



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WHAT'S COMING UP

Our VRWC winter season kicks off at Middle Park next Saturday with our opening round reading as shown below. Our club walks are open to everyone, but to score points in any of our winter season points competitions, you must be a financial member. You can of course join on any race day.

Saturday 26 th April 2014 Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Points Race	Open
2:15pm	4km	Points Race	Open
2.15pm	4km	Points Race	Under 15
2.30pm	1km	Points Race	Under 9
2.40pm	2km	Points Race	Under 12

This winter, we are progressing with our new chip recording system and intend to use it for all our races from U15 upwards. **So all walkers are to bring their chips if they bought one last season. If not, you will need to purchase one (\$20) for use at club races.**

ACT WALKING CLUB ROAD WALKS, LAKE TUGGERANONG, SATURDAY 19 APRIL

Thanks to Robin Whyte for his weekly results from Canberra

10km Road Walk

1.	Robin Whyte	1:03:48
2.	Bryan Thomas	1:10:30
3.	Derek Robinson	1:10:31
4.	Monika Short	1:13:00
5.	Bob Parker	1:13:00
6.	Mick Saunders	1:25:06
7.	Nola de Chazal	1:48:48
	Zoe Hunt	DNF

4km Road Walk

1.	Gabby Hunt	21:30
2.	Helena Bialecki	24:37
3.	Kate Black	24:38
4.	Richard Wade	26:00
5.	Rosemary Parker	29:05
6.	David Mackenzie	30:27
7.	Cilla Chapman	34:40

2km Road Walk

1.	Peter Baker	11:15
2.	Elizabeth Henderson	12:02
3.	Bob Chapman	16:18

1km Road Walk

1.	Tom Hunt	05:35
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NSWRWC ROAD WALKS, CHIPPING NORTON, SATURDAY 12 APRIL

And back a week to the NSWRWC roadwalks which were held the previous Saturday in Chipping Norton in Sydney. Fast walking by Tyler Jones, Steven Washburn and Jay Felton in the 10km event.

Long Division 10km

1.	Tyler Jones	48.02
2.	Steven Washburn	48.04
3.	Jay Felton	48.05
4.	Lauren Bourke	52.26
5.	Tom Doyle	56.41
6.	Ian Jessuren	60.37

U16 Division 3km

1.	Harrison Mavin	16.26
2.	Jasmine Fletcher	16.52
3.	Allanah Pitcher	17.04
4.	Donald Catallo	18.27
5.	Renee Hardy	18.27
6.	Bayden Little	18.40

7. Amanda Barendregt 62.38
8. Stephanie Grujoski 63.49

Medium Division 8km

1. Jasmine Dighton 41.28
2. Nathan Brown 44.59
3. Jasmyn McDonald 45.03
4. Dylan Richardson 45.32
5. Tony Psarianos 50.27
6. Judy Brown 70.07

Short Division 4km

1. Chelsea Goodhew 21.36
2. Raquel Roukos 22.01
3. Samantha Brown 22.43
4. Tiffany Saker 23.28
5. Ryan Thomson 23.44
6. Nicholas Douglas 23.45
7. Travis Barendregt 26.57
8. Ally Grujoski 27.54
9. Nicolle Challinor 34.57
Kyle Bedford DQ

7. Niamh Sanday 19.54
8. Melissa Hoy 20.59
9. Lachlan Becroft 21.14
10. Logan Barendregt 26.46

U12 Division 1.5km

1. Brooke Martin 9.32
2. Jada Thompson 9.41
3. Taylor Roukos 10.04
4. Courtney Mavin 11.06
5. Brodie Douglas 11.25
6. Aiden Hardy 14.03
7. Ethan Martin 14.33
8. Ella Becroft 15.17
9. Emily Challinor 17.25
10. Sarah Challinor 17.32
11. Amelia Crocker 18.57
Stacie Becroft DQ

JAPANESE NEWS

Late last week, Japan announced its walkers for the World Cup and, in a decision that has certainly taken me by surprise, the team includes competitors for the Men's and Women's 20km events and the 10km Junior Men but no competitors in the 50km event or in the 10km Junior Women. It reads as follows

20km Men	Yusuke Suzuki	Season Best 1:18:17
	Eiki Takahashi	Season Best 1:18:41
	Isamu Fujisawa	Season Best 1:20:03
	Takumi Saito	Season Best 1:20:17
	Koichiro Morioka	Season Best 1:20:30
20km Women	Rei Inoue	Season Best 1:31:48
	Kumiko Okada	Season Best 1:33:25
	Ai Michiguchi	Season Best 1:32:31
10km Junior Men	Daisuke Matsunaga	Season Best 39:38
	Yukio Kurumisawa	Season Best 41:20

This decision to omit a 50km team is due to the fact that the Japan Federation had already negotiated with the Municipality of Wajima to hold the Japanese 50km championship (and Asian Games trial) there last weekend, along with the World Junior Championship 10km trials. These are reported by <http://www.marciaitaliana.com/> and I reproduce that report here.

Japanese 10km Junior Championships, Wajima, Saturday 19 April

Day one of the meet saw the Japanese 10km Junior Championships as well as 10km open events for older walkers. With a cool morning and temperatures around 14C, conditions were good and large fields contested all 4 events - 35 in the Open Men's 10km, 26 in the Open Women's 10km, 56 in the Junior Men's 10km and 18 in the Junior Women's 10km.

10 km senior men

Koichiro Morioka (PB 39:56) set the pace early as a group of 3 walkers broke clear. Morioka put the hammer down at the half way mark, going on to win with a very quick 39:46, ahead of Satoshi Maruo 40:35 and Hironari Tomatsu 40:53.

10 km junior men

The junior men's walk was another high quality event with all the main favourites in attendance. Just like in the Open Men's race, Yuga Yamashita broke clear at the halfway mark, going on to win in 40:51. The next two places were keenly fought out with Humitaka Oikawa prevailing in 41:36 ahead of Taiga Tazikawa with 41:45. The overall favorite, Yuki Kurumisawa, could only manage fourth in a time of 41:46.

10 km senior women

Victory went to Tomomi Maekawa with 46:36, ahead of Mami Urabe 46:44 and Ueno Yuka 47:49.

10 km junior women

Victory went to Rena Goto with 46:25, ahead of Kana Minemura 47:26 and Kaori Kawazoe 47:34.

Japanese 50km Championship, Wajima, Sunday 20 April

The Japanese 50 km championship was held on Easter Sunday in cool morning conditions. Yuki Yamazaki, competing again in the 50km discipline after missing almost two years with a knee operation, made his intentions clear from the start, zooming through the first 5km in around 21:45 and dragging Takayuki Tanii and Hirooki Arai with him. By the 10km mark, Yamazaki was a clear leader in 43:26, followed by Tanii (43:37) and Arai (44:01). Soon after this, they reformed, then walking together until the 35km mark when Tanii finally broke clear. The final times were very impressive - Tanii winning with 3:41:32 (a 2 min PB), Yamazaki taking silver with 3:44:23 and Arai taking bronze with 3:49:18. Full lapsplits can be seen at <http://www.jaaf.or.jp/taikai/1172/result.pdf>.

1.	Takayuki Tanii	JPN	14 Feb 83	3:41:32
2.	Yuki Yamazaki	JPN	16 Jan 84	3:44:23
3.	Hiroki Arai	JPN	18 May 88	3:49:18
4.	Takuya Yoshida	JPN	10 Aug 90	3:55:35
5.	Takafumi Higuma	JPN	3 Sep 82	4:06:10
6.	Takahito Otsubo	JPN	12 Jan 85	4:12:25
7.	Takahiro Sakuma	JPN	31 Dec 90	4:21:57
8.	Toru Yamamoto	JPN		4:26:18
9.	Hidehito Kusaka	JPN	22 Jun 86	4:34:41
	Yuta Kotobuki	JPN	25 Dec 91	DNF
	Shota Hirahara	JPN	23 Jul 81	DNF
	Takeshi Okuma	JPN	14 Dec 83	DNF
	Tetsuya Tanighuchi	JPN	93	DQ
	Yosuke Haruki	JPN	25 Apr 80	DQ

MEMORIAL RAYMOND GIROD, MONTHEY, SWITZERLAND, SATURDAY 19 FEBRUARY

Laura Polli, who holds the Swiss national record with 22:36.00, won her 39th national title ahead of her sister Marie (23.48,24) and veteran Corinne Henchoz (27.13,78) in the women's 5000m track walk at the Memorial Raymond Girod meet in Monthey. The three walkers will participate in next month's World Cup in Taicang, China. In the men's 10,000m championship, first place went to French walker Hugo Andrieu (43.33,19) ahead of Portuguese walker Luis Correia (48.58.00) and the first Swiss walker, Urbain Girod, had to be content with third overall in a time of 51:04.19.

5000m Women

1.	Laura Polli	1983	SAL Lugano	22:56.83
2.	Marie Polli	1980	SAL Lugano	23:48.24
3.	Corinne Henchoz	1964	CM Cour Lausanne	27:13.78
4.	Heidi Maeder	1943	CM Cour Lausanne	32:08.00

10,000m Men

1.	Hugo Andrieu	1992	UAVH Aubagne	43:33.19
2.	Luis Manuel Correia	1978	CM Cour Lausanne	48:58.00
3.	Urbain Girod	1963	CM Monthey	51:04.19
4.	Bernard Binggeli	1946	CM Cour Lausanne	57:27.00
5.	Roby Ponzio	1947	GAB Bellinzona	57:40.00
6.	Cédric Hugi	1982	CM Ecureuil La Poste	58:42.00
7.	Bernard Lovis	1961	CM Monthey	59:30.00
8.	Cédric Bouele	1985	CA Délémont	1h 03:51
9.	Daniel Pasche	1953	CM Monthey	1h 05:29
10.	Waldo Ponzio	1944	GAB Bellinzona	1h 07:45
11.	Joseph Bianco	1941	CM Monthey	1h 08:35
12.	Daniel Brot	1953	CM Yverdon	1h 10:52
13.	Alexis de Coppet	1939	CM Yverdon	1h 13:02
14.	Claude Greber	1957	CM Ecureuil La Poste	1h 13:27
15.	Walter Brandenburg	1946	SAL Lugano	1h 22:45

LICC/ERWL TRACK WALKS, LVAC, LONDON, MONDAY 21 APRIL 2014

The Essex Racewalking League walkers were in action yesterday in London, with Callum Wilkinson winning their 5000m track walk in a time of 24:03.49. Thanks to Ron Wallwork for the results.

Open 5000m

1.	Callum Wilkinson	E&H	24:03.49
2.	Francisco Reis	Ilford	24:20.49
3.	Peter Ryan	Ilford	26:22.03
4.	Steve Allen	Barnet & District	26:41.96

5.	Malcolm Martin	Surrey WC	27:50.41
6.	John Ralph	EHAC	28:23.10
7.	Stuart Bennett	Ilford	28:35.01
8.	Arthur Thomson	EHAC	29:14.96
9.	Dan Maskewl	SWC	30:38.99
10.	Gary Smith	Enfield	30:46.69
11.	Roger Lilley	Cambridge	31:16.08
12.	Helen Middleton	E&H	31:58.75
13.	Sean Pender	E&H	32:06.94
14.	John Borgands	Loughton AC	32:14.60
15.	Angela Martin	Surrey WC	32:21.50
16.	Fiona Bishop	Woking AC	32:42.45
17.	Pamela Abbott	E&H	34:39.40
18.	Michael Barnbrook	Ilford	35:03.54
19.	Linda Spinks	EHAC	35:28.62
20.	Tony Wilkinson	N/A	36:12.73
21.	Jenny Middleton	Hillingdon	36:20.10
22.	Elaine Crehan	Loughton	38:02.20
23.	Dave Ainsworth	Ilford	40:21.55

U13 1000m

1.	George Wilkinson	N/A	6:29.29
2.	Daniel Spinks	EHAC	7:30.97

BALKAN RACEWALKING CHAMPIONSHIPS, BALCHIK, BULGARIA, SATURDAY 12 APRIL

And now back a week to the previous Saturday when the Balkan Racewalking Championships were held in Balchik in Bulgaria. Thanks to <http://www.omarchador.blogspot.pt/2014/04/romenia-vence-campeonatos-balcanicos-de.html> for their report. Full results found on <http://www.balkan-athletics.eu/2014/balchik2014.html>. Six countries participated in this annual championship - Romania, Turkey, Greece, Serbia, Bulgaria and Bosnia-Herzegovina.

Serbian Vladimir Savanovic won the men's 20km with 1:26:31 ahead of Turkish walker Sahin Senoduncu 1:27:24 and Romanian Marius Cocioran 1:29:25, while Greek walker Despoina Zapounidou won the women's 20km with 1:34:56, ahead of compatriot Antigoni Drisbioti 1:36:04 and Bulgarian Radosveta Simeonova 1:55:20.

There were also U20 and U18 championships contested (see below for full results) with points awarded for the first 2 walkers from each team in each event, ranging overall from 6 points to 1. The contest was won Romania with 42 points ahead of Turkey 30 points and Greece 29 points.

20km Men

1.	Vladimir Savanovic	1985	Serbia	1:26.31	6
2.	Sahin Senoduncu	1994	Turkey	1:27.24	5
3.	Marius Iulian Cocioran	1983	Romania	1:29.25	4
4.	Narcis Stefan Mihaila	1987	Romania	1:32.44	3
5.	Ioannis Vaitsis	1995	Greece	1:34.56	2
6.	Bozhidar Vasilev	1989	Bulgaria	1:43.36	1
7.	Atanas Atanasov	1972	Bulgaria	2:00.09	
	Adrian Ionut Dragomir	1994	Romania - o.c.	1:29.02	
	Konstantinos Ntentopoulos	1994	Greece	DQ	
	Predrag Filipovic	1978	Serbia	DQ	
	Özgür Ozan Pamuk	1993	Turkey	DQ	

20km Women

1.	Despoina Zapounidou	1985	Greece	1:34.56	6
2.	Antigoni Drisbioti	1984	Greece	1:36.04	5
3.	Radosveta Simeonova	1993	Bulgaria	1:55.20	4
4.	Milica Stojanovic	1993	Serbia	2:03.40	3
5.	Stanislava Petrova	1993	Bulgaria	2:12.30	2
	Adriana Georgiana Enache	1991	Romania - o.c.	1:45.01	
	Alina Nituleasa	1982	Romania	DNF	
	Jelena Kostic	1994	Serbia	DNF	
	Gamze Özgör	1994	Turkey	DNF	
	Claudia Nicoleta Stef	1978	Romania	DQ	

10km Junior Men

1.	Georgios Andrianos	1995	Greece	45,13	6
2.	Andrei Gafita	1996	Romania	46,21	5

3.	Süleyman Baytar	1995	Turkey	46.30	4
4.	Alexandru Andrei Calin	1995	Romania	46.56	3
5.	Milan Zekovic	1995	Serbia	50.09	2
6.	Nikolay Minkov	1996	Bulgaria	52.42	1
7.	Marian Galchev	1995	Bulgaria	58.13	
	Adrian Cristian Badala	1996	Romania - o.c.	48.44	
	Zaharias Tsamoudakis	1996	Greece	DQ	
	Nikola Lilic	1996	Serbia	DQ	
	Muratcan Karapinar	1996	Turkey	DQ	

10km Junior Women

1.	Mihaela Valentina Puscasu	1995	Romania	50,40	6
2.	Derya Karakurt	1996	Turkey	51,37	5
3.	Hristina Papadopoulou	1996	Greece	51,47	4
4.	Carmen Bianca Molnar	1996	Romania	52,49	3
5.	Milica Kostic	1996	Serbia	53.14	2
6.	Esra Sultan Yesilbel	1995	Turkey	57,13	1
7.	Maria Dimitrova	1997	Bulgaria	60.20	
8.	Danica Gogov	1996	Serbia	60.31	
9.	Viktoria Dishlyanova	1997	Bulgaria	65.20	
	Mihaela Acatrinei	1995	Romania - o.c.	50,02	

10km U18 Men

1.	Ionut Adrian Postoaca	1997	Romania	45,53	6
2.	Victoras Ionut Dogaru	1997	Romania	47,06	5
3.	Süleyman Gül	1997	Turkey	47,28	4
4.	Mihail Lykouriotis	1997	Greece	47,42	3
5.	Pesic Predrag	1998	Serbia	49.51	2
6.	Seyhmuz Alpkaya	1997	Turkey	51.07	1
7.	Edin Zec	1997	Bosnia and Her	53.12	
8.	Nikola Jovanovic	1998	Serbia	55.01	
9.	Zlatomir Radev	1998	Bulgaria	58.26	
10.	Georgi Tsvetanov	1997	Bulgaria	58.40	

5km U18 Women

1.	Yeter Aslan	2000	Turkey	25,02	6
2.	Gabriela Simniceanu	1998	Romania	25,21	5
3.	Ayse Tekdal	1999	Turkey	25,32	4
4.	Anastasia Mitsou	1999	Greece	25,45	3
5.	Nicoleta Lungu	1998	Romania	27,14	2
6.	Jovana Milosavljevic	1998	Serbia	28,37	1
7.	Aleksandra Manic	1998	Serbia	28,37	
8.	Ivanina Petkova	1997	Bulgaria	30.11	
9.	Kamelia Nacheva	1997	Bulgaria	30.15	
	Athanasia Vaitsi	1998	Greece	DQ	

OUT AND ABOUT

- Eugene is bidding to bring track and field's world championships to the United States for the first time. The Oregon city is one of three candidates in contention for the 2019 IAAF World Championships, along with Doha (Qatar) and Barcelona (Spain). The host city will be selected at the IAAF council meeting in Monaco in November. In the meantime, the bid cities must present detailed bid files and consult with an IAAF evaluation panel. The worlds were first staged in 1983 in Helsinki, Finland. The 2015 championships will be held in Beijing and the 2017 worlds in London.

- The Irish team has been announced for the IAAF World Race Walking Cup in Taicang, China next month and IAAF 50km World Champion Robbie Heffernan will contest the 20km. See <http://www.athleticsireland.ie/content/?p=37919>.

20km Men Rob Heffernan, Brendan Boyce, Luke Hickey, Cian McManamon
20km Women Laura Reynolds

- The Athsvic Website has had a major makeover for the better and walking now has its own page - see <http://athsvic.org.au/events/competitions/avcompetitions/walks/>.
- The IAAF has announced the timetable for the 2015 IAAF World Championships, to be held in Beijing from 22-30 August 2015. Unlike Moscow in 2013, the two men's walks are well spread and the possibility of doubling is now back on the

cards. The qualifying standards have also been announced for some events, including the walks. As forewarned, the IAAF has combined the previous A and B standards into a single easier standard for each event.

20km Walk Men	1:25:00	Sunday 23 August, 8:30AM (Day 2)
20km Walk Women	1:36:00	Friday 28 August, 8:30AM (Day 7)
50km Walk	4:06:00	Saturday 29 August, 7:30AM (Day 8)

The Qualifying period for the walks began on 1 January 2014.

- Russia's sports hub Kazan will host the 2016 IAAF World Junior Championships. The decision, made at an IAAF Council meeting in Dakar, marks the latest in a vast number of sporting events to be held in a city fast becoming a major player in the sports world, and known as Russia's "Capital of Sport". Last July Kazan hosted the Summer Universiade, for which a state of the art stadium with 22,600 seats and an adjacent indoor stadium for warming up was built as well as an Athletes' Village, all of which will be presumably used again in 2016.
- Czech junior sensation Anezka Drahotova is rarely out of the news these days and this week sees two further articles on her. The first is about Czech Olympic hopefuls getting together for a bit of fun on a training camp - see <http://www.atletika.cz/aktuality/anezka-drahotova-treti-na-bobove-draze/>. The second is a more serious article, published on the IAAF website and following her progress through 2013 and into 2014 as she prepares for Taicang and Zurich - see <http://www.european-athletics.org/news/article=china-beckons-for-anezka-the-road-zurich/index.html?cid=rss>.
- Erick Barrondo, silver medallist in the 2012 London Olympic 20 km walk, has received an official warning for failing to lodge a 'whereabouts' form earlier this year. Of course, it takes 3 strikes of this nature before any sanction is enforced (and there is certainly no imputation that he was on drugs) but it does serve as a wakeup call to all our top walkers - don't fail to do your paperwork. See <http://www.soy502.com/articulo/erick-barrondo-es-una-advertencia-no-una-sancion>.
- An interview with 24 year old Italian walker Eleonora Giorgi who won last month's Memorial Mario Albiseti in Lugano in a PB time of 1:27:29. She will be one of the favourites in the women's 20km walk in the World Cup in 2 weeks time. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1751.

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

Sat May 3, 2014 ALAC Australian T&F Championships, Lakeside Stadium, Melbourne

2014 Australian/Victorian Winter Season Key Dates

Sat 26 April, 2014 VRWC Winter Season opening races, Middle Park
 Sun 18 May, 2014 Victorian Country Roadwalk Champs, Ballarat
 Sun 8 June, 2014 LBG Carnival, Canberra
 Sun 29 June, 2014 AV Schools Roadwalk Champs, Middle Park
 July, 2014 RWA Postal Challenge, each member club in its own State
 Sun 3 Aug, 2014 Victorian Roadwalk Championships, Middle Park
 Sun 24 Aug, 2014 Australian Roadwalk Championships, Albany, WA
 Sun 14 Sept, 2014 Victorian 50km and RWA 50km (women), Middle Park
 4-5 Oct, 2014 VRWC 24 Hour Carnival (for the Australian Centurions), Middle Park

2014 International Fixture

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

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

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	28 th Summer Universiade, Gwanju, South Korea
July 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, ?
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, ?
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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