



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is 21 year old Queenslander and Australian International **Dane Bird Smith**. Dane came a fantastic 6th in the latest IAAF Challenge Series event last Saturday in La Coruna in Spain. His time of **1:21:42** saw him only 28 seconds behind winner Erick Barrondo and it consolidates Dane's recent great form as he steadily consolidates his position as one of the top international 20km walkers. It follows on from his great 11th place in last year's World Champs and his PB in last month's Racewalking World Cup (14th in 1:20:27).

His most recent walk is also reported on the AA website:
<http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/9114/LA-CORUNA>.

VRWC RUNNERS WORLD SUMMER SEASON AWARDS

I am very pleased to confirm that the VRWC Committee has now completed its voting and I can announce that the winners of the VRWC Runners World 2013/2014 Summer Season awards are **Kelly Ruddick** and **Jesse Osborne**. Both had great summer seasons, culminating in selections to represent Australia in the 2014 Racewalking World Cup. Neil Ryan of Runners World Kew (see <http://www.runnersworld.com.au>) continues his generous support of our club and will be presenting a \$500 cheque and a \$500 Runners World gift voucher to each of the winners. In return, we urge all our members and supporters to visit the Runners World shop in Kew for their sporting needs.

To read more about these awards, including the selection criteria and the list of all past winners, check out <http://www.vrwc.org.au/vrwcrunners-world.shtml>. Note that AA or VIS sponsored athletes are excluded from the list of nominees as these athletes already have a good level of support. This sponsorship is aimed at walkers who are currently self funded.



Jesse and Kelly in action last summer

WHAT'S COMING UP

The **Lake Burley Griffin Carnival** will be held next Sunday 8th June in Canberra so I have uploaded various informational items to the front page of our website www.vrwc.org.au as a series of links. The list includes

- a final letter to all RWV competitors and supporters with lots of information and a timetable
- a list of all RWV competitors
- a map of the 10 Mile loop with feeding stations marked
- further information for the 10 Mile and 20 Mile competitors

Note that we have taken delivery of new RWV singlets in various sizes and I will be bringing them to Canberra in case anyone still needs to purchase one on the day. As always, get back to me if you have any final questions that remain unanswered.

I look forward to seeing everyone in Canberra next weekend.

Next Sunday also sees the inaugural **British Grand Prix of Racewalking** which will be held in **York, England**. Should be plenty more good performances coming out of that meet.

THE LAKE BURLEY GRIFFIN CARNIVAL

And speaking of the Lake Burley Griffin Carnival, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (now trading as Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has dropped slightly from these heady numbers but it remains the biggest and most competitive walking carnival in Australia.

For me, the Open 20 Mile and Women's 10 Mile championships around the lake are the events which make this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 24th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 (Kerry Saxby-Junna in 2001) stood for many years. Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer in 2011 with 74:26. It was finally beaten in 2012 by Tanya Holliday with a fine 73:16. Tanya also won the 5km walk that year in a swift 21:45. She repeated the double again in 2013. The top 12 performances are all under 80 minutes and the list reads as follows:

2012	Tanya Holliday	SA	73:16
2013	Tanya Holliday	SA	74:03
2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
2013	Rachel Tallent	RWV	76:45
2011	Tanya Holliday	SA	77:23
1996	Simone Wolowiec	VRWC	77:39
2007	Claire Woods	SA	78:01

Simone Wolowiec is the most prolific winner with 4 wins (1996-7, 2003-4) followed by Tanya Holliday on 3 wins (2011-2013).

Five women have managed to win the 10 Mile / 5km double and all recorded high quality performances. Tanya Holliday has done it for the last 2 years and will be back again in 2014.

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40
2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00
2012	Tanya Holliday	73:16 / 21:45
2013	Tanya Holliday	74:03 / 23:07

The Open 20 Mile Championship

The 20 Mile event is as challenging an event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.

Willi Sawall was the undisputed king of the Canberra 20 miles for many years. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, Willi held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, put him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 8 wins himself, has equalled his winning streak and looks set to pass his winning tally and claim honours as the most prolific winner ever. We watch expectantly.

Over the years, a number of women have conquered this demanding course, Kerry Saxby Junna setting a daunting standard of 2:41:43 in 2000, but in 2013 Regan Lamble blew that away with her finishing time of 2:32:17, a performance that saw her come third overall against the men. They, along with Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 6 finishes to her credit, Ann Staunton has 4 finishes and Shiela Miller has 3 finishes.

In 1998, in 2009 and in 2011 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Chris Erickson	2013	VIC	2:21:10
6.	Dion Russell	2000	VIC	2:21:35
7.	Nathan Deakes	1998/2011	VIC	2:21:50
8.	Ian Rayson	2013	NSW	2:22:00
9.	Nick A'Hern	1997	NSW	2:22:19
10.	Duane Cousins	1996	VIC	2:24:39

The top 10 ranking times overall illustrate Jared Tallent's domination - he has 5 of the top 10 times overall

1.	Jared Tallent	2009	VIC	2:14:57
2.	Jared Tallent	2007	VIC	2:15:43
3.	Willi Sawall	1980	VIC	2:16:48
4.	Jared Tallent	2012	VIC	2:18:00
5.	Willi Sawall	1982	VIC	2:18:18
6.	Luke Adams	2009	NSW	2:18:49
7.	Jared Tallent	2011	VIC	2:18:59
8.	Craig Barrett	1998	NZ	2:19:37
9.	Luke Adams	2011	NSW	2:19:46
10.	Jared Tallent	2008	VIC	2:20:31

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 46 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 35 and 31 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

Further reading: <http://www.rwa.org.au/canberra20mile.shtml> and <http://www.rwa.org.au/canberrawomen.shtml>



The start of the 2012 LBG 20 Mile and 10 Mile Championships - a typical cold Canberra June morning with eventual winner Jared Tallent far left.

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 31 MAY

Perfect autumn conditions were on show for the 60 walkers who contested last Saturday's VRWC roadwalks at Middle Park. Apart from being our final racing day before next weekend's LBG Carnival in Canberra, it was a prizes day with the pick of the table to the handicap winner in each event so the racing was keenly contested. Well done to our handicap winners **Simone McInnes, Jason Kozica, Emily Swan, David Smyth, Karla Bulte, Hayden Walmsley, Chloe Karagiorgos, Joseph Rickard, Gemma Lillie and Lewis Rickard**. Also a special welcome to U12 walker **Jeremy Little** who had his first race with us on Saturday and congratulations to **Tayla-Paige Billington** whose 5km time of 24:17 satisfied the World Juniors pre-departure requirement. She now has all the boxes ticked for Eugene next month. And finally, thanks to **Donna Elms** and **Pam Tindal** who donated additional prizes to the table - always appreciated!

8km Open

1.	Simone McInnes	43:42
2.	Pam Tindal	44:36
3.	Sandra Geisler	45:40
4.	Karyn O'Neill	54:08
5.	Sandra Howorth	59:02
6.	Margaret Beaumont	68:54
	Kylie Irshad	DNF

H'cap Places

1.	Adam Garganis	39:06	3
2.	Jason Kozica	40:38	1
3.	Aaron McDonough	41:22	4
4.	Terry O'Neill	47:30	2
5.	Gerard Feain	51:02	5
6.	Ian Beaumont	67:52	
	Mark Donahoo	DNF	

5km Open

1.	Tayla-Paige Billington	24:17
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4km Open

1.	Michelle Laufer	20:07	7	PB 0:26
2.	Emily Hamilton	20:15	2	PB 1:11
3.	Emily Swan	22:37	1	PB 0:17
4.	Marlene Gourlay	23:34	8	
5.	Donna Elms	24:10	5	

6.	Liz Feldman	25:06	10	
7.	Madeleine Feain	25:40	3	
8.	Gwen Steed	26:30	11	
9.	Ruby Paten	26:35	12	First one
10.	Glennis McPherson	27:13	9	
11.	Jan Morrey	28:40	4	
12.	Pam Mews	40:10	6	
1.	Reese Walmsley	19:00	3	
2.	David Smyth	21:23	1	PB 1:37
3.	Tim Erickson	21:44		
4.	Bernie Keirl	23:34	5	
5.	John Kilmartin	24:46		First one
6.	Geoff Barrow	27:26	4	
7.	Tony Barrett	27:50	6	
8.	John Morrison	29:15	2	
9.	Alex Poore	34:02	7	

4km Under 15

H'cap Places

1.	Karla Bulte	22:58	1	
2.	Brodie Richardson	23:48	2	
3.	Jessica Lillie	25:46	4	
4.	Caitlyn Rudston-Brown	31:05	3	
1.	Kyle Swan	18:44	3	
2.	Lachlan Feain	22:54	2	
3.	Hayden Walmsley	23:18	1	
4.	Corey Dickson	23:42	4	First one

2km Under 12

H'cap Places

1.	Kathleen O'Mahony	11:11	8	
2.	Chloe Karagiorgos	11:24	1	
3.	Madison Clark	11:41	4	PB 0:04
4.	Grace Louey	11:42	7	PB 0:27
5.	Mackenzie Mielczarek	11:57	2	
6.	Charlotte Hay	12:25	5	
7.	Claire Noonan	12:58	3	PB 0:03
8.	Charlotte Holmes	13:28	6	
1.	Joseph Rickard	10:47	1	PB 0:19
2.	Jeremy Little	13:01		First one

1km Under 9

H'cap Places

1.	Gemma Lillie	05:33	1	PB 0:15
2.	Molly Holmes	06:18	4	
3.	Elise Carbery	06:21	2	
1.	Joel Prys	05:26	3	
2.	Harrison Karagiorgos	05:33	2	
3.	Lewis Rickard	07:09	1	

Lapsplits from our chip system may be viewed at <http://www.vrwc.org.au/vrwcres34.shtml>.

Thanks to our many officials and judges and helpers who keep the show on the road every week. Apologies if I missed anyone.

Checkin: Mark Donahoo, Ralph Bennett, Damien Elms

Officials: Mark O'Mahony, Harry Summers, Marlaine Stanway, Tim Erickson, Don McLaren, Terry Swan, Alan Lucas
Stacey McLaren, Justin McLaren (bike)

Judges: Peter Vysma (Chief), Judy Mason, Diane Lowden, Lloyd Nichols, Gordon Loughlan

Photos: Terry Swan

Canteen: Kate Suich, Wendy Cooper

Thanks to Terry Swan for his photos (see <http://www.vrwc.org.au/coppermine>). A selection follows



David Smyth, Simone McInnes, Jason Kozica and Karla Bulte



Emily Swan, Chloe Karagiorgos, Gemma Lillie and Hayden Walmsley



Jeremy Little, Tayla-Paige Billington, Lewis Rickard and Joseph Rickard (photos Terry Swan)

VRWC POINTS COMPETITION UPDATE

The Style Award points for this week were awarded as follows

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Kyle Swan	5	Michelle Laufer	4	Joel Prys	3	Chloe Karagiorgos	4
Aaron McDonough	3	Gwen Steed	3	Harrison Karagiorgos	2	Gemma Lillie	3
Hayden Walmsley	1	Simone McInnes	3			Molly Holmes	2
		Emily Hamilton	3				
		Karle Bulte	3				
		Pam Tindal	2				

With 5 rounds completed now in our three Winter Season points competitions, it's time for an update on the current standings. Thanks to Mark Donahoo for the Actual (Fastest) Times and Handicap Competition progressive points. You can check them out, along with the Style Award progressive points, at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

ACT WALKERS CLUB ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 31 MAY

Thanks to Robin Whyte for this week's results from Canberra. Good to see Ian Rayson getting some solid hitouts ahead of LBG.

7.1km Walk

1. Ian Rayson	32:02
2. Brendon Reading	37:34
3. Callum Burns	38:02
4. Zoe Hunt	38:25
5. Ally Durr	38:40
6. Richard Wade	39:01
7. Gabby Hunt	40:07
8. Robin Whyte	44:51
9. Derek Robinson	47:48
10. Bryan Thomas	48:15
11. Dylan Eddowes	49:23
12. Barbara Eddowes	49:34
13. Monika Short	50:14
14. Bob Parker	51:02
15. Greg Durr	51:19
16. Venesser Rogic	51:34
17. Rosemary Parker	52:56
18. Jennifer Gilchrist	55:09
19. David Mackenzie	55:16
20. Rod Gilchrist	59:32
21. Doug Fitzgerald	59:32
22. Warren Butler	59:41
23. Geoff Barker	60:03
24. Val Chesterton	61:23

2km Walk

1. Spencer Burns	10:18
2. Mitchell Baker	10:43
3. Chelsea Rogic	13:03
4. Colby Eddowes	14:23

1km Walk

1. Laura Burns	05:09
2. Trish Thomas 1	1:55

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SATURDAY 31 MAY

QRWC held their weekly races as Saturday morning time trials rather than the more usual Sunday scheduling. Some good times in the 10km with Brandon Dewar 46:40 and Luke McCutcheon 48:32.

A Grade 10km

1. Brandon Dewar	46.40
2. Luke McCutcheon	48.32
3. Peter Bennett	50.31
4. Donna Beikoff	67.20
5. Noela McKinven	79.38

B Grade 5km

1. Jamie McCutcheon	25.04
2. Shane Pearson	29.23
3. Lucy-Rose Boardman	31.42

D Grade 2km

1. Nelson McCutcheon	12.55
2. Ethan Clarke	13.02
3. Amelia Wales	13.51

F Grade 1km

1. Anika Clarke	6.55
2. Emma Brittain	7.01

C Grade 3km

1. Jade-Elizabeth Pearson	19.13
2. Robyn Wales	24.12

SARWC CLUB CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE PARKLANDS, SATURDAY 31 MAY

Thanks to Steve Harlington for this week's results from the South Australian Race Walking Club in Adelaide. Their obvious depth bodes well for next weekend's LBG carnival. Former World Cup rep Kristie Goznik continues to improve as does Justin Hill and Steve Hooker. Alix Harlington and Rhiannon Lovegrove walked well in the 4km while Joe Cross showed good form in the U14 2km.

8km Open

1.	Kristie Goznik	F	Open	39:28
2.	Justin Hill	M	Open	41:51
3.	Troy Hooker	M	35+	43:27
4.	Peter Crump	M	35+	43:51
5.	Danielle Walsh	F	U20	45:29
6.	John Leydon	M	35+	48:27
7.	Louisa Mitchell	F	35+	48:31
8.	Bill Starr	M	35+	58:13

6km Girls U18

	Felicity Henderson Wilson	F	U20	DNF (4km 23:32)
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4km Boys U16

1.	Alix Harlington	M	U16	20:23
2.	Jay Goode	M	U16	22:05
	Jake Vidler	M	U16	DNF (2km 9:56)

4km Girls U16

1.	Rhiannon Lovegrove	F	U16	20:43
2.	Bethany Cross	F	U16	21:15
3.	Kelly Ashby	F	Open	21:36
4.	Ayeisha Wallace	F	U14	23:04
5.	Samantha Findlay	F	U18	24:58
6.	Chloe Upton	F	U14	26:04
7.	Victoria Upton	F	U12	26:18
8.	Sue Damin	F	35+	32:05
	Anna Cross	F	U16	DNF (2km 10:13)
	Sarah Damin	F	U14	DNF (2km 11:06)
	Yvette Becker	F	Open	DNF (2km 11:07)

2km Boys U14

1.	Joe Cross	M	U14	10:13
2.	Mark Hooker	M	U10	10:44
3.	Toby Wilks	M	U10	11:34
4.	Zac Guth	M	U10	14:26

2km Girls U14

1.	Karen Hooker	F	35+	12:26
2.	Kitarni Upton	F	U10	13:03
3.	Maddy Wallace	F	U10	13:39
4.	Aleesha Vidler	F	U12	13:46
5.	Mia Wilks	F	U12	13:55
6.	Laura Vanags	F	Open	14:11
7.	Kat Wilks	F	35+	14:35
8.	Helen Wallace	F	35+	17:44

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE PARKLANDS, SATURDAY 31 MAY

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. Colin commented: Well done Margaret Trengove setting new W70 10km road record of 1:12:25. Welcome back to Valmai Padget after a long spell of injury.

SAMA 10km Club Championships

1.	W70	Margaret Trengove	1:12:25	82.41%
2.	W70	Valmai Padget	1:26:30	68.99%
1.	W60	Linda Whitelaw	1:17:56	66.45%
2.	W60	Margaret McIntosh	1:26:47	60.43%
1.	W50	Marie Maxted	1:05:04	74.27%
1.	W45	Raelene Schild	1:14:03	62.04%
1.	M80	Colin Hainsworth	1:19:55	79.58%

2.	M80	David Robertson	1:29:40	66.20%
1.	M75	Rodger Barber	1:12:58	76.49%
1.	M70	Graham Harrison	1:13:58	69.58%
1.	M60	Jack Russell	1:00:09	78.13%
1.	M55	Norman White	1:12:16	60.87%
2.	M55	Richard Moyle	1:12:57	61.95%
1.	M40	Matthew Anderson	1:26:36	45.65%

6km yacht handicap

1.	M67	Geoff Byham	0:38:41	75.66%
2.	W61	Edna Bates	0:50:51	59.79%
3.	M77	Paul Boyce	0:53:22	62.44%
4.	W66	Lillian Harpur	0:57:30	56.38%

NSWRWC ROAD WALKS, CHIPPING NORTON, SATURDAY 17 MAY

Now back a couple of weeks for a catchup with NSWRWC.

Long Division 8km / 16km

1.	Tyler Jones	38.14	
2.	Steven Washburn	39.33	
3.	Jay Felton	40.06	
4.	Carl Gibbons	40.49	
5.	Jasmine Dighton	41.15	
6.	Ian Jessurun	42.33	
7.	Cheryl Webb	44.44	
8.	Tom Doyle	46.26	
9.	Amanda Barendregt	47.24	
10.	Anthony Albanese	47.41	1:41.29
11.	Joan Purcell	60.40	
12.	Dean Nipperess (INV)	43.43	1:30.17

Medium Division - 6km

1.	Nathan Brown	32.55
2.	Dylan Richardson	33.10
3.	Jasmyn McDonald	34.18
4.	Bryony Beasley	35.41
5.	Judy Brown	48.17

Short Division - 3km

1.	Chelsea Goodhew	15.04
2.	Ryan Thomson	15.54
3.	Samantha Brown	16.07
4.	Kyle Bedford	16.10
5.	Nicholas Douglas	16.38
6.	Travis Barendregt	18.08
7.	Sarah Kelland (INV)	18.41
8.	Nicolle Challinor	22.58

U16 Division - 2km

1.	Harrison Mavin	10.23
2.	Chelsea Goodhew (INV)	10.25
3.	Dylan Richardson	10.32
4.	Hayley Mills	10.36
5.	Abbey McMillan	10.37
6.	Bayden Little	11.24
7.	Jasmine Fletcher	11.26
8.	Renee Hardy	11.58
9.	Paige Rigney	12.15
10.	Lachlan Becroft	13.08
11.	Morgan Little	13.19
12.	Catherine Young	14.13
13.	Logan Barendregt	17.04

U12 Division - 1km

1.	Lachlan Rigney	5.14
2.	Elizabeth McMillan	5.24
3.	Danielle Vesper	5.26
4.	Brooke Martin	5.44
5.	Courtney Mavin	6.18
6.	Jada Thomson	6.24
7.	Brodie Douglas	6.43
8.	Aiden Hardy	7.38
9.	Sarah Challinor	8.46
10.	Ethan Martin	9.04
11.	Emily Challinor	10.12
12.	Amelia Crocker	10.17
	Stacie Becroft	DQ
	Ella Becroft	DQ

WARWC ROADWALKS , PERTH

Thanks to John Back for the latest results from the Western Australian Racewalking Club in Perth. John also advises that next week (June 8) a track walk has been added at Coker Park starting at 8.00 am. Distances will be 10km, 4km and 2km. On June 15 a 15km has been added and on June 22 a 20km has been added, both starting at 8.30am

WARWC Roadwalks, Perth, Saturday 24 May

Ron Davies Trophy - Men U20 10km

1.	Dale Hennighan	52.25
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Anne Murray Trophy - Women U20 5km

1.	H Hughes	30.32
2.	I Tolardo	33.18
3.	B Hennighan	37.46

WARWC Roadwalks, Perth, Saturday 31 May

8km Walk

1.	K Tolardo	53.00
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5km Walk

1.	R Hughes	31.41
2.	M Johns	30.15
3.	H Hughes	31.41
4.	A Reid	39.54

4.	A Reid	39.03	5.	T Lenane	34.20
			6.	T Ruane	31.58
			7.	I Tolardo	33.00
5km Mixed					
1.	K Tolardo	32.13			
2.	B Reid	33.24	3km Walk		
3.	T Lenane	34.13	1.	E Bogears	23.55
4.	R Hughes	38.00	2.	B Redi	18.39
2km Mixed					
1.	A Holland	12.37			
2.	S Andritsos	12.48			
3.	A Bordaje	12.56			
4.	A Andritsos	13.56			
5.	L Edgar	14.32			
6.	J Smith	15.10			

28TH GRAN PREMIO CANTONES DE MARCHA, LA CORUNA, SPAIN, SATURDAY 31 MAY

Emeterio Valiente reported for the IAAF (see <http://www.iaaf.org/news/report/la-coruna-race-walk-liu-barrondo-2014>) on what was an exciting IAAF Challenge Series event in Spain last Saturday.

China's world bronze medallist Liu Hong and Guatemala's Olympic silver medallist Erick Barrondo captured respective 20km victories in 1:27:39 and 1:21:14 at the '28th Gran Premio Cantones de Marcha', the Spanish leg in the 2014 IAAF Race Walking Challenge, on Saturday. On a pleasant day that was ideal for endurance events, with the thermometer reading about 15°C during the races, they succeeded in different ways. While 22-year-old Barrondo got the better of Japan's Eiki Takahashi by just five seconds (1:21:14 vs 1:21:19), 26-year-old Liu was an overwhelming victor as she built a massive 2:17 advantage over her closest pursuer, Guatemala's Mirna Ortiz, her winning time being a world-class 1:27:39.

20km Women

The women's competition kicked off with Spain's Julia Takacs taking an early lead, injecting a brisk pace. The former European under-23 silver medallist went through the first kilometre alone at the front but she was soon joined by Portugal's defending champion Ines Henriques. The duo surprisingly continued to lead by the 5km point in a fine 22:06 while the hot favourite Liu travelled way back in third, no less than 33 seconds adrift of the leaders but 16 seconds ahead of a nine-woman group comprising Italy's Eleonora Giorgi, Portugal's Ana Cabecinha and Ortiz among others. Takacs – searching for a berth in the Spanish team for the European Championships to be held in Zurich this August – kept on pushing hard alongside Henriques to reach the halfway point in 44:20. Although Liu was still 15 seconds in arrears by then, the Chinese star was head and shoulders clear of Giorgi, Cabecinha and Ortiz. The third quarter of the event proved to be decisive as Liu took command of the race from the 12th kilometre onwards while Takacs dropped out the event and Henriques began to falter. With 5km remaining, (1:06:20) Liu's margin on Cabecinha had grown to 1:04, while the Portuguese walked seven seconds ahead of Giorgi and 19 over Ortiz. However, the closing stages changed the minor places on the podium since Ortiz – who is Erick Barrondo's wife – managed to overtake Giorgi and Cabecinha to finally romp home in second with her fourth-fastest time of 1:29:56, four seconds clear of the Italian record-holder and 16 on Cabecinha while Henriques paid for her early efforts and had to settle for fourth, more than three minutes adrift of Liu.

At the top, Liu broke the tape in 1:27:39 to secure her victory in this year's IAAF Race Walking Challenge. The three-time World Championships medallist (bronze in 2009 and 2013, silver in 2011) added today 12 points to her tally for an overall score of 34 points which makes her unreachable for her closest chasers in the guise of Giorgi (23) and Cabecinha (22) as there are only two events remaining, the African and the European Championships. The winner's impressive splits (5km sections) were: 22:39/21:56/21:45/21:19, the two halves being 44:35/43:04.

1.	Hong LIU	CHN	87	1:27:58
2.	Mirna Sucely ORTIZ FLORES	GUA	87	1:29:56
3.	Eleonora Anna GIORGI	ITA	89	1:30:00
4.	Ana CABECINHA	POR	84	1:30:12
5.	Ines HENRIQUES	POR	80	1:30:49
6.	Mayra PÉREZ	GUA	88	1:31:39
7.	Laura REYNOLDS	IRL	89	1:31:57
8.	Beatriz PASCUAL	ESP	82	1:32:17
9.	Sandra Lorena ARENAS	COL	93	1:32:30
10.	Ainhoa PINEDO	ESP	83	1:32:59
11.	María José POVES	ESP	78	1:34:36
12.	Laura GARCÍA-CARO	ESP	95	1:34:50
13.	Monica EQUIHUA	MEX	82	1:35:31
14.	Lorena LUACES	ESP	84	1:36:51
15.	Yeseida CARRILLO	COL	93	1:36:57
16.	Maritza Rafaela PONCIO	GUA	94	1:37:24

17.	Maria JUAREZ GALLARDO	ESP	93	1:37:27
18.	Daniela CARDOSO	POR	91	1:37:57
19.	Lucie AUFFRET	FRA	88	1:39:42
20.	Amanda CANO	ESP	94	1:40:03
21.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:51:56
22.	Sandrine EICHHOLTZER	FRA	77	1:56:00
	Susana FEITOR	POR	75	DNF
	Maria LARIOS LOPEZ	ESP	92	DNF
	Eva Maria IGLESIAS	ESP	85	DNF
	Júlia TAKÁCS	ESP	89	DNF
	Laura JIMENEZ ELIPE	ESP	91	DNF

20km Men

Erick Barrondo made a piece of history at the London Olympics Games two years ago when he became the first Guatemalan person to win an Olympic medal – of any colour, at any sport. Last year at the Moscow World Championships, he tried to improve on his London silver medal but he was disqualified some 2km home for lifting. It seems that the Guatemalan ace – who will turn 23 on 14 June – opted for more conservative tactics in La Coruna as he was joined by no fewer than 21 athletes at the halfway section, which was covered in a modest 41:17. Barrondo was in ninth place at that point, a couple of seconds behind the leaders; among them the Japanese pair of Eiki Takahashi and Isamu Fujisawa, Spain's local hero Miguel Angel Lopez and Germany's Hagen Pohle.

There were no major changes over the 10-15km section, although the leading group whittled down to 12 men, Norway's Erik Tysse the most renowned casualty. The fireworks started about the 15.5km point when Australia's defending champion Jarred Tallent and eventual winner Barrondo injected a much brisker rhythm. While Tallent couldn't live with that kind of pace for long, Barrondo shared the lead with Takahashi and they travelled virtually even for much of the final 3km while the surprise Brazilian Caio Oliveira De Sena Bonfim – 16th at the recent IAAF World Race Walking Cup – had moved into third. Barrondo's late burst of speed gave him a five-second win over Takahashi, 1:21:14 to 1:21:19, with Bonfim a further five seconds behind. After the World Race Walking Cup held in Taicang earlier this month, Barrondo – along with the rest of the Guatemalan National team – had travelled to the Polish city of Spala for a three-week training camp under the guidance of his Polish coach Bohdan Bulakoski and it seems the training camp has been profitable for the Guatemalan ace. To give an idea of the in-depth classy field assembled in La Coruna, the in-form Tallent and Lopez finished outside the top 10. The IAAF Race Walking Challenge standings remain headed by Ukraine's World Race Walking Cup winner Ruslan Dmytrenko (26 points) followed by Tallent (23) and China's Cai Zelin (21).

From an Australian perspective, our two competitors performed well. 21 year old **Dane Bird-Smith** once again mixed it with the best, holding on as the second half explosion occurred and taking 6th with 1:21:42. **Jared Tallent**, fresh from his 50km bronze medal in Taicang earlier in the month, faded slightly but still finished a good 11th with 1:22:19.

1.	Erick Bernabé BARRONDO	GUA	91	1:21:14
2.	Eiki TAKAHASHI	JPN	92	1:21:19
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:21:24
4.	Eider AREVALO	COL	93	1:21:28
5.	Isamu FUJISAWA	JPN	87	1:21:38
6.	Dane Alex BIRD-SMITH	AUS	92	1:21:42
7.	Hagen POHLE	GER	92	1:21:47
8.	Inaki GOMEZ	CAN	88	1:21:52
9.	Evan DUNFEE	CAN	90	1:21:52
10.	Hiroki ARAI	JPN	88	1:22:07
11.	Jared TALLENT	AUS	84	1:22:19
12.	Miguel Angel LOPEZ	ESP	88	1:22:26
13.	Jesus Tadeo VEGA	MEX	94	1:23:00
14.	Francisco ARCILLA	ESP	84	1:23:25
15.	Yerko ARAYA	CHI	86	1:23:31
16.	Federico TONTODONATI	ITA	89	1:23:43
17.	Nils BREMBACH	GER	93	1:23:44
18.	Alvaro MARTIN	ESP	94	1:24:00
19.	Ivan Gabriel GARRIDO	COL	94	1:24:01
20.	Omar SEGURA	MEX	81	1:24:24
21.	Jarkko KINNUNEN	FIN	84	1:24:25
22.	Luis Alberto AMEZCUA	ESP	92	1:24:32
23.	Cedric HOUSSAYE	FRA	79	1:24:38
24.	Koichiro MORIOKA	JPN	85	1:25:15
25.	Wenkui GAO	CHN	95	1:25:19
26.	Anibal PAAU	GUA	87	1:25:20
27.	Marc TUR	ESP	94	1:25:32
28.	Takayuki TANII	JPN	83	1:25:34
29.	Erik TYSSE	NOR	80	1:25:38
30.	Omar ZEPEDA	MEX	77	1:25:45

31.	Sándor RÁCZ	HUN	86	1:25:49
32.	Zhendong WANG	CHN	91	1:25:52
33.	Francisco Jose DURAN	ESP	93	1:25:52
34.	Takuya YOSHIDA	JPN	85	1:25:59
35.	Cristian David BERDEJA	MEX	81	1:26:48
36.	Jaime Daniel QUIYUCH	GUA	80	1:26:59
37.	Horació NAVA	MEX	82	1:27:25
38.	Yadong LUO	CHN	92	1:27:41
39.	Jesús Ángel GARCÍA	ESP	69	1:27:50
40.	Fredy HERNÁNDEZ	COL	78	1:29:06
41.	Mario SILLERO	ESP	90	1:29:29
42.	Hugo ANDRIEU	FRA	92	1:29:32
43.	Clemente GARCÍA	MEX	89	1:29:38
44.	Ivan PAJUELO	ESP	93	1:30:22
45.	Hatem GHOULA	TUN	73	1:32:37
46.	Miguel Ángel PRIETO	ESP	64	1:32:38
47.	Marcos MONTEERRUBIO	ESP	81	1:37:26
48.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:40:21
49.	Tiago DO NASCIMENTO FONSECA	BRA	89	1:41:18
	Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	DNF
	Mikel ODRIOZOLA	ESP	73	DNF
	Grzegorz SUDOŁ	POL	78	DNF
	Miguel CARVALHO	POR	94	DNF
	Edward ARAYA	CHI	86	DQ
	Christian CUROPOS	ESP	94	DNF
	Marcel LEHMBERG	GER	92	DQ
	José PUERTAS RUIZ	ESP	89	DNF
	Erwin GONZÁLEZ	MEX	94	DQ
	Hichem MEDJBER	ALG	82	DNF
	José MONTANA	COL	92	DNF
	Luis Fernando LÓPEZ	COL	79	DQ

PORTUGUESE TEAM CHAMPIONSHIPS, FATIMA, PORTUGAL, SUNDAY 1 JUNE

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/06/sergio-vieira-impoe-se-ao-irmao-joao.html>) for the results of the Portuguese Teams Championships Finals in Fatima. Sérgio Vieira (20:41.31) and Vera Santos (13:06.31) won the Division 1 races with overall fastest times in the city stadium. For Vieira, it was a surprise win over his twin brother João (21:12.51). The Division 2 races were held concurrently with the Division races and saw wins to Augusto Cardoso (22:37.64) and Sandra Silva (14:19.83).

Divison 1 - 5000m Men

1.	Sérgio Vieira	1976	SL Benfica	20:41.31
2.	João Vieira	1976	Sporting CP	21:12.51
3.	Pedro Martins	1968	CA Seia	22:22.36
4.	António Pereira	1975	CCS João da Madeira	22:37.35
5.	Luis Silva	1970	J Vidigalense	22:39.36
6.	Luis Gil	1975	GD Estreito	22:54.26
7.	Xavier Sousa	1996	A Jardim da Serra	24:28.89
	Hélder Santos	1996	Gira Sol-RC	DQ

Divison 1 - 3000m Women

1.	Vera Santos	1981	Sporting CP	13:06.31
2.	Nádia Cancela	1993	SL Benfica	13:46.82
3.	Vitória Oliveira	1992	J Vidigalense	13:56.23
4.	Liliana Martins	1990	GC Amizade nas Donas	14:59.92
5.	Maribel Gonçalves	1978	GD Estreito	15:19.82
6.	Ana Raquel Marques	1983	ACR Senhora do Desterro	15:34.55
7.	Vanessa Lopes	1988	JO Monte Abraão	20:07.46
	Andreia Freitas	1983	A Jardim da Serra	DQ

Division 2 - 5000m Men

1.	Augusto Cardoso	1970	ACR Senhora do Desterro	22:37.64
2.	Amaro Teixeira	1989	GC Amizade nas Donas	23:22.37
3.	Vasco Santos	1998	CA Marinha Grande	23:37.57
4.	José Silva	1985	NA Cucujães	24:37.85
5.	Duarte Dias	1986	ADR Água de Pena	26:11.02
6.	Afonso Roll	1992	Escola do Movimento	29:32.75
7.	Eduardo Silva	1997	GA Fátima	33:40.00

Division 2 - 3000m Women

1.	Sandra Silva	1975	GRECAS - Vagos	14:19.83
2.	Marisa Paulino	1996	CA Marinha Grande	16:35.20
3.	Mónica Jones	1981	GR Quinta da Lomba	18:38.71
4.	Patrícia Carneiro	1998	Maia AC	20:25.00
	Isabel Oliveira	1996	CS Marítimo	DQ

BUCHAREST, ROMANIA, SATURDAY 31 MAY**Men's 10,000m Race Walk**

1.	Andrei GAFITA	ROU	94	45:14.25
2.	Ionut MANOLACHE	ROU	97	52:03.89
	Maricel NECULA	ROU	96	DQ

Women's 10,000m Race Walk

1.	Liliana MANOLACHE	ROU	95	54:00.24
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EUROPEAN YOUTH OLYMPIC TRIALS, BAKU, AZERBAIJAN, 30 MAY - 1 JUNE 2014

The second edition of the Youth Olympic Games will be held in Nanjing, China, in August and areas are busy deciding who will represent them in this competition. The European Youth Olympic trials were held in Baku in Azerbaijan last weekend and the meet featured the best of those born in 1997 and 1998. With Europe only allowed to submit five places in the men's 10,000m walk and seven places in the women's 5000m walk, the two track walks were very competitive.

The women's 5000m walk trial was held last Friday with 15 starters and a temperature of 29°C. Italian Noemi Stella won with 23.31,50 ahead of Russian Yana Smerdova 23.46,40 and Spaniard Irene Vazquez 24.01,50. The men's 10,000m trial was held on Sunday and it saw 15 starters and a temperature of 27°C. After a relatively even paced race, Russian walker Vladislav Saraykin won out with 43.45,38 (21.42,40 +22.02,98) ahead of Spain's Manuel Bermudez 44.38,10 and Russia's Aleksey Shevchuk 45.05,26.

Women's 5000m Race Walk

1.	Noemi STELLA	ITA	97	23:31.5
2.	Yana SMERDOVA	RUS	98	23:46.4
3.	Irene VAZQUEZ	ESP	98	24:01.5
4.	Axelle HAM	FRA	97	24:02.4
5.	Mariya LOSINOVA	RUS	97	24:14.3
6.	Athanasía VAÍTSI	GRE	98	24:22.9
7.	Maria José JIMÉNEZ	ESP	97	24:27.8
8.	Caterina BERTAZZO	ITA	97	24:44.3
9.	Olga NIEDZIAŁEK	POL	97	24:44.6
10.	Natalya MOLCHANOVA	BLR	97	26:09.5
11.	Nicoleta LUNGU	ROU	98	26:46.6
12.	Sedanur ŞAHİN	TUR	98	26:56.3
13.	Anna SÜDI	HUN	97	27:01.0
14.	Nikoleta ABBATANTUONO	SVK	97	27:07.5
	Gabriela SIMINICEANU	ROU	98	DQ

Men's 10,000m Race Walk

1.	Vladislav SARAYKIN	RUS	97	43:45.38
2.	Manuel BERMÚDEZ	ESP	97	44:38.10
3.	Aleksey SHEVCHUK	RUS	97	45:05.26
4.	Giacomo BRANDI	ITA	98	46:45.96
5.	Ionut Adrian POSTOACA	ROU	97	47:27.68
6.	Artūrs MAKARS	LAT	97	47:30.44
7.	Daniel CHAMOSA	ESP	97	48:10.74
8.	Oleksandr ZHOLOB	UKR	97	48:28.04
9.	Victoras Ionut DOGARU	ROU	97	49:52.83
10.	Mustafa ÖZBEK	TUR	97	50:36.24
11.	Tomáš GDULA	CZE	97	51:43.33
	Donát BURGER	HUN	97	DQ
	Pietro ZABBENI	ITA	98	DQ
	Eduard ZABUZHENKO	UKR	98	DQ

RACING NEWS FROM THE SLOVAK REPUBLIC

Thanks to Rudolf Skrucany for the results of two meets which were held last weekend in Slovakia. The results are relatively incomplete as Rudolf has just extracted them from the news reports. Thanks Mate!

Záhorácka Desiatka Meet, BORSKÝ MIKULÁŠ, Slovakia, Saturday 31 May

The first meet, which used to host the Slovakian men's 20km championship, has been moved to the end of spring and now features 10km events for men and 5km events for women.

Open Men 10 km

1.	Anton Kučmín	SVK	41:55
2.	Patrik Spevák	SVK	42:37
3.	Dušan Majdán	SVK	43:13

Junior Men 10 km

1.	Venyercsén	HUN	43:39
2.	Úradník	SVK	43:58
3.	Chojecki	POL	46:01
4.	Morvay	SVK	46:46
5.	Linkeš	SVK	47:47

Open Women 5 km

1.	Viktória Madarászová	HUN	22:16
2.	Mária Gáliková	SVK	22:28
3.	Mária Czaková	SVK	22:51

Junior Women 5 km

1.	Récseiová	HUN	23:53
2.	E. Drahotová	ČZE	24:02
3.	Augustynová	POL	24:14
4.	Hornáková	SVK	24:21
5.	Čubaňová	SVK	24:36

International meet, Hlohovec, Slovakia, Sunday 1 June

The walkers packed their bags after Saturday's walks and headed for Hlohovec for a meet which included 5km walks, the circuit being nicely situated inside the gardens of the city Castle.

Open Men 5km

1.	Anton Kučmín	SVK	19:44
2.	Dušan Majdán	SVK	20:24
3.	Rízek	SVK	20:48

Open Women 5km

1.	Viktória Madarászová	HUN	22:08
2.	Mária Gáliková	SVK	22:43
3.	Strmeňová	SVK	23:26

Junior Men 5km

1.	Úradník	SVK	20:46
3.	Morvay	SVK	21:52

Junior Women 5km

1.	Récseiová	HUN	23:48
2.	Hornáková	SVK	23:56
3.	Škantárová	SVK	24:51

USA NATIONAL 5KM, ALBANY, NEW YORK, SATURDAY 31 MAY

The USA National 5km roadwalk championships, which were held last Saturday in Albany, NY, saw wins to 2014 World Cup representative walkers Mike Mannozi (21:19) and Maria Michta (21:57). I also note that the results that I saw indicate that Maria's time was a new USA best. Results as follows

Men's 5km National Championship

1.	Mike Mannozi	21:19
2.	John Cody Reish	21:27
3.	Rich Luettchau	22:07

4.	Zibby Sadlej (52)	22:27
5.	Dave Swarts (49)	23:24
6.	Dave Talcott (54)	24:11
7.	Dan O'Brien (49)	26:12
8.	Bill Vayo (49)	27:12
9.	Bill Reed (61)	29:02
10.	Larry Epstein (55)	29:33

Women's 5km National Championship

1.	Maria Michta	21:57	(New National Record)
2.	Katie Burnett	24:20	
3.	Erin Taylor-Talcott	24:37	
4.	Megan Podlaski (Jr)	25:32	
5.	Annica Penn (Jr)	27:15	
6.	Brittany Collins	28:01	
7.	Kristi Licursi (Jr)	28:29	
8.	Holly Lindoe (Jr)	28:29	
9.	Segan Leggett (Jr)	28:41	

MOULTON 5 MILE WALK, MOULTON, ENGLAND, SATURDAY 31 MAY

Moulton in Suffolk was the setting for the annual Moulton 5 Mile roadwalk which was won by English international Dom King (36:01) ahead of Callum Wilkinson (38:11) and Fransisco Reis (40:03). Good to see my old mate Peter Ryan walking strongly for 6th place with 42:31. Helen Middleton was the first of the women with 40:47.

Moulton 5 Mile Walk (first 40)

1.	King, Dominic	Colchester AC	SM	36.01
2.	Wilkinson, Callum	Ilford AC	U17	38.11
3.	Reis, Fransisco	Ilford AC	M50	40.03
4.	Deuter, Fabian	Hillingdon AC	SM	41.14
5.	Jones, Trevor	SteyningAC	M55	42.09
6.	Ryan, Peter	Ilford AC	M55	42.31
7.	Uttley, Steve	Ilford AC	M55	42.40
8.	Allen, Steve	Barnet & O	M55	44.20
9.	Martin, Malcolm	Surrey WC	M55	44.27
10.	Bennett, Stuart	Ilford AC	M50	46.21
11.	Thomson, Arthur	Enfield H AC	M75	47.09
12.	Cox, Andrew	Hillingdon AC	M60	47.47
13.	Bobbett, Ken	Hillingdon AC	M65	48.93
14.	Constandinou, John	Birchfield H	M40	48.44
15.	Maskell, Dan	Surrey WC	M65	49.12
16.	Jackson, Russ	York RWC	M65	49.20
17.	Kates, David	Ilford AC	M65	49.46
18.	Lilly, Roger	Camb & Coli	M50	49.49
19.	Lightman, Shaun	Surrey WC	M70	50.22
20.	Middleton, Helen (W)	Enfield H AC	W50	50.47
21.	Pender, Sean	Enfield H AC	M60	51.02
22.	Duhig, Cath (W)	Ryston Runners	W55	51.27
23.	Jones, Glyn	Cov.Godiva	M70	51.29
24.	Jones, Anne (W)	Steyning AC	W55	51.42
25.	Harran, Michael	Surrey WC	M70	52.09
26.	Marshall, Kevin	Ilford AC	M40	52.16
27.	Bishop, Fiona (W)	Woking AC	W55	52.30
28.	Turner, John	Ely Runners	M65	53.27
29.	McKenzie, Richard	Hilfingdon AC	M45	53.47
30.	Martin, Angela (W)	Surrey WC	W45	54.08
31.	Vroobel, Russell	Hillingdon AC	M50	55.12
32.	Blakie, Elizabeth (W)	Ryston Runners	W55	55.21
33.	Hoben, David	Surrey WC	M60	55.31
34.	Nutley, Val (W)	St.Eds Pacers	W55	55.40
35.	Braverman, Diana (W)	Enfield H AC	W60	56.53
36.	Scrivens, Les	Ilford AC	M70	57.04
37.	Pamela, Abbott	Enfield H AC	W50	57.33
38.	Ruddock, Len	Ilford AC	M60	58.38
39.	Firmage, Paul	Ryston Runners	M55	58.41
40.	Nutley, Philip	St. Eds Pacers	M65	58.59

Thanks to Mark Easton for the selection of photos. You can see his event gallery at <http://markeaston.zenfolio.com/f691018072>. The best way to view the gallery is to click the Show All link near the bottom of the page.



Francisco Reis, Dominic King, Callum Wilkinson and Helen Middleton (photos Mark Easton)

RACEWALKING CARNIVAL, SAINT LO, FRANCE, SUNDAY 1 JUNE

Emmanuel Tardi was in Saint Lo (located just near the he Normandy landings beaches) last Sunday. The local racewalking committee and the local athletics club wanted to organise a great racewalking event and they tried to get lots of French walkers to come. Kevin Champion (1:20:39 in 2014) had promised to come and, despite the birth of his first child last Friday, he was on the start line on Sunday morning with more than 60 other walkers. The circuit was 1km in length and the temperature was around 15° with no wind. Champion and Guillaume Dujour led the race for 19km before Champion went up a gear and sped away for the win. In the women's event, Marine Quennehen led from start to finish.

Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=162757>.

20km Open Men and Women

1. CAMPION Kevin	Afa Feyzin-venissieux	SEM/88	1:30:23
2. DUJOUR Guillaume	As Aix-les-bains*	SEM/78	1:31:07
3. MASSOUSSI Mohammed	Haute Bretagne Athletisme *	SEM/88	1:33:48
4. HURAUULT Simon	Granville Ac	ESM/92	1:34:29
5. LE COZ Xavier	Entente Franconville Cesame Va	SEM/79	1:35:22
6. GAUCHET Quentin	Aj Blois-onzain	ESM/93	1:37:58
7. LECAPLAIN Maxime	Manche Athle Centre Sud*	ESM/94	1:38:58
8. FAITEAU Maxime	Entente Poitiers Athle 86	SEM/90	1:39:44
9. RAMON Fabrice	Grand Angouleme Athletisme	VEM/70	1:40:29
10. FESSELIER Fabian	Caen Athletic Club*	ESM/94	1:40:58
11. BEURION Mathieu	Ac Paris-joinville	SEM/89	1:46:13
12. QUENNEHEN Marine	Ca Montreuil 93	SEF/91	1:46:39
13. BELHACHE Marie	As Tourlaville	SEF/80	1:51:10
14. BARRITAUULT Lucie	Stade Niortais *	SEF/90	1:51:26
15. LORIOU Madison	Us St Berthevin	ESF/94	1:57:56
16. BROU Florent	Ac Paris-joinville	ESM/93	1:58:01
17. LE GARGASSON Patrick	Ua Des Cotes D'armor*	VEM/64	1:58:22
18. UDIN Servane	Ea Pays De Broceliande	SEF/88	1:58:48
19. LELANDAIS Jacques	Ea Cherbourg Querqueville *	VEM/68	1:59:04
20. TRESCARTE Caroline	Stade Niortais *	SEF/88	1:59:16
21. MALOCHET Dominique	Asc Le Havre	VEF/57	2h14:14



Marine Quennehen, Kevin Campion and Guillaume Dujour (photos Emmanuel Tardi)



20km podium : Massousi, Belhache, Campion, Quennehen and Dujour

OUT AND ABOUT

- The Racewalking Club of Western Australia is now online - see www.rwcwa.myclub.org.au
- Diet is an important aspect of any serious walker's training regime. Read about some testing on the effect of almond consumption on elements of endurance exercise performance in trained athletes. See <http://www.ncbi.nlm.nih.gov/pubmed/24860277?dopt=Abstract>

VRWC CLUB RECORD UPDATE

Yet another VRWC club record to acknowledge. Well done Kyle on your U16 Boys 5km Road Walk record last week.

Kyle Swan U16 Boys 5km Road Walk 21:38 VRWC Club Championship, Middle Park 24./05/14

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	15th World Junior T&F Championships, Eugene, Oregon, USA
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

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

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>)