



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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2014 IAAF RACEWALKING WORLD CUP, TAICANG, CHINA, 3-4 MAY

I lead this week's newsletter with a quick reminder that next weekend sees the 2014 IAAF Racewalking World Cup in Taicang. I am heading off on Tuesday morning so the newsletter is coming out a day earlier this week - a case of clearing the decks before hitting the skies! Firstly, to our team - all the very best for a wonderful competition:

- Open 50km Men: Jared Tallent (SA), Chris Erickson (VIC), Kim Mottrom (SA)
Open 20km Men: Dane Bird-Smith (QLD), Adam Rutter (NSW), Rhydian Cowley (VIC)
Open 20km Women: Kelly Ruddick (VIC), Tanya Holliday (SA)
Junior 10km Men: Jesse Osborne (VIC), Nathan Brill (VIC), Tyler Jones (NSW)
Junior 10km Women: Jemima Montag (VIC), Clara Smith (QLD), Elizabeth Hosking (ACT)

There are two websites - http://en.taicang2014.org/ and http://www.iaaf.org/competitions/iaaf-world-race-walking-cup.

The time table of events reads as follows (Taicang is 2 hours behind Melbourne time).

Table with 3 columns: Day, Time, Event. Saturday 3 May: 8:00AM (50km Walk), 3:30PM (10km Junior Men), 4:30PM (20km Women). Sunday 4 May: 9:00AM (10km Junior Women), 10:10AM (20km Men).



Jared Tallent is currently doing his final prep in Japan, along with some of the other contenders. This photo, from his wife Claire, shows Jared, Quentin Rew (NZL), Inaki Gomez (CAN) and Isamu Fujisawa (JAP) training with the other Japanese walkers.

Nearly 400 walkers from 50 IAAF Member Federations have been entered across the five races to be contested. Tentative start lists are now up - see <https://iaafmedia.s3.amazonaws.com/competitioninfo/2951ecab-5339-494c-9909-4c9d91325b59.pdf>. The largest of the events is the men's 20km with a whopping 119 starters. By comparison, the 50km sees only 63 competitors and the women's 20km sees 93 starters. The men's and women's 10km events see 41 and 48 starters respectively. The IAAF reported on the event a few days ago (see <http://www.iaaf.org/news/press-release/one-week-to-go-iaaf-world-race-walking-cup-ta>)

With no senior global outdoor championship this year, this is the most important event on the 2014 athletics calendar for race walkers and many of the world's top stars of the discipline will be making their way to China for the event.

Russia's world 20km race walk champion Aleksandr Ivanov, Ireland's Moscow 2013 50km winner Robert Heffernan and China's Olympic champion Chen Ding will clash in the shorter of the two senior men's championship distances. The senior men's 50km race features Russia's Mikhail Ryzhov and Australia's three-time Olympic medallist Jared Tallent, who took the silver and bronze medals in Moscow last summer. The senior women's 20km features seven of the top 10 from Moscow, including Russia's Anisya Kiryapkina and China's Liu Hong, the silver and bronze medallists respectively. In the junior 10km races, all eyes will be on the Czech teenage talent Anezka Drahotova, who won the European junior title over the same distance on the track last summer.

I look forward to reporting from China next week after it is all done and dusted.

WHAT'S COMING UP

Our VRWC winter season continues at Middle Park next Saturday with our second round 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 3rd May 2014, Middle Park			
VRWC Events, Entries for Points Race events close at 2.00pm sharp			
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	3km	Points Race	Under 15
2.30pm	1.5km	Points Race	Under 9
2.40pm	2.5km	Points Race	Under 12

This winter, we are progressing with our new chip recording system and intend to use it each week for all our races from U15 upwards. **So all walkers are to bring their chips. If you don't have one yet, you will need to purchase one (\$20) for use in all VRWC races. If you come without your chip, you will need to purchase a disposable one for use on the day (cost \$2). It is also essential that you bring your VRWC race numbers as these are the ones that are coded into our computer and chip systems. We will only be giving spare numbers to first time walkers. If you come without your allocated VRWC race number, you will have to pay a further \$2 and be allocated a blank set of bibs on which your VRWC number will be written.**

We will no longer be using paper lapsheets and manually noting your lap splits. The chip system will do it all from now on for all age groups from U15 upwards. The only age groups who will continue to be done manually are U9 and U12. To see this week's chip generated lapsplits, just look on the results page at <http://www.vrwc.org.au/vrwcres34.shtml>.

Next Saturday also sees the Australian Little Athletics T&F Championships at Lakeside Stadium in Melbourne. This is an U13 individual comp with teams from each State competing. There will be an U13 1500m walk so good luck everyone!

VRWC WINTER SEASON OPENING, MIDDLE PARK, MELBOURNE, SATURDAY 26 APRIL

The VRWC winter season opener at Middle Park saw a healthy 56 walkers in attendance on an afternoon which threatened rain. Luckily the weather held and conditions were actually quite good. It was great to see Rhydian Cowley (4km - 15:52) and Jesse Osborne (8km - 39:27) have final hitouts before heading off to China for next weekend's IAAF World Racewalking Cup. We also welcomed a lot of new walkers having their first races with us at Middle Park - Madison Clark, Ruby Paten, Charlotte and Molly Holmes, Joel Prys, Harrison and Chloe Karagiorgos and Elise Carbery. We also welcomed Brian Hamer back after many years absence and welcomed Queensland walker Dean Nipperess, who is down in Melbourne for a couple of weeks. Adam Garganis stormed through the 8km to win in 36:23 while, behind him, Reese Walmsley 38:06 and Ross Darlow 38:14 had a great battle.

It was a points day (see <http://www.vrwc.org.au/vrwcpointscmps.shtml> for an explanation about how it all works) and the handicap placings are shown. Note that walkers can't get handicap points in their first walks with us as we need to determine a base on which to base the handicap. Also, points can only be awarded to walkers who are currently financial.

8km Open		Handicap Place
1.	Adam Garganis	36:23 1
2.	Reese Walmsley	38:06 3

3.	Ross Darlow	38:14	
4.	Jesse Osborne	39:27	9
5.	Aaron McDonough	39:48	2
6.	Dean Nipperess	40:04	
7.	David Smyth	45:26	5
8.	Ross Reid	47:38	4
9.	Terry O'Neill	49:31	6
10.	Gerard Feain	49:54	7
11.	Bob Gardiner	51:24	8
12.	Brian Hamer	62:38	
	Simon Evans	DNF	
1.	Emily Hamilton	44:09	1
2.	Sarah Brennan	44:10	3
3.	Sandra Geisler	46:16	4
4.	Karyn O'Neill	54:57	2

4km Open **Handicap Place**

1.	Rhydian Cowley	15:52	
2.	Tony Barrett	26:08	1
3.	Ian Beaumont	33:28	
4.	Alex Poore *	32:32	
1.	Stephanie George	20:42	4
2.	Kylie Irshad	22:16	2
3.	Liz Feldman	24:43	6
4.	Donna Elms	24:56	5
5.	Madeleine Feain	26:18	1
6.	Gwen Steed	26:52	8
7.	Heather Carr	30:13	9
8.	Jan Morrey	30:15	7
9.	Margaret Beaumont	33:26	3
	Tayla-Paige Billington	DNS	

4km Under 15 **Handicap Place**

1.	Kyle Swan	17:55	1
2.	Hayden Walmsley	27:00	2
1.	Philippa Huse	21:38	1
2.	Paige De Lisen	22:44	6
3.	Brodie Richardson	23:21	5
4.	Mackayla Davison	23:59	3
5.	Gabbie Crea	24:01	2
6.	Jessica Lillie	24:58	4
7.	Chelsea McDonald	30:05	8
8.	Caitlyn Rudston-Brown	30:59	7

2km Under 12 **Handicap Place**

1.	Corey Dickson	10:12	1
1.	Madison Clark	11:54	
2.	Grace Louey	12:09	3
3.	Mackenzie Mielczarek	12:23	2
4.	Chloe Karagiorgos	12:26	
5.	Ruby Paten	12:56	
6.	Charlotte Hay	13:08	1
7.	Charlotte Holmes	14:40	

2km Under 9 **Handicap Place**

1.	Joel Prys	5:37	
2.	Harrison Karagiorgos	5:47	
1.	Gemma Lillie	5:48	1
2.	Molly Holmes	6:15	
3.	Mia Darlow	6:21	
4.	Elise Carbery	6:52	

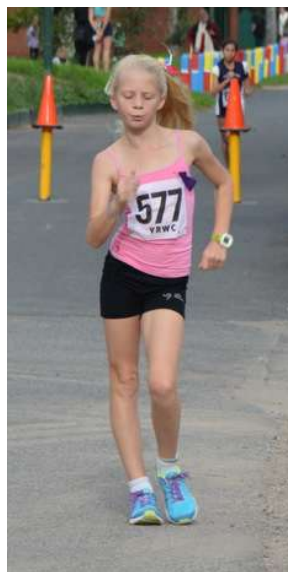
As usual, Terry Swan was active with his camera and has uploaded lots of photos to our VRWC photo gallery - see <http://www.vrwc.org.au/coppermine>. Some photos are reproduced here



Start of the U9 1km event (photo Terry Swan)



Grace Louey, Ruby Paton, Charlotte Hay, Charlotte Holmes and Chloe Karagiorgos (photos Terry Swan)



Molly Holmes, Madison Clark, Joel Prys and Harrison Karagiorgos (photos Terry Swan)

Thanks as usual to the many people who help keep the show on the road every week. Apologies if I have missed anyone.

Checkin: Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms
Course Setup: Bob Gardiner, Harry Summers, Peter Vysma, Ross Reid, Stuart Cooper, Russ Dickenson, Terry Swan
Officials: Tim Erickson, Mark Donahoo, Ian Laurie, Tony Doran, Russ Dickenson, Harry Summers, Don McLaren, Ralph Bennett, Justin McLaren (bike)
Canteen: Marlaine Stanway, Kate Suich, Wendy Cooper
Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, Lloyd Nicholls, Michael Bodey
Photos: Terry Swan

VRWC STYLE AWARD POINTS

As last Saturday was our first VRWC Points day, points were awarded in our Fastest Times, Handicaps and Style Awards competitions. You have to a club member to score points here. The points are accumulated as the season progresses to determine the eventual placegetters in each division. Here are the style award points as voted by our judges on the day. You can read about the Points competitions at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

Open and U15 Men		Open and U15 Women		U9 and U12 Boys		U9 and U12 Girls	
Rhydian Cowley	6	Paige De Lisen	6	Joel Prys	6	Gemma Lillie	9
Jesse Osborne	5	Stephanie George	5	Harrison Karagiorgos	2	Chloe Karagiorgos	4
Hayden Walmsley	2	Emily Hamilton	4	Corey Dickson	1	Madison Clark	2
Adam Garganis	1	Jessica Lillie	2			Elise Carbery	1
		Sandra Geisler	1				

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 27 APRIL

Thanks to Paul Rance for this report from Bendigo.

The Bendigo Walkers Club commenced their Winter Season of race walking at Lake Neanger on Sunday morning with a 3.2km handicap event being conducted. The race won by second backmarker Michael Gillies-Smith with Barb Bryant in second place and backmarker Zahra Hayes 3rd. Other impressive efforts were achieved by Carissa Brook with an excellent personal best - she displayed perfect walking technique - and Sheridan Commons who also produced a personal best.

3.2km Road Walk

1.	Michael Gillies-Smith	16.37
2.	Barb Bryant	18.54
3.	Zahra Hayes	16.56
4.	Carissa Brook	19.00
5.	Annette Major	21.20
6.	Norm West	25.59
7.	Madison Hill	20.32
8.	Caitlyn Tozer	29.37
9.	Sheridan Commons	26.19
10.	Peter Curtis	20.11
11.	Colin Cleary	30.41
12.	Annette Curtis	29.10

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 26 APRIL

Thanks to Kim Mottrom for the latest results from SA. Kim explains: This week we had a number of different events with fast times all around. Highlights were Troy Hooker's continued improvement, recording a significant PB over 15km, Alix Harlington's first attempt at 8km, Louise Mitchell's huge PB over 8km and a nearly 4 minute PB from Aleesha Vidler over 2km.

Open 15km Road Walk

1.	Justin Hill	Open	1:17:46	
2.	Peter Crump	O35	1:26:13	
3.	Troy Hooker	O35	1:32:03	PB 1:47
4.	Bill Starr	O35	1:45:49	
5.	Shaun Scheepers	O35	1:51:08	
6.	James Hoare	O35	1:54:02	
7.	Megan Szirom Open	DNF		

8km Road Walk

1.	Alix Harlington	U16	45:44	First time
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2.	Danielle Walsh	U20	47:05	
3.	Louisa Mitchell	O35	50:23	PB 4:38

5km Road Walk

1.	Kristie Goznik	Open	25:20	
2.	Rhiannon Lovegrove	U16	28:05	PB 0:21
3.	Felicity Henderson Wilson	U20	30:10	
4.	Samantha Findlay	U20	32:28	
5.	Anna Cross	U16	DNF	

3km Road Walk

1.	Jake Vidler	U16	15:34	
2.	Mark Hooker	U10	17:39	PB 1:06
3.	Ayeisha Wallace	U14	18:06	
4.	Chloe Upton	U14	18:33	PB 0:44

2km Road Walk

1.	Bethany Cross	U16	9:59	PB 0:05
2.	Joe Cross	U14	10:06	PB 0:04
3.	Jayden Goode	U16	10:20	PB 0:06
4.	Jessica Hahn	U16	11:33	
5.	Victoria Upton	U12	12:55	
6.	Mia Wilks	U12	13:35	
7.	Kat Wilks	O35	14:30	
8.	Aleesha Vidler	U12	15:12	PB 3:44

1km Road Walk

1.	Toby Wilks	U10	5:45	
2.	Maddy Wallace	U10	6:53	
3.	Kitarni Upton	U10	6:58	
4.	Zac Guth	U10	7:20	
5.	Helen Wallace	O35	8:52	

BALLARAT WALKERS CLUB PRESIDENT'S CUP, LAKE WENDOUREE, BALLARAT, SUN 27 APRIL

Twelve walkers braved a cold but sunny Ballarat morning to contest the President's Cup. The race took the form of a sealed handicap. The youngsters were quick out of the gates, with sisters Jemma & Alanna Peart setting the pace. Jemma was never headed and raced well to record the fastest time of the day and a new U14 Girls 3km Record. Alanna placed second in the handicap in a big PB and a new U12 Girls 3km Record. After many minor placings in previous BRWC races, nine-year-old Fraser Saunder pulled out a huge PB to finally win the handicap in 18:25, smashing his U10 Boys 1km, 2km & 3km records along the way! Well done to Matt Coon & Ruby Saunder who also walked PBs.



They're underway (photo Graeme Saunder)

President's Cup 3km Handicap

1.	Fraser Saunder (9)	18:25	PB 0:51 New Boys U10 1km, 2km & 3km Records
2.	Alanna Peart (10)	16:37	PB 0:41 New Girls U12 3km Record
3.	Kayla Bridges (9)	20:55	
4.	Matt Coon (10)	20:52	PB 0:40
5.	Ruby Saunder (9)	20:34	PB 0:01
6.	Jemma Peart (12)	15:49	New U14 Girls 3km Record
7.	Kasey Bishop (11)	21:08	
8.	Sarah Brennan (38)	15:52	
9.	Jessika Bridges (11)	23:11	
10.	Ross Darlow (15)	18:25	

1km Walk

1.	Mia Darlow	7:25	
2.	Scott Peart	8:16	PB 0:12, New U8 Boys 1km Record



President's Cup winner Fraser Saunder with BRWC President Deb Darlow (photo Graeme Saunder)

ACT RACEWALKING CLUB ROADWALKS, ACACIA INLET, CANBERRA, SATURDAY 26 APRIL
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Thanks to Robin Whyte for last weekend's results from Canberra.

12km Walk

1.	Brendon Reading	59:46
2.	Ally Durr	1:14:19
3.	Zoe Hunt	1:17:10
4.	Robin Whyte	1:18:56
5.	Derek Robinson	1:26:10
6.	Geoff Barker	1:30:08
7.	Monika Short	1:30:15
8.	Bob Parker	1:30:15
9.	Val Chesterton	1:48:12

6km Walk

1.	Kate Black	38:16
2.	Helena Bialecki	39:38
3.	Rosemary Parker	44:29
4.	Jenny Reading	45:43
5.	David Mackenzie	47:18

3km Walk

1.	Gabby Hunt	16:12
2.	Mitchell Baker	16:35
3.	Jane Bates	18:50
4.	Dylan Eddowes	19:22
5.	Barbara Eddowes	19:35
6.	Colby Eddowes	24:10

1km Walk

1.	Tom Hunt	05:53
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NSWRWC ROADWALK, LEICHHARDT, SATURDAY 19 APRIL

48 walkers were in action in Leichhardt (NSW) a week ago with round 3 of the NSWRWC winter season. World Cup representatives Adam Rutter (56:31) and Tyler Jones (57:27) were to the fore in the 12km event while World Juniors repJ Jasmine Dighton was the fastest over 10km (52:20).

Long Division - 12km

1.	Adam Rutter	56.31
2.	Tyler Jones	57.27
3.	Carl Gibbons	60.22
4.	Lauren Bourke	63.50
5.	Ian Jessurun	66.20
6.	Cheryl Webb	71.08
7.	Anthony Albanese	74.35
8.	Amanda Barendregt	79.30

Medium Division - 10km

1.	Jasmine Dighton	52.20
2.	Dylan Richardson	57.28
3.	Jasmyn McDonald	59.04
4.	Lydia McKay	63.01
5.	Stephanie Grujoski	63.13
	Nathan Brown	DNF
	Brendan Hyde	DNF

Short Division - 5km

1.	Chelsea Goodhew	27.26
2.	Ryan Thompson	28.21
3.	Nicholas Douglas	29.42
4.	Samantha Brown	29.57
5.	Travis Barendregt	30.0
6.	Tiffany Saker	30.42
7.	Ally Grujoski	30.48
8.	Kyle Bedford	31.34
9.	Sarah Kelland	34.21
10.	Mark McKay	35.08
11.	Sandra Riches	35.26
12.	Nicolle Challinor	37.53

U16-Division - 2km

1.	Dion Carrothers	11.24
2.	Paige Rigney	11.32
3.	Sybella McKay	11.33
4.	Lachlan Becroft	11.47
5.	Bayden Little	11.50
6.	Renee Hardy	11.56
7.	Morgan Little	12.33
8.	Alexandria Suthern	13.11
9.	Chloe McLoughlin	13.28
10.	Logan Barendregt	17.06

U12 Division - 1.5km

1.	Lachan Rigney	8.44
2.	Brooke Martin	9.48
3.	Jada Thomson	10.19
4.	Brodie Douglas	11.20
5.	Aiden Hardy	12.26
6.	Ella Becroft	14.52
7.	Emily Challinor	17.09
8.	Amelia Crocker	17.10
9.	Sarah Challinor	17.24
	Stacie Becroft	DQ
	Ethan Martin	DQ

LA RONDE DES DUCS 24 HOUR WALK, DIJON, FRANCE, 26-27 APRIL

Emmanuel Tardi was in Dijon last weekend for the annual La Ronde des Ducs 24 Hour walk. The last of the 2014 Paris-Colmar qualifiers, it was also the French national championship which saw walkers get underway at 1PM on Saturday under a cloudy sky. The race was around Lake Kir on a good road, with only one small 100m long hill to be negotiated each lap. The first lap was 926m long, followed by loops of 3.739km until the 23 hour mark (to enable an exact 100km mark) before finishing with shorter 0.786km lap during the last hour.

In the men's event, Remi Bonotte, the organizer of the event, started fast and led the race for the first 15 hours. At that stage, Jean Marie Rouault (the winner of the 2014 Paris-Colmar) took the lead in the early morning light and went on to win the race. The results were very strong - Jean Marie beat his 2011 record of 202.114km, walking a magnificent 206.647km on this occasion. Remi also shattered his PB with an equally superb 204.687km! In the women's race, Aida Diallo led from the beginning to the end, increasing her meet best 151.661km to 173.280km. Since she is a Guinean by nationality, the French national championship went to second placed Claudine Anxionnat with 168.639km.

La Ronde des Ducs 24 Hour Walk

1.	ROUAULT Jean Marie	206.64720 km	24:00:00
2.	BONNOTTE Remi	204.68713 km	24:00:00
3.	BUNEL Dominique	197.16256 km	24:00:00
4.	MOREL Philippe	195.76739 km	24:00:00
5.	LETESSIER Gilles	185.94475 km	24:00:00
6.	LAILLER Patrick	183.46233 km	24:00:00
7.	LETOURNEAU Florian	181.68666 km	24:00:00
8.	DIEN Daniel	176.68964 km	24:00:00
9.	BIET Christophe	174.97594 km	24:00:00
10.	BANO Jean Michel	173.66992 km	24:00:00
11.	DIALLO Aida (W)	173.279 km	24:00:00

12.	BUNEL Pascal	172.074 km	24:00:00
13.	OLIVARES Mathieu	171.576 km	24:00:00
14.	LACHIVER Pierre	169.980 km	24:00:00
15.	ANXIONNAT Claudine (W)	168.639 km	24:00:00
16.	NAVARRO Martine (W)	167.017 km	24:00:00
17.	GILLES Philippe	166.299 km	24:00:00
18.	PICOT Gerard	164.925 km	24:00:00
19.	WALLAEYS Jean	163.797 km	24:00:00
20.	SONNOIS Martine (W)	163.048 km	24:00:00
21.	RODIER Nicole (W)	156.091 km	24:00:00
22.	DANDOY Jeremy	154.595 km	24:00:00
23.	SALOMEZ Benedicte (W)	150.599 km	24:00:00
24.	BIZARD Emilie (W)	147.871 km	24:00:00
25.	HASSEVELDE Sebastien	147.077 km	24:00:00
26.	CASSIN Yves	145.394 km	24:00:00
27.	MASSON Pascal	145.114 km	24:00:00
28.	DE MARCILLAC Bertrand	144.391 km	24:00:00
29.	EMONIERE Philippe	140.702 km	24:00:00
30.	COUGOUREUX AUGÉ Emilie (W)	138.284 km	24:00:00
31.	BIEBUYCK Pascal	136.235 km	24:00:00
32.	PANNIER Josiane (W)	135.649 km	24:00:00
33.	CHABIN Frederic	133.595 km	24:00:00
34.	VARAIN Sylviane (W)	132.315 km	24:00:00
35.	CHAUVITEAU Daniel	131.400 km	24:00:00
36.	RASSAIND Andre	131.394 km	24:00:00
37.	MESMOUDI Anne Marie (W)	127.717 km	24:00:00
38.	DUBOIS D ENGHIEN Catherine (W)	124.431 km	24:00:00
39.	GALICIA Alfredo	123.078 km	24:00:00
40.	BIZARD Claudie (W)	121.885 km	24:00:00
41.	MIGNEROT Gerard	120.271 km	24:00:00
42.	SPIESER Jean-Paul	120.029 km	24:00:00
43.	MAZEAU Daniel	106.566 km	24:00:00
44.	LAURIN Martine (W)	93.613 km	24:00:00
	REGY David	137.392 km	17:18:29
	PETER Vincent	122.435 km	15:45:41
	GEORGELIN Serge	100.000 km	11:55:25
	GIROD Urbain	96.260 km	11:24:41
	PICHON Jean	85.042 km	13:49:40
	FABRE Françoise (W)	81.303 km	12:04:03
	PHEULPIN Adrien	73.825 km	13:01:52
	NOEL Jean-Claude	51.389 km	06:59:34
	BLOM HERTBEEK Boudewijn	25.214 km	03:03:25
	LHERITIER Michel	17.736 km	03:12:29
	LANDRU Noelle (W)	10.257 km	02:16:53



Jean Marie Roualt, Remi Bonnette and Dominique Bunel (photos Emmanuel Tardi)



Aida Diallo, Claudine Anxionnat and Martine Navarro (photos Emmanuel Tardi)

There was an ancillary event of 6 Hours duration which was won by Louis Thiriot with 56.089km.

6 Hour Walk

1.	THIRIOT Louis	56.08905 km	06:20:58
2.	RAULET Christophe	52.34978 km	06:18:57
3.	GIRAUDEAU Denis	52.34978 km	06:28:01
4.	LAUVERGNE Vincent	48.61051 km	05:59:58
5.	VARAIN Cedric	48.61051 km	06:00:52
6.	MALOCHET Dominique (W)	48.61051 km	06:02:18
7.	RAYNAUD Christine (W)	48.61051 km	06:04:36
8.	BORNEL Veronique (W)	48.61051 km	06:09:42
9.	DALOZ Robert	44.87124 km	06:00:34
10.	JACQUEMIN Mickael	44.87124 km	06:00:56
11.	PETETIN Beatrice (W)	44.87124 km	06:07:08
12.	PENKALLA Marie (W)	44.87124 km	06:25:44
13.	LACROIX Jean Louis	37.3927 km	05:28:33

LATVIAN TRACK CHAMPIONSHIPS, OGRE, LATVIA, THURSDAY 17 APRIL

Thanks to oMarchador (http://omarchador.blogspot.pt/2014/04/abril-abril-2014-e-campeonatos-da_24.html) for their report on the Latvian Track championships in which Edgars Gjačš (44:11.9) and Ilma Melne (56:08.7) set new Latvian national records to win their 10,000m walks. The meet also included walks for younger walkers and masters, with the participation of athletes from neighbouring Lithuania.

10,000m Men

1.	Edgars Gjačš	1993	Gulbenes nov: BJSS	44:11.9
2.	Arturs Makars	1997	Ventspils SS "Spars"	44:28.8
3.	Ruslans Smolonskis	1996	Bauskas nov: BJSS	49:59.5
4.	Raivo Saulgriezis	1994	Bauskas nov: BJSS	51:07.0
5.	Dainis Boļševičš	1996	Ludzas nov: SS	56:35.4
6.	Krišs Rudzons	1996	Aizkraukles nov: SS	1:05:08.9
7.	Valts Mišins	1996	Aizkraukles nov: SS	1:11:17.6

10,000m Women

1.	Ilma Melne	1993	Gulbenes nov: BJSS	56:08.7
2.	Inga Rītere	1995	Ogre	1:02:13.4
3.	Baiba Frišenbrūdere	1975	Tukuma VK	1:02:57.8
4.	Ligija Gaile	1989	Tukuma VK	1:04:56.1
5.	Jana Dūmiņa	1996	Ludzas nov: SS	1:06:41.9
6.	Jana Fedotovska	1996	Aizkraukles nov: SS	1:09:07.7

Other Events

5000m U18 Women:	Anastasija Mošerenoka	1998	Ludzas nov: SS	30:57.7
3000m U16 Men:	Linas Bartkus	1999	Birštonas LTU	15:04.8
3000m U16 Women:	Sabīne Veisa	1999	Ogre	17:54.8
1000m U14 Men:	Ronalds Staņislauskis	2002	Ludzas nov: SS	5:01.7
1000m U14 Women:	Agne Smailyte	2001	Birštonas LTU	5:04.7
1000m U12 Men:	Raivo Liniņš	2003	Preiļu nov: BJSS	4:59.7
1000m U12 Women:	Emilija Ražanauskaite	2005	Birštonas LTU	5:45.1

PENN RELAYS, UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA, 24-26 APRIL 2014
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As the first and oldest of relay meets, the 2014 Penn Relays was as big as ever, with an average of one race every five minutes over the 33 hours of competition. Amongst the events were 10,000m track walks for men and 5000m track walks for women. The open walks were won by Emerson Hernandez (42:17.56) and Maria Michta (22:13.64) while the junior walks were won by Jose Melendez (43:43.92) and Australian walker Ashleigh Resch 24:37.59. Go Ashleigh!

Jeff Salvage has put together fantastic photo stories from the two walk championships.

Men's 10,000m Track Walks: http://www.racewalk.com/PhotoStory2014PennRelays/2014_PennRelaysMens.asp
 Women's 5000m Track Walks http://www.racewalk.com/PhotoStory2014PennRelays/2014_PennRelaysWomens.asp

He commented as follows in the forward for each of the photo stories:

The 2014 Men's Penn Relays race walk was shaping up to be one of the deepest fields in a long time, but unfortunately there were four scratches at the last minute. With heavy downpours the night before, we lucked out and had picture perfect weather for the start of the race. Sunny, cool, and with little wind, the small field hit the track hard. With three men under 45:00, the race was a success.

Men's 10,000m Race Walk

1.	Emerson HERNANDEZ	ESA	88	42:17.56
2.	Kenny Martin PEREZ	COL	94	43:35.95
3.	Richard LUETTCHAU	USA	84	46:35.61
4.	Joel PFAHLER	USA	90	47:44.21

Men's U20 10,000m Race Walk

1.	Jose MELENDEZ	PUR	95	43:43.92
2.	Geraldo FLORES	USA		53:17.71

The 2014 Women's Penn Relays race walk was an historic event. While we always favored junior/high school walkers over open and masters athletes, there was never a year so youth centric as 2014. With a limit of 25 athletes on the track, there were only 2 open athletes and one very prestigious masters athlete. The other 22 qualifying athletes were all junior and high school walkers. When I took the Penn Relays over 24 years ago, the time standard for the junior/high school women was 32:00. This year it was 28:00. Given the lack of open competition (due to the World Cup) and the faster standards making it harder for masters women to compete, the superb level of youth walking is a great sign for the future of women's race walking in the USA. Importantly, we need to encourage these athletes to continue walking in college and beyond.

Women's 5000m Race Walk

1.	Maria MICHTA	USA	86	22:13.64
2.	Katie MICHTA	USA	96	25:20.54
3.	Monika FARMER	USA		25:57.64
4.	Katharine NEWHOFF	USA		26:07.18
5.	Natalie DEQUARTO	USA		26:16.70
6.	Brittney COLLINS	USA		27:18.01

Women's U20 5000m Race Walk

1.	Ashleigh RESCH	AUS	97	24:37.59
2.	Annica PENN	USA		26:11.33
3.	Fiona DUNLEAVY	USA	96	26:22.98
4.	Anali CISNEROS	USA	97	26:58.53
5.	Jennifer LOPEZ	USA	96	27:32.37
6.	Holly LINDOE	USA		28:05.93
7.	Melissa TYLOCK	USA		29:13.38



Left - Ashleigh Resch (in yellow) and Katherine Newhoff lead the field of Junior/High School Walkers
 Right - Emerson Hernandez and Kenny Perez lead out in the men's race (photos Jeff Salvage)

OUT AND ABOUT

- Thanks to oMarchador for the results of the Jorge Costa Trophy, held in Olhão, Portugal, on Saturday 26 April. See <http://omarchador.blogspot.pt/2014/04/cabecinha-e-sergio-vencem-trofeu-jorge.html>.

VRWC CLUB RECORD UPDATE

One new club record to acknowledge this week, for Rebecca Henderson. Well done Rebecca. The full list of club records is now up to date - you can check it out at <http://www.vrwc.org.au/vrwc-records.shtml>.

Rebecca Henderson U13 1500m Track Walk 6.48.79 LA Vic State Championships, Lakeside Stadium 2014/03/29

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

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			

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>)