



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 07
18 November 2014



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WALKER OF THE WEEK

16 year old Diamond Valley walker **Emmet Brasier** was my Walker of the Week three weeks ago and he is back in the spotlight again this week with a couple of fantastic walks over the weekend. On Saturday in Athletics Victoria Shield competition, he won the 2000m walk at Doncaster in a big PB time of **8:05.3**. Then on Sunday at our VRWC roadwalks at Middle Park, he won the 10km in a another big PB of **46:02**. Emmet is one of a number of young Australian walkers who will vieing for spots in the 2015 World Youth Championships and he is doing everything right at the moment.



Emmet in action at Middle Park on Sunday

WHAT'S COMING UP

Athletics Victoria Shield competition (3000m/1500m walks) continues this Sunday with Zone vs Zone meets around the State. These will be bigger than Ben Hur! I will be at Aberfeldie for the Yellow zone vs Red zone competition and am looking forward to the absolutely huge walk field we expect to see. See the Athletics Victoria website (<http://www.athsvic.org.au>) for further details.

Looking forward a week, our **VRWC summer season competition** continues on Wednesday 26th November with track walks scheduled at the Collingwood Harriers track in Clifton Hill. The timetable is shown below – note that this year we have also included 10,000m walks for those who want something a bit tougher!

Wed 26 November 2014, VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	10,000m, 5000m and 3000m	Open
7.15pm	1500m	Open

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.shtm 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

AV SHIELD COMPETITION, SATURDAY 15 NOVEMBER

I think it was our biggest walks turnout so far this season for Round 5 of the Athletics Victoria Shield competition – 123 competitors across the 7 regions. Conditions were excellent – a bit windy but cool and overcast.

AV Shield Round 5, Blue Zone, Knox Athletic Track, Saturday 15 November

Reese Walmsley and Kyle Bird had a good battle at Knox with Reese taking line honours with a fast 8:56.8, some 5 secs ahead of Kyle with 9:01.6. Megan Szirom is getting fitter (!) and was the fastest of the women with an excellent 9:21.7. And slightly further down in the listings, 11 year old Nikola Mandic set new VRWC U12 and U13 2000m club records with his time of 9:42.3. A very impressive set of results.

Mixed 2000m Race Walk

1.	Walmsley, Reese	M16	KNOX AC	8:56.8
2.	Bird, Kyle	M18	MORNINGTON P	9:01.6
3.	Szirom, Megan	W37	FRANKSTON AC	9:21.7
4.	Mandic, Nikola	M11	CASEY CARDIN	9:42.3
5.	Henderson, Rebecca	W13	CASEY CARDIN	10:12.1
6.	Walmsley, Hayden	M13	KNOX AC	10:18.6
7.	Mayhew-Sharp, Jamie	M36	MORNINGTON P	10:54.6
8.	Dickson, Corey	M12	KNOX AC	10:59.3
9.	Baker, Simon	M56	OAKLEIGH AC	11:18.6
10.	Richardson, Brodie	W14	KNOX AC	11:33.5
11.	Paten, Ruby	W11	CASEY CARDIN	11:34.1
12.	Dickenson, Russell	M69	VICTORIAN MA	11:40.5
13.	Van Dongen, Rupert	M40	CASEY CARDIN	11:41.1
14.	Lillie, Jessica	W15	KNOX AC	12:09.7
15.	Higham, Cassie	W30	GLENHUNTLY AC	12:40.6
16.	Doran, Anthony	M62	GLENHUNTLY AC	12:46.7
17.	Steed, Gwen	W72	VICTORIAN MA	13:08.7
18.	Barrow, Geoff	M65	MENTONE AC	13:28.2
19.	Hutton, Philip	M68	GLENHUNTLY AC	13:34.8
20.	Thompson, Will	M12	CASEY CARDIN	13:36.9
21.	Morrison, John	M75	SANDRINGHAM AC	14:05.2
22.	Fairburn, Alex	M26	KNOX AC	15:00.0
23.	Bowden, Kuniko	W48	MENTONE AC	15:23.0
24.	Petrakos, Anna	W37	MENTONE AC	16:34.4
25.	Moody, Cara	W19	CASEY CARDIN	17:22.9
26.	Beraun, Patrick	M25	GLENHUNTLY AC	17:52.7
27.	Rosen, Tim	M26	GLENHUNTLY AC	17:52.8
28.	Bryan, Jeanne	W72	VICTORIAN MA	18:00.5
	Zeleznikow, John	M64	GLENHUNTLY AC	DQ
	Zeleznikow, Joseph	M13	GLENHUNTLY AC	DQ

AV Shield Round 5, Red Zone, Doncaster Athletic Track, Saturday 15 November

As discussed at the start of the newsletter, young Diamond Valley walker Emmet Brasier was in fine form with a very fast PB 8:05.3. Adam Garganis walked a 15 sec PB to take second with his second placed time of 8:33.2 while 13 year old Eliza Clarke was also in excellent form, winning the women's division with 9:36.4. There were 37 walkers in action at this venue. Wow!

Mixed 2000m Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	8:05.3
2.	Garganis, Adam	M	COLLINGWOOD	8:33.2
3.	Mcdonough, Aaron	M	PRESTON AC	9:25.4
4.	Clarke, Eliza	W	DIAMOND VALLEY AC	9:36.4
5.	Hawkins, Trenton	M	PRESTON AC	9:40.2
6.	Galbraith, Jordan	M	DIAMOND VALLEY AC	10:05.0

7.	Laufer, Michelle	W	COLLINGWOOD	10:11.2
8.	Clarke, Georgia	W	DIAMOND VALLEY AC	10:28.2
9.	Collis, Lauren	W	DIAMOND VALLEY AC	10:40.1
10.	Keirl, Bernie	M	DIAMOND VALLEY AC	10:48.1
11.	Langford, Taylor	W	DIAMOND VALLEY AC	10:50.1
12.	Reid, Ross	M	COLLINGWOOD	10:53.3
13.	Dawson, Thomas	M	COLLINGWOOD	11:17.8
14.	Noonan, Emily	W	COLLINGWOOD	11:47.1
15.	Elms, Donna-Marie	W	PRESTON AC	11:51.4
16.	Gardiner, Robert	M	COLLINGWOOD	11:58.3
17.	Burgess, Liam	M	DIAMOND VALLEY AC	12:01.1
18.	Antypas, Magdelene	W	DIAMOND VALLEY AC	12:03.4
19.	Clarke, Patrick	M	DIAMOND VALLEY AC	12:27.2
20.	Noonan, Claire	W	COLLINGWOOD	12:48.9
21.	Quinn, Karen	W	DIAMOND VALLEY AC	13:01.3
22.	Patti, Adrian	M	DONCASTER AC	13:20.8
23.	Walburg, Kirsten	W	DONCASTER AC	13:25.1
24.	Nicola, Naomi	W	IVANHOE HARRIERS AC	13:27.5
25.	Walshe, Kerry	W	DIAMOND VALLEY AC	13:39.5
26.	Garganis, Clare	W	COLLINGWOOD	13:45.5
27.	Lane, Natasha	W	DONCASTER AC	14:44.0
28.	Rudston-Brown, Cai	W	WHITTLESEA CITY AC	15:00.6
29.	Simonelli, Isabell	W	WHITTLESEA CITY AC	15:10.4
30.	Lazar, Dennis	M	DIAMOND VALLEY AC	16:14.1
31.	Owen, Cooper	M	DIAMOND VALLEY AC	16:19.2
32.	Camilleri, Brent	M	DIAMOND VALLEY AC	16:42.7
33.	Campbell, Donna	W	PRESTON AC	16:56.2
34.	Lane, Miakela	W	UNNATACHED X	14:44.2
35.	Lui, Yuan Chow	M	DONCASTER AC X	16:19.2
	Clamp, Joel	M	DIAMOND VALLEY AC	DQ
	Sheedy, Evan	M	DIAMOND VALLEY AC	DQ

AV Shield Round 5, White Zone, Nunawading Athletic Track, Saturday 15 November

Jason Kozica 9:27.6 and Tayla-Paige Billington 9:32.3 took top honours at Nunawading. Lucas Taylor is also getting himself fitter now that school has finished – his time was 9:56.1.

Mixed 2000m Walk

1.	Kozica, Jason	M27	ST KEVINS AC	9:27.6
2.	Billington, Tayla-Paige	W17	BOX HILL AC	9:32.3
3.	Taylor, Lucas	M18	YARRA RANGES	9:56.1
4.	Evans, Simon	M54	BOX HILL AC	10:26.3
5.	Geisler, Sandra	W37	RINGWOOD AC	10:27.4
6.	Dyer, Chelsea	W21	BOX HILL AC	11:29.7
7.	Olden, Graeme	M50	BOX HILL AC	11:30.5
8.	Hunter, Pia	W48	BOX HILL AC	11:42.9
9.	Rosenbrock, Carolyn	W52	ATHLETICS NU	12:17.0
10.	Dyer, Debbie	W51	BOX HILL AC	12:41.6
11.	Benke, Geza M58	OLD	MELBURNI	13:48.2
12.	Sofianos, Gerald	M65	ST KEVINS AC	14:51.0
13.	McCann, Adam	M38	ATHLETICS NU	15:19.6
14.	Worsnop, Christopher	M57	OLD XAVERIANS AC	15:38.7
15.	Albiston, Simone	W48	ATHLETICS WAVERLEY	18:06.4
	Dyer, William	M53	BOX HILL AC	DQ

AV Shield Round 5, Yellow Zone, Wyndham, Saturday 15 November

Dual Olympian Chris Erickson dusted off his racing shoes with his first outing for the summer and produced a very quick 7:54.0, lapping everyone except for second placed Mark Donahoo who recorded 9:30.7. Connor McShanag is getting fitter again (10:00.4) and Gerard Feain walked his fastest time in years (10:10.0). Caitlin Campbell won the women's division with an improving time of 11:49.3. Finally, it was also great to see my old sparring partner John Bunker return to the track with 12:55.8, his first walk in some 6 years.

Mixed 2000m Walk

1.	Chris Erickson	MOP	ATE	7:54.0
2.	Mark Donahoo	M40+	ATE	9:30.7
3.	Connor McShanag	MU20	ATE	10:00.4
4.	Gerard Feain	WOP	KSB	10:10.0
5.	John Kondogonis	M40+	KSB	10:22.2
6.	Tim Erickson	M40+	COB	10:40.8
7.	Lachlan Feain	MU16	KSB	10:41.9
8.	Duncan Knox	M40	ATE	11:21.7

9.	Phillip Dunstone	M40+	WES	11:41.2
10.	Julia Irons	WU18	KSB	11:49.0
11.	Caitlin Campbell	WOP	ATE	11:49.3
12.	Peter Keighery	M40	KSB	11:52.3
13.	Peter Ramsay	M40	SME	11:57.5
14.	Robyn Shaw	W40	WES	12:18.4
15.	Madeleine Feain	WU18	KSB	12:27.8
16.	Rebecca Campbell	WU18	ATE	12:35.7
17.	Danny Hawksworth	MOP	ATE	12:36.7
18.	John Bunker	M	UNA	12:55.8
19.	Tania Kapetanovic	W40+	KSB	13:16.5
20.	Rosa Law	W40	SME	13:49.1
21.	Janice Hodgart	W40	WES	13:52.0
22.	Stephen Wright	M40+	WES	14:12.4
23.	Nicole Gunn	WOP	KSB	14:16.5
24.	Kelly Spiteri	WOP	COB	14:17.4
25.	Maria Abfalter	W40+	KSB	14:54.1
26.	Louise Davey	WOP	COB	14:54.4
27.	Stuart Nicol	M40	SME	15:31.6
28.	Brenda Cashin	W40	WES	15:35.3
29.	Mark Ireland	MOP	BWK	15:38.4
30.	Elaine Irons	WU16	KSB	15:58.3
31.	Dominic Sykes	MU14	KSB	16:02.1
32.	Heather Lamb	WOP	BWK	16:04.2
33.	Kylie Smith	WOP	WES	17:10.5
34.	Tess Rickard	WOP	BWK	17:19.0
35.	Ian Rickard	MOP	BWK	17:57.7

And finally to our three country zones which had small fields but some good times. Ross Darlow 8:45.16, Kelly Ruddick 9:06.80 and James Christmass 9:24.95 were the fastest overall.

AV Shield Round 5, Blue Zone, Llanberris Reserve, Ballarat, Saturday 15 November

Mixed 2000m Race Walk

1.	Darlow, Ross	16	EUREKA ATHLE	8:45.16
2.	Ruddick, Kelly	41	BALLARAT HAR	9:06.80
3.	Peart, Alanna	11	BALLARAT YCW	11:19.74
4.	Ruddick, Kevin	64	BALLARAT HAR	13:01.66

AV Shield Round 5, Bendigo Zone, La Trobe University, Bendigo, Saturday 15 November

Mixed 2000m Race Walk

1.	Whiley, Ebony	W	EAG	10:45.05
2.	Hill, Madison	W	SBE	12:16.43

AV Shield Round 6, Geelong Zone, Landy Athletic Field, Geelong, Saturday 15 November

Mixed 2000m Race Walk

1.	Christmass, James	M47	CORIO ATHLETIC	9:24.95
2.	Wiffen, Geoffrey	M49	GEELONG GUIL	14:02.59
3.	Mirarchi, Thomas	M14	CORIO ATHLETIC	14:31.41

VRWC SUMMER SEASON CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 16 NOVEMBER

Our VRWC Summer Season roadwalk championships were severely thwarted on Sunday by a combination of factors – torrential rain overnight and continuing into Sunday morning, along with complex road closures for a big Melbourne funrun that isolated Middle Park and kept traffic out of the area. Talk about making it tough for us. Thanks to the 16 walkers who did make it down but understood for all the others who just decided it was all too hard!

Solid walks by our 20km walkers in the rain and well done to Terry O'Neill for his win in the Gus Theobald Trophy. Walk of the day had to go to 16 year old Emmett Brasier who walked a fantastic PB time of 46:02 in the Open 10km event. It was a great double for him as he had completed the 2000m walk at Shield the day before in a PB 8:05. Others to do well included Reese Walmsley (24:38) and Eliza Clarke (14:20). And finally a special mention to Angus Hay who walked a big PB to win the U12 Boys club championship 1.5km.

20km Open Men Gus Theobald Trophy

1.	Terry O'Neill	2:07:24
	Bernie Keirl	DNF

20km Open

1. Andrew Jamieson 1:46:55
2. Karyn O'Neill 2:22:32

10km Masters Women Heather Carr Trophy

Megan Szirom DNF

10km Open

1. Emmet Brasier 46:02 PB 0:47
2. Mark Donahoo 56:34
3. Bob Gardiner 1:09:31

5km U20 VRWC Championship

1. Reese Walmsley 24:38
2. Kyle Swan 24:57

3km U15 VRWC Championship

1. Hayden Walmsley 16:14
1. Eliza Clarke 14:20

3km Open

1. Tony Doran 20:44

1.5km U12 VRWC Championship

1. Angus Hay 12:10
1. Ruby Paten 08:18
2. Charlotte Hay 08:25

It was a day when we had almost as many officials and judges as competitors. Thanks as usual – apologies if I missed anyone.

Officials: Bob Gardiner, Harry Summers, Tim Erickson, Mark Donahoo, Damien Elms, Marlane Stanway, Tony Doran

Judges: Stuart Cooper (chief), Peter Vysma, Ralph Bennett, Lloyd Nichols, Michael Bodey

Canteen: Kate Suich, Wendy Cooper

Thanks to Terry Swan for his photos which are now online – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=29>. You may have noticed the gallery was down for a while and now it is only partially restored – my fault! A major disaster on the webfront but we are working to reinstate all the photos over the next few weeks.



Terry O'Neill, Andrew Jamieson, Eliza Clarke and Reese Walmsley (photos Terry Swan)



Ruby Paten, Hayden Walmsley, Angus Hay and Bob Gardiner (photos Terry Swan)

Neil Ryan of Runners World in Kew (see <http://www.runnersworld.com.au/>) also came along to present our VRWC Runners World Winter Season winners with their prizes. We thank Neil for his continuing very generous financial support of the club – you can read about the Runners World Awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>).



Neil with Runners World Award winners Emily Hamilton, Heather Carr and Simon Evans (our other winner Adam Garganis was sick so could not attend) – photo Heather Carr

Sunday also saw our VRWC 2013/2014 Annual Meeting which had some important activities. Firstly, we elected a new Executive and Committee to run the club for the next 12 months and it saw a major change at the top with Bob Gardiner stepping down from the Presidency and Stuart Cooper stepping up to take on the role. Further, with Stuart now forsaking his role as Junior Vice President, Heather Carr stepped up to take on that role. The final major change was with Russ Dickenson stepping down from his role as men's Club Captain and Terry O'Neill taking it on. Our new committee can be seen at <http://www.vrwc.org.au/vrwccommittee.shtml>. Thanks to everyone who has stepped up to the plate.

Secondly, we had the very pleasant task of awarding VRWC life memberships to three of our very long serving workers.

Michael Bodey	Gordon Loughnan	Judy Mason
Michael has a long history of service to the club with official stints as follows	We were going to propose Gordon 2 years ago but found out that he had not been associated with the club for a sufficiently	Judy has been associated with VRWC since the mid 1980s and, along with her late husband Harry, she has fulfilled a

Vice Captain and AV delegate 1989-1993
 Race Secretary 1999-2000
 Treasurer 1999/2000 - 2006/2007
 Committee Member - off and on for well over 15 years and still a current committee member.

He is also a regular judge with us and has been for many years now. He is also a very regular club day attender and worker, taking race entries, helping with setup and pulldown and officiating or judging most weeks. His Life Membership is perhaps overdue - it is certainly well deserved.

long time. Two years of additional judging service has ensured that he has done his requisite 15 years of service at the club level. Indeed, he is one of our most dedicated judges and, along with Peter Vysma and Lloyd Nichols, is there almost every race day. He also officiates at most National Champs and LBG carnivals and is a great contributor to the sport and the club.

variety of official positions within the club. In particular, she was Race Secretary for 6 years, from 1988 to 1994. Her weekly typed race reports from that period form an important part of the club archive, especially since our Heel & Toe newsletter was only produced intermittently during that time. While she was helping run the day to day activities of the club, Harry fulfilled the position of Vice President (1991-1994).

Although they stepped down from the committee in the mid 1990's, they both remained involved in the club, Harry as an official (and our official course measurer) and Judy as a judge and general helper. They were also deeply involved at both the AV and AA levels and were fittingly joint winners of the AV Official of the Year for 2006. Judy is still involved with the club as a judge.



Judy and Michael pictured with Bob Gardiner (Gordon was otherwise occupied with a family wedding)

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WED 12 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. It's a good concept they have there with the walkers doing two events each race evening. This time it was 1000m followed by 2000m, with George White recording fastest times overall but with the Handicap wins going to Des Mulqueen and Gil McIntosh.

1000m Walk Handicap

1.	Des Mulqueen	07:08	M68
2.	Chloe Upton	05:31	
3.	Jill Rogers	08:02	W70
4.	Rhiannon Lovegrove	04:36	
5.	George White	05:08	M69
6.	Geoff Byham	05:56	M68
7.	Marie Maxted	06:06	W54
8.	John Hore	06:46	M66
9.	Leigh Smith	07:17	M79
10.	Roger Lowe	07:26	M71
11.	Mathew Anderson	08:22	M43
12.	Harry Hayford	07:35	

2000m Walk Handicap.

1.	Gil McIntosh	13:18	M64
2.	Peter Crump	10:43	M54
3.	George White	10:42	M69
4.	Bill Starr	13:53	M72
5.	Geoff Byham	12:26	M68
6.	Paul Boyce	16:26	M78
7.	Jill Rogers	16:27	W70
8.	Margaret McIntosh	16:28	W61
9.	Harry Hayford	15:33	
10.	Des Mulqueen	14:31	M68
11.	Roger Lowe	15:07	M71
12.	Leigh Smith	14:54	M79
13.	Jack Russell	11:48	

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 13 NOVEMBER

Thanks to Robin Whyte for his weekly report from Canberra. The results show the actual time of the walker along with the start time. Fastest time overall to Zoe Hunt with 9:35.

2000m Handicap Start

1.	Helena Bialecki	11:49	(04:15)
2.	Callum Burns	09:49	(06:20)
3.	Doug Fitzgerald	14:41	(01:30)
4.	Peter Baker	10:43	(05:30)
5.	Tom Hunt	10:43	(05:40)
6.	Ruth Baussmann	13:57	(02:20)
7.	Gabby Hunt	09:48	(06:30)
8.	Robert Kennelly	16:23	(00:00)
9.	Kate Black	12:03	(04:20)
10.	Margaret McSpadden	15:43	(00:40)
11.	Spencer Burns	10:18	(06:10)
12.	Rod Gilchrist	13:39	(02:50)
13.	Val Chesterton	16:33	(00:00)
14.	Geoff Barker	13:35	(03:00)
15.	John Donovan	15:10	(01:25)
16.	Robin Whyte	12:25	(04:10)
17.	Zoe Hunt	09:35	(07:00)
18.	Ally Durr	09:56	(06:40)
19.	Mitchell Baker	10:51	(05:55)
20.	Bryan Thomas	13:53	(03:05)
21.	Venesser Rogic	14:26	(02:35)
22.	Jennifer Gilchrist	15:32	(02:25)

ATHLETICS SA INTERCLUB ROUND 2, SA ATHLETICS CENTRE, MILE END, SAT 15 NOVEMBER

Alix Harlington 25:53.45 and Joe Cross 7:21.26 lead the fields in South Australian interclub competition in Adelaide on Saturday.

5000 Metre Walk

1.	Alix Harlington	M	SALISBURY	25:53.45
2.	Anna Cross	W	PEMBROKE	26:02.41
3.	Danielle Walsh	W	PORT ADELAIDE	26:38.16
4.	George White	M	MASTERS	29:11.62
5.	John Leydon	M	UNITED COLLEGIANS	29:41.41
6.	Samantha Findlay	W	SOUTHERN	30:19.81
7.	James Hoare	M	PORT ADELAIDE	35:59.08
	Rhiannon Lovegrove	W	PORT ADELAIDE	DNF
	Bethany Cross	W	PEMBROKE	DNF

1500m Walk

1.	Joe Cross	M	PEMBROKE	7:21.26
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2.	Tristan Camilleri	M	COAST DISTRICTS	8:04.69
3.	Jake Vidler	M	SOUTHERN	6:52.08
4.	Chloe Upton	W	SOUTHERN	8:06.79

2014 NSW RELAY CHAMPIONSHIPS, SOPAC, SYDNEY, 15-16 NOVEMBER

The annual NSW Relay Championships at Sydney Olympic Park Athletic Centre last weekend saw some keen racing in the 4x1500m walk divisions with 22 teams in total in action. Alas, the results do not give team breakdown so I can't say at this stage which walkers were in which teams. Fastest overall to the Open Men's Mingara team (24:50.38) while the fastest women's team was Asics West with 28:24.85.

Men 4x1500 Metre Relay Race Walk Open

1.	Mingara Athletics Club Inc. 'A'	24:50.38
2.	Nepean District Athletic Club 'A'	26:41.57
3.	U.T.S. Northern Suburbs Athlet 'A'	28:58.01
4.	Hunter Region 'A'	30:01.75
5.	Hills District Athletics Club 'A'	30:47.04
6.	U.T.S. Northern Suburbs Athlet 'B'	38:35.44

Men 4x1500 Metre Relay Race Walk U18

1.	Sydney Pacific Athletics Club 'A'	29:37.57
2.	Girraween Athletics Club Inc. 'A'	29:59.71
3.	Nepean District Athletic Club 'A'	31:16.09

Men 4x1500 Metre Relay Race Walk U14

1.	Central Coast 'A'	32:40.25
2.	Sydney Pacific Athletics Club 'A'	34:02.05
3.	Central Coast 'B'	37:19.81

Women 4x1500 Metre Relay Race Walk Open

1.	Asics Wests Track & Field Club 'A'	28:24.85
2.	Nepean District Athletic Club 'A'	30:42.44
3.	Sydney University Athletics Cl 'A'	37:06.43

1. Women 4x1500 Metre Relay Race Walk U18

2.	South Sydney Athletics 'A'	31:55.07
3.	Nepean District Athletic Club 'A'	40:11.03
	Parramatta City Track & Field 'A'	DQ

Women 4x1500 Metre Relay Race Walk U14

1.	Sydney Pacific Athletics Club 'A'	33:40.31
2.	Central Coast 'A'	33:53.55
3.	Nepean District Athletic Club 'A'	36:30.39
4.	Sydney Pacific Athletics Club 'B'	41:44.89



Nicole Fagan (number 36) spearheaded the Sydney University Open Women's team



Beki Lee (3606) and Kirsty Klein (1178) led the Asics West women's team – Tab Porley and Christy Hardy also pictured

QUEENSLAND ROUNDUP

Now to Queensland where Robyn Wales has sent me results of two walks competitions. It was one of their hottest weekends on record, with Sunday in particular a real scorcher, so well done to those who walked.

Noosa Gift Meet, Noosa, Sunday 16 November

Robyn: Some of us escaped to Noosa on the weekend as there was a 900m handicap walk for Little Athletics members during the Noosa Gift Meet. While not offering the \$6000 prize money that the 110m sprint offered, the kids were pleased with their gift cards. Only Adam Bucchorn off scratch actually walked 900m with everyone else getting starts from 50m - 200m. Results: 1. Callum Haig, 2. Amelia Wales, 3. Clancy Smith but no times on the website yet. Here's the 3 place getters with U9 walker, Kiandra Smith photo bombing!



Gold Coast Masters 3000m Walk, Gold Coast, Sunday 16 November

The Masters walkers must have had a tough time of it on Sunday morning with the heat so times are a bit down on the usual standard.

Gold Coast Masters 3000m

- | | | |
|----|-----------------|-------|
| 1. | Nyle Sunderland | 16:44 |
| 2. | Paul Lindenberg | 17:22 |
| 3. | Kay Shaw | 19:10 |
| 4. | Deb Lindenberg | 19:52 |
| 5. | Patrick Sela | 21:33 |

AACT 2014-15 SUMMER SERIES, AIS TRACK, BRUCE, SATURDAY 15 NOVEMBER

Zoe Hunt had a busy time, taking fastest time in the ACTRWC races on Thursday evening and then walking a good 14:37.1 in ACT interclub on Saturday.

3000m Walk

1.	Zoe Hunt	NCG	14:37.1
2.	Gabby Hunt	NCG	15:13.2
3.	Spencer Burns	NCG	15:33.5

ATHLETICS TASMANIA SHIELD COMPETITION, DOMAIN, HOBART, SATURDAY 15 NOVEMBER

And finally to round out the Australian news, we go to Hobart for Tasmanian Interclub where walkers contested a 3000m.

3000m Walk

1.	Alice Randall	OVA	16:45.10
2.	Elizabeth Leitch	ES	18:59.11
3.	David Moore	NS	22:36.86

NZ LONG DISTANCE WALKS CHAMPIONSHIPS, NGATARINGA BAY, DEVONPORT, SAT 15 NOV

Conditions were tough for the annual New Zealand Long Distance walks championships in Auckland last Saturday with a huge westerly headwind that got stronger as the races progressed on the 1km road circuit. Overall, 5 New Zealand titles were contested with Graeme Jones adding another national 50km title (his fourth) to his collection in winning the Open 50km championship, Alana Barber winning the Open Women's 20km with a big PB time of 1:39:01, Jonathan Lord and Samantha Parkinson winning the Junior titles and Jared Free taking the Youth Men 10km in a new PB of 48:51 - Jared now holds all three Youth national titles.

Alana's time was one of the fastest women's 20km race walking times done in New Zealand - faster than Jenni Jones-Billington's 1994 New Zealand 20,000m track record of 1:39:23.1 and only 3 minutes outside Gabrielle Gorst's 2003 20km road record of 1:35:59 set in Dunedin in 2003.

Lots of great photos at <https://www.facebook.com/media/set/?set=a.1504871519762507.1073741841.1442290496020610&type=1>. I have reproduced a few below:

Senior Men 50km

1.	Graeme Jones	Hastings	5:11.11
	Mike Moressey	Taranaki	DNF
	Mike Parker	Calliope	DNF

Junior Men 20km

1.	Jonathon Lord	South Canterbury	1:45.40
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Youth Men 10km

1.	Jared Free	Waitakere	48.51
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Senior Women 20km

1.	Alana Barber	Racewalking Auckland	1:39.01
2.	Roseanne Robinson	Otago	1:54.39
3.	Corinne Smith	Athletics Whangarei	2:00.19
	Courtney Ruske	Christchurch Avon	DQ

Junior Women 10km

1.	Samantha Parkinson	Waitakere	1:13.19
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There were a number of other non-championship events contested as shown below. Special mention to VRWC walker John Kilmartin who won the invitational 50km event in a 3 minute PB of 5:51:25. He commented on facebook post-race that his pre race target was 5:52:00 and he was very pleased with the result as he did start off a bit quick in the first half...usually a rather risky strategy!

5 km - Non Championship Children (U18)

	Bradyn Popow	Palmerston North	0:33:01
	Savannah Scheen	Waitakere	0:37:40

10 km - Non Championship

	Julie Edmunds	Otago	0:59:50
	Karen Davison	North Harbour Bays	1:08:51
	Shirley Barber	RWA	1:17:22
	Marilyn O'Hara	RWA	1:35:10

20 km - Non Championship – Senior Men, Masters Men

Eric Kemsley	Taranaki	1:55:55
Lyndon Hohaia	RWA	2:06:46
Rodney Thorne	RWA	2:16:55
Noel Johnson	RWA	2:34:55

50 km - Non Championship

John Kilmartin	Australia	5:51:25
Cliff Harrison		5:56:56
Terri Grimmett	Scottish	6:14:53
Mark Gray	Tauranga	6:41:22



Jonathan Lord, Alanna Barber, Mike Parker, Jared Free and John Kilmartin (VRWC) in action in Auckland

FRENCH ROUNDUP

Yes, Emmanuel Tardi has had another busy weekend and has sent me the results of three different races. Thanks mate! He reports:

November 11th is a holiday in France because it marks the end of the First World War. Consequently, two racewalking meets are organized at this date.

Grand Prix de la Voie Sacrée, Bar-le-Duc to Verdun, Tuesday 11 November

The first, the Grand Prix de la Voie Sacrée, is an 57km long race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, the direction is reversed. The road used is a memorial road as it was on this road that soldiers went to the famous Battle of Verdun in 1916. See http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29 for further details.

There were only 21 starters this year and the 9AM start saw a little rain and a temperature around 10°C. Florian Letourneau and Fabien Lombard led until around the 30km mark, at which point Lombard was able to break clear, eventually winning with Letourneau second and the unstoppable Pascal Tournois (winner of the first race in 1980) third. There are two walkers who have finished all the races since 1980: Pascal Tournois and Daniel Chamagne. There was also an event of 21.5km won by Bogdan Morawski. Robert Schouckens, the winner of the 1977 Paris-Strasbourg, finished the race at age 86.

Bar-le-Duc to Verdun 57 Km

1.	LOMBARD Fabien	ASM Bar-le-Duc	72/V1H	5h26'33"
2.	LETOURNEAU Florian	AC Château-Thierry	88/SeH	5h45'29"
3.	TOURNOIS Pascal	A.S.M Bar-le-Duc	54/V3H	5h50'08"
4.	BONNEAU Philippe Antony	Athlé 92	65/V2h	5h53'14"
5.	ERARD Christophe	A.S.M Bar-le-Duc	70/V1H	5h57'26"
6.	VARIN Cédric	AC Château-Thierry	80/SeH	6h02'12"
7.	PFISTER William	A.S.M Bar-le-Duc	63/V2H	6h12'14"
8.	LABARRE Bertrand	C.S Provins	57/V3H	6h21'08"
9.	MAUREL Eric	OCT 55	62/V2H	6h21'54"
10.	PETER Vincent	S.A.V Verdun	72/V1H	6h25'36"
11.	LEIJTENS Frans	RWV Rotterdam	76/V1H	6h28'46"

12.	PELLERIN Alain	R.C Epernay	68/V1H	6h41'36"
13.	CHATILLON Nicolas	St.Thibault/Vignes	81/SeH	6h50'30"
14.	HANOZET Jany	A.S.M Bar-le-Duc	48/V3H	6h56'18
15.	PIERRE Florence	ASPTT Bar-le-Duc	66/V2F	7h05'19"
16.	HUARD Gilles	ASPTT Besançon	60/V2H	7h07'16"
17.	ANXIONNAT Claudine	AVEC Bruyères	51/V3F	7h26'54"
18.	QUINQUETON Bernadette	S-Thibaut	61/V2F	53 Km
19.	RODIER Nicole	EFSRA	48/V3F	53 Km
20.	PENKALLA Marie	BAR-LE-DUC	64/V1F	48 Km
21.	CHAMAGNE Daniel	ASM Bar-le-Duc	41/V4H	45 Km

Bar-le-Duc yo Erize-la-Petite 21,5 Km (first 5 only)

1.	MORAWSKI Bogdan	ASPTT BAR	60/V2H	2h00'21"
2.	ANZI Akim	Souk El Tenine Béjaïa	78/SeH	2h03'33"
3.	MONMESSIN M.Astrid	ES Thaon	56/V2F	2h06'06'
4.	BEGEL Myriam	EFSRA Reriùs	95/ESF	2h11'52"
5.	JOFFROY Raphaëlle	Bassin-Mortagne	72/V1F	2h13'16"



Left: the start



Right: Letourneau and Lombard

Mont Sainte-Odile 8.5km Mountain Race, Klingenthal, France, Tuesday 11 November

The second race was much shorter - only 8.5km - but very tough. The aim is to climb to the summit of Mont Sainte-Odile, a peak of the Vosges Mountains in Alsace in France, immediately west of Barr. The race starts at Klingenthal (280m altitude) and finishes at the convent of Mont-Sainte-Odile (750m altitude). You can find a good description of the course and the race at <http://www.alsace-en-courant.com/courses/description.php?course=monteesteedilemarche>. The first 2 kilometers are not too bad but, after that, there is a consistent slope of around 7% going to the summit. There were two races, one for racewalkers and one for nordic walkers. It is the oldest racewalking event in France (the first edition was held in 1935) and this year, more than 100 walkers started the race at 9:30AM in the center of the city of Klingenthal. The temperature was around 5°C and there was fog. The winner was 18 year old Florian Mayer who led the race with Benjamin Schmitt before finally beating him in the last kilometre. Like last week, I could not walk fast because of a torn calf muscle. I had booked my train ticket a long time ago so I just walked slowly to the summit. Good newspaper article at <http://www.dna.fr/sports/2014/11/12/florian-mayer-se-revele>. The first 10 placings in each event are shown

Marche Athlétique 8.5km

1.	MAYER Florian	Sgw	JUM/96	48:15
2.	SCHMITT Benjamin	Sgw	SEM/87	48:31
3.	CLAUSS Daniel	Sgw	V3M/55	53:47
4.	STAHL Denis	Eichhoffen	V1M/68	55:13
5.	BLAESIUS Hugo	Ascs	JUM/97	57:58
6.	DURAND-PICHARD David	Antony Athle 92	V1M/72	58:13
7.	RAMIREZ GOMEZ Alejandra (MEX)	La Wantzenau	SEF/76	58:25
8.	SIEGENFUHR Daniel	Cslnb	V3M/50	58:51
9.	KUNTZ Bernard	Sgw	V2M/61	59:01
10.	BOHIC Jean-paul	Agathe	V1M/72	1:00:15

Marche Nordique 8.5km

1.	ZERR Didier	Oh Mosbronn	V1M/67	1:02:11
2.	LUTZ Andre	Eschau	V2M/62	1:02:39
3.	SUTTER Eric	Andolsheim	V1M/73	1:03:00
4.	HEILIGENSTEIN Jean-michel	Nwobernai	VEM/53	1:03:09
5.	GARCIA Manuel	Kastelberg	V3M/51	1:05:00
6.	HUGUENY Gerard	Mnsu	VEM/59	1:06:10
7.	SOURY Eric	Asn67	V2M/63	1:06:49
8.	HUEBER Gerard	Katzenthal	V3M/54	1:07:54
9.	NIERHAUVE Martin	Sgw	V3M/54	1:07:55



Mont Sainte-Odile 8.5km Mountain Race - Florian Mayer and Benjamin Schmitt

Balmarche, Balma, France, Sunday 16 November

Last Sunday featured the last big race in France for this season. It took place in Balma on the track, near Toulouse, and 82 walkers in total and lots of good walkers in the mix. Men raced over various distances up to 35000m while women raced up to 20000m. Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=163155>. Photos at <https://plus.google.com/photos/103849564152018378913/albums/6082384172097382545?authkey=CNLUk8m1pvTYIw>.

20 000m Walk Women

1.	AVEROUS Violaine	Ca Balma	SEF/85	1:41:25.02
2.	ORTIZ Mylene	As Saint-junien	SEF/79	1:42:49.60
3.	MARCOU Amandine	Sa Merignac	SEF/92	1:48:04.80
4.	ROBERT Agnes	Ac Roche-sur-yon *	SEF/89	1:52:06.50
5.	CHAPILLON Roseline	Ca Balma	VEF/68	1:52:39.25
6.	FAVRON Severine	S/l Ussel Ac	SEF/76	2:01:46.29
7.	LARRANDABURU Isabelle	S/l Stadoceste Tarbes	VEF/72	2:02:10.54
8.	COUGOUREUX-AUGE Emilie	Stade Rodez Athletisme*	SEF/80	2:04:32.91
9.	EL SHIMI Monia	Ua Tarbes-stado*	VEF/71	2:04:34.78
10.	RAYNAUD Christine	S/l Asar Corbieres Mediterrane	VEF/65	2:08:33.67
11.	ROBINET Marie-helene	Ac Auch	VEF/67	2:09:07.61
12.	BAUDOIR Francoise	S/l Stadoceste Tarbes	VEF/54	2:19:06.05

10 000m Walk Women

1.	BAUDOIN Corinne	S/l Vendargues Athletisme	SEF/80	49:05.84
2.	CERANTOLA Laury	Sa Merignac	SEF/92	54:45.49
3.	GUELFUCCI Sarah	Ca Balma	SEF/84	55:40.35
4.	LE MOUROUX Annick	Sa Merignac	VEF/64	57:02.36
5.	CASALE Maeva	Ca Balma	JUF/97	58:55.50
6.	MASSE Pauline	Us Bazas	JUF/97	59:55.06
7.	CAPOT Elixabet	S/l Cm Floirac	SEF/83	1:03:41.18
8.	BERTHON Corinne	Sa Merignac	VEF/57	1:04:24.28
9.	RABAS Marie-france	S/l Ca Brive	VEF/62	1:05:45.15
10.	VAGHI Chantal	S/l Union Perpignan Athle 66	VEF/54	1:16:22.50

35,000m Walk

1.	ANDRIEU Hugo	Uavh Aubagne	SEM/92	2:53:28.00
2.	GALIN PONS Adria (ESP)	Ca Balma	ESM/93	3:05:21.00

20,000m Walk Men

1.	QUINION Aurelien	S/I Acsam	ESM/93	1:31:21.30
2.	CASSAGNES Adrien	Stade Rodez Athletisme*	ESM/94	1:32:38.07
3.	LE COZ Xavier	S/I Franconville Athletisme Va	SEM/79	1:32:45.51
4.	HADULA Ludovic	Charleville Mezieres Athletism	SEM/87	1:37:46.06
5.	ANDRIEU Hugo	Uavh Aubagne	SEM/92	1:39:29.60
6.	TORRE Orian	Ca Balma	ESM/95	1:39:30.45
7.	GAUCHET Quentin	Aj Blois-onzain	ESM/93	1:40:43.99
8.	GROSBOIS Jonathan	Ca Balma	SEM/81	1:40:49.79
9.	RICHARD Dorian	Acj Nerac	SEM/91	1:42:07.72
10.	GALIN PONS Adria (ESP)	Ca Balma	ESM/93	1:42:15.74
11.	BROCHOT Patrice	Ua Tarbes-stado*	VEM/51	1:43:35.95
12.	COUHAILLAT Francis	S/I Stadoceste Tarbes	VEM/65	1:44:54.25
13.	HUGON Dimitri	S/I Stadoceste Tarbes	VEM/68	1:47:55.29
14.	JORDANA Alexis	Blagnac Sc	VEM/37	2:09:54.09
15.	GALIN CALVO Albert	Ca Balma	VEM/52	2:22:33.98

10,000m Walk Men

1.	SOUABER Yanis	Amiens Uc	JUM/96	45:11.14
2.	ADAM Dorian	Ua Gujan-mestras	JUM/97	46:58.54
3.	ANDRIEU Hugo	Uavh Aubagne	SEM/92	49:45.46
4.	GALIN PONS Adria (ESP)	Ca Balma	ESM/93	53:31.86
5.	BERAHA Samy	Sa Merignac	VEM/53	1:00:16.69
6.	FARAGO Bela	Ecla Albi*	VEM/48	1:00:29.72
7.	LASSUS Marc	Us Bazas	VEM/50	1:01:01.18
8.	CERDA Bernard	Us Bazas	VEM/64	1:01:33.60
9.	LAFFON Yves	S/I Athle 632 Tournefeuille	VEM/48	1:01:35.19

UKRAINIAN NATIONAL RACEWALKING CUP, MUKACHEVO, UKRAINE, 1-2 NOVEMBER

The Ukrainian town of Mukachevo saw some great walking a couple of weeks ago with the Ukrainian National Racewalking Cup. The highlight was provided by U23 walker Liudmila Olianovska who recorded a superb 10km time of 41:42. She has been in great form this year, having broken the Ukraine 20km record in the world cup in Taicang (1:27:27) as well as winning the silver medal at the European Championships and winning the 'Around Lake Taihu; rally in China. Not to be outdone, 50km walker Igor Hlavan easily won the men's 10km in a very fast 39:15. Results from <http://omarchador.blogspot.pt/2014/11/liudmila-olianovska-destaca-se-em.html>.

10km Men

1.	Igor Hlavan	1990	39.15
2.	Ivan Bandzeruk	1990	40.37
3.	Oleksandr Verbickiy	1992	41.12
4.	Oleksandr Venglovskiy	1985	41.22
5.	Kirilo Andrushchenko	1993	42.41
6.	Konstantin Puzanov	1991	43.19
7.	Igor Puzanov	1993	48.12
8.	Anatoliy Yakimchuk		48.13

10km Women

1.	Liudmila Olianovska	1993	41.42
2.	Inna Kashina	1991	44.57
3.	Nadia Borovska	1981	45.23
4.	Galina Yakovchuk	1992	46.06
5.	Vasilina Vitovshcik	1990	46.25
6.	Valentina Mironchuk	1994	46.56
7.	Natalia Konceovich	1984	46.56
8.	Alina Cviliy	1994	48.15
9.	Margarita Pasiuk	1994	48.38
10.	Ksenia Radko	1994	49.37
11.	Oleksandra Olianovska	1994	50.33
12.	Olga Stadnik	1994	53.23
13.	Olesia Kolenska	1989	54.50
14.	Georgina Kondur	1991	55.25
15.	Angelika Tancinec	1991	56.26
16.	Olga Gricak	1994	59.26

There were lots of other races spread over the weekend. Some other results included

Junior: Dmitro Sobczuk (10km 44.52) and Hanna Suslik (10km 49.25)
U18: Volodimir Micik (5km 22:02) and Ksenia Belova (3km 14.50)
U16: Oleksiy Solovey (3km 14:17) and Darina Kasian (2km 10:03)
U14: Oleksiy Solovey (2km 8:45) and Darina Kasian and (2km 10:04),
U12: Oleksandr Babush (2km 10:40) and Valeria Sholomickaja (2km 10:07).

OUT AND ABOUT

- Firstly to Portugal where Miguel Carvalho (22:20) and Mara Ribeiro (24:57) won the 15th Léguas de Alvaiázere which took place on Saturday 8th November in the town of Alvaiázere. See omarchador blogspot for full results and race report: <http://omarchador.blogspot.pt/2014/11/juventude-rio-maiorense-brilha-em.html>
- Staying in Portugal where Portuguese walker Pedro Isidro (20:36.2) and Lithuanian walker Kristina Saltanovic (22:56.7) were winners in the 5000m track walk at the 22nd Grand Prix of Race Walking held last Saturday in Galinheiras. Article and results at <http://omarchador.blogspot.pt/2014/11/kristina-saltanovic-e-pedro-isidro.html>.
- Polish multiple Olympic 20km/50km walks champion Robert Korzeniowski is one of 12 legends inducted last week into the IAAF Hall of Fame. See the announcement at <http://www.iaaf.org/news/iaaf-news/hall-of-fame-2014-inductees> and see his IAAF profile at <http://www.iaaf.org/athletes/hall-of-fame/2014>.
- An interesting article that questions the water tight nature of biological passport testing: <http://www.bbc.com/sport/0/cycling/29959937>
- Nicola Maggio of marciadalmondo is certainly keeping himself busy: this week he has updated his website statistics section to include very comprehensive documents reviewing the speed at which the top walkers (both World and Italian) have performed over the last 8 years since 2007. Well worth a read!

Men: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1921

Women: http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1922

This week he has also published an interview with young Italian star Francesco Fortunato:

http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1923

- Congratulations to IAAF judge Pierce O'Callaghan and his wife Tamara O'Driscoll on the birth of their baby boy Cumhall. Pierce's announcement this morning read in part like this:

On the 17th day of the 11th month, of the 15th year of the century, the man who has 4 sisters (0 brothers) & 3 daughters (0 sons) was finally gifted with a son overnight! Weight 4.3kg (9'8) named Cumhall (pronounced Khool for my international friends) after the ancient Irish mythical legend Fionn MacCuamhall. He came just in time as his old man has to return to Baku tomorrow for the European Olympic Committees General Assembly and won't see him for 6 weeks until xmas.

And some nice photos on Pierce's facebook page: <https://www.facebook.com/pierce.ocallaghan>.

- Lots of walkers are in Canberra at the Australian Institute of Sport at the moment participating in an altitude study being run by the Sports Science department. I don't know the full list but I believe it includes Australians Jared Tallent, Adam Rutter, Brendon Reading, Ian Rayson, Beki Lee, Tanya Holliday and Rachel Tallent as well as overseas walkers Quentin Rew (NZ), Evan Dunfee (CAN) and Isamu Fujisawa (JAP).

VRWC CLUB RECORD UPDATE

Finally, just to officially recognize new VRWC U12 nad U13 2000m track walk records to 11 year old Nikola Mandic

Nicola Mandic U12 and U13 2000m walk 9:42.3 AV Shield competition, Knox 15/11/2014

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

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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