerald	58:32
2. Robyn Saunders	61:39
3. Val Chesterton	68:10
4. Monika Short	57:25
5. Bob Parker	58:11
6. Jennifer Gilchrist	61:21
7. Rod Gilchrist	57:53
8. Robin Whyte	51:01
9. Phil Essam	70:17
10. Bryan Thomas	55:11
11. Derek Robinson	56:22
12. Geoff Barker	57:05
13. Mick Saunders	59:01
Jane Bates	DNF
Warren Butler	DNF

1km Walk

1. Laura Burns	5:50
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4km Handicap

1. Rosemary Parker	30:45
2. Kate Black	24:05
3. Cilla Chapman	34:01
4. David Mackenzie	29:44
5. Zoe Hunt	20:35
6. Helen Munro	38:44
7. Jack Thackray	34:34
8. Helena Bialecki	25:31
9. Ashleigh Resch	21:52
10. Bob Chapman	34:26
11. Nola de Chazal	42:25

2km Handicap

1. Graham Jackson	20:46
2. Peter Baker	10:46
3. Tom Hunt	13:29
4. Callum Burns	10:10
5. Gabby Hunt	10:05

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SUNDAY 12 MAY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin advises it was a warm afternoon. He also tells me that the previous Sunday, 5th May, saw the staging of the Greenbelt Half Marathon with Marie Maxted the second walker home and the first female walker, with a new SAMA age group record of 2:27:24.

10km walk

1. Marie Maxted	1:07:56	W50	70.39%
2. Graham Harrison	1:09:00	M65	73.67%
3. Richard Moyle	1:16:31	M55	58.52%
4. Raelene Schild	1:16:32	W45	59.47%
5. Norman White	1:16:35	M50	56.95%

6km walk

1. Rodger Barber	45:06	M75
2. Roger Lowe	45:23	M70
3. Colin Hainsworth	47:48	M80
4. Edna Bates	52:00	W60
5. Margaret Trengove	52:03	W65
6. Valmai Padget	52:04	W65
7. Jill Rogers	52:06	W65
8. Gill White	52:07	W60
9. Jeff Kennett	58:10	M60
Helen Suridge	DNF	

ASA STATE CHAMPIONSHIPS AND SUPPORT EVENTS - ADELAIDE PARKLANDS 11 MAY 2013

Thanks to Peter Crump for his report on the South Australian Roadwalk Championships in Adelaide.

Our first state championships were held in better weather which improved (cooled down) as the afternoon progressed. The 20km saw Kim Mottrom walk another strong time, continuing his good form for the year. Peter Crump walked consistently to take second ahead of Justin Hill who was clearly still recovering from hamstring problems over the last few weeks. Gloria Holliday produced another good time over the longer distance while Jim Hoare showed that he can still go the distance. No takers over 10 and 8 for the championships, but the 5 km saw an excellent time from Anna Cross, as she continues to improve at this distance. Michael Nicolaides took out the boys U16 5km after Alix Harlington's retirement. The 3km championship race was the best of the day, with Bethany posting an excellent time to just overtake her younger brother Joe at the line. Rhiannon Lovegrove took it out fast and came in for second ahead of Sarah Damin and Ayeisha Wallace. In the boys 3km, Joe finished ahead of Jayden Goode in his first championship race. In the support events, Bill Starr showed that he's still got it as he stormed home over the 20km - LBG watch out! Over the 10km distance, Troy Hooker had another good time as he also comes back from minor injury. It was great to see Darren Bown having a good hit out over 5km, his first competitive work out for quite some time as he has been recovering from long term injuries. Hopefully more to come !

ASA Open 20km Championship

1.	Kim Mottrom	Open	1:32:50
2.	Peter Crump	Open	1:51:38
3.	Justin Hill	Open	1:55:43
4.	Jim Hoare	Over 35	2:34:37

1.	Gloria Holliday	Over 35	2:09:31
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ASA U16 5km Championship

1.	Michael Nicolaides	34:30
	Alix Harlington	DNF
1.	Anna Cross	26:07
2.	Chantelle Nicolaides	37:27

ASA U14 3km Championship

1.	Joe Cross	15:48
2.	Jayden Goode	17:28
1.	Bethany Cross	15:46
2.	Rhiannon Lovegrove	16:26
3.	Sarah Damin	19:05
4.	Ayeisha Wallace	19:39

Support Events

20km			
1.	Bill Starr	Over 35	2:25:08
	Trevor Mayhew	Over 35	DQ

10km

1.	Troy Hooker	1:00:04
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5km

1.	Darren Bown	23:48
2.	Danielle Walsh	27:19
3.	Riona Tyler-Dowd	36:23

3km

1.	Amber Tuscharski	16:15
2.	Rhiana Hooker	18:21
3.	Jake Vidler	18:37
4.	Samantha Findlay	19:54
5.	Tristan Camilleri	20:40
6.	Ryan Hooker	22:55
7.	Mark Hooker	22:56

1km

1.	Hayley Goode	6:29
2.	Madeleine Wallace	7:11

NSWRWC ROAD WALKS, TEMPE, NSW, SATURDAY 27 APRIL

And now to a couple of catchups from the previous week. NSWRWC had a great turn out in Tempe on Saturday 27th April with 59 competitors taking part plus 6 new members.

Long Division - 10km

1.	Kyle Malone	47.22
2.	Jay Felton	48.11
3.	Tyler Jones	49.06
4.	Lauren Bourke	49.28
5.	Jasmine Dighton	53.27
6.	Ian Jessurun	53.58
7.	Anthony Albenese	63.42
8.	Joan Purcell	75.19
	Carl Gibbons	DNF
	Cheryl Webb	DNF

Medium Division - 8km - Handicap Start

1.	Tayla-Paige Billington	43.34
2.	Aiden Kerr	43.48
3.	Nathan Brown	45.47
4.	Adam Mylonas	48.16
5.	Amanda Barendregt	49.20
6.	Tony Psarianos	50.36
7.	Bryony Beasley	54.56

U16 Division - 3km

1.	Harrison Mavin	15.43
2.	Eliza Delaine	16.14
3.	Samantha Brown	17.24
4.	Chelsea Goodhew	17.44
5.	Paige Rigney	18.27
6.	James Plummer	18.52
7.	Melissa Hoy	20.03
8.	Sean Teo	21.34
9.	Catherine Young	23.28

U12 Division - 1.5km

1.	Brooke Martin	8.51
2.	Lachlan Becroft	8.58
3.	Alexandra Sutherland	9.21
4.	Renee Hardy	9.55
5.	Jayda Thomson	10.13
6.	Logan Barendregt	10.55
7.	Reilly Jones	11.16
8.	Lachlan Rigney	11.17

8.	Stephanie Grujoski	56.38	9.	Courtney Mavin	12.25
9.	Judy Brown	62.47	10.	Anna Jefferies	12.28
	Nicole Fagan	DNF	11.	Alexander Jefferies	13.47
	Tim Kannegieter	DNF	12.	Stacie Becroft	14.07
			13.	Aiden Hardy	15.37
			14.	Christina Jefferies	15.40
			15.	Ethan Martin	16.05
			16.	Emily Challinor	16.37
			17.	Amelia Crocker	18.20

Short Division - 4km

1.	Jasmyn McDonald	20.13
2.	Ryan Thomson	21.47
3.	Raquel Roukos	22.10
4.	Dylan Richardson	22.26
5.	Kyle Bedford	23.09
6.	Travis Barendregt	25.17
7.	Tiffany Saker	25.22
8.	Ally Grujoski	28.07
9.	Jan Dodds	30.59
10.	Nicolle Challinor	31.40
11.	Jenny Lingley	36.29
12.	Jenny Billington	36.29

WARWC ROADWALKS, PERTH, SUNDAY 5 MAY

Thanks to John Back for the latest results from the Western Australian Racewalking Club in Perth

4km Walk

1.	Mitchell Lees	24.10
2.	Tiahna Ruane	25.12
3.	Tom Lenane	26.54
4.	Lesley Romeo	31.34

2km Walk

1.	Courtney Johns	12.02
2.	Ben Reid	12.32
3.	Georgia Curulli	13.06
4.	Hayley Ruane	13.46
5.	Sarah Becker	14.13
6.	Aimee Reid	14.23

12TH CHINESE NATIONAL GAMES, SHENYANG, 10-11 MAY

The 50km walk in the 12th Chinese National Games last Friday saw 31 starters and a surprise winner in Inner Mongolian walker Wu Qianlong whose big PB time of 3:51.35 saw him beat his more favoured rivals Li Jianbo 3:52:12 and Si Tianfeng 3:53:19. The oMarchador blogsite reported (see <http://www.omarchador.blogspot.pt/2013/05/vitoria-surpresa-nos-50-km-dos-jogos.html>) that Li Jianbo and Wu Qianlong broke clear of the lead pack in the dying laps but, with Jianbo on two red cards, it was Quinlong who was able to make the decisive winning break. The temperature ranged from 13C at the start to 25C at the end.

50km Walk, Friday 10 May

1.	Wu Qianlong	3.51.35
2.	Li Jianbo	3.52.12
3.	Si Tianfeng	3.53.19
4.	Zhao Jianguo	3.53.30
5.	Geng Zhiyao	3.59.15
6.	He Yongqiang	4.02.17

The women's 20km the next day was an exciting event as, for the first 19km, five athletes shared the lead on the 2km circuit. After a slow first half (44:49), the pace picked up but the lead group, which contained all the favourites, did not crack until the final lap when first Huanhuan Sun and the Qieyang Shenije (London bronze medallist) dropped off, leaving Xiuzhi Lu, Liu Hong and Li Yanfei to fight it out. With 500m to go, Lu attacked, covering the final kilometre in 3:57 to win the closest of races from Liu and Li.

20km Walk Women, Saturday 11 May (31 starters, 4 DQs, 3 DNFs)

1.	Lu Xiuzhi	1.27.53 (last lap 3:57)
2.	Liu Hong	1.27.53 (last lap 3:57)
3.	Li Yanfei	1.28.03 (last lap 4:07)
4.	Shenije Qieyang	1.28.05 (last lap 4:10)
5.	Sun Huanhuan	1.28.16 (last lap 4:20)

The men's 20km also saw a negative split with the first 10km covered in 40:22 and the second half in 39:32. It was soon after the 10km mark that Wang Zhen put in a couple of furious laps (7:35 and 7:53) to split the field, going on to win with 1:19:54 ahead of London teammate Cai Zelin 1:20:17 and Bian Tongda 1:22:14.

20km Walk Men , Saturday 11 May (31 starters, 6 DQs, 5 DNFs)

1.	Wang Zhen	1.19.54
2.	Cai Zelin	1.20.17
3.	Bian Tongda	1.22.41

Wang's 2km splits show how to walk a truly devastating race - 8:28, 8:06, 7:58, 8:05, 7:47, 7:35, 7:53, 8:03, 8:06 and 7:53 - and earmark him as one of the favourites for this year's IAAF World Championships.

BANSKÁ BYSTRICA GP, BANSKÁ BYSTRICA, SLOVAKIA, SUNDAY 5 MAY

Matej Toth 19:38.39 and Anton Kuchmin 19:58.37 were both in top form for the 5000m walk races held as part of the Banska Bystrica Grand Prix in Slovakia a week ago.

Men 5000m Race Walk

1.	Matej TÓTH	SVK	83	19:38.39
2.	Anton KUČMÍN	SVK	84	19:58.37
3.	Dušan MAJDAN	SVK	87	20:35.77
4.	Zdeno BABÍK	SVK	84	21:34.37
5.	Milan LINKEŠ	SVK	95	24:04.78

Women 5000m Race Walk

1.	Mária CZÁKOVÁ	SVK	88	23:38.07
2.	Mária GÁLIKOVÁ	SVK	80	24:07.62
3.	Monika HORNÁKOVÁ	SVK	95	24:12.76
4.	Katarina STRMENOVÁ	SVK	93	25:35.87
5.	Radoslava PILIAROVÁ	SVK	96	25:43.48
6.	Lucia ŠKANTÁROVÁ	SVK	96	25:56.28
7.	Terézia TOMAJKOVÁ	SVK	95	27:07.71

44TH TROFEO "UGO FRIGERIO", BOVISIO MASCIAGO, ITALY, SUNDAY 12 MAY

Thanks to David Smith for this report from the 44th Trofeo Ugo Frigerio which was held in Italy last Sunday where **Dane Bird-Smith** and **Rhydian Cowley** competed.

This race is now in its 44th year, being a celebration of the great Italian walker Ugo Frigerio, who won two golds in the 1920 Olympics (3000m and 10 miles), one gold in the 1924 Olympics (10 miles) and a silver in the 1932 Olympics (50km).

The boys were invited to this race after competing in the Sesto San Giovanni race where Dane finished 3rd and Rhydian 6th. Because we were staying in Italy at the A.I.S. European Training Centre in Gavirate for the month of May, Dane and Rhydian were invited to compete in Bovisio Masciago at this local celebration of Racewalking. Athletes and teams arrived from as far away as France and Switzerland with many of the Northern Italian Racewalking Clubs attending. It was a fantastic celebration of Racewalking which included all age groups from 9 yrs and onwards. Very similar to our LBG June Carnival.

The course was a combination of twists and turns, changing surfaces from bitumen, cobblestones and pathways that made up a 1km circuit with the old town centre. The course measured was exactly 30 metres longer than a kilometre for them to be able to negotiate the street access, but nevertheless, it was a fast and technical course. They had a full compliment of officials, judges and electronic timing so it was well conducted.

The Senior race was a combination of Male and Female Senior and Junior men and women. Very colourful and a great atmosphere. Sunny, warm and welcoming. From the start, it was clear that Dane and Rhydian were in a class of their own with Dane moving through the course in a 3:48 first kilometre with Rhydian close behind. From there, Dane continued through each km in an average of 3:48 per km, posting a 5km split of 19:01. His finish time which included a twisting turn right and left to the centre of the town square was 19:40. Rhydian found the course a little tougher and backed off to finish a clear 2nd in a little over a minute later (20:27 5km time). No official times have been posted as yet on the race website. No matter as it was a great hit out for the boys and they were consequently swamped with young walkers wanting autographs and photos. The afternoon celebration took in the Awards and trophy giving (which was very similar to an LBG carnival) with some corrections and changing of placings as the trophies got distributed followed by an informal gathering of athletes, parents, coaches and officials for a meal at their local clubhouse which housed its own athletic track, restaurant and gym. We should be so lucky.

All in all, a great day. Our thanks to the Italian Racewalking community and hopefully, to return some day to do it all again.

The event photo gallery is at http://www.atleticapbm.it/foto_album/thumbnails.php?album=203 and the event webpage is at <http://www.atleticapbm.it/>.



Rhydian and Dane in Bovisio Masciago on Sunday

CROATIAN ROADWALK CHAMPIONSHIPS, ZAGREB, CROATIA, SUNDAY 12 MAY

Thanks to Fabio Ruzzier for the results from the Croatian Roadwalk Championships, held on Sunday in Zagreb. Fabio was one of a number of Slovenian walkers who made the trip to Zagreb and competed as visitors.

20km Men

	Ruzzier, Fabio	Slovenia	1953	1:48:32
1.	Haubrih, Želimir	AK Dinamo Zrinjevac	1963	1:51:18
2.	Lackovic, Boris	AK Dinamo Zrinjevac	1982	1:54:15
3.	Devcic, Berislav	AK Maksimir	1966	1:56:56
4.	Grabec, Ivan	AK Aviokarte.hr	1964	2:04:25
5.	Doric, Samir	AK Albona	1991	2:06:26

U20 Men 10km

1.	Andelic, Matej	AK Agram	1996	1:02:10
2.	Grabec, Mario	AK Aviokarte.hr	1996	1:02:12
	Cosic, Mateo	AK Agram	1996	DQ
	Bujadinovic, Domagoj	AK Cibalia	1997	DQ

U16 Boys 3km

	Tesovnik, Anže	Slovenia	1998	17:21
1.	Medimorec, Maksimilijan	AK Agram	2000	20:46
2.	Kunšt, Jura	AK Dinamo Zrinjevac	1998	21:21
3.	Stanko, Jurica	AK Agram	1999	24:47

U14 Boys 2km

1.	Haubrih, Ivan	AK Dinamo Zrinjevac	2000	13:25
	Bali, Dino	AK Podravski list	2002	DQ
	Milatic, Roko	AK Agram	2001	DQ

Open Women 10km

1.	Hajsok, Hana	AK Agram	1994	1:05:53
	Schwanzler, Monika	Austria	1955	1:08:13
2.	Mihaljevic, Iva	HAAC Mladost	1988	1:12:13
3.	Rošić Bali, Selma	AK Podravski list	1976	1:14:59
	Strmecki Stakor, Martina	AK Agram	1994	DNF
	Cah, Mojca	Slovenia	1979	DQ

U20 Women 5km

1.	Golobic, Antonela	AK Agram	1997	31:43
2.	Štrk, Katarina	AK Agram	1997	31:42
3.	Cutura, Iva	AK Agram	1995	35:22

U18 Girls 5km

1.	Renic, Ivana	AK Agram	1996	25:26
2.	Andelovic, Josipa	AK Agram	1997	35:49
3.	Cicak, Josipa	AK Agram	1996	DQ

U16 Girls 3km

	Canadi, Eva	Slovenia	2000	17:21
1.	Bižić, Aleksandra Stefany	AK Agram	1999	19:28
2.	Crncec, Lara A	K Nedelišće	1999	20:06
3.	Brešković, Katarina	AK Agram	2000	20:41
4.	Stojak, Mia	AK Agram	1999	20:45
5.	Doležaj, Magdalena	AK Medimurje	1999	20:55
6.	Posavec, Ramona	AK Nedelišće	1998	20:57

U14 Girls 2km

	Cah, Klara	Slovenia	2002	12:32
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And thanks to Fabio for the following photos



Left: Anze Tesovnik and Eva Canadi



Right: Fabio Ruzzier (front) with the other 20km walkers



Left: Klara Cah



Right: The Slovenian walkers

10TH EUROPEAN RACE WALKING CUP, DUDINCE, SLOVAKIA, SUNDAY 19 MAY 2013

Next Sunday's 10th European Race Walking Cup in the Slovakian city of Dudince promises to be perhaps the strongest ever. The championship website is now up and running at <http://www.dudinskaatletika.sk/> and the European Athletics website preview at <http://www.european-athletics.org/dudince-2013/11922-lashmanova-looks-for-six-of-the-best.html> is very informative. In a nutshell, the fields are big and filled with quality walkers

20km Men:	75 athletes and 18 teams
20km Women:	58 athletes and 12 teams
50km Men:	50 athletes and 10 teams
10km Junior Men:	54 athletes and 18 teams
10km Junior Women:	46 athletes and 15 teams

See the full list of entries at http://www.european-athletics.org/files/ECRW/Final_entries_website_ECRW.pdf.

Recent team announcements are worth a look as they showcase the strength of European walking at the moment

Ireland's team: <http://www.athleticsireland.ie/content/?p=31981>

Russia's team: <http://www.european-athletics.org/dudince-2013/11916-kirdyapkina-to-show-her-strength-in-dudince.html>

Italy's team: <http://omarchador.blogspot.pt/2013/05/elisa-rigauco-lidera-squadra-azzurra-em.html>

WALKING SHORTS

- A roundup of some recent 5000m and 3000m track walks from French Interclub competition - pretty impressive walking, especially from Yohan Diniz.

Venissieux, 4.5.2013	5000m Men	Kevin Campion 19:44.17
Aix-en-Provence, 5.5.2013	5000m Men	Hassanine Sebei 19:57.67
	3000m Women	Ines Pastorino 13:31.04
Saint-Etienne, 5.5.2013	5000m Men	Hedi Teraoui (TUN) 19:48.22
	3000m Women	Sylwia Chirat-Korzeniowska 13:20.94
Strasbourg, 5.5.2013	3000m Women	Emilie Tissot 12:42.15
Reims, 5.5.2013	5000m Men	Yohann Diniz 18:33.32
	3000m Women	Paulina Boziak (POL) 13:09.37, Agnieszka Dygacz (pol) 13:30.11

- Athletics Australia selectors will meet this week to finalise their 2013 IAAF World Championship selections for the the Marathons, the 20km walks and the 50km walk. Hopefully announcements will be made before the end of the week.
- Here is a great article by Louise Burke, the Head of Sports Nutrition at the Australian Institute of Sport . It is titled "5 Top Aspects of Recovery Eating & The Situations to Use Them " and makes for interesting reading. <http://www.athlete2-0.com/5-top-aspects-of-recovery-eating-the-situations-to-use-them/>
- USA selectors have named their walks team for the 2013 Pan American Race Walking Cup which will be held in Guatamala City, Guatamala, on 25-26 May. Well done to NSWRC walker Steven Washburn who is in the Junior Men's 10km team.

Women's 20K	Katie Burnett, Susan Randall, Erin Taylor-Talcott
Men's 20K	Patrick Stroupe, John Nunn, Michael Mannozi, Dan Serianni
Men's 50K	Ray Sharp
Jr Women 10K	Brittany Collins, Brenda Jo McCollum
Jr Men 10K	Steven Washburn, Alexander Peters, Anthony Peters
Staff	Manager: Richard Robert, Coach: Ed Richardson, Jr. Coach: Diane Graham-Henry Medical: Aric Warren

- Now to a couple of YouTube videos. The first is a very good introduction to racewalking, produced by the IAAF. Written by Maurizio Damilano with his brother Sandro Damilano as Technical Consultant, it contains some great race sequences showcasing racewalking at its best. See <http://www.youtube.com/watch?v=z47KyUUuQHU>
- And now to a completely different sort of racewalking clip - for French pop band *Naive New Beaters* for their song *Jersey*. Here's the band promo: Naïve New Beaters is a French pop band from Paris.[1] Their style incorporates elements from rap, rock and electro house. The band was formed in 2005 and found initial internet fame on YouTube in 2007 with the music video for their first single "BANG BANG" eventually receiving over 100,000 views.[2] In May 2009 they released their first album "Wallace" and toured Europe playing such festivals as Festival Internacional de Benicàssim, Paléo Festival and Osheaga Festival in Quebec, Canada.
And here's the clip: https://www.youtube.com/watch?feature=player_embedded&v=UDMbimGq0kc

- Now to a new French racewalking website <http://www.cybermarcheur.com/>. Webmaster Marc Haumesser tells me that the site features speed racewalking, long distance racewalking and also non competitive ultra walking and documents competitions and walks both in France and throughout the world. At present time it has 2,239 registered members with other 45,000 messages and 6,418 subjects. Definitely worth a bookmark.
- Athletics Australia has announced that former IAAF World 50km champion and 50km World Record Holder **Nathan Deakes** has been appointed as Chair of the AA Athletes' Commission and, as a consequence, takes up the position of athlete representative on the Athletics Australia Board of Directors. Nathan attended his first Board Meeting last week and his role will see him act as the voice of the athletes at board level. Congratulations Nathan - well deserved.
- Athletics Australia has announced a team of 43 athletes to represent us at the Oceania Area Athletics Championships to be held in Papeete, French Polynesia, next month. The Championships will welcome more than 300 athletes from across the Oceania region of the IAAF for three days of competition commencing 3 June. The championships will feature a 5000m walk so congratulations to the following three walkers who have been named to represent us: **Kyle Bird (VIC)**, **Tayla-Paige Billington (NSW)** and **Jasmine Dighton (NSW)**. See http://www.athletics.com.au/home/news/news/2013/may/athletic_australia_confirm_tea.
- England Athletics have advised that the 10,000m walk at the England Athletics Under 20 and Under 23 Championships and European Trials at Bedford been opened up to senior competitors. This will help Under 20 athletes attack British Athletics' European Junior or World Youth Championships qualifying times and create a new opportunity for senior athletes. The events will take place on the second day of the championships - Sunday 16 June. The European Junior qualifying times stand at 43:25 for men and 50:00 for women with the World Youth Championships (U18) time standing at 45:30 for men. See the press release at http://www.englandathletics.org/news.asp?itemid=11442&itemTitle=Race+Walking+opportunities+at+England+championships§ion=0001300000040006&utm_source=twitterfeed&utm_medium=twitter
- A strong team of 7 Japanese walkers has been selected for the 2013 IAAF World Championships in Moscow <http://omarchador.blogspot.pt/2013/05/federacao-japonesa-divulga-selecao-para.html>
- And finally a good news story. Some weeks ago, I included a call for help from one of our RWA members whose son was fighting to get racewalking included in the schools program in the country in which he worked. Quite a number of people responded to me and all the info was passed on. I received this email yesterday.

Thanks to you and all the other people that you were able to co-opt into providing information regarding race walking for my son's effort in trying to get race walking recognised by schools in Singapore. He has been able, with this information, to get it accepted by them and racewalking is now included in their athletics programmes. Initially it is only 1.5k but it is a start. In Singapore, it is imperative to have sports recognised by schools as any not so is not treated seriously and therefore treated as novelties. This will now mean that race walking has the opportunity to become a mainline sport.

ATHLETICS INTERNATIONAL DEVELOPMENT GRANTS

And for any of our up and coming Australian walkers who are looking for some financial support, here is a recent press release from Athletics International.

In 2013/14, Athletics International will continue its support of Australia's athletes by providing development grants in the form of financial support to athletes competing at a standard that warrants their entry to the Australian Athletics Championships.

Established to provide monies that support the required travel and accommodation expenses incurred by many unfunded athletes, these grants have been split into two categories:

Round 1: Athletics International Grants for Competition Overseas

Round 2: Athletics International Grants for Competition Domestically by athletes not on the Athletics Australia Funding List

Nominations are currently being sought for Round 1 of the Athletics International Grants.

Round 2 of the Athletics International Grants will commence later this year for the 2014 National Athletics Series. Information on this program will be made available when it comes to hand.

For more information, and to download the application form, check out http://www.athletics.com.au/home/news/news/2013/may/apply_now_athletics_internati

Great article on VRWC club member and World Youth walker Nathan Brill, published in the May 7th edition of the Mornington Peninsula Leader Newspaper (see <http://leader.newspaperdirect.com>).

RACE WALKING

Nathan walking in dad's footsteps

A MEDAL CHANCE IN UKRAINE

Simon McEvoy

NATHAN Brill is a walker in a hurry.

In three years as a race walker, the Rosebud 16-year-old has hustled to number three in the world for his age.

He will be among the medal favourites when he represents Australia in the 10,000m walk at the 2013 IAAF World Youth Championships in Donetsk, Ukraine from July 10-14.

Only 21 athletes from Australia are going and Nathan is the only walker.

He is currently walking 65km a week in training but will increase it as the worlds approach.

Nathan was a talented cross country runner in primary school but, given his family background, was always destined to become a walker.

His dad Craig was an Australian champion and saw potential in Nathan, who has a wiry build.

"Everyone is a runner but there aren't a million walkers," Craig said.

It's a good reason and it's

in the Olympics so when he was 13 I chucked him on the treadmill and off he went.

"I started him on 6km/h and now he's on 16km/h."

Nathan loves the sport, and no wonder.

A natural, he has powered to 12 national titles in three years - his latest in the Australian school championships in Perth where he broke the national record in the 10km.

Nathan is aiming for the top and may be a chance to walk at the Commonwealth Games on the Gold Coast in 2014.

Nathan, who is coached by Commonwealth Games gold medalist Simon Baker, is this week's Leader sports star.

He also is on the look-out for a sponsor to help fund his trip to the Ukraine. Details: 0499 001 268.



Nathan Brill heads to the Ukraine in July for the 2013 IAAF World Youth Championships. (Photo by Peter Hynes)

BRITISH RACEWALKING RECORD NOW AVAILABLE ONLINE



RWR Issue 1 - see the archive at <http://www.racewalkuk.com/Archive/Archives.asp>

The British based Racewalking Record magazine was for many years the definitive magazine for all followers of our sport. First produced in November 1941, it has been published monthly ever since. Up till now, it has been available via paid subscription only but now it has been opened up to everyone as a downloadable pdf.

If you want to be notified of each issue's availability, email theeditors@racewalkingrecord.co.uk.

The April edition of the Record is now available for download - just go to <http://racewalkingrecord.co.uk/category/the-record/>. Further, their new website at <http://racewalkingrecord.co.uk/> is up and running. Well done to new editors Catharine Telling and Peter Marlow.

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.

2013 Australian/Victorian Winter Season Key Dates

May 18, 2013	Victorian 15km Roadwalk Champs, Middle Park, VIC
May 26, 2013	Victorian Country Roadwalk Championships, Ballarat, VIC
June 9, 2013	Lake Burley Griffin Carnival, Canberra, ACT
June 30, 2013	Victorian Schools Roadwalk Champs, Vic Open 20km Champs, AMA/VMA Champs, Middle Park, VIC
Aug 4, 2013	Main Victorian Roadwalking Championships, Middle Park, VIC
Aug 17, 2013	VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 14-15, 2013	Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013	Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
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

May 25-26, 2013	Pan American Race Walking Cup, Guatemala City, Guatemala
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
Oct 6, 2013	MTR 10km roadwalk, Hong Kong. See http://www.hkaa.com/page.php?pid=759&mid=199
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2013 IAAF Race Walking Challenge - Remaining events

19 May 2013	10 th European Cup Race Walking	Dudince, Slovak Republic
25-26 May	Pan American Walking club	Guatemala (venue TBA)
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	14 th IAAF World Championships in Athletics	Moscow, Russia

2013 European Athletics Permit Meets - Remaining events

June 29, 2013	Dublin Grand Prix, Dublin, Ireland
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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: Istanbul, Madrid, Tokyo

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