



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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11 August 2013



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TIM'S WALKER OF THE WEEK

This week's Walker of the Week was 11 year old **Mikhala Hodges** who took bronze in the Victorian U20 10km roadwalk championship on Saturday, her PB time of 1:05:36 breaking her own VRWC U12 club record. Mikhala shows no fear in attempting the longer distances and she continues to set the bar high for those who come after her.

This week's Walker of the Week is 21 year old **Dane Bird-Smith** who walked fantastically to finish 11th in his first World Championships appearance. His time of 1:23:06 saw him only just over 2 minutes behind the winner. What a big future he has!



Dane on his way to 11th spot in the IAAF 20km walk on Sunday (photo www.iaaf.org)

WHAT'S COMING UP

This Saturday we are back to Middle Park for the Victorian Masters 10km championships as well as our usual selection of VRWC events. All events are 'enter on the day' so come along and have a walk!

Saturday 17 th August 2013, Middle Park			
VMA & VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km		Open
2.15pm	5km		Open
2.15pm	3km		Open
2.15pm	3km		Under 15
2.30pm	1.5km		Under 9
2.40pm	2.5km		Under 12

AUSTRALIAN ROADWALK CHAMPIONSHIPS - ENTRY LIST

Entries have now closed for the **Australian Roadwalk Championships** which are to be held in Launceston on **Sunday 1st September**. AA has forwarded their entry list to me and we are working to sort out any anomalies and unknowns so that all goes well on the day. **The current list entry** can be seen at <http://www.rwa.org.au/documents/2013%20Road%20Walks%20Entries%202013.8.13-TE.pdf>. Let me know ASAP if you have queries or can pinpoint any errors.

VRWC ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 10 AUGUST

Last Saturday saw our last Points races for the winter season and 57 walkers were in attendance. After the coldest Melbourne day for the winter on Friday, conditions were fantastic and I was actually in short sleeves for the afternoon. Ah, you have to love Melbourne's climate! Our Open and U15 competitors had Handicap Start races so all results are shown in Handicap finish order. It was also a prizes day with all Handicap winners having the pick of the table. Terry Swan has uploaded his photos from the day to our photo gallery - you can check them out at <http://www.vrwc.org.au/coppermine/>.

The Open 8km event saw Chloe McNicol-Davidson 53:48 and Bernie Keirl 44:15 win the handicaps with PBs (that's what it normally takes!) while Pam Tindal 43:56 and James Christmass 41:10 recorded fastest times. And a special mention to Donna Urquhart who walked an excellent 46:50 for her first longer walk.

8km Open Handicap Start	Act Time	Hcp Place	F/T Place	
1. Chloe McNicol-Davidson	53:48	1	6	PB 0:12
2. Heather Carr	45:19	2	2	
3. Donna Urquhart	46:50	3	3	First one
4. Liz Feldman	49:50	4	4	
5. Margaret Beaumont	68:55	5	9	
6. Alison Thompson	52:44	6	5	
7. Pam Tindal	43:56	7	1	
8. Celia Johnson	57:38	8	8	
9. Donna Elms	53:51	9	7	
10. Carly Bertrand	DNF			
1. Bernie Keirl	44:15	1	4	PB 1:26
2. Gerard Feain	48:00	2	5	
3. James Christmass	41:10	3	1	
4. Aaron McDonough	43:12	4	2	
5. Russ Dickenson	49:50	5	6	
6. Simon Evans	43:38	6	3	



Pam Mews, James Christmass, Bernie Keirl, Chloe McNicol-Davidson and Donna Urquhart

The 4km events saw handicap wins to Gwen Steed 24:56, John Morrison 27:55, Paige De Lisen 21:38 and Reese Walmsley 18:54. In fact, Paige and Reese were also our two fastest walkers as both recorded good PBs.

4km Open Handicap Start	Act Time	Hcp Place	F/T Place
1. Gwen Steed	24:56	1	1
2. Pam Mews	39:02	2	4

3.	Emily Swan	25:33	3	2
4.	Robyn Shaw	27:56	4	3
1.	John Morrison	27:55	1	4
2.	Mark Donahoo	19:43	2	1
3.	Barrie Wicks	30:20	3	6
4.	Paul Kennedy	21:39	4	3
5.	Jason Kozica	20:06	5	2
6.	Alex Poore	29:58	-	5
7.	Gordon Onley	DNF		

4km U15 Handicap Start		Act Time	Hcp Place	F/T Place	
1.	Paige De Lisen	21:38	1	1	PB 0:27
2.	Gabbie Crea	25:01	2	6	
3.	Karla Bulte	23:15	3	4	
4.	Jessica Lillie	25:13	4	7	
5.	Philippa Huse	23:10	5	3	
6.	Emily Hamilton	22:34	6	2	
7.	Brodie Richardson	23:45	7	5	
1.	Reese Walmsley	18:54	1	1	PB 1:01
2.	Lachlan Feain	24:20	2	3	
3.	Kyle Swan	20:04	3	2	



Reese Walmsley, Paige De Lisen, Gwen Steed and John Morrison

Our U12 and U9 handicaps wins went to Caitlyn Rudston-Brown 13:22, Corey Dickson 9:59, Brianna Briet 5:45 and Angus Hay 7:51. Well done also to Mackenzie Mielczarek who also walked a PB with her time of 12:58.

2km U12 Handicap		Act Time	Hcp Place	F/T Place	
1.	Caitlyn Rudston-Brown	13:22	1	7	PB 0:39
2.	Mackenzie Mielczarek	12:58	2	5	PB 0:05
3.	Tegan Miller	12:02	3	3	
4.	Alexandra Hay	15:51	4	8	
5.	Lee Taylor	13:06	5	6	
6.	Kathleen O'Mahony	11:35	6	2	
7.	Mikhala Hodges	11:02	7	1	
8.	Brianna Lillie	12:27	8	4	

1.	Corey Dickson	09:59	1	1
2.	Nikola Mandic	10:25	2	2
3.	Hayden Walmsley	12:13	3	3

1km U9 Handicap		Act Time	Hcp Place	F/T Place
1.	Brianna Briet	05:45	1	2
2.	Gemma Lillie	05:59	2	3
3.	Hayley Woolfe	05:37	3	1

4.	Charlotte Hay	06:53	4	4	
1.	Angus Hay	07:51	1	2	PB 0:12
2.	Marcus Byron	05:38	2	1	
3.	Thomas Kennedy	08:11	3	3	
4.	William Kennedy	DQ			



Tom Kennedy, Mackenzie Mielczarek, Lee Taylor, Angus Hay, Brianna Lillie and Caitlyn Rudston-Brown

Finally, thanks to our many officials and judges. Apologies if I have missed anyone.

Officials: Tim Erickson, Ian Laurie, Mark O'Mahony, Paul Kozaris, Susan Taylor, Harry Summers, Ralph Bennett

Judges: Peter Vysma (Chief), Dave Cash, Gordon Loughnan, Lloyd Nichols, Damien Elms

Canteen: Kate Suich, Marlaine Stanway

Race Results: Mark Donahoo, Damien Elms

OUR NEW CHIP SYSTEM



Last Saturday saw the first trial operation of our new RFID Race Timing system. Manufactured in Perth, the system uses passive tags (or chips) that are detected by antennae, usually placed at each end of the start-finish line, from which a signal is relayed to a control box that can record up to 260 tags a second. The control box records the time of the signal from each individually numbered tag. From that record, software determines when someone's tag went over the start line, each time they pass the start-finish line (each kilometre, in our case), and when they finish; then a connected laptop computer converts that data into useful statistics that give every individual's split times and race time and, ultimately, produces very useful reports for the athletes, race officials, coaches and spectators (oh, . . . and announcers and newsletter writers).

There are two types of tags available:

- An Ultra-Tag, worn on the ankle, will last from five to ten years - it will be issued to financial members for a cost of about \$20 (yet to be decided by your committee).

- A disposable tag that is looped around your shoelace or worn on a 'paper' Bib number - it will last for one, or possibly more races (but no guarantee of that), and will cost about \$2. For invitees and those who have forgotten their Ultra-Tag or correct Bib number.

Within a couple of weeks, we intend to stream the data to a television for viewing athletes' names, times, and relative placings (by category; eg, 'Women Under 18') as they occur throughout the race. Later we intend to make the information accessible in real-time on any tablets and smartphones within range of the VRWC's WiFi point (router).

Please note that if you are likely to establish a new record in a race, you must advise the Chief Timekeeper, in advance, so that we can arrange for three stopwatches to record your finish time. The IAAF and athletics bodies in Australia do not accept tag/chip times for record purposes. And of course, you will still need to wear race numbers so that the judges can do their job.

VRWC POINTS COMPETITIONS NOW FINALISED

First to our VRWC Style Award Points for this week

Open & U15 Men	Open & U15 Women	U12 & U9 Boys	U12 & U9 Girls
Reese Walmsley 8	Paige De Lisen 9	Corey Dickson 6	Brianna Lillie 5
Mark Donahoo 6	Emily Hamilton 8	Nikola Mandic 4	Mikhala Hodges 4
Paul Kennedy 3	Karla Bulte 5	Hayden Walmsley 1	Gemma Lillie 3
Russ Dickenson 3	Brodie Richardson 2		Kathleen O'Mahony 3
Bernie Keirl 1	Gwen Steed 2		
Aaron McDonough 1	Jessica Lillie 2		
	Donna Urquhart 1		
	Heather Carr 1		

Our three winter season Points competitions (Handicaps, Actual Times and Style Awards) have now completed so Mark Donahoo and I can publish the overall results - check out <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

Our winter season presentations will be held on Saturday 7th September after our races - awards will be presented to the first 3 in each division of the Handicap and Actual Times competitions and to the winners of each Style Award division.

ACT WALKING CLUB ROAD WALKS, COMMONWEALTH PARK, CANBERRA, SAT 10 AUGUST

Thanks to Robin Whyte for the weekly results from the ACT Race Walking Club in Canberra.

12km Walk

1. Robin Whyte	1:17:16
2. Derek Robinson	1:28:29
3. Monika Short	1:29:05
4. Bob Parker	1:29:40
5. Geoff Barker	1:32:17
6. Robyn Saunders	1:40:35
7. Warren Butler	1:42:49
8. Val Chesterton	1:55:00

3km Walk

1. Gabby Hunt	15:57
2. Peter Baker	17:18
3. Dylan Eddowes	21:25
4. Colby Eddowes	25:51
5. Jack Thackray	26:11
Barbara Eddowes	DNF

6km Walk

1. Ashleigh Resch	32:05
2. Zoe Hunt	32:45
3. Kate Black	36:34
4. Rosemary Parker	45:02
5. Bob Chapman	48:23
6. John Gloe	51:58
7. Cilla Chapman	53:04
8. Nola de Chazal	62:45
Ally Durr	DNF
Raine Thompson	DNF

1km Walk

1. Laura Burns	5:49
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SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 10 AUGUST

Thanks to Kim Mottrom for the latest results from South Australia.

We had a regular meet here in Adelaide today in very nice conditions. In the 15km Justin Hill took 3:13 off his official PB and Troy Hooker did his first 15km race, taking over 7 minutes off his 15km split from the 20km 2 weeks ago. Both very impressive times as they both continue to improve. In the 8km Trevor Mayhew walked an excellent time to finish first. The 5km saw an 18 second PB for Anna Cross and Rhiannon Lovegrove taking 1:05 off her PB. Riona Tyler Dowd was the star of the 3km, taking 24 seconds off her PB. Sarah Damin took 5 seconds off her 3km PB, with Rhianna Hooker shaving 1 second off hers. In the 2km Tristan Camilleri took 26 seconds off his PB. A big day off SA before 7 of us head to Launceston in a few weeks!

Open 15km

1.	Kim Mottrom	1:11:04
2.	Justin Hill	1:13:16
3.	Troy Hooker	1:33:50

Open 8km

1.	Trevor Mayhew	46:35
2.	Amber Tuscharski	51:17
3.	Barb Cain	58:11
4.	Jim Hoare	59:32

Open 5km

1.	Anna Cross	25:31
2.	Danielle Walsh	26:54
3.	Rhiannon Lovegrove	29:30

Open 3km

1.	Alix Harlington	15:24
2.	Beth Cross	16:28
3.	Sarah Damin	17:08
4.	Rhiana Hooker	17:31
5.	Riona Tyler Dowd	17:49
6.	Samantha Findlay	19:21
7.	Michael Nicolaides	21:06

Open 2km

1.	Tristan Camilleri	11:58
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SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 10 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He reported: Sunny, calm arvo.

SA Masters 20k Championships

W50	1	Marie Maxted	2:15:10	74.01%
W45	1	Raelene Schild	2:33:24	61.83%
M70	1	Bill Starr	2:28:58	71.64%
M70	2	Roger Lowe	3:01:28	58.05%
M65	1	George White	2:00:41	85.14%
M55	1	Richard Moyle	2:41:37	56.76%
M50	1	Peter Crump	1:51:11	79.12%
M50	2	Norm White	2:45:11	54.14%

10k yacht handicap

1.	M80	David Robertson	1:25:03	69.79%
2.	M61	Jack Russell	1:02:41	74.21%
3.	W64	Gill White	1:23:42	65.20%

6k yacht handicap

1.	W64	Jan Layng	34:40
2.	M75	Rodger Barber	44:20
3.	W68	Jill Rogers	50:44
4.	W60	Helen Suridge	43:19
5.	M63	Jeff Kennett	56:12

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 11 AUGUST
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Thanks to Paul Rance for his report from Bendigo in country Victoria.

The Bendigo Walkers Club held 3km and 10km sealed handicap events on Sunday morning at Lake Neanger with cool, calm conditions prevailing. In the 3km event Zahra Hayes recorded the fastest time and took handicap honours with Carissa Brook 2nd and Madison Hill 3rd with all 3 girls producing personal best efforts. The 10km sealed handicap was taken out by Geoff Major with Barb Bryant 2nd and fastest with Norm West walking his first 10km for many years taking 3rd place.

3km Handicap

1.	Zahra Hayes	15.41
2.	Carissa Brook	18.09
3.	Madison Hill	18.08
E4.	Ebony Whiley	17.47
E4.	Caitlyn Tozer	28.07
6.	Paul Rance	16.18
7.	Val Case	29.17

10km Handicap

1.	Geoff Major	1.17.23
2.	Barb Bryant	1.02.15
3.	Norm West	1.22.27
4.	Annette Major	1.09.28
5.	Peter Curtis	1.08.11

GREAT BARRIER REEF MASTERS GAMES, CAIRNS, QLD, 8-11 AUGUST 2013

Robyn Wales was at the inaugural Great Barrier Reef Masters Games (see www.gbrmg.com.au) in Cairns last weekend. She explains: *Cairns in August, \$69 on Jetstar...not a hard decision. These inaugural games were very well run but not well supported. Nevertheless a great atmosphere and lots of fun...not to mention the weather! There were 2 walks and 7 competitors.*

The 5000m walk was held on Saturday morning in beautiful weather (winter in the tropics) and the 3000m walk was held on Sunday afternoon in warmer weather. Nyle Sunderland was the standout walker with fastest time in both events.

5000m walk, Saturday 10 August

1.	M35	R Brennan	Qld	43:36.69
2.	M55	C Worsnop	Vic	35:14.75
3.	M55	D Underwood	SA	43:01.00
4.	M60	P Stace	Qld	34:39.18
5.	M60	J West	NSW	37:43.42
6.	W45	N Sunderland	Qld	28:04.74
7.	W60	R Wales	Qld	41:28.11

3000m Walk, Sunday 11 August

1.	M35	R Brennan	Qld	24:39.17
2.	M55	C Worsnop	Vic	21:20.60
3.	M55	D Underwood	SA	26:41.78
4.	M60	J West	NSW	22:27.21
5.	M70	B Thomas	ACT	20:07.14
6.	W45	N Sunderland	Qld	16:26.87
7.	W60	R Wales	Qld	24:46.44

NSWRWC ROADWALKS, LEICHHARDT, NSW, SATURDAY 3 AUGUST

Finally back a week to the NSWRWC roadwalks which were held on Saturday 3rd August in Leichhardt. Kyle Malone 45:21 and Tyler Jones 48:51 led the way in a very strong 10km field. Another to do well was Jasmyn McDonald with 19:59.

Long Division - 10km

1.	Kyle Malone	45.21
2.	Tyler Jones	48.51
3.	Cheryl Webb	48.54
4.	Carl Gibbons	49.48
5.	Lauren Bourke	49.50
6.	Kirsty Klein	50.51
7.	Ian Jessurun	52.55
8.	Tom Doyle	54.51
9.	Anthony Abanese	57.22
10.	Joan Purcell	72.55
	Brendon Hyde (INV)	DNF

Medium Division - 8km

1.	Aiden Kerr	41.28
2.	Nathan Brown	43.13
3.	Jasmine Dighton	43.29
4.	Amanda Barendregt	48.06
5.	Tony Psarianos	49.07
6.	Bryony Beasley	51.48
7.	Judy Brown	62.56

Short Division - 4km

1.	Jasmyn McDonald	19.59
2.	Dylan Richardson	20.15
3.	Raquel Roukos	21.32
4.	Ryan Thompson	21.46
5.	Nicholas Douglas	24.11
6.	Tiffany Saker	24.15
7.	Travis Barendregt	25.04
8.	Ally Grujoski	25.30
9.	Nicolle Challinor	28.22

U16 Division - 3km

1.	Harrison Mavin	15.33
2.	Samantha Brown	16.19
3.	Yasmin Mills	18.45
4.	Catherine Young	21.49
5.	Frances Potter (INV)	19.36

U12 Division - 1.5km Handicap

1.	Haley Mills	7.47
2.	Renee Hardy	7.53
3.	Bayden Little	8.01
4.	Lachlan Rigney	8.29
5.	Lachlan Becroft	8.46
6.	Brooke Martin	9.10
7.	Morgan Little	9.17
8.	Jada Thomson	10.01
9.	Logan Barendregt	10.33
10.	Reilly Jones	10.36
11.	Brodie Douglas	11.10
12.	Courtney Mavin	11.30
13.	Stacie Becroft	12.42
14.	Aiden Hardy	13.06
15.	Emily Challinor	13.55
16.	Amelia Crocker	15.17
	Ethan Martin	DQ

14TH IAAF WORLD CHAMPIONSHIPS IN ATHLETICS, MOSCOW, RUSSIA, 10-18 AUGUST 2013

I have been following the IAAF World Champs in Moscow with great interest. The positives have been the many wonderful performances which have already been in evidence. A big negative has been the lack of spectators along the marathon course and in the stadium. Indeed, even the men's 20km walk, a showcase of Russian excellence, only attracted a small crowd along the 2km circuit.

20km Men, Sunday 11 August, 5PM

The first of the walks was held on Sunday afternoon in hot conditions and the lack of shade took its toll on the field. It is not often that a 20 year old walker wins such an event but, with the more seasoned walkers unable to cope with the conditions, it was left to Russia's Aleksandr Ivanov to take gold. Phil Minshull's report for the IAAF captures the excitement of the event (see <http://www.iaaf.org/competitions/iaaf-world-championships/14th-iaaf-world-championships-4873/news/report/men/20-kilometres-race-walk/final>)

The Luzhniki Stadium was not quite filled to capacity for the first event of the afternoon session on Sunday, and the first gold medal to be decided on the second day of the IAAF World Athletics Championships, but Russian athletics fans were still able to raise to roof to applaud the unexpected triumph of their compatriot Aleksandr Ivanov.

The 2012 World Junior Championships 10,000m silver medallist raced a brilliant final 5km to win the gold medal in a personal best of 1:20.58, becoming the youngest ever winner of a man's Race Walk title at the World Championships. Behind him, China's London 2012 Olympic champion Chen Ding showed no signs of the back problems and lack of training that Chinese officials said last week would rule him out of challenging for the gold medal and he came home second in 1:21.09 in his first completed race since his triumph last summer.

The first half of the race had certain similarities to the London contest with Japanese vests to the fore as first Takumi Saito and then Yusuke Suzuki led the race. By 10km, passed in 40:34 after two perfectly even 5km splits of 20:17, Suzuki had a 13-second lead over a seven-man chasing group, which included Chen, Guatemala's Olympic silver medallist Erick Barrondo, China's Olympic bronze medallist Wang Zhen, Ivanov, Saito, France's Bertrand Moulinet and India's Ifran Kolothum Thodi. However, Suzuki's wheels soon started to come off as Wang went to the front and picked up the pace, only for the Chinese walker to pick up his third yellow card and be disqualified at 14km.

At the 15km checkpoint, passed in 1:00.41, the leading group consisted of just Chen, Ivanov and Barrondo. Ivanov soon surged, dropping Chen and then briefly Barrondo, only for the Guatemalan to get his second wind and get back on level terms with the Russian just after 16km. However, his efforts also involved infringements and he incurred the third of his red cards before being hauled off the course by officials as he passed the 18km point while accompanying Ivanov. Behind him, Chen was 50 metres in arrears but raised his arm and started wearing a broad smile, knowing that he was as-good-as assured a medal. However, it wasn't to be another gold as Ivanov held his form and poise, coming home without a warning, to clinch an unexpected gold despite Russia's success over the years at this event and having the 2011 champion Valeriy Borchin, who was sadly unable to defend his title due to injury. To consolidate the impression that this was a surprise victory, it was also Ivanov's first win in any race since he won indoors in a low-key local 5000m in January last year, and he even had to settle for the silver medal at the recent European Athletics Under-23 Championships.

Spain's Miguel Angel Lopez had an astute race to come home third in 1:21.21. After being fourth at 15km, he maintained his rhythm over the final stretch to bring a smile to Spanish athletics fans after the country went without a medal at the Olympic Games last summer.

The two Australian representatives had vastly different races. **Dane Bird-Smith** was one of the many young walkers to excel, finishing 11th in his first World Championships appearance with 1:23:06 but **Rhydian Cowley** had a horror walk, dropping off the pace and finishing well back with 1:33:35. But finish he did, much to his credit. Athletics Australia has an article on Dane's performance at http://www.athletics.com.au/home/news/news/2013/august/moscow2013_bird-smith_outsta.

1.	Aleksandr IVANOV	RUS	93	1:20:58	PB
2.	Ding CHEN	CHN	92	1:21:09	SB
3.	Miguel Angel LOPEZ	ESP	88	1:21:21	SB
4.	Joao VIEIRA	POR	76	1:22:05	
5.	Denis STRELKOV	RUS	90	1:22:06	
6.	Takumi SAITO	JPN	93	1:22:09	
7.	Ruslan DMYTRENKO	UKR	86	1:22:14	
8.	Inaki GOMEZ	CAN	88	1:22:21	SB
9.	Christopher LINKE	GER	88	1:22:36	SB
10.	Hyun-Sub KIM	KOR	85	1:22:50	SB
11.	Dane BIRD-SMITH	AUS	92	1:23:06	
12.	Yusuke SUZUKI	JPN	88	1:23:20	
13.	Jaime Daniel QUIYUCH	GUA	80	1:23:24	
14.	Matteo GIUPPONI	ITA	88	1:23:27	SB
15.	Andriy KOVENKO	UKR	73	1:23:46	
16.	Alexandros PAPAMIKHAIL	GRE	88	1:23:48	SB
17.	José MONTANA	COL	92	1:23:50	SB
18.	Rolando SAQUIPAY	ECU	79	1:24:01	SB

19.	Rafał AUGUSTYN	POL	84	1:24:03	
20.	Benjamin THORNE	CAN	93	1:24:26	
21.	Anton KUČMÍN	SVK	84	1:24:38	
22.	Yerko ARAYA	CHI	86	1:24:42	SB
23.	Ato IBANEZ	SWE	85	1:24:49	
24.	Alvaro MARTIN	ESP	94	1:25:12	
25.	Marius ZIUKAS	LTU	85	1:25:17	
26.	Zelin CAI	CHN	91	1:25:31	
27.	Hatem GHOULA	TUN	73	1:25:41	
28.	Giorgio RUBINO	ITA	86	1:25:42	
29.	Bertrand MOULINET	FRA	87	1:26:12	SB
30.	Ivan LOSEV	UKR	86	1:26:32	
31.	Alex WRIGHT	GBR	90	1:26:40	
32.	Diego FLORES HINOJOSA	MEX	87	1:26:46	
33.	Gurmeet SINGH	IND	85	1:26:47	
34.	Chandan SINGH	IND	87	1:26:51	
35.	Mauricio ARTEAGA	ECU	88	1:27:35	
36.	Georgiy SHEIKO	KAZ	89	1:27:41	
37.	Isaac PALMA OLIVARES	MEX	90	1:28:14	
38.	Perseus IBANEZ	SWE	90	1:28:20	SB
39.	Byung-Kwang CHOI	KOR	91	1:28:26	
40.	Sérgio VIEIRA	POR	76	1:28:34	
41.	Máté HELEBRANDT	HUN	89	1:28:49	
42.	Arnis RUMBENIEKS	LAT	88	1:29:13	
43.	Federico TONTODONATI	ITA	89	1:29:26	
44.	Francisco ARCILLA	ESP	84	1:29:38	
45.	Vitaliy ANICHKIN	KAZ	88	1:30:02	
46.	Juan Manuel CANO	ARG	87	1:30:45	SB
47.	Anibal PAAU	GUA	87	1:30:54	
48.	Dzianis SIMANOVICH	BLR	87	1:31:52	
49.	Andrey RUZAVIN	RUS	86	1:32:45	
50.	Rhydian COWLEY	AUS	91	1:33:35	
51.	Alex FLOREZ	ESP	71	1:35:01	
52.	Ebrahim RAHIMIAN	IRI	81	1:35:46	
53.	Tim SEAMAN	USA	72	1:36:35	
	Irfan K.T.	IND	90	DQ	
	Erick Bernabé BARRONDO	GUA	91	DQ	
	Zhen WANG	CHN	91	DQ	
	Young-Joon BYUN	KOR	84	DQ	
	Caio Oliveira DE SENA BONFIM	BRA	91	DQ	
	Lebogang SHANGE	RSA	90	DNF	
	Dawid TOMALA	POL	89	DNF	
	Eider AREVALO	COL	93	DNF	
	Luis Fernando LÓPEZ	COL	79	DNF	
	Kevin CAMPION	FRA	88	DNF	



Medallists Chen, Ivanov and Lopez (photos www.iaaf.org)

USA walks coach and website maestro Jeff Salvage has produced his usual high quality 20km Men's race walking photo story - see <http://racewalk.com/Photostory2013WorldChampionships/2013WorldChampionships.asp>. I reproduce a couple here



Left: Barrondo, Chen and Ivanov push the pace as the the final places are determined
Right: Dane Bird-Smith races to a fantastic 11th place (photos Jeff Salvage)

20km Women, Tuesday 13 August, 9:35AM

If you managed to catch one of the live feeds on offer over the internet, you certainly saw great women's 20km race today. Steve Landells for the IAAF summed it up nicely (see

<http://www.iaaf.org/competitions/iaaf-world-championships/14th-iaaf-world-championships-4873/news/report/women/20-kilometres-race-walk/final>).

In a dramatic and slightly chaotic finale to the Women's 20km Race Walk, Elena Lashmanova led home a Russian one-two to add the World title to the Olympic title she won in London last year. However, in a state of confusion the 21-year-old, who became the youngest ever winner of this title since it has been held over 20km, believed she had crossed the 'finish line' when she still had another 400m to complete. Momentarily celebrating her success, she was then told to carry on a further lap of the Luzhniki Stadium, only to make the same mistake again on the top bend. When she finally crossed the line 200 metres later, she was relieved to take the race victory – just three seconds clear of her fast-finishing countrywoman Anisya Kirdyapkina, who upgraded to silver on the bronze she won at the last edition in Daegu. There was also drama in the battle for the bottom rung of the podium after Vera Sokolova was formally disqualified from the race for three technical infringements when entering the stadium. Placed third at the time, the hosts were denied a clean sweep and Liu Hong of China capitalised to take her third successive World Championship medal in 1:28:10, having won bronze in Berlin and silver in Daegu.

The big pre-race news was the non-appearance on the start list of Olga Kaniskina, the World champion for the past three editions. There were rumours that the Russian may not start after a troubled build up to the championships and so it proved. A 62-strong field set out in the Luzhniki Stadium before leaving the main arena for a series of nine 2km loops adjacent to the Moscow River before they re-entered the stadium for its conclusion. The early pace was taken up by Italy's 2008 Olympic bronze medallist Elisa Rigaudo, who went through 2km in 9:36. Soon she was joined by the statuesque Czech teenager Anezka Drahotova and the pair had opened up a 20-metre lead on the main pack. Bringing to mind thoughts of Rigaudo's countrywoman Valeria Straneo, who had employed similar front-running tactics to win the silver medal in the women's Marathon on Saturday, the leader hit the 5km mark in 23:16 with the Czech two metres further back – six seconds clear of the main bunch which contained around 20 athletes.

In the second quarter of the race, the front pair edged out to around ten seconds and it was Drahotova, aged just 18 and a good steeplechaser, who took her turn to set the tempo at the head of affairs. The European Junior 10,000m race walking champion with a white baseball cap sat backwards on her head opened up a 10-metre lead on Rigaudo with the main pack now a further 15 seconds adrift as 8km was reached by the leader in 36:35. Ines Henriques of Portugal led the following bunch from Spain's Julia Takacs with the Russian and Chinese threat close at hand. Under a blue sky with some wispy clouds forming, Lashmanova and Kirdyapkina moved ominously towards the front of the chasing pack and quickly set about reeling in the leaders.

At halfway the 18-year-old Drahotova went through in 45:20, one second clear of Rigaudo. The Russian duo were now only five seconds off the lead and closing rapidly. Liu of China led a five-strong group now in a single file some 14 seconds behind the leader. By 11km the shape of the race was now really starting to form. The lead group was now four-strong, as Kirdyapkina and Lashmanova joined the two long-time leaders, although they were initially keen to play the waiting game

and let the Czech set the pace. The next group, some 15 seconds back, also contained four athletes, led by Liu and her compatriot Sun HuanHuan, Mirna Ortiz of Guatemala and Sokolova, the third Russian

By the 13km, Sokolova and Ortiz had dropped off the second group, the latter given a second notification. The gap that the lead pack held on their pursuers had also been reduced to nine seconds as the Chinese pair tried to force their way into the medal race. Perhaps aware of the growing threat from Liu and Sun, the Russian pair decisively hit the front a little after the 14km. The immediate injection of pace impacted on Riguado and Drahotova as they lost contact and quickly faded out of the gold medal picture. At three quarter distance it was Lashmanova walking stride for stride with Kirdyapkina in 1:06:52. Six seconds further back were Drahotova and Riguado, who were soon to be caught by Sun and Liu in the battle for bronze.

At 16km – reached in 1:11:03 by the co-leaders – the gap between them and the pursuing pack had been extended to 14 seconds. Now it was a battle of wills in the race for gold, Kirdyapkina edging a stride clear of Lashmanova. In the chase group Russian interest was heightened as Sokolova quickly re-emerged into the medal picture, ruthlessly hunting down the Chinese duo and sweeping decisively into the bronze medal position. She quickly, though, earned a second notification from officials to put her under pressure for the remainder of the race. Just before 18km Lashmanova made her gold medal winning move as she moved quickly to the front for the first time in the race and within 400m had opened up a four-second advantage.

Lashmanova was given thunderous applause as she entered the arena with around 550m to go, however, confusion reigned as she crossed the 'finish line' for the first time believing she had completed the race. She stopped and momentarily celebrated only to be told she needed to walk for a further 400m. Scinting a possible opening, Kirdyapkina set off in hot pursuit and with 200m remaining had narrowed the gap to around 15m. However, Lashmanova, whose palms were raised in the air as if to signify her confusion entering the home stretch, held on to land gold. Liu took the bronze – following Sokolova's disqualification – with her compatriot Sun 22 seconds further back in fourth. Riguado was rewarded for a brave performance with a season's best of 1:28:41 for fifth with the fast-finishing Spaniard Beatriz Pascual sixth in a SB of 1:29.00. Praise should also go to the 18-year-old Drahotova, who looks to be a real talent. She set a personal best of 1:29:05 for seventh.

1.	Yelena LASHMANOVA	RUS	92	1:27:08	
2.	Anisiya KORNIKOVA-KIRDYAPKINA	RUS	89	1:27:11	
3.	Hong LIU	CHN	87	1:28:10	
4.	Huanhuan SUN	CHN	90	1:28:32	
5.	Elisa RIGAUDO	ITA	80	1:28:41	SB
6.	Beatriz PASCUAL	ESP	82	1:29:00	SB
7.	Anežka DRAHOTOVÁ	CZE	95	1:29:05	PB
8.	Ana CABECINHA	POR	84	1:29:17	SB
9.	Júlia TAKÁCS	ESP	89	1:29:25	
10.	Eleonora Anna GIORGI	ITA	89	1:30:01	SB
11.	Ines HENRIQUES	POR	80	1:30:28	
12.	Lyudmila OLYANOVSKA	UKR	93	1:30:48	
13.	Antonella PALMISANO	ITA	91	1:30:50	PB
14.	Mayra PÉREZ	GUA	88	1:30:59	PB
15.	Shenjie QIEYANG	CHN	90	1:31:15	
16.	Hanna DRABENIA	BLR	87	1:31:16	PB
17.	Vera SANTOS	POR	81	1:31:36	
18.	Lorena LUACES	ESP	84	1:31:43	
19.	Yelena SHUMKINA	UKR	88	1:31:54	SB
20.	Brigita VIRBALYTĖ-DIMSIEŅĒ	LTU	85	1:31:58	
21.	Kristina SALTANOVIC	LTU	75	1:32:11	SB
22.	Sandra Lorena ARENAS	COL	93	1:32:25	PB
23.	Agnese PASTARE	LAT	88	1:32:30	SB
24.	Anastasiya YATSEVICH	BLR	85	1:32:31	SB
25.	Yanelli CABALLERO	MEX	93	1:32:37	
26.	Kumi OTOSHI	JPN	85	1:32:44	
27.	Ayman KOZHAKHMETOVA	KAZ	91	1:33:00	SB
28.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:33:03	
29.	Masumi FUCHISE	JPN	86	1:33:13	SB
30.	Paulina BUZIAK	POL	86	1:33:30	
31.	Laura REYNOLDS	IRL	89	1:33:39	
32.	Antigoni DRISBIOTI	GRE	84	1:33:42	PB
33.	Sandra Viviana GALVIS	COL	86	1:33:49	SB
34.	Maria MICHTA	USA	86	1:33:51	SB
35.	Kimberly GARCÍA LEÓN	PER	93	1:33:57	PB
36.	Laura POLLI	SUI	83	1:34:07	PB
37.	Viktória MADARÁSZ	HUN	85	1:34:10	SB
38.	Galina KICHIGINA	KAZ	88	1:34:18	
39.	Khushbir KAUR	IND	93	1:34:28	PB
40.	Yong-Eun JEON	KOR	88	1:34:29	SB
41.	Neringa AIDIETYTĖ	LTU	83	1:34:32	
42.	Anita KAZEMAKA	LAT	90	1:34:37	SB
43.	Erin GRAY	USA	87	1:34:38	PB

44.	Agnieszka DYGACZ	POL	85	1:34:42	
45.	Tanya HOLLIDAY	AUS	88	1:35:18	
46.	Wendy CORNEJO	BOL	93	1:36:06	
47.	Anne HALKIVAHA	FIN	86	1:36:17	PB
48.	Thanh Phuc NGUYEN	VIE	90	1:36:27	
49.	Marie POLLI	SUI	80	1:36:31	SB
50.	Ángela CASTRO	BOL	93	1:36:33	
51.	Mária CZÁKOVÁ	SVK	88	1:36:34	
52.	Monica EQUIHUA	MEX	82	1:36:46	
53.	Katarzyna KWOKA	POL	85	1:36:54	
54.	Jess ROTHWELL	AUS	89	1:38:03	
55.	Sholpan KOZHAKHMETOVA	KAZ	91	1:38:09	SB
56.	Olga YAKOVENKO	UKR	87	1:39:58	
	Lucie PELANTOVÁ	CZE	86	1:40:23	
	Mirna Sucely ORTIZ FLORES	GUA	87	DQ	
	Vera SOKOLOVA	RUS	87	DQ	
	Lizbeth SILVA	MEX	89	DQ	
	Miranda MELVILLE	USA	89	DQ	
	Mária GÁLIKOVÁ	SVK	80	DNF	



The leaders force the pace towards the finish but it was Lashmanova who won out (photos www.iaaf.org)

It was a tough day in the office for the Australians. **Regan Lambie** did not even make it to the start line, having been sick for several weeks and returning to Australia a few days ago. **Tanya Holliday** was our first finisher with 1:35:18 (45th) while **Jess Rothwell** finished with 1:38:03 for 54th place.

Tomorrow sees the men's 50km walk with Australians **Jared Tallent**, **Chris Erickson** and **Ian Rayson** in action. With 2012 Olympic champion Sergey Kiryapkin a scratching from the race, Jared moves up the list of favourites - it will be a fascinating event to watch. With a start time of 8:30AM (2:30PM AEST), the cooler morning conditions should give the walkers a better chance to walk well. Good luck everyone. I will be watching the live feed on www.watchathletics.com. The video coverages of the two 20km walks via that website have been excellent.

- The IAAF preview of the 50km walk

<http://www.iaaf.org/competitions/iaaf-world-championships/14th-iaaf-world-championships-4873/news/preview/men/50-kilometres-race-walk>

- Ireland's Robert Heffernan is interviewed about the IAAF 50km walk:

<http://www.independent.ie/sport/other-sports/theres-no-point-saying-i-want-to-go-there-for-fun-i-want-a-medal-29489591.html>

FINNISH JUNIOR T&F CHAMPIONSHIPS, LAPPEENRANTA, FINLAND, 10-11 AUGUST 2013

The track walks, which were held on Saturday as part of the Finnish Junior T&F Champs, saw winds to Elmo Koivunen (44:34.13) and Erika Parviainen (24:29.46).

Men 10,000m Walk

1.	Elmo KOIVUNEN	FIN	94	44:34.13
2.	Markus KYRÖLÄ	FIN	95	48:45.56
3.	Joni ROUHAINEN	FIN	94	50:49.78

Women 5000m Walk

1.	Erika PARVIAINEN	FIN	95	24:29.46
2.	Tiia KUIKKA	FIN	94	26:24.61
3.	Sini JUSSILA	FIN	95	26:59.09
4.	Amanda ÅSTRÖM	FIN	95	27:35.51
5.	Venla LAIHO	FIN	95	27:55.52

WORLD MASTERS GAMES, TURIN, ITALY, 2-11 AUGUST

The multi-discipline World Masters Games (see <http://www.torino2013wmg.org/?lang=en>) are currently underway in Turin in Italy. In last week's newsletter, I reported on the 5000m track walks. Since then, the 10km roadwalks have been held. I don't have time to fully elaborate on the results so will have to make do with pointing readers to the full results which the omarchador blokes have, as usual, fully done.

- 10km Men: <http://omarchador.blogspot.pt/2013/08/10-km-masculinos-dos-jogos-mundiais.html>
- 10km Women: <http://omarchador.blogspot.pt/2013/08/10-km-femininos-dos-jogos-mundiais.html>

WALKING SHORTS

- Entry list for all events in Moscow
<http://dt9guucc6nuua.cloudfront.net/competitioninfo/923ddeac-0440-4b80-ae82-8fe82c28cdd9.pdf>
- For the ultimate companion to the World Track and Field championships read the IAAF Statistics Handbook to Moscow 2013. With over 800 pages there is bound to be plenty of stimulating detail for even the most discerning athletics follower.
<http://iaaf-ebooks.s3.amazonaws.com/Moscow-2013-Statistics/sources/index.htm> OR
<http://iaaf-ebooks.s3.amazonaws.com/Moscow-2013-Statistics/sources/projet/IAAF-Moscow.pdf>
- Nathan Deakes will chair the 10-person Athletics Australia Athletes Commission
http://www.athletics.com.au/home/news/news/2013/august/deakes_hooker_on_athletes_com
- Slovak walker Matej Toth has been elected as one of 6 new members of the IAAF Athletes Commission. His term will run for 4 years from 1.1.2014 to 31.12.2017. See <http://atletikasvk.sk/Articles/Detail?ArticleId=661>

2013 RWA POSTAL CHALLENGE UPDATE

Thanks to Mark Donahoo who has now finalised the results of last month's RWA Postal Challenge event. Well done to all the clubs who participated but commiserations to ACTR&FWC who had to cancel their Postal Challenge day because of dangerous stormy weather. Congratulations to the placegetting clubs

RWV	33 points
NSWRWC	36.9 points
QRWC	41.5 points

I have uploaded the full result set to the RWA website at <http://www.rwa.org.au/aresult2013.shtml>. Questions or queries should be directed to event coordinator Mark Donahoo.

2013 AUSTRALIAN RACE WALKING SERIES PROGRESSIVE POINTS

I have updated the points for the 2013 Australian Race Walking Series to include the Postal Challenge which has now been confirmed. The points awarded from the Postal Challenge as well as the progressive points can be viewed at <http://www.rwa.org.au/aevents-1.shtml>. With only 2 rounds of the 2013 Series to go (Launceston and Fawkner Park), the Open, U23, U20 and U18 final contenders are starting to take shape. If you see any errors or have any concerns or questions, send me an email.

HISTORICAL RESULTS UPDATE

Thanks to Ian Laurie for typing up the 1994 VRWC winter season results as well as the 1994 LBG Carnival and Second Federation Carnival results. Links as follows

1994 VRWC Winter Season Results:	http://www.vrwc.org.au/vrwcres1991-1998w.shtml
1994 RWA Carnivals Results:	http://www.rwa.org.au/aresult1990-1999.shtml

If anyone out there can spare some time for typing up results, we can gradually get more and more historical results online. Just see me any time at Middle 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

Aug 17, 2013 VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 1, 2013 Australian Roadwalk Championships, Symmons Plains racewalk (near Launceston), TAS
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
October 5-12, 2013 **Australian Masters Games, Geelong**. See <http://www.australianmastersgames.com>. Entries close 7 Aug.

2013 International Fixture

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 14, 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>

2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)
Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)
Incorporating the Oceania Racewalking Cup (Aust vs NZ)
Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 5000m walks

2014 International Fixture

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

Looking even further forward

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

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)