



HEEL AND TOE ONLINE

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

My walker of the week once again is **Dane Bird-Smith**. I reported in last week's newsletter that he had come third on day 1 and won on day 2 in the prestigious Around Lake Taihu rally in China. Well, he continued on from there with a win on day 3 and 13th on day 4 (after suffering a 1 minute Pit Stop violation mid race). His overall 4 day tally gained him second place overall, only 34 seconds behind 2012 Olympic 20km champion Ding Chen of China, 3:18:41 to 3:18:07. Dane is now racing in rarefied company indeed!

You can read more about the final two days of racing later in the newsletter.

WHAT'S COMING UP

- **AV Shield** continues next Saturday with round 3 of competition (3000m and 5000m walks) at all 7 venues around Victoria. 5000m walks have been scheduled for rounds 3 and 7 and will be contested by Division 1, Division 2, Under 20 and U18 men and women. All other divisions will contest 3000m. Check the AV website to see where you are competing. Their calendar still does not drill down into the necessary detail to make my job easy! Note the AV Shield handbook is now online at http://athsvic.org.au/wp-content/uploads/AV_Summer-Handbook.pdf.
- Our VRWC summer season commences next **Sunday 26 October** at Middle Park. The timetable reads like this

Sunday 26 October 2014, VRWC Road Races, Middle Park

8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

See <http://www.vrwc.org.au/vrwc15.shtml> for the full VRWC summer program. Come along and test yourself out.

- 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**. Numbers are building nicely and our first camp newsletter is now out - see <http://www.vrwc.org.au/documents/2015FallsCreekCampNewsletter1.pdf>. You can register at <http://www.vrwc.org.au/vrwc-fallscreek.shtml> and you 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

First a catchup from last week's AV Shield with the belated results from Ballarat and Bendigo. Kelly Ruddick was the standout with her 2000m time of 9:05.65 in Ballarat.

AV Shield Round 1 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 11 October

Mixed 2000m Walk

1.	Ruddick, Kelly	W41	BHA	9:05.65
2.	Brennan, Sarah	W38	BYC	10:39.29
3.	Peart, Jemma	W13	BYC	10:54.76

4.	McLennan, Phillip	M46	WEN	11:59.09
5.	Kilmarton, John	M63	INV	12:07.72
6.	McLennan, Stephen	M50	WEN	12:59.56
7.	Ruddick, Kevin	M64	BHA	13:20.80
8.	Hill, Matilda	W12	BYC	15:34.93
9.	Roberts, Peter	M48	BHA	15:36.95
	Blood, Matthew	M21	BYC	DNF
	Darlow, Ross	M16	EKA	DQ

AV Shield Round 1 - Bendigo Zone, La Trobe Uni track, Bendigo, Saturday 11 October

Mixed 2000m Walk

1.	Ebony Whiley	WU20	EAG	11:47.9
2.	Madison Hill	WU14	SBE	12:29.0
3.	Annette Curtis	W40+	SBE	14:52.3

And now onto last weekend when Athletics Victoria Shield competition continued 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-2/>) and the walks are reproduced below. First to our three country venues which competed on Saturday. James Christmass was the standout with 15:13.71 for 3000m.

AV Shield Round 2 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 18 October

Mixed 3000m Walk

1.	Ruddick, Kevin	M64	BHA	22:48.48
2.	Kilmartin, John	M63	BHA	DQ

AV Shield Round 2 - Bendigo Zone, La Trobe Uni track, Bendigo, Saturday 18 October

3000m Walk

1.	Ebony Whiley	U20	EAG	18:19.39
2.	Annette Curtis	40+	SBE	22:19.31
3.	John Watson	40+	BYM	23:45.21

1500m Walk

1.	Madison Hill	U14	SBE	9:10.87
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AV Shield Round 3 - Geelong Zone, Landy Field, Geelong, Saturday 18 October

3000m Walk

1.	Christmass, James	M47	COR	15:13.71
2.	Mirarchi, Nicholas	M23	COR	18:49.39
3.	Wiffen, Geoffrey	M49	GLG	DQ

1500m Walk

1.	White, Megan	W15	UNA	8:55.08
2.	Walker, Charli	W11	UNA	DQ

And now to the 4 metropolitan venues which competed on Sunday afternoon, also in good conditions.

AV Shield Round 2, Red Zone, Rieschiecks Reserve, Doncaster, Sunday 19 October

Excellent walking by the strong Diamond Valley club at Doncaster with Eliza Clarke (14:11.1) and Emmet Brasier (12:50.9), Taylor Langford (7:49.3) and Hugh Collis (8:01.2) all winning. Special mentions also to Adam Garganis (13:35.4) and Michelle Laufer (15:16.4) in the 3000m. And great to see 40 walkers in total at this venue.

3000m Women

1.	Eliza Clarke	DIV	U16	14:11.1
2.	Michelle Laufer	COL	40+	15:16.4
3.	Lauren Collis	DIV	U18	16:46.4
4.	Donna-Marie Elms	PTN	OP	19:37.3
5.	Karen Quinn	DIV	40+	21:09.1
6.	Clare Garganis	COL	40+	21:32.1
7.	Donna Campbell	PTN	OP	26:19.5

3000m Men

1.	Emmet Brasier	DIV	U18	12:50.9
2.	Adam Garganis	COL	U18	13:35.4
3.	Aaron McDonough	PTN	OP	14:31.5
4.	Trenton Hawkins	PTN	OP	15:22.3
5.	Bernie Keirl	DIV	40+	16:29.6
6.	Patrick Clarke	DIV	40+	18:07.4
7.	Robert Gardiner	COL	40+	18:32.6
	Tom Hall	COL	U18	DQ
	Lachlan White	COL	U18	DQ

1500m Women

1.	Taylor Langford	DIV	U14	7:49.3
2.	Georgia Clarke	DIV	U14	7:59.5
3.	Claire Noonan	COL	U14	9:03.1
4.	Josephine Laufer	COL	U16	9:40.0
5.	Frances Collis	DIV	U14	9:41.1
6.	Charlotte Holmes	DIV	U14	10:25.4
7.	Leah Wright	COL	U16	11:11.1
8.	Caitlyn Rudston-Brown	WCA	U14	11:15.5
9.	Rhianyn Camilleri	DIV	U14	11:21.9
10.	Naomi Nicola	IVA	U14	11:32.5
11.	Christina Dawson	COL	U14	13:45.7
	Julia Loughbrough	COL	U14	DQ
	mia roux	COL	U14	DQ

1500m Men

1.	Hugh Collis	DIV	U16	8:01.2
2.	Thomas Dawson	COL	U14	8:16.1
3.	Liam Burgess	DIV	U16	8:21.5
4.	Bede Collis	DIV	U14	9:01.8
5.	Brent Camilleri	DIV	U14	10:41.3
6.	Luke Cullen	WCA	U16	10:46.4
	Daniel Copsey	UNA		DQ
	Jakson Cowley	COL	U16	DQ
	Dale Carroll	COL	U16	DQ
	Tom Sullivan	COL	U16	DQ
	Ethan Wright	COL	U14	DQ

AV Shield Round 2, Yellow Zone, Aberfeldie Athletics Track, Moonee Ponds, Sunday 19 October

The attendance at Aberfeldie was a massive 435. This was 25 more than our largest attendance last year and 65 more than our average last season. These athletes competed in 925 events, not counting relays. It does seem to imply that athletes are willing to compete on Sunday afternoons as well as on Saturdays. Overall, 30 walkers in action with Shea Wellington walking a massive PB of 14:47.1 to win from Mark Donahoo 14:52.8. Good also to see Caitlin Campbell back in walking mode and winning the women's walk with 18:37.2. Lachlan Feain and Rhiannon Matthews were the best over 1500m with 8:15.7 and 8:31.6 respectively.

3000m Men

1.	Shea Wellington	KSB	U18	14:47.1
2.	Mark Donahoo	ATE	40+	14:52.8
3.	Paul Kennedy	KSB	OP	16:03.7
4.	Gerard Feain	KSB	OP	16:23.5
5.	John Kondogonis	KSB	40+	17:06.3
6.	Connor McShanag	ATE	U20	17:31.3
7.	Duncan Knox	ATE	40+	17:54.6
8.	Peter Ramsay	40+	SME	19:04.0
9.	Danny Hawksworth	ATE	OP	20:34.5
10.	Phillip Dunstone	WES	40+	20:35.1
11.	Stuart Nicol	SME	40+	23:11.7
12.	Stephen Wright	WES	40+	25:03.9
13.	Ian Rickard	BWK	OP	27:55.6

3000m Women

1.	Caitlin Campbell	ATE	OP	18:37.2
2.	Alana Plymin	SME	OP	19:34.9
3.	Robyn Shaw	WES	40+	20:07.5

4.	Tania Kapetanovic	KSB	40+	20:32.2
5.	Rebecca Campbell	ATE	U18	20:34.2
6.	Janice Hodgart	WES	40+	22:16.6
7.	Nicole Gunn	KSB	OP	22:30.5
8.	Roslyn Ireland	BWK	OP	23:00.5
9.	Rosa Law	SME	40+	23:11.4
10.	Kelly Spiteri	COB	OP	23:37.0
11.	Maria Abfalter	KSB	40+	23:37.3
12.	Brenda Cashin	WES	40+	25:33.1
13.	Heather Lamb	BWK	OP	25:44.6

1500m Walk

1.	Lachlan Feain	KSB	U16	8:15.7
2.	Rhiannon Matthews	KSB	U14	8:31.6
3.	Dominic Sykes	KSB	U14	12:30.2
4.	Ethan Kapetanovic	KSB	U14	12:40.3

Alas, the final two venues have not yet posted results so you will have to wait until the next newsletter.

AV Shield Round 2, Blue Zone, Casey Fields, Sunday 19 October

AV Shield Round 2, White Zone, Proclamation Park, Ringwood, Sunday 19 October

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 15 OCTOBER

Thanks to Colin Hainsworth for the results of the opening round of South Australian Masters track walking in Adelaide last Wednesday. George White was best overall with 27:56 (88.59%). Good to also see some of the younger SARWC walkers attending.

3000m Walk

1.	Marie Maxted	19:29	W54	69.43%
2.	James Hoare	21:49	M68	65.88%
3.	Roger Lowe	23:24	M71	63.68%
4.	Valmai Padget	23:36	W70	68.95%
5.	Jill Rogers	24:58	W69	64.28%
6.	Edna Bates	25:34	W61	56.85%

5000m Walk

1.	George White	27:56	M69	88.59%
2.	Jack Russell	28:59	M62	78.98%
3.	Linda Whitelaw	39:37	W60	62.38%
4.	Colin Hainsworth	39:50	M84	77.11%
5.	Doug Smart	41:45	M71	60.74%

800mWalk

1.	Rhiannon Lovegrove	3:36	
2.	Sarah Damin	3:50	
3.	Jack Russell	3:59	M62
4.	George White	4:05	M69
5.	Ayeisha Wallace	4:17	
6.	Marie Maxted	4:52	W54
7.	John Hore	5:04	M66
8.	Valmai Padget	5:59	W70
9.	Gill White	6:00	W66
10.	Roger Lowe	6:06	M71
11.	Mathew Anderson	6:16	M43

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 15 OCTOBER

Thanks to Paul Rance for the latest report from the Bendigo Walkers Club. He reported:

The Bendigo Walkers Club held handicap events in Rosalind Park on Wednesday evening over 1.2km and 3.2km. In the 1.2km Sheridan Commons produced a solid effort to score a strong victory with backmarker Zahra Hayes 2nd and Madison Hill in 3rd place, while the 3.2km event saw Annette Curtis win her 2nd race in succession with Barb Bryant 2nd and Norm West in 3rd place.

1.2km Handicap

1.	Sheridan Commons	8.34
2.	Zahra Hayes	5.47
3.	Madison Hill	6.37
4.	Carissa Brook	6.25
5.	Peter Curtis	6.10
6.	Ebony Whiley	6.55
7.	Geoff Major	10.06
8.	Linda Sullivan	11.19

3,2km Handicap

1.	Annette Curtis	23.03
2.	Barb Bryant	18.49
3.	Norm West	26.10
4.	John Carter	22.49

ATHLETICS SA SEASON OPENER, SANTOS STADIUM. MILE END, SATURDAY 18 OCTOBER

The summer season kicked off on Saturday in Adelaide at Santos Stadium, youngsters Jake Vidler and Joe Cross leading the way with 15:45.96 and 16:24.48 respectively.

3000m Walk

1.	Jake Vidler	M	SOUTHERN ATHLETIC CLUB	15:45.96
2.	Joe Cross	M	PEMBROKE ATHLETICS CLUB	16:24.48
3.	Bethany Cross	W	PEMBROKE ATHLETICS CLUB	16:24.73
4.	Samantha Findlay	W	SOUTHERN ATHLETIC CLUB	19:22.71
5.	James Hoare	M	PORT ADELAIDE ATHLETICS CLUB	21:51.42
	Rhiannon Lovegrove	W	PORT ADELAIDE ATHLETICS CLUB	DQ
	Alix Harlington	M	SALISBURY AMATEUR ATHLETIC CLU	DNF

PB MEET, GRIFFITH UNIVERSITY, SOUTHPORT, QLD, SUNDAY 19 OCTOBER

Thanks to Robyn Wales for the latest results from the Gold Coast where Nyle Sunderland won with 16:24.3.

3000m Walk

1.	Sunderland, Nyle	W47	QMA	16:24.3
2.	Chapman, Tenyka	W13	GCV	16:37.9
3.	Lindenberg, Paul	M52	QMA	17:21.8
4.	Schofield, Amelia	W11	GCV	17:41.2
5.	Schofield, Isabella	W12	GCV	18:47.4
6.	Lindenberg, Debbie	W53	QMQ	19:04.1
7.	Shaw, Kay	W55	QMA	19:04.1
8.	Sela, Patrick	M	QMA	21:29.7
	Schofield, Scarlett	W8	QA	6:56.6 (1km)



Nyle Sunderland and Paul Lindenberg at Southport last Sunday (photo Robyn Wales)

AACT 2014-15 SUMMER SERIES ROUNDUP, CANBERRA

The ACT summer T&F season has had two rounds so far but only a few walkers in attendance so far. Results as follows

AACT 2014-15 Summer Series Meet Number 1, AIS Athletics Track, Canberra, Sat 11 October

3000m Walk

1.	Spencer Burns	NCG	15:50.0
2.	Gabby Hunt	NCG	15:26.0
3.	Dylan Eddowes	AACT	18:52.0

5000m Walk

1. Callum Burns NCG 27:24.0

AACT 2014-15 Summer Series Meet Number 2, AIS Athletics Track, Canberra, Sat 12 October**3000m Walk**

1. Elizabeth Henderson AACT 17:28.5

ATHLETICS TASMANIA INTERCLUB ROUND 1, DOMAIN, HOBART, SATURDAY 11 OCTOBER

Similarly small numbers in Hobart for round one of the Tasmanian summer competition.

3,000 Metre Walk

1. Alice Randall F OVA 16:51.01
 2. Jane Guy F OVA 24:57.01
 3. Bayley Campbell M OVA 19:55.00

GEELONG WALKERS CLUB ROUNDUP

Geelong Walkers Club have started their summer season and will be competing most Thursday evenings from now on at the Goldsworthy Athletics Track in Corio. Thanks to Michelle de Graaf for passing on their first couple of week's of results. See their website at http://www.foxsportspulse.com/assoc_page.cgi?client=1-7221-0-0-0 for further information about the club.

Geelong Walkers 4 LAPS (1600) EVEN PACED LAPS, Thursday 10 October

	Name	Age	1st Lap	2nd Lap	3rd Lap	4th Lap	o/a Time	Diff
1.	Wayne Carmichael	VET M	3.51	3.55	3.55	3.57	15.38	18
2.	James Christmass	VET M	2.14	2.22	2.26	2.20	9.21	38
3.	Mackayla Davison	U/14 G	2.14	2.21	2.27	2.20	9.22	40
4.	Carla De Graaf	VET F	4.30	4.19	4.14	4.14	17.17	53
5.	Jenny Larkins	VET F	3.34	3.39	3.44	3.51	14.50	56
6.	Mark Wiffen	VET M	3.11	3.24	3.30	3.26	13.31	59
7.	Michelle de Graaf	VET F	2.52	3.02	3.07	3.11	12.12	62
8.	Barbara Fairbrother	VET F	4.46	4.38	4.33	4.22	18.19	77
9.	Jessikah Tidd	U/12	4.46	4.38	4.33	4.22	18.19	77

Geelong Walkers 6 LAPS (2400) EVEN PACED LAPS, Thursday 17 October

	Name	Age	1st Lap	2nd Lap	3rd Lap	4th Lap	5th Lap	6th Lap	o/a Time	Diff
1.	Carla de Graaf	ET F	4.05	4.05	4.07	4.08	4.09	4.08	24.42	30
2.	Wayne Carmichael	VET M	4.01	4.06	4.07	4.08	4.09	4.14	24.45	75
3.	Sheldon Thomson	VET M	4.01	4.06	4.07	4.08	4.09	4.14	24.45	75
4.	Colin Silcock-Delaine	VET M	3.23	3.28	3.26	3.23	3.18	3.15	20.13	89
5.	Michelle de Graaf	VET F	2.51	2.57	2.58	2.59	3.05	3.03	17.55	89
6.	Jenny Larkins	VET F	3.38	3.38	3.41	3.42	3.44	3.53	22.16	92
7.	James Christmass	VET M	2.14	2.13	2.06	2.03	2.04	2.01	12.42	97
8.	Mark Wiffen	VET M	3.19	3.28	3.26	3.21	3.17	3.14	20.05	99
9.	Barbara Fairbrother	VET F	4.34	4.33	4.29	4.28	4.21	4.10	26.33	157
10.	Jessikah Tidd	U/12 F	4.35	4.32	4.30	4.26	4.2	4.09	26.32	168
11.	Mackenzie Mielczarek	U/12 F	2.13	2.36	2.35	2.52	2.32	2.33	15.21	211

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

And now to the Northern Territory for more of the Alice Springs Masters Games (see <http://www.alicespringsmastersgames.com.au>). In last week's newsletter, I published the 5km roadwalk results. Last Wednesday, the 10km roadwalk was held so here are the results of that event to round the report out. Colin Heywood (54:55) and Debbie Page (59:43) were the standouts.

10km Roadwalk Women, Wednesday 15 October

Brenna Toner	NT	30-34	F	1.24.23
Anatola Taylor	NT	35-39	F	1.06.50
Rachel Flavell	NT	40-44	F	1.12.35
Emma Pyper	NT	40-44	F	1.16.48
Kylie Andresen	NT	40-44	F	1.16.54
Deborah Mitchell	NT	40-44	F	1.25.12

Deb Pienacki		45-49	F	1.15.50
Kerry-Ann Strong	NSW	50-54	F	1.22.35
Ann Staunton-Jugovic	ACT	50-54	F	1.01.36
Anita Rogers	NT	50-54	F	1.06.27
Kate Lewis	NT	50-54	F	1.12.18
Louise Brown	NSW	50-54	F	1.19.09
Robyn Noble	NT	50-54	F	1.24.21
Sandra Zahra	NT	50-54	F	1.35.01
Debbie Page	NT	55-59	F	0.59.43
Inge Camilleri	NSW	55-59	F	1.23.22
Debra Wilson	NT	55-59	F	1.23.22
Anne Black	NT	55-59	F	1.24.58
Rosemary Hodgkinson	NT	55-59	F	1.24.58
Ann Telford	VIC	55-59	F	1.26.01
Norma Sutcliffe	NT	55-59	F	1.26.34
Martha Simpson	WA	55-59	F	1.29.07
Gail Tuxworth	NT	60-64	F	1.07.03
Lyn Cummins	NT	60-64	F	1.21.51
Christine Douglas	NT	60-64	F	1.24.04
Leony Bowey	NT	60-64	F	1.31.39
Wendy Cochrane	NT	65-69	F	1.20.37
Sue Schroeder	NT	65-69	F	1.23.08
Jenny Richter	NT	65-69	F	1.26.42
Sue Padgett	QLD	65-69	F	1.27.22
Mary Leitch	VIC	65-69	F	1.33.36
Sandra Thompson	NT	65-69	F	1.39.41
Margaret Trengove	SA	70-74	F	1.16.12
Val Chesterton	ACT	70-74	F	1.26.21
Margaret Roberts	NT	75-79	F	1.26.59
Margaret Beaumont	VIC	75-79	F	1.27.28
Sally Thomas	NT	75-79	F	1.44.58

10km Roadwalk Men, Wednesday 15 October

Benjamin Taylor	NT	30-34	M	1.16.30
Danny Fraser	NT	35-39	M	1.10.29
Craig White	SA	35-39	M	1.21.38
Geoff Huyben	NT	50-54	M	1.16.12
Tom Jovanovski		50-54	M	1.19.10
Tony Brown	NSW	50-54	M	1.25.21
Norman White	SA	55-59	M	1.13.25
Philip Nippres	NT	55-59	M	1.15.19
Damien Ryan	NT	55-59	M	1.35.37
Colin Heywood	NT	60-64	M	0.54.55
John Graham	VIC	60-64	M	1.03.45
Michael Roberts	NT	60-64	M	1.19.57
Harold Stubbins	NT	60-64	M	1.23.09
Reg Powell	NT	60-64	M	1.24.10
Graeme Watson	NT	65-69	M	1.12.11
Ray Murtagh	NT	65-69	M	1.12.15
Desmond Mulqueen	SA	65-69	M	1.14.22
Sean Ryan	NT	65-69	M	1.18.04
Geoff Thompson	NT	65-69	M	1.23.25
David Douglas	NT	65-69	M	1.38.46
Robin Whyte	NSW	70-74	M	1.04.45
Denis Scott	VIC	70-74	M	1.19.17
Colin Trengove	SA	75-79	M	1.21.44
Ian Beaumont	VIC	75-79	M	1.28.49
George Kimber	NT	75-79	M	1.33.36
Raymond Norman	NT	80-84	M	1.54.37

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

The **Chinese 4 Day Rally around Lake Taihu** has now completed after final legs of 10km on Tuesday and 15.6km on Wednesday to decide the overall winners. The official race website - www.szwzjz.com - has proved next to impossible to find anything useful so thank goodness for Nikola Maggio of marciadalmondo who has posted the full results set on his excellent site. Thanks Nikola. Here they are:

Day 1	http://www.marciadalmondo.com/admin/pdf/risultati/16102014401Taihu2014_1.pdf
Day 2	http://www.marciadalmondo.com/admin/pdf/risultati/1610201474Taihu2014_2.pdf
Day 3	http://www.marciadalmondo.com/admin/pdf/risultati/16102014934Taihu2014_3.pdf
Day 4	http://www.marciadalmondo.com/admin/pdf/risultati/16102014845Taihu2014_4.pdf

Now to complete my own report in this week's newsletter with a discussion of Days 3 and 4.

Day 3: Dongtan Station, 10km

Day 3 saw Australian **Dane Bird-Smith** win for a second time, this time over an undulating and tough 10km circuit. It was close once again with Dane outsprinting Chinese Ding Chem, 39:04 to 39:06. It was also good to see the rest of the world taking the next 3 placings with Ukrainian Ihor Hlavan 39.14, Canadian Evan Dunfee 39.18 and New Zealander Quentin Rew also on 39.18. This win cemented Dane's overall lead (2:13:52) ahead of Deng (2:14:22). **Adam Rutter** improved to 12th place, his best finish so far with 40:12 but **Chris Erickson** was waved off the track around the 9km mark, having been disqualified while chasing not far behind Adam. The other Australians all finished - **Rhydian Cowley** 33rd in 41:52, **Nick Dewar** 38th in 42:37 and **Jared Tallent** 43rd in 43:06.

The women's race, which started with the men, saw Ukrainian Lyudmyla Olyanovska win for the first time first time with 43:10 ahead of a bevy of 5 Chinese walkers. This gave her the overall lead in the event with 2.27.47, ahead of Chinese walker Huanhuan Sun with 2.28.08. Of the 2 Australians, **Jess Pickles** finished 22nd with a big PB of 46:45 and **Clara Smith** finished 27th with 48:04.

10km Men (80 starters)

1.	Dane Bird-Smith	AUS	39:04
2.	Chen Ding	CHN	39:06
3.	Glavan Igor	UKR	39:14
4.	Evan Dunfee	CAN	39:18
5.	Quentin Rew	NZL	39:18
6.	XIE Sichao	CHN	39:20
7.	Eder Sanchez	MEX	39:27
8.	Trofimov Petr	RUS	39:29
9.	Kazanin Oleksiy	UKR	39:44
10.	YU Wei	CHN	39:52
11.	ZHANG Jun	YNN	40:09
12.	Adam Rutter	AUS	40:12
13.	Yargunkin Aleksandr	RUS	40:25
14.	Andriy Kovenko	UKR	40:30
15.	WANG Kaihua	GGD	40:32
16.	Federico Tontodonati	ITA	40:42
17.	LUO Yadong	CHN	40:46
18.	GAO Wenkui	CHN	40:52
19.	Ivan Trotski	BLR	41:04
20.	Caio Bonfim	BRA	41:12
21.	Dziubin Dzmitry	BLR	41:13
22.	Nazar Kovalenko	UKR	41:18
23.	Erik Tysse	NOR	41:21
24.	LI Tianlei	CHN	41:22
25.	HAN Jijiang	CHN	41:24
26.	Talashka Andrei	BLR	41:28
27.	Anatole Ibanez	SWE	41:34
28.	WANG Jiexin	CNH	41:39
29.	Frolov Kirill	RUS	41:42
30.	ZHANG Hang	CHN	41:43
33	Rhydian Cowley	AUS	41:52
38	Nick Dewar	AUS	42:37
43	Jared Tallent	AUS	43:06
	Chris Erickson	AUS	DQ

10km Women (37 starters)

1.	Olyanovska Lyudmyla	UKR	43:10
2.	DUAN Dandan	CHN	43:27
3.	HOU Yongbo	CHN	43:29
4.	SUN Huanhuan	CHN	43:33
5.	JI Yefang	CHN	43:40
6.	WANG Yingliu	CNN	43:58
7.	Tatiana Sibileva	RUS	44:08
8.	Shushina Irina	RUS	44:12
9.	SU Yingqiu	CHN	44:24
10.	Susana Feitor	POR	44:33
11.	Ines Henriques	POR	44:35
12.	Bikulova Lina	RUS	44:36
13.	Viktoria Madarasz	HUN	44:38
14.	ZHANG Xuhong	CHN	44:51
15.	Raquel González	ESP	44:58
16.	Agnieszka Dygacz	POL	45:02
17.	PEI Mowen	CHN	45:22
18.	KANG Jinzi	QGH	45:29
19.	YAO Mengli	JSU	46:02
20.	MA Faying	QGH	46:10
21.	ZHAO Wenli	CHN	46:19
22.	Jessica Pickles	AUS	46:45
23.	XUE Ke	JSU	46:50
24.	Yakovchuk Halyna	UKR	47:11
25.	Kontsevich Natalia	UKR	47:31
26.	Ainhua Pinedo	ESP	47:56
27.	Clara Smith	AUS	48:04
28.	Yatsevich Nastassia	BLR	48:22
29.	Federica Curiazzi	ITA	48:31

Day 4: 15.6km

Day 4 was going to finally decide who would win the men's race - would it be Dane Bird-Smith or Ding Chen? Interestingly it was Russian walker Petr Trofimov who upstaged them both early, building up a convincing lead and eventually winning with 1:03:35. The only one to respond to the challenge was New Zealander Quentin Rew who bridged the gap and walked with him until unfortunately disqualified. When **Dane Bird-Smith** was given a 1 minute pit stop, it was all over and all Ding Chen had to do was walk safely to the finish in second place to take overall honours. This he did, recording a time of 1:03:45, just outsprinting Wenkui Gao who recorded the same time. Canadian Evan Dunfee walked yet another cracker, taking 7th with 1:04:10 and coming third overall in the series, just ahead of day 4 winner Trofimov. just ahead of **Adam Rutter** who finished a series best of 9th with 1:04:23. Dane came in 13th in 1:04:49 for second overall in the 4 race series behind Ding Chen.

Ukrainian Lyudmyla Olyanovska won the women's race yet again in yet another sprint finish with Dandan Duan, their times 1:10:38 and 1:10:40. This secured her the overall series win. Australians **Jessica Pickles** finished 28th with 1:18:22 and **Clara Smith** finished 34th with 1:21:30.

15.6km Men (78 starters)

1.	Trofimov Petr	RUS	1:03:35
2.	Chen Ding	CHN	1:03:45
3.	GAO Wenkui	CHN	1:03:45
4.	Glavan Igor	UKR	1:03:52
5.	WU Qianlong	CHN	1:03:58
6.	LUO Yadong	CHN	1:03:59
7.	Evan Dunfee	CAN	1:04:10
8.	SU Guanyu	CHN	1:04:22
9.	Adam Rutter	AUS	1:04:23
10.	JIANG Jie	CHN	1:04:31
11.	Yargunkin Aleksandr	RUS	1:04:44
12.	Caio Bonfim	BRA	1:04:48
13.	Dane Bird-Smith	AUS	1:04:49
14.	Andriy Kovenko	UKR	1:04:57
15.	Erik Tysse	NOR	1:05:07
16.	Federico Tontodonati	ITA	1:05:22
17.	XIE Sichao	CHN	1:05:28
18.	LI Tianlei	CHN	1:05:39
19.	Robert Heffernan	IRL	1:05:40

20.	Eder Sanchez	MEX	1:05:44
21.	JIN Xiangqian	CHN	1:05:48
22.	Ivan Trotski	BLR	1:05:57
23.	YU Wei	CHN	1:06:44
24.	Kazanin Oleksiy	UKR	1:07:17
25.	Talashka Andrei	BLR	1:07:23
26.	Nazar Kovalenko	UKR	1:07:24
27.	Miguel Angel Lopez	ESP	1:07:32
28.	Anatole Ibanez	SWE	1:07:38
29.	Francesco Fortunato	ITA	1:07:46
30.	Frolov Kirill	RUS	1:07:49
33	Rhydian Cowley	AUS	1:08:17
43	Nick Dewar	AUS	1:10:16
57	Jared Tallent	AUS	1:12:15
	Chris Erickson	AUS	DNS

15.6km Women (37 starters)

1.	Olyanovska Lyudmyla	UKR	1:10:38
2.	DUAN Dandan	CHN	1:10:40
3.	WANG Yingliu	CHN	1:10:44
4.	JI Yefang .	CHN	1:10:51
5.	SUN Huanhuan	CHN	1:10:58
6.	HOU Yongbo	CHN	1:10:59
7.	Bikulova Lina	RUS	1:11:20
8.	XIE Lijuan	CHN	1:11:50
9.	SU Yingqiu	CHN	1:12:05
10.	Raquel González	ESP	1:12:11
11.	Agnieszka Dygacz	POL	1:12:20
12.	ZHANG Xuhong	CHN	1:12:30
13.	Ines Henriques	POR	1:12:36
14.	Susana Feitor	POR	1:12:52
15.	MA Faying	QGH	1:13:09
16.	CUN Hailu	CHN	1:13:13
17.	Tatiana Sibileva	RUS	1:13:26
18.	ZHAO Wenli	CHN	1:13:33
19.	Shushina Irina	RUS	1:13:40
20.	KANG Jinzi	QGH	1:14:06
21.	YAO Mengli	JSU	1:14:27
22.	Viktoria Madarasz	HUN	1:15:10
23.	Yakovchuk Halyna	UKR	1:16:11
24.	PEI Mowen	CHN	1:17:06
25.	Kontsevich Natalia	UKR	1:17:07
26.	Ainhoa Pinedo	ESP	1:17:47
27.	Federica Curiazzi	ITA	1:17:49
28.	Jessica Pickles	AUS	1:18:22 .
29.	Erin Taylor-Talcott	USA	1:19:03
30.	Sanchez Teran Mariela	MEX	1:19:42
34	Clara Smith	AUS	1:21:30

40TH INTERCITY RACEWALKING CUP, SABADELL, SPAIN, SUNDAY 12 OCTOBER

Thanks to Fabio Ruzzio for this set of results from Sabadell in Spain a week ago and for his photos of the Slovenian walkers who attended. Walkers from Spain, Germany, Italy, Slovenia, Croatia, Germany and Italy participated, giving the meet a real international flavour. Overall, Manuel Gómez and Anna Domínguez Vilches won with 22:03.99 and 27:44.24 respectively.

5000m Men

1.	Manuel Gómez	1973	JA Sabadell	ESP	22:03.99
2.	Reichel, Sten	1975	4goSachsen/TSV	GER	22:43.45
3.	Andrea Naso	1960	MCCL Roma	ITA	23:08.99
4.	Rua Sánchez, David	1981	UA Barberà	ESP	24:34.98
5.	Antonio González	1962	JA Sabadell	ESP	25:01.40
6.	Franke, Denis	1969	Turverein Bühlertal	GER	25:06.59
7.	Uakan Çaliskan	1968	Turverein Bühlertal	GER	25:23.73
8.	Höntsch, Andreas	1977	4goSachsen/TSV	GER	25:26.89

9.	José Perales	1970	JA Sabadell	ESP	25:40.69
10.	Ruzzier, Fabio	1953	AK Koper	SLO	25:56.69
11.	Versec, Vladimir	1963	AK Koper	SLO	26:16.62
12.	Haubrih, Zelimir	1963	Dinamo Zagreb	CRO	27:09.91
13.	Hoffman, Jean	1971	4goSachsen/TSV	GER	27:32.48
14.	Vives Visa, Eduard	1965	CA Nou Barris	ESP	28:27.81
15.	Manuel Vázquez	1958	JA Sabadell	ESP	28:59.00
16.	Dimitrijevic, Marko	1997	Dinamo Zagreb	CRO	30:04.58
17.	Schwarz, Alfons	1954	Turverein Bühlertal	GER	30:06.79
18.	Claudio Penolazzi	1955	MCCL Roma	ITA	30:54.70
19.	Pierangelo Fortunati	1950	MCCL Roma	ITA	31:42.29
20.	Haubrih, Ivan	2000	Dinamo Zagreb	CRO	32:29.96
21.	Amorós, Eduard	1954	CA Mallorca	ESP	32:46.61
22.	Galin Calvo, Albert	1952	CA Baix Montseny	ESP	33:47.26
23.	Ribas Guasch, Albert	1941	CA Calella	ESP	34:34.79
24.	Andreotti Piergiorgio	1940	MCCL Roma	ITA	36:38.15

5000m Women

1.	Domínguez Vilches, Anna	1998	JA Sabadell	ESP	27:44.24
2.	Ruiz Betlej, Geo	1999	Girona Costa Brava	ESP	28:25.45
3.	Canadi, Eva	2000	AK Koper	SLO	28:56.43
4.	Galin Pons, Anna	1995	CA Baix Montseny	ESP	30:13.85
5.	Poklar, Andreia	1968	AK Koper	SLO	30:15.05
6.	Cah, Klara	2002	AK Koper	SLO	31:00.75
7.	Girona Alarcón, Marta	1995	GRR Girona	ESP	32:08.28
8.	Vives Juan, Aloma	1993	UA Barberà	ESP	34:00.84
9.	Schustakowitz, Christel	1944	JA Sabadell	ESP	35:52.12
10.	Garu Gonzáles, Marta	1999	JA Sabadell	ESP	37:31.35
11.	Salavert Otal, Raquel	1998	JA Sabadell	ESP	37:33.33

Thanks to Fabio for the following photos of the Slovenian team



The Slovenian team



Fabio Ruzzier in front of Vladimir Versec



AK Koper Club club walkers



Klara Cah



Eva Čanadi

ROBERT MERCZ MEMORIAL WALK, PECS, HUNGARY, SUNDAY 19 OCTOBER

Emmanuel Tardi was in Pecs, 200km south of Budapest, on Sunday for the first edition of a new racewalking meet. The main event was held over 10km which started at 11AM and was contested over a flat 1km circuit. There were also 5km, 3km and 1km events. The men's 10km saw was a battle between Thomas Bagdany and local star Miklos Srp. Bagdany eventually getting away to win with 42:24. The women's event was an easy victory to Barbara Kovacs with 49:26. Fast walking also in thhe 3km and 5km (see below). Thanks Emmanuel!

10km

1.	Barbara KOVÁCS	HUN	93	49.26
2.	Brigitta MATALIN	HUN	87	51.16
3.	Petra RÉCSEI	HUN	90	55.32
4.	Hana HAJŠOK	CRO	94	56.22

1.	Tomasz BAGDÁNY	HUN	95	42.24
2.	Miklós Domonkos SRP	HUN	93	43.18
3.	Bruno ERENT	CRO	90	43.35
4.	Donát BURGER	HUN	97	47.08
5.	István CSABA	HUN	59	52.45
6.	Emmanuel TARDI	FRA	67	62.36

5km

1.	Daphne DIMANOPULOSZ	HUN	99	22.53
2.	Patricia BOCZ	HUN	98	24.26
3.	Monika SCHWANTZER	AUT	55	32.00

1.	Bence VENYERCSÁN	HUN	96	20.32
2.	Miklós SZEGEDI	HUN	97	22.03
3.	László VENYERCSÁN	HUN	71	26.41
4.	Jurica STANKU	CRO		28.23

3km

1.	Sándor FAZEKAS	HUN	00	12.31
2.	Bálint SÁROSSI	HUN	00	12.56
3.	Bruno ROZMAN	CRO	01	14.30
4.	Marton BAI	HUN	01	19.34

1.	Laura Petronella KOMORÓCZY	HUN	99	14.12
2.	Eli PEVEC	CRO	01	16.41

- | | | | |
|----|--------------|-----|-------|
| 3. | Anna HORNYAK | HUN | 17.33 |
| 4. | Kata TATAY | HUN | 17.52 |



Sandor Fazekas, Balint Sarossi, Miklos Srp, Tomasz Bagdany and Bence Venyercsan (photos Emmanuel Tardi)



Daphne Dimanopulosz, Barbara Kovacs and Laura Komoroczy (photos Emmanuel Tardi)

UKRAINIAN 50KM CHAMPIONSHIP, IVANO-FRANKIVSK , UKRAINE, SUNDAY 19 OCTOBER

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/10/sergiy-budza-vence-campeonatos-da.html>) for these results. The first 3 places in Sunday's Ukrainian 50km championship went to members of the strong Ukrainian team which competed in this year's World Cup in Taicang - Sergiy Budza 1984 (3.48.50), Andriy Greckovskiy (3.49.06) and Igor Sakharuk (3.57.50). The event was held on the course which will be used for the 11th European Race Walking Cup next May. Bufza was just outside his PB of 3:47:36 h, set in the 2013 IAAF World Champs in Moscow. Second placed Greckovskiy took the U23 title.

50km Men

Sergiy Budza	1984	Kiev	3.48.50	
Andriy Greckovskiy	1993	Kiev	3.49.06	(U23)
Igor Sakharuk	1988	Volinska	3.57.50	
Ivan Losev	1986	Donetsk	3.59.25	
Oleksandr Romanenko	1981	Vinnitska	4.03.17	
Oleksiy Bilorus	1992	Zhitomir	4.05.20	(U23)
Marian Zakalnickiy	1994	Kiev	4.07.08	(U23)
Volodimir Goncovskiy	1991	Zhitomir	4.08.21	
Oleksiy Shelest	1973	Sumy	4.13.57	
Milkola Kalashnik	1992	Kharkiv	4.23.03	(U23)
Valeriy Litaniuk	1994	Ivano-Frankivsk	DQ	(U23)
Nazariy Stepaniuk	1994	Zhitomir	DNF	(U23)
Anatoliy Iakimchik	1993	Volinska	DNF	(U23)

43RD SERAFINO ORLINI CLASSIC, GROTTAMMARE, ITALY, SUNDAY 19 OCTOBER

The 43rd edition of the Serafino Orlini Classic was held in Grottammare near Ascoli Piceno, on Sunday and is reported in marciadalmundo (see http://www.marciadalmundo.com/ita/dettagli_news.aspx?id=1906). Alessandro Maltoni won the men's 20km with 1:29:28 and Elena Poli won the women's 20km with 1:46:17.

Full results at <http://www.marciadalmundo.com/admin/pdf/risultati/19102014804Grottammare2014.pdf>.

20km Open & U23 Men

1. MALTONI Alessandro	1993	ATL. RECANATI	1h29:58
2. DESSI Lorenzo	1989	G.A. FIAMME GIALLE	1h30:32
3. ANTONELLI Michele	1994	ATL. RECANATI	1h31:00
4. DEFENDENTI Roberto	1968	U.S. SCANZOROSCIATE	1h37:45
5. MONTOLEONE Luca	1990	A.S. LA FRATELLANZA 1874	1h44:26
6. BOLDRINI Federico	1988	ATL. RECANATI	1h45:46
7. NASO Andrea	1960	SATLETICA LONATO-LEM ITALIA	1h48:06
8. MEMOLLA Afrim	1992	ATL. RECANATI ALBANIA	1h49:01

20km Open & U23 Women

1. POLI Elena	1993	ATL. BRESCIA 1950	1h46:17
2. DELL'AQUILA Nicoletta	1988	SASD ENTERPRISE SPORT & SERVICE	1h50:15
3. MORETTI Gladys	1991	ATL. BERGAMO 1959 CREBERG	1h50:56
4. SBERNARDORI Elena	1991	ATL. BRESCIA 1950	1h54:57
5. MANFRE' Raffaella	1974	ATLETICA LONATO-LEM ITALIA	1h59:31
6. CASTELLANA Federica	1993	ALTERATLETICA LOCOROTONDO	2h00:04
7. CALELLA Annalisa	1994	ALTERATLETICA LOCOROTONDO	2h01:02
8. COLONNA Chiara	1986	SALTERATLETICA LOCOROTONDO	2h02:31

20km Junior Men

1. ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	1h34:35
2. AGRUSTI Andrea	1995	GUERRIERI DEL PAVONE	1h34:55
3. CORTINOVIS Massimiliano	1995	U.S. SCANZOROSCIATE	1h36:22
4. PICCHIOTTINO Gianluca	1996	ATL. VIRTUS CR LUCCA	1h38:25
5. CALIFANO Matteo	1996	LIBERTAS AMATORI ATLETICA LEGG	1h45:21
6. INGLESE Giuseppe	1996	AMATORI ATL. ACQUAVIVA	1h48:16
7. ADRIANI Francesco	1995	AMATORI ATL. ACQUAVIVA	1h56:33
8. CAPOGROSSI Luca	1996	G.S. AMLETO MONTI	1h57:06

20km Junior Women

1. COLOMBI Nicole	1995	ATL. BRESCIA 1950	1h43:32
2. STACH Marta	1995	ANA ATL.FELTRE	1h47:54
3. VITIELLO Sara	1996	G.S.SELF ATL. MONTANARI GRUZZA	1h56:14
4. SPEZIANI Giulia	1996	ATL. BRESCIA 1950	2h02:19
5. IMBESI Giulia	1996	G.S. FIAMME ORO PADOVA	2h03:29
6. FACCHINETTI Flavia	1995	ALTO LAZIO A.S.D.	2h08:03
7. VAGNONI Maria	1996	ALTO LAZIO A.S.D.	2h11:30

JAPANESE T&F, YAMAGUCHI , JAPAN, 10-12 OCTOBER

Not sure if these were the Japanese T&F Champs or just a big T&F meet but the times in the 10,000m walks showed great depth. Winners were Yusuke Suzuki (38:28.09) and Kumiko Okada (44:10.29).

Men 10,000m Race Walk - 11.10.2014

1.	Yusuke SUZUKI	JPN	88	38:27.09
2.	Hiroki ARAI	JPN	88	39:17.66
3.	Isamu FUJISAWA	JPN	87	39:25.70
4.	Koichiro MORIOKA	JPN	85	40:34.57
5.	Satoshi MARUO	JPN	91	40:39.79
6.	Takeshi OKUMA	JPN	83	40:57.54
7.	Takuya YOSHIDA	JPN	85	42:36.05
8.	Takafumi HIGUMA	JPN	82	42:53.58
9.	Takuho SASATANI	JPN		43:11.87
10.	Yuta KOTOBUKI	JPN	91	43:16.49
11.	Akihiro SUGIMOTO	JPN	81	44:05.97
12.	Takahito OTSUBO	JPN	85	44:26.18
13.	Itsuki HOTTA	JPN		44:36.12
14.	Toru YAMAMOTO	JPN	90	46:44.48
15.	Yuki KOBAYASHI	JPN	89	47:05.43
16.	Koji HAYAKAWA	JPN		47:34.50
17.	Hirahara SHOTA	JPN	81	49:54.91
18.	Satoshi KIMURA	JPN		50:47.63
19.	Yosuke HARUKI	JPN	80	DQ

Women 10,000m Race Walk - 11.10.2014

1.	Kumiko OKADA	JPN	91	44:10.29
2.	Chiaki ASADA	JPN	91	44:49.84
3.	Ai MICHIGUCHI	JPN	88	45:09.33
4.	Masumi FUCHISE	JPN	86	45:44.89
5.	Tomomi MAEKAWA	JPN		46:16.79
6.	Mami URABE	JPN	88	46:45.03
7.	Chiaki YAMATO	JPN	90	48:04.58
8.	Kazuna KUWABARA	JPN	88	50:06.55
9.	Miho WAKAMATSU	JPN		50:51.60
10.	Kana SHIROMOTO	JPN	92	51:28.73

BITS AND PIECES

The new address of Nicola Maggio's wonderful walking website is <http://www.marciadalmondo.com/ita/>. Make sure you bookmark it to keep up to date with all the latest news. His most recent pieces include

- An interview with Canadian walker Inaki Gomez: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1907
- 43° Trofeo Orlini in Grottammare on Sun 19th Oct - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1906
- Tech paper on Functional overload disorders in sport - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1905
- 50th anniversary of Abdon Pamich's 50km victory - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1904
- Review of Around Lake Taihu tour - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1903
- Interview with Evan Dunfee of Canada - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1902

A fantastic article on the Evolution of Track and Field Rules During the Last Century - a must for any T&F buff: http://www.usatfne.org/officials/ruleshistory_zemper.pdf

Here's a really nice racewalk judging summary that Mehmet Binali has uploaded to facebook. It sums the main components up nicely: https://www.facebook.com/download/480340842105293/HOW_TO_MAKE_RACE_WALK_JUDGING_DECISIONS_.doc

VRWC 2014 WINTER SEASON RUNNERS WORLD AWARD WINNERS

We are pleased to announce that the following walkers have won our 2014 Winter Season Runners World awards

Open Men - **Simon Evans**
Open Women - **Heather Carr**
Junior Men - **Adam Garganis**
Junior Women - **Emily Hamilton**

You can read all about these awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>. The awards will be presented at the VRWC AGM on Sunday 18th November.

JUDGING SEMINAR

Athletics Australia and Athletics Victoria will be conducting a Walk Judging Seminar on Saturday 13th December 2014. The Seminar is open to those interested in becoming a Walk Judge and for existing Judges to upgrade. A brief summary follows:

WALK JUDGING SEMINAR

The Blackman Hotel
452 St Kilda Rd, Melbourne
Saturday 13th December 2014

AGENDA

Saturday 13 th December	9.15am	Registration
	9.30am	General Seminar for Level C and anyone who wishes to attend - Bob Cruise
	12.00pm	Lunch
	1.00pm	Advanced Seminar for Level B and Level A - Wayne Fletcher
Sunday 14 th December	7:00am	Australian 50km Walks Championships – Fawkner Park

Download the full details from <http://www.vrwc.org.au/documents/2014%20Walk%20Seminar%20Form.pdf> and fill out and return to Diane Lowden no later than 25th November 2014 to Diane Lowden . No late or on the day applications will be allowed.

ANOTHER TWO RUSSIAN WALKERS OUTED

The Russian Anti-Doping Agency announced on Tuesday 14th October that it has provisionally suspended Russian walker **Andrey Ruzavin**. According to TASS agency citing sources close to the process, the charge is based on the verification of abnormal deviations in blood values detected in the athlete's biological passport. Ruzavin Andrey, who was born in 1986 and is part of Viktor Chegin group Mordovia, won the 2004 World Junir Championship in Grosseto (Italy), won European gold following year in Kaunas (Lithuania) and also won gold in the junior men's race at the European Race Walking Cup in Miskolc (Hungary). In 2014, Ruzavin came third in the 20 km World Cup in Taicang.

On the same day, the Russian Anti-Doping Agency also announced the suspension of 17 year old Russian walker **Evgeniy Pantyushin** after a positive analysis of a sample taken on 13th September 2014, at the Russian Cup Marching in Buy. Evgeniy is also in Chegin's group.

The Russian Anti-Doping Agency is theoretically investigating the Modovia training center, given the huge number of positives in the last few years. We can but hold our collective breaths. Surely the final nails are in the coffin by now!

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

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 https://www.facebook.com/groups/726992100645163/
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

Sun 26 Oct, 2014	MTR 10km International Walk, Hong Kong.
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Sat Nov 15, 2014

See http://www.hkaaa.com/page.php?pid=1328&mid=147&ac_id=6&type=%
Athletics New Zealand Long Distance Walk Champs, Auckland, NZ

Looking further forward

July 3-14, 2015 28th Summer Universiade, Gwanju, South Korea
July 15-19, 2015 9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015 20th World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015 Australian Masters Games, Adelaide, SA
Nov 21-29, 2015 Pacific Schools Games, Adelaide, SA
May 2016 27th IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Aug 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>
July 2017 10th World Youth T&F Championships, ?
July 2017 29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
May 2018 28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
Apr 4-15, 2018 Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <http://www.gc2018.com>
2019 17th IAAF World Championships in Athletics, ?
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo

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