



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 02  
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### WALKER OF THE WEEK

This week's Walker of the Week is an easy one. I have been following the fortunes of our Australian walkers currently competing in the Taihu 4 Day Rally in China and **Dane Bird-Smith** is dominating. He finished a close third on Day 1 (11.7km in 46:59), won overall on Day 2 (12km in 47:49) and, although I have not yet seen any results from today's walks, I hear that he won once again on Day 3. That means he leads overall against a big selection of the best walkers in the world.



**Dane (on the right) collects his third place cheque after Day 1**

This has been a stellar year of improvement for Dane and this week continues the upwards trend for this super talented youngster.

### WHAT'S COMING UP

**AV Shield** continues next Saturday with round 2 of competition (3000m and 1500m walks). I hope you all know where you are because trying to find anything on the AV website is bit beyond me at the moment!

Our VRWC summer season commences on **Sunday 26 October** at Middle Park . See <http://www.vrwc.org.au/vrwc15.shtml> for the full VRWC summer program. If you are on my mailing list, you should have received the summer season mailout in the post by now.

And a further reminder that entries have now opened for our **annual Falls Creek training camp** which will run from **Sunday 28 December 2014 to Saturday 10 January 2015**. You can register at <http://www.vrwc.org.au/vrwc-fallscreek.shtml> and can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

## ATHLETICS VICTORIA SHIELD COMPETITION KICKS OFF

Athletics Victoria Shield competition kicked off on Saturday with all 7 regions in action. Most of the regions have posted their results online (see <http://athsvic.org.au/event/201415-av-shield-round-1>) and the walks are reproduced below. Walks numbers are big once again. Note the AV Shield handbook is now online - see [http://athsvic.org.au/wp-content/uploads/AV\\_Summer-Handbook.pdf](http://athsvic.org.au/wp-content/uploads/AV_Summer-Handbook.pdf).

### AV Shield Round 1 - Yellow Zone, Werribee, Saturday 11 October

The north-western metropolitan region competed at Werribee on Saturday with 36 walkers in total. Mark Donahoo won overall with 9:49.0 ahead of young Shea Wellington 10:05.9 while U14 walker Rhiannon Matthews was the best of the women with 11:36.0.

#### 2000m Walk Women

1.	Rhiannon Matthews	KSB	U14	11:36.0
2.	Julia Irons	KSB	U18	11:59.3
3.	Caitlin Campbell	UNA		12:16.9
4.	Robyn Shaw	WES	40+	12:17.3
5.	Madeleine Feain	KSB	U18	12:35.1
6.	Kim Wen	SME	OP	13:20.5
7.	Maria Abfalter	KSB	40+	13:22.2
8.	Tania Kapetanovic	KSB	40+	13:22.7
9.	Janice Hodgart	WES	40+	13:56.1
10.	Roslyn Ireland	BWK	OP	14:00.7
11.	Linda Close	WTN	OP	14:01.5
12.	Kelly Spiteri	COB	OP	14:55.4
13.	Nicole Gunn	KSB	OP	15:15.8
14.	Grace Cannon	SME	OP	15:30.2
15.	Elaine Irons	KSB	U16	16:13.5
16.	Brenda Cashin	WES	40+	16:22.4
17.	Lulu Andrighetti	KSB	U14	16:29.3
18.	Olive Ireland	BWK	OP	16:36.0
19.	Heather Lamb	BWK	OP	17:25.9

#### 2000m Walk Men

1.	Mark Donahoo	ATE	40+	9:49.0
2.	Shea Wellington	KSB	U18	10:05.9
3.	Paul Kennedy	KSB	OP	10:27.9
4.	Gerard Feain	KSB	OP	11:00.4
5.	Connor McShanag	ATE	U20	11:08.8
6.	Lachlan Feain	KSB	U16	11:12.6
7.	Duncan Knox	ATE	40+	11:38.4
8.	Peter Ramsay	SME	40+	12:52.6
9.	Phillip Dunstone	WES	40+	13:00.6
10.	Kay Bretz	SME	OP	14:31.3
11.	Eero Keranen	WTN	OP	14:42.6
12.	Stuart Nicol	SME	40+	15:32.0
13.	Stephen Murphy	ATE	40+	15:32.9
14.	Stephen Wright	WES	40+	16:04.0
15.	Dominic Sykes	KSB	U14	16:14.8
16.	Ethan Kapetanovic	KSB	U14	16:25.6
17.	Ian Rickard	BWK	OP	18:43.8

### AV Shield Round 1 - Red Zone, Doncaster, Saturday 11 October

Big numbers also at Doncaster (north-eastern metropolitan) with 31 walkers in action. There were some fine times here with Emmet Brasier 8:41.2 and Adam Garganis 8:54.6 both breaking the 9 minute barrier. The women's 2000m was also keenly contested with Eliza Clarke 9:40.6 winning out against Michelle Laufer 9:54.5. With Diamond Valley, Collingwood and Preston all having lots of good walkers, this is going to be an interesting venue to watch as the summer progresses.

#### 2000m Walk Men

1.	Brasier, Emmet	M16	DIAMOND VALLEY AC	8:41.2
2.	Garganis, Adam	M17	COLLINGWOOD	8:54.6
3.	Mcdonough, Aaron	M42	PRESTON AC	9:28.8
4.	Hawkins, Trenton	M35	PRESTON AC	10:03.9

5.	Keirl, Bernie	M51	DIAMOND VALLEY AC	10:55.4
6.	Smyth, David	M45	COLLINGWOOD	10:55.4
7.	Dawson, Thomas	M13	COLLINGWOOD	11:26.5
8.	Reid, Ross	M60	COLLINGWOOD	11:27.2
9.	Gardiner, Robert	M78	COLLINGWOOD	12:18.3
10.	Camilleri, Brent	M13	DIAMOND VALLEY AC	16:02.3
	Thompson, Riley	M14	DONCASTER AC	DQ
	Clamp, Joel	M17	DIAMOND VALLEY AC	DQ

#### 2000m Walk Women

1.	Clarke, Eliza	W14	DIAMOND VALLEY AC	9:40.6
2.	Laufer, Michelle	W45	COLLINGWOOD	9:54.5
3.	Collis, Lauren	W16	DIAMOND VALLEY AC	11:07.4
4.	Clarke, Georgia	W12	DIAMOND VALLEY AC	11:11.7
5.	Langford, Taylor	W13	DIAMOND VALLEY AC	11:19.6
6.	Elms, Donna-Marie	W53	PRESTON AC	12:15.1
7.	Walshe, Kerryn	W52	DIAMOND VALLEY AC	12:25.6
8.	Laufer, Josephine	W15	COLLINGWOOD	12:43.6
9.	Noonan, Emily	W14	COLLINGWOOD	12:45.5
10.	Noonan, Claire	W10	COLLINGWOOD	13:34.8
11.	Garganis, Clare	W44	COLLINGWOOD	14:17.1
12.	Nicola, Naomi	W9	IVANHOE HARRIERS AC	14:37.3
13.	Brasier, Caitlin	W24	DIAMOND VALLEY AC	15:18.9
14.	Walburg, Kirsten	W16	DONCASTER AC	16:01.3
15.	Rudston-Brown, Caitlyn	W13	WHITTLESEA CITY AC	16:03.0
16.	Campbell, Donna	W44	PRESTON AC	16:58.3
17.	Jarvis, Heather	W50	COLLINGWOOD	17:30.9
18.	Caldwell, Abbey	W13	DONCASTER AC	17:53.4
	Musker, Anna	W14	DONCASTER AC	DQ

#### AV Shield Round 1 - Blue Zone, Knox, Saturday 11 October

Smaller numbers at Knox (eastern metropolitan) but again, some fast walking by Reese Walmsley 9:22.9, Megan Szirom 9:23.3 (now back from SA and living in Melbourne) and Rebecca Henderson 9:44.3. And a special mention to W65 walker Heather Carr who broke the Victorian W65 2000m track walk record with her time of 11:00.6.

#### 2000m Walk Men

1.	Reese Walmsley	KNA	MU18	9:22.9
2.	Hayden Walmsley	KNA	MU14	10:42.3
3.	Ralph Bennett	VMA	M40+	11:14.8
4.	Anthony Doran	GHY	MOP	13:00.4
5.	Geoff Barrow	MEN	MOP	13:25.1
6.	Philip Hutton	GHY	MOP	14:01.7
7.	John Morrison	SAN	MOP	14:09.6
	Corey Dickson	KNA	MU14	DQ

#### 2000m Walk Women

1.	Megan Szirom	FKN	WOP	9:23.3
2.	Rebecca Henderson	CCA	WU14	9:44.3
3.	Simone McInnes	GHY	WOP	10:02.4
4.	Philippa Huse	SAN	WU16	10:20.3
5.	Heather Carr	EAG	W40+	11:00.6
6.	Brodie Richardson	KNA	WU16	11:50.6
7.	Paige De Lisen	KNA	WU18	11:51.0
8.	Kathleen O'Mahony	KNA	WU14	12:03.2
9.	Marlene Gourlay	VMA	W40+	12:06.7
10.	Jessica Lillie	KNA	WU16	12:21.7
11.	Gwen Steed	VMA	W40+	12:52.4
12.	Glennis McPherson	MEN	WOP	13:02.7
13.	Hayley Woolfe	CCA	WU14	13:42.5
14.	Rachel Aitken S	CA	WU14	14:40.7

#### AV Shield Round 1 - White Zone, Nunawading, Saturday 11 October

A small group of walkers at Nunawading (south east metropolitan) but good winning times by Jason Kozica 9:34.0 and Tayla-Paige Billington 9:41.9.

**Mixed 2000m Walk**

1.	Kozica, Jason	M27	ST KEVINS AC	9:34.0
2.	Jamieson, Andrew	M68	OLD SCOTCH C	9:41.3
3.	Taylor, Lucas	M18	YARRA RANGES	9:41.9
4.	Billington, Tayla-Paige	W17	BOX HILL AC	10:02.1
5.	Evans, Simon	M54	BOX HILL AC	10:34.3
6.	Dyer, William	M53	BOX HILL AC	11:37.6
7.	Olden, Graeme	M50	BOX HILL AC	11:57.7
8.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	12:19.7
9.	Raselli, Cassandra	W20	BOX HILL AC	12:30.0
10.	McCann, Adam	M38	ATHLETICS NU	13:31.9
11.	Hunter, Pia	W48	BOX HILL AC	15:06.5
12.	Molnar, Jo	W53	ATHLETICS WAVERLEY	15:26.6
13.	Worsnop, Christopher	M57	OLD XAVERIANS AC	15:46.5
14.	Beavis, Mark	M58	YARRA RANGES	DQ

**AV Shield Round 1 - Geelong Zone, Landy Field, Geelong, Saturday 11 October**

James Christmass was easily the fastest in Geelong with his 10:10.89;

**2000m Walk Mixed**

1.	Christmass, James	47	CORIO ATHLETIC CLUB	10:10.89
2.	Mirarchi, Nicholas	23	CORIO ATHLETIC CLUB	11:47.42
3.	White, Megan	15	UNNATACHED	12:32.95
4.	Wiffen, Geoffrey	49	GEELONG GUIL	14:27.55
5.	Mirarchi, Thomas	14	CORIO ATHLETIC CLUB	15:14.96

Alas, no results online yet from the Ballarat and Bendigo.

**AV Shield Round 1 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 11 October****AV Shield Round 1 - Bendigo Zone, La Trobe Uni track, Bendigo, Saturday 11 October****NSW STATE ALL SCHOOLS CHAMPIONSHIPS, SPOAC, SYDNEY, 11-12 OCTOBER**

Thanks to Frank Overton for forwarding the results from last weekend's NSW All Schools T&F Championship walks. There were new meet records by **Tyler Jones** (Boys U17 5000m, 21:46.42 and **Jayde Hill** (Girls U18 5000m, 24:33.25). Other excellent walks from **Samantha Brown** (U14 Girls 3000m 15:13.81), **Dylan Richardson** (U15 Boys 3000m, 14:13.28) and **Jasmyn McDonald** (U16 Girls 3000m, 14:35.12).

**Boys 3000m 13 years**

1.	Hayden Blaskett	02	Killarney He	16:08.51
2.	Oscar Tebbutt	01	Henry Kendall High	16:37.97
3.	Harrison Mavin	01	Northern Beaches Ch	17:08.25
4.	Christopher Wicks	01	Quakers Hill High	17:15.42
5.	Lachie Sky	02	Knox Grammar	17:32.66
6.	Jake Dollar	01	Erskine Park High	19:18.67
	Luke Gosper	01	St Patricks College	DQ

**Girls 3000m 13 years**

1.	Samantha Brown	01	Hills Sports High	15:13.81
2.	Abbey McMillen	01	Killarney He	16:48.02
3.	Elise Brennan	02	Internationa	17:40.93
4.	Rhianna Birch	01	Woolgoolga High	18:44.46
5.	Courtney Laytham	01	Killarney He	18:48.69
	Clara Freeman	01	Ascham School	DQ

**Girls 3000m 14 years**

1.	Raquel Roukos	00	St. Clare Ha	15:40.66
2.	Sophie Crichton	00	Ravenswood G	16:55.38
3.	Molly O'Neill	00	Lambton High	17:14.26
4.	Amy Henry	00	Penshurst Gi	18:40.67
5.	Catherine Young	00	Cerdon Colle	21:09.32
	Tayla Moon	00	John Therry	DNF

**Girls 3000m 15 years**

1.	Jasmyn McDonald	99	Carlingford High	14:35.12
2.	Chelsea Goodhew	99	St Pauls Booragul	14:53.80
3.	Lucy Francis	99	Pymble Ladie	15:05.94
4.	Shanae Norton	99	St Johns Park High	15:20.21
5.	Ebony Burnard	99	Riverside Gi	16:06.20
6.	Brooke Ferguson	99	Colo High	18:40.19
7.	Sian Keating	99	Wagga Wagga High	19:24.67

**Boys 3000m 14 years**

1.	Dylan Richardson	00	Kincumber High	14:13.28
2.	Elijah Harris	00	Toongabbie C	16:07.09
3.	Hayden Millican	00	Barker College	16:26.72
4.	Kyle Bedford	00	Emmaus Catholic	16:44.94
5.	Travis Barendregt	00	St. Clare Ha	17:18.52

**Boys 3000m 15 years**

1.	Ryan Thomson	00	Emmaus Catholic	16:15.70
2.	Jordan Glover	99	Northholm Grammar	16:51.51
3.	Nicholas Douglas	99	Plumpton High	17:12.00
4.	Cory McGinniskin	99	West Wallsend High	17:32.55
	James Clay	99	Corpos Christi	DQ

**Boys 5000m 17 years**

1.	Adam Mylonas	97	William Clar	26:02.50
2.	Nathan Brown	98	Oakhill College	26:50.65
3.	Luke Jobson	97	Muirfield Tech High	27:46.79

**Boys 5000m 16 years**

1.	Tyler Jones	98	Hunter Sports High	21:46.42 R
2.	Aidan Kerr	98	Northern Beaches Ch	24:47.83
3.	Damien Owen	98	St Clares Taree	28:07.15

**Girls 5000m 19 years**

1.	Amanda Barendregt	96	Loyola Colle	31:22.31
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**Girls 5000m 17 years**

1.	Jayde Hill	97	Nambucca Heads High	24:33.25 R
2.	Stephanie Grujoski	97	Brigidine College R	28:25.68
3.	Lydia Mckay	97	Gosford High	29:15.26
4.	Bryony Beasley	97	St Clair High	30:38.28

**1. Girls 5000m 16 years**

2.	Ally Grujoski	99	Olsh Kensington	29:21.35
3.	Rhiannon Minett	98	Chester Hill High	31:39.42
4.	Natalia Robson	98	Coffs Harbou	32:34.19
	Sarah Kelland	98	Abbotsleigh	DNF

**ATHLETICS SA SEASON OPENER, SANTOS STADIUM, MILE END, ADELAIDE, SAT 11 OCTOBER**

The Athletics South Australia summer T&F competition kicked off on Saturday in Adelaide with 1500m and 3000m walks on the program. Wins to Alix Harlington and Danielle Walsh.

**1500 Meter Walk**

1.	Alix Harlington	M	SAL	7:04.54
2.	Jay Goode	M	SAL	7:45.80

**3000 Meter Walk**

1.	Danielle Walsh	W	ASA	15:17.66
2.	Rhiannon Lovegrove	W	ASA	15:20.49
3.	Anna Cross	W	PEM	15:24.25
4.	Joe Cross	M	PEM	15:37.50
5.	Bethany Cross	W	PEM	16:06.10
6.	Sara Damin	W	SAIN	17:19.80

7.	John Leydon	M	UC	17:39.43
8.	James Hoare	M	ASA	22:09.44

### BENDIGO WALKERS CLUB ROADWALKS, BENDIGO, WEDNESDAY 8 OCTOBER.

Thanks to Paul Rance for the results of the first round of Bendigo Walkers Club summer season last Wednesday. In the sealed handicap section of the 800m Carissa Brook scored a 1 second victory over Madison Hill with Zahra Hayes in 3<sup>rd</sup> place, while in the 2400m sealed handicap Annette Curtis scored a 3 second victory over Barb Bryant with Ebony Whiley in 3<sup>rd</sup> place while Michael Gillies-Smith recorded a PB effort in claiming fastest time honours.

Meanwhile at the Zone schools track and field Championships, held last week in the Loddon Mallee Zone, 12 - 15 years girls 1500m walk Zahra Hayes claimed 1st place in 7.30 with Madison Hill 2<sup>nd</sup> in 8.24 while at the Hume Zone competition Zoe Boldiston, on the comeback trail after a series of injuries, claimed victory in the 16 -20 years girls 1500m walk in 7.29.

#### 800m Sealed Handicap

1.	Carissa Brook	4.05
2.	Madison Hill	4.16
3.	Zahra Hayes	3.44

#### 2400m Sealed Handicap

1.	Annette Curtis	17.24
2.	Barb Bryant	14.07
3.	Ebony Whiley	14.04
4.	Norm West	19.09
5.	Michael Gillies-Smith	12.10
6.	Sheridan Commons	18.56,
7.	John Carter	17.02
8.	Geoff Major	19.57

### BRWC MARY LORENSINI 3KM HANDICAP, NORTH GARDENS, BALLARAT SUNDAY 12 OCTOBER

A warm(!) morning in Ballarat greeted the nine competitors who lined up to compete in the Mary Lorensini 3km sealed Handicap. Jemma Peart took the lead early, but in the later stages of the race was passed by a cruising Ross Darlow, followed by Sarah Brennan. Kasey Bishop deservedly won the handicap in a 2 sec PB of 18:27. Having moved up an age group, Fraser Saunder added another record to his collection, taking more than a minute off the previous U12 Boys 3km time of 20:14 held by Rodney Davis since 2011.

#### Mary Lorensini 3km Sealed Handicap

1.	Kasey Bishop (11)	18:27	PB 0:02
2.	Fraser Saunder (10)	19:06	New U12 Boys Record
3.	Kayla Bridges (9)	21:22	
4.	John Kilmartin (Open)	18:30	
5.	Ruby Saunder (10)	21:30	
6.	Sarah Brennan (Open)	16:50	
7.	Jemma Peart (13)	16:54	
8.	Jessika Bridges (12)	20:46	
9.	Ross Darlow (16)	16:46	

#### 2km

1.	Scott Peart (8)	18:43
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#### 1km

1.	Mia Darlow (9)	7:19
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Sarah Brennan advises that the last race for the season will be the Willi Sawall 3km Handicap on Sunday Nov 16<sup>th</sup>. This will be followed by the season presentations and a BBQ. BRWC will also be holding their AGM on that date.



**Mary Lorensini winner Kasey Bishop with Sarah Brennan**

### ALICE SPRINGS MASTERS GAMES, ALICE SPRINGS, 11-18 OCTOBER

What more iconic place to hold a Masters Games than in outback Australia. The annual Alice Springs Masters Games (see <http://www.alicespringsmastersgames.com.au>) kicked off on Saturday and will run throughout this week. Of the two walks, the 5km was held yesterday (see below) and the 10km will be held on Wednesday. There were a number of our Masters walkers in attendance and there was of course a big participation from local Northern Territory (NT) walkerse.

#### **5km Roadwalks, Monday 13 October, Alice Springs Desert Park Larapinta Dr - Women**

Elise Jochinke	VIC	30-34	F	0.43.22
Brenna Toner	NT	30-34	F	0.43.23
Rebecca Wells	WA	35-39	F	0.47.14
Erin Richard	NT	35-39	F	0.32.51
Anatola Taylor	NT	35-39	F	0.39.37
Rachel Flavell	NT	40-44	F	0.35.49
Emma Pyper	NT	40-44	F	0.37.45
Kylie Andresen	NT	40-44	F	0.38.52
Tracey Bainbridge	NT	40-44	F	0.40.57
Cherrie Hughes	NT	40-44	F	0.47.16
Josie Douglas	NT	40-44	F	0.51.45
Michelle Morelli	NT	45-49	F	0.35.29
Jo-Anne Saunders	SA	45-49	F	0.35.43
Deb Pieniacki		45-49	F	0.36.04
Angela Samsock	NT	45-49	F	0.43.41
Katherine White	SA	45-49	F	0.43.47
Susan Bunge	NT	45-49	F	0.44.25
Karin Berschl	NT	45-49	F	0.51.46
Jennifer Nixon	NT	45-49	F	0.56.51
Ann Staunton-Jugovic	ACT	50-54	F	0.30.41
Anita Rogers	NT	50-54	F	0.32.24
Kate Lewis	NT	50-54	F	0.35.19
Lauren Hill	NT	50-54	F	0.40.13
Rosemary Weckert	NT	50-54	F	0.41.13
Robyn Noble	NT	50-54	F	0.42.13
Kelly Holmberg	NT	50-54	F	0.43.10
Jennifer Ryan	NT	50-54	F	0.43.12
Lorna Murakami-Gold	NT	50-54	F	0.43.47
Debbie Solomon	NSW	50-54	F	0.44.25
Sandra Zahra	NT	50-54	F	0.46.05
Eva Lawler	NT	50-54	F	0.46.14
Bronnie Wallis	VIC	50-54	F	0.46.16

Annie Derham	NT	50-54	F	0.47.15
Raelene Beale	NT	50-54	F	0.54.03
Barbara Richards	NT	50-54	F	0.56.50
Michelle Nuske	NT	50-54	F	1.07.54
Debbie Page	NT	55-59	F	0.28.50
Kay Bailey	WA	55-59	F	0.39.51
Debra Wilson	NT	55-59	F	0.40.42
Martha Simpson	WA	55-59	F	0.40.47
Anne Black	NT	55-59	F	0.43.23
Ann Telford	VIC	55-59	F	0.43.48
Janice Ford	NT	55-59	F	0.44.37
Inge Camilleri	NSW	55-59	F	0.44.42
Rosemary Hodgkinson	NT	55-59	F	0.44.42
Norma Sutcliffe	NT	55-59	F	0.45.58
Marlene Ball		55-59	F	0.47.16
Sue Gregory	NT	55-59	F	0.48.12
Clare Fuller	NT	55-59	F	0.50.42
Sharon Smith	NT	55-59	F	0.51.14
Christine Hawckett		55-59	F	0.53.04
Jenny Hampton	NT	55-59	F	0.54.02
Doris Johnson	NT	55-59	F	1.04.17
Janeen Bulsey	QLD	55-59	F	1.07.53
Gail Tuxworth	NT	60-64	F	0.33.36
Christine Douglas	NT	60-64	F	0.42.15
Bonnie Mitchell	NT	60-64	F	0.42.42
Leony Bowey	NT	60-64	F	0.44.08
Gaylia Bigg	NSW	60-64	F	0.46.01
Shirley Ann Bailey	NT	60-64	F	0.46.17
Lindy Renton	NT	60-64	F	0.47.41
Pam Collier	NT	60-64	F	0.48.13
Kathleen Dalwood-Mason		60-64	F	0.49.52
Teresa Brodrick	NT	60-64	F	0.56.25
Wendy Cochrane	NT	65-69	F	0.38.41
Sue Schroeder	NT	65-69	F	0.40.51
Jenny Richter	NT	65-69	F	0.41.18
Sue Padgett	QLD	65-69	F	0.44.04
Mary Leitch	VIC	65-69	F	0.47.00
Sandra Thompson	NT	65-69	F	0.51.12
Jenny Walsh	NT	65-69	F	0.55.25
Margaret Trengove	SA	70-74	F	0.37.44
Carol Ryan	VIC	70-74	F	0.44.45
Florence Lee	QLD	70-74	F	0.45.08
Margaret Pickard	NT	70-74	F	0.45.33
Margaret Beaumont	VIC	75-79	F	0.43.48
Margaret Roberts	NT	75-79	F	0.44.24

**5km Roadwalks, Monday 13 October, Alice Springs Desert Park Larapinta Dr - Men**

Kevin Coyle	NT	30-34	M	0.34.26
Benjamin Taylor	NT	30-34	M	0.38.41
Danny Fraser	NT	35-39	M	0.32.25
Craig White	SA	35-39	M	0.38.49
Richard Foster		45-49	M	0.51.44
Tom Jovanovski		50-54	M	0.39.13
Philip Nippress	NT	55-59	M	0.35.09
Norman White	SA	55-59	M	0.35.25
Craig Saunders	SA	55-59	M	0.35.45
Greg Picken	NT	55-59	M	0.37.43
Paul Solomon	NSW	55-59	M	0.43.01
Brent Pannell	NT	55-59	M	1.07.32
Colin Heywood	NT	60-64	M	0.27.26
John Graham	VIC	60-64	M	0.31.30
Philip Stace	QLD	60-64	M	0.33.44
Terry Hobbs	NT	60-64	M	0.37.32
Michael Roberts	NT	60-64	M	0.38.34
Reg Powell	NT	60-64	M	0.40.05



Harold Stubbins	NT	60-64	M	0.41.23
Graeme Watson	NT	65-69	M	0.33.59
Ray Murtagh	NT	65-69	M	0.35.30
Desmond Mulqueen	SA	65-69	M	0.36.28
Sean Ryan	NT	65-69	M	0.38.17
David Douglas	NT	65-69	M	0.47.26
Geoff Thompson	NT	65-69	M	0.51.13
Robin Whyte	NSW	70-74	M	0.31.41
Denis Scott	VIC	70-74	M	0.39.52
Colin Trengove	SA	75-79	M	0.38.59
Colin Lee	QLD	75-79	M	0.43.49
Ian Beaumont	VIC	75-79	M	0.43.50
Raymond Norman	NT	80-84	M	0.55.57
Ronald Pannell	SA	85+	M	1.07.31

### CHINESE 4 DAY RACEWALK RALLY, WUZHONG, CHINA, 12-15 OCTOBER

The **Chinese 4 Day Rally around Lake Taihu** is now underway, having started on Sunday with an 11.7km leg. Further legs followed on Monday (12km) and today (10km) and a final 15.6km race is scheduled tomorrow (Wednesday) to decide the overall winners. There is an official race website - [www.szwzjz.com](http://www.szwzjz.com) - but results do not seem to be posted as yet so I have been relying on what some of the walkers are posting on facebook. It is amazing to me that the Chinese can put on such a fantastic race and then let themselves down by not posting any little information as the days progress.

Nine international judges are overseeing the second edition of this fantastic event - Frédéric Bianchi (Switzerland), Nicola Maggio (Italy), Sardjito Sardjito (Indonesia), Steve Taylor (Britain), José Dias (Portugal), Jean-Pierre Dahm (France), Dolores Rojas (Spain), Janusz Krynicki (Poland) and Chun Doo-An (South Korea) and the Pit Stop rule is being used with great effect. How does it work - 2 reports and you are forced to stop for 1 minute. Another report and you are stopped again. A fourth report and you are disqualified.

There are plenty of Australians in the mix

- **Dane Bird-Smith** is part of a 3 man team with Robbie Heffernan (IRE) and Erik Tysse (NOR) - team Alka 1
- **Jared Tallent** is part of a 3 man team with Caio Bonfín (BRA) and Ato Ibanez (SWE) - team AUBRASU
- **Chris Erickson** is part of a 3 man team with Evan Dunfee (CAN) and Quentin Rew (NZL) - team Beastmode
- **Adam Rutter, Rhydian Cowley** and **Nick Dewar** have formed their own 3 man team - team AUS
- **Jess Pickles** and **Clara Smith** are in a 4 woman team with Frederica (ITA0 and Erin Talcott (USA).

#### Day 1: Taihu Lake Station, 11.7km

Overall, the course was one big loop of 11.7km, forcing judges to use sidecars to keep up with the walkers and watch the race as it unfolded. With the temperature around 25°C, conditions were warm and the first km was walked relatively conservatively, around the 4 minute mark. From then on, the pace heated up and by 3km, a lead group had established itself and continued to walk away from the rest. The final results of Stage 1 mirrored that of last year with Chinese men taking the first two places and Australian Dane Bird-Smith powering through for third only a few seconds behind. But it was not as simple as that because Mexican Eder Sanchez had actually crossed the line in third place, just behind the two Chinese, only to find he had incurred a second red card in the final stages of the race and was penalised 1 minute, relegating him to seventh place. Chinese walkers dominated in the women's race, taking 4 of the first 6 places. Overall, Huanhuan Sun (China, 51.52), Lyudmyla Olyanovska (Ukraine, 51.52) and Dandan Duan (China, 52.34) took the first 3 places. Alongside the elite races, thousands of people participated in a non-competitive walk on a side track.

Apart from Dane, the best of the Commonwealth nations' walkers were **Evan Dunfee** (Canada, 8<sup>th</sup> 47:45) and **Quentin Rew** (NZ, 9<sup>th</sup>, 48:11). The other Australians started conservatively with **Jared Tallent** 23<sup>rd</sup>, **Adam Rutter** 25<sup>th</sup>, **Rhydian Cowley** 28<sup>th</sup>, **Chris Erickson** 30<sup>th</sup> and **Nick Dewar** 52<sup>nd</sup>. Alas, I have not found the women's full results set thus far so I can't advise how **Jess Pickles** and **Clara Smith** went.

#### 11.7 km Men (79 finishers)

1.	Ding Chen	China	46.42
2.	Guanyu Su	China	46.43
3.	<b>Dane Bird-Smith</b>	<b>Australia</b>	<b>46.59</b>
4.	Andriy Kovenko	Ukraine	47.47
5.	Caio Bomfim	Brazil	47.18
6.	Yadong Luo	China	47.36
7.	Eder Sanchez	Mexico	47.45
8.	Evan Dunfee	Canada	47.45
9.	Quentin Rew	New Zealand	48.11
10.	Wang Kaihua	China	48.12

11.	Aleksander Yargunkin	Russia	48:19
12.	Oleksiy Kazanin	Ukraine	48:22
13.	Gao Wenkui	China	48:27
14.	Luo Yadong	China	48:36
15.	Federico Tontodonati	Italy	48:40
16.	Petr Trofimov	Russia	48:48
17.	Igor Glavan	Ukraine	48:49
18.	Erik Tysse	Norway	48:51
19.	Jiang Jie	China	49:01
20.	Ivan Trotski	Belarus	49:05
21.	Yu Wei	China	49:13
22.	Dziubin Dzmitry	Belarus	49:18
23.	<b>Jared Tallent</b>	<b>Australia</b>	<b>49:23</b>
24.	Zhang Hang	China	49:37
25.	<b>Adam Rutter</b>	<b>Australia</b>	<b>49:39</b>
26.	Robert Heffernan	Ireland	49:52
27.	Marco de Luca	Italy	50:01
28.	<b>Rhydian Cowley</b>	<b>Australia</b>	<b>50:16</b>
29.	Jakub Jelonek	Poland	50:19
30.	<b>Chris Erickson</b>	<b>Australia</b>	<b>50:25</b>
52.	<b>Nick Dewar</b>	<b>Australia</b>	<b>52:58</b>

#### Teams Men

1.	China 1	Ding Chen, Tianlei Li, Guanyu Su, Hang Zhang	2.21.31
2.	Alka 1	Robert Heffernan, <b>Dane Bird-Smith</b> , Erik Tisse	2.25.42
3.	China 2	Jie Jiang, Yadong Luo, Sichao Xie, Wenmkui Gao	2.26.04
4.	Beastmode	Evan Dunfee, Quentin Rew, <b>Chris Erickson</b>	2:26:21

#### 11.7km Women

1.	Huanhuan Sun	China	51.52
2.	Lyudmyla Olyanovska	Ukraine	51.52
3.	Dandan Duan	China	52.34
4.	Yingqiu Su	China	52.39
5.	Raquel Gonzalez	Spain	52.42
6.	Lijuan Xie	China	52.45
7.	Inês Henriques	Portugal	53.11
8.	Tatiana Sibileva	Russia	53.16
9.	Susana Feitor	Portugal	53.33
10.	Lina Bikulova	Russia	53.57
11.	Yingliu Wang	China	54.05
12.	Irina Shushina	Russia	54.06

#### Teams Women

1.	China	Dandan Duan, Yongbo Hou, Huanhuan Sun	2.37.11
2.	Pol-Port-Spa	Dygacz Agnieszka, Susana Feitor, Raquel Gonzalez	2.40.57
3.	Russia	Lina Bikulova, Evdokiya Korotkova, Irina Shushina	2.41.19

#### Day 2: Qionglong Mountain Station, 12 km

Monday's race was held over 2 laps of approximately 6km but the general consensus of the walkers seemed to be that the distance was more likely around 12.2km rather than 12km. Like the first day, the men's race was decided by the Pit Stop rule. Sunday's winner Ding Chen came into the finishing straight ahead of Australia's Dane Bird-Smith but was stopped for a 1 minute time penalty, having received 2 red cards. This left Dane to win comfortably (47:49) from Russian Petr Trofimov (48:05) and Ukrainian Ihor Hlavan (48:10) with Chen relegated to seventh place and a final time of 48:34. This time around, the Chinese did not perform as strongly with noone in the top five but overall the Chinese 1 team of Ding Chen, Tianlei Li, Guanyu Su and Hang Zhang is still over 4 minutes in front. Unfortunately Brazilian walker Ciao Bonfim was disqualified (4 red cards) so Jared Tallent's team, which was sitting in 5<sup>th</sup> place, is now out of the competition. The 2<sup>nd</sup> to 5<sup>th</sup> placed teams are all within 30 secs of each other so the minor teams placings are definitely up for grabs.

In the women's, everything seemed more to plan with Huanhuan Sun 52:43 and Lyudmyla Olyanovska 52.45 taking first and seconded again, this time ahead of Chinese walker Yongbo Hou (52.55). As in the men's race, the Chinese 1 team of Dandan Duan, Yongbo Hou, Huanhuan Sun and Lijuan Xie has a big lead of over 6 minutes.

Evan Dunfee (5<sup>th</sup> in 48:25) and Quentin Rew (8<sup>th</sup> in 48:42) had great walks again while Adam Rutter (17<sup>th</sup> in 49:36) and Chris Erickson (21<sup>st</sup> in 49:50) both improved their positions relative to Day 1. Compliments of his first two days of walking, Dane Bird-Smith now leads overall so wears the yellow leader's jersey. Wow!

**12km Men (76 participants)**

1.	<b>Dane Bird-Smith</b>	<b>Australia</b>	<b>47.49</b>
2.	Petr Trofimov	Russia	48.05
3.	Ihor Hlavan	Ukraine	48.10
4.	Andriy Kovenko	Ukraine	48.18
5.	Evan Dunfee	Canada	48.25
6.	Wenkui Gao	China	48.32
7.	Ding Chen	China	48.34
8.	Quentin Rew	New Zealand	48.41
9.	Yadong Luo	China	48.42
10.	Wei Yu	China	48.45
11.	Federico Tontodonati	Italy	48.56
12.	Guanyu Su	China	48.57
13.	Dziubin Dzmitry	Belarus	49:12
14.	Li Tianlei	China	49:20
15.	Wu Quinliong	China	49:25
16.	Erik Tysse	Norway	49:27
17.	<b>Adam Rutter</b>	<b>Australia</b>	<b>49:36</b>
18.	Jiang Jie	China	49:41
19.	Ato Ibanez	Sweden	49:45
20.	Ivan Troski	Belarus	49:48
21.	<b>Chris Erickson</b>	<b>Australia</b>	<b>49:50</b>
22.	Zhang Hang	China	49:51
23.	Kazanin Oletsly	Ukraine	49:54
24.	Robert Heffernan	Ireland	49:56
25.	<b>Jared Tallent</b>	<b>Australia</b>	<b>50:00</b>
26.	Aleksander Yargunkin	Russia	50:07
27.	Kirili Frolov	Russia	50:19
28.	Nazar Kovalenko	Ukraine	50:24
29.	Jaing Su	China	50:38
30.	Jakub Jelonek	Poland	50:43
37.	<b>Rhydian Cowley</b>	<b>Australia</b>	<b>52:02</b>
50.	<b>Nick Dewar</b>	<b>Australia</b>	<b>53:03</b>

**Teams (18 in total)**

1.	China 1	Ding Chen, Tianlei Li, Guanyu Su, Hang Zhang	4.48.22
2.	Alka 1	Robert Heffernan, <b>Dane Bird-Smith</b> , Erik Tysse	4.52.54
3.	China 2	Jie Jiang, Yadong Luo, Sichao Xie, Wenkui Gao	4.52.59
4.	Beastmode	<b>Chris Erickson</b> , Evan Dunfee, Quentin Rew	4.53.17
5.	Ukraine	Andriy Kovenko, Igor Hlavan, Nazar Kovalenko	4.53.28

**12km Women (37 participants)**

1.	Huanhuan Sun	China	52.43
2.	Lyudmyla Olyanovska	Ukraine	52.45
3.	Yongbo Hou	China	52.55
4.	Raquel Gonzalez	Spain	53.18
5.	Yefang Ji	China	53.21
6.	Tatiana Sibileva	Russia	53.37
7.	Inês Henriques	Portugal	53.54
8.	Yingqiu Su	China	54.08
9.	Agnieszka Dygacz	Poland	54.17
10.	Lijuan Xie	China	54.27
11.	Xuhong Zhang	China	54.41
12.	Susana Feitor	Portugal	54.48

**Teams (8 in total)**

1.	China 1	Dandan Duan, Yongbo Hou, Huanhuan Sun, Lijuan Xie	5.17.16
2.	Pol-Por-Spa	Agnieszka Dygacz, Susana Feitor, Raquel González	5.23.20
3.	China 2	Yefang Ji, Mowen Pei, Yingqiu Su, Xuhong Zhang	5.23.54
4.	Russia	Lina Bikulova, Evdokiya Korotkova, Irina Shushina, Tatiana Sibileva	5.34.20
5.	Por-Hug-Bel-Spa	Inês Henriques, Viktoria Madarasz, Natassia Yatsevich, Ainhoa Pinedo	5.34.20



**The walkers line up for the start**

**Day 3: Dongstan Station, 10km**

I had hoped that the results from Day 3 (today) would be available in time to report in this week's newsletter but still nothing anywhere so I shall have to go to print as things stand. I did chat briefly with my son Chris after the race and he advised that Dane Bird-Smith won again (so extends his lead overall) but that he himself had been disqualified. He was understandably pretty devastated but it is an occupational hazard for top walkers - you push things to the limit and some days are better than others.

Tomorrow's final stage will be a 15.6km section and then it's all done and dusted.

Thanks to Chris for the following photos which he emailed through to me tonight for the newsletter.



**Left: Ato Ibanez (SWE), Evan Dunfee (CAN), Quentin Rew (NZL), Caio Bonfin (BRA), Chris Erickson and Jared Tallent  
Right: Dane Bird-Smith**



**Chris Erickson**



**Jared Tallent**

**SA RACE WALKING CHAMPIONSHIPS, YOUNGSFIELD MILITARY BASE, CAPE TOWN, SAT 11 OCT**

The South African roadwalk championship in Cape Town last weekend were a big affair with lots of walkers contesting the full array of events, right up to the 50km. Congratulations to the newly crowned Open 20km and 50km champions - Corli Swart (1:40:58), Lebogang Shange (1:31:25), Sandra Steenkamp (5:27:33 ) and Lewis Molise Mojaliva (4:30:06). Masters 20km championships were also contested alongside the Open 20km races and these results are also included below.

**20km Senior Women**

1.	Swart Corli	23	1:40:58
2.	Hopkins Michelle	25	1:54:30
3.	Shabalala Rose	21	1:59:08
4.	Schultz Zelda	24	2:01:12
5.	Kotze Inge	21	2:03:07
6.	Mokhele Nthatsi	21	2:04:05
7.	Willemse Rhoda	33	2:10:38
8.	Sandi Fundiswa	33	2:15:00

**20km Masters Women**

W54	1	Horn-Botha Deborah	48	2:19:15
	2	Dunn Chandra-Jay	47	2:24:06
W50	1	Scheepers Celeste	54	2:11:39
	2	Goosen Jackie	52	2:15:56
	3	Nkosi Linah	50	2:21:19
	4	Harding Michelle	50	2:26:27
W55	1	Coats Avril	57	2:12:32
	2	James Pamela	57	2:22:23
W60	1	Willemse Lucia	60	2:10:43
	2	Jacobs Loritha	62	2:15:38
	3	Blignaut Frieda	64	2:21:50
W65	1	Meyer Elsa	68	2:06:40
	2	Stead Ann	67	2:26:06
W75	1	Reid Peggy	77	2:38:15

**20km Senior Men**

1.	Shange Lebogang	24	1:31:25
2.	Mundell Marc	31	1:36:28
3.	Mamarara Moeketsi	20	1:36:43
4.	Nel Armond	24	1:41:55
5.	Ngcokaze Nkosinathi	22	1:44:27

6.	Mahlango Sipho	31	1:46:41
7.	Aracena Stefano	31	1:49:35
8.	Kobue Mzwakhe	33	1:51:43
9.	De Vries Enrico	20	2:03:27
10.	Van Rooyen Johannes	25	2:04:51

#### 20km Masters Men

M35	1	Cillie Gideon	37	1:44:41
	2	Mashigo Johannes	39	1:52:40
M40	1	Molahlehli Ismail	43	2:11:45
	2	Molale Wessel	42	2:13:55
M45	1	Hines Dennis	47	2:08:34
M50	1	Britz Chris	50	1:57:33
	2	Railo Simon	54	2:02:55
	3	Papier Adam	52	2:07:03
	4	Msimango Stephen	51	2:08:45
M55	1	Willems Jaap	58	2:04:55
M60	1	Callaghan Chris	61	2:10:39
	2	Anthony Kenny	62	2:12:00
	3	Thompson Armond	60	2:27:05
M65	1	Whyte Roy	67	2:28:46
M70	1	Spencer Jurgen	74	2:08:13
	2	Mhlongo Dumisani Sidwell	71	2:13:28
	-	Clements Fred	71	DQ

#### 50km Senior Women

1.	Steenkamp Sandra	54	5:27:33
2.	2Irmscher Yvonne	52	5:32:31

#### 50km Senior Men

1.	Molise Mojaliva Lewis	26	4:30:06
2.	Mnisi Mthunzi	25	4:51:30
3.	Ntombela Lindokuhle	21	4:52:01
4.	Qhanqiso Thembile	46	4:58:40
5.	Hlongwa Wiseman	27	5:06:03

#### 10km: U20 Men

1.	Ntoane Ntoane	19	50:04
2.	Sehemo Dannyboy	19	50:49
3.	Masoko Sipho	18	53:38

The U12-U20 championships are shown below. I have restricted results to the first 5 placings.

#### 10km U20 Women

1.	Oosthuizen Anel	19	51:16
2.	De Winnaar Udelle	17	54:50
3.	Klink Chanice	18	1:04:26
4.	Wiid Juane	18	1:07:54
5.	Ngcobo Thinto	18	1:08:54

#### 5km U18 Girls

1.	Van Der Merwe Ester	17	29:39
2.	Louw Elizabeth	17	29:56
3.	Matseba Whitney	17	30:00
4.	Van Der Westhuizen Anieka	16	30:12
5.	Msheba Palesa	16	32:36

#### 10km U18 Boys

1.	Vermaak Pierre	16	46:00
2.	Pieterse Juandray	17	53:20
3.	Pule Tumisang	17	55:09
4.	Polite Kamohelo	15	56:00
5.	Maxinga Thando	17	57:50

**5km U16 Girls**

1.	Koen Annette	15	26:40
2.	Cronje Henriette	15	27:29
3.	Rossouw Noeline	15	28:07
4.	Du Toit Hilda	14	28:36
5.	Cloete Annique	14	28:47

**5km U16 Boys**

1.	Van Wyk Elwich	15	24:25
2.	Jacobs Francios	14	25:28
3.	Colling Hanru	14	25:29
4.	Swart Andries Louis	15	25:50
5.	Jansen Remo	15	28:10

**3km U14 Girls**

1.	Stander Marisca	13	16:41
2.	Geldenhuis Mone	12	17:23
3.	Du Toit Leandre	13	17:41
4.	Alberts Eden Newton	11	17:43
5.	Msheba Dimakatso	13	19:49

**3km U14 Boys**

1.	Claasen Daniel Corneluis	13	16:17
2.	Eckley Gerhard	12	16:22
3.	Vermaak Jean	13	16:23
4.	Duvenhage Kyle Pierre	13	16:51
5.	Brooks Nathaniel	13	17:09

A second set of Masters championships, over 10km, were also contested and large fields participated. Overall, it looks like it was a very successful meet.

**10km Masters Men**

M35	1	Plaatjies Louis Philander	39	58:49
M40	1	McDonald Ross	41	52:33
	2	Stander Riaan	43	1:03:21
M45	1	Von Bienenke Lebeauf	49	49:00
	2	Reynolds Keith	47	56:07
	3	Fisher Ebrahimia	47	59:01
M50	1	Phillips Kevin	50	53:01
	2	Oosthuizen Francois	52	58:17
	3	Scott Wayne	50	1:00:33
	4	Nemeti Alan	53	1:05:58
M55	1	Bosman Marius	58	1:00:54
	2	Donnelly Bernard	59	1:10:44
	3	Fransman Willem	57	1:13:56
		Meyer Carl	57	DNF
M60	1	Patterson Ray	61	59:31
	2	Kotze Frans	62	1:05:15
	3	Child John	63	1:06:36
M65	1	Van Zyl Johan	65	1:00:31
	2	Wonfor Patrick	68	1:08:51
	3	Axel Fred	65	1:15:07
	4	Watson Mathew	69	1:20:45
M70	1	Van Den Raad Gerard	70	1:06:23
	2	Aver Brian	70	1:11:20
M75	1	Rowe Jack	78	1:11:47
	2	Morgan-Smith David	77	1:13:14
	3	Viviers Flip	75	1:14:00
	4	Volkel Jochen	76	1:15:52
	5	Adams Ronnie	75	1:24:24
M80	1	Hotston John	83	1:23:13

**10km Masters Women**

W35	1	Viljoen Ronel	36	59:54
W40	1	Serdyn Mariaan	43	57:17

	2	Els Suzelle	44	1:13:15
W45	1	Fuschs Sharon	49	59:50
	2	Pick Carol	48	1:10:26
	3	Krog Lauren	45	1:10:34
W50	1	Janari Althea	50	1:02:19
W55	1	Barbara Nell	59	1:01:41
	2	Knoetze Retha	59	1:04:35
	3	Williams Gail	56	1:05:50
	4	Stokes Debbie	55	1:11:03
	5	Van Zyl Thalena	55	1:15:38
W60	1	Koekemoer Winnie	64	1:02:00
	2	Pentz Annatjie	63	1:08:07
	3	Blackburn Debbie	62	1:10:35
	4	Ramsay Jenny	61	1:13:30
	5	Roux Isabel	61	1:15:58
W65	1	Greyvenstein Annatjie	69	1:03:24
	2	Josephs Wendy	65	1:07:44
	3	Nel Elizabeth	65	1:10:53
	4	Atherstone Sandra	68	1:13:54
	5	Botes Helen	68	1:19:46
	6	Kettlewell Charlotte	66	1:20:00
		Holland-Ramsay Mary	67	DQ
W70	1	Williams Christine	72	1:13:22
	2	Strauss Kibet	71	1:13:36
	3	Norton Margaret	74	1:22:29
W85	1	Rootenberg Cecily	89	1:33:15

#### PIOTR POCZENCZUK MEMORIAL MEET, GRODNO, BELARUS, SATURDAY 4 OCTOBER

Thanks to omarchador blogspot (see <http://omarchador.blogspot.pt/2014/10/memorial-piotr-poczenczuk-em-grodno.html>) for the results of the 23<sup>rd</sup> edition of this memorial meet which honours Belarussian 1980 Olympic 20km silver medallist Piotr Poczenczuk who represented the Soviet Union at the Moscow Games. This year, the meet was held in the city of Grodno, near the Lithuania border.

173 walkers came together from various districts of the country as well as neighbouring countries Poland, Ukraine, Latvia and Lithuania. The men's 20km was a top quality event with Belarus triple Olympian (2004, 2008 and 2012) Ivan Trotsky winning with 1:21:04 ahead of young compatriot Dmitriy Diubin (1:21:09) and Ukrainian Sergey Budza (1:21:13). The women's 10km saw Anna Drabenia an easy winner with 43:58 ahead of Anastasia Yacevic 46.02 and Valentina Mironchuk 47.18.

Interestingly, the meet featured a Veterans 1km event which featured a number of former medallists and Olympians who had represented the Soviet Union and Belarus at the highest level, namely Viktor Ginko, Evgeniy Misiulia, Michail Chmelnitkiy and Olga Kardapolceva. Male winners included Janusz Golawski (Poland, M41-50, 4.18), Ilmars Saulgriezis (Latvia, M51-60, 4.27), Vladimir Bindey (Belarus, M61-70, 5:19) and Boris Hrolovic (Belarus, M70+, 7:58).

#### 20km Men

1.	Ivan Trotsky	1976	Belarus	1:21:04
2.	Dmitriy Diubin	1990	Belarus	1:21:09
3.	Sergey Budza	1984	Ukraine	1:21:13
4.	Ivan Bandzeruk	1990	Ukraine	1:22:54
5.	Andrey Greczkovski	1994	Ukraine	1:23:44
6.	Tomas Narushis	1995	Belarus	1:27:14
7.	Raivo Saulgriezis	1994	Latvia	1:36:23
	Andrey Talashko	1980	Belarus	DNF
	Evgeniy Zaleskiy	1993	Belarus	DNF

#### 20km Women

1.	Anna Drabenia	1987	Belarus	43.58
2.	Anastasia Yacevic	1985	Belarus	46.02
3.	Valentina Mironchuk	1994	Ukraine	47.18
4.	Agneszka Elgardt	1989	Poland	47.47
5.	Anastasia Podkina	1994	Belarus	49.33
6.	Egle Jocyte	1993	Lithuania	51.47
7.	Ilma Melne	1993	Latvia	58.48



Winners of other age groups:

10km U20 male:	Dmitriy Sobczuk	1995	Ukraine	42.48
5km U20 women:	Mary Filiuk	1995	Ukraine	23:45
5km U18 male:	Dmitriy Lukjanczuk	1997	Belarus	21:33
3km U18 women:	Olga Nedzialek	1997	Poland	14:00
3km U16 male:	Lukasz Nedzialek	2000	Poland	12:49
2km U16 women:	Viktoria Kozlova	1999	Belarus	9:48
2km U14 male:	Danilo Pukalo	2001	Belarus	9:47
1km U14 female:	Danuta Morozova	2001	Belarus	4:46
1km U12 men:	Ivan Glushenok	2003	Belarus	4:57
1km U12 female:	Elizaveta Grishkevich	2003	Belarus	4:39

### ENFIELD RWL 5 MILES YACHT HANDICAP, LVAC, LONDON, SAT 11 OCTOBER

Thanks to Ron Wallwork for the latest Enfield Race Walking League results from London. This time around saw 5 Mile Handicaps which were won by David Hoben and Sandra Mitchell. Overall fastest times to Callum Wilkinson (37:08), Fabian Deuter (39:32) and Fransisco Reis (39:34).

<b>5 Mile Handicap</b>			<b>Finish Time</b>	<b>Actual Time</b>
1.	David Hoben	Surrey WC	63.39	54.29
2.	Mark Culshaw	London FR	64.05	48.55
3.	Jon Corbett	Belgrave H	64.32	57.02
4.	Sandra Campbell (F)	Surrey WC	64.45	57.15
5.	Liz Blakie (F)	Ryston R	65.01	53.21
6.	Cath Duhig © (F)	Ryston R	65.02	53.22
7.	Jennie Middleton (F)	Hillingdon AC	65.18	57.15
8.	Sean Pender ©	Enfield & H AC	65.19	50.09
9.	Callum Wilkinson	Enfield & H AC	65.38	37.08
10.	Helen Middleton (F)	Enfield & H AC	65.38	50.08
11.	Gary Smith ©	Enfield & H AC	66.03	50.03
12.	John Borgars	Loughton AC	66.10	51.10
13.	Fabian Deuter	Hillingdon AC	66.12	39.32
14.	John Hall	Belgrave H	66.35	43.55
15.	Anne Jones (F)	Steyning	66.38	52.28
16.	Trevor Jones	Steyning	66.43	42.33
17.	Ken Bobbett	Hillingdon AC	66.45	47.55
18.	Andy Cox	Hillingdon AC	66.46	47.36
19.	Ron Penfold	Steyning	66.53	51.43
20.	Fransisco Reis	Ilford AC	66.54	39.34
21.	Dave Ainsworth ©	Ilford AC	66.59	66.09
22.	Steve Uttley	Ilford AC	67.08	48.23
23.	John Ralph	Enfield & H AC	67.23	46.33
24.	Michael Harran	Surrey WC	67.35	52.25
25.	Malc Martin	Surrey WC	67.42	44.32
26.	Shaun Lightman	Surrey WC	67.57	49.37
27.	Dan Maskell	Surrey WC	68.09	50.09
28.	Maureen Noel (F)	Belgrave H	68.15	50.55
29.	Fiona Bishop (F)	Woking AC	68.21	53.51
30.	Mick Barnbrook ©	Ilford AC	68.26	59.56
31.	Jo Miles (F)	Hillingdon AC	68.43	57.43
32.	Angela Matin (F)	Surrey WC	69.10	54.30
33.	Jon May	Enfield & H AC	72.39	57.59
34.	Arthur Thomson	Enfield & H AC	75.58	56.48
 <b>2.5 miles Scratch Race</b>				
1.	George Wilkinson (U13)	Enfield H AC	28.49	
2.	Tony Wilkinson (M50)	Moulton	28.59	
3.	Norma Grimsey (W55)	Enfield H AC	29.45	
4.	Dave Stevens (M75)	Steyning AC	31.04	



**ERWL Yacht Handicap Winners David Hoben and Sandra Campbell flanked by runners-up Liz Blakie and Mark Culshaw (photo Ron Wallwork)**

**MIDLANDS WINTER LEAGUE, STOURPORT SPORTS CLUB, WORCESTERSHIRE, SUN 12 OCT**

Thanks to Mark Wall for the results of Round One of the Midland Winter League Roadwalks, held at Worcestershire in England last Sunday. This was the first of three legs, one in October and two in November (Birmingham and Coventry). Judging was on the 'B' rule (contact only). Walkers were able to contest both the 5km and 10km, with start times are an hour and three quarters apart. So a good double by Emma Achurch who won both events.

**Mens/Womens 5km (sub 30 minutes only)**

1.	Emma Achurch	Leicester	FU20	25:02
2.	Colin Turner	Nuneaton	MV70	28:33
3.	Charlotte Finney	Birchfield	F	29:59

**Mens/Womens 10Km (sub 60 minutes only)**

1.	Emma Achurch	Leicester	FU20	50:06
2.	Daniel Watling	Birchfield	MU20	57:35
3.	Steve Arnold	Nuneaton	MV50	57:41
4.	Peter Boszko	Birchfield	MV65	58:51

**Boys/Girls U15 3km**

1.	Kara Lane	Birchfield	F	16:23
2.	Alana Zeidler	Sheffield	F	16:40
3.	Jessica Finney	Birchfield	F	18:22
4.	Laura Achurch	Leicester	F	18:25
5.	Molly Dainton	Llanelli	F	19:23

**Boys/Girls U13 2km**

1.	Faris Alkhamesi	Nuneaton	M	11:42
2.	Molly McLeady-Hanley	Sheffield	F	11:44
3.	Hisham Alkhamesi	Nuneaton	M	12:05
4.	Ellen Vahey	Stratford	F	13:14
5.	Kyle Smith	Nuneaton	M	13:52
6.	Katie Haynes	DASH	F	14:36
7.	Hannah Gadd	DASH	F	14:39
8.	Emily Davies	DASH	F	14:44
9.	Josette Taylor	DASH	F	14:55
10.	Talitha Al-Daftary	B & R	F	16:08

**Girls U11 1km**

1.	Olivia Holmes	DASH	F	7:23
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## SWISS ROADWALK CHAMPIONSHIPS, CHIASSO, SWITZERLAND, SUNDER 12 OCTOBER

Thanks to Emmanuel Tardi for the results of the Swiss roadwalk champs, held on Sunday in Chiasso, near Lugano. There were also walkers from Italy, Greece, Ukraine, Portugal, Ecuador and the Czech Republic, giving the meet a real international feel. French walker Bertrand Moulinet was well out in front when disqualified, leaving Leonardo Dei Tos of Italy to win the men's 20km with 1:28:20, while fellow Italian Mariavittoria Becchetti won the women's 20km with 1:38:51.

### 20km Men

1.	Leonardo Dei Tos	ITA	1992	1:28:20
2.	Vladyslav Lobchenko	UKR	1993	1:30:24
3.	Marco Amati	ITA	1994	1:30:35
4.	Luis Correia	POR	1978	1:32:31
5.	Ruggero D'Ascanio	ITA	1984	1:35:21
6.	Secundo Edison Pumacuro Gualotun	ECU	1973	1:35:47
7.	Dimitrios Tsordias	GRE	1996	1:41:15 U20
8.	Bruno Morotti	ITA	1964	1:43:46
9.	Josef Smola	CZE	1964	1:49:55
10.	Fabio Guzzetti	ITA	1996	1:52:36 U20
11.	Roby Ponzio	SUI	1947	1:58:52
12.	Bernard Binggeli	SUI	1946	2:04:13
13.	Giorgio Padovani	ITA	1953	2:04:51
14.	Marco Maino	ITA	1955	2:08:52
15.	Waldo Ponzio	SUI	1944	2:20:13
16.	Claude Greber	SUI	1957	2:25:18
17.	Daniel Brot	SUI	1953	2:27:27
	Walter Brandenburg	SUI	1946	DNF
	Bertrand Moulinet	FRA	1987	DQ

### 20km Women

1.	Mariavittoria Becchetti	ITA	1994	1:38:51
2.	Evangelia Vaitsi	GRE	1994	1:52:52
3.	Viviana Valsecchi	ITA	1992	1:53:59

### 10km Women

1.	Vasylyna Vitovshchuk	UKR	1990	47:46
2.	Margherita Crosta	ITA	1995	51:57 U20
3.	Gladys Moretti	ITA	1991	52:38
4.	Efstathia Kourkoutsaki	GRE	1998	53:08 U18
5.	Evangelia Xinou	GRE	1981	53:39
6.	Sofia Alikanioti	GRE	1998	56:18 U18
7.	Corinne Henchoz	SUI	1964	56:59
8.	Micaela Benzi	ITA	1982	59:27
9.	Giulia Ruggeri	ITA	1997	59:31 U18

### 10km Junior Men

1.	Nathan Bonzon	SUI	2000	52:58 U16
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### 10km Masters Men

1.	Isaias Tsitoglou	GRE	1963	52:01
2.	Stefano Giani	ITA	1954	55:25
3.	Leonardo Prata	ITA	1971	56:38
4.	Franco Messina	ITA	1941	67:02
5.	Joseph Bianco	SUI	1941	71:52

### 5km U16 Boys

1.	Mikias Meli	ITA	2000	26:55
2.	Daniele Beretta	ITA	2000	26:59
3.	Paolo Arnoldi	ITA	2000	28:32

### 5km U18/U16 Girls

1.	Nektaria Stamati	GRE	1997	26:38 U18
2.	Martina Fiorillo	ITA	1999	29:02 U16
3.	Liliana Da Silva Souza	SUI	1998	33:42 U18

**3km U14 Boys**

1.	Guillaume Pommaz	SUI	2001	15:59
2.	Angelo Cattaneo	ITA	2002	16:41

**3km U14 Girls**

1.	Kyriaki Filtisakou	GRE	2000	14:21
2.	Arianna Zacchè Landri	ITA	2001	16:33

**2km U10**

1.	Béatrice Da Silva Souza	SUI	2006	16:26
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<b>BRAZILIAN T&amp;F CHAMPIONSHIPS, SAO PAULO, BRAZIL, 9-12 OCTOBER</b>
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Erica Rocha de Sena and José Alessandro Bernardo Bagio won the 20 km roadwalks, held as part of the Brazilian T&F Championships in Sao Paulo last weekend. The walks, held on a 1km circuit in Avenida Guillermo Gugtelmo Perereca, were marked by intense heat, with the thermometer ranging between 24C and 33C.

**Men 20km Race Walk, 7AM, Friday 10 October**

1.	José Alessandro Bernardo BAGIO	BRA	81	1:26:54
2.	Moacir ZIMMERMANN	BRA	83	1:27:27
3.	Bruno Marques FIDELIS	BRA	94	1:27:36
4.	Mario José DOS SANTOS	BRA	79	1:27:44
5.	Lucas GOMES DE SOUZA MAZZO	BRA	94	1:29:21
6.	Rudnei DIAS NOGUEIRA	BRA	90	1:29:33
7.	Jonathan RIEKMANN	BRA	87	1:30:47
8.	Daniel Alexandre VOIGT	BRA	84	1:31:24
9.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:38:44
10.	Fulviano SOARES	BRA	95	1:41:10
11.	Bryan William SCHMOEGEL	BRA	93	1:48:25
	Diogo DIAS GAMBOA	BRA	83	DNF
	Luan Ricardo SALES SANTOS	BRA	96	DNF
	Rubem Olimpio FARIAS	BRA	82	DNF
	João Carlos ELISIARIO DE ALMEIDA	BRA	87	DQ
	Maike MELO PERREIRA	BRA	95	DQ
	Lucas Gabriel FERREIRA DA SILVA	BRA	94	DQ

**Women 20km Race Walk, 9AM, Friday 10 October**

1.	Erica ROCHA DE SENA	BRA	85	1:38:59
2.	Cisiane Dutra LOPEZ	BRA	83	1:45:56
3.	Priscila BARBOSA	BRA	89	1:50:59
4.	Nair DA ROSA	BRA	80	1:56:49
5.	Andressa SOUZA	BRA	95	1:57:22
6.	Indira Cristina BIACCHI CARVALHO	BRA	94	2:04:50
7.	Deise BARBOSA DA SILVA	BRA	91	2:14:42
	Emily PISTOR	BRA	94	DNF
	Francisca Rosa DE SOUSA	BRA	80	DQ
	Mariana DA COSTA SILVA	BRA	95	DQ
	Gisele TEIXEIRA DA SILVA	BRA	94	DQ
	Elianay Santana DA SILVA PEREIRA	BRA	84	DQ

<b>GERMAN 50KM ROADWALK CHAMPIONSHIP, GLEINA, GERMANY, SATURDAY 11 OCTOBER</b>
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The German Roadwalk Championships in Gleina last Saturday saw a great 50km win to Ireland's **Alex Wright** - the time a very impressive **3:51:28** and a great first up 50km effort. Alex is now one of the up and coming stars in Irish athletics, having swapped allegiances to that country in 2013 after previously competing for Great Britain. At the Cork City Sports last July, he set a new Irish record in the 3000m walk. Now in this 50km walk, his winning time puts him in third spot on the Irish all time list which reads as follows:

1.	3:37:54	Robert Heffernan	1978	London	11 Aug 2012
2.	3:50:51	Jamie Costin	1977	Dudince	28 Mar 2009
3.	3:51:28	Alex Wright	1990	Germany	11 Oct 2014
4.	3:51:32	Colin Griffin	1982	Dudince	24 Mar 2007
5.	3:51:34	Brendan Boyce	1986	Zürich	15 Aug 2014

The result is also a fillip for the Cork Race Walking academy headed by world champion Robert Heffernan. Saturday's performance is a qualifying time for next years world championships for Alex, although he will more than likely opt for the 20km which he will target early in the new year.

The German title went to 21 year old Nils Brembach, also walking in his first 50km . He walked in and won the U23 30km title (2:18:31) ahead of Hagen Pohle (2:20:57) but then decided to continue on and attack the 50km as well. He was on target to beat the German World Champs standard of 3:53 for most of the way, fading slightly for his final time of 3:54:47. Race favourite Christopher Linke was a DNF.

Full results at <http://www.dlv-xml.de/Storage/EventFiles/14D00000005102/1546.htm> - lots of events and lots of walkers!

#### 50km Men

1.	Wright, Alex	1990	IRE	3:51:28
2.	Brembach, Nils	1993	GER	3:54:47
3.	Janker, Andreas	1983	GER	4:28:47
4.	Maier, Joachim	1970	GER	5:26:18
	Kiiski, Eemeli	1991	FIN	DQ
	Prieler, Helmut	1955	GER	DNF
	Korpela, Matias	1989	FIN	DNF
	Linke, Christopher	1988	GER	DNF

#### 30km U23, Open and Masters

1.	Brembach, Nils	1993	SC Potsdam	2:18:32
2.	Pohle, Hagen	1992	SC Potsdam	2:20:57
3.	Borsch, Steffen	1973	SV Halle	2:39:35
4.	Meyer, Steffen	1966	SV Breitenbrunn	2:55:26
5.	Prieler, Helmut	1955	SpVgg Niederaichbach	2:56:29
6.	Fern, Thorsten	1975	TV Groß-Gerau	2:59:39
7.	Maier, Joachim	1970	SV Breitenbrunn	3:02:59
8.	Gaube, Wilfried	1956	Polizei SV Berlin	3:04:16
9.	Gnauck, Dick	1963	ASV Erfurt	3:21:48
10.	Nißl, Stefan	1959	TV Ludweiler	3:27:47

### USA 40 KM RACE WALK CHAMPIONSHIPS, OCEAN, NJ, SUNDAY 12 OCTOBER

Michael Manozzi won the men's USATF 40km roadwalk title last Sunday with a time of 3:33:04, behind a number of Ecuadorian guest walkers. From the reports seen, there was some confusion in the opening laps with walkers turning early on one particular turn. Organisers tried to rectify later in the race and it seems there were no issues that would lead to any place changes.

#### USATF 40km Men

	Edgar Cudco	Ecuador (Guest)	31	3:19:28
	Xavier Moreno	Ecuador (Guest)	35	3:24:45
	Robinson Vivar	Ecuador (Guest)	27	3:26:46
1.	Michael Manozzi	Shore AC	28	3:33:04
2.	Dave Talcott	Shore AC	54	3:37:25
3.	Nate Vanderwall	Cornerstone University	22	3:47:17
4.	David Swartz	Pegasus AC	49	4:13:47
	Vyacheslav Troshkin	Russia (Guest)	66	4:25:01
5.	Max Walker	Pegasus AC	68	4:29:33
6.	Leon Jasionowski	Pegasus AC	70	4:37:44
7.	Tom Quattrocchi	Shore AC	63	4:51:58
8.	Patrick Bivona	Shore AC	73	5:38:20
9.	Eliot Collins	Shore AC	62	5:56:20

#### USATF 40km Women

1.	Darlene Backlund	SoCal Track Club	69	5:18:44
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Other lesser distances were contested with results as follows:

30km	Emerson Hernandez	Shore AC/El Salvador	25	2:39:39
30km	Jonathan Hallman	Shore AC	20	2:43:04
22km	John Backlund	SoCal Track Club	74	2:54:25
20km	Bruno Carriere	Canada	20	1:34:51

10km	Sergio Lazama	Shore AC/El Salvador	30	0:53:10
10km	John Soucheck	Shore AC	49	0:54:09
10km	Fred Linkhart	Freehold Running Club	62	1:07:09
6km	Marc Varsano	Park Racewalkers	49	0:39:47
5km	Frank Bergson	Shore AC	75	0:44:50
10km	Rasheeda Moncada	Park Racewalkers	35	0:58:20
10km	Panse Geer	Shore AC	67	1:09:00
10km	Brittany Collins	St. Joseph's College, NY	20	1:09:32

### OUT AND ABOUT

Congratulations to Diamond Valley walks coach Matt Owen who has been presented with the Silver Award in the Victorian Little Athletics Coach awards from the 2013/2014 Season. Well deserved for a coach who has produced a bit stable of great young walkers. Well done Matt!

The European Athletics Athletes of the Year have now been decided, with Czech walker Anezka Drahotova taking third in the Rising Star category. No luck for Yohann Diniz who was one of the finalists in the Men's division - he did not make the top three. But it is still a great honour to be nominated and what a wonderful year he has had. See <http://www.european-athletics.org/athletes/golden-tracks/news/article=lavillenie-schippers-gemili-kuchina-crowned-golden-tracks-ceremony/>

### THREE MORE RUSSIAN WALKERS FAIL DRUGS TESTS

Three more Russian racewalkers have been banned for drug test failures, one of them a very high profile medallist. As per omarchador blog (see <http://omarchador.blogspot.pt/2014/10/yuri-andronov-suspenso-dois-anos-por.html>) the Russian Athletics Federation (FRA) announced last Friday that racewalker **Yuri Andronov** has been suspended for two years following a positive doping result from the World Walking Cup in Taicang in May 2014. Andronov, trained by Leonid and Olga Oder and Boris Tarasov, is now banned from 16 June 2014 until 15 June 2016. He has also been disqualified from the 50 km World Cup in which he placed fourth. Hence all lower placed walkers are raised one position. For Australian Chris Erickson, he will now be recognised as 10th rather than 11th. The 42 year old Andronov, who was born on November 6, 1971, has a personal best of 3:40:46 (Moscow Olympics in 2012 and is a three-times Russian 50km champion (2010, 2012 and 2013).

This comes on top of the news of two further Russian racewalking suspensions

**Andrey Khizbulin** failed a test on July 12 during the Russian Race Walking Cup in Chelyabinsk. Khizbulin is now suspended from 23 July 2014 until 22 July 2016.

**Natalya Kholodilina** has also been suspended for two years following the positive analysis of a sample collected during the Russian Cup in March when she came third in the women's 20km event.

Does that now bring the count to 21?

### ATHLETICS AUSTRALIAN 2014 IAAF WORLD YOUTH QUALIFYING STANDARDS

Athletics Australia has now published the Selection Criteria for the 2013 World Youth Championships in Colombia next July - see <http://athletics.com.au/News/ArtMID/7243/ArticleID/1057658/World-Youth-Selection>. Salient details follow

- Only athletes born in 1998 and 1999 can be entered.
- The events include 10000m walk for men and 5000m walk for women
- The Australian selection standard has been set at **44:16.0** (men) and **23:22.6** (women).
- For the race walks, roadwalk times will be accepted.
- A maximum of 2 athletes per event can be selected.
- The qualifying period extends from 1 October 2014 to 15 March 2015. Qualifying times will only be accepted if they are achieved in competitions that meet the specific judging requirements required by the IAAF and are sanctioned by A.A.
- Athletes who win the walk Selection Trial and who have recorded one (1) Athletics Australia Standard Performance during the Athletics Australia Qualifying Period will be automatically selected into the Team.
- Any remaining selections in the Team will be made at the discretion of the selectors.
- The selection trials will be the Australian Junior Championships in Sydney on 11-15 March 2015.

The Australian selection standards continue to rise each time around:

- 2005 24:20 / 45:10
- 2007 24:45 / 45:20

- 2009 24:25 / 45:20
- 2011 24:00 / 45:00
- 2013 23:30 / 44:16
- 2015 23:22 / 44:16

Any competitions organised as qualifying opportunities for the men's 10000m Walk and Women's 5000m Walk must meet the specific judging requirements set out in the document and must be sanctioned by Athletics Australia in advance. All requests in relation to "qualifying opportunities" for the men's 10000m Walk and Women's 5000m Walk must be directed to Andrew Matthews at Athletics Australia.

For Victorians, there are plenty of qualifying opportunities before the final trial - the AV All Schools T&F Champs, the Australian Schools T&F Champs, The Australian 50km Road Walk Meet at Fawkner Park, the Vic Country T&F Champs, the Vic Junior T&F Champs, the Australian 20km Roadwalk Champs meet and the Vic Open T&F Champs. There are also plenty of 5km/10km/5000m race opportunities in our various VRWC Summer Season races and I have applied to AA for proper sanctioning for these events also.

The other selection document that we are keenly awaiting is for the 2015 IAAF World Championships in China. The IAAF announced some time ago that they would be dropping A and B standards in favour of a single standard in each event. This single standard has already been published for the walks and marathons but is yet to be released for the other T&F events. AA is obviously waiting on this before it releases its own final selection document. The IAAF single standards for the walks have been set as follows (see <http://www.iaaf.org/competitions/iaaf-world-championships#information=1>).

20km Men	1:25:00
20km Women	1:36:00
50km Men	4:06:00

We will have to wait and see if AA keeps to these standards or whether they impose their own tougher requirements. This is what the Spanish Athletics Federation has done (see <http://omarchador.blogspot.pt/2014/10/espanha-divulga-criterios-de-seleccao-e.html>) - it recently announced its qualifying standards at 1:23:00 (20 km men), 3:58:00 (50 km men) and 1:33:30 (20 km women), to be obtained between January 1, 2014 and May 30, 2015.

#### ATHLETICS AUSTRALIA AUSTRALIAN OUTDOOR RECORDS AS AT 7TH OCTOBER 2014

I recently received an email from AA statistician Paul Jenes with a refresh of the current Australian Outdoor Records listing (see <http://athletics.com.au/Portals/56/Marketing%20and%20Communications/Documents/Records/AustRec-2014-Oct.pdf>) so I have extracted the racewalk records and reproduce them here for completeness. Some pretty old records here!

#### MEN - OUTDOOR

##### 3000M TRACK WALK

Aust U18	11:42.04	21-Feb-98	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
Aust U16	12:09.3	2-Feb-95	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81

##### 5000M TRACK WALK

Aust Allcomers	18:40.11	28-Feb-09	SYDNEY	EDER SANCHEZ	MEX	21-May-86
Aust National	18:41.83	28-Feb-09	SYDNEY	JARED TALLENT	VIC	17-Oct-84
Aust U20	19:38.22	19-Feb-00	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81
Aust U18	20:06.9	17-Jan-98	SYDNEY	TROY SUNDSTROM	NSW	30-Apr-81

##### 10000M TRACK WALK

Aust Allcomers	38:20.9	15-Sep-85	SYDNEY	DAVID SMITH	VIC	24-Jul-55
Aust National	38:20.9	15-Sep-85	SYDNEY	DAVID SMITH	VIC	24-Jul-55
Aust U20	41:02.18	12-Mar-11	SYDNEY	DANE BIRD-SMITH	QLD	15-Jul-92
Aust U18	42:40.54	6-Nov-99	SYDNEY	DOUG CONNOLLY	NSW	30-Oct-82

##### 20000M TRACK WALK

Aust Allcomers	1:19:48.1	4-Sep-01	BRISBANE	NATHAN DEAKES	VIC	17-Aug-77
Aust National	1:19:48.1	4-Sep-01	BRISBANE	NATHAN DEAKES	VIC	17-Aug-77
Aust U20	1:36:39.7	27-Jun-81	MELBOURNE	MICHAEL HARVEY	VIC	5-Dec-62

##### 30000M TRACK WALK

Aust Allcomers	2:14:22	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
Aust National	2:14:22	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58

##### 50000M TRACK WALK

Aust Allcomers	3:43:50.0	9-Sep-90	MELBOURNE	SIMON BAKER	VIC	6-Feb-58
Aust National	3:43:50.0	9-Sep-90	MELBOURNE	IMON BAKER	VIC	6-Feb-58

### 2 HOUR TRACK WALK

Aust Allcomers	27,123.35m	24-May-80	MELBOURNE	WILLI SAWALL	VIC	7-Nov-41
Aust National	27,123.35m	24-May-80	MELBOURNE	WILLI SAWALL	VIC	7-Nov-41
Aust U20 23,	127.84m	21-Aug-65	MELBOURNE	ROSS HAYWOOD	VIC	18-Feb-47

### 5KM ROAD WALK

Aust U16	22:00	11-Dec-11	FAWKNER PARK	NATHAN BRILL	VIC	24-Mar-96
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### 8KM ROAD WALK

Aust U18	34:21.0 2	4-May-92	MELBOURNE	DION RUSSELL	VIC	8-May-75
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### 10KM ROAD WALK

Aust U20	40.54	26-Jun-04	SYDNEY	ADAM RUTTER	NSW	24-Dec-86
Aust U18	42:47	9-Jun-96	CANBERRA	TROY SUNDSTROM	NSW	30-Apr-81

### 20KM ROAD WALK

Aust Allcomers	1:18:59	22-Sep-00	SYDNEY	ROBERT KORZENIOWSKI	POL	30-Jul-68
Aust National	1:17:33	23-Apr-05	CIXI CITY CHINA	NATHAN DEAKES	VIC	17-Aug-77
Aust U20	1:24:46	6-Mar-05	SYDNEY	ADAM RUTTER	NSW	24-Dec-86

### 30KM ROAD WALK

Aust Allcomers	2:05:06	27-Aug-06	HOBART	NATHAN DEAKES	VIC	17-Aug-77
Aust National	2:05:06	27-Aug-06	HOBART	NATHAN DEAKES	VIC	17-Aug-77

### 50KM ROAD WALK

Aust Allcomers	3:35:47	2-Dec-06	GEELONG	NATHAN DEAKES	VIC	17-Aug-77
Aust National	3:35:47	2-Dec-06	GEELONG	NATHAN DEAKES	VIC	17-Aug-77

## WOMEN - OUTDOOR

### 3000M TRACK WALK

Aust U20	12:27.74	25-Feb-93	MELBOURNE	JANE SAVILLE	NSW	5-Nov-74
Aust U18	12:43.0	8-Nov-97	SYDNEY	MICHELLE FRENCH	NSW	1-Apr-82
Aust U16	12:43.0	8-Nov-97	SYDNEY	MICHELLE FRENCH	NSW	1-Apr-82

### 5000M TRACK WALK

Aust Allcomers	20:03.0	11-Feb-96	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	20:03.0	11-Feb-96	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	21:34.23	1-Mar-97	MELBOURNE	NATALIE SAVILLE	NSW	7-Sep-78
Aust U18	22:11.33	2-Mar-95	SYDNEY	NATALIE SAVILLE	NSW	7-Sep-78

### 10000M TRACK WALK

Aust Allcomers	42:46.45	14-Jan-89	SYDNEY	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	41:57.22	24-Jul-90	SEATTLE	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	44:44.22	9-Jul-08	POLAND	JESSICA ROTHWELL	VIC	18-Jun-89

### 20000M TRACK WALK

Aust Allcomers	1:33:40.2	6-Sep-01	BRISBANE	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	1:33:40.2	6-Sep-01	BRISBANE	KERRY SAXBY-JUNNA	NSW	2-Jun-61

### 2 HOUR TRACK WALK

Aust Allcomers	23,496.5m	3-Jul-99	BOX HILL	SIMONE WOLOWIEC	VIC	12-Feb-74
Aust National	23,496.5m	3-Jul-99	BOX HILL	SIMONE WOLOWIEC	VIC	12-Feb-74

### 5KM ROAD WALK

Aust U18	24:23	19-May-12	ALBERT PARK	JEMIMA MONTAG	VIC	15-Feb-98
Aust U16	24:23	19-May-12	ALBERT PARK	JEMIMA MONTAG	VIC	15-Feb-98

### 8KM ROAD WALK

Aust U18	39:15	24-May-92	MELBOURNE	JANE SAVILLE	NSW	5-Nov-74
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### 10KM ROAD WALK



Aust Allcomers	41:29.71	27-Aug-88	CANBERRA	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust National	41:29.71	27-Aug-88	CANBERRA	KERRY SAXBY-JUNNA	NSW	2-Jun-61
Aust U20	45:10.0	27-Feb-97	MELBOURNE	NATALIE SAVILLE	NSW	7-Sep-78

#### 20KM ROAD WALK

Aust Allcomers	1:29:05	28-Sep-00	SYDNEY	LIPING WANG	CHN	8-Jul-76
Aust National	1:27:44	2-May-04	NAUMBURG	JANE SAVILLE	NSW	5-Nov-74

### VRWC CLUB RECORD UPDATE

Heather Carr continued her assault on the W65 records with a new Victorian / VRWC 2000m track walk record last Saturday in AV Shield competition at the Knox athletics track. Well done Heather!

Heather Carr      W65 2000m Track Walk      11:00.52      AV Shield Competition, Knox Athletics Track      11/10/2014

### 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.

#### 2014/2015 Australian/Victorian Summer Season Key Dates

11-18 Oct, 2014	Alice Springs Masters Games. See <a href="http://www.alicespringsmastersgames.com.au/">http://www.alicespringsmastersgames.com.au/</a>
Dec 5-7, 2014	Australian All-Schools Championships, Adelaide, SA
Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>
Sun Feb 22, 2015	Australian 20km Summer Championships, Adelaide (details TBC)
Mar 11-15, 2015	Australian Junior Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD

#### Other 2014 Races of Interest

12-15 Oct, 2014	Chinese 4 Day Rally, Lake Taihu, China
Sun 26 Oct, 2014	MTR 10km International Walk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=1328&amp;mid=147&amp;ac_id=6&amp;type=%">http://www.hkaaa.com/page.php?pid=1328&amp;mid=147&amp;ac_id=6&amp;type=%</a>
Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ

#### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 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
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 <sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 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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