



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 06
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WALKER OF THE WEEK

My Walker of the Week this time around goes to 16 year old Queensland walker **Clara Smith** who won the women's 1500m track walk at the University of Queensland Track Classic last Thursday evening in a 14 sec PB time of **6:22.21**. I keep my own Australian 1500m walk rankings lists and her latest time pushes her up into 8th place overall. Note this is very much an unofficial list, in the absence of anything from an AA perspective, and I am the first to admit that there are probably walkers missing. But here is my listing of all the women's track performances I can find under 6:45.

1.	Kerry Saxby-Junna	Open	5:50.41	Sydney, NSW	20/01/1991
2.	Renee McAskill	U16	5:59.15	Sydney, NSW	25/02/1996
3.	Natalie Saville	U16	6:10.78	Hobart, TAS	27/03/1994
4.	Sue Cook	Open	6:10.8	Canberra, ACT	21/01/1984
5.	Jane Saville	U18	6:14.3	Sydney, NSW	20/01/1991
6.	Jessica Pickles	U20	6:17.08	Brisbane, QLD	07/11/2013
7.	Gabrielle Blythe	U17	6:20.2	Geelong, VIC	08/02/1986
8.	Clara Smith	U16	6:22.21	Brisbane, QLD	06/11/2014
9.	Jemima Montag	U15	6:31.7	Melbourne, VIC	02/02/2013
10.	Anne Miller	U15	6:32.6	Melbourne, VIC	05/02/1978
11.	Jane Henderson	U15	6:39.5	Geelong, VIC	07/12/1991
12.	Eliza Clarke	U15	6:40.15	Melbourne, VIC	29/03/2014
13.	Jasmyn McDonald	U15	6:41.62	Sydney, NSW	07/09/2013
14.	Jasmine Dighton	U18	6:41.91	Sydney, NSW	23/03/2014
15.	Erin McGinniskin	U13	6:42.12	Melbourne, VIC	23/03/1996



Clara in action earlier this year in the QA T&F Championships

WHAT'S COMING UP

Athletics Victoria Shield competition (2000m walks) continues this Saturday at all 7 venues around the State. See the Athletics Victoria website (<http://www.athsvic.org.au>) for further details.

Next Sunday, VRWC walkers are back at Middle Park for our summer roadwalk championships and AGM. A reminder that our races are open to everyone so come along for a walk. The timetable reads as follows:

Sun 16 November 2014, VRWC Summer Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

Entries are still open 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-falls-creek.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>.

Entries are now open for this year's **Australian 50km championship**, to be held at Fawkner Park in Melbourne on Sunday 14 Dec. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1376&OrgID=887. The timetable reads as follows

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 minutes
9:00am	10km Walk: U20 Men and Women	Cut-off: Men 56 minutes, Women 60 minutes
10:00am	5km Walk: U18 Men and Women	Cut-off: Men 28 minutes, Women 30 minutes

Entries close with Athletics Australia at 5:00pm on the Monday 1st December 2014

VICTORIAN ALL SCHOOLS T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 7-9 NOV

The Victorian All Schools T&F Championships were contested last weekend in Melbourne with the 5000m walks starting the program on Friday afternoon. Conditions were dreadful with temperatures in the mid thirties (and it was probably a lot hotter on the track) so times were adversely effected. Fastest overall went to Adam Garganis 22:58.31 and Jemima Montag 24:36.21.

Men 5000m Walk U20

1. Taylor, Lucas	96	Lilydale High School	29:19.49
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Men 5000m Walk U18

1. Garganis, Adam	97	Thornbury High School	22:58.31
2. Walmsley, Reese	98	Rowville Secondary College	26:16.20

Men 5000m Walk U17

1. Darlow, Ross	98	Ballarat High School	23:43.94
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Women 5000m Walk U18

1. Billington, Tayla-Paige	97	Balcombe Grammar School	26:35.67
2. Boldiston, Zoe	97	Notre Dame College	28:34.63
3. Swan, Emily	97	John Monash Science School	32:27.62

Women 5000m Walk U17

1. Montag, Jemima	98	Wesley College	24:36.21
2. Collis, Lauren	98	Our Lady of Mercy College	29:57.09
3. Feain, Madeleine	98	Salesian College - Rupertswood	34:06.64

The sweltering conditions continued throughout Saturday but by the time the 3000m walks were held on Sunday, it had cooled. Fastest times overall went to Eliza Clarke with 14:08.34 and Kyle Swan with 14:49.80.

Women 3000m Walk U14

1.	Henderson, Rebecca	01	Berwick Secondary College	14:51.73
2.	Hayes, Zahra	01	Rochester Secondary College	15:22.33
3.	Peart, Jemma	01	Ballarat High School	15:25.00
4.	Clarke, Georgia	02	St Thomas the Apostle	16:12.60
5.	Langford, Taylor	01	Ivanhoe Grammar School	16:29.42
6.	Peart, Alanna	03	Black Hill Primary School	17:28.57
7.	Brook, Carissa	03	Quarry Hill Primary School	17:35.81
8.	Paten, Ruby	03	Overport Primary School	17:51.40
9.	Taylor, Lee	01	Lilydale High School	19:02.61
10.	Matthews, Rhiannon	01	St Columba's College	19:43.60
11.	Morrow, Bianca	02	Trinity Catholic Primary Schoo	20:32.67

Women 3000m Walk U15

1.	Clarke, Eliza	00	Catholic Ladies' College	14:08.34
2.	Noonan, Emily	00	Oxley College	18:24.19

Women 3000m Walk U16

1.	Huse, Philippa	99	St Leonard's College - Brighton	15:40.18
2.	Richardson, Brodie	00	Mater Christi College	17:54.67
3.	Lillie, Jessica	99	Rowville Secondary College	18:58.65

Men 3000m Walk U14

1.	Dickson, Corey	02	Regency Park Primary	15:23.04
2.	Mandic, Nikola	03	Fleetwood Primary School	15:24.00
3.	Walmsley, Hayden	01	Rowville Secondary College	15:50.50
4.	Collis, Bede	03	St Marys PS	16:48.36
5.	Dawson, Thomas	01	Marcellin College	17:11.74

Men 3000m Walk U15

1.	Collis, Hugh	00	Parade College - Bundoora Camp	16:21.99
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Men 3000m Walk U16

1.	Swan, Kyle	99	The Knox School	14:49.80
2.	Feain, Lachlan	99	Salesian College - Rupertswood	16:29.73

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WED 5 NOVEMBER

Thanks to Paul Rance for the latest walks results from Bendigo. He reported

The Bendigo Walkers Club's Summer of race walking continued in Rosalind Park on Wednesday evening with 1.5km and 3km nominated time events being held. In the 1.5km event, Madison Hill produced a strong effort to claim a narrow victory with Carissa Brook in 2nd place with a personal best effort and Sheridan Commons taking 3rd and Zahra Hayes producing the fastest time. The 3km event was won by Barb Bryant with Ebony Whiley taking 2nd place and fastest time and Annette Curtis close up in 3rd placing.

1.5km Nominated Time Walk

1.	Madison Hill	8.27
2.	Carissa Brook	8.11
3.	Sheridan Commons	11.11
4.	Caitlyn Tozer	13.14
5.	Zahra Hayes	7.32

1. 3km Nominated Time Walk

2.	Barb Bryant	17.37
3.	Ebony Whiley	16.33
4.	Annette Curtis	22.23
5.	John Carter	20.58
	Annette Major	DNF

SAMA TRACK WALKS, ASA STADIUM, ADELAIDE, WEDNESDAY 5 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: *Cooler Evening, good performances by George White.*

800m Handicap Walk

1.	Harry Hayford	04:17	M62
2.	Des Mulqueen	05:50	M68

3.	Allegra Steele	03:58	
4.	Jake Vidler	04:03	
5.	Chloe Upton	04:24	
6.	Rhiannon Lovegrove	03:41	
7.	Leigh Smith	05:41	M79
8.	Roger Lowe	05:41	M71
9.	Rodger Barber	05:28	M76
10.	George White	04:05	M69
11.	Marie Maxted	04:44	W54
12.	John Hore	05:17	M66
13.	Mathew Anderson	06:23	M43
14.	Jan Layng	06:02	W66
15.	Edna Bates	06:39	W61
16.	Christine Thomas	06:09	W49
17.	James Hoare	08:01	M68
18.	Chris Williams	05:17	M38

3km Handicap Walk

1.	Jill Rogers	00:45	W70	65.75%
2.	Helen Suridge	21:34	W63	68.95%
3.	Christine Thomas	00:35	W49	52.65%
4.	Mathew Anderson	01:42	M43	44.25%
5.	Paul Boyce	01:55	M78	63.19%
6.	Edna Bates	01:55	W61	56.08%

5km Handicap Walk

Roger Lowe	13:59	M71	66.77%
Leigh Smith	13:25	M79	75.71%
Rodger Barber	12:18	M76	74.68%
James Hoare	11:37	M68	68.65%
Colin Hainsworth	16:12	M84	76.41%
George White	03:31	M69	89.93%
Marie Maxted	09:04	W54	70.09%
Des Mulqueen	12:46	M68	66.51%
Bill Starr	12:08	M72	71.09%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 6 NOVEMBER

Thanks to Robin Whyte for the latest results from the ACT Race Walking Club in Canberra. Canadian walker Evan Dunfee joined them for a high quality 10,000m championship event, winning in 42:17 ahead of Ian Rayson 44:28 and Brendon Reading (44:48). It was a combined championships for Athletics ACT (AACT), ACT Veterans Club (ACTVAC) and ACT Walkers (ACTW).

10000m Championships

1.	Evan Dunfee	CANADA - Invitation	42.17
2.	Ian Rayson	AACT Chp	44:28
3.	Brendon Reading	ACTW Chp	44:48
4.	Zoe Hunt	WU20 AACT/ACTW Chp	56:04
5.	Ally Durr	WU20 AACT/ACTW Chps	56:53
6.	Geoff Barker	ACTW Fitness Walk Chp	1:15:42
7.	Val Chesterton	ACTVAC/ACTW Chps	1:27:01
	Robin Whyte	AACT/ACTVAC/ACTW Chps	DQ

5000m Walk

1.	Gabby Hunt	26:45
2.	Connor Frew	28:18
3.	Bryan Thomas	35:49
4.	Rod Gilchrist	35:52
5.	Jennifer Gilchrist	37:09
6.	Doug Fitzgerald	40:10

3000m Walk

1.	Mitchell Baker	16:04
2.	Spencer Burns	16:23
3.	Helena Bialecki	18:42
4.	Barbara Eddowes	19:57
5.	Ruth Baussmann	21:57
6.	Margaret McSpadden	23:56
	Callum Burns	DQ

1200m Walk

1.	Dylan Eddowes	06:28
2.	Tom Hunt	06:31
3.	Laura Burns	06:35

UQ 1500M TRACK CLASSIC, UQ ATHLETICS TRACK, ST LUCIA, QLD, THURSDAY 6 NOVEMBER

The annual University of Queensland 1500m Track Classic was held last Thursday evening in St Lucia in inner Brisbane. Storms hit Brisbane later in the evening but the walks, the first events for the program, managed to get through without a hitch. The two winners, Clara Smith (6:22.21) and Dane Bird-Smith (5:21.98) were in sizzling form. Robin Wzles explains

Dane wasn't as quick as last year and Clara missed Jessica Pickles' race record but still two fantastic walks. There were a lot of PBs but I think Jamison Stovin and Tenyka Chapman were absolute standouts who are looking to improve in Adelaide when they step up to 3000m. Even more amazing was the fact that Dane also won the Open 1500 in 4:05 later in the night and Nick Dewar recorded a pretty swift mile time. Isabella and Amelia Schofield also backed up for 1500m runs. Full results are on www.qldathletics.org.au. Featured next weekend is the 900m Handicap walk during the Noosa Gift with prizemoney and GC Masters 3000m walk at Griffith at 0730 on Sunday.

Women 1500m Walk Open

Smith, Clara	16	Una	6:22.21
Chapman, Tenyka	13	Una	7:14.67
Woodward, Mikaela	15	Una	7:20.54
Brackin, Aimee	15	Una	7:34.25
Hannigan, Caitlin	12	QA	7:45.59
Schofield, Amelia	11	Gcv	8:07.10
Schofield, Isabella	12	Gcv	8:49.40
Schofield, Scarlett	8	QA	9:04.14
Clarke, Anika	9	Qrw	9:04.51
Wales, Amelia	12	Gcv	9:25.89

Men 1500m Walk Open

Bird-Smith, Dane	22	Qrw	5:21.98
Dewar, Nick	22	Una	5:48.60
Dewar, Brandon	22	Qrw	5:52.63
McCutcheon, Luke	16	Qe2	6:43.60
Stovin, Jamison	13	Gcv	6:56.63
Haig, Callum	14	QA	7:45.44
Buchorn, Adam	11	Qrw	7:45.62
Clarke, Ethan	13	Qrw	8:05.69
McCutcheon, Nelson	12	Qe2	8:12.74

ATHLETICS TASMANIA INTERCLUB, DOMAIN, HOBART, SATURDAY 8 NOVEMBER
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And to Tasmania to end our Australian report with Tahlia Hunt winning the 5000m walk in Hobart last Saturday.

5,000 Metre Walk

1.	Tahlia Hunt	OVA	28:42.56
2.	Elizabeth Leitch	ES	32:28.81

STRIVE INTERCLUB PROGRAM B, WA ATHLETICS STADIUM, PERTH, FRIDAY 7 NOVEMBER

Steven Tingay was fastest in Perth last Friday night for their latest round of interclub.

Mixed 3000m Walk

Tingay, Declan	M	AWA	13:25.1
Hennighan, Dale	M	RW	14:56.3
Newton, Zachary	M	CCKB	16:13.5
Holt, Kate	W	MLV	16:54.2
Gerken, Christoph	M	WTC	18:52.0
jackson, hayley	W	AWA	18:53.6
Hennighan, Bree-An	W	RW	18:54.1

2ND MIDLAND AREA WINTER LEAGUE SERIES 2014, BIRCHFIELD, SUNDAY 2 NOVEMBER

Thanks to Mark Wall for last week's results from the Midland Area Winter League in Birchfield, England. He commented:

The races were on a 900m circuit including two hills and a lap of the track (in lane 4) at Alexander Stadium, Birmingham. Emma Achurch was the standout with her two strong races about an hour apart, the 10km the better of the two. The 5km saw 47 year old Kate Donaldson do a big PB. A breakthrough for the former ACT resident Ellen Vahey in the 2km, first time inside 12 minutes, in fact missed out 12 minutes plus altogether as I recall. The last round is at Coventry in 18 days time.

5km Walk

1.	Emma Achurch	Leicester W.C.	24.47
2.	Kate Donaldson	Leicester W.C.	27.32
3.	Jasmine Nicholls	Leicester W.C.	28.05
4.	Colin Turner	Nuneaton Harriers	28.15
5.	Roger Michell	M.M.A.C.	29.55
6.	Megan Stratton-Thomas	Swansea Harriers	29.59
7.	Carolyn Dyall	Nuneaton Harriers	30.28
8.	Colin Vesty	Leicester W.C.	30.43
9.	Sarah Lightman	Leicester W.C.	30.44
10.	Charlotte Finney	Birchfield Harriers	30.45
11.	Amy Phipps	Neath Harriers	31.22
12.	Hardeep Minhas	Leicester W.C.	32.04
13.	Amelia Davey	Carmarthen Harriers	32.13
14.	Jordan Price	Brecon A.C.	32.16
15.	Julie Bellfield	Halesowen A.C.	32.20
16.	Jessica Mills	Birchfield Harriers	32.21
17.	Hilary Mann	Sparkhill Harriers	32.27
18.	Stuart Edgar	D.A.S.H.	33.02
19.	Daniel Mckerlich	Cardiff A.C.	33.44
20.	Tracey Mills	Birchfield Harriers	34.06
21.	Julian Barnett	Birchfield Harriers	34.07
22.	Linda Farrow	Harborough A.C.	34.42
23.	David Fall	Birchfield Harriers	34.43
24.	John Fenton	Birchfield Harriers	34.48
25.	Lynn Bellfield	Halesowen A.C.	35.32
26.	Peter Cassidy	D.A.S.H.	36.12
27.	Sue Rey	Leicester W.C.	36.39
28.	Jill Langford	Wolv.& Bilston A.C.	36.54
29.	Chris Smith	Leicester W.C.	37.35
30.	Terry Morris	Nuneaton Harriers	38.09
31.	Eric Horwill	D.A.S.H.	41.42
	Matthew Phipps	Neath Harriers	DNF

Under 11 1km Walk

1.	Elizabeth Papp	Nuneaton Harriers	6.52
2.	Olivia Holmes	D.A.S.H.	7.33

Under 13 2km Walk

1.	Faris Alkamesi	Nuneaton Harriers	11.38
2.	Molly Mcleady-Hanley	City of Sheffield A.C.	11.41
3.	Ellen Vahey	Stratford-On-Avon AC	11.49
4.	Hisham Alkamesi	Nuneaton Harriers	12.22
5.	Grace Powell	Neath Harriers	12.55
6.	Kyle Smith	Nuneaton Harriers	13.03
7.	Hannah Gadd	D.A.S.H.	14.46
8.	Katie Haynes	D.A.S.H.	15.03
9.	Taltha Al-Daftary	Brom.& Redditch AC	16.47

Under 15 3km Walk

1.	Kara Lane	Birchfield Harriers	16.29
2.	Alana Zeidler	City of Sheffield A.C.	16.41
3.	Ben Allen	Leicester W.C.	16.57
4.	Jessica Finney	Birchfield Harriers	18.24
5.	Mollie Dainton	Llanelli A.C.	18.40

10km Walk

1.	Emma Achurch	Leicester W.C.	49.35
2.	Andrew Miller	Wolv.& Bilston A.C.	55.45
3.	Daniel Watling	Birchfield Harriers	56.53

4.	Steve Arnold	Nuneaton Harriers	57.15
5.	Peter Boszko	Birchfield Harriers	58.10
6.	Chris Berwick	Leicester W.C.	61.44
7.	John Constandinou	Birchfield Harriers	62.09
8.	Colin Vesty	Leicester W.C.	63.18
9.	Hardeep Minhas	Leicester W.C.	63.38
10.	George Smolinski	Leicester W.C.	64.09
11.	Parminder Bhatti	Birchfield Harriers	66.34
12.	David Fall	Birchfield Harriers	74.43

ERWL RACE 11, 88TH ENFIELD OPEN 7 MILE, LVAC, LONDON, SATURDAY 8 NOVEMBER

And jumping forward to last weekend when the Essex Race Walking League had one of its big annual events with the 88th Enfield Open 7 Mile walk. Years ago, the 7 Miler was a classic UK distance and the top walkers contested with a view to eventually better either 50 minutes of even 49 minutes. It is good to see the Enfield 7 Miler still going. Ron Wallwork reported:

In cold blustery conditions the race was started by Carl Lawton who won the event in 1974. Olympian and Centurion Dominic King dominated the race and recorded his fourth win in five years and his fifth in total, the only challenge coming from his brother Daniel also a Centurion. Belgrave's Grazina Narviliene completed a hat-trick of wins in beating the hour for the first time. Enfield H AC lifted the team trophy for the first time this century, whilst Belgrave H by virtue of a higher placed fourth scorer, pipped Hillingdon for the runner-up prizes.

7 Miles Men		© = Centurion - *=pb		
1.	Dominic King ©	Colchester AC	50.53	SM
2.	Daniel King ©	Colchester AC	52.01	SM
3.	Callum Wilkinson *	Enfield HAC	56.09	u20
4.	Fabian Deuter	Hillingdon AC	56.48	SM
5.	Jonathan Hobbs	Ashford AC	57.27	u23
6.	Francisco Reis	Ilford AC	58.01	M50
7.	Trevor Jones	Steyning AC	59.49	M55
8.	Malcolm Martin *	Surrey WC	63.17	M55
9.	John Hall	Belgrave H	65.23	M65
10.	Steve Uttley	Ilford AC	65.26	M55
11.	John Ralph	Enfield HAC	66.17	M55
12.	Stuart Bennett ©	Ilford AC	67.42	M55
13.	Ken Bobbett	Hillingdon AC	67.54	M70
14.	Andrew Cox	Hillingdon AC	68.54	M60
15.	Richard McChesney©	Stragglers	69.45	M45
16.	Richard Emsley	Steyning AC	70.11	M65
17.	Dan Maskell	Surrey WC	70.24	M65
18.	Sean Pender ©	Enfield HAC	70.40	M60
19.	Glyn Jones	Coventry Godiva	71.13	M70
20.	Arthur Thomson	Enfield HAC	71.45	M75
21.	Amos Seddon	Enfield HAC	71.59	M70
22.	Mark Byrne ©	Redcar R WC	72.20	M50
23.	Paul King ©	Belgrave H	73.07	M60
24.	Chris Flint ©	Surrey WC	73.57	M65
25.	Mark Culshaw	Belgrave H	74.00	M45
26.	Michael Harran	Surrey WC	74.45	M75
27.	Gary Smith ©	Enfield HAC	76.54	M55
28.	David Hoben	Surrey WC	78.58	M60
29.	David Delaney	Surrey WC	81.19	M70
30.	Russell Vroobel	Hillingdon AC	82.48	M55
31.	Mick Barnbrook©	Ilford AC	83.16	M70
32.	Harry Corbett	Belgrave H	83.33	M55
33.	Jon May	Enfield HAC	85.28	M60
34.	Terry Braverman	Enfield HAC	88.36	M70
35.	Dave Ainsworth©	Ilford AC	94.41	M65
7 Miles Women				
1.	Grazina Narviliene *	Belgrave H	59.23	W35
2.	Helen Middleton	Enfield HAC	70.29	W50
3.	Fiona Bishop	Woking AC	74.52	W55
4.	Anne Jones	Steyning AC	75.08	W60
5.	Kay Koeslag	Belgrave H	78.29	W35
6.	Angela Martin	Surrey WC	79.05	W45
7.	Jo Miles	Hillingdon AC	79.10	W55
8.	Geraldine Legon *	Bexley	79.49	W50
9.	Diana Braverman	Enfield HAC	81.16	W60

10. Norma Grimsey Enfield HAC 82.20 W55

4.6 Miles Walk

1. Ron Penfold Steyning AC 48.45 M70

2.3 Miles Walk

1. Dave Stevens. Steyning AC 29.02 M75
 2. Eddie Trotter Ilford AC 33.15 M60

Teams (mixed – 4 to score)

54 pts	EHAC	Wilkinson, Ralph, Middleton, Pender
68	Belgrave H	Narviliene, Hall, King, Culshaw
68	Hillingdon AC	Deuter, Bobbett, Cox, Miles
71	Ilford AC	Reis, Uttley, Bennett, Barnbrook
81	Surrey WC	Martin M, Maskell, Martin A, Harran

Bob Clark Award: Callum Wilkinson

Lol Dordoy Spot Prize: Glyn Jones

10KM ROADWALK, TORCY-LE-PETIT, FRANCE, SUNDAY 9 NOVEMBER

Emmanuel Tardi was in Torcy-le-Petit last Sunday for a local 10k race which saw lots of local walkers and two of the best French walkers in Kevin Campion and Anne Gaelle Retout.

Open 10km Walk (first 20 places only)

1.	CAMPION Kevin (1761)	1/SEM	AFA FEYZIN-VENISSIEUX	0:44'54
2.	BOULAY Emmanuel (1732)	1/V1M	R2MA	0:47'11
3.	BOUTRAIS Andy (1734)	2/SEM	R2MA	0:49'44
4.	RETOUT Anne Gaelle (1641)	1/SEF	VAL-DE-REUIL AC *	0:49'50
5.	LEBLOND Cyrille (1735)	2/V1M	R2MA	0:50'51
6.	LAVOINE Gilles (1651)	1/V2M	SGD	0:53'20
7.	PESQUET François (1736)	3/V1M	R2MA	0:53'21
8.	ROIX Bruno (1661)	2/V2M	NON LICENCIÉ	0:56'03
9.	JOUAN Christele (1733)	2/SEF	R2MA	0:57'17
10.	FROMENTIN Nathalie (1691)	1/V1F	STADE DIEPPOIS	0:57'19
11.	BRAVO Jose (1705)	3/V2M		0:57'19
12.	BECQUERELLE Maxime (1707)	1/ESM	US ATHLETIQUES DE LIEVIN*	0:58'35
13.	LEFRANCOIS Eric (1719)	4/V2M		0:58'56
14.	BOUCQUEY Gerard (1706)	1/V3M		0:59'07
15.	BOUFFARD Philippe (1689)	5/V2M		0:59'12
16.	LECONTE Christian (1690)	2/V3M		0:59'44
17.	BOURDIN Jean Marie (1650)	6/V2M		1:01'01
18.	GROUT Remi (1724)	7/V2M	CO EU BRESLE	1:01'02
19.	BENOIT David (1737)	4/V1M	CO EU BRESLE	1:01'10
20.	VASSARD Christian (1751)	3/V3M		1:01'11



Start – Boulay (1761) and Campion (1732) go straight to the lead (photo Emmanuel Tardi)



Emmanuel Boulay and Anne Retout (photos Emmanuel Tardi)

CHINESE TAIPEI OPEN T&F CHAMPIONSHIPS, HSINCHU, TAIPEI, 30-31 OCTOBER

It's not often I can report on races in Chinese Taipei (or Taiwan if you prefer).

Men's 10,000m Race Walk - 31.10.2014

1.	Po-Ying LO	TPE	95	45:49.64
2.	Chi-Chang HUANG	TPE	96	48:36.53
3.	Chien-Cheng HUANG	TPE		48:39.76
4.	Hao-Chuan HUANG	TPE		48:48.51
5.	Chun-Yi LIU	TPE		50:52.04

Women 10,000m Race Walk - 31.10.2014

1.	Chia-Feng CHANG	TPE	93	49:58.86
2.	Wen-Chieh LI	TPE		53:24.86
3.	Yu-Nei WANG	TPE		53:50.34
4.	Wen-Tzu LIN	TPE		55:11.70
5.	Yi-Hsuan LIU	TPE		56:15.78

6TH MEMORIAL RODOLFO CRASSO, MUGGIA/TRIESTE, ITALY, SUNDAY 2 NOVEMBER

Thanks to Fabio Ruzzier for the results of the latest round of the 2014 ALPE-ADRIA Walks Cup, held in Muggia/Trieste (Italy) on Sunday 2 November. Overall, the Slovenian club AK Koper won with 36 points ahead of Croatian club AK SVETICE on 13 points.

10,000m Senior Men

1.	VERŠEC Vladimir	1963	M 50	AK Koper (SLO)	52:45.1
2.	RUZZIER Fabio	1953	M 60	Trieste Atletica	53:26.5
3.	SAPONARO Giuseppe	1969	M 45	Poolsport Trieste	54:01.3
4.	RAIA Elisa	1978	W 35	CUS Trieste	54:38.4
5.	HAUBRI Zelimir	1963	M 50	DINAMO ZRINJEVAC (HR)	55:08.8
6.	CINCA Elena	1970	W 40	Atletica Brugnera	56:58.5
7.	GRABEREC Ivan	1964	M 50	AK Svetice (HR)	57:36.2
8.	BAHČIČ Igor	1962	M 50	AK Koper (SLO)	58:06.0
9.	MARASOVIĆ Slavica	1996	Junior	AK Svetice (HR)	58:50.8
10.	GRABEREC Mario	1996	Junior	AK Svetice (HR)	59:35.6
11.	VENTURI Franco	1957	M 55	A.S.Scanzorosciate	59:37.0
12.	POKLAR Andreja	1966	W 45	AK Koper (SLO)	1.00:09.7
13.	FERLUGA Fulvia	1973	W 40	Sportiamo	1.00:32.7
14.	BRULC Matjaž	1968	M 45	AK Koper (SLO)	1.01:53.2
15.	PIASER Roberto	1948	M 65	Idealdoor Libertas S.Biagio TV	1.02:08.8
16.	COLOMBO Daniele	1959	M 55	Atl. Arcobaleno Savona	1.05:13.2
17.	MILOCH Adriano	1947	M 65	Libero	1.06:42.0
18.	STRIEDER Hermann	1941	M 70	TV SPITTAL (A)	1.08:19.2
19.	TSUKROV Semen	1935	M 75	Fakel Moskau (Rus)	1.11:03.6

20.	ANDREOTTI Piergiorgio	1940	M 70	Atl. Lonato	1.11:06.5
21.	SCHWANTZER Monica	1955	W 55	UAB Athletics (A)	1.13:40.5
	DORIGO Silvio	1962	M 50	Atletica Triveneto	DNF
	DEGANUTTI Enzo	1960	M 50	Teenager Staranzano	DNF

1km Boys U12 Walk

1.	Matija	2005	AK Koper (SLO)	5:18.5
2.	Christian	2003	Trieste Trasporti	5:19.2
3.	Andrej	2006	AK Koper (SLO)	5:28.5
4.	Thomas	2006	Sportiamo	6:28.4
5.	Giosuè	2007	Trieste Trasporti	6:59.5
6.	Leonardo	2008	Sportiamo	7:01.0

1km Girls U12 Walk

1.	MILENOVIĆ Saška	2007	AK Koper (SLO)	7:53.4
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2.5km U14 Walk

1.	CAH Klara	2002	AK Koper (SLO)	15:17.1
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5km U16 Walk

1.	OBLACH Vanessa	2000	Fincantieri Monfalcone	27:03.0
2.	OBLACH Alice	2000	Fincantieri Monfalcone	27:27.9
3.	VARDABASSO Valentina	1999	Fincantieri Monfalcone	27:55.6
4.	ČANADI Eva	2000	AK Koper (SLO)	28:09.5
5.	SILLI Laura	1999	Trieste Trasporti	DNF

5km U18 Walk

1.	ORAZI Elio	1997	AVIS Macerata	27:02.7
2.	TESOVNIK Anže	1998	MASS Ljubljana (SLO)	28:14.2



Left: AK Koper team



Right: Fabio Ruzzier

OUT AND ABOUT

Lot of links this week for you to explore.

- The decision by the Portuguese Athletics Federation to drop the National 50 km Championship from their 2015 calendar has met with consternation and anger from the walking community and a protest has been lodged. See <http://omarchador.blogspot.pt/2014/11/calendario-fpa-aniquila-os-50-km-marcha.html> and <http://omarchador.blogspot.pt/2014/11/apelo-contra-o-fim-do-campeonato.html>.
- The IAAF has now ratified French walker Johann Diniz's 50km world record of 3.32.33, set at this year's European Champs in Zurich - see <http://omarchador.blogspot.pt/2014/11/federacao-internacional-ratifica.html>.

- I reported recently that expatriate Aussie Mark Wall had been awarded Athletics England Official of the Year. You can see a nice video of the event at http://www.youtube.com/watch?v=qGiuAFo5gUg&feature=player_embedded.
- VRWC walker Stuart Kollmorgen now has a new hat to wear - congrats to Stuart who has been appointed a Director of Bowls Victoria. Apart from his ongoing racewalk commitments, Stuart is President of Albert Park Bowls Club and mixes his various sporting roles with his professional role as a highly respected lawyer. You can read more about his latest appointment at <http://www.bowlsvic.org.au/Article-Details/artmid/1046/articleid/12720/BV-Bulletin-No-203>.
- Alan Lucas emailed me to let me know of some additional activities undertaken by walkers at the recent Pan Pacific Masters Games in Queensland. He commented: Thought you might be interested to know about the exploits of some walkers in other sports up here. Liz Feldman and Pam Mews also competed in the Indoor Rowing and each won 4 gold medals. Pam was the only one in her division but she did well. Liz had some good competition (2nd place now ranks 3rd in the world) and now tops the world rankings in her division for the last 15 months, pretty good for someone who only took it up 4 months ago.
- The annual Paris-Colmar classic is the showpiece of the European ultra walking year and involves over 400km of walking over 3 days each June. It has been held annually since 1926 but now is embroiled in controversy. The organizers are changing the format in 2015 to make it a stages race like the Tour De France cycling race. It will be contested over 5 days from **17-21 June** and will extend from **Paris to Strasbourg**. Former event organizer Jean Cécillon has now banded together with his own support team and has announced an alternate event, to be held on **3-6 June**, and going from Paris to a different Alsatian city. This second event will be similar to the old Paris-Colmar. See <http://www.dna.fr/sports/2014/11/06/bataille-de-formules> for further information.

And not to be outdone, Marciadalmondo has produced articles just about every day in the last week. They include

- Marciadalmondo has updated its History of the Pan-American Cup of race walking (the equivalent of our European Cup), starting with the first edition of 3 November 1984 in Bucaramanga, Colombia and going up to 2014. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1914 and <http://www.marciadalmondo.com/ita/storia.aspx?cat=6>.
- The 2014 20km and 50km European ranking lists. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1915.
- A profile of Asian Games race walking silver medallist and national record holder Khushbir Kaur of India. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1916.
- An annual updating of the charts of the speed performances in race walking from 1994 to 2014. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1917.
- An article celebrating the 60th birthday of former East Germany Olympic walks champion Hartwig Gauder. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1918.

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/
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks)
Sun Feb 22, 2015	Australian 20km Summer Championships, Adelaide
Mar 11-15, 2015	Australian Junior Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

Other 2014 Races of Interest

Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ
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Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia

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

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