



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 23
4 March 2014



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

TIM'S WALKER OF THE WEEK

Last week's Walker of the Week vote went to 16 year old Queensland walker Katya Martin who improved her 10,000m time from 58:04 to a superb 49:52.34 in winning the Queensland U20 10,000m track walk last weekend in Brisbane. She has been in good racing form lately but has now catapulted herself into our top Junior ranks. This was one out of the bag. And to cap it off, she had been sick and in bed prior to the race.

This week there is no need to vote as one performance stands out - that of 19 year old **Jesse Osborne** in the Victorian Open 5000m Track Walk on Sunday afternoon. His time of **19:46.23** bettered Dion Russell's Victorian U20 record of 20:01.35, set at the Doncaster track in 1994. It also bettered Nathan Deakes' VRWC U20 club record of 19:46.88, set in Sydney in 1996. Now he will have his sights set on Troy Sundstrom's Australian U20 record of 19:38.22, set in Sydney in 2000. Now that is a challenge!



Jesse in action at Lakeside Stadium in Melbourne on Sunday

It is good to see where this time fits into the big picture. Here is my updated all-time Aussie 5000m ranking list:

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	18:56.96	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	05/07/2013	20
8	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
9	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
10	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
11	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27

12	19:29.91	Rhydian Cowley	V	04/01/1991	2	Brisbane	05/08/2012	21
13	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
14	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
15	19:46.23	Jesse Osborne	V	12/01/1995	2	Melbourne	02/03/2014	19
16	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
17	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
18	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
19	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
20	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
21	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17
22	20:00.50	Darren Bown	S	30/06/1974	1	Adelaide	16/03/2005	20
23	20:06.51	Brandon Dewar	Q	13/05/1992	2	Brisbane	05/07/2013	21
24	20:06.54	Noel Wooler	Q	19/05/1975	1	Brisbane	16/02/1996	20
25	20:08.62	Duane Cousins	V	13/07/1973	5	Melbourne	09/03/2006	32
26	20:08.72	Nathan Brill	V	25/04/1996	1	Sydney	19/01/2013	16
27	20:12.20	Liam Murphy	S	05/06/1979	5	Adelaide	28/01/2000	20
28	20:12.60	Ian Rayson	N	04/02/1988	8	Sydney	18/02/2012	23
29	20:14.90	Michael Harvey	V	05/12/1962	1	Melbourne	26/11/1991	28
30	20:16.26	Damian O'Mara	N	03/10/1975	4	Melbourne	20/02/1997	21
31	20:19.70	Brendon Reading	A	26/01/1989	6	Sydney	19/03/2011	22
32	20:22.50	Dariusz Wojcik	V	24/09/1959	3	Melbourne	26/11/1991	32
33	20:22.78	Brad Aiton	Q	20/06/1994	1	Brisbane	09/02/2013	18
34	20:30.10	Rob McFadden	S	15/03/1966	1	Adelaide	21/03/1992	26
35	20:30.87	Matt O'Donnell	N	18/11/1974	4	Sydney	12/03/1994	19
36	20:34.90	Daniel Thorne	V	19/12/1979	1	Melbourne	13/03/2003	23
37	20:36.73	Tom Barnes	V	22/09/1982	4	Melbourne	24/02/2007	24
38	20:37.43	Blake Steele	S	04/01/1993	7	Sydney	19/03/2011	18
39	20:38.00	Mark Donahoo	V	27/05/1958	2	Melbourne	22/11/1990	32
40	20:39.26	Nick Dewar	Q	13/05/1992	5	Sydney	09/03/2013	20
41	20:40.80	Jason Moore	Q	19/03/1974	1	Brisbane	12/02/1993	19
42	20:41:45	Greg Robertson	T	23/12/1969	4	Sydney	23/02/1991	21
43	20:42.90	Craig Brill	V	10/11/1967	1	Melbourne	06/12/1990	23
44	20:44.40	Brad Malcolm	V	07/08/1978	1	Melbourne	11/02/2000	21
45	20:44.66	Nathan Brill	V	24/05/1996	13	Sydney	18/02/2012	15
46	20:45.92	Paul Kennedy	V	03/04/1957	5	Sydney	12/03/1994	36
47	20:47.74	Mark Thomas	V	23/12/1962	7	Melbourne	20/02/1997	34
48	20:48.00	Anthony Miles	Q	30/11/1971	1	Brisbane	15/10/1989	17
49	20:49.14	Kyle Malone	N	25/07/1991	2	Brisbane	09/02/2013	21
50	20:51.18	Rohan Best	T	24/02/1973	1	Hobart	06/01/1991	17
51	20:54.56	Michael Woods	N	11/06/1962	3	Sydney	23/02/1985	22
52	20:54.70	Marcus Dwyer	V	26/03/1977	1	Melbourne	19/11/1998	21
53	20:59.10	Scott Holliday	W	22/12/1983	1	Perth	06/01/2002	18
54	21:02.10	Craig Jeffery	V	12/05/1968	1	Bendigo	25/01/1992	23
55	21:03.10	Dominic McGrath	V	04/06/1972	2	Melbourne	22/02/2001	28
56	21:06.38	Travis Harbour	V	12/12/1975	3	Melbourne	08/02/1997	21
57	21:06.40	Graeme Nicholls	V	15/05/1948	1	Ballarat	17/11/1970	22

WHAT'S COMING UP

Athletics Victoria Shield competition returns this week with 5 of our zones in action with Round 11 - Bendigo and Geelong are shown as hosting Round 11 the following weekend. The AV handbook says it like this

AV Shield BLUE ZONE Round 11 P2:	Knox Athletic Track, Scoresby
AV Shield RED ZONE Round 11 P2:	Meadowglen International Athletics Track, Epping
AV Shield WHITE ZONE Round 11 P2:	Bill Sewart Aths Track, Burwood
AV Shield YELLOW ZONE Round 11 P2:	VU Wyndham Sporting Complex, Hoppers Crossing
AV Shield BALLARAT REGION Round 11 P2:	Llanberris Reserve, Ballarat

There are plenty of major championship racing opportunities coming up in the next few weeks and they read as follows:

Mar 8-10, 2014	Australian Masters T&F Championships, Hobart. See http://www.amahobart2014.com.au
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, SOPAC, Sydney
Mar 15-16, 2014	Vic Masters Champs, Bill Sewart Athletics Track, Burwood,
Sun Mar 23, 2014	VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks - entries closed on Feb 28 th .
Mar 29-30, 2014	LAVic State T&F Championships
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks.

Entries are open for the **Australian T&F Championships 10,000m walks** - the draft fixture has them on at 7PM on Friday 4th April. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1075&OrgID=887

And a final reminder for Victorian masters walkers - entries close tomorrow (Wednesday 5th March) for the **2014 VMA T&F Championships** which will be held on **15-16 March 2014** at the **Bill Sewart Athletic Track in Nunawading**. Entries are via the AV online entry form: see <http://www.athsvic.org.au/events/detail/victorian-masters-track-field-championships1>.

Finally, some of our Australian Masters walkers will be heading off later this month to the **World Masters Athletics Indoor Championships** in **Budapest** (see <https://www.facebook.com/WMABudapest2014>). The meet runs from **25-30 March** and includes 3000m track walks and 10km road walks.

SAMA TRACK WALKS, SANTOS STADIUM, ADELAIDE, WEDNESDAY 26 FEBRUARY

Thanks to Colin Hainsworth for the latest walks from the South Australian Masters - cool with light breeze down finishing straight.

5k yacht handicap walk

1.	Justin Hill	22:57		
2.	Matthew Anderson	41:05	M42	46.76%
3.	Laurie Antal	41:43		
4.	Bill Starr	34:40	M71	73.15%
5.	Kim Mottrom	21:47		
6.	Rodger Barber	36:49	M75	72.61%
7.	Roger Lowe	38:36	M70	64.89%
8.	Gloria Holliday	29:12	W53	78.60%
9.	Edna Bates	42:34	W61	58.74%
10.	Colin Hainsworth	39:02	M84	78.69%
11.	Peter Crump	27:46	M53	75.76%
12.	Jack Russell	29:28	M61	76.89%
13.	Marie Maxted	33:12	W53	69.13%
14.	Linda Whitelaw	39:07	W60	63.18%
15.	James Hoare	38:56	M67	62.08%

3k yacht handicap walk

1.	Louisa Mitchell	18:55	W45	66.20%
2.	Jill Rogers	24:36	W69	65.24%
3.	Helen Suridge	22:01	W63	67.54%
4.	Paul Boyce	35:22	M77	45.64% ?

800mtrs yacht handicap walk

1.	Matthew Anderson	05:58	M42	
2.	Sue Damin	05:54	W49	
3.	Felicity Henderson-Wilson	03:54		
4.	Jack Russell	03:52	M61	
5.	Margaret Trengove	05:24	W70	
6.	John Hore	05:16	M65	
7.	Gloria Holliday	04:05	W53	
8.	Leigh Smith	05:43	M78	
9.	Rhiannon Lovegrove	03:57		
10.	Sarah Damin	03:49		
11.	Roger Lowe	05:29	M70	
12.	Gill White	06:13	W65	
13.	Jill Rogers	06:29	W69	
14.	Marie Maxted	04:49	W53	
15.	Ben Abbott	05:17	M42	
16.	Helen Suridge	05:31	W63	
17.	James Hoare	05:49	M67	

ACT RACE WALKING CLUB TRACKWALKS, AIS STADIUM, BRUCE, ACT, THURSDAY 27 FEBRUARY

Thanks to Robin Whyte for his latest report from Canberra.

2000m

1.	Zoe Hunt	9:12
2.	Thomas Hopkins	9:15
3.	Callum Burns	9:42
4.	Spencer Burns	9:55

5.	Gabby Hunt	10:07
6.	Mitchell Baker	10:55
7.	Emily Hopkins	11:21
8.	Karina Hopkins	11:30
9.	Jordan Bardsley	11:31
10.	Dylan Eddowes	11:39
11.	Elizabeth Henderson	11:49
12.	Helena Bialecki	11:49
13.	Robin Whyte	12:27
14.	Chris Vincent	12:32
15.	Chelsea Rogic	13:09
16.	Rod Gilchrist	13:29
17.	Jennifer Gilchrist	14:02
18.	Barbara Eddowes	14:05
19.	Colby Eddowes	14:06
20.	Ruth Baussmann	14:29
21.	Venesser Rogic	14:30
22.	Sheryl Greathead	15:32
23.	Margaret McSpadden	15:33
24.	Robert Kennelly	15:56

800m

1.	Ann Staunton-Jugovic	3:34
2.	Laura Burns	3:59
3.	Carmen Carlon	8:27

WA OPEN & U20 STATE 10KM WALKS, WA ATHLETICS STADIUM, PERTH, THUR 27 FEBRUARY

Only a few walkers in action in the Western Australian T&F Championships 10,000m track walks last Thursday evening.

Open Men 10000m Walk Open

1.	Hastie, Garry	M	Bunbury	56:01.50
2.	Lowe, Daniel	M	Masters WA	66:16.10

U20 Mixed 10000m Walk U20

1.	Tingay, Declan	M	Athletics WA	55:55.40
2.	Holt, Kate	W	Melville	DQ

STRIVE INTERCLUB PROG B, WA ATHLETICS STADIUM, PERTH, FRIDAY 28 FEBRUARY

Mixed 3000m Walk

1.	Ruane, Tiahna	W	West Track	16:02.7
2.	Hughes, Holly	W	Melville	16:51.1
3.	Reid, Benjamin	M	Athletics WA	17:04.2
4.	Ellis, Daryl	M	BHAC	21:50.9
	Leatherland, Simeon	M	Athletics WA	DQ

VICTORIAN OPEN T&F CHAMPS, LAKESIDE STADIUM, ALBERT PARK, 28 FEBRUARY - 2 MARCH

I was at Lakeside Stadium on Sunday afternoon to watch the Open 5000m walks at the Victorian T&F Championships and it was worth the trip. Conditions were good (sunny but with a cooling breeze) for the women who were first up at 1:10PM. Tayla-Paige Billington lead out early before Kelly Ruddick asserted herself, soon building up a winning lead and lapping just about the whole field in the process. Her finishing time of 22:12.66 came only a few days after returning from the IAAF meet in Chihuahua last weekend and indicates her ongoing good form. It was great to see Beth Alexander back into racing shape with her silver medal time of 24:00.24. And what about Stephanie George who strode to a big PB time of 24:44.80. I noted that the Brotherhood Racewalking boys (see <https://www.facebook.com/BrotherhoodRacewalking>) awarded her their Brotherhood Performance of the Week.

Women 5000m Walk Open, Sunday 2 March, 1:10PM

1.	Ruddick, Kelly	BHA	22:12.66	
2.	Alexander, Beth	KNA	24:00.24	
3.	George, Stephanie	SCA	24:44.80	PB 0:29
4.	Billington, Tayla-Paige	BOH	25:29.58	
5.	Clarke, Eliza	DIV	25:43.13	
6.	Boldiston, Zoe	SBE	25:57.84	
7.	Laurie, Natalie	ANW	27:06.98	

8.	Geisler, Sandra	RWD	27:20.52
9.	McInnes, Simone	GHY	28:18.09
10.	Sanders, Jade	CCA	28:51.09
11.	Elms, Donna-Marie	PTN	31:38.66

The men were up next in what was a most anticipated event. Rhydian Cowley led them out for the first 2 laps before Chris Erickson strode to the front and proceeded to put the foot down. Surprisingly, his younger teammate and training partner Jesse Osborne was the only one to go with him and they soon built up a good lead over Rhydian, with Nathan Brill further back in fourth. With 600m to go, Jesse was still within striking distance but Chris's relentless pace put paid to any late charge as he strode to a clear victory in 19:35.51. Jesse held on superbly for a big PB time of 19:46.23 and a new Victorian U20 record. Rhydian, who has won this event for the last 3 years, had to settle for third this time around while Nathan was fourth with 21:07.64. Further back in the field, it was a case of fluctuating fortunes as positions swapped lap by lap. Eventually Emmet Brasier and Danny Hawksworth came through to take 5th and 6th ahead of Kyle Swan, the first 7 all under 24 mins. And David Smyth recorded another PB!

Men 5000m Walk Open, Sunday 2 March, 1:50PM

1.	Erickson, Chris	ATE	19:35.51	
2.	Osborne, Jesse	ATE	19:46.23	PB 0:14, New Vic U20 Record
3.	Cowley, Rhydian	GHY	20:22.85	
4.	Brill, Nathan	BOH	21:07.64	
5.	Brasier, Emmet	DIV	23:20.51	
6.	Hawksworth, Danny	ATE	23:38.28	
7.	Swan, Kyle	ANW	23:51.81	
8.	Christmass, James	COR	24:01.32	
9.	Walmsley, Reese	KNA	24:29.75	
10.	McDonough, Aaron	PTN	24:47.33	
11.	Kozica, Jason	STK	25:29.76	
12.	Evans, Simon	BOH	25:46.72	
13.	Smyth, David	COL	26:23.56	PB 0:29
14.	Owen, Cooper	DIV	27:18.85	
15.	Taylor, Lucas	YRA	27:31.52	
16.	Donahoo, Mark	ATE	27:43.44	
	Simpson, Bradley	ANW	DQ	
	Bird, Kyle	MPA	DQ	
	Garganis, Adam	COL	DQ	

Chris has now won this event a record 7 times in the past 11 years and placed 2nd twice - not a bad record given he has spent a lot of that time resident in Canberra and on AIS scholarship. His times indicate his ongoing consistency - that is why he remains the standard for the younger walkers to chase.

2004	Erickson, Chris	Aths Essendon	23.08.15
2005	Erickson, Chris	Aths Essendon	20:58.26
2007	Erickson, Chris	Aths Essendon	19:40.27
2008	Erickson, Chris	Aths Essendon	19:35.71
2009	Erickson, Chris	Aths Essendon	19:25.98
2010	Erickson, Chris	Aths Essendon	19:33.95
2014	Erickson, Chris	Aths Essendon	19:35.51

As mentioned above, Jesse's time of 19:46.23 bettered Dion Russell's Victorian U20 record of 20:01.35, set at the Doncaster track in 1994. It has withstood all challenges for 20 years but it fell to the super talented young Athletics Essendon walker. Now he will have his sights set on Troy Sundstrom's Australian U20 record of 19:38.22, set in Sydney in 2000. Now that is a good record!

And consider the Athletics Essendon triumvirate of Chris Erickson (19:35.51), Jesse Osborne (19:46.23) and Danny Hawksworth (23:38.28). I don't think anyone is going to challenge them as a team in the AV Shield Final later this month!

And finally athsvicTV has done it again with two high quality videos from the two races. Well done David!

Men's 5000m Walk: <http://www.youtube.com/watch?v=Ddb6VdnehRg>
 Women's 5000m Walk: http://www.youtube.com/watch?v=JTjeC6K_Ob8

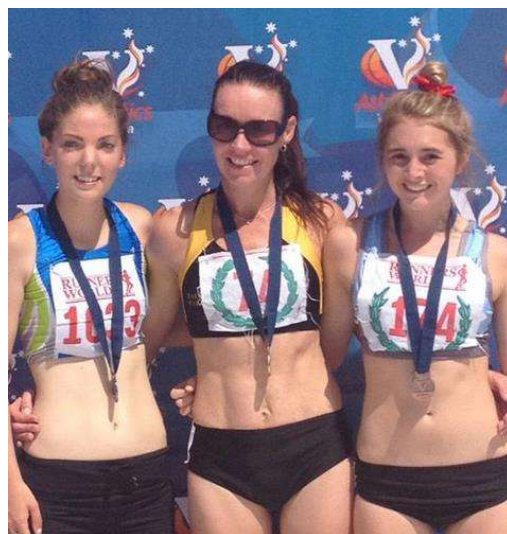
Interestingly, see how far back Chris Erickson is from his staggered start when he comes off the bend. He started slowly and then worked his way through the field. An interesting case study for our younger walkers who often head off so enthusiastically!



Kelly, Stephanie and Beth in action



Jesse, Nathan, Rhydian and Chris in the men's race



Beth, Kelly and Stephanie at the presentations

2014 NSW OPEN, U23 & AWD CHAMPIONSHIPS, SOPAC, SYDNEY, 28 FEBRUARY - 2 MARCH

The NSW Open 5000m Walks for Men and Women were held in Sydney last Saturday as part of the NSW Open, U23 & AWD Championships. It had been raining on and off most of the day but the walkers luckily found a break in the rain for their race, albeit the track was very wet. Ian Rayson lead from the outset and was never really challenged; Kyle Malone tacked in behind Ian for the first few laps, but slowly succumbed to the pace and was caught and passed by Tyler Jones about midway through the race. Kyle was also picked up by Steven Washburn but a late burst of speed by Kyle made for an exciting battle for third place. Nicole Fagan also lead from the outset and went on in fine style to claim victory in the Women's Open with Kirsty Klein, Jasmine Dighton and Amanda Barendregt spread out quite evenly behind.

Men 5000m Walk Open, Saturday 1 March

1.	Rayson, Ian	26	Mingara Athletics	20:18.41	
2.	Jones, Tyler	16	Wyong Athlet	21:23.90	PB 0:25
3.	Malone, Kyle	23	Nepean Distr	21:44.27	
4.	Washburn, Steven	20	Uts Northern	21:47.84	PB 0:57
5.	Felton, Jay	19	Mingara Athletics	22:04.37	PB 0:31
6.	Gibbons, Carl	18	Westlakes At	23:26.48	PB 0:34
7.	Osborne, Robert	59	Nepean Distr	29:06.62	

Women 5000m Walk Open, Saturday 1 March

1.	Fagan, Nicole	25	Sydney Unive	22:27.19	
2.	Klein, Kirsty	20	Asics West T	24:06.59	
3.	Dighton, Jasmine	18	Asics West T	25:06.30	
4.	Barendregt, Amanda	18	Nepean Distr	27:58.28	
	Bettiol, Amy	19	Sydney Pacif	DNF	



Jasmine Dighton and Ian Rayson in action in Sydney (photos <https://www.facebook.com/pages/Athletics-NSW>)

ATHLETICS SA T&F CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE, 28 FEB - 2 MAR

Thanks to Kim Mottrom for this report of the South Australian T&F Championship walks from Adelaide last weekend.

We had our state 5000m and 1500m walk championships on Friday evening in ideal conditions. With Jared Tallent doing his first race as a registered athlete in SA and Darren Bown walking again, the men's race was a fast one. Justin Hill continued his improvement with his third 5km PB in a week, but unfortunately for him, still missed out on a medal. Tanya Holliday was also in sparkling form with her winning time of 21:36.20.

Open Men 5000m

1.	Jared Tallent	20:38.63	
2.	Kim Mottrom	21:24.29	
3.	Darren Bown	22:24.28	
4.	Justin Hill	22:30.70	PB 0:27
5.	Troy Hooker	27:24.55	
6.	Peter Crump	27:39.67	

7. James Hoare DQ

Under 20 Men 5000m

1. Jordan McKenna 30:00.46

Under 15 Boys 1500m

1. Jayden Goode 7:47.61

Under 14 Boys 1500m

1. Joe Cross 7:45.02 PB 0:02

2. Tristan Camilleri 9:03.06

Open Women 5000m

1. Tanya Holliday 21:36.20

2. Gloria Holliday 29:42.69

3. Barbara Cain 35:59.58

Under 20 Women 5000m

1. Felicity Henderson Wilson 28:35.60

Under 18 Girls 5000m

1. Samantha Findlay 30:43.77 PB 0:49

Under 17 Girls 5000m

1. Neve Goodrem 30:22.48

Under 16 Girls 1500m

1. Anna Cross 7:15.98

Under 15 Girls 1500m

1. Bethany Cross 7:30.36

2. Sarah Damin 7:30.75

On Sunday, many of the walkers backed up for a 3000m race with a number of excellent performances in much warmer conditions, Kim Mottrom leading the way with 12:41.05.

Open Men 3000m

1. Kim Mottrom 12:41.05

2. Justin Hill 14:05.90

3. Troy Hooker 15:41.92

4. Peter Crump 16:37.79

5. James Hoare 21:16.43

Under 16 Boys 3000m

1. Alix Harlington 15:25.02

Under 15 Boys 3000m

1. Jake Vidler 16:26.18

2. Jayden Goode 17:27.20

Under 14 Boys 3000m

1. Tristan Camilleri 19:24.26

Open Women 3000m

1. Gloria Holliday 17:41.76

2. Barbara Cain 21:24.67

Under 17 Girls 3000m

1. Neve Goodrem 18:27.99

Under 16 Girls 3000m

1. Anna Cross 15:53.63

Under 15 Girls 3000m

1. Bethany Cross 15:55.50

2. Sarah Damin 15:57.23 (PB 0:02)

3. Rhiannon Lovegrove 16:42.37



Open 3000m walk medallists Justin Hill, Kim Mottrom and Troy Hooker with Peter Crump sneaking in to join in the fun



All the Sunday walkers except for Neve who had gone home (photos Steve Harlington)

DANISH INDOOR CHAMPIONSHIPS, SPAR NORD ARENA, SKIVE, 22 FEBRUARY

To start off our overseas news, one final indoor championship meet from the previous weekend - the Danish Indoor Champs from Skive. A good time by Andreas Nielson (21:30.63).

5000m Men

1.	Andreas W. Nielsen	1988	Århus 1900 AM	21.30,63
2.	Jacob Sørensen	1974	Team Sdr. Omme IF	24.54,16
3.	Jesper M. Thomsem	1979	Team Sdr. Omme IF	24.56,31
4.	Torben Kristiansen	1972	Team Sdr. Omme IF	26.59,64

5. Bruno Christensen 1971 GK Frem 2000 33.19,00

3000m Women

1. Rebecca Nielsen 2000 Ballerup AK 20.21,98

3.000m Masters

M 35	1	Jesper M Thomsem	1979	Team Sdr. Omme IF	14.41,58	
M 40	1	Jacob Sørensen	1974	Team Sdr. Omme IF	14.35,78	M40 record
	2	Torben Kristiansen	1972	Team Sdr. Omme IF	16.07,13	
	3	Bruno Christensen	1971	GK Frem 2000	19.55,58	
M 55	1	Peer Jensen	1957	Phønix/VI 39	17.22,73	
M 65	1	Kai Thomsen	1949	Team Sdr. Omme IF	18.03,73	M65 record

CHINESE RACE WALKING CHAMPIONSHIPS, HUANGSHAN, 27-28 FEBRUARY

The Chinese roadwalk championships are normally held around this time of the year and so it was that they gathered last Thursday and Friday in Huangshan. My report is reproduced from that of Mirko Jalava, reporting for the IAAF (see <http://www.iaaf.org/news/report/women-juniors-ichinese-race-walking-champions>). You can also read another report at http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1708

Women and juniors excelled in the first leg of the Chinese race walking championships on road in Huangshan on Thursday and Friday (27/28). The event gave a good indication of the form of some of likely members of the host's team at the 2014 IAAF World Race Walking Championships in Taicang in two months time.

Women's 20km Walk

Lu Xiuzhi, still only 20, continued in her recent role as China's best female walker in the big domestic races when winning in a world-leading 1:28:57 to open her season on Thursday. She also won the National Games 20km walk in May 2013 and finished in sixth place at the London 2012 Olympic Games, but she did not get selected for the IAAF World Championships in Moscow last summer. Ding Huiqin, the 2012 Asian champion, was second with a 1:29:39 personal best, just her second career sub-1:30 race, and Nie Jingjing took the third place in 1:29:40. Hou Yongbo, still just 19, was fourth in a 1:30:27 personal best. Sun Huanhuan, fourth in Moscow was only fifth in this race in 1:30:37. Two athletes from the 2013 World Championships trio, Moscow bronze medallist Liu Hong and 2012 Olympic Games bronze medallist Qieyang Shenjie did not compete here.

1.	Xiuzhi Lu	1:28:57
2.	Huiqin Ding	1:29:39
3.	Jingjing Mie	1:29:40
4.	Yongbo Hon	1:30:27
5.	Huanhuan Sun	1:30:37
6.	Yinglin Wang	1:30:51

Men's 20km Walk

London 2012 Olympic Games men's 20km race walk champion and Moscow silver medallist Chen Ding is still having hard time after back troubles almost ruined his 2013 season. This was another race he could not finish, just like his 2013 debut almost exactly a year ago. The 22-year-old Bian Fongda emerged as the winner in 1:20:45, the biggest success of his career and his second best time ever although he was more than a minute behind his personal best of 1:19:34 set when finishing fourth at the Taicang leg of the IAAF Race Walking Challenge last year. Liu Jianmin was a distant second in 1:20:51 while Sun Chenggang third in 1:21:54.

1.	Tongda Bian	1:20:45
2.	Jianmin Liu	1:20:51
3.	Chenggang Sun	1:21:54
4.	Haijun Ma	1:23:52
5.	Dexiang Yan	1:24:04
6.	Guazhu Dong	1:24:15

Other events - 50km and Junior 10km Walks

Cheng Min won a low-key 50km race in 4:00:48, finishing more than four minutes clear of his nearest challenger and slicing more than 15 minutes off his previous.

In the junior races, Chinese athletes showed they will be a medal threat later this season, not only at the IAAF World Race Walking Cup in May but also at the IAAF World Junior Championships in Eugene, USA, in July. Gao Wenkui, 18 and from the Inner Mongolia province, was the fastest in the junior men's 10km race in a personal best of 40:25. Having finished eighth in the 2012 World Race Walking Cup junior men's race when just 16, Gao looks set to make a big improvement in this summer's two big races for juniors. He was followed by Jie Jinzhu in a personal best of 40:57.

Junior women's winner Duan Dandan walked a very fast 43:31 to move up to eighth on the Chinese junior all-time list for this event, with the best junior performance in the world since 2009. Yang Jiayu was second in 44:16 in a race which saw the first 16 women set personal bests.

Youth boys' winner was Tong Dongliang in 40:55 and Cun Hailu won the girls' race in 45:36, all world- leading times in their own categories.

GER-FRA-ITA JUN INDOORS MATCH, HALLE, GERMANY, SATURDAY 1 MARCH

The annual Germany-France-Italian Junior Indoors Match was held this year in Halle, Germany, and was reported on by MarcialItaliana (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1710)

Men's 5000m Race Walk indoor

Hometown favourite Jonathan Hilbert led out early with km splits of 4:15 and 4:19, followed by Gregorio Angelini (7th in last year's World Youth Champs) and Stefano Mansutti. As the race progressed, Hilbert pulled away from the two Italians to win by 11 secs with 21:17.43.

1.	Jonathan HILBERT	GER	95	21:17.43
2.	Gregorio ANGELINI	ITA	96	21:28.89
3.	Nathaniel SEILER	GER	95	21:41.84
4.	Stefano MANSUTTI	ITA	95	21:52.33
5.	Thibault HYPOLITE	FRA	97	23:38.06
6.	Dorian ADAM	FRA	97	24:20.71

Women's 3000m Race Walk indoor

2013 World Youth silver medallist Noemi Stella and the neo-Italian Champion Margherita Crosta pulled away from the rest of the field early, passing the first km in 4:20. At this stage, Stella applied the pressure and pulled away to walk to a comfortable victory with 13:24.21.

1.	Noemi STELLA	ITA	97	13:24.21
2.	Margherita CROSTA	ITA	95	13:41.04
3.	Axelle HAM	FRA	97	14:16.43
4.	Maxi WOELKE	GER	95	14:27.20
5.	Annika BREMBACH	GER	96	14:57.82
6.	Alisson KOWALSKI	FRA	97	15:34.07

FRENCH YOUTH INDOOR CHAMPIONSHIPS, LYON, FRANCE, SATURDAY 1 MARCH

Emmanuel Tardi was in Lyon last Saturday judging at their National Youth Indoor Championships. The meet also hosted the N2 Championship (for athletes ranking 13-24 in national 2014 lists). Emmanuel indicates that the best results were for Keny Guinaudeau 20.55 and for Amandine Marcou 13.38. Next week will see national 20km and 50km Championships. Podium placings were

U18 Women 3000m

1.	NAVARRO Lea	Nantes Metropole Athletisme*	CAF/97	15'11"97
2.	VERDIERE Adele	Stade Lavallois	CAF/97	15'20"29
3.	MIALDEA Eva	Correze Athle*	CAF/97	15'51"47

U20 Women 3000m

1.	DELEUZE Cecile	Fc Laon	JUF/96	15'11"63
2.	NAZE Cecile	Mouy Atac	JUF/95	15'29"82
3.	LANGLAIS Emmanuelle	Athle Pays De Fougères *	JUF/95	15'39"12

U23 Women 3000m

1.	MARCOU Amandine	Sa Merignac	ESF/92	13'38"77
2.	BELLAN Julie	Sa Merignac	ESF/93	14'38"75
3.	TREBAUL Enora	Pays De Landerneau Athletisme	ESF/94	14'52"61

Women National N2 3000m

1.	BARRE Christelle	Racing Club Nantais *	VEF/72	15'14"83
2.	THIEFFENAT Delphine	Lyon Athletisme*	SEF/75	15'15"07
3.	SEVELLEC Sylvie	Ea Cessonnaise*	VEF/64	15'20"28

U18 Men 3000m

1.	FREVILLE Edgard	Ac Roche-sur-yon *	CAM/97	24'26"84
2.	HALOUA BOUKHRIS Zineddine (ESP)	Athle 66*	CAM/98	24'58"87
3.	PREAULT Thomas	Saint-amand-montrond Boischaud	CAM/97	25'04"06

U20 Men 3000m

1.	BLANCHETEAU Jean	Athle Bourgogne Sud	JUM/96	21'42"46
2.	MUTTER Axel	Ac Roche-sur-yon *	JUM/96	22'22"93

3. LAMIAUX Amaury Lille Metropole Athletisme* JUM/96 22'38"51

U23 Men 3000m

1. GUINAUDEAU Keny Ac Roche-sur-yon * ESM/93 20'55"32
 2. DESJARDINS Florian Rouen Maromme Mont Saint Aigna ESM/94 22'46"70
 3. GAUCHET Quentin Aj Blois-onzain ESM/93 23'31"03

Men National N2 3000m

1. DA SILVA CARVALHO LE Thomas Coulommiers Brie Athletisme 22'07"93
 2. BOULCH Mael Pays De Landerneau Athletisme 22'19"50
 3. POTIER Nicolas Athle Pays De Fougères * 22'32"32



Podiums: Junior Man and Junior Women



Podiums: U23 Women, U23 Men and U18 Women (photos Emmanuel Tardi)

24 HEURES DE BOURGES, BOURGES, FRANCE, 1-2 MARCH 2014

Our French correspondent Emmanuel Tardi had a busy time last weekend, travelling by train to the French Youth Indoor champs in Lyon on Saturday and then driving to Bourges on Sunday morning, arriving at dawn to catch the final 7 hours of the 24 Heures de Rouen.

Held on the traditional Circuit des Rives d'Auron, the first lap was 540m followed by laps of 2.688km up till the 23 hour mark and finishing with laps of 629m in the final hour - enabling an exact 100km split for all walkers who got that far.

In the men's event, Fabrice Henry immediately took the lead and was a long way ahead by the time he reached 100km (10h31'30). Then came Florian Letourneau 11h45'50, Philippe Thibaux 11h46'10, Dominique Bunel 11h49'35, Philippe Gilles and Emmanuel Lassalle 11h49'50. At that stage, quite a few 200km+ performances looked likely but a cold night took its toll with Letourneau and Bunel both stopped by dawn. Henry also slowed but his lead over Lassalle was too large and he eventually won with an excellent 205.081km ahead of Lassalle 200.740km.

In the women's event, Déborah Geimer led from beginning to end, passing the 100k mark around 12:30 and clocking a final distance of 174.311km. Nicoletta Mizera was holding second before stopping overnight, leaving Sylvie Mason to take 2nd with 165.802km. Emilie Bizard passed Françoise Fabre in the dying hours to take 3rd with 157.099km.

24 Hour Walk Men (first 40)

1.	HENRY Fabrice	VEM /66	As Saint-junien	205k081m
2.	LASSALLE Emmanuel	SEM /81	Athletic Vosges Entente Clubs*	200k740m
3.	THIBAUX Philippe	VEM /69	Club Athletique Ageen	197k517m
4.	LHOEST Daniel (Bel)	VEM /		190k643m
5.	LETESSIER Gilles	VEM /50	Plm Conflans	189k308m
6.	BUNEL Pascal	VEM /64	Neuilly Sur Marne Athletisme	188k232m
7.	VARAIN Cedric	SEM /80	Ac Chateau Thierry	185k456m
8.	GILLES Philippe	VEM /64	Lma Meung-sur-loire	185k362m
9.	GIROD Urbain (Sui)	VEM /		183k704m
10.	DUFRIEN Pascal	VEM /61	A Marcheurs St Thibault Des Vi	180k590m
11.	DERRIEN Franck	SEM /		178k745m
12.	KERLAU Yves-michel	VEM /61	Cm Roubaix	178k693m
13.	GEORGELIN Serge	VEM /68	Bruz Athletisme	177k575m
14.	BOCUZE Daniel	VEM /55	Fac Andrezieux	177k339m
15.	BIEBUYCK Pascal (Bel)	VEM /		176k319m
16.	BLOM-HERTBEEK Boudew (Ned)	VEM /		175k320m
17.	BIET Christophe	VEM /66	J3 Sports Amilly*	174k277m
18.	CAILLEAUX Patrick	VEM /		168k613m
19.	BANO Jean-michel	VEM /55	Ajs La Garde	168k224m
20.	LOUGRADA Saadi	VEM /62	Cm Roubaix	167k027m
21.	ARNAULT Jacques	VEM /62	Neuilly Sur Marne Athletisme	165k233m
22.	SADET François	VEM /		161k691m
23.	FORESTIERI Alexandre	SEM /82	Ust Courir A Saint Tropez	156k648m
24.	MASSON Pascal	VEM /64	Essonne Athletic*	155k180m
25.	PETIT Alain	VEM /50	Essonne Athletic*	153k275m
26.	BLONDE Daniel	VEM /		152k130m
27.	LABORIE Christophe	VEM /		148k583m
28.	BOVIN Laurent	VEM /61	A Marcheurs St Thibault Des Vi	144k858m
29.	WALLAEYS Jean	SEM /80	Ea Romans-bourg De Peage	141k883m
30.	NAUDIN Jean-pierre	VEM /		140k611m
31.	SEYNAEVE Serge (Bel)	VEM /60	Cm Roubaix	139k824m
32.	EMONIERE Philippe	VEM /61	Cosm Arcueil	134k128m
33.	GLASER Jean-bernard	VEM /38	Neuilly Sur Marne Athletisme	128k117m
34.	HASSEVELDE Sebastien	SEM /77	Clll Armentieres	125k753m
35.	GIRAudeau Denis	VEM /51	Plm Conflans	125k152m
36.	LETOURNEAU Florian	SEM /88	Ac Chateau Thierry	124k193m
37.	RASSAIND Andre	VEM /37	Ea Centre Isere*	123k827m
38.	BAYLAC Didier	VEM /67	Cosm Arcueil	120k688m
39.	PIERRE Patrick	VEM /		116k728m
40.	AUVILLE Daniel	VEM /		113k079m

24 Hour Walk Women

1.	GEIMER Deborah	SEF /80	A. Sarreguemines Sarrebourg A	174k311m
2.	MAISON Sylvie	VEF /73	Strasbourg Agglomeration Athle	165k802m
3.	BIZARD Emilie	SEF /85	Thiais Ac	157k099m
4.	FABRE Françoise	VEF /66	Courir A Beaucaire	155k427m
5.	VARIN Sylviane	VEF /52	A Marcheurs St Thibault Des Vi	150k900m
6.	DAVID Christine	VEF /		148k583m
7.	ARNAULT Françoise	VEF /48	Neuilly Sur Marne Athletisme	143k099m
8.	BIZARD Claudie	VEF /59	Thiais Ac	113k910m
9.	BARBIER Florence	VEF /		99k826m
10.	VIGNAUD Annette	VEF /58	Asptt Perigueux 24 AQU	99k826m
11.	ANXIONNAT Claudine	VEF /51	Athletic Vosges Entente Clubs*	93k098m
12.	LAURIN Martine	VEF /		91k935m
13.	PANNIER Josiane 510339	VEF /50	Havre Ac	89k195m
14.	DUBOIS D'ENGHIEN Catherine	VEF /65	Essonne Athletic* 91 I-F	84k660m
15.	MORVAN Nicole	VEF /44	Neuilly Sur Marne Athletisme	81k902m

16. RODRIGUEZ Charlotte	SEF /	76k767m
17. MIZERA-MARGONELLI Ni (Ita)	VEF /	70k430m
18. PANNIER Magali	VEF /	24k732m
19. LANDRU Noelle	VEF /51	As Corbeil-essonnes



Emmanuel Lassalle, Fabrice Henry and Philippe Thibaux



Emilie Bizard, Sylvie Maison and Deborah Geimer (photos Emmanuel Tardi)

MOLLY BARNETT OPEN WALKS INC WINTER LEAGUE FINAL, COVENTRY, ENGLAND, SAT 1 MAR

Coventry Godiava Harriers' Molly Barnett Open Meet is the traditional first big domestic race walk meet of the English year, with athletes putting markers down for the forthcoming season. This year, it lived up to expectations with big fields and great results across the board - and on a course with several sharp turns and eight uphill climbs. I will reproduce the great report on British Athletics site (<http://www.britishathletics.org.uk/media/news/2014-news-page/march-2014/03-03-14-weekend-update>).

Tom Bosworth (coach: Andi Drake) missed five-time Olympian Chris Maddock's 25 year old British record by an agonising two seconds in the Molly Barnett Open Walks & British Athletics Winter Race Walk Challenge Final at Warwick University. Bosworth improved his personal best of 40.44 set in the corresponding race last year to 40.19 but was agonisingly just shy of Maddocks in 40.17 to go top of the Power of 10 Rankings. Bosworth was 2nd in the race behind training partner and Leeds-based Kiwi Quentin

Rew (Hyde Park Harriers) who was 17th in last year's Moscow World Championships over 50km. Rew broke the 40 minute barrier to record a new personal best of 39.51. In the highest quality ever domestic 10 km staged, 3rd place was taken by European Junior 7th placer Jamie Higgins (Andi Drake) in his senior debut. Returning after a long injury lay off during the Autumn, Higgins was just outside his personal best in 42.48. Bosworth and Higgins will target fast times in the EAA Race Walking Permit meeting in Lugano, Switzerland later in the month. In the Junior Men's 10 Kilometres Cameron Corbishley made a brave effort to stay with Jo Atkinson and despite falling off the pace in the 2nd half was rewarded with a new personal best of 46.21 to go top of the UK Rankings for 2014.

In the women's 10 Kilometres race there was a welcome return to racing from Commonwealth Champion Jo Atkinson (nee Jackson). In her first serious race in 18 months, since suffering the heartbreak of disqualification in the Olympics on The Mall, Atkinson powered away to take a controlled victory in 45.02 to go top of the Power of 10 Rankings, in the strongest domestic female 10km ever staged in the UK. Atkinson who has been denied the chance to defend her Commonwealth title by the Glasgow Organising Committee's decision to remove the walks from the Glasgow programme, will target the IAAF World Cup of Race Walking in China in May and the European Championships in August. Behind her the next three finishers made huge improvements.

Bethan Davies (Andi Drake) and Heather Lewis (Martin Bell) walked together for much of the race with Davies coming out on top over the last few laps. Davies who had a previous personal best of 52.05 on the road and 49.03 on the track smashed these to record a new Welsh record of 46.42 to go 2nd on the Power of 10 Rankings and to 9th on the UK All Time list. Lewis clocked 46.59 for a new Welsh Under 23 record and to move to 10th on the UK All Time Senior list and to 3rd on the Under 23 All Time List. These three will now target fast time over 20km in Lugano next month.

In fourth place, Ellie Dooley (Andi Drake) took over three minutes of her previous road best (52.56) in clocking 49.26. This is the fastest time by a British junior for 10 years and moves her to joint fifth on the UK all time junior list and 26th on UK senior all time list. There were also personal bests for Kiwi Alana Barber in 5th (51.50) and under 20 Jasmine Nicholls (coach: Andi Drake) who moved to 3rd on the UK rankings for 2014.

In the Under 20 women's 5km there was a massive personal best for Emma Achurch (Steve Arnold) in clocking 24.05. In the Under 15 Girls 3km, Ana Garcia (Coach: Brian Adams) set a new British best performance clocking 14.01.

Senior Men 10km

1.	Quentin Rew	Hyde Park H	39.51
2.	Tom Bosworth	Tonbridge	40.19
3.	Jamie Higgins (u23)	Leeds City	42.48
4.	Mark Williams	Tamworth	53.41
5.	Steve Allen	Barnet	54.47
6.	Peter Bozsko	Birchfield	58.58
7.	Martin Slevin	Coventry Godiva	61.2 0
8.	Sean Lightman	Surrey WC	61.26
9.	John Constandinou	Birchfield	61.28
10.	Stuart Edgar	DASH	66.35
11.	Paul Hayden	Nuneaton	68.1 0
12.	Mark Palethorpe	Worcester	68.14
13.	Julian Barnett	Birchfield	68.42
14.	Neale Smith	Nuneaton	70.58
15.	David Fall	Birchfield	71.58
16.	Peter Cassidy	DASH	77.47
17.	Eric Horwill	DASH	82.48

Senior Women 10km

1.	Johanna Atkinson	Middlesbrough & C	45.02
2.	Bethan Davies	Cardiff	46.42
3.	Heather Lewis	Pembrokeshire H	46.59
4.	Ellie Dooley (U20)	Hyde Park Harriers	49.26
5.	Alana Barber	Hyde Park Harriers	51.5 0
6.	Jasmine Nicholls (U20)	Leicester WC	52.43
7.	Penelope	Cummins AFD	60.32

There were plenty of support races, the results of which are reported below.

Senior Women 5km

1.	Brenda Gannon (V35)	Hyde Park H	25.5 0
2.	Kate Donaldson (V35)	Leicester WC	28.4 0
3.	Noel Blatchford (V65)	Abingdon	31.12
4.	Suzanne Beardsmore	Abingdon	31.19
5.	Julie Bellfield	Halesowen	31.43
6.	Hilary Mann	Sparkhill	32.18
7.	Judy Howard	Abingdon	32.35
8.	Tracey Mills	Birchfield	33.5 0
9.	Jill Langford	W & B	36.51

10.	Karen Davies	Birchfield	37.46
Senior Men 5km			
1.	Chris Smith	Leicester WC	41.11
Junior Men 10km			
1.	Cameron Corbishley	Medway& Maidstone	46.21
2.	Daniel Watling	W&B	53.26
Junior Women 5km			
1.	Emma Achurch	Leicester WC	24.05
2.	Jessica Mills	Birchfield	30.42
3.	Charlotte Finney	Tipton	32.26
U17 Boys 5km			
1.	Tim Snook	AFD	26.01
2.	Chris Zack	AFD	30.38
U15 Boys 3km			
1.	Chris Snook	AFD	15.35
2.	Benjamin Allen	Leicester	17.21
3.	Matthew Phipps	Neath	19.56
U15 Girls 3km			
1.	Ana Garcia	Sheffield	14.01
2.	Alana Ziedler	Sheffield	16.58
3.	Megan Stratton-Thomas	Swansea	17.20
4.	Amy Phipps	Neath	17.42
5.	Laura Achurch	Leicester WC	17.44
6.	Pagen Spooner	Wetherby Runners	19.11
U13 Girls 2km			
1.	Jessica Finney	Tipton	12.02
2.	Molly Meleady-Harley	Sheffield	12.17
3.	Amelia Tutt	Rugby & Northhampton	14.11
4.	Mackenzie Brazier	W&B	14.39

Thanks to Mark Easton for his usual great photos from his event gallery at <http://markeaston.zenfolio.com/f1062713622> . Mark comments that the best way to view the photos is to click on the photos of the event to enter the gallery and then click the Show All link near the bottom of the page.



Quentin Rew (47), Tom Bosworth (58) and Jamie Higgins - the first 3 places in the Men's 10km



Cameron Corbishly, Jo Atkinson, Bethan Davies and Heather Lewis

UKRAINIAN ROADWALK CHAMPIONSHIPS, ALUSHTA, UKRAINE, FRIDAY 28 FEBRUARY

Alushta, bordered by the Black Sea and with magnificent landscapes, is a regular race venue for Ukrainian walkers and it was on show last Friday with their annual roadwalk championships. With the participation of about 100 walkers, there were some great performances in the various races in spite of the rain and cold. The championships were the Ukrainian World Cup selection trials. Walkers Ruslan Dmitrenko, Liudmila Oljanovska and Igor Hlavan had already been pre-selected but the rest had to race for the remaining spots. Thanks to the oMarchador report - see <http://omarchador.blogspot.pt/2014/03/elevado-nivel-nos-campeonatos.html>

In the men's 20 km, Ivan Losev took the national title with 1:19:33 ahead of Nazar Kovalenko with 1:19:46 and U23 walker Ihor Lyashchenko with 1:20:01. Note 40 year old Andriy Kovenko was fourth with 1:20:20. In the women's 20 km, Inna Kashyna won in 1:30:17 ahead of Olena Shumkina (1:30:41) and Halyna Yakovchuk (1.32.46). In the men's 35 km , only 3 seconds separated the top two with Ihor Saharuk (2:30:17) just beating Oleksiy Kazanin (2:30:20) and the third placed Ivan Banzeruk not far behind them (2:30:58).

Other winners included Dmytro Sobchuk (U20 men 10km 43.41), Hanna Suslyk (U20 Women 10km 47.29), Eduard Zabuzhenko (U18 Men 10 km 44.41) and Kseniya Byelova (U18 Women 5km 24.32).

20km Men

1.	Ivan Losev	1986	1:19:33
2.	Nazar Kovalenko	1987	1:19:46
3.	Ihor Lyashchenko	1993	1:20:01
4.	Kostyantyn Puzanov	1991	1:20:12
5.	Andriy Kovenko	1973	1:20:20
6.	Fedir Dovhun	1986	1:27:08
7.	Vladyslav Lobchenko	1993	1:27:37
8.	Serhiy Svitlychnyy	1994	1:28:16
9.	Kyrylo Andrushchenko	1993	1:29:00
10.	Anton Plonskyy	1994	1:34:16
11.	Ivan Banzeruk	1994	1:39:44
12.	Nazariy Stepanyuk	1994	1:40:32
	Oleksandr Verbytskyy	1992	DQ
	Taras Kozlyuk	1981	DNF
	Ihor Puzanov	1993	DNF

20km Women

1.	Inna Kashyna	1991	1:30:17
2.	Olena Shumkina	1988	1:30:41
3.	Halyna Yakovchuk	1992	1:32:46
4.	Olha Yakovenko	1987	1:34:36
5.	Valentyna Myronchuk	1994	1:36:45
6.	Nataliya Kontsevych	1984	1:37:02
7.	Oksana Trofymovych	1992	1:37:28

8.	Marharyta Pasyuk	1994	1:38:05
9.	Olha Kisil	1991	1:40:13
10.	Kseniya Radko	1994	1:40:43
11.	Oleksandra Olyanovska	1994	1:40:58
12.	Viktoriya Ferents	1993	1:43:39
13.	Olha Stadnyk	1994	1:45:50
14.	Olesya Kalenska	1989	1:49:11
	Lyudmyla Shelest	1974	DQ
	Vasylyna Vitovshchik	1990	DQ
	Olena Soroka	1994	DNF
	Khrystyna Mykhaylyshyn	1992	DNF

35km Men

1.	Ihor Saharuk	1988	2:30:17
2.	Oleksiy Kazanin	1982	2:30:20
3.	Ivan Banzeruk	1990	2:30:58
4.	Serhiy Budza	1984	2:34:11
5.	Andriy Hrechkovskyy	1993	2:37:17
6.	Oleksandr Venhlovskyy	1985	2:37:27
7.	Oleksandr Romanenko	1981	2:41:58
8.	Oleksiy Bilorus	1992	2:44:12
9.	Volodymyr Hontsovskyy	1991	2:47:28
10.	Ihor Lyashchenko	1992	2:53:14
	Maryan Zakalnytskyy	1994	DNF
	Oleksiy Shelest	1973	DNF

VRWC CLUB RECORD UPDATE

And 3 more club records, two retrospective (Nikola Mandic and Kelly Ruddick) and one from last weekend (Jesse Osborne)

Nikola Mandic	U11 3000m Track Walk	15.49.37	AV All Schools Champs	Albert Park	27/10/2013
Kelly Ruddick	W40 5000m Track Walk	21:57.40	Aust Masters Games	Landy Field, Geelong	07/10/2013
Jesse Osborne	U20 5000m Track Walk	19:46.23	AV 500m Open Champ	Albert Park	02/03/2014

VRWC WINTER FIXTURE

Our VRWC Winter Season fixture is just about finalised now and we have only 1 or two more ticks to go before we ratify it. You can check out the latest draft at <http://www.vrwc.org.au/vrwcw14.shtml>.

OUT AND ABOUT

- Congratulations to Sherie and Tom Barnes on the birth of their daughter Matilda Elizabeth Louise Barnes last week. Photos at https://www.facebook.com/sherie.leeson/media_set?set=a.10151886141667251.1073741831.707897250&type=1. Tom represented Australia in the 2007 and 2009 World University Games 20km and in the 2010 World Cup 50km.
- Italians discuss using new Pit Lane rule for their next U16 championships. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1709
- I received an Athletics Victoria email last night notifying everyone about the passing of Alan Glover, well known to many of our older Victorian walkers. Alan passing away peacefully a few days ago. He was a regular across the summer and winter fixtures and with stop watch in hand recorded the times for thousands of athletes over the years. The funeral service will be held in the Le Pine Chapel, 388 Springvale Rd (cnr. Waverley Rd), Glen Waverley on FRIDAY (Mar. 7, 2014) commencing at 12 noon. No flowers by request. Our thoughts are with Yvonne and the Glover family. RIP Alan.
- Marcialtaliana previews the 12th edition of the Memorial Mario Albisetti walks meet which will be held in Lugano on 16th March. Always a big meet and also an IAAF Challenge Series event, the 2014 edition looks like attracting many of the top exponents of our sport. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1707.
- Italy has had an active 'Fitwalk organization for some time now - it is analogous to what we would call 'fitness walking'. For the first time, a joint meet is being organized for Sunday 9 March - the meet will see the traditional racewalking events being held alongside Fitwalk events over distances of 10km, 20km and 30km. This is certainly the way of the future as far as I can see and it showcases our sport to a new audience. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1703 for further details.

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.

2013/2014 Australian/Victorian Summer Season Key Dates

Mar 8-10, 2014	Australian Masters T&F Championships, Hobart. See http://www.amahobart2014.com.au
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Mar 15-16, 2014	Vic Masters Champs, Burwood, Entries via AV website. Entries close Mon 24 Feb.
Sun Mar 23, 2014	VMA 5000m Track Champs and VRWC track walks, Dolomere Oval, Mentone, VIC
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
Mar 29-30, 2014	LAVic State T&F Championships
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30 2014	WMA Indoor Championships, Budapest, Hungary - https://www.facebook.com/WMABudapest2014
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014	Dudinska 50, Dudince, Slovakia
Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

Remaining 2014 IAAF Challenge Series Walks

Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

July 3-14, 2015	28th Summer Universiade, Gwanju, South Korea
July 2015	9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16th World Junior T&F Championships, ?
Oct 26 -Nov 6, 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
July 2017	10th World Youth T&F Championships, ?
July 2017	29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17th IAAF World Championships in Athletics, ?
July 2019	11th World Youth T&F Championships, ?
July 2019	30th Summer Universiade, Brasilia, Brazil
July 2020	32nd Olympic Games, 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>)