



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 31
30 April 2013



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au/>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

TIM'S WALKER OF THE WEEK

This week I go across the Tasman for my Walker of the Week and focus on New Zealand's top walker **Quentin Rew**. Quentin, now based at Leeds in England, won the Naumburg 20km roadwalk on Sunday in a time of 1:22:16, a 40 second PB and yet another A qualifier in the leadup to this year's IAAF World Championships in Russia.

Quentin has made huge inroads into his times over the past 18 months and was one of the big improvers in the Olympic 50km where he finished 30th in a PB of 3:55:03. Since then, he has been racing superbly over the shorter distances, recording 19:52.43 for 5000m in Athlone in Ireland and 1:22:56 for 20km in Lugano last month. Now he has improved even further with his first New Zealand record.

Sunday's performance took four seconds off Craig Barrett's national record set in Adelaide in 1998. Quentin went through the first 5km mark in 20:44 and then walked each subsequent 5km faster, recording 20:41, 20:27 and 20:24, to win the race by 21s. He has already been named in the New Zealand team for the world championships in Moscow in August, in the 50km race walk event but has now shown his all round talent with his two 20km A qualifiers.



Quentin walks alongside South African Marc Mundell in last year's Olympic 50km in London (photo www.zimbio.com)

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 27 APRIL 2013

Last Saturday saw the VRWC Winter Season kick off at Middle Park in inner Melbourne in very windy conditions. The day clashed with the AV Cross Country Relays so a number of our walkers were missing but we still saw 84 competitors and large fields in all divisions. And the big news is that the day ran smoothly all with events getting off on time and no issues. Terry Swan was there with his camera and has uploaded a good variety of photos to our photo gallery at <http://www.vrwc.org.au/coppermine/>. All photos are labelled so you can always search on your name and the date of the event to make life easier.

Stuart Cooper sends our results in each week to the Melbourne Age and the Melbourne Herald Sun and most times they do get a guernsey. This week, they didn't make it into the Herald Sun but they did make it into the Age online results - see <http://www.theage.com.au/sport/results/sport-results-for-saturday-april-27-20130427-2im6h.html>.

And a special welcome to all our first time walkers this week - **Donna Urquhart, Milly and Marley Berntsen, Taylor Vasiljevic, Nikola Mandic, Mackenzie Mielczarek, Natalie and Bianca Morrow, Kate Daly, Meg Sparkes, Alexandra Charlotte and Angus Hay, Clare Noonan, Angela Lane and Marcus Byron**. And welcome back to **Megan Szirom** (over from Adelaide), **Nicole Hallett** and **Cassie Raselli**.

Our events this week were points events, meaning that all current club members were vying for Actual Time, Handicap and Style Award points. Note that handicaps points can only be allocated if the walker has subsequently walked that or a similar distance in the recent pass in VRWC competition. That means that first up walkers can't get Handicap points this week but they will be eligible on our next points day. You can read more about our points competitions at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

The 8km Open event saw Megan Szirom 41:12 and Simon Evans 41:07 walk very impressively to take line honours while Emily Hamilton 48:20 and Cody McNicol-Davidson scored maximum handicap points.

| 8km Open | Time | Hcp |
|---------------------------|-------------|------------|
| 1. Megan Szirom | 41:12 | |
| 2. Emily Hamilton | 48:20 | 1 |
| 3. Cassie Raselli | 52:26 | |
| 4. Kylie Irshad | 53:02 | |
| 5. Donna Elms | 56:49 | 3 |
| 6. Chloe McNicol-Davidson | 58:28 | 2 |
| | | |
| 1. Simon Evans | 41:07 | 5 |
| 2. Mark Donahoo | 43:29 | 2 |
| 3. James Christmass | 43:37 | 3 |
| 4. Bernie Keirl | 45:47 | |
| 5. Russ Dickenson | 50:20 | 7 |
| 6. Bob Gardiner | 51:03 | 4 |
| 7. Murray Dickinson | 53:33 | 6 |
| 8. Gerard Feain | 53:58 | 9 |
| 9. Cody McNicol-Davidson | 54:52 | 1 |
| 10. Geoff Barrow | 59:01 | 8 |
| Ross Reid | DNF | |
| Brad Simpson | DNF | |
| David Smyth | DNF | |

The Open 4km winners were Sandra Geisler 21:22 and Nathan Brill 16:58 (super fast as usual!) while the U15 4km winners were Paige De Lisen 22:56 and Kyle Swan 20:27. We certainly had big numbers in these events.

| 4km Open | Time | Hcp |
|-----------------------|-------------|-------------|
| 1. Sandra Geisler | 21:22 | 1 |
| 2. Stephanie George | 22:06 | 9 |
| 3. Heather Carr | 23:18 | 8 |
| 4. Liz Feldman | 24:27 | 2 |
| 5. Donna Urquhart | 24:56 | |
| 6. Emily Swan | 25:04 | 7 |
| 7. Nicole Hallett | 25:50 | 3 |
| 8. Gwen Steed | 26:06 | 4 |
| 9. Robyn Shaw | 26:44 | 11 |
| 10. Alison Thompson | 26:58 | 12 |
| 11. Carly Bertrand | 27:20 | 10 |
| 12. Margaret Beaumont | 35:37 | 4 |
| 13. Pam Mews | 37:55 | 6 |
| Milly Berntsen | DNF | First timer |
| Jasmine Irshad | DNF | |
| | | |
| 1. Nathan Brill | 16:58 | 4 |
| 2. Tony Barrett | 25:34 | 1 |
| 3. Paul Tremigliozi | 27:33 | 5 |
| 4. Rudolf Skrucany | 28:33 | 7 |
| 5. John Morrison | 28:48 | 2 |
| 6. Barrie Wicks | 30:25 | 3 |
| 7. Bruce Conboy | 30:27 | 6 |
| 8. Alex Poore * | 32:21 | |
| 9. Ian Beaumont * | 34:34 | |
| Gordon Onley | DQ | |
| | | |
| 4km Under 15 | Time | Hcp |
| 1. Paige De Lisen | 22:56 | 4 |
| 2. Philippa Huse | 23:09 | 1 |
| 3. Lauren Collis | 24:06 | |

| | | | |
|-----|-------------------|-------|-------------|
| 4. | Georgia Bertrand | 24:10 | 3 |
| 5. | Taylor Vasiljevic | 24:11 | First timer |
| 6. | Rebecca Henderson | 25:15 | 7 |
| 7. | Jessica Lillie | 25:20 | 5 |
| 8. | Brodie Richardson | 25:52 | 8 |
| 9. | Gabbie Crea | 25:54 | 2 |
| 10. | Madeleine Feain | 28:59 | 6 |
| | Marley Berntsen | DNF | First timer |
| 1. | Kyle Swan | 20:27 | 1 |
| 2. | Reese Walmsley | 21:56 | 3 |
| 3. | Lachlan Feain | 27:32 | 2 |



Simon Evans, Megan Szirom, Milly Berntsen, Taylor Vasiljevic, Donna Urquhart and Nicole Hallett

Our U12 and U9 walk fields were also big with lots of new walkers and they certainly found it tough in the very windy conditions. Mikhala Hodges 11:05, Corey Dickson 11:02, Hayley Woolfe 6:06 and Jared Hodges 5:45 were our winners. Nikola Mandic also walked excellently with his time of 11:03.

2km Under 12

| | | | |
|-----|----------------------|-------|-------------|
| 1. | Mikhala Hodges | 11:05 | 4 |
| 2. | Kathleen O'Mahony | 11:30 | 1 |
| 3. | Brianna Lillie | 12:06 | 6 |
| 4. | Tegan Miller | 12:10 | 2 |
| 5. | Mackayla Davison | 12:13 | 3 |
| 6. | Arnika Nelson | 13:03 | |
| 7. | Mackenzie Mielczarek | 13:31 | First timer |
| 8. | Natalie Morrow | 13:43 | 5 |
| 9. | Bianca Morrow | 14:42 | First timer |
| 10. | Chelsea McDonald | 15:02 | |
| 11. | Kate Daly | 16:27 | First timer |
| 12. | Meg Sparkes | 16:27 | First timer |
| 13. | Alexandra Hay | 16:48 | First timer |
| 1. | Corey Dickson | 11:02 | 1 |
| 2. | Nikola Mandic | 11:03 | First timer |
| 3. | Bede Collis | 13:12 | |
| 4. | Hayden Walmsley | 13:37 | 2 |

1km Under 9

| | | | |
|----|---------------|-------|-------------|
| 1. | Hayley Woolfe | 06:06 | 2 |
| 2. | Gemma Lillie | 06:15 | 1 |
| 3. | Brianna Briet | 06:59 | 3 |
| 4. | Clare Noonan | 07:01 | First timer |
| 5. | Charlotte Hay | 07:16 | First timer |
| 6. | Angela Lane | 07:16 | First timer |
| 1. | Jared Hodges | 05:45 | 1 |
| 2. | Marcus Byron | 06:00 | First timer |
| 3. | Angus Hay | 08:56 | First timer |



Alexandra Hay, Clare Noonan, Charlotte Hay and Bianca Morrow



Angus Hay, Angela Lane, Mackenzie, Mielczarek, Marcus Byron and Meg Sparkes



Kate Daly, Nicola Mandic, Brodie Richardson, Marley Berntsen, Natalie Morrow and Margaret Beaumont

And a big thank you to our many officials and judges and canteen staff who ensured that the day was so successful. Sorry if I have missed anyone!

| | |
|------------------|---|
| Setup | Bob Gardiner, Stuart Cooper, Russ Dickenson, Tim Erickson, Jason Elms, Ross Reid, Peter Vysma |
| Officials | Tim Erickson, Mark Donahoo, Damien Elms, Jason Elms, Don McLaren, Ian Laurie, Aaron McDonough Jason Kozica, Michael Bodey, Justin McLaren (bike) |
| Judges | Peter Vysma (Chief), Ralph Bennett, Gordon Loughnan, Graham George, Stuart Cooper, Brenda Felton, David Cash |
| Canteen | Barb Gardiner, Wendy Cooper, Marlaine Stanway, Kate Suich |
| Photos | Terry Swan |

STYLE AWARD POINTS

We also opened up with our first Style Award points, as voted by our judges. Points were as follows

| Open & U15 Men | | Open & U15 Women | | U9 & U12 Boys | | U9 & U12 Girls | |
|----------------|----------------|------------------|------------------|---------------|-----------------|----------------|------------------|
| 6 | Nathan Brill | 9 | Megan Szirom | 8 | Nikola Mandic | 5 | Gemma Lillie |
| 5 | Mark Donahoo | 6 | Heather Carr | 4 | Jared Hodges | 3 | Mikhala Hodges |
| 4 | Bob Gardiner | 6 | Emily Hamilton | 3 | Corey Dickson | 3 | Hayley Woolfe |
| 3 | Simon Evans | 4 | Stephanie George | 2 | Hayden Walmsley | 3 | Brianna Briet |
| 3 | Bernie Keirl | 2 | Paige De Lisen | | | 2 | Mackayla Davison |
| 1 | Russ Dickenson | 1 | Cassie Raselli | | | 2 | Brianna Lillie |
| | | 1 | Jessica Lillie | | | 1 | Clare Noonan |

WHAT'S COMING UP

Next Saturday sees our first Victorian Open Championships, over 10km. This is a chance to see our top walkers in action so don't miss it. And we have our usual selection of VRWC events on offer as well. And remember we are always after volunteers to lapscore, help with setup and with canteen duties. Just see me at any stage and I can point you in the right direction.

Firstly note that the **coaching session** scheduled for next Saturday has been **postponed to Saturday 1st June** due to a scheduling clash. Also, **we have decided to take our U9 and U12 walkers for a warmdown after their races each Saturday, for those who want to do a bit of a run with some stretching and exercises. We will remind people before the walks each Saturday. It will of course be an optional extra for them.**

Saturday 4th May 2013, Middle Park

AV & VRWC Events, Entries for handicap events close at 2.00pm sharp

| | | | |
|--------|-------------|---|-----------------------------|
| 2.15pm | 10km | AV Championship | Open, 40+, 50+ Men |
| | | Winner of the Open Men's event is awarded the Bert Gardiner Medal | |
| 2.15pm | 10km | AV Championship | Open, 40+, 50+ Women |
| 2.15pm | 10km | Handicap | Open |
| 2.15pm | 5km | Handicap | Open |
| 2.15pm | 3km | Handicap | Open |
| 2.15pm | 3km | Handicap | Under 15 |
| 2.30pm | 1.5km | Handicap | Under 9 |
| 2.40pm | 2.5km | Handicap | Under 12 |

A reminder that we are scheduling a **VRWC Club Working Bee** on **Sunday 5th May from 10AM till noon**. It will be at our clubrooms in Middle Park and we intend to undertake some major cleanup activities. Many hands make light work so if you can come along, we look forward to seeing you there.

Internationally, next **Wednesday 1st May** sees the **Coppa Città di Sesto San Giovanni** in **Sesto San Giovanni, Italy** where I believe that a number of our Australian walkers will be in action - Tanya Holliday, Jess Rothwell, Dane Bird-Smith and Rhydian Cowley. Good luck everyone. You can read a bit of a preview of this event at http://www.marciaitaliana.com/dett_news.asp?id=1366 and see the start lists at http://www.marciaitaliana.com/dett_news.asp?id=1384.

ACT WALKING CLUB ROADWALKS, ACACIA INLET, CANBERRA, SATURDAY 27 APRIL

Thanks to Robin Whyte for the latest results from Canberra

6km Walk

| | | |
|----|-----------------|-------|
| 1. | Ashleigh Resch | 34:37 |
| 2. | Zoe Hunt | 37:03 |
| 3. | Kate Black | 37:27 |
| 4. | Helena Bialecki | 39:40 |
| 5. | David Mackenzie | 45:43 |
| 6. | John Gloe | 50:44 |
| | Cilla Chapman | DNF |
| | Bob Chapman | DNF |

12km Walk

| | | |
|----|----------------------|---------|
| 1. | Ann Staunton-Jugovic | 1:10:49 |
| 2. | Colin Heywood | 1:13:11 |
| 3. | Robin Whyte | 1:18:25 |
| 4. | Geoff Barker | 1:27:41 |
| 5. | Derek Robinson | 1:29:20 |
| 6. | Jennifer Gilchrist | 1:33:56 |
| 7. | Doug Fitzgerald | 1:33:57 |
| 8. | Robyn Saunders | 1:35:00 |
| 9. | Val Chesterton | 1:43:52 |

3km Walk

| | | |
|----|-----------------|-------|
| 1. | Jillian Hosking | 15:09 |
| 2. | Peter Baker | 16:53 |
| 3. | Jack Thackray | 26:09 |

1km Walk

| | | |
|----|----------|------|
| 1. | Tom Hunt | 6:49 |
|----|----------|------|

| |
|---|
| SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 APRIL |
|---|

Thanks to Peter Crump for his weekly report from Adelaide. He commented: Yet another excellent time from Kim Mottrom as he continues to post PBs week after week. Also good times from Amber and Rhiannon over 3km, Joe over 2km and good competition over the 1km distance between Victoria, Summer and Madeleine.

15km

| | | |
|----|-----------------|---------|
| 1. | Kim Mottrom | 1:08:38 |
| 2. | Peter Crump | 1:25:55 |
| 3. | Gloria Holliday | 1:30:37 |
| 4. | Trevor Mayhew | 1:30:58 |
| 5. | Bill Starr | 1:48:17 |
| 6. | Jim Hoare | 1:56:31 |

2km

| | | |
|----|-------------------|-------|
| 1. | Joe Cross | 10:33 |
| 2. | Rhiana Hooker | 11:30 |
| 3. | Samantha Findlay | 12:47 |
| 4. | Tristan Camilleri | 13:02 |
| 5. | Hayley Goode | 13:08 |
| 6. | Rachel Kameniar | 13:18 |
| 7. | Chloe Upton | 13:42 |

5km

| | | |
|----|--------------------|-------|
| 1. | Anna Cross | 27:12 |
| 2. | Danielle Walsh | 28:34 |
| 3. | Jordan McKenna | 29:52 |
| 4. | Rio Tyler-Dowd | 33:46 |
| 5. | Michael Nicolaidis | 34:24 |
| 6. | Louisa Mitchell | 35:19 |
| 7. | Barbara Cain | 35:31 |

1km

| | | |
|----|-------------------|------|
| 1. | Victoria Upton | 6:53 |
| 2. | Madeleine Wallace | 7:01 |
| 3. | Summer Pelentsov | 7:08 |

3km

| | | |
|----|--------------------|-------|
| 1. | Amber Tuscharski | 16:18 |
| 2. | Rhiannon Lovegrove | 16:46 |
| 3. | Jay Goode | 17:13 |
| 4. | Bethany Cross | 17:48 |
| 5. | Ayeisha Wallace | 20:24 |

| |
|---|
| AUSTRALIAN LITTLE ATHLETICS U13 CHAMPIONSHIPS, CANBERRA, SUNDAY 28 APRIL |
|---|

Little Athletics ACT hosted teams from around Australia last Sunday with U13 athletes competing in the Teams event and U15 athletes competing in a multi-event style competition. The challenge for each State is to try to cover all the U13 events with a team that has a maximum size of 22 (11 boys and 11 girls). This means that States do not necessarily send their best specialist athletes but may well choose to send athletes who can score points in more than one event. Hence while the U13 competition featured a 1500m walk, it did not necessarily see the top U13 walkers from around Australia competing. The medallists are always top notch but when you look further down the results list, you see those athletes for whom walking is very much a second string in the bow. NSW scooped the walks pool with wins to Raquel Roukos and Kyle Bedford with very good times.

Sadly Victoria left its two State racewalking champions (Hayley George and James Burren) at home and the Victorians who contested the walks were non-walkers who had to train up quickly for the events in the context of a few team training sessions. This is very disappointing from a State racewalking perspective and highlights the somewhat artificial nature of this particular championship. From a personal perspective, I would prefer to see this meet dropped in favour of a real Championship that actually brings together the top athletes from each state in each Track and Field discipline. Further, U13 is really too young for such an event - I would much prefer to see a real championship meet focusing on the U15 age group. Full walk results below.

U13 Girls 1500m Walk

| | | | |
|-----|-------------------|-----|----------|
| 1. | Raquel Roukos | NSW | 7:01.59 |
| 2. | Leah McDonald | NSW | 7:15.26 |
| 3. | Katie Hayward | QLD | 7:17.65 |
| 4. | Hannah Richardson | TAS | 7:22.29 |
| 5. | Gabby Hunt | ACT | 7:34.06 |
| 6. | Mikayla Johns | WA | 7:45.88 |
| 7. | Courtney Thwaites | QLD | 8:03.39 |
| 8. | Laura Pease | ACT | 8:10.42 |
| 9. | Alexie Barlow | VIC | 8:34.27 |
| 10. | Alice Randall | TAS | 8:39.87 |
| 11. | Kate Boulter | VIC | 9:27.62 |
| 12. | Anika Gosling | WA | 10:47.70 |
| 13. | Hiroimi Hill | SA | 12:01.79 |
| 14. | Janeth Golding | SA | 12:28.42 |

U13 Boys 1500m Walk

| | | | |
|-----|-----------------|-----|----------|
| 1. | Kyle Bedford | NSW | 7:02.04 |
| 2. | Callum Burns | ACT | 7:18.23 |
| 3. | Alix Harlington | SA | 7:23.17 |
| 4. | Thomas McDonald | WA | 7:39.58 |
| 5. | Dylan Eddowes | ACT | 7:54.80 |
| 6. | Ben McShane | TAS | 8:03.33 |
| 7. | Jonah Mead | QLD | 8:07.59 |
| 8. | Liam Kelly | NSW | 9:22.56 |
| 9. | Liam Birch | WA | 9:23.62 |
| 10. | Yuan Chow Lui | VIC | 9:32.29 |
| 11. | Matthew Green | SA | 9:39.55 |
| 12. | Zane Branco | QLD | 9:43.25 |
| 13. | Jesse Clements | TAS | 11:30.16 |
| 14. | Shane Skidmore | VIC | 11:30.37 |

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SUNDAY 28 APRIL

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Didn't walk yesterday, rotten cold all week so gave a hand with the judging. Beaut weather, bit breezy, a few ups and downs in the 4k course. Good to see Valmai Padget and Jill Rogers out walking again.

4km yacht handicap

| | | | |
|----|-------------------|-------|-----|
| 1. | Valmai Padget | 33:14 | W68 |
| 2. | Roger Lowe | 29:11 | M70 |
| 3. | Steve Taylor-Hull | 31:57 | |
| 4. | Jeff Kennett | 35:33 | M62 |
| 5. | Kristine Freeman | 33:03 | |
| 6. | Jill Rogers | 34:48 | W68 |
| 7. | Lillian Harpur | 37:47 | W65 |

8km yacht handicap

| | | | | |
|----|-----------------|---------|-----|--------|
| 1. | Marie Maxted | 0:54:14 | W52 | 69.05% |
| 2. | Phil Coles | 1:02:39 | M62 | 59.58% |
| 3. | Edna Bates | 1:10:40 | W60 | 57.73% |
| 4. | Rodger Barber | 1:01:41 | M75 | 70.78% |
| 5. | Graham Harrison | 0:54:13 | M69 | 74.45% |
| 6. | Raelene Schild | 1:04:17 | W48 | 55.95% |
| 7. | David Robertson | 1:11:05 | M79 | 65.17% |
| 8. | Norman White | 1:07:29 | M54 | 61.31% |

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 28 APRIL

Thanks to Paul Rance for his report from Bendigo.

The Bendigo Walkers Club's Winter Season of racewalking commenced on Sunday morning at Lake Neanger with excellent conditions prevailing as competitors raced over 2km or 5km. In the 2km event, the handicap section was won by Keilor athlete Georgia Bertrand with Zahra Hayes taking 2nd place and snaring fastest time honours while Madison Hill finished in 3rd place. Barb Bryant scored a narrow victory in the handicap section of the 5km event with Norm West 2nd and Ebony Whiley in 3rd place and Zoe Boldiston claimed fastest time.

2km Handicap Walk

| | | |
|----|------------------|-------|
| 1. | Georgia Bertrand | 11.24 |
| 2. | Zahra Hayes | 11.00 |
| 3. | Madison Hill | 13.02 |
| 4. | Sheridan Commons | 17.14 |

5km Handicap Walk

| | | |
|----|----------------|-------|
| 1. | Barb Bryant | 30.33 |
| 2. | Norm West | 41.17 |
| 3. | Ebony Whiley | 29.49 |
| 4. | Peter Curtis | 29.31 |
| 5. | Zoe Boldiston | 26.02 |
| 6. | Geoff Major | 39.21 |
| 7. | Carly Bertrand | 38.42 |

Next Sunday racing will again commence at 9.30am at Lake Neanger with sealed handicap events over 1.6km and 8km. Enquirers phone 0400649610 Or 5442 6435.

QRWC ROAD WALK HANDICAPS, KALINGA PARK, BRISBANE, SUNDAY 21 APRIL

Now back a week to Sunday 21st April for the results from Kalinga Park in Brisbane.

A Grade 10km

| | | |
|----|-----------------|-------|
| 1. | Dane Bird-Smith | 42.00 |
| 2. | Rhydian Cowley | 43.11 |
| 3. | Brandon Dewar | 44.18 |
| 4. | Nick Dewar | 46.08 |
| 5. | Peter Bennett | 52.01 |
| 6. | Paul Lindenberg | 61.45 |
| 7. | John Harris | 65.04 |
| 8. | George Megas | 80.39 |
| | Jesse Osborne | DNF |

B Grade 5km

| | | |
|----|----------------------|-------|
| 1. | Kyle Malone | 24.26 |
| 2. | Jasmine Dighton | 27.37 |
| 3. | Mikaela Woodward | 28.41 |
| 4. | Sally Lynch | 35.29 |
| 5. | Doug Miles | 37.15 |
| 6. | Richard Lynch | 38.45 |
| 7. | Christiane Dauphinet | 40.00 |

| | | |
|----|-----------------|-------|
| | Brad Aiton | DNF |
| 1. | Jessica Pickles | 57.03 |
| 2. | Katya Martin | 58.04 |
| 3. | Nyle Sunderland | 58.17 |
| 4. | Kay Shaw | 65.31 |
| 5. | Donna Beikoff | 68.53 |
| 6. | Noela McKinven | 77.33 |
| 7. | Denise Fellows | 77.49 |

| | | |
|--------------------|---------------------|-------|
| C Grade 3km | | |
| 1. | Clara Smith | 14.24 |
| 2. | Robyn Wales | 23.34 |
| 3. | Maurice Dauphinet * | 26.47 |

| | | |
|--------------------|------------------|-------|
| D Grade 2km | | |
| 1. | Caitlin Hannigan | 12.44 |

| | | |
|--------------------|---------------|------|
| E Grade 1km | | |
| 1. | Abby Hannigan | 6.33 |
| 2. | Tess Hannigan | 8.12 |

NAUMBURG INTERNATIONAL RACEWALK MEET, NAUMBURG, GERMANY, SUNDAY 28 APRIL

Last Sunday saw the 44th edition of the Naumburg International Racewalking meet (see <http://www.racewalking-naumburg.de>) in Naumburg, Germany. A city in the former East Germany, Naumburg was their racewalking centre and has a proud history as does this annual event. And this year, it had an Australasian flavour as New Zealand ace **Quentin Rew** won the men's event in a PB time of 1:22:16. The German 20km championship went to second placed Hagen Pohle in a time of 1:22:37 (also a PB) and third place went to 50km specialist Christopher Linke with 1:23:37. Australian **Brendon Reading** was also competing in the men's 20km but unfortunately failed to finish. Anne Halkivaha from Finland won the non-championship women's 20 km in 1:35:17.

Quentin has made huge inroads into his times over the past 18 months and was one of the big improvers in the Olympic 50km where he finished in a PB of 3:55:03. Since then, he has been racing superbly over the shorter distances, recording 19:52.43 for 5000m in Athlone in Ireland and 1:22:56 for 20km in Lugano last month. Now he has improved even further with his first New Zealand record. Sunday's performance took four seconds off Craig Barrett's national record set in Adelaide in 1998. Quentin went through the first 5km mark in 20:44 and then walked each subsequent 5km faster, recording 20:41, 20:27 and 20:24, to win the race by 21s. He has already been named in the New Zealand team for the world championships in Moscow in August, in the 50km race walk event. Here is what he had to say on facebook

Unofficial NZ record today, 1:22.16 for 20km. The record that seemed the furthest away a year ago is the first one I've broken - more to come I hope! Plus a win in an international competition a.k.a Naumburg, which was pretty cool. Stood on top of the podium to the national anthem, which was a nice surprise.

The top placings were

20km Men

| | | | | |
|-----|--------------------------|------|-----------------------|---------|
| 1. | Rew, Quentin | 1984 | New Zealand | 1:22:16 |
| 2. | Pohle, Hagen | 1992 | SC Potsdam | 1:22:37 |
| 3. | Linke, Christopher | 1988 | SC Potsdam | 1:23:37 |
| 4. | Dohmann, Carl | 1990 | SCL-Heel Baden-Baden | 1:23:55 |
| 5. | Gloger, Nils Christopher | 1990 | SC Potsdam | 1:24:01 |
| 6. | Boyce, Brendan | 1986 | Ireland | 1:24:38 |
| 7. | Gomez Cruz, Cristian | 1992 | Mexico | 1:25:02 |
| 8. | Brembach, Nils | 1993 | SC Potsdam | 1:25:35 |
| 9. | Lehmborg, Marcel | 1992 | SCC Berlin | 1:27:14 |
| 10. | Ojala, Aleksi | ???? | Finland | 1:27:33 |
| 11. | Conolly, Creighton | 1988 | Canada | 1:29:13 |
| 12. | Borsch, Steffen | 1973 | SV Halle e.V. | 1:33:49 |
| 13. | Janker, Andreas | 1983 | LG Röthenbach/Pegnitz | 1:34:44 |
| 14. | Svensson, Christer | 1969 | Sweden | 1:39:30 |
| 15. | Talcott, David | 1960 | USA | 1:41:27 |

20km Women

| | | | | |
|-----|------------------------------|------|------------------------|---------|
| 1. | Schenker, Bianca | 1974 | LG Vogtland | 1:44:36 |
| 2. | Heckmann, Annette | 1978 | SV Otterberg | 1:46:40 |
| 3. | Schröter, Brit | 1974 | LG Vogtland | 1:49:13 |
| 4. | Glandorf, Franziska | 1993 | DJK Arminia Ibbenbüren | 1:51:19 |
| 5. | Schmidt, Sabine | 1980 | SpVgg Niederaichbach | 1:55:25 |
| 6. | Schmidt, Tina | 1989 | SV Halle e.V. | 1:57:42 |
| 7. | Primas, Barbara | 1965 | TSG Esslingen | 1:59:35 |
| 8. | Hörl, Nicole | 1971 | Diezer TSK Oranien | 2:00:45 |
| 9. | Wälde, Lisa | 1993 | TV Biberach | 2:00:51 |
| 10. | Sarembe-Stegmaier, Christine | 1966 | LSG Aalen | 2:02:16 |
| 11. | Unterholzner, Maria | 1968 | SpVgg Niederaichbach | 2:02:36 |
| 12. | Markgraf, Yvonne | 1975 | LG Süd Berlin | 2:08:08 |
| 13. | Wälde, Sylvia | 1966 | TV Biberach | 2:08:20 |
| 14. | Spanner, Franziska | 1987 | SpVgg Niederaichbach | 2:10:33 |
| 15. | Kahr, Antje | 1966 | THW Kiel | 2:13:31 |

U20 walker Luke Hickey of Ireland won the men's 10km with 43.52 while U18 walker Henrika Parviainen of Finland won the women's 5km with 24.16. Full results can be seen at <http://www.racewalking-naumburg.de/resources/Ergebnis-International.htm>.

JAPANESE 50KM CHAMPIONSHIP, WAJIMA, JAPAN, SATURDAY 20 APRIL

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/04/takayuki-tanii-conquistou-titulo.html>) for these results.

Takayuki Tanii won the Japanese National 50km championship with 3:44:25 a week ago in Wajima. The event, held on a 2km circuit, saw 17 starters - 14 Japanese and 3 Koreans. With intermediate splits of 44.47, 1:29:31, 2:14:19 and 2:58:52, he was not far outside his PB of 3:43:56, recorded in this same event last year when he finished third. Koichiro Morioka took second with 3:50:51 and Takafumi Higuma was the third Japanese with 3:59:55. South Korean Chilsung Park, competing as a guest, actually finished in third position with 3.54 .03.

Japanese National 50km Championship

| | | | |
|----|------------------|------|---------|
| 1. | Takayuki Tanii | 1983 | 3.44.25 |
| 2. | Koichiro Morioka | 1985 | 3.50.51 |
| 3. | Takafumi Higuma | 1982 | 3.59.55 |
| 4. | Takahiro Sakuma | 1991 | 4.13.18 |
| 5. | Takahito Otsubo | 1985 | 4.18.32 |
| 6. | Tatsuya Taniguti | | 4.19.42 |
| 7. | Takeshi Okuma | 1983 | 4.20.26 |
| 8. | Munehiro Omoto | | 4.23.29 |

MEXICAN ROADWALKING CHAMPIONSHIPS, BOCA DEL RIO, MEXICO, SUNDAY 21 APRIL

Thanks to the oMarchador blog (see <http://omarchador.blogspot.pt/2013/04/flores-e-caballero-ganham-campeonatos.html>) for the results of the Mexican Roadwalk Championships, also held a week ago in Boca del Rio, in the state of Vera Cruz. This is where the Central American and Caribbean Games are scheduled to be held in 2014. Numbers were very big with 117 walkers in total as this meet also hosted the Senior 20km and Junior 10km trials for next month's PanAm Games.

Diego Flores 1:22:16, Jesus Tadeo 1:22:39 and Isaac Palma 1:22:40 were all under the required time of 1:23:00 in the men's 20km and will join team mate Eder Sánchez who has already been pre-selected and strolled through with a quiet 1:33:59 as he recovers from a knee issue. Yanelli Caballero won the women's 20km with 1.34.58h ahead of Monica Equihua 1:35:14 and Lizbeth Silva 1:35:44, all three doing enough to ensure their PanAm selections. The future looks bright with Erwin González winning the Junior Men's 10km with 41.07Alejandra Ortega winning the Junior Women's 10km with 46.49.

20km Open Men

| | | |
|-----|-------------------------------|---------|
| 1. | Diego Flores Hinojosa | 1.22.16 |
| 2. | Jesus Tadeo Veja Ortiz | 1.22.39 |
| 3. | Isaac Palma Olivares | 1.22.49 |
| 4. | Omar Segura Mendoza | 1.23.28 |
| 5. | Carlos Sanchez Catera | 1.23.32 |
| 6. | Horacio Nava Reza | 1.25.02 |
| 7. | Alvaro Garcia Cordova | 1.25.10 |
| 8. | Christian de Jesus Gomez Cruz | 1.27.09 |
| 9. | Jorge Alejandro Martinez Baez | 1.27.36 |
| 10. | Ronald Quiste | 1.27.49 |
| 11. | Luis Amauri Bustamante | 1.30.01 |
| 12. | Luis Solis Rosales | 1.30.09 |
| 13. | Uziel Sanchez Aguilar | 1.30.19 |
| 14. | Hector Samuel Viesca Tovar | 1.31.08 |
| 15. | Clemente Ivan Garcia Salas | 1.31.58 |
| 16. | Heraclio Eder Sanchez Teran | 1.33.59 |
| 17. | Christian Berdeja | 1.34.28 |
| 18. | Etiel Soto Maldonado | 1.35.29 |
| 19. | Jesus Luna Rubio | 1.35.49 |
| 20. | Roberto Gonzalez Rios | 1.43.42 |
| 21. | Victor de Jesus Muñoz Flores | 1.45.52 |

DQs: Moises Ramirez Ramos, Getzemani Morales Mendoza and Alfredo Hernandez.

20km Open Women

| | | |
|----|---------------------------------|---------|
| 1. | Yanelli Caballero Garcia | 1.34.58 |
| 2. | Monica Equihua Solorzano | 1.35.14 |
| 3. | Lizbeth Silva Miranda | 1.35.44 |
| 4. | Guadalupe Gonzalez Romero | 1.37.02 |
| 5. | Zayra Jauregui Aguilar | 1.39.01 |
| 6. | Adriana Ochoa Cardona | 1.40.38 |
| 7. | Gabriela Gissel Gonzalez Huchin | 1.41.46 |

| | | |
|-----|--------------------------------|---------|
| 8. | Sandra Nevares Pizarro | 1.44.39 |
| 9. | Aura Libertad Morales Alvarez | 1.46.56 |
| 10. | Mariela Sanchez Teran | 1.50.13 |
| 11. | Juana Hernandez Vega | 1.54.51 |
| 12. | Angeles Ramirez Lopez | 2.02.44 |
| 13. | Emyllee Fernanda Chavez Cortes | 2.03.31 |

10km U20 Men

| | | |
|----|-------------------------------|-------|
| 1. | Alejandra Ortega Solis | 46.49 |
| 2. | Mildred Raya Macias | 49.06 |
| 3. | Jessica Citlally Tapia Moreno | 49.47 |
| 4. | Diana Garcia Peralta | 50.29 |
| 5. | Montserrat Ortega Solis | 51.02 |
| 6. | Jovanna Ortega Peña | 51.53 |
| 7. | Valerio Ortuño Martinez | 52.42 |
| 8. | Roxana Mendez Flores | 53.12 |

21 competitors

10km U20 Women

| | | |
|----|--------------------------------------|-------|
| 1. | Erwin Guillermo Gonzalez Castellanos | 41.07 |
| 2. | Omar Pineda Bernal | 43.16 |
| 3. | Juan Jose Guerrero Galicia | 44.00 |
| 4. | Daniel Tinoco Sanchez | 44.12 |
| 5. | David Abraham Carrasco Mondragon | 44.16 |
| 6. | Enrique Martinez Gonzalez | 44.33 |
| 7. | Luis Raul Gonzalez | 44.40 |
| 8. | Isaac Sias | 44.51 |

39 competitors

PENN RELAYS RACEWALKS, PHILADELPHIA, PA, SATURDAY 27 APRIL

Canadian Evan Dunfee was the star of the Penn Relay racewalks in Philadelphia last Saturday, winning the men's 10km track walk in 40:51.37 ahead of Nick Christie 42:39.44 and Johathan Hallman 43:05.44. maria Michta won the women's 5000m with 22:17.91 ahead of Miranda Melville 22:48.90 and Katie Burnett 23:50.34.

Full results at http://penrelaysonline.com/Results/schedule.aspx?DB_OEM_ID=1720

Men's 10K Racewalk

| | | | |
|----|------------------|-----------------------------|----------|
| 1. | Evan Dunfee | Race Walk West | 40:51.37 |
| 2. | Nick Christie | Missouri Baptist University | 42:39.44 |
| 3. | Jonathan Hallman | Shore AC | 43:05.24 |
| 4. | Alex Chavez | Missouri Baptist University | 43:23.30 |
| 5. | Cody Risch | Cornerstone University | 44:29.63 |
| 6. | Michael Mannozi | Shore AC | 44:30.19 |
| 7. | Dan Sereanni | World Class Racewalkers | 51:49.07 |

Masters Men's 10k Racewalk

| | | | |
|----|-----------|----------|----------|
| 1. | Bill Vayo | Shore AC | 55:54.38 |
|----|-----------|----------|----------|

Junior Men's 10k Racewalk

| | | | |
|----|----------------|--------------------------|----------|
| 1. | Alex Peters | Elgin Sharks | 48:00.96 |
| 2. | Anthony Peters | Elgin Sharks | 49:45.10 |
| 3. | Spenser Dunn | Maine Racewalkers | 52:13.76 |
| 4. | Geraldo Flores | South Texas Walking Club | 52:53.98 |

Women's 5K Racewalk

| | | | |
|----|------------------|-----------------------------|----------|
| 1. | Maria Michta | Walk USA | 22:17.91 |
| 2. | Miranda Melville | NYAC | 22:48.90 |
| 3. | Katie Burnett | Unattached | 23:50.34 |
| 4. | Susan Randall | Miami Valley TC | 24:02.54 |
| 5. | Lauren Forgues | NYAC | 24:04.40 |
| 6. | Mereth Zalba | Missouri Baptist University | 24:17.55 |
| 7. | Rachael Tylock | Mansfield University | 25:00.03 |

Junior Women's 5K Racewalk

| | | | |
|----|-----------------------|-----------------------------|----------|
| 1. | Brittney Collins | Walk USA | 25:36.92 |
| 2. | Abby Dunn | Goshen College | 26:12.55 |
| 3. | Molly Josephs | Missouri Baptist University | 26:16.74 |
| 4. | Brenda McCollum | SE KS Walkers | 26:46.23 |
| 5. | Nicole Court-Menendez | Dakota Wesleyan | 28:01.61 |

| | | | |
|----|--------------------|--------------------------|----------|
| 6. | Amberley Melendez | South Texas Walking Club | 28:11.90 |
| 7. | Kasandra Rodriguez | South Texas Walking Club | 28:29.18 |
| 8. | Cassandra Delgado | Elgin Sharks | 29:29.11 |

High School Girls' 5K Racewalk

| | | | |
|-----|--------------------|---------------------|----------|
| 1. | Kaite Michta | Sachem | 25:16.27 |
| 2. | Monika Farmer | Connetquot | 25:22.90 |
| 3. | Annica Penn | Westhampton Beach | 26:09.68 |
| 4. | Holly Lindoe | Sachem East | 26:25.10 |
| 5. | Jiwon Kong | Townsend Harris | 26:26.92 |
| 6. | Natalie DeQuarto | Sachem | 26:28.81 |
| 7. | Sophia Mahin | Townsend | 26:30.33 |
| 8. | Melissa Tylock | Penfield | 27:11.21 |
| 9. | Allison McConville | Valley Stream North | 27:41.22 |
| 10. | Courtney Kiernan | Douglas MacArthur | 27:50.02 |
| 11. | Sarah La Porta | Sachem East | 27:58.22 |
| 12. | Valerie Auciello | Sachem East | 29:33.42 |

SOUTH AFRICAN STUDENT CHAMPIONSHIPS, DURBAN, SOUTH AFRICA, FRIDAY 26 APRIL

The South African Student Athletics Champs and South African Masters Athletics Champs were held in Durban last Friday with walkers competing over a 1km road course. Wayne Snyman won the men's 20km with 1:27:44 while Corli Swart won the women's 20km with 1:50:51.

Women 20km

| | | |
|----|---------------------|---------|
| 1. | Corli Swart | 1.50.51 |
| 2. | Jessica van Wyk | 1.51.41 |
| 3. | Michelle Hopkins | 1.53.55 |
| 4. | Chandri van Heerden | 2.05.07 |
| 5. | Inge Kotze | 2.06.11 |
| 6. | Rose Shabalala | 2.07.44 |

Men 20km

| | | |
|----|------------------|---------|
| 1. | Wayne Snyman | 1.27.44 |
| 2. | Mthembu Chauque | 1.42.28 |
| 3. | Mzwakhe Mavundka | 1.56.06 |
| 4. | Sheldon George | 1.58.31 |
| 5. | Jongoxolo Mani | 2.02.53 |

HUNGARIAN ROADWALKING CHAMPIONSHIPS, BEKESCSABA, HUNGARY, SUNDAY 28 APRIL

Emmanuel Tardi was in Hungary last Sunday for the Hungarian National 20km Championships which were held in Bekescsaba, 215km from Budapest, near the border with Bulgaria. The races were held on a large multi-lane road near the commercial centre of the city with the 20km races starting at 9AM. Ukrainian Vladyslav Svidnytskyi won the men's race with 1:28:34 while the Hungarian title went to Sándor Rác with 1:30:21. The women's race was won by Olympic walker Viktória Madarász with 1:39:07. Full race results can be found at http://www.masz.hu/images/stories/eredmenyek/2013/04Apr/20130428_ob_20_gy_fiat_ht.pdf. The main results follow

20km Men

| | | | | |
|-----|-----------------------|------|--------------------------|---------|
| 1. | Vladyslav Svidnytskyi | 1987 | UKR, Kijev | 1:28:34 |
| 2. | Rác Sándor | 1986 | Buda-Cash Békéscsabai AC | 1:30:21 |
| 3. | Srp Miklós | 1993 | Budapesti Honvéd SE | 1:34:41 |
| 4. | Tokodi Dávid | 1991 | Budapesti Honvéd SE | 1:38:40 |
| 5. | Bagdány Tomasz | 1995 | TSC-Geotech | 1:39:55 |
| 6. | Kolénéer Tibor | 1990 | Buda-Cash Békéscsabai AC | 1:45:51 |
| 7. | Venyercsán László | 1971 | Budapesti Honvéd SE | 1:52:51 |
| 8. | Csaba István | 1959 | Budapesti Honvéd SE | 1:57:30 |
| 9. | Kapéri Levente | 1984 | MVSI | 1:58:06 |
| 10. | Koltai Dávid | 1953 | Budapesti Honvéd SE | 1:59:45 |

20km Women

| | | | | |
|----|-------------------|------|--------------------------|---------|
| 1. | Madarász Viktória | 1985 | Buda-Cash Békéscsabai AC | 1:39:07 |
| 2. | Torma Anett | 1984 | Budapesti Honvéd SE | 1:47:34 |
| 3. | Kovács Barbara | 1993 | Buda-Cash Békéscsabai AC | 1:53:05 |
| 4. | Lengyel Marianna | 1994 | Buda-Cash Békéscsabai AC | 1:56:55 |
| 5. | Récei Petra | 1990 | Budapesti Honvéd SE | 1:57:31 |
| 6. | Sárdi Nikolett | 1990 | Budapesti Honvéd SE | 2:05:48 |
| 7. | Sonja Tydorova | 1992 | SC Dukla | 2:07:12 |

| | | | | |
|-----|------------------|------|---------------------|---------|
| 8. | Hornyik Petra | 1993 | MVSI | 2:07:25 |
| 9. | Medgyesi Nóra | 1991 | Hunyadi DSE | 2:15:53 |
| 10. | Matalin Brigitta | 1987 | Budapesti Honvéd SE | 2:23:24 |



Svidnytskyi, Racz and Mararasz in action (photos Emmanuel Tardi)

UK 20KM AND YAG ROADWALK CHAMPIONSHIPS, COVENTRY, ENGLAND, SUNDAY 28 APRIL

The UKA/RWA Open 20km roadwalk championships were held in Coventry last Sunday along with the RWA Youth Championships. The 20km events were won by Tom Bosworth with 1:27:49 and Bethan Davies with 1.44.15 and the Open fields were quite large. Full results are shown below.

Senior Men 20km

| | | | |
|-----|-------------------|---------------------|---------|
| 1. | Tom Bosworth | Tonbridge AC | 1.27.49 |
| 2. | Dominic King | Colchester Harriers | 1.32.36 |
| 3. | Jock Waddington | I.O.M Vets | 1.49.53 |
| 4. | Steve Uttley | Ilford AC | 1.52.32 |
| 5. | Richard Wild | Manx Harriers | 1.55.20 |
| 6. | Steve Allen | Barnet and District | 1.55.43 |
| 7. | Vinny Lynch | I.O.M Vets | 1.55.55 |
| 8. | Adrian Edwards | Lancashire WC | 1.57.39 |
| 9. | John Hall | Belgrave Harriers | 1.58.18 |
| 10. | Dave Walker | Manx Harriers | 1.58.30 |
| 11. | Steve Arnold | Nuneaton Harriers | 1.59.44 |
| 12. | David Crane | Surrey WC | 2.00.00 |
| 13. | John Ralph | Enfield Harriers | 2.05.57 |
| 14. | Chris Berwick | Leicester RWC | 2.07.10 |
| 15. | Roger Michell | Surrey WC | 2.08.26 |
| 16. | Paul King | Belgrave Harriers | 2.09.00 |
| 17. | John Constantinou | Birchfield Harriers | 2.09.51 |
| 18. | Chris Flint | Surrey WC | 2.11.24 |
| 19. | Malcolm Martin | Paddock Wood | 2.14.31 |
| 20. | Peter Hannell | Surrey WC | 2.15.37 |
| 21. | Colin Vesty | Leicester RWC | 2.16.15 |
| 22. | Mark Byrne | Redcar AC | 2.17.53 |
| 23. | Stuart Edgar | DASH | 2.18.32 |
| 24. | George Smolenski | Leicester RWC | 2.19.02 |
| 25. | Mark Palethorpe | Worcester AC | 2.19.06 |
| 26. | Sean Pender | Enfield Harriers | 2.19.23 |
| | Jonathon Hobbs | Ashford AC | dnf |
| | Trevor Diack | Ryston Runners | dnf |
| | Daniel King | Colchester Harriers | dq |
| | Bob Dobson | Ilford AC | dq |
| | Ian Richards | Steyping AC | dq |

Senior Women 20km

| | | | |
|-----|--------------------|------------------------|---------|
| 1. | Bethan Davies | Cardiff AC | 1.44.15 |
| 2. | Heather Lewis | Pembrokeshire Harriers | 1.47.51 |
| 3. | Grazina Narviliene | Belgrave Harriers | 1.50.41 |
| 4. | Michelle Turner | Northern AC. IOM | 1.51.26 |
| 5. | Rebecca Collins | University of Leeds | 1.54.49 |
| 6. | Brenda Gannon | Hyde Park Harriers | 2.00.17 |
| 7. | Marie Jackson | Manx Harriers | 2.01.34 |
| 8. | Khristina Belka | Aldershot & Farnham | 2.07.35 |
| 9. | Cath Duhig | Ryston Runners | 2.12.49 |
| 10. | Sue Davies | Aldershot and Farnham | 2.19.19 |
| 11. | Angela Martin | Paddock Wood AC | 2.22.53 |
| 12. | Geraldine Legon | Bexley AC | 2.27.23 |
| | Lauren Whelan | Belgrave Harriers | dnf |
| | Karen Davies | Birchfield Harriers | dnf |
| | Alana Barber | Hyde Park Harriers | dnf |
| | Maureen Noel | Belgrave Harriers | dq |

The underage events also saw some good performances including Ana Garcia (U13 Girls 2km 9:58), Cameron Corbishley (U17 5km 23.18), Callum Wilkinson (U17 5km 23.27) and Jamie Higgins (Junior 10km 43.36). The first 3 placings in each division are shown.

U13 Boys 2km

| | | | |
|----|--------------------|-------------------|-------|
| 1. | Benjamin Allen | Leicester WC | 11.20 |
| 2. | Sam Redfern | Nuneaton Harriers | 11.57 |
| 3. | Stephen Waddington | Manx Harriers | 13.39 |

U13 Girls 2km

| | | | |
|----|---------------|--------------------|-------|
| 1. | Ana Garcia | City of Sheffield | 9.58 |
| 2. | Evie Butcher | Cambridge Harriers | 10.54 |
| 3. | Alana Zeidler | City of Sheffield | 10.59 |

U15 Boys 3km

| | | | |
|----|-----------------|-----------------------|-------|
| 1. | Jack Leversidge | City of Sheffield | 16.36 |
| 2. | Chris Snook | Aldershot and Farnham | 17.19 |
| 3. | Tom Partington | Ramsey Grammar School | 17.25 |

U15 Girls 3km

| | | | |
|----|-------------------|--------------------|-------|
| 1. | Sophie Lewis Ward | Cambridge Harriers | 16.22 |
| 2. | Indigo Burgin | Cambridge Harriers | 18.50 |
| 3. | Amy Phipps | Neath Harriers | 20.08 |

U17 Boys 5km

| | | | |
|----|--------------------|----------------------|-------|
| 1. | Cameron Corbishley | Medway & Maidstone | 23.18 |
| 2. | Callum Wilkinson | Enfield and Haringey | 23.27 |
| 3. | Guy Thomas | Tonbridge AC | 24.28 |

U17 Girls 5km

| | | | |
|----|-----------------|--------------------|-------|
| 1. | Heather Butcher | Cambridge Harriers | 26.01 |
| 2. | Emma Achurch | Leicester WC | 26.25 |
| 3. | Ellie Dainton | Llanelli AC | 27.38 |

Junior Men 10km

| | | | |
|----|---------------|---------------|-------|
| 1. | Jamie Higgins | Leeds City AC | 43.36 |
| 2. | Alex Eaton | Manx Harriers | 49.40 |
| 3. | Adam Cowin | Manx Harriers | 50.27 |

Junior Women 10km

| | | | |
|----|------------------|----------------|-------|
| 1. | Jasmine Nicholls | Leicester RWC. | 55.21 |
|----|------------------|----------------|-------|

Thanks to Mark Easton for permission to use the following photos, taken from his event gallery at <http://markeaston.zenfolio.com/f138433775>. Mark advises that the best way to view is to click on the photos of the event to enter the gallery and then click the Show All link near the bottom of the page.



Tom Bosworth, Jamie Higgins, Dominic and Daniel King and Ana Garcia in action (photos Mark Easton)



Cameron Corbishley (28) and Bethan Davies (52) in action (photos Mark Easton)

WALKING SHORTS

European champion Yohan Diniz leads the French walk selections for the European Cup Race Walking in Dudince, Slovakia, on May 19. He will compete in his specialty event, the 50 km. In the men's 20 km Kevin Campion and Aurelien Quinion were selected while Amandine Marcou, Emilie Menuet, Ines Pastorino and Emilie Tissot have been selected in the women's 20km team. The only junior girl will be Cecile Deleuze but the junior boy's team will fill all 3 places with Jean Blancheteau, Adrien Cassagnes and Yanis Souaber. Additions are still possible up till May 3rd.

The Slovak racewalking team has also been announced for the European Cup in Dudince and also looks strong.

M (20 km): Matej Tóth, Anton Kučmín, Dušan Majdán , Zdeno Babík

M (50 km): Martin Tišťan , Zdeno Medera , Dušan Krajčovič, Peter Tichý jnr.

W (20 km): Mária Czaková, Mária Gáliková, Miroslava Stašová, Katarína Strmeňová

The Japanese World Championships walk team has now been announced with Yusuke Suzuki and Takumi Saito in the men's 20 km, Takayuki Tanii, Hirooki Arai and Koichiro Morioka in the 50km and Masumi Fuchise and Kumi Otoshi in the women's 20km.

In last week's newsletter, I reported on the Jeff Ford walks in England. You can view lots of photos from the meet at Mark Easton's gallery - see <http://markeaston.zenfolio.com/f2301243>. Mark advises the best way to view is to click on the photos of the event to enter the gallery and then click the 'Show All' link near the bottom of the page

I also reported on the Podebrady meet in last week's newsletter. This following fantastic video includes lots of race footage and interviews: <http://www.ceskatelevize.cz/porady/10151523196-atletika/213471291012003-m-cr-v-chuzi-2013-podebrady>

ROMA (ITA): The Italian Antidoping National Tribunal has banned 2008 Olympic 50km champion Alex Schwazer for 3 years and 6 months. He tested positive for the recombinant erythropoietin in July 30 last year. His ban will end on January 30, 2016. Schwazer must also pay the cost of the proceedings worth 5500 Euro.

PATIALA (IND, Apr 24): Kushbir Kaur won the women's 20 km walk with 1:38:03 on the second day of the Indian Federation Cup.

BIRSTONAS (LTU, Apr 27): Local Lithuanian walker Marius Ziukas won the men's 20km with 1:23:43 while Latvian walker Agnese Pastare won the women's 10km with 45:19 ahead of Lithuanian walker Brigita Virbalyte who recorded 45:29.

Last Saturday saw round one of the Athletics Victoria Cross Country season when the 2013 Victorian Cross Country Relay championships were held at Jells Park. Record numbers participated and athsvicTV has produced its usual high quality video of the event. And amongst the interviewees is dual Olympic walker Chris Erickson who was running in the Athletics Essendon Division 1 team. Check it out at <http://www.youtube.com/watch?v=LgLDGTRB9no&feature=youtu.be>.

The AIS athletics program in Canberra will officially close tomorrow when Athletics Australia takes charge of scholarships and decides how much funding each athlete will receive. New AA high-performance director Simon Nathan talks to the Canberra Times in this interview: <http://www.canberratimes.com.au/sport/changes-at-ais-as-athletics-australia-takes-the-reins-20130427-2im23.html>.

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.

2013 Australian/Victorian Winter Season Key Dates

June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

2013 International Fixture

July 6-17, 2013 **27th Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
Aug 3-4, 2013 English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man
See www.isleofman100milewalk.co.uk
Oct 6, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2013 IAAF Race Walking Challenge - Remaining events

| | | |
|----------------|--|--------------------------|
| 1 May 2013 | Coppa Città di Sesto San Giovanni | Sesto S. Giovanni, Italy |
| 19 May 2013 | 10 th European Cup Race Walking | Dudince, Slovak Republic |
| 25-26 May | Pan American Walking club | Guatemala (venue TBA) |
| 1 June 2013 | XXVII Gran Premio Cantones de La Coruña | La Coruña, Spain |
| 29 June 2013 | Dublin Grand Prix of Race Walking | Dublin, Ireland |
| 10-18 Aug 2013 | 14 th IAAF World Championships in Athletics | Moscow, Russia |

2013 European Athletics Permit Meets - Remaining events

June 29, 2013 Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games, City TBA: Istanbul, Madrid, Tokyo**

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)