



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 34
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TIM'S WALKER OF THE WEEK

My Walker of the Week this issue goes to 12 year old VRWC walker **Rebecca Henderson** who shattered the club U13 10km roadwalk record a week ago at Middle Park with a time of **58:10**. It was her inaugural attempt at such a long distance and was an impressive first up. Rebecca won the U14 3000m championship at the Australian Junior T&F Championships in March (15:10) and won the U12 2km walk at last year's Canberra Carnival (10:03). She will be competing in the U14 and U16 events at this year's Canberra Carnival in 3 weeks time and will certainly be in the mix once again. Congrats Rebecca!



Rebecca on her way to her inaugural 10km time of 58:10

WHAT'S COMING UP

Our VRWC winter season continues at Middle Park next Saturday with the first of our major championship days. As well as a whole swag of our own VRWC Club Championships, we are also hosting the Victorian 15km Open Roadwalk Championships. VRWC Club Championships are open to all current VRWC club members and can be entered on the day. The Victorian 15km championship is only available for current members of Athletics Victoria and must be pre-entered via the AV online panel system - see <http://athsvic.org.au/event/2014-av-walk-series-15km-walk/>. Entries will probably close on Wed or Thurs at the latest so don't miss out.

Note that the 15km events all start at 2PM rather than our more usual 2:15PM start time. This is so that we don't finish our afternoon races too late. As usual, a reminder to bring your VRWC chip and number as we are getting it pretty well bedded down now and it has become the default for all our races. The timetable is as shown on the next page

Saturday 24th May 2014, Middle Park			
Entries for VRWC 15km championship events and for non-championship 15km event close at 1.40pm			
Entries for all other events close at 2.00pm sharp.			
2.00pm	15km	AV Championship	Open Men
2.00pm	15km	AV Championship	Open Women
2.00pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	VRWC Championship	Under 20 Men/Women
2.00pm	15km	Non championship	Open
2.15pm	5km	VRWC Championship	Under 16 Boys/Girls
2.15pm	5km	Non championship	Open
2.15pm	3km	VRWC Championship	Under 14 Boys/Girls
2.45pm	1km	VRWC Championship	Under 9 Boys/Girls
2.55pm	2km	VRWC Championship	Under 12 Boys/Girls

And some forward planning. The following **Saturday 31 May** sees the first of our **VRWC Prizes days** with prizes on offer for the winners of all handicap events. We will have a prizes table setup for the day but we also welcome any prize donations, large or small, that club members may wish to donate. Just see me Saturday or have a chat via email.

VRWC ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 17 MAY

The VRWC roadwalk winter season continued at our club headquarters at Middle Park last Saturday in just about perfect autumnal conditions. With the Victorian Country championships on the next day in Ballarat, we did not have everyone there but we still saw 50 walkers in action. As usual, Terry Swan was there with his camera - check the action out at <http://www.vrwc.org.au/coppermine>. As we used our chip system, lap splits can be seen at <http://www.vrwc.org.au/vrwcres34.shtm>.

The Open 8km saw Aaron McDonough clear away to win comfortably in 40:33 while Pam Tindal 44:41 and Tim Erickson 44:47 had a good battle with Pam eventually taking line honours.

8km Open		H'cap Place	
1.	Pam Tindal	44:41	2
2.	Donna Elms	51:01	1
3.	Robyn Shaw	52:24	
4.	Karyn O'Neill	54:41	4
5.	Margaret Beaumont	68:41	3
	Beth Alexander	DNF	
1.	Aaron McDonough	40:33	2
2.	Tim Erickson *	44:47	
3.	Terry O'Neill	48:02	1
4.	Gerard Feain	49:18	4
5.	Geoff Barrow	55:51	3
6.	Ian Beaumont	69:05	5
	Mark Donahoo	DNF	
	Jesse Osborne	DNF	

We also had 4km walks on offer and it was Adam Garganis 17:38 and Kyle Swan 17:45 who battled it out in front. Others to do well included Reese Walmsley 19:36, Jason Kozica 19:37, Rebecca Henderson 21:22 and Philippa Huse 22:02. We also welcomed Julian Boland for his first walk with us.

4km Open		H'cap Place	
1.	Emily Hamilton	20:59	4
2.	Kylie Irshad	21:56	2
3.	Marlene Gourlay	23:41	5
4.	Emily Swan	24:54	6
5.	Madeleine Feain	25:43	1
6.	Gwen Steed	26:22	7
7.	Jan Morrey	28:55	3
8.	Pam Mews	41:41	8
1.	Adam Garganis	17:38	1
2.	Reese Walmsley	19:36	7
3.	Jason Kozica	19:37	6
4.	Paul Kennedy	20:30	2
5.	David Smyth	21:28	3
6.	Bernie Keirl	22:56	4
7.	Russ Dickenson	23:48	

8.	John Kilmartin	25:03	
9.	Julian Boland	25:08	First timer
10.	John Morrison	29:24	5

4km Under 15

1.	Rebecca Henderson	21:22	2
2.	Philippa Huse	22:02	1
3.	Brodie Richardson	24:03	4
4.	Jessica Lillie	24:58	3
5.	Gabbie Crea	25:42	5
1.	Kyle Swan	17:45	3
2.	Lachlan Feain	23:10	1
3.	Hayden Walmsley	24:17	2

H'cap Place

Our young walkers raced over 1km and 2km and it was Corey Dickson 9:59 and Joel Prys 5:40 who shone out from a pure speed perspective. We also had quite a few PBs with Charlotte Hay 12:38, Charlotte Holmes 14:33, Molly Holmes 6:02 and Elise Carbery 6:14.

2km Under 12

1.	Kathleen O'Mahony	11:28	4
2.	Ruby Paten	12:23	2
3.	Grace Louey	12:27	5
4.	Charlotte Hay	12:38	1 PB 0:30
5.	Charlotte Holmes	14:33	3 PB 0:07
1.	Corey Dickson	9:59	1

H'cap Place

1km Under 9

1.	Molly Holmes	6:02	2 PB 0:13
2.	Gemma Lillie	6:04	3
3.	Elise Carbery	6:14	1 PB 0:38
1.	Joel Prys	5:40	1

H'cap Place

As usual, thanks to our officials. Sorry if I missed anyone. It is a big show and we rely on so many people to keep things ticking.

Checkin: Ralph Bennett, Mark Donahoo, Michael Bodey, Damien Elms
 Officials: Bob Gardiner, Harry Summers, Ian Laurie, Mark O'Mahony, Tim Erickson, Marlane Stanway
 Judges: Peter Vysma (chief), Lloyd Nichols, Michael Bodey, Frances Attard
 Canteen: Kate Suich, Barb Gardiner, Wendy Cooper
 Photos: Terry Swan



Adam Garganis, Kyle Swan, Pam Tindal, Julian Boland and Aaron McDonough (photos Terry Swan)



Corey Dickson, Elise Carbery, Joel Prys, Charlotte Hay and Charlotte Holmes (photos Terry Swan)

VRWC STYLE AWARD POINTS

Our judges awarded the following points as part of our Style Awards competition on Saturday. I will give a progressive update in our three points competitions (handicap, fastest times and style awards) in next week's newsletter.

Open & U15 Men		Open & U15 Women		U9 & U12 Boys		U9 & U12 Girls	
Kyle Swan	6	Pam Tindal	8	Joel Prys	6	Gemma Lillie	4
Paul Kennedy	3	Beth Alexander	3	Corey Dickson	4	Molly Holmes	3
Mark Donahoo	3	Jessica Lillie	3			Grace Louey	3
John Morrison	3	Brodie Richardson	2			Elise Carbery	1
Gerard Feain	2					Kathleen O'Mahony	1
David Smyth	1						

VICTORIAN COUNTRY ROADWALK CHAMPS, BALLARAT, SUNDAY 18 MAY

Our Victorian walkers were back in action the following afternoon at the Ballarat Racecourse in Miners Rest, just outside Ballarat. It is the first time this venue has been used and feedback was generally positive. However, conditions were less than perfect with a headwind making it tough going for the walkers. Although the field sizes were very small, the racing was still competitive with a number of good performances. Special mentions for Michael Gillies Smith of Castlemaine who walked his first ever 10km with a very promising and stylish 58:17, Ross Darlow who zoomed through the U18 5km in a PB 23:25 and Ellen Dowie who similarly PB'd with 17:38 in the U16 3km. And of course we put on Racewalking Victoria championships for our U10 and U12 walkers with Ruby and Fraser Saunder taking most of the attention with big PB walks. Special thanks to the Ballarat Race Walking Club who hosted the event and did their usual fine job. Photos will soon be loaded to their website - see <http://www.ballaratracewalkers.com/coppermine/>.

AV COUNTRY CHAMPIONSHIP - OPEN 10KM MEN

Garganis, Adam	COL	49:10	Invitation
Gillies Smith, Michael	Unattached	58:17	First one
1. O'Neill, Terry	GPA	61:36	
2. Dickenson, Russ	SCA	62:30	

AV COUNTRY CHAMPIONSHIP - OPEN 10KM WOMEN

1. Brennan, Sarah	BYC	58:25
2. O'Neill, Karyn	GPA	69:06

AV COUNTRY CHAMPIONSHIP - U18 5KM MEN

1. Darlow, Russ	EKA	23:25	PB 0:12
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AV COUNTRY CHAMPIONSHIP - U16 3KM GIRLS

1. Dowie, Ellen	EKA	17:38	PB 0:11
2. Hill, Madison	SBE	18:32	

AV COUNTRY CHAMPIONSHIP - U14 3KM GIRLS

1.	Hayes, Zahra	SBE	15:28
2.	Peart, Jemma	BYC	15:41

RWV CHAMPIONSHIP - U12 2KM GIRLS

1.	Peart, Alanna	BRWC	11:32
2.	Mielczarek, Mackenzie	VRWC	12:46
3.	Bishop, Kasey	BRWC	13:37

RWV CHAMPIONSHIP - U10 1KM BOYS

1.	Saunders, Fraser	BRWC	05:38	PB 0:45
2.	Peart, Scott	BRWC	09:32	

RWV CHAMPIONSHIP - U10 1KM GIRLS

1.	Saunders, Ruby	BRWC	06:02	PB 0:38
2.	Darlow, Mia	BRWC	06:54	
3.	Bridges, Kayla	BRWC	07:00	

INVITATION 10KM

E1	Irshad, Kylie	VRWC	64:52
E1	Kozica, Jason	VRWC	64:52

Judges: Gordon Loughnan (Chief), Peter Vysma, Daryl Biggin, Paul Nunn, Stuart Cooper
Officials: Tim Erickson, Deborah Darlow, members of Ballarat Racewalking Club

ACT WALKING CLUB ROADWALKS, BLACK MOUNTAIN PENINSULA, ACT, SATURDAY 17 MAY

Thanks to Robin Whyte for the latest results from Canberra.

17km Walk

1.	Brendon Reading	1:37:08
2.	Robin Whyte	2:00:17
3.	Derek Robinson	2:04:36
4.	Bryan Thomas	2:08:08
5.	Geoff Barker	2:10:59
6.	Bob Parker	2:13:41
7.	Val Chesterton	2:35:29

5km Walk

1.	Zoe Hunt	26:21
2.	Ally Durr	26:37
3.	Callum Burns	26:37
4.	Gabby Hunt	27:32
5.	Mick Saunders	34:16
6.	Rosemary Parker	36:29
7.	Rod Gilchrist	38:20
8.	Jennifer Gilchrist	38:33

3km Walk

1.	Spencer Burns	15:27
2.	Mitchell Baker	16:51
3.	Dylan Eddowes	18:21
4.	Helena Bialecki	18:30
5.	Jane Bates	19:39
6.	Colby Eddowes	20:36
7.	Barbara Eddowes	20:51
8.	Venesser Rogic	21:53
9.	Carmen Carlon	33:25

1km Walk

1.	Laura Burns	05:28
2.	Sophie Rogic	06:54
3.	Trish Thomas	17:02

SAMA ROADWALKS, SATURDAY 17 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Hilly course, warm afternoon..

10km yacht handicap

1.	David Robertson	M80	1:26:23	68.72%
2.	Graham Harrison	M70	1:09:59	73.54%
3.	Matthew Anderson	M42	1:25:41	46.14%
4.	Colin Hainsworth	M84	1:20:58	78.54%
5.	Rodger Barber	M76	1:15:04	74.35%
6.	Raelene Schild	W49	1:16:22	60.16%
7.	Marie Maxted	W54	1:08:00	71.07%
8.	Margaret Trengove	W70	1:16:34	77.94%

5km yacht handicap

1.	Roger Lowe	M71	37:49	67.06%
2.	Edna Bates	W61	42:26	58.93%
3.	Helen Suridge	W63	36:49	69.58%
4.	Kristine Freeman	W53	43:11	53.15%

SA ROADWALK CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 17 MAY

Thanks to Kim Mottrom for the results from last Saturday's South Australian roadwalk championships. Kim reported

Yesterday we had the first winter state championships in 22 degree weather- not quite winter weather. Despite this we saw a number of excellent times, both in championship races and in support races. Highlights were Troy Hooker yet again beating his PB, this time by over 14 minutes, Justin Hill winning his first open State championship, Troy Hooker winning his first individual gold medal, Shaun Scheepers completing his first 20km and Alix Harlington stepping up to record an excellent time for his first 10km. Jake Vidler and Rhiannon Lovegrove managed to take even more time off their 5km PB's as well. In the support races, Kristie Goznic continues to improve, Louisa Mitchell was nearly as impressive as Troy by taking 8 minutes off her 10km PB.



Justin Hill leads out Peter Crump and Troy Hooker in the South Australian 20km championship

SARWC Open 20km

1.	Bill Starr	O35	2:25:14
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SARWC Open 10km

1.	John Leydon	O35	1:01:28
2.	Louisa Mitchell	O35	1:02:11 PB 8:00

SARWC Open 5km

1.	Kristie Goznic	Open	24:25
2.	Felicity Henderson-Wilson	U20	29:05
3.	Ayeisha Wallace	U14	31:12
4.	Samantha Findlay	U20	33:02

SARWC Open 3km

1.	Jay Goode	U16	16:20
2.	Allegra Steele	Open	17:27
3.	Chloe Upton	U14	18:49
4.	Laura Vanags	Open	20:34 PB 0:19
5.	Sue Damin	O35	23:45 PB 0:42
6.	Jessica Hahn	DNF	

SA Roadwalk Championship - Open Men 20km

1.	Justin Hill	1:47:46
2.	Peter Crump	1:53:37

SA Roadwalk Championship - M35+ 20km

1.	Troy Hooker	2:03:00	PB 14:16
2.	Shaun Scheepers	2:34:33	First One
3.	Jim Hoare	DQ	

SA Roadwalk Championship - U20 Men 10km

1.	Alix Harlington	56:00	First One
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SA Roadwalk Championship - U20 Women 10km

1.	Danielle Walsh	1:00:11
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SA Roadwalk Championship - U16 Boys 16km

1.	Jake Vidler	25:52	PB 0:59
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SA Roadwalk Championship - U16 Girls 5km

1.	Anna Cross	26:09	
2.	Rhiannon Lovegrove	27:42	PB 0:09
3.	Sarah Damin	31:09	
4.	Bethany Cross	DNF	

SARWC Open 2km

1. Mark Hooker	U10	11:28	
2. Victoria Upton	U12	13:10	
3. Madeleine Wallace	U10	14:56	
4. Helen Wallace	O35	18:29	First One
5. Joe Cross	DQ		

SARWC Open 1km

1. Aleesha Vidler	U12	6:48	Eq. PB
2. Kitarni Upton	U10	6:56	



Justin, Peter and Troy in action in Adelaide last Saturday (photos Kim Mottrom)

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 18 MAY
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Thanks to Rick Cattermole for the latest results from the Western Australian Race Walking Club in Perth. Rick commented: Good to see some old faces back today in a humid type of day at Wilson. Well done Christopher Gerken who raced his first ever 10k!

10km Open

1. Daniel Lowe	60.25
2. Christopher Gerken	66.59 (First ever)

5km Open

1. Vanessa Brown	31.07
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3km Open

1. Breanna Brown	18.57
2. Michelle Butler	19.14
3. Melissa Sullivan	19.43

2km Open

1. Summer Brown	12.26
2. Tina Kezic	13.43
3. Lily Reynolds	15.23

NSWRWC KEVIN STONE MEMORIAL NEPEAN OPEN, GLENDENNING, SATURDAY 10 MAY
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And back a week to NSWRWC for the Kevin Stone Memorial Nepean Open. With 55 walkers in action it was a big meet with some good performances.

Long Division - 12km

1. Steven Washburn	59.54
2. Carl Gibbons	60.08
3. Dean Nipperess (INV)	63.14
4. Lauren Bourke	63.35
5. Ian Jessurun	66.34
6. Tom Doyle	70.53
7. Anthony Albanese	71.41
8. Amanda Barendregt	79.50
Joan Purcell	DNF

Medium Division 10km

1. Aiden Kerr	54.56
2. Nathan Brown	58.23
3. Dylan Richardson	59.32
4. Bryony Beasley	61.55
5. Stephanie Grujoski	72.35
Jasmyn McDonald	DNF
Brendan Hyde	DNF

Short Division - 5km

1. Jasmine Dighton (INV)	24.36
2. Raquel Roukos	26.14
3. Chelsea Goodhew	26.35
4. Samantha Brown	27.40
5. Ryan Thomson	27.42
6. Kyle Bedford	29.02
7. Tiffany Saker	29.53
8. Nicholas Douglas	30.04
9. Ally Grujoski	30.07
10. Travis Barendregt	34.20
11. Nicolle Challinor	36.26

U16 Division - 2km

1. Harrison Maven	10.09
2. Allannah Pitcher	10.10
3. Jasmine Fletcher	10.56
4. Yasmin Mills	10.59
5. Renee Hardy	11.02
6. Donald Catallo	11.07
7. Abbey McMillan	11.19
8. Alexandria Sutherland	11.38
9. Lachlan Rigney (INV)	11.44
10. Paige Rigney	12.10
11. Lachlan Becroft	12.24
12. Sean Teo	12.31

U12 Division - 1km

1. Lachlan Rigney	5.17
2. Elizabeth McMillan	5.23
3. Danielle Vesper	5.36
4. Brooke Martin	5.49
5. Courtney Mavin	6.14
6. Jayda Thomson	6.21
7. Taylor Roukos	6.27
8. Brodie Douglas	6.37
9. Aiden Hardy	8.27
10. Ethan Martin	8.54
11. Amelia Crocker	8.55
12. Emily Challinor	9.01
13. Sarah Challinor	9.03
14. Ella Becroft	9.06
Stacie Becroft	DQ

WARWC WINTER SEASON RACING ROUNDUP

Thanks to Terry Jones for a roundup of the last few weeks of racing at the Western Australian Race Walking Club in Perth.

Scratch Races, Sunday 4 May**8km Walk**

1. Dale Hennighan	43.30
2. Declan Tingay	43.41
3. Andrew Duncan	46.17

4km Walk

1. Caitlin Brunton	23.48
2. Ben Reid	24.57
3. Robyn Hughes	28.46
4. John Smith	31.09
5. Lesley Romeo	31.21
Tom Lenane	DNF
Holly Hughes	DNF
Rebecca Cook	DNF

2km Walk

1. Amy Holland	12.45
2. Hayley Ruane	13.07
3. Angel Bordaje	13.20
4. Sienna Andritsos	13.29
5. Alessia Andritsos	14.01
6. Aimee Reid	14.37
7. Emily Bogaers	15.14
8. Lily Edgar	15:19

Don Rapley & Presidents Cup , Sun 11 May**10km Walk**

1. Dale Hennighan	53.00
2. Declan Tingay	56.49
3. Isabella Tolardo	69.35
4. Karen Tolardo	72.34

5km Walk

1. Tanya Andrews	33.24
2. Tom Lenane	33.33

1.5km Walk

E1. Amy Holland	9.52
E1. Sienna Andritsos	9.52
3. Allesia Andritsos	10.22
4. Emily Bogaers	10.42

Handicap Walks, Sunday 18 May**10K Handicap**

1. Karen Tolardo	67.41
2. Sonia Tingay	77.21
3. Dale Hennighan	51.59

5km Handicap

1. Isabella Tolardo	30.47
2. Lesley Romeo	39.02
3. Tom Lenane	33.27
4. Aimee Reid	41.00
5. Ben Reid	34.11

2km Handicap

1. Amy Holland	12:39
2. Alessia Andritsos	13.43
3. Emily Bogaers	14.17
4. Sienna Andritsos	13.06
5. John Back	14.21
6. Hayley Ruane	12.41
7. Holly Hughes	13.05
8. Robyn Hughes	14.28

RQWC ROADWALKS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 18 MAY

After a week's break, Queensland Racewalking Club competition resumed at Logan River last Sunday morning and it was a good turnout with 29 walkers in attendance. Masters maestro Peter Bennett (51:56) showed the way in the 10km as a final hitout before heading over to Rouen in France for their annual 24 Hour Classic event. Dane Bird-Smith was an absentee as he has already left for Europe where he will base himself for the next couple of months. I look forward to reporting on the results of his races.

A Grade 10km

1.	Peter Bennett	51.56
2.	Jess Pickles	53.31
3.	Argenis Guevara	57.44
4.	Paul Lindenberg	63.53
5.	Donna Beikoff	69.59
	Nyle Sunderland	DNF

D Grade 2km

1.	Caitlin Hannigan	11.13
2.	Adam Buchhorn	11.42
3.	Kobe Hinton	12.51
4.	Ethan Clarke	13.44

B Grade 5km

1.	Mikaela Woodward	29.03
2.	Shane Pearson	29.46
3.	Kay Shaw	33.06
4.	Debbie Lindenberg	33.07
5.	Patrick Sela	35.57

F Grade 1km

1.	Kris Hayward	5.20
2.	Abbey Hannigan	6.18
3.	Charlotte Sly	6.35
4.	Scarlett Schofield	6.39
5.	Anika Clarke	6.52
6.	Emma Brittain	6.58
7.	Tess Hannigan	7.00

C Grade 3km

1.	Katie Hayward	15.13
2.	Jade-Elizabeth Pearson	19.51
3.	Isabella Schofield	19.59
4.	Amelia Schofield	20.12
5.	Amelia Wales	23.22
6.	Noela McKinven	24.18
7.	Robyn Wales	24.40



QRWC walkers line up for their races last Sunday morning at Logan River Parklands (photo Robyn Wales)

45TH INTERNATIONAL ROADWALK CHAMPIONSHIPS, NAUMBURG, GERMANY, SUNDAY 18 MAY

2013 IAAF 50km World Champion Rob Heffernan continued his preparations for the European Track and Field Championships in Zurich with a victory in last Sunday's International Race-Walking Grand Prix in Naumburg, Germany. Heffernan dropped down in distance to 20km for the race and showed his class by winning the race in a time of 1:21.07, ahead of Christopher Linke 1:21.18 and young German walker Hagen Pohle 1:21:29. It was an encouraging performance by Heffernan with the major goal for the year being the 50km race at the European Track and Field Championships in Zurich. The main results are shown below. For the full result set, check out <https://www.facebook.com/download/1507414369480030/Ergebnis-International.pdf>

20km Men (first 20)

1.	Heffernan, Robert	1978	IRL	1:21:07
2.	Linke, Christopher	1988	GER	1:21:18
3.	Pohle, Hagen	1992	GER	1:21:29
4.	Dohmann, Carl	1990	GER	1:21:42
5.	Gloger, Nils Christoper	1990	GER	1:21:49
6.	Wright, Alex	1990	IRL	1:23:52
7.	Brembach, Nils	1993	GER	1:25:42
8.	Simanovich, Denis	1987	BLR	1:26:22
9.	Lehmberg, Marcel	1992	GER	1:27:19
10.	Janker, Andreas	1983	GER	1:28:09
11.	Boyce, Brendan	1986	IRL	1:28:24
12.	Borsch, Steffen	1973	GER	1:33:11
13.	Svensson, Christer	1969	SWE	1:40:48
14.	Meyer, Steffen	1966	GER	1:41:23
15.	Strunk, Malte	1973	GER	1:41:51
16.	Daimer, Nischan	1967	GER	1:44:37
17.	Schröter, Uwe	1959	GER	1:44:58
18.	Morotti, Graziano	1951	ITA	1:47:27
19.	Maier, Joachim	1970	GER	1:47:31
20.	Franke, Denis	1969	GER	1:48:20

20km Women (first 20)

1.	Schenker, Bianca	1974	GER	1:43:39
2.	Dittrich, Bianca Maria	1993	GER	1:44:28
3.	Schröter, Laura	1994	GER	1:47:32
4.	Shipilova, Elena	1990	GER	1:47:50
5.	Schröter, Brit	1974	GER	1:48:59
6.	Glandorf, Franziska	1993	GER	1:50:47
7.	Pashkovskaya, Katarina	????	BLR	1:54:20
8.	Hörl, Nicole	1971	GER	1:58:24
9.	Spanner, Franziska	1987	GER	2:04:25
10.	Unterholzner, Maria	1968	GER	2:05:18
11.	Heuer, Anneke	1971	GER	2:05:39
12.	Wälde, Sylvia	1966	GER	2:08:44
13.	Echle, Marita	1957	GER	2:15:21
14.	Glombitza, Silke	1967	GER	2:15:43
15.	Acuna, Jennifer	1969	VEN	2:16:57
16.	Wälde, Lisa	1993	GER	2:17:42
17.	Kirchesch, Ilona	1958	GER	2:17:55
18.	Patrzalek, Brigitte	1958	GER	2:18:00
19.	Müller, Monika	1964	GER	2:20:19
20.	Klink, Ursula	1944	GER	2:20:38

Junior Men 10km Race Walk

1.	Jonathan HILBERT	1995	GER	43:25
2.	Nathaniel SEILER	1995	GER	43:27
3.	Heiner TERP	1996	GER	46:42
4.	Paul KLEY	1996	GER	48:07
5.	Oliver KÄFLEIN	1997	GER	48:28
6.	Mario WÄLDE	1997	GER	49:11
7.	Paul KÖRNER	1997	GER	49:43
8.	Marius RICHTER	1998	GER	50:25
9.	Jacob STUTZKE	1997	GER	50:26

Junior Women 10km Race Walk

1. Lea DEDERICHS 1995 GER 49:56
2. Annika BREMBACH 1996 GER 51:14

U18 Women 5km Race Walk

1. Emilia LEHMEYER 1997 GER 25:44
2. Julia HENZE 1998 GER 26:29
3. Teresa ZUREK 1998 GER 26:51
4. Jennifer OKUN 1998 GER 27:11



Men's podium - Linke, Heffernan and Pohle (photo Robbie Heffernan - facebook)

FRENCH INTERCLUB ROUNDUP

Various interclub races are taking place at the moment in France, Italy and Spain. Emmanuel Tardi tells me that last Sunday there were some 50 different matches all over France, with each French team putting two walkers into the walks (5000m for men and 3000m for women). Emmanuel has picked out the best of the French results from Sunday

French Women (those less than 14 minutes)

13'09''81	Emilie MENUET	AJ Blois O	Blois
13'33''49	Anne Gaelle RETOUT	Val de Reuil AC	Antony
13'38''27	Sylwia CHIRAT-KORZENIOWSKA	AS Aix les Bains	Aix les Bains
13'40''86	Lucie AUFFRET	E Franconville CVO	Aix les Bains
13'44''72	Christine GUINAUDEAU	E Franconville CVO	Aix les Bains
13'48''26	Marine QUENNEHEN	CA Montreui 93	Aix les Bains
13'48''91	Emilie TISSOT	Alsace NA	Montbeliard
13'54''77	Fabienne RINERO CHANFREAU	CA Montreui 93	Aix les Bains
13'56''02	Violaine AVEROUS	CA Balma	Limoges
13'59''66	Corinne BEAUDOIN	Montpellier AAM	Dijon

French Men (those less than 21 minutes)

19'07''64	Yohann DINIZ	EFS Reims	Dijon
19'51''43	Antonin BOYEZ	Doubs SA	Blois
20'11''02	Grzegorz SUDOL-POL	A Metz Metropole	Toulouse
20'24''40	Bertrand MOULINET	Amiens UC	Aix les Bains
20'32''23	Cédric HOUSSAYE	SCOSM Marseille	Aubagne
20'33''01	Hedi TERAOUI-TUN	Lyon A	Lens
20'35''01	Aurelien QUINION	E Franconville CVO	Aix les Bains
20'36''14	Guillaume DUJOUR	As Aix le Bains	Aix les Bains
20'37''35	Hassanine SEBEI-TUN	Martigues SA	Dijon
.....			
22'52''68	Robert KORZENIOWSKI-POL	Lille MA	Aix les Bains

It is interesting to see the great Polish champion Robert Korzenioski having a stroll in Lille (22:52.68). Emmanuel has also pointed me to a video of Johan Diniz's walk in Dijon - and he looks good! See <http://youtu.be/4bHAhOrEfK0>.

ITALIAN CLUBS RACE WALKING CHAMPIONSHIPS, MISTERBIANCO, ITALY, SUNDAY 18 MAY

Marciaitaliana reports (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1777) that **Anna Eleonora Giorgi**, competing in the latest leg of the Italian Clubs Race Walking Championships in Misterbianco (Catania), has set a new Italian track record of **20:01.80** for the **5000m track walk**. The time also breaks Irish walker Gillian O'Sullivan's world best time which was set on 13th July 2002 in Dublin. It also breaks the current Italian record which belonged to Elisabetta Perrone (20:12:41, Rieti, 2nd August 2003). While still shy of the road best of 19:46, held by Kjersti Tysse Plaetzer, set at Hildesheim (GER) on 27th August 2006, it is a superb track walk and the third record set by this super talented young walker this year. The record blitz reads as follows

3000m Indoor:	February 22, 2014	11:50:08	Ancona
20 km road walk:	May 4, 2014	1:27:05	Taicang (CHN)
5000m Outdoor:	May 18, 2014	20:01.80	Misterbianco

The top 10 all-time list for 5000m track now reads as follows

20:01.80	Eleonora Anna Giorgi (ITA)	Misterbianco	May 18, 2014
20:02.60	Gillian O'Sullivan (IRL)	Dublin	July 14, 2002
20:03.0h	Kerry Saxby-Junna (AUS)	Sydney	February 11, 1996
20:07.52	Beate Anders Gummelt (GER)	Rostock	June 23, 1990
20:11.45	Sabine Zimmer Krantz (GER)	Wattenscheid	July 2, 2005
20:12.41	Elisabetta Perrone (ITA)	Rieti	August 2, 2003
20:18.87	Melanie Seeger (GER)	Braunschweig	July 10, 2004
20:21.69	Annarita Sidoti (ITA)	Cesenatico	July 1, 1995
20:27.59	Ileana Salvador (ITA)	Trento	July 3, 1989
20:28.05	Tatyana Kalmykova (RUS)	Ostrava	July 12, 2007

BALTIC COUNTRIES INTERNATIONAL - BRUNO JUNK MEMORIAL, VALGA, ESTONIA, SAT 17 MAY

Swedish walker Ato Ibáñez (41:23.4) and Lithuanian walker Brigita Virbalyte (21:17.8) were the winners of the open walk events at the Baltic Countries International which was held in sunny weather in Valga in Estonia on Saturday. For Virbalyte, it was a new Lithuanian record. For Ato, it was his third victory in this meet.

Open Men 10km - Bruno Junk Memorial

1.	Ato IBÁÑEZ	14.11.1985	SWE	41.23,4
2.	Arnis RUMBENIEKS	04.04.1988	LAT	43.06,3
3.	Arturas MASTIANICA	30.07.1992	LTU	43.23,3
4.	Anders HANSSON	10.03.1992	SWE	45.05,7
5.	Normantas PETRIŠA	06.05.1994	LTU	45.15,6
6.	Lauri LELUMES	23.04.1978	EST	45.31,8
7.	Margus LUIK	11.01.1980	EST	47.02,3
8.	Normunds IVZANS	07.11.1971	LAT	47.40,6
9.	Raivo SAULGRIEZIS	04.07.1994	LAT	48.21,3
10.	Ainar VESKUS	28.07.1990	EST	0.20,4
11.	Tadas ŠUŠKEVIACIUS	22.05.1985	LTU	DQ

Open Women 5km - Bruno Junk Memorial

1.	Birgita VIRBALYTE	01.02.1985	LTU	21.17,8
2.	Inga MASTIANICA	13.06.1989	LTU	23.49,6

3.	Siw KARLSTRÖM	09.07.1957	SWE	25.10,9
4.	Ilma MELNE	24.03.1993	LAT	26.42,8
5.	Rita ANDREJEVA	12.03.1991	LTU	28.20,9
6.	Baiba FRISENBRUDERE	06.03.1975	LAT	28.40,8
7.	Veronika JEGOROVA	21.11.1996	EST	33.20,7
8.	Anastasija SAVELJEVA	26.07.1996	EST	35.42,2

There were lot of other results, both underage and Masters. Overall, Lithuania won with 58 points ahead of Latvia on 32, Sweden on 31 and Estonia on 28. See <http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/AtovanniValga/> for meet report and links to the full results.

OUT AND ABOUT

- oMarchador reports on the Croatian Championships in Zagreb
See <http://omarchador.blogspot.pt/2014/05/campeonatos-de-marcha-da-croacia-em.html>
- oMarchador reports on the qualifying stages of the Portuguese Team Championships.
See <http://omarchador.blogspot.pt/2014/05/filipa-ferreira-e-miguel-carvalho-com.html>
- A great article on Robert Heffernan: Rob Heffernan is chasing that winning feeling again. After putting on more weight than he'd have liked last year, the 50km World Champion is feeling lean and hungry again.
See <http://thescore.thejournal.ie/rob-heffernan-1461836-May2014/>
- Athletics Ireland has announced that reigning World Champion Rob Heffernan training partner Brendan Boyce have been selected to compete in the European T&F Championships in Zurich on 15 August.
See <http://www.athleticsireland.ie/content/?p=38307>
- Susana Feitor and Inês Henriques will fight it out in La Coruña for spots in the Spanish team for the European champs.
See <http://omarchador.blogspot.pt/2014/05/susana-e-ines-lancadas-para-arena-da.html>.
- Marcialtaliana previews the La Coruna IAAF Challenge Series event
See http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1776

VRWC CLUB RECORD UPDATE

One new VRWC club record to retrospectively acknowledge this week - well done to Rebecca Henderson on her inaugural 10km roadwalk a week ago at Middle Park.

Rebecca Henderson	U13 10km Road Walk	58:10	VRWC Roadwalk, Middle Park	10/05/2014
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CANBERRA CARNIVAL - RACEWALKING VICTORIA TEAM

Entries have now closed for this year's Lake Burley Griffin Carnival, to be held in Canberra on Sunday 8 June. This is the biggest racewalking carnival on the Australian calendar and a big Victorian team will fight it out with the other Australian racewalking club. I have uploaded our team details to the website - check it out at <http://www.vrwc.org.au/documents/2014%20Canberra%20Entry%20List%20For%20Website.pdf>. **Let me know ASAP if you see any omissions or mistakes.**

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.

2014 Australian/Victorian Winter Season Key Dates

Sat 24 May, 2014	AV and VRWC Championships, Middle Park, Melbourne
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

July 22-27, 2014	15 th World Junior T&F Championships, Eugene, Oregon, USA
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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 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, Kazan, Russia
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

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