



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

With the Lake Burley Griffin Carnival last Sunday in Canberra, there were many fine performances across the board and it is a daunting task to pick out the best so I am going back to history to decide where to focus my attention. The carnival started out as a single 20 mile event in 1967 with 14 walkers from across Australia testing themselves out over the hills around Lake Burley Griffin. It was a tough race which began in heavy rain, adding to the hazards of a dug up road and another section of wet tar, all in the first three miles. On that occasion, NSW Olympian Frank Clark won with 2:54:57. Since then, a whole carnival has grown up around the 20 mile championship but it remains, at least to me, the central lynchpin on which the carnival hangs.

This year saw one of our closest 20 mile races ever with Jared Tallent, Chris Erickson and Ian Rayson all in the lead at various stages. Ian headed out like a man possessed, passing the 5 Mile mark in around 35 minutes (and it is a very hilly first 5 miles), some 20 secs ahead of Chris with Jared 10 secs further back. By the 10 mile mark, he had extended his lead to 30 secs and he was motoring. Eventually caught by Chris and then by Jared, he had to settle for third place but only 80 secs separated the three at the end. Let's consider each performance in depth as these will form our voting block this week.

- **Jared Tallent** came through when it counted, in the last 5 miles, eventually winning in 2:20:42. It was his 7<sup>th</sup> win in a row and his 8<sup>th</sup> overall. He was tired after his La Coruna race and then the long trip home but he was determined to keep his winning streak intact and that he did. Jared just never gives up and he chased down both Ian and Chris in the second half of the race.
- For **Chris Erickson**, it was his 10<sup>th</sup> Canberra 20 miler (he first did it in 2002 as a 20 year old) and this year was a new PB, his time of 2:21:12 taking 1:35 off his previous best time, set in 2009. His 10 mile splits of 71:12 and 70:00 show how he chased Ian down in the second half. A strength walk befitting a 50km specialist.
- **Ian Rayson's** walk was a huge breakthrough. He has contested this event since 2008 and had a PB of 2:28:14 (2010) before Sunday. His final time of 2:22:20 was a PB by nearly 6 minutes and shows how he is now stepping up as one of our top 50km exponents.

What a tough vote! As always, point your browser to <http://www.vrwc.org.au/vrwcWOW.php> and have your say.



**Ian, Jared and Chris straight after the 20 Mile championship on Sunday**

## 47<sup>TH</sup> LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 9 JUNE 2013

The 47<sup>th</sup> Lake Burley Griffin Racewalking Carnival last Sunday was a huge success in every way - big fields (over 200 walkers all together), exciting races, great performances and good weather - it was foggy and cool in the morning but cleared to a fine sunny day.

First to my pick of the performances - not in any particular order, just highlighting the best of the best

- **Jared Tallent, Chris Erickson and Ian Rayson** put on a great performance in the blue ribband 20 Mile event around the lake. Ian led out and held a 30 sec advantage at halfway before being reeled in first by Chris and then by Jared. The final times show just how close they were at the finish - Jared 2:20:42, Chris 2:21:12 (PB) and Ian 2:22:20 (PB). It was Jared's seventh win in a row and his 8<sup>th</sup> overall, equalling Willi Sawall's win record. The times of Chris and Ian propel them right up the all-time lists for this prestigious event:

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Chris Erickson	2013	VIC	2:21:12
6.	Dion Russell	2000	VIC	2:21:35
7.	Nathan Deakes	1998	VIC	2:21:50 (also in 2011, same time)
8.	Nick A'Hern	1997	NSW	2:22:19
9.	Ian Rayson	2013	VIC	2:22:20
10.	Duane Cousins	1996	VIC	2:24:39

- **Tanya Holliday** took the tough double, winning the women's 10 Mile (1:14:03) and the women's 5km (23:07) later in the day. She did this last year also. Quality act!
- **Rachel Tallent** took second in the Open Women's 10 Mile walk with a big PB time of 1:16:45. Aged only 20, she is improving quickly and will walk in this year's World University Games.
- 18 year old **Jesse Osborne** won the Open Men's 10 Mile walk with a superb 1:10:57. Walking with Chris Erickson for the first 8 miles, he broke clear in the final couple of miles before the turn and finished strongly. What a future he has!
- 15 year old **Tyler Jones** took a very tough double, winning the U16 3km (13:36) and the U18 5km (23:33) shortly after. Wow!
- 17 year old **Jay Felton** was 4<sup>th</sup> in the Open 10 Mile in the morning ( 1:22:39) and then 2<sup>nd</sup> in the U18 5km in the afternoon (23:58). Now that is also a very tough double for a young walker.



Jesse Osborne, Chris Erickson, Tanya Holliday (at back), Jared Tallent and Ian Rayson



**Tyler Jones, Adam Garganis and Jay Felton in the U18 Men's 5km**



**Tanya Holliday**



**Rachel Tallent**



**David Armstrong points out that Jared is number 1 and he is number 2!**

And of course I must mention the Victorian medal winning performances since this is after all our club newsletter.

Gold	Jared Tallent	20M Open Men	2:20:42
	Karyn O'Neill	20M Open Women	3:51:00
	Jesse Osborne	10M Open Men	1:10:57
	Alanna Peart	U10 Girls 1km	5:06
	Rebecca Henderson	U12 Girls 2km	10:03
Silver	Stephanie George	U18 Girls 5km	25:44
	Chris Erickson	20M Open Men	2:21:12
	Terry O'Neill	20M Masters	3:29:26
	Rachel Tallent	10M Women	1:16:45
	Jemma Peart	U12 Girls 2km	10:10
Bronze	Adam Garganis	U16 Boys 3km	13:46
	Michelle Laufer	Masters Women 5km	26:20
	Scott Nelson	10M Masters Men	1:29:51
	Jared Hodges	U10 1km Boys	5:36
	Corey Dickson	U12 2km Boys	9:57
	Kyle Swan	U16 Boys 3km	14:09
	Adam Garganis	U18 Boys 5km	24:16

Teams Gold	Open Men 20 Mile	Jared Tallent 7 Chris Erickson 5 Bradley Simpson 3
	U10 Girls 1km	Alanna Peart 16 hayley Woolfe 13 Brianna Briet 12
	U12 Girls 2km	Rebecca Henderson 22 Jemma Peart 20 Zahra Hayes 18
	U16 Boys 3km	Adam Garganis 14 Kyle Swan 13 Reese Walmsley 12
Teams Silver	Open Women 10 Mile	Rachel Tallent 10 Michelle Laufer 5 Sarah Brennan 4
	U10 Boys 1km	Jared Hodges 4 Fraser Saunder 2 Scott Peart 1
	U12 Boys 2km	Corey Dickson 8 Nikola Mandic 7 Ethan Wright 3
	U14 Girls 2km	Jemma Peart 17 Brodie Richardson 16 Kathleen O'Mahony 13
	U16 Girls 3km	Jade Sanders 12 Emily Swan 11 Philippa Huse 10
Teams Bronze	U18 Boys 5km	Adam Garganis 10 Kyle Swan 9 Reese Walmsley 8
	Open Men 10 Mile	Jesse Osborne 10 Scott Nelson 3 Bernie Keirl 2
	U10 Girls 1km	Gemma Lillie 10 Mia Darlow 8 Ruby Saunder 6
	U12 Girls 2km	Kathleen O'Mahony 16 Mikhala Hodges 15 Brianna Lillie 14
	U14 Boys 2km	Corey Dickson 9 Rodney Davis 4 Ethan Wright 2
	U16 Boys 3km	Ross Darlow 10 Corey Dickson 8 Cody McNicol-Davidson 2
	U18 Boys 5km	Lucas Taylor 7 Ross Darlow 5 Cody McNicol-Davidson 1
	Open Women 5km	Michelle Laufer 15 Simone McInnes 10 Cassie Raselli 7

And finally, some other Victorian performances which deserve special attention

- **Brad Simpson** walked his first ever Canberra 20 Miler, finishing a very creditable 5<sup>th</sup> with 2:49:17
- **Adam Garganis** took silver in the U16 3km (13:46) and bronze in the U18 5km (24:16)
- **Corey Dickson** competed in 3 events - 3<sup>rd</sup> U12 2km 9:57, 5<sup>th</sup> U14 2km 10:20 and 8<sup>th</sup> U16 3km 15:55 - and won teams medals in all three races
- **Kathleen O'Mahony** also competed in 3 events - 6<sup>th</sup> in U12 2km 10:56, 10<sup>th</sup> in J14 2km 11:08 and 12<sup>th</sup> U16 3km 17:08 - and won teams events in both U12 and U14 divisions.
- **Michelle Laufer** was 6<sup>th</sup> in the Open Women's 10 Miles (1:27:57) and 4<sup>th</sup> in the Open Women's 5km (26:20)
- **Kyle Swan** (just turned 14) was 3<sup>rd</sup> in the U16 3km (14:09) and 4<sup>th</sup> in the U18 5km (25:17).
- And of course so many of our walkers walked second events to help out teams in higher divisions.

And now onto the results: - get your coffee first as it is a long read!

#### EVENT 1 OPEN 20M

##### MALES

1.	Jared Tallent	RWV	2:20:42
2.	Chris Erickson	RWV	2:21:12
3.	Ian Rayson	REGAL	2:22:20
4.	Kim Mottrom	SARWC	2:37:59
5.	Bradley Simpson	RWV	2:49:17
6.	Peter Crump	SARWC	3:01:27
7.	Terry O'Neill	RWV	3:29:26
8.	Robin Whyte	ACTW	3:37:12
9.	Robert Osborne	REGAL	3:55:56
10.	Bill Starr	SARWC	4:02:05
	Andrew Jamieson	RWV	DNF
	Luke Adams	REGAL	DNS

##### FEMALES

1.	Karen O'Neill	RWV	3:51:00
	Regan Lamble	RWV	DNF

##### MASTERS MALES

1.	Peter Crump	SARWC	3:01:27
2.	Terry O'Neill	RWV	3:29:26
3.	Robin Whyte	ACTW	3:37:12
4.	Robert Osborne	REGAL	3:55:56
5.	Bill Starr	SARWC	4:02:05
	Andrew Jamieson	RWV	DNF

##### MASTERS FEMALES

1.	Karen O'Neill	RWV	3:51:00
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##### HANDICAP

1.	Kim Mottrom	SARWC
2.	Bill Starr	SARWC
3.	Robert Osborne	REGAL

##### TEAMS

1.	RWV1	15	Jared Tallent 7 Chris Erickson 5 Bradley Simpson 3
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2. SARWC1 7 Kim Mottrom 4 Peter Crump 2 Bill Starr 1

**OLDEST FINISHER** Robin Whyte

**EVENT 2 FITNESS 20M MALES**

1. Bryan Thomas ACTW 3:53:53  
Geoff Barker ACTW DNS

**OLDEST FINISHER** Bryan Thomas

**EVENT 3 MEN & WOMEN AACT 30K CHP**

1. Jared Tallent RWV 2:10:52  
2. Chris Erickson RWV 2:11:26  
3. Ian Rayson REGAL 2:12:36  
4. Kim Mottrom SARWC 2:27:19  
5. Peter Crump SARWC 2:48:59  
6. Robin Whyte ACTW 3:21:43  
Andrew Jamieson RWV DNF  
Luke Adams REGAL DNS

**FIRST ACT FINISHER** Robin Whyte

**EVENT 4 WOMEN 10M**

1. Tanya Holliday SARWC 1:14:03  
2. Rachel Tallent RWV 1:16:45  
3. Lauren Bourke NSWRC 1:23:28  
4. Kirsty Klein NSWRC 1:23:49  
5. Cheryl Webb (M) NSWRC 1:26:48  
6. Michelle Laufer (M) RWV 1:27:57  
7. Sarah Brennan (M) RWV 1:30:03  
8. Shannon Jennings NSWRC 1:30:36  
9. Shay Southern NSWRC 1:34:19  
10. Heather Carr (M) RWV 1:37:39  
11. Kay Shaw (M) QRWC 1:50:03  
12. Fiona Porley (M) NSWRC 1:51:41  
13. Noela McKinven (M) QRWC 2:14:18  
14. Tabitha Porley NSWRC 2:14:30

**MASTERS**

1. Cheryl Webb NSWRC 1:26:48  
2. Michelle Laufer RWV 1:27:57  
3. Sarah Brennan RWV 1:30:03  
4. Heather Carr RWV 1:37:39  
5. Kay Shaw QRWC 1:50:03  
6. Fiona Porley NSWRC 1:51:41  
7. Noela McKinven QRWC 2:14:18

**HANDICAP**

1. Noela McKinven QRWC  
2. Shannon Jennings NSWRC  
3. Kirsty Klein NSWRC

**TEAMS**

1. NSWRC1 21 Lauren Bourke 8 Kirsty Klein 7 Cheryl Webb 6  
2. RWV1 19 Rachel Tallent 10 Michelle Laufer 5 Sarah Brennan 4  
3. NSWRC2 6 Shannon Jennings 3 Shay Southern 2 Fiona Porley 1

**OLDEST FINISHER** Noela McKinven

**EVENT 5 MENS 10M**

1. Jesse Osborne RWV 1:10:57  
2. Darren Bown SARWC 1:19:51  
3. Justin Hill SARWC 1:21:24  
4. Jay Felton NSWRC 1:22:39  
5. Ian Jessurun NSWRC 1:23:58  
6. Derek Mulhearn NSWRC 1:28:45  
7. Scott Nelson RWV 1:29:51  
8. Colin Heywood ACTW 1:31:25  
9. Bernie Keirl RWV 1:32:02  
10. Anthony Albanese NSWRC 1:37:23

11.	Paul Lindenberg	QRWC	1:40:27
12.	Troy Hooker	SARWC	1:42:16
13.	Trevor Mayhew	SARWC	1:42:19
14.	Robert Gardiner	RWV	1:43:57
15.	David Armstrong	RWV	1:46:27
	Bert Janes	QRWC	DQ
	Robert Willcox	NSWRWC	DQ

#### MASTERS

1.	Darren Bown	SARWC	1:19:51
2.	Ian Jessurun	NSWRWC	1:23:58
3.	Scott Nelson	RWV	1:29:51
4.	Colin Heywood	ACTW	1:31:25
5.	Bernie Keirl	RWV	1:32:02
6.	Anthony Albanese	NSWRWC	1:37:23
7.	Paul Lindenberg	QRWC	1:40:27
8.	Troy Hooker	SARWC	1:42:16
9.	Trevor Mayhew	SARWC	1:42:19
10.	Robert Gardiner	RWV	1:43:57
11.	David Armstrong	RWV	1:46:27
	Bert Janes	QRWC	DQ
	Robert Willcox	NSWRWC	DQ

#### HANDICAP

1.	Paul Lindenberg	QRWC
2.	Colin Heywood	ACTW
3.	Anthony Albanese	NSWRWC

#### TEAMS

1.	SARWC1	16	Darren Bown 8 Justin Hill 7 Troy Hooker 1
2.	NSWRWC1	15	Jay Felton 6 Ian Jessurun 5 Derek Mulhearn 4
3.	RWV1	15	Jesse Osborne 10 Scott Nelson 3 Bernie Keirl 2

#### EVENT 6 FITNESS 10M

##### MALES

1.	Peter Thomson	ACTW	2:06:24
2.	Chris Rayson	REGAL	2:16:13

##### FEMALES

1.	Monika Short	ACTW	2:00:09
2.	Julie Bell	ACTW	2:29:35
3.	Barbara Jesiolowski	ACTW	2:29:36
4.	Anne l'Ons	ACTW	2:47:05

#### EVENT 7 FITNESS 5M

##### MALES

1.	Brian Horton	TARWC	55:44
2.	Bob Parker	ACTW	57:34
3.	Rod Gilchrist	ACTW	57:42
4.	David Mackenzie	ACTW	1:01:13
5.	Phil Essam	ACTW	1:14:08
6.	Robin Wood	REGAL	1:15:26
7.	Bob Shaw	QRWC	1:25:10

##### FEMALES

1.	Deborah Lindenberg	QRWC	59:12
2.	Jennifer Gilchrist	ACTW	59:17
3.	Rosemary Parker	ACTW	1:01:04
4.	Robyn Wales	QRWC	1:07:30
5.	Judy Brown2	NSWRWC	1:07:33
6.	Lydia Stanhope	QRWC	1:22:36
7.	Nola de Chazal	ACTW	1:23:49
8.	Alison Janes	QRWC	1:27:47

#### EVENT 8 MENS U20 10K

1.	Brad Aiton	QRWC	47:10
2.	Steven Washburn	NSWRWC	47:20
3.	Josh Dillon	RWV	51:30

**EVENT 9 AACT MENS U20 10K CHP**

1.	Steven Washburn	NSWRWC	47:20
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**EVENT 10 OPEN (OVER 19 YEARS) 10K**

	Bernie Keirl	RWV	DNF
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**EVENT 11 BOYS U10 1K**

1.	Bayden Little	NSWRWC	5:07
2.	Dion Carrothers	NSWRWC	5:23
3.	Jared Hodges	RWV	5:36
4.	Tom Hunt	ACTW	5:55
5.	Lachlan Rigney	NSWRWC	6:15
6.	Fraser Saunder	RWV	6:25
7.	Aiden Hardy	NSWRWC	7:37
8.	Scott Peart	RWV	9:37

**HANDICAP**

1.	Aiden Hardy	NSWRWC
2.	Lachlan Rigney	NSWRWC
3.	Scott Peart	RWV

**TEAMS**

1.	NSWRWC1	15	Bayden Little 7 Dion Carrothers 5 Lachlan Rigney 3
2.	RWV1	7	Jared Hodges 4 Fraser Saunder 2 Scott Peart 1

**EVENT 12 GIRLS U10 1K**

1.	Alanna Peart	RWV	5:06
2.	Allanah Pitcher	NSWRWC	5:07
3.	Laura Burns	ACTW	5:10
4.	Hayley Woolfe	RWV	5:41
5.	Brianna Briet	RWV	5:47
6.	Brooke Martin	NSWRWC	5:51
7.	Gemma Lillie	RWV	5:54
8.	Jada Thomson	NSWRWC	6:22
9.	Mia Darlow	RWV	6:30
10.	Madeleine Wallace	SARWC	6:37
11.	Summer Pelentsov	SARWC	6:38
12.	Reilly Jones	NSWRWC	6:39
13.	Ruby Saunder	RWV	6:40
14.	Taylor Roukos	NSWRWC	6:58
15.	Courtney Mavin	NSWRWC	7:17
16.	Samantha Papantoniou	ACTW	7:19
17.	Brodie Douglas	NSWRWC	7:38
18.	Stacie Becroft	NSWRWC	7:38
19.	Emily Challinor	NSWRWC	9:33
20.	Amelia Crocker	NSWRWC	9:47

**HANDICAP**

1.	Mia Darlow	RWV
2.	Stacie Becroft	NSWRWC
3.	Brianna Briet	RWV

**TEAMS**

1.	RWV1	41	Alanna Peart 16 hayley Woolfe 13 Brianna Briet 12
2.	NSWRWC1	34	Allanah Pitcher 14 Brooke Martin 11 Jada Thomson 9
3.	RWV2	24	Gemma Lillie 10 Mia Darlow 8 Ruby Saunder 6
4.	NSWRWC2	16	Reilly Jones 7 Taylor Roukos 5 Courtney Mavin 4
5.	NSWRWC3	6	Brodie Douglas 3 Stacie Becroft 2 Emily Challinor 1

**EVENT 13 BOYS U12 2K**

1.	Spencer Burns	ACTW	9:45
2.	Harrison Mavin	NSWRWC	9:56
3.	Corey Dickson	RWV	9:57
4.	Joe Cross	SARWC	10:32
5.	Nikola Mandic	RWV	10:43
6.	Blake Dwyer	REGAL	11:16
7.	Mitchell Baker	ACTW	11:17
8.	Bayden Little	NSWRWC	11:36
9.	Lachlan Becroft	NSWRWC	12:03
10.	Ethan Wright	RWV	12:14

11.	Jared Hodges	RWV	12:22
12.	Karl Skeed	REGAL	12:30
13.	Morgan Little	NSWRWC	13:40
14.	Fraser Saunder	RWV	13:54
15.	Kaeden Bianco	REGAL	14:04
16.	Logan Barendregt	NSWRWC	14:29
	James Plummer	NSWRWC	DNS
	Colby Eddowes	ACTW	DQ

#### HANDICAP

1.	Blake Dwyer	REGAL
2.	Mitchell Baker	ACTW
3.	Kaeden Bianco	REGAL

#### TEAMS

1.	NSWRWC1	19	Harrison Mavin 10 Bayden Little 5 Lachlan Becroft 4
2.	RWV1	18	Corey Dickson 8 Nikola Mandic 7 Ethan Wright 3
3.	REGAL1	9	Blake Dwyer 6 Karl Skeed 2

#### EVENT 14 GIRLS U12 2K

1.	Rebecca Henderson	RWV	10:03
2.	Jemma Peart	RWV	10:10
3.	Allanah Pitcher	NSWRWC	10:18
4.	Zahra Hayes	RWV	10:33
5.	Haley Mills	NSWRWC	10:55
6.	Kathleen O'Mahony	RWV	10:56
7.	Mikhala Hodges	RWV	10:57
8.	Brianna Lillie	RWV	10:59
9.	Alanna Peart	RWV	11:16
10.	Riona Tyler-Dowd	SARWC	11:23
11.	Niamh Sanday	NSWRWC	11:32
12.	Laura Burns	ACTW	11:41
13.	Paige Rigney	NSWRWC	11:44
14.	Renee Hardy	NSWRWC	11:48
15.	Hayley Goode	SARWC	12:03
16.	Arnika Nelson	RWV	12:03
17.	Carissa Brook	RWV	12:11
18.	Hannah Parker	REGAL	12:16
19.	Lee Taylor	RWV	12:45
20.	Madeleine Wallace	SARWC	14:24
21.	Ruby Saunder	RWV	14:30
22.	Olivia Davis	RWV	16:15

#### HANDICAP

1.	Madeleine Wallace	SARWC
2.	Hayley Goode	SARWC
3.	Renee Hardy	NSWRWC

#### TEAMS

1.	RWV1	51	Rebecca Henderson 19 Jemma Peart 17 Zahra Hayes 16
2.	NSWRWC1	38	Allanah Pitcher 16 Haley Mills 14 Niamh Sanday 8
3.	RWV2	36	Kathleen O'Mahony 13 Mikhala Hodges 12 Brianna Lillie 11
4.	RWV3	21	Alanna Peart 10 Arnika Nelson 6 Carissa Brook 5
5.	SARWC1	19	Riona Tyler-Dowd 9 Hayley Goode 7 Madeleine Wallace 3
6.	RWV4	7	Lee Taylor 4 Ruby Saunder 2 Olivia Davis 1

#### EVENT 15 BOYS U14 2K

1.	Kyle Bedford	NSWRWC	9:31
2.	Callum Burns	ACTW	9:36
3.	Dylan Richardson	NSWRWC	9:57
4.	Alix Harlington	SARWC	10:05
5.	Corey Dickson	RWV	10:20
6.	Harrison Mavin	NSWRWC	10:25
7.	Joe Cross	SARWC	10:32
8.	Ryan Thomson	NSWRWC	10:35
9.	Jayden Goode	SARWC	10:36
10.	Jake Vidler	SARWC	10:49
11.	Rodney Davis	RWV	11:16
12.	Dylan Eddowes	ACTW	11:16
13.	Travis Barendregt	NSWRWC	12:01



14.	Ethan Wright	RWV	12:22
15.	Sean Teo	NSWRWC	12:46
16.	Hayden Walmsley	RWV	13:37
	Spencer Burns	ACTW	DQ

#### HANDICAP

1.	Jake Vidler	SARWC
2.	Jayden Goode	SARWC
3.	Joe Cross	SARWC

#### TEAMS

1.	NSWRWC1	32	Kyle Bedford 13 Dylan Richardson 11 Harrison Mavin 8
2.	SARWC1	22	Alix Harlington 10 Joe Cross 7 Jayden Goode 5
3.	RWV1	15	Corey Dickson 9 Rodney Davis 4 Ethan Wright 2
4.	NSWRWC2	10	Ryan Thomson 6 Travis Barendregt 3 Sean Teo 1

#### EVENT 16 GIRLS U14 2K

1.	Jasmyn McDonald	NSWRWC	9:19
2.	Raquel Roukos	NSWRWC	9:47
3.	Gabby Hunt	ACTW	10:09
4.	Bethany Cross	SARWC	10:20
5.	Samantha Brown	NSWRWC	10:21
6.	Jemma Peart	RWV	10:25
7.	Brodie Richardson	RWV	10:47
8.	Chelsea Goodhew	NSWRWC	10:50
9.	Rhiannon Lovegrove	SARWC	10:53
10.	Kathleen O'Mahony	RWV	11:08
11.	Rhiana Hooker	SARWC	11:19
12.	Yasmin Mills	NSWRWC	11:25
13.	Sarah Damin	SARWC	11:33
14.	Daniela Salisbury	NSWRWC	11:34
15.	Tegan Miller	RWV	11:35
16.	Ayeisha Wallace	SARWC	11:36
17.	Mikhala Hodges	RWV	11:38
18.	Melissa Hoy	NSWRWC	11:52
19.	Jessica Lillie	RWV	11:54
20.	Brianna Lillie	RWV	12:03
21.	Ally Grujoski	NSWRWC	12:17
22.	Riona Tyler-Dowd	SARWC	12:37
23.	Hayley Woolfe	RWV	13:13
24.	Catherine Young	NSWRWC	13:20
	Lee Taylor	RWV	DNS
	Leah Wright	RWV	DNS

#### HANDICAP

1.	Ally Grujoski	NSWRWC
2.	Melissa Hoy	NSWRWC
3.	Daniela Salisbury	NSWRWC

#### TEAMS

1.	NSWRWC1	60	Jasmyn McDonald 22 Raquel Roukos 20 Samantha Brown 18
2.	RWV1	46	Jemma Peart 17 Brodie Richardson 16 Kathleen O'Mahony 13
3.	SARWC1	45	Bethany Cross 19 Rhiannon Lovegrove 14 Rhiana Hooker 12
4.	NSWRWC2	35	Chelsea Goodhew 15 Yasmin Mills 11 Daniela Salisbury 9
5.	SARWC2	19	Sarah Damin 10 Ayeisha Wallace 7 Riona Tyler-Dowd 2
6.	RWV2	18	Tegan Miller 8 Mikhala Hodges 6 Jessica Lillie 4
7.	NSWRWC3	9	Melissa Hoy 5 Ally Grujoski 3 Catherine Young 1

#### EVENT 17 BOYS U16 3K

1.	Tyler Jones	NSWRWC	13:36
2.	Adam Garganis	RWV	13:46
3.	Kyle Swan	RWV	14:09
4.	Reese Walmsley	RWV	14:36
5.	Aidan Kerr	NSWRWC	14:48
6.	Ross Darlow	RWV	15:00
7.	Nathan Brown	NSWRWC	15:16
8.	Corey Dickson	RWV	15:55
9.	Adam Mylonas	NSWRWC	16:12
10.	Kyle Bedford	NSWRWC	16:21
11.	Nicholas Douglas	NSWRWC	16:42

12.	Alix Harlington	SARWC	16:53
13.	Jayden Goode	SARWC	17:21
14.	Cody McNicol-Davidson	RWV	17:28
15.	Callum Burns	ACTW	17:46
16.	Jake Vidler	SARWC	18:37
	Hayden Walmsley	RWV	DNS
	Ethan Wright	RWV	DNS
	Rodney Davis	RWV	DQ

#### HANDICAP

1.	Jayden Goode	SARWC
2.	Jake Vidler	SARWC
3.	Cody McNicol-Davidson	RWV

#### TEAMS

1.	RWV1	39	Adam Garganis 14 Kyle Swan 13 Reese Walmsley 12
2.	NSWRWC1	36	Tyler Jones 16 Aidan Kerr 11 Nathan Brown 9
3.	RWV2	20	Ross Darlow 10 Corey Dickson 8 Cody McNicol-Davidson 2
4.	NSWRWC2	18	Adam Mylonas 7 Kyle Bedford 6 Nicholas Douglas 5
5.	SARWC1	8	Alix Harlington 4 Jayden Goode 3 Jake Vidler 1

#### EVENT 18 GIRLS U16 3K

1.	Tahlia Hunt	TARWC	14:42
2.	Anna Cross	SARWC	14:54
3.	Raquel Roukos	NSWRWC	15:04
4.	Zoe Hunt	ACTW	15:13
5.	Lucy Francis	NSWRWC	15:55
6.	Jade Sanders	RWV	16:08
7.	Emily Swan	RWV	16:17
8.	Gabby Hunt	ACTW	16:20
9.	Philippa Huse	RWV	16:42
10.	Stephanie Grujolski	NSWRWC	16:52
11.	Bethany Cross	SARWC	17:01
12.	Kathleen O'Mahony	RWV	17:08
13.	Rebecca Henderson	RWV	17:42
14.	Rhiannon Lovegrove	SARWC	17:51
15.	Brodie Richardson	RWV	17:56
16.	Rhiana Hooker	SARWC	18:26
17.	Ayeisha Wallace	SARWC	18:32
18.	Mikhala Hodges	RWV	18:49
19.	Jessica Lillie	RWV	19:34
20.	Lee Taylor	RWV	20:01
	Ally Grujoski	NSWRWC	DNS
	Sarah Kelland	NSWRWC	DNS
	Rachael Guy	RWV	DNS
	Sarah Damin	SARWC	DQ

#### HANDICAP

1.	Ayeisha Wallace	SARWC
2.	Stephanie Grujolski	NSWRWC
3.	Rhiana Hooker	SARWC

#### TEAMS

1.	NSWRWC1	36	Raquel Roukos 14 Lucy Francis 13 Stephanie Grujolski 9
2.	RWV1	33	Jade Sanders 12 Emily Swan 11 Philippa Huse 10
3.	SARWC1	29	Anna Cross 16 Bethany Cross 8 Rhiannon Lovegrove 5
4.	RWV2	17	Kathleen O'Mahony 7 Rebecca Henderson 6 Brodie Richardson 4
5.	RWV3	6	Mikhala Hodges 3 Jessica Lillie 2 Lee Taylor 1

#### EVENT 19 BOYS U18 5K

1.	Tyler Jones	NSWRWC	23:33
2.	Jay Felton	NSWRWC	23:58
3.	Adam Garganis	RWV	24:16
4.	Kyle Swan	RWV	25:17
5.	Reese Walmsley	RWV	26:00
6.	Lucas Taylor	RWV	26:31
7.	Aidan Kerr	NSWRWC	26:58
8.	Ross Darlow	RWV	27:19
9.	Dylan Richardson	NSWRWC	27:38
10.	Adam Mylonas	NSWRWC	27:58

11.	Nicholas Douglas	NSWRWC	30:10
12.	Cody McNicol-Davidson	RWV	32:01
	Carl Gibbons	NSWRWC	DNS
	Nathan Brill	RWV	DNS
	Hayden Walmsley	RWV	DNS

#### HANDICAP

1.	Ross Darlow	RWV
2.	Adam Mylonas	NSWRWC
3.	Dylan Richardson	NSWRWC

#### TEAMS

1.	NSWRWC1	30	Tyler Jones 13 Jay Felton 11 Aidan Kerr 6
2.	RWV1	27	Adam Garganis 10 Kyle Swan 9 Reese Walmsley 8
3.	RWV2	13	Lucas Taylor 7 Ross Darlow 5 Cody McNicol-Davidson 1
4.	NSWRWC2	9	Dylan Richardson 4 Adam Mylonas 3 Nicholas Douglas 2

#### EVENT 20 GIRLS U18 5K

1.	Stephanie George	RWV	25:44
2.	Ashleigh Resch	ACTW	25:58
3.	Danielle Walsh	SARWC	26:38
4.	Tahlia Hunt	TARWC	28:37
5.	Bryony Beasley	NSWRWC	30:25
6.	Chloe McNicol-Davidson	RWV	31:22
7.	Stephanie Grujolski	NSWRWC	37:16
8.	Amanda Barendregt	NSWRWC	37:17
	Zoe Boldiston	RWV	DNS
	Rebecca Guy	RWV	DNS

#### HANDICAP

1.	Bryony Beasley	NSWRWC
2.	Chloe McNicol-Davidson	RWV
3.	Tahlia Hunt	TARWC

#### TEAMS

1.	NSWRWC1	7	Bryony Beasley 4 Stephanie Grujolski 2 Amanda Barendregt 1
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#### EVENT 21 WOMENS 5K

1.	Tanya Holliday	SARWC	23:07
2.	Lauren Bourke	NSWRWC	24:52
3.	Megan Szirom (M)	SARWC	25:05
4.	Michelle Laufer (M)	RWV	26:20
5.	Anna Cross (U20)	SARWC	26:38
6.	Zoe Hunt (U20)	ACTW	27:15
7.	Ally Durr (U20)	ACTW	28:14
8.	Ann Staunton-Jugovic (M)	ACTW	28:23
9.	Simone McInnes	RWV	28:28
10.	Gloria Holliday (M)	SARWC	28:50
11.	Kate Black (M)	ACTW	29:19
12.	Cassie Raselli (U20)	RWV	29:43
13.	Emily Swan (U20)	RWV	29:56
14.	Danielle Walsh (U20)	SARWC	30:39
15.	Jane Bates (M)	ACTW	30:44
16.	Helena Bialecki (M)	ACTW	30:52
17.	Louisa Mitchell (M)	SARWC	32:00
18.	Nicolle Challinor (M)	NSWRWC	32:01
19.	Zoe Eastwood-Bryson (M)	SARWC	32:53
20.	Carmel Parker (M)	REGAL	33:29
21.	Joan Purcell (M)	NSWRWC	35:29
22.	Clare Garganis (M)	RWV	36:50
23.	Judy Brown (M)	NSWRWC	39:48
24.	Jodie Sundstrom	REGAL	41:32

#### UNDER 20

1.	Anna Cross	SARWC	26:38
2.	Zoe Hunt	ACTW	27:15
3.	Ally Durr	ACTW	28:14
4.	Cassie Raselli	RWV	29:43
5.	Emily Swan	RWV	29:56
6.	Danielle Walsh	SARWC	30:39

### MASTERS

1.	Megan Szirom	SARWC	25:05
2.	Michelle Laufer	RWV	26:20
3.	Ann Staunton-Jugovic	ACTW	28:23
4.	Gloria Holliday	SARWC	28:50
5.	Kate Black	ACTW	29:19
6.	Jane Bates	ACTW	30:44
7.	Helena Bialecki	ACTW	30:52
8.	Louisa Mitchell	SARWC	32:00
9.	Nicolle Challinor	NSWRWC	32:01
10.	Zoe Eastwood-Bryson	SARWC	32:53
11.	Carmel Parker	REGAL	33:29
12.	Joan Purcell	NSWRWC	35:29
13.	Clare Garganis	RWV	36:50
14.	Judy Brown	NSWRWC	39:48

### HANDICAP

1.	Nicolle Challinor	NSWRWC
2.	Jodie Sundstrom	REGAL
3.	Carmel Parker	REGAL

### TEAMS

1.	SARWC1	49	Tanya Holliday 19 Megan Szirom 16 Anna Cross 14
2.	ACTW1	36	Zoe Hunt 13 Ally Durr 12 Ann Staunton-Jugovic 11
3.	RWV1	32	Michelle Laufer 15 Simone McInnes 10 Cassie Raselli 7
4.	NSWRWC1	20	Lauren Bourke 17 Nicolle Challinor 2 Joan Purcell 1
5.	SARWC2	18	Gloria Holliday 9 Danielle Walsh 6 Louisa Mitchell 3
6.	ACTW2	17	Kate Black 8 Jane Bates 5 Helena Bialecki 4

### MASTERS TEAMS

1.	SARWC1	21	Megan Szirom 10 Gloria Holliday 7 Louisa Mitchell 4
2.	ACTW1	19	Ann Staunton-Jugovic 8 Kate Black 6 Jane Bates 5
3.	NSWRWC1	6	Nicolle Challinor 3 Joan Purcell 2 Judy Brown 1

Terry Swan has uploaded nearly 260 photos to our VRWC gallery at <http://www.vrwc.org.au/coppermine/>. I also have lots more, both my own and others compliments of Harry Bates, which will go up in the next day or so.



**Alanna Peart, Kyle Swan, Stephanie George and Rebecca Henderson**



**Michelle Laufer, Corey Dickson, Brad Simpson and Kathleen O'Mahony**

Finally, the first round of Brennen Shield competition was also completed with NSWRC in a slight lead from RWV with SARWC a very creditable third (what a great performance for a numerically much smaller team). The Brennen Shield will continue with the teams events in the National Roadwalk Championships in Symmons Plains on 1<sup>st</sup> September.

**BRENNEN SHIELD - TEAMS COMPETITION**

Club	Total	20M	W10	M10	MU20	BU10	GU10	BU12	GU12	BU14	GU14	BU16	GU16	BU18	GU18	W5K
NSWRWC	1066		84	78		87	80	82	78	86	87	82	81	85	88	68
RWV	1039	87	82	78		79	86	81	87	72	74	84	78	81		70
SARWC	609	79		79					70	77	74	69	76			85
REGAL	72							72								
ACTW	72															72

**SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 8 JUNE 2013.**

Club competitions went into hibernation last weekend with the LBG Carnival taking centre stage so only one carnival on which to report, compliments of Colin Hainsworth from the South Australian Masters in Adelaide. He commented: Good sunny weather 18C. Undulating course.

**8km Yacht Handicap**

1.	W64	Jan Layng	1:01:40	69.63%
2.	W53	Marie Maxted	0:51:48	72.85%
3.	W60	Edna Bates	1:09:18	58.87%
4.	M68	George White	0:44:50	88.96%
5.	M54	Norman White	1:00:27	57.28%
6.	M69	Graham Harrison	0:53:58	74.79%
7.	M57	Richard Moyle	1:01:53	57.46%
8.	M83	Colin Hainsworth	1:03:15	78.21%
9.	W69	Margaret Trengove	1:02:10	74.19%
10.	M79	David Robertson	1:12:34	63.83%
11.	M69	Doug Smart	1:06:43	60.50%

**4km Yacht Handicap**

1.	W64	Gill White	0:29:24
2.	W62	Helen Suridge	0:28:11
3.	M70	Roger Lowe	0:29:56
4.	M75	Rodger Barber	0:29:51
5.	W68	Jill Rogers	0:35:22

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 2 JUNE 2013**

Finally a catchup from last week when the Western Australian Race Walking Club was competing at Wilson.

### 3km Handicap

1.	Sara Becker	20:33
2.	Hayley Ruane	21:48
3.	Alessia Andritsos	22:21
4.	Sienna Andritsos	24:22

### 5km Handicap

1.	Mitchell Lees	28:22
2.	Amee Reid	37:17
3.	Georgia Curulli	33:38
4.	Tanya Andrews	33:39
5.	Declan Tingay	27:56
6.	Ben Reid	32:19
7.	Lesley Romeo	38:29
8.	Holly Hughes	29:35
	Tiahana Ruane	DNF

## THE 2013 OCEANIA OPEN AND U18 AREA CHAMPIONSHIPS, PAPEETE, TAHITI 3-5 JUNE 2013

### LESLEY CANTWELL R.I.P.

The 2013 Oceania Open and U18 Area Championships (see <http://www.athletics-oceania.com/>) were held in Papeete, Tahiti, on 3-5 June 2013, with Australian walkers **Jasmine Dighton**, **Tayla-Paige Billington** and **Kyle Bird** in action. The meet is typically a small one but does provide a rare opportunity for the athletes from the smaller Oceania countries to compete. Full results can be seen at [http://www.athletics-oceania.com/index.php?id=29&tx\\_ttnews\[tt\\_news\]=1979&tx\\_ttnews\[backPid\]=5&cHash=09a64fa56c](http://www.athletics-oceania.com/index.php?id=29&tx_ttnews[tt_news]=1979&tx_ttnews[backPid]=5&cHash=09a64fa56c).

The 5000m track walks were held on Monday 3<sup>rd</sup> June in hot conditions with Jasmine Dighton and Kyle Bird winning the U18 walks and NZ walker Lesley Cantwell winning the Open 5000m walk

#### Girls 5000m Walk Under 18

1.	Jasmine Dighton	17	AUS	25:56.67
2.	Tayla-Paige Billington	16	AUS	26:16.73

#### Women 5000m Walk Open

1.	Lesley Cantwell	26	NZL	25:39.79
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#### Boys 5000m Walk Under 18

1.	Kyle Bird	17	AUS	25:33.61
	Titouan Andres	14	TWC	DQ

Any celebrations were quickly dampened as Lesley collapsed soon after her 5000m walk win and was rushed to hospital in a critical condition. She died several days later without regaining consciousness. The 26 year old athlete leaves behind a 3 year old daughter Brooke. We knew Lesley here in Australia as she had competed against us in the Oceania Racewalking Cup in February 2012 in Hobart. Her death was reported as follows: <http://www.stuff.co.nz/the-press/sport/8769599/Southland-athlete-dies-in-Tahiti>. To Lesley's family and to the New Zealand racewalking fraternity, we offer our deepest condolences. Such a sad and tragic loss.

Athletics New Zealand has set up a fund for Lesley's daughter Brooke and donations can be made through the ASB Bank, account 12-3192-0002433-05 (see <http://www.stuff.co.nz/southland-times/sport/8775147/Support-pours-in-for-Lesley-Cantwells-family>). As ASB Bank is a subsidiary of the Commonwealth Bank, donations might be possible through that bank for Australians.

## USA 5000M WALK CHAMPIONSHIPS, ALBANY, NEW YORK, SATURDAY 1 JUNE 2013

Maria Michta and Richard Luettchau were the winners of the USA 5000m walk championships on Saturday 1<sup>st</sup> June in Albany. First 5 only here - full results at <http://www.usatf.org/Events---Calendar/2013/USA-5-km-Race-Walk-Championships/Results/Overall.aspx>

#### 5000m Women

1.	Maria Mitcha	28	23:18:4
2.	Teresa Vaill	50	23:36:2
3.	Katie Burnett	24	24:09:6
4.	Rachael Tylock	20	25:33:0
5.	Janelle Brown	24	28:56:3

#### 5000m Men

1.	Richard Luettchau	28	22:28:1
2.	David Swarts	48	23:38:3
3.	Dave Talcott	53	24:57:7
4.	Dan O'Brien	48	26:34:6
5.	Bill Vayo	48	27:40:9

## NORWEGIAN RACEWALKING CHAMPIONSHIPS, BERGEN, 1-2 JUNE 2013

Thanks to the oMarchador boys (see <http://omarchador.blogspot.pt/2013/06/tyссе-com-dupla-vitoria-nos-campeonatos.html>) for the following results and race report.

Eric Tysse took the double on the weekend of 1-2 June in the Norwegian Racewalking Championships, held in the west coast city of Bergen, the city which hosted the 1983 World Cup. His 20km hitout on the Sunday formed part of a longer 35km workout at a set pace, with 10km done before the event and a further 5km after it. This was his last competition before the World Champs and he will now go to St. Moritz in Switzerland for 4 weeks of altitude training.

The second and third positions in both races went to TIF Viking teammates Håvard Haukenes (43.43,5 and 1:29:02) and Joakim Sælen (1:30:16 and 45.39,4). It was also good to see Trond Nymark, who retired from international competition last autumn, take fourth in the 10,000m.

### 10,000m Track Championship, Sat 1 June

1.	Erik Tysse	1980	IL Norna Salhus	41.56.3
2.	Håvard Haukenes	1990	TIF Viking	43.43.5
3.	Joakim Sælen	1993	TIF Viking	45.39.4
4.	Trond Nymark	1976	TIF Viking	45.55.4
5.	Thomas Ølness	1983	Søfteland TIL	48.53.4
6.	Bjørn Ove Ølness	1986	Søfteland TIL	49.55.7
7.	Arild Fotland	1959	Søfteland TIL	53.16.7
8.	Sindre Ølness	1993	Søfteland TIL	54.14.6
9.	Syver Andersen Morvik	1993	TIF Viking	58.22.4
10.	Petter Strømmen	1994	TIF Viking	58.37.2
11.	Arvid Bjørsvik	1943	TIF Viking	1.03.17.6
12.	Lars Emil Mossefinn	1995	TIF Viking	1.08.06.8

### 20km Road Championship Sunday, 2 June

1.	Erik Tysse	1980	IL Norna Salhus	1.26.35
2.	Håvard Haukenes	1990	TIF Viking	1.29.02
3.	Joakim Sælen	1993	TIF Viking	1.30.16
4.	Arild Fotland	1959	Søfteland TIL	1.54.13
5.	Arvid Bjørsvik	1943	TIF Viking	2.14.56
6.	Jan Rolstad	1950	TIF Viking	2.15.06
7.	Arthur Lillefosse	1944	TIF Viking	2.23.42

## PAAVO NURMI RACE WALK, TURKU, FINLAND, MONDAY 10 JUNE 2013

Ato Ibanez won the annual track walk at the Paavo Nurmi track meet with a superb time of 39:54 while second place went to Polish ace Grzegorz Sudol with 40:02. With the first 4 all under 41 minutes, it must have been an impressive race to watch.

### 10000m Walk Men

1.	Ato IBANEZ	SWE	85	39:54:0
2.	Grzegorz SUDOL	POL	78	40:02:0
3.	Jarkko KINNUNEN	FIN	84	40:21:0
4.	Perseus IBANEZ	SWE	90	40:51:0
5.	Veli-Matti PARTANEN	FIN	91	41:40:0
6.	Aleksi OJALA	FIN	92	42:35:0
7.	Markus KYRÖLÄ	FIN	95	44:37:0
8.	Elmo KOIVUNEN	FIN	94	48:56:0

## 10,000M TRACK WALKS, NOVÉ MĚSTO NAD METUJÍ, CZECH REPUBLIC, SATURDAY 8 JUNE 2013

Lukas Gdula and Lucie Pelantova won their respective 10,000m track walks at Nové Město nad Metují in the Czech Republic on Saturday

### 10,000m Walk Men

1.	Lukas GDULA	CZE	91	44:11.0
2.	Pavel SCHROM	CZE	91	44:54.0
3.	Karel KETNER	CZE	90	45:43.0
4.	Ondřej MOTL	CZE	94	46:34.0
5.	Jiří MALÝSA	CZE	91	48:21.0
6.	Roman RÍHA	CZE	90	48:35.0
7.	Michal MORVAY	SVK	96	49:07.0
8.	Tomáš GDULA	CZE	97	49:25.0

**10,000m Walk Women**

1.	Lucie PELANTOVÁ	CZE	86	45:58.0
2.	Mária CZÁKOVÁ	SVK	88	47:27.0
3.	Mária GÁLIKOVÁ	SVK	80	48:48.0
4.	Hana HERBEROVÁ	CZE	81	52:18.0
5.	Lenka BOROVIČKOVÁ	CZE	73	54:27.0

<b>FRENCH REGIONAL CHAMPIONSHIPS, VILLEJUIF, SUNDAY 9 JUNE 2013</b>
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Thanks to Emmanuel Tardi for the results of these French regional championships, held in Villejuif, near Paris, on Sunday. Walks of the day was probably by Antonin Boyez who won the 35km event with 2:42:28. Results are restricted to the first 5 in each division.

**35km Men**

1.	BOYEZ Antonin	84	Romilly Sport 10 Athletisme	2h42'28
2.	GAUDIN Dominique	73	Asc Saint-barthelemy	3h22'21
3.	HAUMESSER Marc	58	Ac Villeneuve D'ascq	3h33'15
4.	CHATRIOT Olivier	79	Evreux Ac	3h42'48
5.	BRIERE Regis	68	Essonne Athletic	3h50'28

**10km Men**

1.	LAURENCE Timothe	95	Avia Club Issy-les-moulx	50'53"
2.	NAZE Cecile	95	Mouy Atac 60	54'20"
3.	CHRANUSKI Sylvie	65	Es Sucy-en-brie	1h00'55" '
4.	LEPICARD Lise	94	Evreux Ac	1h05'39" '
5.	TARDI Emmanuel	67	Essonne Athletic	1h07'34"

**20km Women**

1.	QUENNEHEN Marine	91	Ca Montreuil	1h45'38"
2.	LANOUE Severine	85	Avia Club Issy-les-moulx	1h51'26"
3.	DUPONT Sandra	72	Clermont Athletisme Auvergne	1h54'50"
4.	FRANCHIN Celia	87	Montbeliard Belfort Athletisme	1h58'56"
5.	KUKLEWICZ Marie-charlotte	93	Rc Arras	2h03'58"

**20km Men**

1.	BOYEZ Antonin	84	Romilly Sport 10 Athletisme	1h34'41"
2.	QUINION Aurelien	93	Entente Franconville Cesame Va	1h39'10"
3.	RAKOTONDRAFARA Vony	90	Stade Sottevillais 76	1h39'10"
4.	BERCHEBRU Benoit	84	Us Creteil	1h41'05"



**Antonin Boyez in the 35km at Villejuif**

<b>CSIT WORLD SPORT GAMES, VARNA, BULGARIA, 5 JUNE 2013</b>
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The International Labour Sports Federation (Comité Sportif International du Travail, CSIT) is an international labour movement and trade union sporting organisation, based in Vienna. It was founded in Brussels in 1946 as a successor of Socialist Workers' Sport



International and is recognized by the IAAF. The Third CSIT World Sports Games was held at the famous "Gold Coast" by the "Black Sea" in Varna, Bulgaria, from 2-9 June 2013 and featured racewalks in its athletics program. It's a bit hard to find results but the women's 5000m walk saw Anne Halkivaha of Finland win with 23:02.26.

#### Women's 5000m Race Walk

1.	Anne HALKIVAHA	FIN	86	23:02.26
2.	Anne-Gaelle RETOUT	FRA	80	24:33.27
3.	Jenni HALKIVAHA	FIN	89	27:33.49
4.	Doriane LANGLOIS	FRA	93	27:43.06

### SLOVENIAN MASTERS RACEWALK CHAMPIONSHIPS, TRŽIČ, SLOVENIA, FRIDAY 7 JUNE 2013

Thanks to Fabio Ruzzier for the latest results and photos from Slovenia - their national Masters championships along with 2km events for the younger walkers.

#### 10km Masters Roadwalk Championships

WU18	Ivana RENIČ	1996	Agram ZG	54.15,6
WU18	Antonela GOLOBIČ	1997	Agram ZG	56.05,3
W35	Mojca CAH	1979	AK Koper	1.09.41,8
W40	Tanja GIACOMELLI	1972	Vittorio Veneto	1.05.17,6
W45	Andreja POKLAR	1966	AK Koper	1.05.00,9
W55	Monika SCHWANTZER	1955	SC Hakoah	1.05.41,0
W70	Maria MARO	1942	LG ST. PAUL	1.16.39,0
MOP	Boris LACKOVIČ	1982	Dinamo Zrinjevac	54.31,4
MU18	Mario GRABEREC	1996	AK Aviokarte	54.34,8
MOP	Samir DORIČ	1991	Albona Labin	57.09,1
M45	Ivan GRABEREC	1964	AK Aviokarte	53.10,0
M50	Vladimir VERŠEC	1963	AK Koper	49.41,6
	Želimir HAUBRIH	1963	Dinamo Zrinjevac	52.26,5
	Silvio DORIGO	1962	Marathon Trieste	54.21,6
	Igor BAHČIČ	1962	AK Koper	1.00.58,9
M55	Fabio RUZZIER	1953	AK Koper	48.40,8
	Peter RONDAIJ	1951	VAD Ljubljana	1.03.00,5
M65	Roberto PIASER	1948	S.Biagio Treviso	59.26,3
M70	Hermann STRIEDER	1941	Spitt.TV1872	1.04.39,6
	Ferdinand ČELIK	1940	AK Gorica	1.08.14,5

#### 2km Racewalk

Anže TESOVNIK	1998	MU16	MASS Ljubljana	10.18,5
Eva ČANADI	2000	FU14	AK Koper	11.15,6
Klara CAH	2002	FU12	AK Koper	11.50,6
Kaja INTIHAR	1998	FU16	KRONOS Ljubljana	12.10,2



The Masters walkers ready to start (photos Fabio Ruzzier)



The younger walkers start their 2km walk



Action from the 10km

### MEN'S 10KM RACE WALK, PRAHA, CZECH REPUBLIC, SUNDAY 2 JUNE 2013

#### 10km Walk Men

1.	Karel KETNER	CZE	90	44:08
2.	Pavel SCHROM	CZE	91	45:05
3.	Václav KOLÁŘ	CZE	89	49:06
4.	Martin NEDVÍDEK	CZE	75	49:44

### SPANISH WALKS TEAM ANNOUNCED FOR THE 2013 IAAF WORLD CHAMPIONSHIPS

The Spanish Athletics Federation (RFEA) has now announced the composition of its walks team for this year's IAAF World Championships in Moscow.

20 km Women:	Beatriz Pascual, Julia Takacs Luaces and Lorraine
20 km Men:	Miguel Ángel López, Francisco Arcilla and Álvaro Martín
50 km:	Jesús García, Claudio Villanueva and José Ignacio Díaz

It is indeed a strong team but the highlight has to be the selection of 43 year old **Jesús Angel García** who will be competing in his 11<sup>th</sup> straight IAAF World Championships 50km walk. His first was in Stuttgart in 1993 when he was victorious. Since then he has competed in 6 Olympic Games and 9 World Cups, not to mention 10 World Championships and a similar number of European Championships and European Cups. His IAAF World Championships appearances include 6 top-six finishes, an amazing tally.

1993	4th IAAF World Championships	50km	1	3:41:41	Stuttgart
1995	5th IAAF World Championships	50km	5	3:48:05	Göteborg
1997	6th IAAF World Championships	50km	2	3:44:59	Athína
2001	8th IAAF World Championships	50km	2	3:43:07	Edmonton
2003	9th IAAF World Championships	50km	6	3:43:56	Paris Saint-Denis
2009	12th IAAF World Championships	50km	3	3:41:37	Berlin

Without doubt, the greatest ever walker from the perspectives of longevity and ongoing quality. And interestingly, although his first international appearance was over the 20km distance (1991 World Universiade, Sheffield, England, 5<sup>th</sup>, 1:26:17), every international since then has been over the 50km distance. I think that is what you call specializing! You can read my fuller profile of this wonderful walker at <http://www.vrwc.org.au/tim-archive/articles/wo-jesus-garcia.pdf>.



**Garcia competes in the 2006 Race Walking World Cup in La Coruna, Spain, in 2006**

**RUSSIAN ROAD WALK CHAMPIONSHIPS, CHEBOKSARY, 8-9 JUNE 2013**

The Russian Road Race Walk Championships were held last weekend in Cheboksary, on the same course that was used for the 2003 European Cup. Attended by over 150 athletes from all over Russia as well as walkers from Belarus, Kazakhstan and Colombia, these championships were the final selection opportunities for walkers aiming for the World Championships (Moscow), the World Youth Championships (Donetsk), the Universiade (Kazan), the European Under-23 Championship (Tampere) and the European Junior Championships (Rieti).

Russia will be represented in each of the IAAF World Championship walks by 4 athletes as Olga Kaniskina, Valery Borchin and Sergey Bakulin are wild card entries as defending champions. Yelena Lashmanova (20 km) and Sergey Kiryapkin (50 km) have also been pre-selected as Olympic Champions. The winners of these Open championships also come under serious consideration.

The Men's 20km was won by 27 year old Andrey Ruzavin, a former World Junior and European champion, with 1:19:08 while the Women's 20km was won by Lina Bikulova with 1:28:42. The 50km was won by the very experienced 41 year old Yuriy Andronov with 3:43:54.

**10,000m U18 Men**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Maxim Krasnov      | 43.18.2 |
| 2. | Vladislav Saraykin | 43.20.3 |
| 3. | Ivan Kakaev        | 43.34.7 |

**5000m U18 Women**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Olga Shargina      | 22.27.0 |
| 2. | Clavdia Afanasieva | 22.29.0 |
| 3. | Nadezda Mokeeva    | 22.23.6 |

**10,000m U20 Men**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Victor Sokolov     | 41.11.2 |
| 2. | Alexei Sorachenkov | 41.12.8 |
| 3. | Damir Baibikov     | 41.12.8 |

**10,000m U20 Women**

- |    |                       |         |
|----|-----------------------|---------|
| 1. | Oksana Golyatkina     | 44.50.0 |
| 2. | Tatiana Akulinushkina | 45.49.3 |
| 3. | Kristina Gracheva     | 46.48.3 |

**20km U23 Men**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Petr Bogatyrev     | 1.19.36 |
| 2. | Kirill Frolov      | 1.25.16 |
| 3. | Konstantin Kulagov | 1.26.03 |

**20km U23 Women**

- |    |                    |         |
|----|--------------------|---------|
| 1. | Svetlana Vasiljeva | 1.29.56 |
| 2. | Nina Ochotnikova   | 1.32.24 |
| 3. | Natalya Serezhkina |         |

**20 km Open Men**

- |    |                |         |
|----|----------------|---------|
| 1. | Andrey Ruzavin | 1.19.08 |
| 2. | Petr Bogatyrev | 1.19.36 |
| 3. | Petr Trofimov  | 1.23.30 |

**20 km Open Women**

- |    |                     |         |
|----|---------------------|---------|
| 1. | Lina Bikulova       | 1.28.42 |
| 2. | Svetlana Vasilyeva  | 1.29.56 |
| 3. | Natalya Kholodilina | 1.30.32 |

**50 km Open**

- |    |                     |         |
|----|---------------------|---------|
| 1. | Yuriy Andronov      | 3.43.54 |
| 2. | Alexander Yergunkin | 3.49.47 |
| 3. | Mikhail Puzakov     | 3.53.49 |

## 24 HEURES DE ROUEN, ROUEN, FRANCE, 8-9 JUNE 2013

Australian walker **Peter Bennett** was in Rouen, France, last weekend for the annual 24 Heures de Rouen race. He works for a French company who have their headquarters in this city so he normally gets the nod to make the trip and compete, but usually at very short notice. I have not managed to find any results yet but Emmanuel Tardi tells me that Peter won the men's walks (distance unknown) and that Christine Wattebled won the women's race with 151km.

This is Peter's 7<sup>th</sup> appearance at this event, having won it four of the last 5 years with distances always well in excess of 210km. The list reads

15-16 April 2006	176.175 km	3 <sup>rd</sup>
5-6 July 2008	214.65 km	1 <sup>st</sup>
30-31 May 2009	213.885 km	1 <sup>st</sup>
12-13 June 2010	216.240 km	2 <sup>nd</sup>
25-26 June 2011	213km	1 <sup>st</sup>
16-17 June 2012	213km	1 <sup>st</sup>



**Christine Wattebled and Peter Bennett in action in Rouen (photos Emmanuel Tardi)**

Emmanuel has posted a couple of brief videos of Peter in action on the course

<http://www.youtube.com/watch?v=k5l879h2lP8>

<http://www.youtube.com/watch?v=VmbfPSeL4yw>

## WALKING SHORTS

- Brazilian Trophy of Race Walking  
<http://www.omarchador.blogspot.pt/2013/06/caio-bonfim-e-erica-sena-sagram-se.html>
- Portugese Club Championships  
<http://omarchador.blogspot.pt/2013/06/sportinguistas-lideraram-marcha-no.html>
- Swiss championships – 35km Men / 20km Women (2 June)  
<http://omarchador.blogspot.pt/2013/06/luis-correia-destaca-se-na-suica.html>
- YEOSU (KOR, Jun 5-6): Kim Hyun-Sub won the 20km walk at the Korean National Championships last week with a time of 1:25:33.
- Web site Marcia Italiana now has a new layout - check out <http://www.marciaitaliana.com/ita/>
- EARLY in April, the Australian Sports Commission sent a missive to Athletics Australia and Little Athletics Australia requesting that they merge by the end of the financial year. Athletics Tasmania president Brian Roe responds.  
<http://www.examiner.com.au/story/1543197/athletics-bodies-merger-may-be-on-wrong-track/>

## THE 47<sup>TH</sup> PARIS-COLMAR CLASSIC, 9-12 JUNE 1993

With this year's Paris-Colmar classic starting tomorrow (12<sup>th</sup> June), it is timely to look back 20 years to the last time that a French man won this ultimate endurance classic. The year was 1993 and the walker was Noel Dufay who covered the 518km in 62 hours and 18 minutes. The women's event, which was a shorter 334 km (!), was won by Isabelle Duchene in 42 hours and 59 minutes. And it was all captured in a 2 hour long amateur video that is well worth a browse - see <http://youtu.be/3ojmjhAHZMY>

#### MEN: PARIS - MONTREUIL – COLMAR, 518 KM

1.	DUFAY-NOEL.	US-TORCY.	FRA.	518KM.	62H18m.	8.315 km/hr
2.	KLAPA-ZBIGNIEW.	NDIVIDUEL-POZNAN.	POL.	518KM.	64H18m.	8.056
3.	URBANOWSKI-G-ADAM.	WKS-WROCLAW.	POL.	518KM.	64H18m.	7.998
4.	PHEULPIN-ADRIEN.	FC-SOCHAUX.	FRA.	518KM.	65H47m.	7.874
5.	MALTHIERY-DOMINIQUE.	ASM-BAR LE DUC.	FRA.	518KM.	66H53m.	7.745
6.	LETESSIER-GILLES.	COM-BAGNEUX.	FRA.	518KM.	67H19m.	7.695
7.	CECILLON-JEAN.	CP-NEUILLY-S/M.	FRA.	518KM.	69H15m.	7.480
8.	RODIONOV-ALEXEI.	KRASNODAR.	RUS.	518KM.	69H59m.	7.402
9.	LHULLIER-J-FRANCOIS.	PLAINE-ATHL.	FRA.	518KM.	70H15m.	7.374
10.	MAJETIC-IVO.	AC-PRAGUE-1890.	TCH.	518KM.	71H55m.	7.203
11.	LOEFFEL-ALAIN.	AL-VOIRON.	FRA.	518KM.	72H30m.	7.145
12.	GOUVENAUX-J-CLAUDE.	CM-EPERNAY.	FRA.	518KM.	74H15m.	6.976
13.	ZAIKIN-EVGUENI.	ST/PETERSBOURG.	RUS.	518KM.	74H45m.	6.930
14.	DONZE-ERIC.	ASPTT-BAR LE DUC.	FRA.	499KM.		
15.	HUART-GILLES.	CLS-NEUF-BRISACH.	FRA.	485KM.		
16.	LEGRAND-HENRI.	CA-MONTREUIL.	FRA.	475KM.		
17.	METEAU-JEAN PAUL.	CS-NOISY LE GRAND.	FRA.	471KM.		
18.	LANDRIEU-MICHEL.	ASPHALTE-77.	FRA.	399KM.		
19.	REMY-JEAN.	LMA-MEUNG-S/LOIRE.	FRA.	385KM.		
20.	BOIDATCHENKO-V.	S-MOSCOU.	RUS.	346KM.		
21.	VANDENDAUL-DANIEL.	CA-BRABANT-W.	BEL.	315KM.		
22.	ZAUGG-JEAN CLAUDE.	ATHLE-90. ..	FRA.	305KM.		
23.	LAVAL-JACKY.	CS-PROVINS-A. ..	FRA.	219KM.		
24.	SZALAS-MENYHERT.	MSC-BUDAPEST.	HON.	199KM.		
25.	MARTENS-AD.	ST/OEDENRODE.	HOL.	167KM.		
26.	DUDA-ANATOLE.	GRAND-ERQUEL-A.	BEL.	136KM.		
27.	STENNIER-JEAN.	EM-AGRENNE.	FRA.	129KM.		
28.	MACKANIC-LUBOS.	IND-BARDEJOV. .	SVK.	46KM.		

#### WOMEN: CHALONS EN CHAMPAGNE - COLMAR, 334 Km

1.	DUCHENE-ISABELLE.	PLAINE-ATHL.	FRA.	334KM.	42H59m.	7.770 km/hr
2.	SOMMERFELDT-KORA.	AS-CH-HAVRAIS.	FRA.	334KM.	45H41m.	7.311
3.	COUHE-EDITH.	NEUILLY-PLAISANCE.	FRA.	334KM.	46H55m.	7.119
4.	LEFILLEUL-JOELLE.	AS-LE CHESNAY.	FRA.	334KM.	47H16m.	7.066
5.	POUTINSEVA-IRINA.	INFIS-MOSCOU.	RUS.	334KM.	49H16m.	6.779
6.	BRIZION-BERNADETTE.	SMEC-METZ.	FRA.	334KM.	49H24m.	6.760
7.	TOUCHARD-ARLETTE.	SOA-CREIL.	FRA.	334KM.	50H16m.	6.644
8.	GREEN-JILL.	LONDON-VIDARIANS.	GBR.	334KM.	54H15m.	6.157
9.	PANNIER-JOSIANE.	AS-CH-HAVRAIS.	FRA.	334KM.	55H00m.	6.073
10.	CHERY-ANNIE.	ASPHALTE-77;	FRA.	334KM.	55H52m.	5.979
11.	GOURIEVA-EVGUENIA.	INFIS-MOSCOU.	RUS.	266KM.		

This year's Paris-Colmar will start on Wednesday 12<sup>th</sup> June and finish on Saturday 15<sup>th</sup> June. The men will contest a total distance of 427km in 4 stages and the women will contest a total distance of 305km in 4 stages as follows:

##### Men: 4 Stages

Prologue:	Paris (Distance: 5km)
Stage 2:	Neuilly sur Marne -> St Thibault vines (15 km)
Stage 3:	Chateau Thierry -> Vittel (343 km)
Arrival:	Plastow -> Colmar (63.7 km)

##### Women: 4 Stages

Prologue:	Paris (Distance: 5km)
Stage 2:	Neuilly sur Marne -> St Thibault vines (21 km)
Stage 3:	Vitry le François -> Vittel (215.6 km)
Arrival:	Plastow -> Colmar (63.7 km)

The top rankings to go Russian walker Dmitriyi Ossipov (triple winner in 2009, 2011 and 2012) and French walker Dominique Alverne (also a triple winner in 2009, 2011 and 2012). But a lot can happen en route and nothing is certain in such an endurance event.

**WHAT'S COMING UP**

Next Saturday sees us back at Middle Park once again for another prizes day with our annual “**Guess your finish time**” events. Since it is a prizes day, donations or cost-price items are always welcome. I can't be there this weekend so have a great time in my absence!

<b>Saturday 15<sup>th</sup> June 2013, Middle Park</b>			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time	Open
2.15pm	5km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Open
2.15pm	3km	Guess your finish time	Under 15
2.30pm	1km	Guess your finish time	Under 9
2.40pm	2km	Guess your finish time	Under 12

We will also be drawing Simone O'Neill's Cancer Council fund-raiser raffle on Saturday - most will know about it as Simone has been selling tickets at our club races over the last few weeks.

### 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 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 <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a>

#### **2013 International Fixture**

July 6-17, 2013	<b>27<sup>th</sup> Summer Universiade, Kazan, Russia</b> (see <a href="http://www.kazan2013.com">http://www.kazan2013.com</a> )
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
Aug 3-4, 2013	English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk">www.isleofman100milewalk.co.uk</a>
Oct 6, 2013	MTR 10km roadwalk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=759&amp;mid=199">http://www.hkaaa.com/page.php?pid=759&amp;mid=199</a>
October 15-27, 2013	<b>World Masters Athletic Championships, Porto Alegre, Brazil.</b> See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

#### **2013 IAAF Race Walking Challenge - Remaining events**

29 June 2013	Dublin Grand Prix of Race Walking	Dublin, Ireland
10-18 Aug 2013	14 <sup>th</sup> 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**

Jan 4-12, 2014	<b>Oceania Masters Championships, Bendigo</b> - see <a href="http://www.omabendigo2014.com.au/">http://www.omabendigo2014.com.au/</a>
May 3-4, 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>

#### **Looking even further forward**

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

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