



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 35
28 May 2013



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TIM'S WALKER OF THE WEEK

My walker of the Week for this week is Ballarat Harriers walker **Kelly Ruddick**. Kelly turned 40 five weeks ago and has now started her attack on the W40 Australian records. The first record in her sights was the W40 10km roadwalk record (Lyn Ventris, 47:25, 2001) and she bettered it emphatically on Sunday in the Victorian Country Championships in Ballarat, walking a superb PB time of **46:27**. This time also betteres the current W40 World Record (Suzanne Griesbach, France, 47:02, 1990). Now comes the next task of submitting the paperwork and making sure all the right boxes are ticked.

Her lapsplits read impressively: 4:41, 9:21, 14:00, 18:43, 23:24, 28:00, 32:39, 37:16, 41:54, 46:27. Well done Kelly - a great start to your W40 campaign!



Kelly at the start of the 10km championship in Ballarat last Sunday

WHAT'S COMING UP

Next Saturday sees **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 - just send me an email to discuss. I work on a budget of \$25 per prize. Sometimes I find it hard to get the old brain into gear and source enough prizes of a suitable variety to fill the table. The timetable reads:

Saturday 1st June 2013, Middle Park			
VRWC EVENTS & COACHING SESSION: Entries close for all events at 2.00pm sharp. Prizes for handicap winners			
2.00pm	Coaching Talk for U9 and U12 walkers (2:00PM - 2:30PM)		
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	1km	Handicap	Under 9
2.40pm	2km	Handicap	Under 12

The day also sees a **coaching talk for our U9 and U12 walkers**, led by club coach Don McLaren. This will run from 2PM to 2:30PM with U9 and U12 walks to follow.

Looking a week ahead, Sunday 9th June sees the **Lake Burley Griffin Carnival in Canberra**. Our RWV team has now been finalised - see <http://www.vrwc.org.au/documents/2013%20Canberra%20Entry%20List%2027%20May%202013.pdf>. I will have an informational handout on Saturday for all families making the trip.

Next Saturday 1st June also sees the next 2013 IAAF Race Walking Challenge event - the **XXVII Gran Premio Cantones de La Coruña** which is held in La Coruña in Spain. Always a big meet, this year will see quite a few Australian walkers in action, including **Jared Tallent, Dane Bird-Smith** and **Rhydian Cowley**. I will report on how they went in next week's newsletter.

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 25 MAY

First a note on judging. Our VRWC races have full panels of highly qualified judges every week and we do get one of more disqualifications most weeks. If you are disqualified, then remember that the Chief Judge and, if required, the other judges are very approachable and are always prepared to explain why the red cards were issued and what they are looking for. A DQ is not the end of the world - it is simply an indication that you need to work on your technique. The judges are there to help!

And now onto our race report for this week's VRWC races when we saw 77 walkers contest another round of winter season competition in cool and still conditions. The standard was excellent with lots of PBs recorded. And as usual, Terry Swan has captured the action in his photo gallery - see <http://www.vrwc.org.au/coppermine>. Further, I have now uploaded Frances Attard's video from the previous Saturday's AV and VRWC races - see <http://www.youtube.com/watch?v=M14jczNwC4M>. Thanks to Frances and Terry for their ongoing work.

The Open and U15 races were held as Handicap Start events with the slower walkers starting first and the faster walkers starting later and then chasing - with whoever reached the finish line first being declared the winner. Thus all our events today are shown in handicap finish order rather than in our normal fastest time (F/T) ranking order which is shown separately.

The 8km Open events saw Donna Elms 50:45 and Gerard Feain 48:15 outlast their rivals and reach the finish line first - thus winning their respective events. The fastest times of the day went to Jesse Osborne (34:46) and Sandra Geisler (43:39). And special mentions to Cody McNicol-Davidson 50:42, Brad Simpson 37:02 and Bernie Keirl 44:39 who just keep improving every week.

8km Open Handicap Start	Act Time	F/T Place	
1. Donna Elms	50:45	3	
2. Sandra Geisler	43:39	1	
3. Marlene Gourlay	48:06	2	
4. Carly Bertrand	54:40	5	First one
5. Margaret Beaumont	69:36	6	
6. Alison Thompson	52:59	4	
1. Gerard Feain	48:15	8	
2. Cody McNicol-Davidson	50:42	10	PB 5:54
3. Brad Simpson	37:02	2	PB 1:43
4. Geoff Barrow	54:57	12	
5. Simon Evans	39:50	4	
6. Bernie Keirl	44:39	6	PB 1:08
7. Murray Dickinson	51:22	11	
8. Mark Donahoo	41:37	5	
9. Jesse Osborne	34:46	1	PB 1:39
10. Jason Kozica	39:19	3	
11. Bob Gardiner	50:40	9	
12. Ralph Bennett	46:40	7	
13. Ian Beaumont	68:35	13	

Emily Swan 22:37 and Alex Poore 30:17 were first to finish in the Open 4km events, thus winning on the day. Further back, fastest times went to Heather Carr 22:00 and Adam Garganis 19:06 - and those are two pretty good times!

4km Open Handicap Start	Act Time	F/T Place	
1. Emily Swan	22:37	2	
2. Heather Carr	22:00	1	
3. Cathy Huse	29:06	10	First one
4. Gwen Steed	25:15	7	
5. Liz Feldman	23:40	5	
6. Cassie Raselli	24:11	6	
7. Celia Johnson	27:11	8	
8. Jade Sanders	23:01	7	
9. Pam Mews	38:53	13	
10. Jan Morrey	29:35	11	
11. Kylie Irshad	23:38	4	

12.	Rebecca Guy	27:42	9	
13.	Tracy Harvey	35:24	12	
1.	Alex Poore	30:17	8	PB 0:20
2.	Adam Garganis	19:06	1	PB 0:59
3.	John Morrison	28:00	5	
4.	Barrie Wicks	30:04	7	
5.	Tony Barrett	25:12	4	
6.	Lucas Taylor	20:29	2	
7.	Paul Kennedy	21:34	3	
8.	Paul Tremigliozi	28:34	6	
	James Crawford	DQ		
	Gordon Onley	DQ		

We had a good turnout in the U15 4km walks which Brodie Richardson 23:23 and Lachlan Feain 24:41 won while the fastest times went to Emily Hamilton 21:06 and Kyle Swan 18:45 (both very impressive). And look at how many PBs we had overall! Everyone is ramping up with the Lake Burley Griffin carnival only 2 weeks away!

4km U15 Handicap Start		Act Time	F/T Place	
1.	Brodie Richardson	23:23	4	PB 2:29
2.	Karla Bulte	23:14	3	First one
3.	Emily Hamilton	21:06	1	PB 0:20
4.	Mikhala Hodges	23:40	6	PB 0:43
5.	Jessica Lillie	24:44	9	PB 0:36
6.	Gabbie Crea	25:28	10	PB 0:24
7.	Paige De Lisen	22:11	2	
8.	Rachael Guy	23:47	8	PB 0:11
9.	Georgia Bertrand	23:41	7	PB 0:29
10.	Madeleine Feain	28:06	11	
11.	Philippa Huse	23:29	5	
1.	Lachlan Feain	24:41	3	
2.	Kyle Swan	18:45	1	PB 1:10
3.	Reese Walmsley	20:10	2	

Our U12 and U9 walkers did not have Handicap Starts but had a mass start and we worked out the handicap placings after everyone had finished. Caitlyn Rudston-Brown 14:42 and Hayden Walmsley 11:14 were the handicap winners in the U12 divisions while Charlotte Hay 6:21 and Lewis Rickard 7:27 won the U9 handicaps. Overall, fastest times went to Kathleen O'Mahony 11:30, Corey Dickson 10:01 (a new U11club record!), Hayley Woolfe 5:49 and Jared Hodges 5:25.

2km U12 Handicap		Act Time	F/T Place	
1.	Caitlyn Rudston-Brown	14:42	5	PB 2:35
2.	Chelsea McDonald	14:11	4	
3.	Lee Taylor	13:11	3	
4.	Kathleen O'Mahony	11:30	1	
5.	Brianna Lillie	11:33	2	
6.	Alexandra Hay	16:29	6	
1.	Hayden Walmsley	11:14	4	
2.	Joseph Rickard	11:12	3	PB 0:59
3.	Corey Dickson	10:01	1	PB 0:01, new U11 club record
4.	Nikola Mandic	10:22	2	
1km U9 Handicap		Act Time	F/T Place	
1.	Charlotte Hay	06:21	3	PB 0:47
2.	Gemma Lillie	05:54	2	PB 0:07
3.	Hayley Woolfe	05:49	1	
4.	Brianna Briet	06:47	4	
5.	Angela Lane	07:36	5	
6.	Amelia Rickard	08:38	6	First race with us
	Skye McDonald	DNS		
1.	Lewis Rickard	07:27	3	First one
2.	Jared Hodges	05:25	1	PB 0:03
3.	Marcus Byron	05:28	2	PB 0:04
	Angus Hay	DQ		

Thanks as usual to the many judges and officials who help us each week. Sorry if I have missed anyone

Officials: Tim Erickson, Bob Gardiner, Ian Laurie, Harry Summers, Paul Kozaris, Marlaine Stanway, Mark Davidson, Susan Taylor

Judges : Peter Vysma (Chief) , Michael Bodey , Lloyd Nichols , Damien Elms, Gordon Loughnan
Signin: Mark Donahoo, Damien Elms, Michael Bodey
Video and Photos: Terry Swan, Frances Attard
Canteen: Barb Gardiner, Marlane Stanway, Kate Suich



Adam Garganis, Bernie Keirl, Cody McNicol-Davidson and Donna Elms (all photos by Terry Swan)



Brodie Richardson, Emily Hamilton, Emily Swan, Gerard Feain and Brad Simpson



Corey Dickson, Lewis Rickard, Lachlan Feain, Lee Taylor and Charlotte Hay



Kyle Swan, Heather Carr, Caitlyn Rudston-Brown and Gabby Crea (shoelaces!)

STYLE AWARD POINTS

Saturday saw another round of our Points competitions. Style Award points (as awarded by the judges) went as follows

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Mark Donahoo	9	Paige De Lisen	5	Corey Dickson	11	Brianna Lillie	10
Jesse Osborne	5	Mikhala Hodges	5	Nikola Mandic	7	Brianna Briet	3
Simon Evans	3	Sandra Geisler	4	Jared Hodges	2	Gemma Lillie	3
Lachlan Feain	3	Jade Sanders	4	Hayden Walmsley	1	Hayley Woolfe	1
Gerard Feain	2	Emily Hamilton	3				
Adam Garganis	2	Karle Bulte	2				
Kyle Swan	1	Brodie Richardson	2				
Bob Gardiner	1	Donna Elms	2				
		Madeleine Feain	1				

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 25 MAY

Thanks to Peter Crump for his weekly report from Adelaide

A cooler day saw some quick times over the medium distances as we prepare for Canberra. Some very good times over 10km, with some PBs and near PBs over that distance. Another good road time from Kim Mottrom and Troy Hooker and Bill Starr is improving week by week as he builds for LBG. Some excellent times and good tight racing for the juniors.

10km Roadwalk

1.	Kim Mottrom	43:22	
2.	Darren Bown	48:13	
3.	Justin Hill	49:29	
4.	Peter Crump	53:36	PB 0:56
5.	Troy Hooker	58:52	PB 0:02
6.	Bill Starr	1:09:32	
7.	Barb Cain	1:13:46	
8.	Jim Hoare	1:13:46	

5 km Roadwalk

1.	Danielle Walsh	26:49	PB 0:30
2.	Amber Tuscharski	30:01	
3.	Michael Nicolaides	32:46	
4.	Louisa Mitchell	33:00	
5.	Chris Nicolaides	35:13	
6.	Chantelle Nicolaides	40:04	

3 km Roadwalk

1.	Anna Cross	15:15
2.	Alix Harlington	15:18
3.	Bethany Cross	16:40

2km Roadwalk

1.	Joe Cross	11:26
2.	Felicity Henderson-Wilson	11:27
3.	Riona Tyler-Dowd	11:30
4.	Chloe Upton	11:52
5.	Rachel Kameniar	12:18
6.	Tristan Camilleri	12:35
7.	Hayley Goode	12:40

1km Roadwalk

1.	Rhiana Hooker	05:35
2.	Summer Pelentsov	06:33
3.	Victoria Upton	06:36
4.	Madeleine Wallace	07:05
5.	Aleesha Vidler	08:41

4.	Jay Goode	16:57
5.	Sarah Damin	17:26
6.	Jake Vidler	17:58
7.	Ayeisha Wallace	18:51
8.	Craig Vidler	24:13

ACT WALKERS CLUB ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 25 MAY

Thanks to Robin Whyte for his weekly report from Canberra

10km Roadwalk

1.	Derek Robinson	1:09:41
2.	Bob Parker	1:13:04
3.	Mick Saunders	1:13:46
4.	Robyn Saunders	1:16:37
5.	Jennifer Gilchrist	1:24:01
6.	Phil Essam	1:27:38

2km Roadwalk

1.	Ashleigh Resch	09:41
2.	Peter Baker	10:59
3.	Tom Hunt	11:59
4.	Colby Eddowes	12:00
5.	Barbara Eddowes	15:15
6.	Graham Jackson	21:25

4km Roadwalk

1.	Zoe Hunt	20:28
2.	Kate Black	23:57
3.	Helena Bialecki	25:39
4.	Dylan Eddowes	29:09
5.	Rosemary Parker	30:13
6.	Bob Chapman	32:59
7.	Warren Butler	33:19
8.	David Mackenzie	33:19
9.	John Gloe	33:29
10.	Cilla Chapman	34:12
11.	Geoff Barker	35:25

1km Roadwalk

1.	Samantha Papantoniou	7:27
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SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 25 MAY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *Warm, calm arvo. Good day for walk along sea front. Slight undulations with one steep, short hill.*

5km Yacht Handicap

1.	Rodger Barber	0:37:13	M75	71.83%
2.	Linda Whitelaw	0:37:57	W59	64.38%
3.	Roger Lowe	0:38:50	M70	64.50%
4.	Jill Rogers	0:41:39	W68	65.72%
5.	Kristine Freeman	0:41:08		
6.	Edna Bates	0:42:38	W60	57.97%
7.	Jeff Kennett	0:46:09	M62	49.60%

10km Yacht Handicap

1.	Marie Maxted	1:06:05	W53
2.	Colin Hainsworth	1:19:21	M83
3.	George White	0:56:34	M67
4.	Norman White	1:20:02	M54

AV COUNTRY ROADWALK CHAMPS, NORTH GARDENS, BALLARAT, SUNDAY 26 MAY 2013

The Victorian Country Roadwalking Championships were held at North Gardens alongside Lake Wendouree in Ballarat on Sunday and the 1km road loop proved once again to be a fast course with great times recorded across the board in perfect conditions.

The highlight of the day was provided by Ballarat Harriers walker **Kelly Ruddick** who defended her country title in the most emphatic way - a 25 sec PB of **46:27** and a time that betters the current **W40 Masters World Record** by 35 secs (Suzanne Griesbach, France, 1990, 47:02). She was helped early on by the presence of **Jesse Osborne** of Box Hill, competing by invitation in the men's 10km championship. The talented 18 year old was the fastest overall with a wonderful PB time of **42:56**, a time that confirms that he is on target for a 2014 World Juniors berth next year. Behind Jesse, it was **James Christmass** of Corio who took the men's title with a good 52:49. You can read about Kelly's wonderful walk in the following Ballarat Courier newspaper article: <http://www.thecourier.com.au/story/1531030/ballarat-racewalker-kelly-ruddick-smashes-world-masters-mark/?cs=63>

10KM OPEN MEN - AV COUNTRY

INV	Jesse Osborne	BOH	42:56	PB 0:32
1.	James Christmass	COR	52:49	
2.	Russ Dickenson	SCA	59:05	

10KM OPEN WOMEN - AV COUNTRY

1.	Kelly Ruddick	BHA	46:27	PB 0:25
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2.	Sarah Brennan	BYC	53:59	PB 0:22
3.	Heather Carr	EAG	58:49	

The underage country championships were also keenly contested with perhaps the best performances coming from Ross Darlow and Jemma Peart.

5KM U20 WOMEN - AV COUNTRY

1.	Ebony Whiley	EAG	29:44	
	INV Nicole Hallett	CCA	31:33	

5KM U18 WOMEN - AV COUNTRY

1.	Stephanie George	SCA	26:42	
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3KM U16 WOMEN - AV COUNTRY

1.	Ellen Dowie	EKA	18:35	PB 1:01
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3KM U16 MEN - AV COUNTRY

1.	Ross Darlow	EKA	16:16	
2.	Rodney Davis	WEN	18:30	PB 0:08

3KM U14 GIRLS - AV COUNTRY

1.	Jemma Peart	BYC	16:27	PB 0:15
2.	Amy Canavan	EKA	16:44	PB 0:40
3.	Mackayla Davison	COR	17:36	PB 0:25
4.	Madison Hill	SBE	17:37	PB 2:17

The annual Racewalking Victorian U12 and U10 championships were very competitive events with medals on offer for the placegetters in each race. Rebecca Henderson excelled with her 2km time of 10:02 in a high quality U12 event. Alanna Peart won the U10 girl's championship with an excellent 5:29 while Fraser Saunder won the U10 boy's championship with 6:36.

RWV 2KM U12

1.	Rebecca Henderson	VRWC	10:02	PB 2:16
2.	Zahra Hayes	BGO	10:51	
3.	Amy Canavan	BALL	10:59	PB 0:09
4.	Alanna Peart	BALL	11:41	
5.	Carissa Brook	BGO	11:49	PB 0:02
6.	Kasey Bishop	BALL	12:36	
7.	Jessika Bridges	BALL	12:43	
8.	Eliza Lepair	BALL	12:51	PB 2:29
9.	Leah Canavan	BALL	13:17	
10.	Olivia Davis	BALL	16:35	

RWV 1KM U10

1.	Alanna Peart	BALL	05:29	
2.	Leah Canavan	BALL	06:02	PB 0:53
3.	Mia Darlow	BALL	06:39	PB 0:18
4.	Ruby Saunder	BALL	06:40	
5.	Kayla Bridges	BALL	06:43	PB 1:09
6.	Alice Lepair	BALL	07:34	PB 0:58
1.	Fraser Saunder	BALL	06:36	
2.	Scott Peart	BALL	09:15	

INVITATION 5KM

1.	Celia Johnson	VRWC	34:36	
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A big thank you to Ballarat Race Walking Club who acted as Local Organising Committee and did a great job on the day.

Officials Tim Erickson, Bob Hallett, BRWC members
Judges Gordon Loughnan (Chief), Judy Mason, Paul Nunn, Daryl Biggin, Ralph Bennett, Peter Vysma, Graham George (DQ Board), Wayne Peart (bike)

And now to some photos - more can be seen at <http://www.vrwc.org.au/coppermine>.



Kelly Ruddick (74) and Jesse Osborne (5559) surge to the front in the 10km racewalk



The U14 and U16 3km walkers get underway



The U10 and U12 walkers

WARWC ROADWALKS, PERTH, SUNDAY 26 MAY

Thanks to John Back for the latest results from the Western Australian Race Walking Club in Perth.

Anne Murray Shield 5km U/20 Women

1.	Holly Hughes	29.57
2.	Isabella Tolardo	30.23
3.	Aimee Reid	39.54

2km Open

1.	Georgia Currulli	13.58
2.	Ben Reid	13.58
3.	Alessia Andritsos	14.44
4.	Sienna Andritsos	15.09

5km Open

1.	Tom Lenane	32.54
2.	Lesley Romeo	38.50

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 26 MAY

Thanks to Rick Cattermole for the latest walk results from the Race Walking Club of Western Australia, also based in Perth

10km Walk

1.	Vanessa Brown	59.35
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3km Walk

1.	Melissa Hall	20.54	SB
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5km Walk

1.	Christopher Gerken	30.59	PB
2.	Michelle Butler	31.02	
	Caitlin Gerken	DNF	

2km Walk

1.	Tina Kezic U/14	13.10	PB
2.	Ryan Kezic U/10	13.26	PB

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 19 MAY

And now back a week to a couple of older Australian results. First, thanks to Paul Rance for his report from Bendigo.

The Bendigo Walkers Club held 3km and 10km sealed handicap events on Sunday 19th May. In the 2km event Ebony Whiley won by 1 second over Zahra Hayes with Madison Hill claiming 3rd place in a personal best effort while the 10km event saw Geoff Major take the handicap honors over Barb Bryant.

2km Handicap Walk

1.	Ebony Whiley	16.47
2.	Zahra Hayes	16.48
3.	Madison Hill	19.21
4.	Carissa Brook	19.04
5.	Caitlyn Tozer	27.36
6.	Sheridan Commons	25.55
7.	Annette Major	19.49
8.	Peter Curtis	19.33

10km Handicap Walk

1.	Geoff Major	1.19.43
2.	Barb Bryant	1.02.15

QUEENSLAND ROADWALK CHAMPIONSHIPS, SPORTS RESERVE, MURARRIE, SUNDAY 19 MAY

Peter Bennett and Nyle Sunderland won their respective Queensland State roadwalk championships on Sunday 19th May.

30km Men - QA Championship

1.	Peter Bennett	2:52:08
2.	Nick Dewar	DNF

3km Roadwalk - non championship

1.	Mikaela Woodward	16.32
2.	Riley Sims	19.49

20km Women - QA Championship

1.	Nyle Sunderland	2:03:34
2.	Donna Beikoff	2:27:55
3.	Noela McKinven	2:41:07
4.	Jessica Wright	2:44:50

2km Roadwalk - non championship

1.	Ben Jeffrey	13.20
2.	Sean Brackin	14.46

5km Roadwalk - non championship

1.	Jesse Sims	29.59
2.	Melissa Hayes	30.53
3.	Aimee Brackin	31.42
4.	Lucy-Rose Boardman	33.17
5.	Casey Sims	34.50

1km Roadwalk - non championship

1.	Adam Buchhorn	6.03
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USA 15K RACEWALK CHAMPIONSHIPS, RIVERSIDE, CA, SUNDAY 19 MAY 2013

And now to our overseas reports. First to America where the USA 15km roadwalk championships were contested just over a week ago on Sunday 19th May. On this occasion, it was the women who produced the faster times with Miranda Melville 1:11:42 and Erin Gray 1:11:53 setting the pace. The event also included the USA Masters 15km championships and these results are also shown.

Open 15km Men

1.	David Swarts	47	1:13:04
2.	Pablo Gomez	41	1:17:20
3.	Edward O'Rourke	51	1:23:57
4.	Mark Green	57	1:24:23
5.	Alexander Price	31	1:27:26
6.	Tommy Aunan	54	1:30:07
7.	Charles Brugh	57	1:31:44
8.	Michael Blanchard	51	1:32:52
9.	Joe Nieroski	51	1:33:24
10.	Alex Kazaryan	58	1:33:52
11.	Rick Campbell	67	1:40:39
12.	Byron Kaelin	52	1:43:52
13.	Jim Carmines	69	1:46:40
14.	Art Morrow	48	1:47:34
15.	John Backlund	73	1:48:14
16.	Bill Moremen	85	1:58:17
	Calvin Lau	66	DQ
	Carl Acosta	79	DQ

Open 15 km Women

1.	Miranda Melville	24	1:11:42
2.	Erin Gray	26	1:11:53
3.	Tammy Stevenson	43	1:34:01
4.	Marianne Martino	62	1:35:35
5.	Rebecca Garson	48	1:37:09
6.	Vicki Pritchard	54	1:38:30
7.	Wendy Clark	59	1:43:01
8.	Donna Green	60	1:46:23
9.	Darlene Backlund	67	1:49:40
10.	Sandra DeNoon	57	1:49:48
11.	Kay Brinkley	67	1:50:14
12.	Kristin Ugrob	43	1:50:37
13.	Jolene Steigerwalt	69	1:51:10
14.	Kathryn Webster	62	1:58:11
15.	Denise Seyfarth	56	1:58:23
16.	Lou Kaelin	52	1:58:45
17.	Nancy Linky	66	2:00:01
18.	Lorraine Berger	47	2:05:18
19.	Anelise Smith	74	2:07:12
	Yvette Lavigne	73	DQ

Masters Men

40-44	Pablo Gomez	41	1:17:20
45-49	David Swarts	47	1:13:04
	Art Morrow	48	1:47:34
50-54	Edward O'Rourke	51	1:23:57
	Tommy Aunan	54	1:30:07
	Michael Blanchard	51	1:32:52
	Joe Nieroski	51	1:33:24
	Byron Kaelin	52	1:43:52
55-59	Mark Green	57	1:24:23
	Joe Nieroski	51	1:33:24
	Alex Kazaryan	58	1:33:52
65-69	Rick Campbell	67	1:40:39
	Jim Carmines	69	1:46:40
70-74	John Backlund	73	1:48:14
85-89	Bill Moremen	85	1:58:17

Masters Women

40-44	Tammy Stevenson	43	1:34:01
	Kristin Ugrob	43	1:50:37
45-49	Rebecca Garson	48	1:37:09
	Lorraine Berger	47	2:05:18
50-54	Vicki Pritchard	54	1:38:30
	Lou Kaelin	52	1:58:45
55-59	Wendy Clark	59	1:43:01
	Sandra DeNoon	57	1:49:48
	Denise Seyfarth	56	1:58:23
60-64	Marianne Martino	62	1:35:35
	Donna Green	60	1:46:23
	Kathryn Webster	62	1:58:11
65-69	Darlene Backlund	67	1:49:40
	Kay Brinkley	67	1:50:14
	Jolene Steigerwalt	69	1:51:10
	Nancy Linky	66	2:00:01
70-74	Anelise Smith	74	2:07:12

SOUTH AFRICAN TRACK CHAMPIONSHIPS, POTCHEFSTROOM, 25 MAY 2013

The South African Open 10,000m Track Walk Championships were held on Saturday at Potchefstroom (1350m altitude) in North West province. Winners were Wayne Snyman 42:57 and Corli Swart 51.11.

10,000m Walk Men

1.	Wayne SNYMAN	85	42:57.06
2.	Sanele MATHONSI	89	50:38.70
	Reginald HUFKIE	92	DNF

10,000m Walk Women

1.	Corli SWART	91	51:11.01
2.	Udelle DE WINNAAR		58:52.88
	Rose SHABALALA	93	DNF

And keeping with South Africa for a bit, I reported in last week's newsletter on their WPA GP roadwalks in Cape Town in which Marc Mundell won the 30km in 2:19:41 and Wayne Snyman won the 20km in 1:25:10. I subsequently asked Marc for any photos and he has provided this great one of the two of them in action - what a backdrop!



Wayne Snyman and Marc Mundell in action in Cape Town on 18th May

XVI PAN AMERICAN RACE WALKING CUP, GUATAMALA CITY, GUATAMALA, 25-26 MAY

The Pan American Race Walking Cup is a biennial race walking competition for athletes representing countries from the Americas, organized by the Association of Panamerican Athletics (APA). It was established in 1984 and currently features 20km races for senior men and women and 10km races for junior athletes.

Mexico's national team took centre stage in this edition, part of the 2013 IAAF Race Walking Challenge, which had a record 140 athletes competing in Guatemala City on Saturday and Sunday (25-26). My reports are taken from that of Fernando Ruiz Del Valle who reported on the event for the IAAF - see <http://www.iaaf.org/news/report/mexico-dominant-at-pan-american-race-walking>.

In the men's 20km on Saturday, Mexico's Diego Flores was well off the form he showed at the IAAF Race Walking Challenge race in Rio Maior, Portugal, when he clocked a personal best of 1:21:56, but his effort of 1:24:16 was enough to win ahead of Colombia's Jose Arevalo, who was second in 1:24:35, with Brazil's Caio Oliveira De Sena a distant third in 1:25:57.

"It was tough, but it's not every day you feel in a position to achieve your personal best. I hope I can do it again in the coming months and better if it's in Moscow," said the 26-year-old Flores, who pulled away from his rivals from halfway and had the luxury of being able to ease back in the final kilometre.

20km Walk Men

1.	Diego FLORES HINOJOSA	MEX		1:24:16
2.	José MONTANA	COL	92	1:24:35
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:25:27
4.	Evan DUNFEE	CAN		1:25:43
5.	Mauricio ARTEAGA	ECU		1:26:13
6.	Isaac PALMA OLIVARES	MEX	90	1:26:55
7.	Jaime Daniel QUIYUCH	GUA	80	1:27:49
8.	Inaki GOMEZ	CAN	88	1:27:58
9.	James RENDÓN	COL	85	1:28:05
10.	Ronal Rey QUISPE MISME	BOL	89	1:28:51
11.	Rolando SAQUIPAY	ECU	79	1:29:30
12.	Yerko ARAYA	CHI	86	1:29:43
13.	Pavel Chihuan CAMAYO	PER	86	1:29:59
14.	Anibal PAAU	GUA	87	1:30:13
15.	Patrick STROUPE	USA	84	1:31:06
16.	Mario José DOS SANTOS	BRA	79	1:31:31
17.	Allan SEGURA	CRC	80	1:32:41
18.	Omar BUSTAMANTE	VEN	72	1:33:19
19.	Daniel Alexandre VOIGT	BRA	84	1:33:27
20.	José RUBIO	ECU	88	1:34:03
21.	Luis LÓPEZ	PUR	88	1:34:13
22.	Angel Rolando BATZ	GUA	93	1:34:36
23.	Rubén GOLIAT	CUB	92	1:36:01
24.	John NUNN	USA	78	1:36:33
25.	Ernesto Salvador MIRA	ESA	84	1:37:39

26.	Mauricio CALVO AGUILAR	CRC	91	1:37:46
27.	Mesias Magno ZAPATA PACHECO	ECU	81	1:39:50
28.	Michael Giuseppe MANNOZZI	USA	86	1:41:41
29.	Yassir CABRERA	PAN	88	1:43:21
30.	Sergio GUTIERREZ	CRC	61	1:44:14
31.	William Edinson VERA BRACHO	VEN	80	1:45:17
	Benjamin THORNE	CAN	93	DNF
	Isaias FONSECA	HON		DNF
	Dan SERRIANI	USA	90	DNF
	Luis Angel SANCHEZ	GUA	93	DNF
	Yereman SALAZAR	VEN	78	DNF
	Jesus Tadeo VEGA	MEX	94	DQ
	Creighton CONNOLLY	CAN	88	DQ
	Alexander CASTENADA	COL	92	DQ
	Eder SÁNCHEZ	MEX	86	DQ

Peru triumphed in the women's 20km thanks to Kimberly Garcia, who won in 1:35.01. Garcia, just 19, excelled to take more than five minutes off her best time and was pushed to new heights by another 19-year-old, Colombia's 2012 World Junior Championships 10000m bronze medallist Sandra Arenas, who took second place with 1:35:15. Mexico's Yanelli Caballero was also in the fray for much of the race but finished third with 1:35:19.

"I'm speechless right now. It's a great moment and a great time for me. I've been working so hard to win a medal in the Pan American Cup, and gold means an accomplished mission. I'm very excited and want to give this medal to everyone who supported me" said Garcia, Peru's first female and senior champion.

20km Walk Women

1.	Kimberly GARCÍA LEÓN	PER	93	1:35:01
2.	Sandra Lorena ARENAS	COL	93	1:35:14
3.	Yanelli CABALLERO	MEX	93	1:35:19
4.	Wendy CORNEJO	BOL	93	1:35:37
5.	Monica EQUIHUA	MEX	82	1:35:43
6.	Sandra Viviana GALVIS	COL	86	1:35:45
7.	Ángela CASTRO	BOL	93	1:36:06
8.	Lizbeth SILVA	MEX	89	1:37:17
9.	Yeseida CARRILLO	COL	93	1:37:53
10.	Rosalía ORTIZ CRUZ	MEX	87	1:39:22
11.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:40:08
12.	Cristina Esmeralda LÓPEZ	ESA	82	1:42:33
13.	Maritza GUAMÁN	ECU	88	1:43:39
14.	Katie BURNETT	USA	88	1:45:15
15.	Nayibeth ROSALES	VEN	83	1:47:08
16.	Susan RANDALL	USA	74	1:48:42
17.	Cisiane Dutra LOPEZ	BRA	83	1:48:45
18.	Sonia CARTAGENA	ECU	79	1:49:13
19.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:51:26
20.	Andreina Marzieliz GONZALES GUZMAN	DOM	93	1:53:19
21.	Amanda COLON	PUR		1:58:39
22.	Cléia DA CRUZ SILVA	BRA	92	2:00:24
23.	Glenda UBEDA	NCA	87	2:02:03
24.	Denny Elisabeth MANZANILLO	DOM		2:10:28
25.	Gissel Damaris RODRIGUEZ	PAN	93	2:10:45
26.	Masiel PAULINO	DOM		2:17:41
	Milanggela Francesca ROSALES	VEN	87	DNF
	Cristina RODRIGUEZ VALLE	DOM		DQ
	Milexis SEPULVEDA	PUR	83	DNF
	Anabelly ORJUELA	COL	88	DQ
	Erin TAYLOR	USA	78	DQ
	Yadira GUAMÁN	ECU	86	DNF

The 10km junior titles were been shared between Mexico and Colombia. In the women's race, Mexico's Alejandra Ortega, who set an Area junior record of 46:00, when taking the silver medal at last year's World Race Walking Cup, was a comfortable winner in 49.13, coming home more than two minutes in front of the Peruvian silver medallist Jessica Hancero, who clocked 51:31.

The junior men's contest was much closer, and Colombia had its only Cup victory thanks to Manuel Soto, who won in 41:19, taking more than a minute off his best despite racing at 1500m altitude. In a close finish, Mexico's Erick Gonzalez was second with 41:27 and his countryman Ivan Garrido third 41:33.

10km Junior Men

1.	Soto Ruiz, Manuel Esteban	COL	41:18.6
2.	Gonzalez Castellanos, Erwin Guillermo	MEX	41:26.5

3.	Garrido Triana, Ivan Gabriel	COL	41:32.4
4.	Pintado Alvarez, Brian Daniel	ECU	41:34.7
5.	Vargas Carrillo, Richard Egrey	VEN	41:40.2
6.	Perez Parra, Kenny Martin	COL	41:44.6
7.	Yurivilca Calderon, Paolo Cesar	PER	42:29.2
8.	Marques Fidelis, Bruno	BRA	43:08.5
9.	Rodriguez Pardo, Marco Antonio	BOL	43:39.8
10.	Batista Goncalves, Maringá	BRA	44:59.6
11.	Chocho Vera, Franco Luis	ECU	45:13.2
12.	Barrondo Xuc, Jose Alejandro	GUA	45:38.8
13.	Lopez Menjivar, Luis Alfonso	ESA	45:50.6
14.	Jimenez Arrobo, Jordy Rafael	ECU	46:12.5
15.	Gomes DE Souza Mazzo, Lucas	BRA	46:28.8
16.	Ramirez Vega, Jan F.	PUR	46:38.8
17.	Coy Cheb, Elvin Gustavo	GUA	46:43.2
18.	Martinez Alvarez, Lismandi	CUB	46:51.5
19.	Escobar Castro, Cesar Cristian	ESA	47:57.7
20.	Colon Gracia, Luis M.	PUR	48:26.2
21.	Chacon Garcia, Jeferson Jesus	VEN	48:33.6
22.	Peters, Anthony	USA	51:31.4
23.	Washburn, Steven	USA	51:52.6
24.	Peters, Alexander	USA	53:26.5
25.	Marzan DE Jesus, Jansel Luis	DOM	56:06.7
	Figueroa Anciani, Jan C.	PUR	DNF
	Grave Chavez, Jürgen Everhard	GUA	DQ

10km Junior Women

1.	Ortega Solis, Alejandra	MEX	49:12.8
2.	Hanco Merma, Jessica	PER	51:30.4
3.	Tapia Moreno, Jessica Ci	MEX	51:31.0
4.	Marino Fonseca, Carolina	COL	52:44.4
5.	Raya MACIAS, Mildred Dan	MEX	53:37.4
6.	Rosales Davila, Cheskaya	VEN	54:54.6
7.	Montero Rodriguez, Lilia	CUB	55:22.4
8.	Lins DE Oliveira, Rayane	BRA	55:23.1
9.	McCOLLUM, Brenda JO	USA	56:20.4
10.	Vicente Guzmán, Karin CI	GUA	56:28.8
11.	Restrepo Agudelo, Milena	COL	56:41.5
12.	Gonzalez Valdiviezo, Bri	ECU	56:45.6
13.	Poncio Tzul, Maritza Raf	GUA	57:10.3
14.	Alfonzo Castillo, Natali	VEN	57:43.3
15.	Collins, Brittany	USA	59:29.1
16.	Pulido Sandoval, Sara Pa	COL	1:00:55.8
17.	Zancanela DA Cunha, Lina	BRA	1:02:22.6
18.	Teixeira DA Silva, Gisel	BRA	1:08:22.3
19.	Duran Garcia, Franchesca	DOM	1:09:59.2
	Barrondo García, Sonia I	GUA	DQ
	Valencia Moreno, Stefany	ECU	DQ

Mexican superiority was also demonstrated on Sunday when they achieved a clean sweep of the men's 50km medals. Omar Zepeda, now 35 and a modest 23rd at the London 2012 Olympic Games, got the biggest win of his career when he crossed the line in 3:57.52, eight seconds in front of his compatriot and favourite Horacio Nava, who has won over the same distance at the 2011 Pan American Games and taken a memorable silver medal in front of his ecstatic home crowd at the 2010 World Race Walking Cup in Chihuahua. Another Mexican, Omar Mendoza, finished third in 4:03.11.

"This (the clean sweep) was our goal and we reached it. We're very happy and now getting focused on the World Championships. Together we can give a very hard fight to Russians and Chinese race walkers," commented Zepeda, in the belief that Mexican walking can bounce back from the disappointment of the Olympics last year when not only did they fail to get a medal but also only had one man – Eder Sanchez, who finished sixth in the 20km – in the top 15 of either of the men's races.

50km Men

1.	Omar ZEPEDA	MEX	03:57:52
2.	Horacio NAVA	MEX	03:58:00
3.	Omar SEGURA	MEX	04:03:11
4.	Mario Alfonso BRAN	GUA	04:03:59
5.	David Cristian BERDEJA	MEX	04:07:14
6.	Omar Daniel SIERRA	COL	04:09:02
7.	Luis BUSTAMANTE	MEX	04:10:06
8.	Jorge Armando RUIZ	COL	04:10:56
9.	Xavier MORENO	ECU	04:11:09

10. Ferney ROJAS	COL	04:13:45
11. Clemente GARCÍA	MEX	04:17:38
12. Cláudio DOS SANTOS	BRA	04:28:41
13. Horacio OLIVARES	MEX	04:30:48
14. Edgar CUDCO	ECU	04:36:37
15. Samir César SABADIM	BRA	05:02:43
16. Hugo MOMOTIC	GUA	DQ
17. Ray SHARP	USA	DQ
18. Robinson VIVAR	ECU	DQ
19. Rodrigo MORENO	COL	DNF
20. Jonnathan CACERES	ECU	DNF
21. Joel VARGAS	CUB	DNF

For many of the walkers, the Cup was the last big competition before the IAAF World Athletics Championships in Moscow this summer. Sadly, neither of the host country's two big stars of the discipline was on the start line in Guatemala City. However, London 2012 Olympic Games 20km silver medallist Erick Barrondo and Women's 20km Area record holder Mirna Ortiz have announced that they will race at the Dublin Grand Prix of Race Walking, the penultimate IAAF Race Walking Challenge event and the last major meeting before the IAAF World Championships, which concludes the 2013 series.

NAIA OUTDOOR T&F CHAMPIONSHIPS, MARION, IND., 23-25 MAY 2013

The National Association of Intercollegiate Athletics (NAIA) is the association that organises college and university-level athletic programs. Membership in the NAIA consists of smaller colleges and universities across the United States and it currently boasts 258 member institutions. Their annual T&F Championships were held last weekend in Marion, Indiana, and 5000m track walks were amongst the events on offer. Mereth Zalba 25:17.87 and Alejandro Chavez 21:03.92 were this year's winners.

Women 5000m Walk

1. Zalba, Mereth	FR Missouri Baptist	25:17.87
2. Josephs, Molly	FR Missouri Baptist	25:34.33
3. Dunn, Abby	FR Goshen	26:07.49
4. Lawrence, Monica	JR Cornerstone	26:28.55
5. Griffiths, Brianna	SO Cornerstone	26:53.78
6. Breithaupt, Lauren	FR Baker	27:31.91
7. Brickson, Reini	JR Lindsey Wilson	27:40.81
8. Court-Menendez, Nicole	FR Dakota Wesleyan	27:50.88
9. Ovokaitys, Kayla	FR Cornerstone	28:29.11
10. Mancha, Mercedes	SR St. Xavier	28:56.07
11. Bland, Amanda	SO Lindsey Wilson	29:24.53
12. Loeffler, Kaitlyn	SO Central Methodist	29:28.97
13. Graybill, Teresa	JR Benedictine (Kan.)	29:38.84
14. Green, Jourdann	FR Lindsey Wilson	30:19.67
Bonk, Nicole	SR Embry-Riddle	DQ

Men 5000m Walk

1. Chavez, Alejandro	SO Missouri Baptist	21:03.92
2. Risch, Cody	SR Cornerstone	21:27.40
3. Christie, Nick	FR Missouri Baptist	22:20.56
4. Gunderkline, Jacob	SR Goshen	23:29.45
5. Vanderwall, Nathan	SO Cornerstone	24:26.25
6. Hafner, James	JR Evangel	24:44.32
7. Brickson, Mitchell	SO Goshen	26:05.50
8. Withrow, Isaac	SO Cornerstone	27:56.94

EUROPEAN MASTERS ROADWALK CHAMPIONSHIPS, UPICE, CZECH REP., 23-26 MAY 2013

Emmanuel Tardi was in the Czech Republic last weekend for the European Masters Out of Stadia Championships (see their website at <http://www.maratonstav.cz/page.php?id=54>) where there were two walks on offer - 10km and 20km for women, 10km and 30km for men.

10km Roadwalks, Radvanice, Saturday 25 May

German Bianca Schenker (W35, 54.20) and Spaniard Miguel Ángel Prieto (M45, 45.47) were the fastest of the walkers in the 10km roadwalks, held last Friday over a 1km circuit in the small village of Radvanice in the Czech Republic. Prieto won after a great battle with German Steffen Borsch (M40, 45.55) and it was only in the final 500m that he could break clear. Polish walker Grzegorz Grinholc (M35) was third fastest with 48.27. In the women's event, the second fastest time went to German Brit Schröter (W35, 55.23) while third fastest went to French walker Marit Naumann (W40, 55.24). Of course, each division had its own set of medallists and the fields in many of the age groupings were quite large. Emmanuel advises that conditions were good - 10-13°C and still - but the course was technically challenging - the 1km lap consisted of a 500m length with tight turns at either end and was held on a

narrow road with a small hill mid-lap.

Full results can be seen at <http://www.maratonstav.cz/page.php?id=143>. The results here are restricted to the first 3 in each division.

10km Roadwalk - Men, Fri 24 May

M35	1	Grzegorz Grinholc	POL	48.27
	2	Alexander Maier	AUT	58.11
M40	1	Steffen Borsch	GER	45.55
	2	Joachim Maier	GER	52.35
	3	Gianni Siragusa	ITA	53.13
M45	1	Miguel Ángel Prieto	ESP	45.47
	2	Steffen Meyer	GER	49.59
	3	Dick Gnauck	GER	52.14
M50	1	Arunas Klebauskas	LTU	48.43
	2	Francisco Reis	GBR	50.25
	3	Andrea Naso	ITA	51.23
M55	1	Mirosław Luniewski	POL	51.47
	2	Helmut Prieler	GER	52.51
	3	Steven Uttley	GBR	53.58
M60	1	Fabio Ruzzier	SLO	52.21
	2	John Hall	GBR	54.43
	3	Pavlo Zhyrkov	UKR	55.40
M65	1	Ian Richards	GBR	52.23
	2	Ettorino Formentin	ITA	55.33
	3	Dygas Volker	GER	56.39
M70	1	Vladimír Kánský	CHE	1.00.49
	2	Alexandr Sartakov	RUS	1.00.53
	3	Karl Degener	GER	1.01.13
M75	1	Arthur Thomson	GBR	1.00.39
	2	Mykola Panaseiko	UKR	1.05.16
	3	Gernot Mittag	GER	1.13.58
M80	1	Ivan Pushkin	UKR	1.13.19
	2	Eric Horwill	GBR	1.18.31
M85	1	Günter Ciesielski	GER	1.18.57
	2	Alois Balcařík	CHE	1.28.33

10km Roadwalk - Women, Fri 24 May

W35	1	Bianca Schenker	GER	54.20
	2	Brit Schröter	GER	55.23
	3	Blanka Wallnerová	SLO	1.03.50
W40	1	Marit Naumann	FRA	55.24
	2	Lenka Borovičková	CHE	57.24
	3	Nicole Hörl	GER	57.51
W45	1	Myriam Nicolas	BEL	57.29
	2	Noel Maureen	GBR	1.01.13
	3	Anna Málková	CHE	1.02.58
W50	1	Natalya Terentyeva	RUS	57.07
	2	Janina Luniewska	POL	1.00.55
	3	Ilona Kirchesch	GER	1.04.50
W55	1	Cath Duhig	GBR	1.03.31
	2	Martine Mourgues	FRA	1.04.21
	3	Marita Echle	GER	1.07.21
W60	1	Dorothea Grolig	AUT	1.03.06
	2	Rita Zuravlova	LAT	1.03.47
	3	Claudine Anxionnat	FRA	1.04.47
W65	1	Antonina Tyshko	UKR	1.06.17
	2	Ursula Klink	GER	1.11.18
	3	Neidel Heidrun	GER	1.11.29
W70	1	Gisela Theunissen	GER	1.11.39
	2	Viktoria Zickert	GER	1.13.09
	3	Ursula Herrendoerfer	GER	1.13.58
W75	1	Helene Elbing	GER	1.21.21
	2	Erna Anritter	GER	1.28.51

20km/30km Roadwalks, Havlovice, Sunday 26 May

The longer roadwalks took place on Sunday in Havlovice, also near Upice. Conditions were colder (6-9°C) with intermittent rain. Again, a narrow road made it technically demanding for the 100+ walkers on the course. Once again Bianca Schenker (W35, 1:47:31) and Miguel Ángel Prieto (M45, 2:25:11) were the first to cross the line. The next to finish in the women's event were French walker Marit Naumann (W40, 1:55:46) and German Brit Schröter (W35, 1:55:47), just 1 second her. In the men's 30km, the second and third fastest times went to the German Steffen Borsch (M40, 2:28:47) and Pole Grzegorz Grinholc (M35, 2:36:12).

30km Roadwalk Men - Sunday 26 May

M35	1	Grzegorz Grinholc	POL	2.36.12
	2	Fern Thorsten	GER	2.57.47
	3	David Cervello	ESP	3.07.43
M40	1	Steffen Borsch	GER	2.28.47
	2	Christer Svensson	SWI	2.42.46
	3	Viacheslav Degtyarenko	RUS	2.47.22
M45	1	Miguel Angel Prieto	ESP	2.25.11
	2	Steffen Meyer	GER	2.49.22
	3	Josef Smola	CHE	2.53.54
M50	1	Uwe Schröter	GER	2.39.57
	2	Francisco Reis	GBR	2.44.34
	3	Julian Iglesias	ESP	2.54.43
M55	1	Mirosław Luniewski	POL	2.49.52
	2	Helmut Prieler	GER	2.54.06
	3	Wilfried Gaube	GER	2.58.47
M60	1	Fabio Ruzzier	ITA	2.50.49
	2	John Hall	GBR	3.08.00
	3	Pavlo Zhyrkov	UKR	3.04.37
M65	1	Ian Richards	GBR	2.47.15
	2	John Memullin	irw	3.18.15
	3	Abolins Harijs	LAT	3.22.02
M70	1	Edmund Shillabeer	GBR	3.15.08
	2	Wolf-Dieter Giese	GER	3.30.01
	3	Lerme Raitis	LAT	3.32.30
M75	1	Arthur Thomson	GBR	3.19.02

20km Roadwalk Women, Sunday 26 May

W35	1	Bianca Schenker	GER	1.47.31
	2	Brit Schröter	GER	1.55.47
W40	1	Marit Naumann	FRA	1.55.46
	2	Lenka Borovičková	CHE	2.00.12
	3	Nicole Hörl	GER	2.02.15
W45	1	Nicolas Myriam	BEL	1.58.14
	2	Noel Maureen	GBR	2.04.24
	3	Anna Málková	CHE	2.08.36
W50	1	Natalya Terentyeva	RUS	1.59.38
	2	Brigitte Patrzalek	GER	2.21.49
	3	Dace Saulite	LAT	2.22.39
W55	1	Cath Duhig	GBR	2.10.52
	2	Martine Mourgues	FRA	2.16.05
	3	Marita Echle	GER	2.20.07
W60	1	Dorothea Grolig	AUT	2.14.08
	2	Rita Zuravlova	LAT	2.14.09
	3	Aurora Alvarez	ESP	2.14.13
W65	1	Antonina Tyshko	UKR	2.18.28
	2	Ursula Klink	GER	2.26.41
	3	Heidrun Neidel	GER	2.27.46
W70	1	Gisela Theunissen	GER	2.30.15
	2	Viktoria Zickert	GER	2.31.20
	3	Larysa Lebedieva	UKR	2.44.09

	2	Mykola Panaseiko	UKR	3.35.34
	3	Krabbendam Bernard	NED	4.12.25
M80	1	Ivan Pushkin	UKR	3.54.44



Left: 30km roadwalk - walkers include M. Fernandez (Spain, M40), V. Sergiienko (Ukraine, M65), J. Hall (Britain, M60), Z. Kwita (Poland, M50), D. Cervelló (Spain, M35) and T. Fern (Germany, M35) (Photo: D. Cervelló - facebook)

Right: W40 dual gold medallist Marit Neuman of France (photo Emmanuel Tardi)



Left: W70 30km gold medallist Ed Shillabeer of GBR (photos Emmanuel Tardi)

Middle: Miguel Ángel Prieto (ESP) leads Steffen Borsch (GER) in the 30km

Right: W45 gold medals to Myriam Nicolas (BEL)

POLISH NATIONAL LEAGUE - SUPER LEAGUE, BIALYSTOK, POLAND, SATURDAY 25 MAY

Dawid Tomala 19:50.05 and Agnieszka Szwarnog 21:53.93 were the winners in the 5000m track walks at Bialystok, Poland, last Saturday. Full results of the meet can be reviewed at <http://www.domtel-sport.pl/insidethecode/files/3743-pl.pdf>.

5000m Walk Men

1.	Dawid TOMALA	89-08-27	MKS-MOS Płomień Sosnowiec	19:50.05
2.	Jakub JELONEK	85-07-07	KS AZS AWF Kraków	20:46.52
3.	Tomasz WIATER	90-05-25	KS Agros Zamość(LBE)	21:38.22
4.	Jan RYGAŁ	95-06-25	CKS Budowlani Częstochowa(SLK)	22:27.13
5.	Łukasz BIELECKI	94-01-27	CKS Budowlani Częstochowa(SLK)	22:36.18
6.	Kamil KOMAROWSKI	95-03-21	MKS Juwenia Białystok(POD)	24:07.37

5000m Walk Women

1.	Agnieszka SZWARNÓG	86-12-28	KS AZS AWF Kraków	21:53.93
2.	Beata HEPPNER	92-11-25	CKS Budowlani Częstochowa	23:56.06
3.	Karolina WIERUS	93-01-21	CKS Budowlani Częstochowa	23:58.67
4.	199 Joanna BINDRYN	95-12-14	CKS Budowlani Częstochowa(SLK)	26:35.49

COLOMBIAN U18 T&F CHAMPIONSHIPS, CALI, COLOMBIA, 25-26 MAY

Colombian National Youth (U18) championships were held last weekend in Cali with a 5000m walk for the girls and 10,000m walk for the boys. Cali will host the World Youth Championships in 2015. Thanks to the oMarchador blog website for these results (see <http://omarchador.blogspot.pt/2013/05/jovens-marchadores-colombianos-garantem.html>).

10,000m Men (12 walkers)

1.	Brayan Rozo Fuentes	96	Bogotá	45:26.49
2.	Cristian David Merchan	97	Bogotá	47:28.04
3.	Cristian Eduardo Melende	97	Huila	47:44.55
4.	Jean Carlos Muñoz Caldero	97	Huila	50:18.53
5.	Edwin Oviedo	96	Valle	51:00.46
6.	Cesar A. Sandoval	96	Antioch	54:39.98
7.	Daniel Restrepo	97	Antioch	54:39.98
8.	Brayan Alejandro Lugo	98	Valle	57:11.25

5000m Women (15 walkers)

1.	Daniela Gomez Dorado		Huila	24:50.95
2.	Fernanda Daniela Pastrana	96	Nariño	24:57.74
3.	Luz Mena Karen Enciso	97	Nariño	25:04.13
4.	Gina Paola Gongora	97	Bogotá	26:27.83
5.	Lina Paola April	96	Boyaca	27:05.83
6.	Maria Montoya	98	Valle	27:59.59
7.	Stefania Tovar Torres	97	Huila	28:17.88
8.	Ana Luisa Mejia	96	Valle	28:20.77

MEXICAN NATIONAL OLYMPIAD 10,000M WALK, VERACRUZ, MEXICO, WED 15 MAY

Again, thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/05/ever-palma-ganha-olimpiadas-mexicanas.html>) for this report from Veracruz in Mexico where talented young walker Ever Palma won over 10,000m on the track with 40:40.21, a hard fought victory by eight hundredths of a second and a new Mexican U23 record. Palma, who represented Mexico in the London Olympic 20km, broke the record of his brother Isaac (41:43.26, 2010) by nearly one minute. Silver went to Adrián Ochoa (40:40.29) and bronze to Julio Salazar (41:40.13). Palma, who is trained by Olympic medalist Bernardo Segura, is certainly in good form ahead of the World Universiade which will be held in Russia in July.

10,000m Track Walk

1.	Ever Jair Palma Olivares	40:40.21
2.	Adrián Ochoa Cardona	40:40.29
3.	Julio Cesar Salazar Enriquez	41:15.36
4.	Cristhian de Jesus Gomez Cruz	43:12.39
5.	Miguel Angel Cuamatzin Zacarias	45:37.84
6.	Diego Zepeda Fernandez	46:50.30

"DAY OF RACE WALKING" MEET, BRUSAPORTO, ITALY, SUNDAY 26 MAY

Thanks to the Italian Racewalking website (<http://www.marciaitaliana.com/>) for the results of the "Day of Race Walking", held in Brusaporto in the province of Bergamo, which saw track races for all age groups. You can see the full results at <http://www.marciaitaliana.com/risultati/Brusaporto.pdf>. I will just report on one event in particular - the men's 10,000m track walk which saw Matteo Giupponi set a new PB with an excellent 39:47.8.

10,000m Walk

1.	GIUPPONI MATTEO	1988	SM C.S. CARABINIERI SEZ. ATLETICA	39:47.0
2.	2 DEFENDENTI ROBERTO	1968	SM U.S. SCANZOROSCIATE	44:58.8
3.	3 CORTINOVIS MASSIMILIANO	1995	JM U.S. SCANZOROSCIATE	48:42.7

WALKING SHORTS

Lots of shorts this week for people to investigate further themselves. It is time for me to get this newsletter out!

- A great 1972 Olympic 50km video on Youtube where you see walkers including Bernd Kannenberg (GER), Larry Young (USA) and Shaul Ladany (ISR).
<http://www.youtube.com/watch?v=rCPILrS14g>
- Another great Youtube video, this time from the 1987 World Championships Women's 10km walk in Rome. A very famous finish when so many of the walkers collapsed in the heat - the best way to sum it up - sheer carnage!
www.youtube.com/watch?v=1kpBt23UP5M
- An interesting article which discusses research being carried out at the AIS with calcium-rich breakfasts - study done on bike riders but the implications can probably be ported to other endurance sports. It will be interesting to see the final recommendations.
<http://au.news.yahoo.com/latest/a/-/latest/17286734/cyclists-experiment-with-calcium-rich-breakfasts/>
- DOHA (QAT, May 21): I haven't had a chance to check it out but Hassanine Sebei is reported to have won the Arab Championship 20km roadwalk in Doha, Tunisia, in a time of 1:30:30.
- Winners in the 10,000m track walks at the Ukraine University Championships (Yalta, Ukraine, 17-19 May 2013) were Ihor Lyashchenko (39:52.75) and Anna Kovalenko (48:25.66).
- A photo of Australian walkers Rachel Tallent and Regan Lambie training in Flagstaff - they are part of an Australian racewalking group (others include Jess Rothwell, Luke Adams and Blake Steele) who have been there the last few weeks and who are due to return to Australia this week.
<https://twitter.com/AthsAust/status/337903163044663296/photo/1>
- Great article in the Bendigo Advertiser on young Victorian walkers Zahra Hayes and Carissa Brook
<http://www.bendigoadvertiser.com.au/story/1525981/walkers-take-success-in-their-stride/?cs=81>
- Mark Easton's photo galleries from the European Race Walking Cup in Dudince, reported in last week's newsletter.
<http://markeaston.zenfolio.com/f944494241>

VRWC CLUB RECORD UPDATE

Three new records to acknowledge this week. For the full list of records, check out <http://www.vrwc.org.au/vrwc-records.shtml>.

Nathan Brill	U17-U20 5km Road Walk	20:15	VRWC Races, Middle Park	18/05/2013
Corey Dickson	U11 2km Road Walk	10:01	VRWC Races, Middle Park	25/05/2013
Kelly Ruddick	W40 10km Road Walk	46:27	Vic Country Champs, Ballarat	26/05/2013

FROM THE ARCHIVES

During the week, I came across an old newspaper cutting from 1950 about the Oakleigh to Albert Park 10 Mile walk (more of that later) and it got me thinking about all the fantastic races we used to have in days past before we were forced off the roads by the increasing traffic volumes. So I rummaged out this article I researched and published about 10 years ago. For people who know Melbourne, it makes for interesting reading.

Nowadays, we restrict our racing to the Albert Park area because of Public Liability considerations. Although I realise the reason for this, it does disappoint me when I consider all the Classics the club used to hold in years last. The following brief list of these events illustrates the point well.

Ian McDougal Memorial Handicap (15 miles)

This event was started when the club reformed after the Second World War. The event was initially held at Albert Park but from 1951 onwards, it moved to become the **St Kilda to Chelsea 15M**. It started at St Kilda Town hall and went down Beach Road, finishing at Frank McGuire's gym in Chelsea. It was held on a Saturday afternoon, starting at 1:30PM. The last edition was held in 1970.

Melbourne to Frankston and return (50 miles)

As well as the annual Melbourne to Frankston 25 Mile event, there were various schedulings of a Melbourne to Frankston and Return event over 50 miles. It was held in the following years: 1929, 1930, 1932, 1946-1951.

Melbourne to Frankston (25 miles)

This handicap event was actually slightly less than 25 miles. It started at the corner of Alexandra Avenue and St Kilda Rd (opposite where the Victorian Arts Complex now stands) and travelled via St Kilda Road and the Nepean Highway to finish at Frankston Post Office. This was a handicap event with the first outmarker starting at 10:30AM on a Saturday morning. The scratch walkers gave anything up to 90 minutes start but in many cases they still won. The event started in the 1930's and was last held in 1970.

R. J. Blackley Memorial Handicap (20 miles Club Championship)

R. J. Blackley was a former club president and life member who died in the Second World War. The first editions of this club championship were held at Albert Park but in 1955, it was changed to a course from **Albert Park to Oakleigh and Return** (walking in part along the Olympic 50 km course). In 1962 it returned to Albert Park and then in 1963, it was held from **Geelong to Queenscliff**. In 1967 it was held from **Queenscliff to Geelong**. It continued into the 1970's.

Coldstream to Healesville (10 miles)

This event first held in 1955 and was initially held as a weekend away in Healesville but eventually it became a single day event. It started at 2:30PM on the Saturday afternoon. The last Coldstream was in 1964. I think Clarrie Jack won it.

Victorian 50 km - starting and finishing at Showgrounds during Show Week

The Victorian 50km championship used to start on the Showgrounds main arena on the Saturday of the last weekend of the Melbourne Royal Show before going out on Ballarat Road to Rockbank and then returning to finish on the arena. Competitors had to keep one eye on the two way traffic on the busy highway for most of the race and there was little in the way of traffic control. This was the regular course for the Victorian 50 km Championship from the late 1920's to 1966.

Melbourne to Healesville Relay (38 miles in 2 mile legs)

This 38 miles relay was staged with legs of 2 miles. It was first held in July 1936. After the Second World War, the timing was changed to the Queens Birthday weekend in June. The event started in Alexandra Avenue at 11:30Am on the Saturday and was a major organisational feat. The last scheduling was held in 1954. An old furniture van, owned by Mr Proud who lived in Sunshine, was used to pickup and drop off the walkers along the route.

Apart from this relay, other relays were sometimes held as once-off. Amongst them was a **Melbourne to Geelong Relay (46 miles in 2 mile legs)** held in 1949 and 1950.

Most were all still going in the 1960's when I started walking with the club. I was lucky enough to walk the St Kilda to Chelsea (15 miles) and the Melbourne to Frankston (25 miles) and I watched the Queenscliff to Geelong (20 miles) in a car. They were great races.

And now to the article which got me thinking - it shows walkers John Smythe and Beverly Viney walking through the St Kilda Road roundabout (imagine that nowadays!) on their way from Oakleigh to Albert Park.



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

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

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.hkaaa.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

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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)