



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 35  
27 May 2014



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### TIM'S WALKER OF THE WEEK

My Walker of the Week this week is 15 year old Melbourne walker **Kyle Swan** who walked a big 5km roadwalk PB time of **21:38** in winning his VRWC U16 club championship at Middle Park last Saturday. It is yet another quality walk for young Kyle who has rarely been out of the limelight since winning the U10 2km roadwalk at the 2010 LBG Carnival in Canberra. He returns there again in 2 weeks time and he has entered multiple events including the Open 10 Mile and the U16 3km.



**Kyle in action at Middle Park on Saturday**

### WHAT'S COMING UP

Our VRWC winter season continues at Middle Park next Saturday with 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. **Note that next Saturday was going to also include a Coaching Session but that has been postponed until after Canberra.** More news once we set the date.

<b>Saturday 31<sup>st</sup> May 2014, Middle Park</b>			
<b>Entries close for all events at 2.00pm sharp. Prizes for handicap winners</b>			
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

Next Saturday also sees the next IAAF Challenge Series event at La Coruna in Spain. It promises to be a huge event and I think we may see two Aussies in action - Jared Tallent and Dane Bird-Smith. Good luck!

## AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, MELBOURNE, SATURDAY 24 MAY

Last Saturday provided perfect racing conditions for the 65 walkers who turned out at Middle Park for the Victorian Open 15km roadwalk championships and the VRWC roadwalk championships. After a number of silvers last year, the men's Victorian 15km championship saw 19 year old Jesse Osborne win his first Open title in the handy time of 1:10:34. With Chris Erickson a surprise retirement early in the race, Jesse walked solo for most of the distance and finished well clear of the other placegetters in Aaron McDonough and Simon Evans. Pam Tindal had a closer battle on her hands in the women's 15km championship but ended up winning by just under a minute (1:24:23) from Sarah Brennan, with Donna Elms taking bronze. A number of walkers chose the VRWC 15km races rather than the Victorian title races so special mention to David Smyth who powered through to a big PB time of 1:23:33 - in fact, he did a 10km PB of 54:52 along the way.

### 15km Open Men AV Championship

1.	Jesse Osborne	ATE	1:10:34	
2.	Aaron McDonough	PTN	1:18:33	PB 3:46
3.	Simon Evans	BOH	1:22:32	
4.	Michael Harvey	AWA	1:45:14	
	Adam Garganis	COL	DQ	
	Chris Erickson	ATE	DNF	

### 15km Open Women AV Championship

1.	Pam Tindal	ANW	1:24:23	
2.	Sarah Brennan	BYC	1:25:22	
3.	Donna-Marie Elms	PTN	1:42:02	

### 15km Open Women VRWC Club Championship - Elsie Jacobson Trophy

1.	Pam Tindal	1:24:23	
2.	Sarah Brennan	1:25:22	
3.	Elizabeth Feldman	1:40:07	
4.	Donna-Marie Elms	1:42:02	
5.	Robyn Shaw	1:43:56	
6.	Karyn O'Neill	1:45:34	
	Kylie Irshad	DNF	

### 15km U20 Mens VRWC Club Championship

1.	Jesse Osborne	1:10:34	
	Adam Garganis	DQ	

### 15km Open

1.	Jason Kozica	1:21:30	
2.	David Smyth	1:23:33	PB 5:10
3.	Gerard Feain	1:30:54	
4.	Terry O'Neill	1:35:08	
	Mark Donahoo	DNF	
	Bernie Keirl	DNF	

VRWC club championships were contested over various younger age groups (U16, U14, U12 and U9) and we saw some great performances and a number of impressive PBs. Top of the list had to be 15 year old Kyle Swan whose 5km time of 21:38 was a 76 sec PB! 14 year old Eliza Clarke was also in great form with her 5km PB time of 25:16. Special mentions also to Corey Dickson and Kathleen O'Mahony who both walked doubles, U14 3km followed by U12 2km, taking medals in both events. And there was a great battle in the U9 Boy's 1km with Harrison Karagiorgos just edging out Joel Prys, both boys recording the same PB time of 5:19.

### 5km U16 Girls VRWC Club Championship

1.	Eliza Clarke	25:16	PB 0:20
2.	Rebecca Henderson	26:44	
3.	Philippa Huse	27:32	
	Gabriella Crea	DQ	

### 5km U16 Boys VRWC Club Championship

1.	Kyle Swan	21:38	PB 1:16
2.	Reese Walmsley	23:44	
3.	Lachlan Feain	29:50	

### 3km U14 Girls VRWC Club Championship

1.	Brodie Richardson	16:48	
2.	Jessica Lillie	17:22	
3.	Kathleen O'Mahoney	17:51	
4.	Emily Noonan	21:32	

5. Caitlin Rudston-Brown 21:50

**3km U14 Boys VRWC Club Championship**

1. Corey Dickson 17:53  
2. Hayden Walmsley 18:00

**2km U12 Girls VRWC Club Championship**

1. Georgia Clark 10:58 First one  
2. Kathleen O'Mahony 10:59  
3. Chloe Karagiorgos 11:07 PB 1:19  
4. Madison Clark 11:45 PB 0:09  
5. Mackenzie Mielczarek 11:47 PB 0:35  
6. Ruby Paten 11:50 PB 0:33  
7. Charlotte Hay 11:52 PB 0:46  
8. Brianna Lillie 12:32  
9. Brianna Briet 12:58  
10. Claire Noonan 13:01 PB 0:09  
11. Charlotte Holmes 13:01 PB 1:32

**2km U12 Boys VRWC Club Championship**

1. Corey Dickson 10:42

**1km U9 Girls VRWC Club Championship**

1. Gemma Lillie 05:50  
2. Molly Holmes 06:15  
3. Elise Carbery 06:24

**1km U9 Boys VRWC Club Championship**

1. Harrison Karagiorgos 05:19 PB 0:28  
2. Joel Prys 05:19 PB 0:18

Finally, we had a VRWC non-championship 5km race for anyone else who wanted a hitout for the day, with line honours going to Sandra Geisler 26:47 and Tim Erickson 27:13.

**5km Open**

1. Sandra Geisler 26:47  
2. Marlene Gourlay 29:54  
3. Madeleine Feain 33:06  
4. Gwen Steed 34:11  
5. Jan Morrey 36:54  
6. Margaret Beaumont 42:38  
Simone Mcinnes DNF

1. Tim Erickson \* 27:13  
2. Paul Kennedy 27:54  
3. Russ Dickenson 29:11  
4. Geoff Barrow 35:36  
5. Barrie Wicks 39:37  
6. Ian Beaumont \* 41:38  
Josh Dillon DNF  
Alex Poore DQ

Thanks to all the judges and officials who helped out on what was a big day of racing. Sorry if I have missed anyone

**Race Entry:** Mark Donahoo, Ralph Bennett, Michael Bodey  
**Setup:** Tim Erickson, Bob Gardiner, Peter Vysma  
**Officials:** Mark O'Mahony, Ian Laurie, Don McLaren, Stacie McLaren, Bob Gardiner  
**Judges:** Terry Swan (Chief), Brenda Felton, Stu Cooper, Kathleen Marsh, Josh Savage, Gordon Loughnan, Peter Vysma, Michael Bodey (DQ), Jim Leppik (bike)  
**Photos:** Simon Baker

Some of Simon's photos follow. For more, check out <http://www.vrwc.org.au/coppermine>.



**15km walkers Jesse Osborne, Aaron McDonough, David Smyth, Sarah Brennan and Pam Tindal**



**Georgia Clark, Kathleen O'Mahony, Eliza Clark, Harrison Karagiorgos and Corey Dickson**



**Left: coach Frances Attard with her walkers - all medallists on the day**



**Right: Lyn and John Ventris visiting from WA**

## SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 24 MAY

Thanks to Kim Mottrom for his weekly report from Adelaide.

We had our longer program this week with the longest distance being 15km, quite an effort a week after our state 20km, especially in warm conditions. With Troy Hooker away and Justin Hill recovering from an injury it was a smaller field this week and because of that most of the highlights were in the shorter races. These highlights include Danielle Walsh beating her 8km PB, Louisa Mitchell doing yet another PB, Aleesha Vidler also doing another big PB and another PB over 1km for Kitarni Upton.

### Open 15km

1.	Peter Crump	O35	1:26:33	
2.	John Leydon	O35	1:36:23	
3.	Bill Starr	O35	1:48:52	
4.	Jim Hoare	O35	DNF	

### Open 3km

1.	Bethany Cross	U16	15:45	
2.	Jayden Goode	U16	16:06	PB 0:03
3.	Sarah Damin	U14	16:38	
4.	Samantha Findlay	U20	18:22	
5.	Laura Vanags	Open	22:26	

### Open 8km

1.	Kristie Goznik	Open	45:57	
2.	Danielle Walsh	U20	46:04	PB 0:19

### Open 2km

1.	Jessica Hahn	U16	11:51	
2.	Victoria Upton	U12	13:26	
3.	Toby Wilks	U10	13:29	First
	One			
4.	Mia Wilks	U12	13:43	
5.	Kat Wilks	O35	14:23	
6.	Aleesha Vidler	U12	14:29	PB 0:43

### Open 5km

1.	Richard Everson	O35	25:45	
2.	Jake Vidler	U16	26:47	
3.	Anna Cross	U16	27:31	
4.	Rhiannon Lovegrove	U16	28:03	
5.	Felicity Henderson-Wilson	U20	28:24	PB 0:08
6.	Louisa Mitchell	O35	30:02	PB 0:21
7.	Ayeisha Wallace	U14	30:37	
8.	Chloe Upton	U14	32:36	First One
9.	Karen Hooker	O35	32:39	First One
10.	Barb Cain	O35	38:15	
11.	Sue Damin	O35	41:38	First One

### Open 1km

1.	Madeleine Wallace	U10	6:27	
2.	Kitarni Upton	U10	6:28	PB 0:27

## SAMA ROADWALKS, FELIXSTOW, SATURDAY 24 MAY

Thanks to Colin Hainsworth for the South Australian Masters walk results from Adelaide. Colin commented: Hilly course making for slow times, Edna Bates the only one to better her handicap.

### 8km yacht handicap

1.	Edna Bates	W61	1:08:26	60.35%
2.	David Robertson	M80	1:09:08	68.07%
3.	Graham Harrison	M70	56:28	72.37%
4.	Matthew Anderson	M42	1:09:10	45.35%
5.	Margaret Trengove	W70	1:01:11	76.57%
6.	Colin Hainsworth	M84	1:06:53	70.35%
7.	Roger Lowe	M71	1:07:17	61.50%

### 4km yacht handicap

1.	Colin Trengove	M76	31:13	8.93%
2.	Jeff Kennett	M63	37:14	49.34%
3.	Geoff Byham	M67	26:45	71.76%

## ACT RACEWALKING CLUB UPDATE

A catchup from the last few ACTRWC races in Canberra.

### ACTRWC ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 24 MAY

10km: 1 Ian Rayson 44:25 2 Zoe Hunt 55:33 3 Ally Durr 01:00:00 4 Derek Robinson 01:07:38 5 Robin Whyte 01:07:38 6 Mick Saunders 01:09:53 7 Monika Short 01:11:40 8 Phil Essam 01:32:54.

4km: 1 Ann Staunton-Jugovic 22:11 2 Richard Wade 23:38 3 Mitchell Baker 24:16 4 Helena Bialecki 24:37 5 Dylan Eddowes 27:10 6 Barbara Eddowes 27:15 7 Greg Durr 29:19 8 Rod Gilchrist 29:20 9 David Mackenzie 30:55 10 Jennifer Gilchrist 32:23 11 Terry Munro 36:03.

2km: 1 Colby Eddowes 15:19 2 Kate Black 17:05.

#### ACTRWC ROADWALKS, YERRABI POND, SATURDAY 3 MAY

10km: 1 Monika Short 01:22:28 2 Geoff Barker 01:22:28 3 Phil Essam 01:36:36.

4km: 1 Spencer Burns 21:42 2 Richard Wade 23:33 3 Helena Bialecki 25:14 4 David Mackenzie 36:15 5 Belinda Essam 40:19.

1km: 1 Laura Burns 5:45.

#### ACTRWC ROADWALKS, LENNOX GARDENS, SATURDAY 10 MAY

8km: 1 Zoe Hunt 44:51 2 Ally Durr 46:19 3 Derek Robinson 55:04 4 Monika Short 58:13 5 Geoff Barker 59:52.

4km: 1 Helena Bialecki 25:01 2 Barbara Eddowes 27:27 3 Rod Gilchrist 30:29 4 David Mackenzie 30:53 5 Jennifer Gilchrist 34:12.

2km: 1 Mitchell Baker 11:24 2 Dylan Eddowes 11:33 3 Karina Hopkins 12:29 4 Emily Hopkins 12:47 5 Thomas Hopkins 12:51.

#### QUEENSLAND RACEWALKING CLUB ROADWALKS, MORNINGSID, SUNDAY 25 MAY

The QRWC winter season continued last Saturday at Morningside in Brisbane. Nick Dewar was fastest with his 8km time of 37:40.

##### A Grade Men 15km

1. Peter Bennett 81.26

##### A Grade Men 10km

1. Donna Beikoff 69.42  
2. Noela McKinven 81.25  
3. Jessica Wright 85.29

##### B Grade 8km

1. Nick Dewar 37.40  
2. Brandon Dewar 38.15  
3. Shane Pearson 47.55  
4. Patrick Sela 56.58

##### C Grade 5km

1. Jamie McCutcheon 25.51  
2. Mikaela Woodward 29.18  
3. Lucy-Rose Boardman 29.48  
4. Jade-Elizabeth Pearson 34.19

##### D Grade 3km

1. Robyn Wales 24.53

##### E Grade 2km

1. Adam Buchhorn 11.12  
2. Nelson McCutcheon 11.56  
3. Ethan Clarke 12.43  
4. Chloë Treurnich 12.35

##### F Grade 1km

1. Anika Clarke 6.53  
2. Emma Brittain 7.03

#### NSW TEAM WALKS CHAMPIONSHIPS, JOE MCALEER PARK, GLENDENNING, SUNDAY 25 MAY

Large fields contested the annual NSW Teams Walks Championships last Saturday in Glendenning. Great 10km walking by Nicole Fagan (46:52), Brendon Reading (44:48) and Tyler Jones (45:35) amongst others. It was only the second time that this course had been used and conditions were good with overcast but warm conditions.

##### Women 10k Race Walk Open

1.	Fagan, Nicole	25	Sydney Unive	46:52
2.	Bourke, Lauren	24	Mingara Athl	51:01
3.	Dighton, Jasmine	18	Asics Wests	51:09
4.	Barendregt, Amanda	18	Nepean Distr	59:38
5.	Purcell, Joan	73	Asics Wests	73:50
6.	Brown, Judy	64	Nsw Masters	83:53

##### Men 10k Race Walk Open

1.	Reading, Brendon	25	Sydney Unive	44:48
2.	Jones, Tyler	16	Wyang Athlet	45:35
3.	Washburn, Steven	20	U.T.S. North	46:51
4.	Felton, Jay	19	Mingara Athl	48:14
5.	Gibbons, Carl	18	Westlakes At	48:25
6.	Nipperess, Dean	43	Queensland	52:37
7.	Jessurun, Ian	47	Nsw Masters	53:38
8.	Mulhearn, Jordan	22	Sydney Unive	54:48

9.	Albanese, Anthony	53	South Sydney	57:45
10.	Osborne, Robert	59	Nepean Distr	60:55
11.	Seymon, Jim	77	U.T.S. North	65:47
12.	West, John	64	Nsw Masters	72:54
	Hyde, Brendon	69	Sydney Unive	DQ

#### Women 5k Race Walk Under 18

1.	Hill, Jayde	17	Nambucca Dis	24:55
2.	McDonald, Jasmyn	15	Parramatta C	25:29
3.	Goodhew, Chelsea	15	Westlakes At	26:37
4.	McKay, Lydia	17	Mingara Athl	28:26
5.	Roukos, Raquel	14	Nepean Distr	28:39
6.	Grujoski, Stephanie	17	South Sydney	28:42
7.	Grujoski, Ally	15	South Sydney	29:35
8.	Beasley, Bryony	17	Nepean Distr	31:12
9.	O'Neill, Molly	14	Adamstown Ne	31:38
10.	Sutherland, Alexandra	12	South Sydney	34:22

#### Men 5k Race Walk Under 18

1.	Kerr, Aidan	16	Sydney Pacif	25:01
2.	Brown, Nathan	16	Parramatta C	25:27
3.	Doyle, Tom	16	South Sydney	26:05
4.	Francis, Lucinda	15	Sydney Pacif	26:17
5.	Richardson, Dylan	14	Mingara Athl	26:26
6.	Thomson, Ryan	14	Nepean Distr	27:43
7.	Douglas, Nicholas	15	Nepean Distr	29:20
8.	Millican, Hayden	14	Sydney Pacif	29:29
9.	Barendregt, Travis	14	Nepean Distr	30:48
	Bedford, Kyle	14	Nepean Distr	DQ

#### Women 3k Race Walk Under 14

1.	Brown, Samantha	13	Parramatta C	15:34
2.	Pitcher, Allanah	11	Mingara Athl	16:23
3.	Fletcher, Jasmine	13	South Sydney	16:42
4.	Rigney, Paige	12	Wyong Athlet	17:45
5.	McKay, sybella	11	Mingara Athl	17:57
6.	Hardy, Renee	11	Asics Wests	18:44
7.	Parker, Hannah	12	Randwick Bot	19:19
8.	Vesper, Danielle	11	Camden Athle	20:04
9.	Martin, Brooke	11	Nepean Distr	20:55
10.	Thomson, Jada	10	Nepean Distr	20:56
11.	Douglas, Brodie	11	Nepean Distr	21:28

#### Men 3k Race Walk Under 14

1.	Rigney, Lachlan	10	Wyong Athlet	16:41
2.	tebutt, archie	11	Gosford Athl	16:52
3.	Chippendale, Oliver	12	Mingara Athl	17:04
4.	Little, Morgan	12	Sydney Pacif	17:42
5.	Becroft, Lachlan	12	Nepean Distr	19:39
	Little, Bayden	11	Sydney Pacif	DQ

#### Masters 10km Walk

W55	1	Brown, Judy	64	Nsw Masters	1:23:53
W65	1	Purcell, Joan	72	Asics Wests	1:13:50
M35	1	Nipperess, Dean	42	Queensland	52:37
M45	1	Jessurun, Ian	46	Nsw Masters	53:38
	2	Albanese, Anthony	52	South Sydney	57:45
M55	1	Osborne, Robert	58	Nepean Distr	1:00:55
	2	West, John	63	Nsw Masters	1:12:54
M65	1	Seymon, Jim	76	U.T.S. North	1:05:47

And thanks to Brad Jones for passing on these photos, taken by Cheryl Webb



**Lauren Bourke, Jasmine Dighton, Jay Felton, Steven Washburn, Brendon Reading, Brad Jones and Nicole Fagan in action**



**The Central Coast walkers with coach Frank Overton**

**BALLARAT WALKERS CLUB CHAMPIONSHIPS, BALLARAT, SUNDAY 25 MAY**

Thanks to Sarah Brennan for the latest report from the Ballarat Walkers Club in country Victoria.

13 Walkers braved the cold to compete for the 2014 Benita van Raaphorst Memorial Trophy, named in honour of the talented twenty-two- year-old Ballarat Racewalking Club member whose life was tragically cut short in 2001. Just 4 seconds off scratch, a determined nine-year-old Leah Canavan stormed home in a 56 second PB to reclaim the trophy. Hot on her heels was a much-improved Kasey Bishop, powering home in a 1 minute PB of 19:13. 12 year-year-old Jemma Peart recorded the fastest time of the day with 15:56.

**Benita van Raaphorst Memorial 3km Handicap**

- |    |                   |       |         |
|----|-------------------|-------|---------|
| 1. | Leah Canavan (9)  | 19:28 | PB 0:56 |
| 2. | Kasey Bishop (11) | 19:13 | PB 1:00 |



3.	Amy Canavan (12)	17:17	
4.	Kayla Bridges (9)	20:38	PB 0:14
5.	Fraser Saunder (9)	18:35	
6.	John Kilmartin (V)	18:24	PB 0:26
7.	Alanna Peart (10)	16:52	
8.	Ruby Saunder (9)	20:17	PB 0:17
9.	Jemma Peart (12)	15:56	
10.	Mia Darlow (8)	22:10	
11.	Jessika Bridges (12)	23:22	
12.	Ross Darlow (15)	16:42	

**1km**

1.	Scott Peart (7)	9:02
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**Leah Canavan wins the 2014 Benita Van Raaphorst trophy**

**USA NATIONAL 15KM ROADWALKS CHAMPS, RIVERSIDE, SUNDAY 18 MAY**

Below are the main results of the USA National 15km championships which were held in Riverside, California, a week ago. Wins to Rachel Seaman of Canada (1:09:49) and Mathieu Bilodieu (1:09:26) but the women's national championship to second placed lady Miranda Melville 1:15:27.

**15km Women**

1.	Rachel Seaman	1:09:49
2.	Miranda Melville	1:15:27
3.	Tamara Stevenson	1:36:22
4.	Vicki Pritchard	1:39:05
5.	Susan Mears	1:42:43

**15km Men**

1.	Mathieu Bilodieu	1:09:26
2.	Emmanuel Corvera	1:09:39
3.	Francisco Pantoja	1:10:04
4.	David Swarts	1:16:38
5.	Mark Green	1:25:44
6.	Adrian Zamudio	1:26:00
7.	Leon Jasionowski	1:32:06
8.	Norm Frable	1:32:34
9.	Tommy Aunan	1:34:16
10.	Bill Reed	1:34:35

**EAST JAPAN CORPORATE TEAM T&F CHAMPIONSHIPS, FUKUSHIMA, JAPAN, SATURDAY 17 MAY**

I could only find a brief news snippet on the East Japan Corporate Teams T&F Champs with some good walk times recorded.

**5000m Walk**

1.	Isamu Fujisawa	19:18.27
2.	Hirooki Arai	19:20.10

**5000m Walk**

1.	Kumiko Okada	22:10.03
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**10000m Walk**

1.	Daisuke Matsunaga	39:18.71
2.	Takumi Saito	39:23.58
3.	Kai Kobayashi	39:27.90
4.	Yosuke Kimura	40:53.75

**DUBLIN AAI GAMES, DUBLIN, IRELAND, SUNDAY 25 MAY****Women's 3000m Race Walk**

1.	Lauren WHELAN	GBR	93	14:21.26
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**Men's 5000m Race Walk**

1.	Luke HICKEY	IRL	94	20:11.87
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**ATHLETICS MEET, MIKOŁÓW, POLAND, SUNDAY 25 MAY**

Dawid Tomala 11:30.19 and Paulina Buziak 12:58.92 won the open walks at last Sunday's competition in Mikolow in Poland. Full results at [http://www.pzla.pl/zdjecia/zal\\_i/2014-05-25-mikolow\\_201405261333.pdf](http://www.pzla.pl/zdjecia/zal_i/2014-05-25-mikolow_201405261333.pdf)

**Men's 3000m Race Walk**

1.	Dawid TOMALA	POL	89	11:30.19
2.	Rafał FEDACZYŃSKI	POL	80	11:32.45
3.	Rafał AUGUSTYN	POL	84	11:38.37
4.	Jakub JELONEK	POL	85	11:57.96
5.	Łukasz AUGUSTYN	POL	90	12:08.66

**Women's 3000m Race Walk**

1.	Paulina BUZIAK	POL	86	12:58.92
2.	Katarzyna GOLBA	POL	89	13:02.40
3.	Monika KAPERKA	POL	90	13:42.21
4.	Ioanna BEMOWSKA	POL	94	14:19.76

**ITALIAN UNIVERSITY CHAMPIONSHIPS, MILAN, ITALY, SATURDAY 24 MAY**

The 5000m walks at the Italian University Championships were held last Saturday in Milan with Federico Tontodonati 19:32.89 and Eleanora Giorgi 21:40.59 the winners. For Giorgi, it was much slower than her world best 5000m track time of 20:01 a week ago as it was a case of just walking fast enough to win and honour the event.

**Men's 5000m Race Walk**

1.	Federico TONTODONATI	ITA	89	19:32.89
2.	Francesco FORTUNATO	ITA	94	19:44.34
3.	Riccardo MACCHIA	ITA	90	20:51.40
4.	Tommaso ROMAGNOLI	ITA	91	21:44.29
5.	Federico BOLDRINI	ITA	88	22:19.11
6.	Mario LAUDATO	ITA	88	23:21.68

**Women's 5000m Race Walk**

1.	Eleanora Anna GIORGI	ITA	89	21:40.59
2.	Federica CURIAZZI	ITA	92	22:03.50
3.	Mariavittoria BECCHETTI	ITA	94	23:53.89
4.	Ilaria MARIOTTI	ITA	91	24:37.67
5.	Cecilia STETSKIV	ITA	91	24:43.08
6.	Andrea MORELLI	ITA	93	25:11.21

7.	Elena CECHELE	ITA	94	25:34.86
8.	Silvia CORMACI	ITA	94	26:53.33
9.	Carlotta PAGANI	ITA	91	27:01.08

### WALKS, CAORLE, ITALY, SATURDAY 24 MAY

#### Men's 10km Race Walk

1.	Massimiliano CORTINOVIS	ITA	95	44:39
2.	Manuel GIORDANO	ITA	95	45:22
3.	Alberto ZAUPA	ITA	95	45:25
4.	Elio ORAZI	ITA	97	45:36
5.	Francesco ADRIANI	ITA	95	45:45
6.	Cesare COZZA	ITA	97	49:38
7.	Daniele MICH	ITA	95	49:38

#### Women's 5km Race Walk

1.	Nicole COLOMBI	ITA	95	23:06
2.	Erika SCOLOZZI	ITA	95	23:52
3.	Giorgia MENIS	ITA	96	24:00
4.	Sara SCIPIONI	ITA	95	24:37
5.	Marta STACH	ITA	95	24:41
6.	Giulia IMBESI	ITA	96	24:44
7.	Sara VITIELLO	ITA	88	24:53
8.	Molly Jade DAVEY	GBR	98	26:08
9.	Giulia CIPPITELLI	ITA	98	26:38
10.	Irene FERFOGLIA	ITA	98	26:51

### ITALIAN GRAND PRIX WALK, VALLI DI LANZO, ITALY, SUNDAY 25 MAY

Federico Tontodonati 42.23 and Federica Curiazzi 46.37 were the winners in the Open 10km roadwalks at the Italian Grand Prix event at Valli di Lanzo on Sunday. Full results including all other age groups at [http://www.marciaitaliana.com/admin/pdf/risultati/260520148612014\\_05\\_25\\_Lanzo\\_Torinese\\_risultati.pdf](http://www.marciaitaliana.com/admin/pdf/risultati/260520148612014_05_25_Lanzo_Torinese_risultati.pdf).

#### Open 10km Walk (first 10 places)

1.	TONTODONATI Federico	1989	TO001 C.U.S. TORINO	42:22.3
2.	DEI TOS Leonardo	1992	MI221 BRACCO ATLETICA	42:27.2
3.	AMATI Marco	1994	BN208 ASD ENTERPRISE SPORT & SER	44:28.5
4.	CURIAZZI Federica (F)	1992	BG003 ATL. BERGAMO 1959 CREBERG	46:37.0
5.	PUMACURO GUALOTUNA Segu	1976	MI579 U.S. MILANESE	47:01.0
6.	POLLI Laura (F)	1983	UI01 SVIZZERA	47:11.5
7.	POLLI Marie (F)	1980	SUI01 SVIZZERA	49:18.2
8.	MORETTI Gladys (F)	1991	BG003 ATL. BERGAMO 1959 CREBERG	52:53.0
9.	GUZZETTI Fabio	1996	VA119 O.S.A. SARONNO LIB.	52:53.7
10.	AINA Fabio	1966	VC004 ATLETICA VERCELLI 78	53:49.2

### BARRIENTOS MEMORIAL MEET, HAVANA, CUBA, 23-24 MAY

#### Men's 20km Race Walk

1.	Yoel VARGAS	CUB	75	1:31:24
2.	Ronaldo HERNÁNDEZ	CUB	94	1:41:24
3.	Moisés ALBA	CUB	92	1:54:21

#### Women's 20km Race Walk

1.	Misleidys VARGAS	CUB	77	1:46:35
2.	Lilia MONTERO RODRIGUEZ	CUB	95	1:51:00

### FRENCH REGIONAL WALKS MEET, BOGNY-SUR-MEUSE, FRANCE, SUNDAY 25 MAY

**Yohann Diniz** was in dominant form last Sunday, setting a new **French 20,000m walk record of 1:19:42.1** in a French regional walks meet in the city of Bogny-Sur-Meuse, some 250km NE of Paris. It was nicely reported on the European Athletics website: see <http://www.european-athletics.org/news/article=diniz-breaks-french-record-with-zurich-his-mind/index.html?cid=rss>

Yohann Diniz showed on Sunday the extent of his outstanding preparations in his bid to win a hat-trick of 50km race walking titles at the European Athletics Championships in Zurich in August. It might have been at less than half the distance he will

compete over in Switzerland and on a different surface too, but in Bogny-Sur-Meuse, Diniz broke a French record that has stood for 22 years. His victory in 1:19:42.1 overtook the mark of 1:21:14.9 that Thierry Toutain had achieved back in 1992 for the 20,000km track walking record, proving the level of form he is in as Zurich draws nearer. Diniz will need both this sort of speed combined with his endurance if he is to retain a title he won when the event was last staged at the European Athletics Championships in Barcelona in 2010. He triumphed then in 3:40:37, having first won the title in Gothenburg in 2006 in 3:41:39.

#### 20,000m Walk Men

1.	DINIZ Yohann	Efs Reims A. *	SEM/78	1:19:42.0
2.	HADULA Ludovic	Charleville Mezieres Athletism	SEM/87	1:36:59.4

Complete results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmspace=0&frmcompetition=162756>



**Yohann Diniz on his way to a new French national 20,000m record - photo from Emmanuel Tardi - photo by R Weber**

### OUT AND ABOUT

- The FISU 2015 World University Games Athletics Standards have now been released and the walks do leave one scratching the head in wonderment. The men's standard is quite demanding but the women's seems quite easy by comparison.  
20km Men            1:26:30  
20km Women        1:43:00
- Irish walker Brendan Boyce is becoming a 'caveman' for the summer as he steps up his training to aim for the top level - See more at: <http://donegalnews.com/2014/05/brendan-boyce-becoming-a-caveman-for-the-summer-as-training-steps-up/>
- Mexican 50km walkers are targeting Russian Championships in early June.  
See <http://omarchador.blogspot.pt/2014/05/marchadores-mexicanos-dao-confianca.html>
- The latest edition of British Race Walking Record has just been published. Download it for free now at <http://racewalkingrecord.co.uk/mays-edition-of-the-record/>
- 1968 Olympic 50km champion Christoph Höhne was competing in the 20km event in the recent international walk carnival in Naumburg. The 73 year old former East German champion finished 42<sup>nd</sup> in a time of 2:10:01. Read about it at <http://omarchador.blogspot.pt/2014/05/christoph-hohne-um-campeao-olimpico-em.html>

## 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

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	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>
Aug 16-28, 2014	<b>Youth Olympic Games, Nanjing, China.</b> See <a href="http://www.nanjing2014.org/en/">http://www.nanjing2014.org/en/</a>

### Other 2014 Races of Interest

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
Sun 5 Oct, 2014	International 50km Race Walk (IAAF permit) incorporating RWA 50km Championship , 10AM

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

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