



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 28
14 April 2015



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WALKER OF THE WEEK

My Walker of the Week this time around is South Australian Masters walker Leigh Smith who set off at 6:30AM on Monday morning to walk from Melbourne to Adelaide. This is a daunting enough venture for anyone but considering that Leigh is doing it to celebrate his 80th birthday and you have some idea of the enormity of the endeavour.

I met up Leigh and the team at Etihad Stadium in the Melbourne Docklands area before sunrise on Monday and was privileged to walk the first 3 hours with him and his daughter Kyla as they negotiated their way through the Melbourne industrial west towards their first overnight stop at Maddingley, near Bacchus Marsh (60.8km). I called it quits at 9:30AM and caught a train back home as Leigh headed off into the west at his measured pace. As of tonight (Tues evening), he is on track and at Ballarat.



Left: Leigh is interviewed by Channel 7 TV before he starts his epic walk on Monday morning
Right: I chat with the support crew before the action starts on Monday morning

His walk will take him 14 days with daily splits as shown below. I hear that Ballarat walker John Kilmartin is going to accompany him around the Ballarat area which is great news. If you want to meet up and walk a bit with John, check things out with Kyla (0402 783 963 or kyla.daly@colliers.com). I am sure that all offers will be appreciated.

Table with 3 columns: Day, Location, Distance. Rows include: MON 13 APR ETHIAD STADIUM - MADDINGLEY 60.8km, TUE 14 APR MADDINGLEY - BALLARAT WEST 63.9km, WED 15 APR BALLARAT WEST - BUANGOR 70.9km, THU 16 APR BUANGOR - ARARAT 23.6km, FRI 17 APR ARARAT - DADSWELL BRIDGE 61.3km, SAT 18 APR DADSWELL BRIDGE - WAIL 59.9km, SUN 19 APR WAIL - LAWLOIT 65.0km, MON 20 APR LAWLOIT - BORDERTOWN 63.9km, TUE 21 APR BORDERTOWN - PENDLETON FARM STAY 32.7km, WED 22 APR PENDLETON FARM STAY - KEITH - CULBURRA 62.6km

THU 23 APR	CULBURRA - COOKE PLAINS	62.9km
FRI 24 APR	COOKE PLAINS - CALLINGTON	61.7km
SAT 25 APR	CALLINGTON - HAHNDORF	28.6km
TOTAL	713.60km	

Follow Leigh's progress on <https://www.facebook.com/pages/Leigh-Smiths-Thank-You-Walk/1554995831383166?sk=timeline>. Leigh's walk is also to help raise money for cancer and heart research – he started walking following a triple heart bypass operation in 1992. You can donate at <https://yourwayforheart.everydayhero.com/au/leigh-smiths-thank-you-walk>.

WHAT'S COMING UP

Next weekend, I will be at the Harold Stevens Athletics Track in Coburg for the 2015 Coburg 24 Hour Carnival which also hosts the annual Australian Centurions 24 Hour walk. It's a big weekend of officiating and organising but at least I don't have to walk it! I look forward to reporting on the walk performances in next week's newsletter.

The first of our VRWC Melbourne based winter roadwalks kicks off the following Saturday at Middle Park with timetable as follows

Saturday 25 th April 2015, Middle Park			
VRWC EVENTS: Entries close for all events at 1.50pm sharp.			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

You can check out the full fixture at <http://www.vrwc.org.au/vrwcw15.shtml>.

CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 12 APRIL

The Victorian Race Walking Club and [Events in Nature](#) combined to put on the inaugural Castlemaine NAB 500 Walk Meet in the Castlemaine Botanic Gardens last Sunday. This was a new meet initiative to kick off our VRWC winter season and what a fantastic morning it turned out to be. The weather was perfect (sunny and warm), the country venue was inspiring and the 34 entries exceeded our expectations. We were especially pleased to have a number of Australia's international walkers racing - **Rhydian Cowley, Kelly Ruddick, Kyle Ruddick** and **Jemima Montag** - as well as a whole swathe of Victorian and Australian walks medallists and participants from all 4 Victorian walking clubs.

Bendigo Walkers Club walker Michael Gillies-Smith put in a huge effort to bring many local Castlemaine sponsors onboard, including Castlemaine NAB, The Bike Vault and McKenzie Davey Amcal Pharmacy. There were random prize draws, a pack of goodies for everyone and significant prizes for all placegetters in the 6 divisions (U18 Boys/Girls, 40+ Men/Women and Open Men/Women). We even had an 'Introduction to Racewalking' demo and a small beginners walk. Then it all finished off with a BBQ.

The 3km races kicked proceedings off at 10:30AM with 3 laps of the Gardens on the gravel pathways and wins went according to rankings with **Bec Henderson, Kyle Swan, Barb Bryant** and **James Christmass** taking line honours. The main Castlemaine NAB 500 5km walk was then held and, unsurprisingly, the wins went to **Rhydian Cowley** and **Kelly Ruddick**.

Michael and I were over the moon with the success of the carnival and promise to be back again at the same time next year for an ever bigger show!

U18 WOMEN 3KM ROADWALK

1.	Henderson, Bec	VRWC	15:26
2.	Hayes, Zahra	Bendigo WC	15:32
3.	Bishop, Kasey	Ballarat WC	18:52
4.	Bridges, Jessica	Ballarat WC	19:54
5.	Hay, Charlotte	VRWC	21:02
6.	Bridges, Kayla	Ballarat WC	24:05
	Dowie, Ellen	Bendigo WC	DNS

U18 MEN 3KM ROADWALK

1.	Swan, Kyle	VRWC	14:21
2.	Walmsley, Reese	VRWC	15:16
3.	Walmsley, Hayden	VRWC	17:39
4.	Prys, Joel	VRWC	19:00

W40+ 3KM ROADWALK

1.	Bryant, Barb	Bendigo WC	17:21
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2.	Carr, Heather	VRWC	17:35
3.	Major, Annette	Bendigo WC	18:07
4.	Elms, Donna-Marie	VRWC	18:47
5.	Payne, Jennie	Bendigo WC	21:35
6.	Curtis, Annette	Bendigo WC	22:30

M40+ 3KM ROADWALK

1.	Christmass, James	Geelong WC	15:46
2.	Keirl, Bernie	VRWC	15:49
3.	Bennett, Ralph	VRWC	17:15
4.	Gardiner, Bob	VRWC	19:24
5.	Ruddick, Kevin	VRWC	21:03
	Wood, Robin	NSW	DNF

OPEN WOMEN 5KM

1.	Ruddick, Kelly	VRWC	22:22
2.	Montag, Jemima	VRWC	24:21
3.	Brennan, Sarah	Ballarat WC	28:53
	Stocks, Samantha	Campbells Creek	DNS
	Westerlaken, Maya	Castlemaine	DNS

OPEN MEN 5KM

1.	Cowley, Rhydian	VRWC	20:58
2.	Garganis, Adam	VRWC	22:59
3.	Kollmorgen, Stuart	VRWC	25:14
4.	Curtis, Peter	Bendigo WC	31:16
	Keirl, Bernie	VRWC	DNF

Lots of acknowledgements to make at this stage with officials, judges, organizers and sponsors to acknowledge. Thanks everyone!

Event Organizers: Michael Gillies-Smith, Mandy Baker, Tim Erickson

Judges: Peter Vysma (chief), Michael Bodey, Paul Nunn, Daryl Biggin, Sharon Whiley

Setup/Packup Tim Erickson, Michael Gillies-Smith, Mandy Baker, Ian Baker, Terry and Darlene Swan, Jim Leppik, Michael Bodey

Timekeepers: Simon and Alison Baker, Michelle and Alan Walmsley

Photography: Mick Vovers, Terry Swan

Guests: Harry Koponen and Christine Nettleton (NAB Castlemaine), Bendigo West MP Maree Edwards, Peter Grant (The Bike Vault)

Thanks also to: Claire Baker (Mount Alexander Shire) and Jeremy Byrne (McKenzie Davey Amcal Pharmacy)

Finally, a big photo collection at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=35>, with photos from Terry Swan, Mick Vovers and Mandy Baker.



The gardens make a wonderful backdrop as Rhydian Cowley powers through his 5km race



Bec Henderson, Kyle Swan, Kelly Ruddick and Jemima Montag in action



Open placegetters Stuart Kollmorgen, Adam Garganis and Rhydian Cowley with Peter Grant (The Bike Vault), Harry Koponen (NAB Castlemaine) and Bendigo West MP Maree Edwards

ACT WALKERS CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 11 APRIL

Thanks to Robin Whyte for the first results from the ACT Walkers Club winter roadwalk season in Canberra. Great numbers omen well for the season. Brendon Reading was the fastest overall with a 4km time of 20:39.

8km Walk

1.	Ally Durr	47:12
2.	Callum Burns	49:22
3.	Robin Whyte	53:09
4.	Bryan Thomas	58:13
5.	Bob Parker	58:54
6.	Jane Bates	61:46
	Dylan Eddowes	DNF

4km Walk

1.	Brendon Reading	20:39
2.	Mitchell Baker	22:39
3.	Ann Staunton-Jugovic	22:45
4.	Peter Baker	25:12
5.	Connor Frew	25:29
6.	Tim Fraser	27:25
7.	Barbara Eddowes	28:48
8.	Greg Durr	29:11
9.	Marilyn Banfield	29:12

2km Walk			
1.	Laura Burns	10:35	
2.	Ellen Vahey	10:40	
3.	Bob Chapman	18:48	
4.	Mary Wahren	20:47	
5.	Nola de Chazal	24:24	
10.	Rosemary Parker		30:34
11.	David Mackenzie		32:01
12.	Raine Thompson		37:44
13.	Jack Thackray		38:02
14.	Cilla Chapman		38:49
	Spencer Burns		DNF

1km Walk		
1.	Harry Baker	07:02
2.	Frew Georgia	08:52
3.	Georgia Adamson	09:07
4.	Jenni Watson	10:12

SARWC WINTER SEASON OPENER, PEACOCK ROAD., ADELAIDE, SATURDAY 11 APRIL

The South Australian Racewalking Club also kicked off their winter season last Saturday with Justin Hill leading out over the 10km.

10km Roadwalk			
1.	Justin Hill	Open	50:46
2.	Troy Hooker	Over 35	56:49
3.	Samantha Findlay	U20	67:15
4.	Bill Starr	Over 35	71:44
5.	James Hoare	Over 35	75:08
	John Leydon	Over 35	DNF

5km Roadwalk			
1.	Danielle Walsh	Open	26:41
2.	Alix Harlington	U18	26:46
3.	Rhiannon Lovegrove	U16	27:29

3km Roadwalk			
1.	Jake Vidler	U16	15:24

2km Roadwalk			
1.	Chloe Upton	U14	10:47
2.	Victoria Upton	U12	10:59
3.	Toby Wilks	U12	11:02
4.	Mark Hooker	U12	11:09
5.	Mia Wilks	U12	13:15
6.	Adrian Upton	U14	13:19
7.	Royrie Upton	Open	14:09

1km Roadwalk			
1.	Seth Upton	U10	06:37
2.	Hannah Wilks	U10	08:12

NSWRWC WINTER SEASON OPENER, CHIPPING NORTON, SATURDAY 11 APRIL

Alas, can't find any results from NSWRC which also started their winter season on Saturday. Next week!

QRWC WINTER SEASON OPENER, BRISBANE, SUNDAY 12 APRIL

Queensland Racewalking Club had their winter season opener on Sunday morning with a good turnout as shown below. Best effort perhaps by Erika Woodward (63:12) for 10km in her first ever effort. Wow!

10km Walk		
1.	Peter Bennett	52:45
2.	Iggy Jiminez	57:51
3.	Argenis Guevara	61:57
4.	Erika Woodward	63:12
5.	Paul Lindenberg	63:37
6.	Kay Shaw	66:05
7.	Noela McKinven	80:50

2km Walk		
1.	Jamison Stovin	9:44
2.	Jonathan Wearne	11:41
3.	Anika Clarke	13:51

1km Walk		
1.	Scarlett Schofield	6:00
2.	Korey Brady	6:39
3.	Sophie Porter	7:03

5km Walk

1.	Luke McCutcheon	23:32
2.	Shane Pearson	28:31
3.	Debbie Lindenberg	35:20
4.	Denise Fellows	37:40

4. Makenna Clarke 7:18

3km Walk

1.	Jamie McCutcheon	16:18
2.	Nelson McCutcheon	16:42
3.	Amelia Schofield	16:50
4.	Adam Buchhorn	17:05
5.	Ethan Clarke	17:59
6.	Isabella Schofield	18:17
	Amelia Wales	DNF (1km 6:17)

83RD INTERNATIONAL RACEWALK MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 11 APRIL
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Podebrady is a historical spa town in the Central Bohemian Region of the Czech Republic. Starting in 1929, a 50km racewalk from Prague to Podebrady was held annually. In the early 1990s, because of safety concerns, the event was moved to the ring road in Podebrady. The meet is still going strong today as a large international racewalking carnival and is badged nowadays as a European Athletics Permit meet. This year saw the 83rd edition of the meet – amazing!

Yes, our intrepid foreign correspondent Emmanuel Tardi was there on Saturday and has forwarded to us his usual great photos for inclusion in the report. He says the weather was hot (around 20C) but some relief came with a little rain at the end of the races. My report is taken from the European Athletics website (see <http://www.european-athletics.org/competitions/race-walking-permit-meetings/news/article=linke-and-virbalyte-upset-the-odds-and-triumph-podebrady>).

The second of the 2015 European Athletics Race Walking Permit Meetings saw upset victories for Germany's Christopher Linke and Lithuania's Brigita Virbalyte over 20km at the 83rd edition of the famous Podebrady meeting in the Czech Republic on Saturday.

The men's race started to hot up after the eighth kilometre, when the duo of Linke and Slovakia's defending Podebrady champion Matej Toth moved away from the rest of the field of 58 walkers. However, after Toth's super-fast 50km on home soil in Dudince last month, when he won in 3:34:38 and posted the third best time in history, the Slovakian was understandably just short of a bit of sharpness. Linke pushed hard and started to accelerate in the 16th km and was never headed. Linke, fifth at the 2014 European Athletics Championships over the same distance, won in 1:20.37 to take four seconds off his personal best while Toth came home second, 14 seconds in arrears. London 2012 Olympic Games silver medallist Erick Barrondo, of Guatemala, was a distant third in 1:21:39.

"The race was very hard. Before the start, I didn't think I could win, but the first 10k was slow, then it became faster and faster, which was OK for me," commented Linke, who celebrated his first ever win on the roads outside of his native Germany. "I tried to push in last 5k and was lucky to win as Matej was attacking me from behind. The conditions were perfect, I prefer hot weather (the weather hovered around 17 degrees Celsius), and the rain was refreshing," he added.

"I am missing the training for a 20k. I also sped up (in the second half of the race), but Christopher was even faster. But with only three weeks after Dudince, I am happy a result under 1:21," reflected Toth, who is preparing for the 50km as his main event at the IAAF World Championships in Beijing this summer.

In the women's 20km race, local star and 2014 European bronze medallist Anezka Drahotova tried to take the lead in front of her home fans during the early stages of the race. However, just after 7km, Virbalyte went to the front and gradually put daylight between herself and the rest of the field before crossing the line in 1:31.10, winning by more than a minute. Slovakia's Mária Czaková took second place in a personal best of 1:32:23 while Drahotová, who, has had a busy schedule in recent months with two cycling races in the last week alone, took third place in 1:33.30.

"I really did not expect the victory," said the Lithuanian winner. "We had sub-zero temperatures in Lithuania recently, so today it was even hot for me at the beginning! But then the clouds arrived and everything was OK. I hate to be alone in a race, so I was really fighting with myself (during the second half of the race). I expected a better time, but hopefully I can beat 1:30 this year, finally."

The junior winners over 10km were Slovakia's Miroslav Uradnik in 42:36 and Italy's Noemi Stella in 46:56. The winner in the boys' 5km race was Italy's Giacomo Bradi in 22:04 while the girls' 5km was won by Germany's Tereza Zurek in 23:47

Lots of links:

- Brief video: <https://www.facebook.com/video.php?v=10202336172884396&set=vb.1794254764&type=2&theater>
- More comprehensive videos <http://atletikasvk.sk/Home/VideoGallery>

- Article on how the Slovaks fared: <http://atletikasvk.sk/Articles/Detail?ArticleId=2505>
- Article on how the Czechs fared: <http://www.atletika.cz/aktuality/chodeckymi-sampiony-drahotova-a-schrom/>
- Full results: http://online.atletika.cz/upload/podebrady_2015_results.pdf
- Photos: <http://www.atletika.cz/fotogalerie-a-vidoa/fotogalerie/chuze-podebrady-2015-ag>

And now onto the results – and a special mention to Tasmanian walker **Stephanie Stigwood** who came 6th in the women's 20km in a PB time of **1:36:24**.

Men 20km Race Walk

1.	Christopher LINKE	GER	88	1:20:37
2.	Matej TÓTH	SVK	83	1:20:51
3.	Erick Bernabé BARRONDO	GUA	91	1:21:39
4.	Caio Oliveira DE SENA BONFIM	BRA	91	1:21:43
5.	Erik TYSSE	NOR	80	1:22:15
6.	Hagen POHLE	GER	92	1:22:40
7.	Nils BREMBACH	GER	93	1:22:43
8.	Jose Maria RAYMUNDO COX	GUA	93	1:22:49
9.	Nils Christopher GLOGER	GER	90	1:22:50
10.	Máté HELEBRANDT	HUN	89	1:23:42
11.	Ato IBANEZ	SWE	85	1:24:46
12.	Moacir ZIMMERMANN	BRA	83	1:25:29
13.	Teodorico CAPORASO	ITA	87	1:25:45
14.	Arnis RUMBENIEKS	LAT	88	1:25:52
15.	Jonathan HILBERT	GER	95	1:26:15
16.	Patrik SPEVÁK	SVK	94	1:26:33
17.	Genadiy KOZLOVSKIY	LTU	91	1:27:09
18.	Oleksandr VERBITSKIY	UKR	92	1:27:33
19.	Brendan BOYCE	IRL	86	1:27:55
20.	Vladislav LOBCHENKO	UKR	93	1:28:24
21.	Peter TICHÝ	SVK	93	1:28:31
22.	Milan RÍZEK	SVK	78	1:28:47
23.	Angel Rolando BATZ	GUA	93	1:28:55
24.	Michele ANTONELLI	ITA	94	1:29:18
25.	Matias KORPELA	FIN	89	1:29:35
26.	Michal MORVAY	SVK	96	1:30:00
27.	Luke HICKEY	IRL	94	1:30:02
28.	Pavel SCHROM	CZE	91	1:30:11
29.	Aurelien QUINION	FRA	93	1:30:34
30.	Guillaume DUJOUR	FRA	78	1:30:52
31.	Gregorio AJCAM	GUA	93	1:32:53
32.	Alessandro MALTONI	ITA	93	1:33:11
33.	Fabian BERNABE	FRA	95	1:33:41
34.	Lukas GDULA	CZE	91	1:34:04
35.	Serhiy SVITLYCHNIY	UKR	94	1:34:20
36.	Anders HANSSON	SWE	92	1:34:36
37.	Filip VESELOUŠ	CZE	95	1:35:03
38.	Simon HURAUULT	FRA	92	1:35:48
39.	Markus KYRÖLÄ	FIN	95	1:36:02
40.	Zdeno MEDERA	SVK	75	1:39:40
41.	Ondrej MOTL	CZE	94	1:42:53
42.	Josef SMOLA	CZE	64	1:48:47
43.	Miroslav FLIEGL	CZE	54	1:54:51
	Joakim SÆLEN	NOR	93	DQ
	Tomasz BAGDÁNY	HUN	95	DQ
	Håvard HAUKENES	NOR	90	DQ
	Karel KETNER	CZE	90	DNF
	Milan LINKÉŠ	SVK	95	DNF
	José Alessandro Bernardo BAGIO	BRA	81	DNF
	Alex WRIGHT	IRL	90	DNF
	Francesco-Marco TOMMASINO	GER	93	DNF
	Maxime LECAPLAIN	FRA	94	DNF
	Dawid TOMALA	POL	89	DNF
	Marcel LEHMBERG	GER	92	DNF
	Marius ZIUKAS	LTU	85	DNF
	Cedric HOUSSAYE	FRA	79	DQ
	Miklós Domonkos SRP	HUN	93	DQ

Women 20km Race Walk

1.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:31:10
2.	Mária CZÁKOVÁ	SVK	88	1:32:23
3.	Anežka DRAHOTOVÁ	CZE	95	1:33:30
4.	Nadezda SERGEEVA	RUS	94	1:35:04
5.	Tatyana GABELLONE	ITA	84	1:35:51
6.	Stephanie STIGWOOD	AUS	90	1:36:24 PB 0:55
7.	Mayra PÉREZ	GUA	88	1:37:40
8.	Federica CURIAZZI	ITA	92	1:38:14
9.	Halina YAKOVCHUK	UKR	92	1:38:28
10.	Inga MASTIANICA	LTU	89	1:38:36
11.	Marie POLLI	SUI	80	1:38:45
12.	Barbara KOVÁCS	HUN	93	1:39:20
13.	Alina TSVILYI	UKR	94	1:40:00
14.	Lucie PELANTOVÁ	CZE	86	1:41:24
15.	Mariavittoria BECCHETTI	ITA	94	1:41:29
16.	Lucie AUFFRET	FRA	88	1:41:30
17.	Mylene ORTIZ	FRA	79	1:41:31
18.	Yevdokiya KOROTKOVA	RUS	79	1:42:24
19.	Monika HORNÁKOVÁ	SVK	95	1:42:51
20.	Valentyna MYRONCHUK	UKR	94	1:45:01
21.	Enora TREBAUL	FRA	94	1:45:42
22.	Elisa NEUVONEN	FIN	91	1:45:51
23.	Egle JUOCYTE	LTU	93	1:47:16
24.	Tiia KUIKKA	FIN	94	1:47:20
25.	Bethan DAVIES	GBR	90	1:48:23
26.	Marianna LENGYEL	HUN	94	1:49:49
27.	Hana HERBEROVÁ	CZE	81	1:50:29
28.	Rebecca COLLINS	IRL	91	1:55:45
29.	Eliška DRAHOTOVÁ	CZE	95	1:55:59
30.	Villo HAÁLA	HUN	93	1:56:15
31.	Emma PRENDIVILLE	IRL	93	1:58:06
32.	Lenka BOROVIKOVÁ	CZE	73	1:58:40
33.	Anna SELNÍKOVÁ	CZE	94	2:01:52
34.	Sona TYDOROVÁ	SVK	92	2:04:00
35.	Martina NETOLICKÁ	CZE	82	2:08:14
36.	Hana SVITÁKOVÁ	CZE	90	2:08:47
	Mirna Sucely ORTIZ FLORES	GUA	87	DQ
	Natalia PLOMINSKA	POL	92	DNF
	Hele HAAPANIEMI	FIN	93	DNF
	Monika KAPERÁ	POL	90	DNF
	Agnieszka SZWARNÓG	POL	86	DNF
	Johanna JACKSON	GBR	85	DNF
	Lucia CUBANOVÁ	SVK	95	DNF

The meet also hosted the Czech and Slovak 20km championships

CZECH RACE WALKING CHAMPIONSHIPS**Men 20km Race Walk**

1.	Pavel SCHROM	CZE	91	1:30:11
2.	Lukas GDULA	CZE	91	1:34:04
3.	Filip VESELOUŠ	CZE	95	1:35:03
4.	Ondrej MOTL	CZE	94	1:42:53
5.	Josef SMOLA	CZE	64	1:48:47
6.	Miroslav FLIEGL	CZE	54	1:54:51
	Karel KETNER	CZE	90	DNF

Women 20km Race Walk

1.	Anežka DRAHOTOVÁ	CZE	95	1:33:30
2.	Lucie PELANTOVÁ	CZE	86	1:41:24
3.	Hana HERBEROVÁ	CZE	81	1:50:29
4.	Eliška DRAHOTOVÁ	CZE	95	1:55:59
5.	Lenka BOROVIKOVÁ	CZE	73	1:58:40
6.	Anna SELNÍKOVÁ	CZE	94	2:01:52
7.	Martina NETOLICKÁ	CZE	82	2:08:14
8.	Hana SVITÁKOVÁ	CZE	90	2:08:47

SLOVAK RACE WALKING CHAMPIONSHIPS**1. Men 20km Race Walk**

2.	Matej TÓTH	SVK	83	1:20:51
3.	Patrik SPEVÁK	SVK	94	1:26:33
4.	Peter TICHÝ	SVK	93	1:28:31
5.	Milan RÍZEK	SVK	78	1:28:47
6.	Michal MORVAY	SVK	96	1:30:00
7.	Zdeno MEDERA	SVK	75	1:39:40
	Milan LINKEŠ	SVK	95	DNF

Women 20km Race Walk

1.	Mária CZÁKOVÁ	SVK	88	1:32:23
2.	Monika HORNÁKOVÁ	SVK	95	1:42:51
3.	Sona TYDOROVÁ	SVK	92	2:04:00
	Lucia CUBANOVÁ	SVK	95	DNF

Finally to the U20 and U18 races which saw large fields and great depth.

Men U20 10km Race Walk

1.	Miroslav ÚRADNÍK	SVK	96	42:36
2.	Bence VENYERCSÁN	HUN	96	42:49
3.	Gregorio ANGELINI	ITA	96	42:59
4.	Callum WILKINSON	GBR	97	44:15
5.	Tomas PAGIRYS	LTU	96	44:27
6.	Arturs MAKARS	LAT	97	44:36
7.	Florian MAYER	FRA	96	44:49
8.	Fredrik RØTNES	NOR	96	44:51
9.	Gianluca PICCHIOTTINO	ITA	96	45:19
10.	Kacper KOSECKI	POL	97	45:32
11.	Stefano CHIESA	ITA	96	45:39
12.	Volodymyr MYTSYK	UKR	97	46:01
13.	Daumantas LIUTINSKIS	LTU	99	46:04
14.	Dominik CERNÝ	SVK	97	46:14
15.	Amaury LAMIAUX	FRA	96	46:31
16.	Dmytro HARNYK	UKR	98	46:41
17.	Arkadiusz DROZDOWICZ	POL	98	47:01
18.	Jacob STUTZKE	GER	97	47:11
19.	Vít HLAVÁČ	CZE	97	47:12
20.	Tomáš GDULA	CZE	97	47:15
21.	Aaron EGAN	IRL	97	47:20
22.	Dorian ADAM	FRA	97	48:04
23.	Soma KOVÁCS	HUN	97	48:07
24.	Donát BURGER	HUN	97	48:22
25.	Stanislav MASHTAL	UKR	98	48:24
26.	Artturi OILA	FIN	96	48:57
27.	Paul KÖRNER	GER	97	49:06
28.	Marius RICHTER	GER	98	49:09
29.	Bálint SÁROSSI	HUN	0	49:48
30.	Tom PARTINGTON	GBR	99	49:52
31.	Rasmus LANG	FIN	97	50:02
32.	Anthony TOBIN	IRL	97	50:20
33.	Andrew BELL	IRL	97	50:57
34.	Alexandr MALYSA	CZE	97	51:22
35.	Lubomir DETKO	SVK	99	51:31
36.	Timothy SNOOK	GBR	98	52:51
37.	Mário NESNADNÝ	SVK	99	54:15
	Paul KLEY	GER	96	DNF
	Robert GOLAWSKI	POL	98	DNF
	Martynas JARUSEVICIUS	LTU	96	DNF
	Cameron CORBISHLEY	GBR	97	DQ
	Karl JUNGHANSS	GER	96	DQ

Women U20 10km Race Walk

1.	Noemi STELLA	ITA	97	46:56
2.	Katarzyna ZDZIEBLO	POL	96	48:11
3.	Živile VAICIUKEVICIUTE	LTU	96	48:36
4.	Eleonora DOMINICI	ITA	96	49:12
5.	Monika VAICIUKEVICIUTE	LTU	96	50:09

6.	Angelika AUGUSTYN	POL	96	50:10
7.	Annika BREMBACH	GER	96	50:20
8.	Olga NIEDZIALEK	POL	97	50:37
9.	Emma ACHURCH	GBR	97	50:39
10.	Enni NURMI	FIN	98	51:16
11.	Cecile DELEUZE	FRA	96	51:31
12.	Giada Francesca CIABINI	ITA	97	52:01
13.	Eloise TERREC	FRA	98	52:23
14.	Anna BABINCHUK	UKR	96	52:29
15.	Rita RÉCSEI	HUN	96	52:44
16.	Radoslava PILIAROVÁ	SVK	96	53:29
17.	Lisa LINKE	GER	97	53:50
18.	Veronica BURKE	IRL	96	54:02
19.	Dariya KHUSAYNOVA	UKR	98	54:33
20.	Lucia ŠKANTÁROVÁ	SVK	96	54:42
21.	Anna SÜDI	HUN	97	54:50
22.	Veronika KUBENKOVA	CZE	98	55:08
23.	Heather BUTCHER	GBR	97	56:24
24.	Olha HARNYK	UKR	96	56:39
25.	Marie LAVILLE	FRA	98	57:13
26.	Claire KENNEDY	IRL	97	57:56
27.	Rachel GLENNON	IRL	98	59:22
28.	Vera RAUHALA	FIN	97	59:48
29.	Ieva ŠUKEVICIUTE	LTU	96	60:18
30.	Nikoleta ABBATANTUONO	SVK	97	60:55
31.	Petra JENÍKOVÁ	CZE	96	67:15
	Domitille BACHELART	FRA	99	DNF
	Viktória BENCZIK	HUN	97	DNF

Men U18 5km Race Walk

1.	Giacomo BRANDI	ITA	98	22:04
2.	Filip SRBECKÝ	CZE	99	23:27
3.	Niklas RICHTER	GER	99	23:37
4.	Matyas GAJDOS	CZE	0	24:15
5.	Johannes FRENZL	GER	1	24:19
6.	Max WILHELM	GER	1	24:23
7.	Lubomir KUBIŠ	SVK	1	24:38
8.	Robert ZUREK	GER	0	24:51
9.	Ryan GOGNIES	FRA	0	25:35
10.	Dávid VARGA	HUN	1	26:58
11.	Vencel GÁL	HUN	1	27:23

Women U18 5km Race Walk

1.	Teresa ZUREK	GER	98	23:47
2.	Anthea MIRABELLO	ITA	99	24:08
3.	Sophie LEWIS	GBR	99	24:17
4.	Julia RICHTER	GER	99	24:33
5.	Angelica MIRABELLO	ITA	99	24:45
6.	Austeja KAVALIAUSKAITE	LTU	0	24:49
7.	Ema HACUNDOVÁ	SVK	99	24:51
8.	Josephine GRANDI	GER	0	25:04
9.	Molly Jade DAVEY	GBR	98	25:30
10.	Patricia BÓCZ	HUN	98	25:42
11.	Daphne DIMANOPULOSZ	HUN	99	25:47
12.	Julia HENZE	GER	98	26:03
13.	Sophie LEHMANN	GER	0	26:22
14.	Katerina ARLTOVÁ	CZE	0	26:23
15.	Pauline BARZ	GER	98	27:14
16.	Hana BURZALOVÁ	SVK	0	27:36
17.	Ellen N. SJØBLOM	NOR	99	27:49
18.	Lucie NOVÁKOVÁ	CZE	98	28:10
19.	Felicia LAMOUREUX	FRA	1	28:16
20.	Barbora LEJSKOVÁ	CZE	0	28:18
21.	Laura Petronella KOMORÓCZY	HUN	99	28:35
	Bibiána KUKLICOVÁ	SVK	99	DNF



Open winners Virbalyte and Linke and Junior winners Uradnik and Noemi



The 20km pack early on

57TH CHALLENGE FACOETTI WALK MEET, MONTREUIL, FRANCE, SUNDAY 12 APRIL

There is no stopping Emmanuel Tardi who was up 5am on the Sunday morning in Podegrady and off to the airport and on a 9:30am flight to Paris,. By 2pm, he was one of about 60 walkers on the start line in Montreuil for the 57th Challenge Facoetti, one of the oldest walk meets in France. The races were held in sunny and hot weather on a 1km lap which was walked partially on the road and partially on the track.

In the men's 20km event, victory went once again to French 50km champion Hugo Andrieu (1:35:06) and the women's 20km event went to local walker Marine Quennehen (1:45:36) while the team challenge was won by Italian club Lazio di Roma. For the record,, Emmanuel finished the 20km walk in 2:35:18 and probably then went home for a good sleep!

20km Open Women

1.	QUENNEHEN Marine	Ca Montreuil 93	SEF/91	1:45:36
2.	LANOUE Severine	Avia Club Issy-les-moulx	SEF/85	1:57:49
3.	MANFRE Raffaella (Ita)	Centro Lazio Rome	VEF/74	2:01:17
4.	FRANCHIN Celia	Paris Uc	SEF/87	2:01:30
5.	LE BASTARD Sophie	Plm Conflans	SEF/90	2:02:17
6.	BETTO Linda (Ita)	Centro Lazio Rome	VEF/77	2:06:14
7.	MENNESSON Nicole	Entente Oise Athletisme	VEF/65	2:06:36
8.	DAOULAS Roxanne	Tregueux Athletisme	ESF/94	2:06:47
9.	LETERTRE Marine	Lannion Athletisme	SEF/91	2:07:47
10.	STEINVILLE Nathalie	Asfi Villejuif	VEF/64	2:15:37
11.	LEMOGNE Jocelyne	C.c. Taverny Athletisme	VEF/54	2:20:23
12.	STEUX Laurence	Mouy Atac	VEF/63	2:22:02
13.	THOULE Floriane	Athletisme Le Bourget Drancy	ESF/95	2:32:02
	GALMICHE Catherine	Ca Groupe Gonesse Villiers Bel	VEF/57	AB

20km Open Men

1.	ANDRIEU Hugo	Uavh Aubagne	SEM/92	1:35:06
2.	SIZORN Arnaud	Ula Quimper Cornouaille	SEM/92	1:36:34
3.	RAMON Fabrice	Grand Angouleme Athletisme	VEM/70	1:37:26
4.	BOULCH Mael	Pays De Landerneau Athletisme	SEM/90	1:37:55
5.	PREVEL Jean-michel	Athle Pays De Fougeres	SEM/84	1:40:25
6.	HADULA Ludovic	Charleville Mezieres Athletism	SEM/87	1:41:02
7.	SECHE Nicolas	Stade Lavallois	SEM/80	1:41:59
8.	GALICIA Alfredo	Entente Angevine Athletisme	VEM/66	1:42:21
9.	CASSAGNES Adrien	Stade Rodez Athletisme	ESM/94	1:43:34
10.	LANGLOIS Denis	Avia Club Issy-les-moulx	VEM/68	1:44:15
11.	BOLDRINI Federico (Ita)	Centro Lazio Rome	SEM/88	1:45:11
12.	GIORDANO Manuel (Ita)	Centro Lazio Rome	ESM/95	1:45:54
13.	LEGENTIL Laurent	Dynamic Aulnay Club	SEM/88	1:46:33
14.	NASO Andrea (Ita)	Centro Lazio Rome	VEM/60	1:49:04
15.	DELECOLLE Sebastien	Us Athletiques De Lievin	SEM/77	1:49:37
16.	DEQUIN Alain	Ula Quimper Cornouaille	VEM/66	1:49:42
17.	LEGENTIL Marc	Dynamic Aulnay Club	SEM/84	1:50:30
18.	ROBIDOU Philippe	Athle Pays De Fougeres	VEM/59	1:53:36
19.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	1:55:02
20.	MARIE Frederic	Ouest Yvelines Athle	VEM/61	1:55:30
21.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	1:56:41
22.	BERGEAL Arthur	Elan 91	SEM/84	1:56:55
23.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	SEM/76	1:58:39
24.	BECQUERELLE Maxime	Stade Dieppois	SEM/92	2:03:47
25.	LABORY Gerard	Ula Quimper Cornouaille	VEM/56	2:06:22
26.	VICTOR Etienne	Ca Groupe Gonesse Villiers Bel	VEM/64	2:06:44
27.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	2:07:42
28.	DEMAERSCHALK Patrick (Bel)	Sambre & Meuse Athlétique Club	VEM/55	2:14:37
29.	MARIE Franck	Plm Conflans	VEM/65	2:17:36
30.	DE ROQUEFEUIL Jacques	Ca Montreuil 93	VEM/55	2:25:34
31.	FARAGO Bela	Ecla Albi	VEM/48	2:26:37
32.	TARDI Emmanuel	LP Longjumeau	VEM/67	2:35:18
	MOLMY Damien	Lille Metropole Athletisme	SEM/88	AB
	COSSET Raphael	Ca Montreuil 93	SEM/79	AB
	RACHIDI Malik	Usm Audonnienne	VEM/56	AB
	COURAGE Frederic	Saint Denis Emotion	VEM/69	AB
	FESSELIER Fabian	Caen Athletic Club	ESM/94	AB
	GOULEY Fabien	Us Ivry	SEM/83	AB
	CZAJA Jean-claude	Ga Meusien	VEM/49	AB

10km Junior Women

1.	CORTESI Maria teresa (Ita)	Centro Lazio Rome	JUF/96	55:52
2.	FIORENDI Marta (Ita)	Centro Lazio Rome	JUF/96	59:00
3.	LIARD Laura	Athletisme Le Bourget Drancy	JUF/96	1:02:14
4.	LANGLOIS Cloe	Dynamic Aulnay Club	JUF/97	1:02:48
5.	GRAND Meryl	Saint Denis Emotion	JUF/96	1:10:47

10km Junior Men

1.	SOUABER Yanis	Amiens Uc	JUM/96	47:31
2.	DANCHOT Julien	Ea St Quentin En Yvelines	JUM/96	58:37
3.	FOURNIVALE Ilies	Athletisme Le Bourget Drancy	CAM/98	1:02:19

AFRICAN RACE WALKING CHAMPIONSHIPS, MAURICE, MAURITIUS, 11-12 APRIL 2015

Well, they've supposed to have been held last weekend but, even though they were part of the official IAAF Racewalking Challenge Series, no results are available as yet. Perhaps next week?

USATF 20KM PAN AM CUP TRIALS, WHITING, NJ, SUNDAY 12 APRIL

Alas, another big race with no results online as yet. There is a great photo talk by Jeff Salvage at <http://www.racewalk.com/> and some unofficial times are quoted with the photos. Again, it will be a case of waiting till next week for the official results which I believe are to be posted to <http://www.farcnj.com/>

OUT AND ABOUT

- Chris Rael interviews Erica Sena and Andres Chocho on their recent races in Europe and their future plans. Tune in to Racewalk Planet Radio at <http://racewalkplanetradio.blogspot.com/>. It's a mixture of Spanish and English.
- Sergey Bubka has revealed more in-depth IAAF presidency plans with the launch of his IAAF presidential campaign manifesto entitled *Taking Athletics to New Heights* which features eight key pillars of plans for the future of the sport including protecting the integrity of athletics and transforming athletics for the modern sporting era. Read more at <http://www.athleticsweekly.com/featured/sergey-bubka-launches-election-manifesto-for-iaaf-presidency-20866/#yELsDR9KliUj3uCU.99>. *Taking Athletics to New Heights* can be viewed in full via www.sergeybubka.com.
- Racewalking Australia now has a new webpage at <http://www.rwa.org.au/> and a new facebook page at <https://www.facebook.com/pages/Race-Walking-Australia/440536169443332>. Better bookmark them for future reference.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

The Marciadalmondo website is now up and running with its new design giving the ability to choose whether to view the site in Italian or English. And it works really well. Here are the new articles for this week (English versions of course for our readers)

- Sat 11 Apr - full results and race report and photos from Podebrady http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2066
- Fri 10 Apr - World Indoor lists for 2015 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2065
- Fri 10 Apr - Portrait of Fumio Imamura, coach of the new 20km world record holder Suzuki http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2064
- Thu 9 Apr - Big international fields for the Rio Maior walk meet next weekend http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2063
- Wed 8 Apr - Preview of Japanese 50km championship, to be held on Sunday 19 April in Wajima http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2062
- Wed 8 Apr - Preview of Rio Maior walk meet next weekend http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2061
- Tue 7 Apr - Italian team to compete in Podebrady the coming weekend http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2060

The omarchador blog continued on as usual with 10 press releases

- Mon 13 Apr – Results of Challenge Facoetti in Montreuil, France <http://omarchador.blogspot.pt/2015/04/57-challenge-facoetti-em-montreuil.html>
- Mon 13 Apr - Indian walkers to compete in Rio Maior meet <http://omarchador.blogspot.pt/2015/04/de-rio-maior-para-rio-de-janeiro.html>
- Sun 12 Apr - Linke and Virbalyté triumph in Podebrady <http://omarchador.blogspot.pt/2015/04/linke-e-virbalyte-triunfam-em-podebrady.html>
- Sat 11 Apr - Japan leads the way in the world of racewalking <http://omarchador.blogspot.pt/2015/04/japao-na-lideranca-da-marcha-atletica.html>

- Fri 10 Apr - Preview of Podebrady meet
<http://omarchador.blogspot.pt/2015/04/podebrady-este-sabado-na-83-edicao.html>
- Fri 10 Apr - Savanovic wins national 10km road title in Leskovac, Serbia
<http://omarchador.blogspot.pt/2015/04/savanovic-triunfa-em-leslovac-servia.html>
- Thur 9 Apr - Preview of next weekend's Rio Maior meet
<http://omarchador.blogspot.pt/2015/04/rio-maior-vai-organizar-24-edicao-do.html>
- Wed 8 Apr - Results of Bulgarian walk championships
<http://omarchador.blogspot.pt/2015/04/campeonatos-de-marcha-atletica-da.html>
- Tue 7 Apr - Portugal selects 2 walkers for the European Racewalking Cup 50km
<http://omarchador.blogspot.pt/2015/04/fpa-anuncia-seleccao-de-50-km-para.html>
- Tue 7 apr - Luís Correia stands out in Venissieux, France
<http://omarchador.blogspot.pt/2015/04/luis-correia-destaca-se-em-venissieux.html>

NEW VRWC CLUB RECORDS RATIFIED

We have changed slightly the way our VRWC Club Records are going to be ratified. Rather than announce them week by week, we are now ratifying them in our monthly committee meetings and then announcing them in one batch. Since our last committee meeting, we have had 3 new club records which read as follows

Kyle Swan	U16 10km Road Walk	44:20	AA Invitational, Adelaide	22/02/2015
Kyle Swan	U16 10,000m Track Walk	43:50.85	Aust Junior T&F Champs, Sydney	13/03/2015
Rebecca Henderson	U14-U16 10,000m Track Walk	53:44.49	Aust Junior T&F Champs, Sydney	13/03/2015

Well done to Kyle and Bec on their great performances.

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 Key Dates

Sat 25 Apr, 2015	First VRWC roadwalks at Middle Park, 2:15PM onwards
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY
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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. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
May 2016	27 th IAAF World Race Walking Team Championships, 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, Niarobi, Kenya

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 Team Championships, 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, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)