



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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21 May 2013



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TIM'S WALKER OF THE WEEK

My Walker of the Week this week is Athletics Nunawading walker **Brad Simpson**. Brad, who turned 20 last month, has made huge inroads into his times over the last 12 months. Two weeks ago he took bronze in the Victorian 10km championship with a PB 47:54 but on Saturday, his 10km split on the way to his Victorian 15km championship bronze was an even faster 47:16. PBs over the summer included 8:08 (2000m), 12:46 (3000m) and 22:22 (5000m) and now his latest road PBs confirm that the improvement continues apace.

Last year, Brad contested the Open 10 Mile walk in the LBG Carnival in Canberra but this year he has gone one better and has entered the prestigious 20 Mile championship. Good luck Brad!



Brad (right) with Jesse Osborne and Chris Erickson after Saturday's Victorian 15km championship

WHAT'S COMING UP

Next weekend it's a double header for our Victorian walkers. Saturday sees our next VRWC club races at Middle Park with Handicap Starts for the Open and U15 walkers. That means that the fastest walkers start last and will have to try to catch the slower walkers who will have headed off with varying leads, based on their club handicap. The person who finishes first wins the race. Because this sort of event takes a lot of organising, entries for the Open and U15 races close at 1:50PM rather than the usual 2PM.

Saturday 25th May 2013, Middle Park

VRWC EVENTS: Entries close for all events at 1.50pm sharp due to handicap start

2.15pm	8km	Handicap start	Open
2.15pm	4km	Handicap start	Open
2.15pm	4km	Handicap start	Under 15
2.45pm	1km	Handicap	Under 9
2.55pm	2km	Handicap	Under 12

Then, Sunday sees the **Victorian Country Roadwalking Championships in Ballarat**. Walkers from metropolitan clubs can also enter these Country Champs and compete by invitation and it is a chance to kick out a fast time on their great 1km loop in North Gardens, Lake Wendouree. Entry is via the online panel on the AV website - <http://www.athsvic.org.au/events/register/3807> - and AV

are keeping registrations open until Wednesday evening to give everyone a chance to enter. So get to it! Note that the RWV U10 and U12 championships can be entered on the day.

Sunday 26 th May 2013			
AV Country Championships, North Gardens, Lake Wendouree, Ballarat			
10.00am	10km	AV Country Championship	Open Men/Women
10.00am	5km	AV Country Championship	Under 20 Men/Women
10.10am	5km	AV Country Championship	Under 18 Men/Women
10.10am	5km		Open
10.50am	3km	AV Country Championship	Under 16 Boys/Girls
10.50am	3km	AV Country Championship	Under 14 Boys/Girls
11.15am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls
11.15am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls

Looking even further ahead, our club carnival on **Saturday 1st June** is the **first of our Prizes Days** with the pick of the table for the winner of each of the club handicap event in each of the 12 categories. If any club members or families have access to suitable prizes and can pass them onto us at cost price or equivalent, then we would be most grateful. I work on a budget of \$25 per prize. But sometimes I find it hard to get the old brain into gear and source enough prizes of a suitable variety to fill the table.

Finally, the big international races continue next weekend with the **Pan American Race Walking Cup** being held in **Guatamala City, Guatamala**. I look forward to reporting on this in next week's newsletter.

AV AND VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 18 MAY

Last Saturday saw the Victorian Open 15km roadwalk championships contested at Middle Park in just about perfect conditions - overcast, cool and still.

The men's event saw the same placegetters as for the 10km two weeks ago with Olympian **Chris Erickson** winning in 1:06:18 ahead of **Jesse Osborne** 1:08:36 and **Brad Simpson** 1:11:25 (a big PB). **Stuart Kollmorgen** walked his usual solid race to take fourth place with 1:14:27 while Masters maestro **Andrew Jamieson** broke his Victorian M65 15km record with a superb 1:14:44 for fifth place. And special mentions to **Simon Evans** who did a 10km PB of 49:51 on the way through - it was his first time under 50 minutes - and 15 year old **Adam Garganis** walked his first 15km. In the women's championship, Ballarat's **Kelly Ruddick** was in a class of her own, winning comfortably with 1:13:23. Behind her, **Michelle Laufer** 1:20:40 and **Sarah Brennan** 1:22:44 both walked PBs to take the minor medals.

Victorian Championship - 15km Open Men

1.	Chris Erickson	ATE	1:06:18	
2.	Jesse Osborne	BOH	1:08:36	
3.	Brad Simpson	ANW	1:11:25	PB 9:30
4.	Stuart Kollmorgen	COL	1:14:27	
5.	Andrew Jamieson	OSC	1:14:44	Victorian M65 Record
6.	Simon Evans	BOH	1:17:22	PB 10km 49:51
7.	James Christmass	COR	1:20:30	PB 2:43
8.	Adam Garganis	COL	1:21:49	First one
9.	Bernie Keirl	DIV	1:26:20	PB
10.	Russ Dickenson	SCA	1:30:46	
11.	David Armstrong	DIV	1:35:33	First one

Victorian Championship - 15km Open Women

1.	Kelly Ruddick	BHA	1:13:23	
2.	Michelle Laufer	COL	1:20:40	PB 0:30
3.	Sarah Brennan	BYC	1:22:44	PB 1:44
4.	Heather Carr	EAG	1:31:13	

The Victorian championships were held in conjunction with the Victorian Race Walking Club winter championships and it was another great turnout with 80 walkers contesting the various events on offer. There were lots of solid performances and it was good to see some of our junior walkers testing themselves out over 15km for the first time - **Cody McNicol-Davidson** 1:40:30, **Cassie Raselli** 1:41:46 and **Nicole Hallett** 1:45:05. It was also pleasing to see such good numbers in the U9 and U12 club championship events. Presentations were held after the day's racing had completed to round off the day. You can see a selection of photos that club photographer Terry Swan has uploaded to our photo galleries - <http://www.vrwc.org.au/coppermine/>.

VRWC Club Championship - 15km Open Women - Elsie Jacobson Trophy

1.	Kelly Ruddick	1:13:23
2.	Michelle Laufer	1:20:40
3.	Sarah Brennan	1:22:44
4.	Heather Carr	1:31:13
5.	Liz Feldman	1:36:32
6.	Donna Elms	1:42:36
7.	Robyn Shaw	1:43:40

8.	Karyn O'Neill	1:45:42
	Pam Tindal	DNF
	Kylie Irshad	DNF

VRWC Open 15km

1.	Bob Gardiner	1:30:48
2.	Gerard Feain	1:33:35
	Duncan Knox	DNF
	Josh Dillon	DNF
	Murray Dickinson	DNF

VRWC Club Championship - 15km Under 20 Women

1.	Cassie Raselli	1:41:46	First one
2.	Nicole Hallett	1:45:05	First one

VRWC Club Championship - 15km Under 20 Men

1.	Jesse Osborne	1:08:36	
2.	Adam Garganis	1:21:49	
3.	Cody McNicol-Davidson	1:40:30	First one

VRWC Club Championship - 5km Under 16 Girls

1.	Emily Hamilton	27:01	PB 0:49
2.	Paige De Lisen	28:17	PB 0:05
3.	Lauren Collis	36:43	
	Gabbie Crea	DQ	

VRWC Club Championship - 5km Under 16 Boys

1.	Reese Walmsley	25:29
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VRWC Club Championship - 3km Under 14 Girls

1.	Philippa Huse	16:45
2.	Jessica Lillie	17:53

VRWC Club Championship - 3km Under 14 Boys

1.	Kyle Swan	13:50	PB 0:08
2.	Lachlan Feain	18:03	PB 0:21

VRWC Club Championship - 2km Under 12 Girls

1.	Mackayla Davison	10:56	PB 0:10
2.	Mikhala Hodges	11:01	
3.	Kathleen O'Mahony	11:17	
4.	Brianna Lillie	11:53	
5.	Frances Collis	12:43	First one
6.	Lee Taylor	13:09	
7.	Mackenzie Mielczarek	13:24	PB 0:07
8.	Lararose Picioane	13:45	First one
9.	Chelsea McDonald	13:57	
10.	Meg Sparkes	15:45	PB 0:42
11.	Alexandra Hay	15:50	

VRWC Club Championship - 2km Under 12 Boys

1.	Corey Dickson	10:11	
2.	Nikola Mandic	10:19	PB 0:44
3.	Bede Collis	11:08	PB 2:04
4.	Hayden Walmsley	13:04	

VRWC Club Championship - 1km Under 9 Girls

1.	Hayley Woolfe	05:48	PB 0:01
2.	Brianna Briet	05:53	
3.	Gemma Lillie	06:01	PB 0:14
4.	Claire Noonan	06:50	PB 0:11
5.	Charlotte Hay	07:08	PB 0:08
	Angela Lane	DQ	

VRWC Club Championship - 1km Under 9 Boys

1.	Jared Hodges	05:28	PB 0:17
2.	Marcus Byron	05:32	PB 0:28
3.	Angus Hay	09:01	

VRWC Open 5km

1.	Stephanie George	25:59	
2.	Marlene Gourlay	29:27	
3.	Gwen Steed	32:00	
4.	Chloe McNicol-Davidson	32:55	
5.	Celia Johnson	35:24	
6.	Tracy Harvey *	41:28	First time
7.	Margaret Beaumont	42:50	
1.	Nathan Brill	20:15	
2.	Jason Kozica	23:21	
3.	Mark Donahoo	25:15	
4.	Nicholas Mirarchi	26:50	
5.	Tony Barrett	31:48	
6.	Geoff Barrow	33:34	
7.	Kevin Ruddick	36:37	
8.	John Morrison	37:18	
9.	Barrie Wicks	37:43	
10.	Bruce Conboy	38:06	
11.	Ian Beaumont *	43:13	



Jesse Osborne, Chris Erickson, Brad Simpson and Adam Garganis



Kelly Ruddick, Michelle Laufer, Sarah Brennan and Andrew Jamieson



Start of the 5km and 3km events last Saturday - Nathan Brill goes immediately to the front



Start of the U12 2km Club Championship

As usual, thanks to our many officials and judges who keep the show on the road. Sorry if I missed anyone.

Officials	Tim Erickson, Don McLaren, Stacey McLaren, Mark O'Mahony, Bob Hallett, Alan Lucas, Ian Laurie, Harry Summers, Susan Taylor, Marlaine Stanway
Checkin/Results	Mark Donahoo, Michael Bodey, Damien Elms
Judges	Ralph Bennett (Chief), Lloyd Nichols, Brenda Felton, Gordon Loughnan, Kathleen Marsh, Terry Swan, Daryl Biggin, Elke Raselli, Matt Owen, Michael Bodey (DQ Board), Peter Vysma (DQ Board), Justin McLaren (Bike), Diane Lowden (mentor)
Canteen	Barb Gardiner, Kate Suich, Marlaine Stanway
Camera	Frances Attard, Sabby George
Competitors	80

And finally, thanks to Frances Attard who mans the cameras each week alongside Terry Swan. She has passed onto me her video from the races of 11th May and it may now be seen on You Tube - <http://www.youtube.com/watch?v=NaeXD2kvz3w>. And I have finally got my screen sizings correct so the footage now looks correct perspective wise.

VRWC POINTS UPDATE

With 3 rounds of the VRWC winter season points competitions now completed, time for a progressive points score in each of the 3 competitions: check them out at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

RACEWALKING VICTORIA LBG TEAM FINALISED

The Racewalking Victoria team for next month's Lake Burley Griffin carnival has now been finalised and will be spearheaded by Olympians **Jared Tallent**, **Chris Erickson** and **Regan Lamble** (20 Mile) along with international representatives **Rachel Tallent** (10 Miles and 5km), **Jesse Osborne** (10 Miles) and **Jess Rothwell** (5km).

See <http://www.vrwc.org.au/documents/2013%20Canberra%20Entry%20List%2018%20May%202013.pdf>.

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 18 MAY

Thanks to Graham Harrison for the South Australian Masters roadwalks roundup from Adelaide. He commented: *Weather was a mild autumn day in Adelaide. We successfully used a new 2.5km course at Bonython Park this week for both walkers and runners. The course was relatively flat and very scenic around the River Torrens environment.*

As usual, George White led from the front with his 10km time of 56:17 (88.19% age graded).

10km Walk

1.	Edna Bates	1:26:37	W60	59.79%
2.	Marie Maxted	1:06:00	W50	72.45%
3.	Rodger Barber	1:16:30	M75	71.92%
4.	George White	0:56:17	M65	88.19%
5.	Colin Hainsworth	1:20:42	M80	77.40%
6.	Graham Harrison	1:08:44	M65	73.95%
7.	Jack Russell	1:03:01	M60	73.82%
8.	Raelene Schild	1:18:16	W45	58.15%

5km Walk

1.	Roger Lowe	0:37:10	M70	67.4%
2.	Phil Coles	0:37:51	M60	59.27%
3.	Jan Layng	0:39:07	W60	66.32%
4.	Helen Suridge	0:35:31	W60	71.25%
5.	Valmai Padget	0:41:24	W65	67.07%
6.	Jeff Kennett	0:48:06	M60	47.59%
7.	Fleur Woodhouse	0:46:10	W35	43.26%
8.	Brian Tyson	0:51:17		

SARWC ROAD RACES, ADELAIDE PARKLANDS, SATURDAY 18 MAY

Thanks to Peter Crump for his weekly report from the South Australian Walkers Club in Adelaide.

Short distances all round today, 5km at the max. Yet another fast time from Kim Mottrom, with Darren Bown gradually getting back into shape. Good to see Justin Hill and Troy Hooker on the mend after minor nuisance injuries interfered with their recent times. Nice times from Anna Cross and Alix Harlington over the 3km, with Joe Cross continuing to excel at 2km.

5km Walk

1.	Kim Mottrom	21:08	PB 0:03
2.	Darren Bown	23:09	
3.	Justin Hill	23:22	
4.	Megan Szirom	24:15	
5.	Peter Crump	26:29	
6.	Danielle Walsh	26:56	
7.	Troy Hooker	27:44	
8.	Louisa Mitchell	32:41	
9.	Bill Starr	33:50	
10.	Barb Cain	35:15	
11.	Jim Hoare	37:44	

1km Walk

1.	Summer Pelentsov	06:24
2.	Victoria Upton	06:26

2km Walk

1.	Joe Cross	10:44
2.	Rhiana Hooker	11:19
3.	Felicity Henderson-Wilson	11:40
4.	Samantha Findlay	12:04
5.	April De Silva	12:21
6.	Tristan Camilleri	12:24
7.	Mark Hooker	15:37

3km Walk

1.	Anna Cross	15:51
2.	Alix Harlington	16:05
3.	Rhiannon Lovegrove	17:35
4.	Sarah Damin	18:06
5.	Jake Vidler	18:50
6.	Michael Nicolaides	19:30

ACT WALKERS CLUB ROADWALKS, BLACK MOUNTAIN PENINSULA, SATURDAY 18 MAY

Thanks to Robin Whyte for his weekly report from Canberra.

17km Walk

1.	Colin Heywood	1:38:49
2.	Ann Staunton-Jugovic	1:43:02

5km Walk

1.	Ashleigh Resch	26:44
2.	Jane Bates	31:42

3.	Robin Whyte	1:50:55
4.	Bryan Thomas	2:01:30
5.	Derek Robinson	2:01:58
6.	Geoff Barker	2:10:33
7.	Bob Parker	2:11:59
8.	Rod Gilchrist	2:12:14
9.	Doug Fitzgerald	2:13:53
10.	Val Chesterton	2:33:52
	Brendon Reading	DNF

3.	Helena Bialecki	32:23
4.	Rosemary Parker	38:42
5.	Raine Thompson	47:06
6.	Pat Fisher	47:06
7.	Nola de Chazal	52:32

2km Walk

1.	Spencer Burns	09:38
2.	Jack Thackray	17:01
3.	Graham Jackson	21:24

1km Walk

1.	Laura Burns	5.54
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RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 19 APRIL

Thanks to Rick Cattermole for his report from the Racewalking Club of Western Australia in Perth.

5km Open

1.	Breanna Brown	28.52
2.	Caitlin Gerken	31.41

10km Open

1.	Vanessa Brown	58.21
2.	Michelle Butler	64.55

3km Open

1.	Jasmin Burgess	18.26
2.	Sara Cattermole	18.29
3.	Daniel Lowe	18.32
4.	Christopher Gerken	20.26
5.	Tina Kelzic	20.27

1.5km

1.	Ryan Kelzic	10.14
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WARWC ROADWALKS, PERTH, SUNDAY 19 MAY

And thanks to John Back for the walk results from the Western Australian Race Walking Club, also based in Perth.

5km Mixed Handicap

1.	Isabella Tolardo	29.56
2.	Tiahna Ruane	30.47
3.	Aimee Reid	37.59
4.	Ben Reid	33.17
5.	Lesley Romeo	38.59
6.	Georgia Curulli	37.48
	Holly Hughes	DNF

2km Mixed Handicap

1.	Hayley Ruane	13.20
2.	Sara Becker	13.51
3.	Sienna Andritsos	16.28
4.	Alessia Andritsos	16.39
5.	Hannah Watson	11.16

QRWC ROAD WALKS, MORNINGSIDE, SUNDAY 5 MAY

Back a couple of weeks for Queensland Race Walking Club who were at Morningside on Sunday 5th May.

A Grade Men 15km

1.	Peter Bennett	1:18.51
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C Grade 5km

1.	Brad Aiton	25.01
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A Grade Women 10km

1.	Donna Beikoff	1:07.08
2.	Noela McKinven	1:17.52
3.	Denise Fellows	1:17.53
4.	Jessica Wright	1:18.30

D Grade 3km

1.	Maurice Dauphinet *	26.50
2.	Mikaela Woodward	16.15

B Grade 8km

1.	John Musters	57.38
2.	Doug Miles	1:00.05
3.	Christiane Dauphinet	1:04.00

E Grade 2km

1.	Caitlin Hannigan	12.47
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F Grade 1km

1.	Adam Buchhorn	5.59
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NSWRWC ROAD RACES - KEVIN STONE MEMORIAL, NEPEAN, SATURDAY 11 MAY

And now back a week to Saturday 11th May when NSWRWC were at Nepean (Sydney) with the Kevin Stone Memorial. Numbers were good again with 57 walkers in attendance. Jay Felton 57:47 walked excellently to win the 12km by 1 minute from Tyler Jones 58:47 while Cheryl Webb was the fastest of the women with 60:16. Nicole Fagan was the fastest over 10km with 49:28 while Kyle

Bedford was in good form in the U16 2km with 9:38.

Long Division - 12km

1.	Jay Felton	57.47
2.	Tyler Jones	58.47
3.	Cheryl Webb	60.16
4.	Lauren Bourke	60.37
5.	Kirsty Klein	62.32
6.	Ian Jessurun	65.24
7.	Carl Gibbons	65.33
8.	Steven Washburn	65.39
9.	Shay Southern	71.19
10.	Anthony Albanese	74.36
11.	Joan Purcell	86.47
	Kyle Malone	DNF
	Tabitha Porley	DNF

Medium Division - 10km

1.	Nicole Fagan	49.28
2.	Jasmine Dighton	54.14
3.	Aiden Kerr	55.58
4.	Nathan Brown	57.55
5.	Adam Mylonas	60.01
6.	Amanda Barendregt	60.03
7.	Tony Psarianos	62.32
8.	Bryony Beasley	63.27
	Stephanie Grujuski	DNF

Short Division - 5km

1.	Derek Mulhearn	24.52
2.	Jasmyn McDonald	25.52
3.	Dylan Richardson	27.41
4.	Ryan Thomson	27.56
5.	Nicholas Douglas	29.16
6.	Tiffany Saker	31.54
7.	Ally Grujoski	32.56
8.	Nicolle Challinor	37.25
9.	Jenny Jones	37.25
10.	Jan Dodds	38.41

U16 Division - 2km

1.	Kyle Bedford	9.38
2.	Harrison Maven	9.54
3.	Eliza Delaine	10.05
4.	Yasmin Mills	10.37
5.	Samantha Brown	10.47
6.	Jasmine Fletcher	10.54
7.	Melissa Hoy	13.03
8.	Catherine Young	14.14

U12 Division - 1km

1.	Haley Mills	5.03
2.	Niamh Sanday	5.04
3.	Renee Hardy	5.10
4.	Bayden Little	5.16
5.	Brooke Martin	5.53
6.	Lachlan Becroft	6.08
7.	Morgan Little	6.33
8.	Logan Barendregt	6.35
9.	Jayda Thomson	6.40
10.	Reilly Jones	7.24
11.	Courtney Mavin	7.31
12.	Anna Jefferies	7.32
13.	Stacie Becroft	7.50
14.	Alexander Jefferies	7.52
15.	Brodie Douglas	7.53
16.	Aiden Hardy	10.13
17.	Ethan Martin	10.14
18.	Amelia Crocker	12.14
19.	Emily Challinor	12.14

10TH EUROPEAN RACE WALKING CUP, DUDINCE, SLOVAK REPUBLIC, SUNDAY 19 MAY 2013

And now to the big report for the week from the European Race Walking Cup, held on Sunday in Dudince, Slovakia. This much anticipated carnival brings the best European walkers together every second year and is very much a pointer to what we can expect in the IAAF World Championships in August.

First to point to some links that include excellent race reports and photos. The European Athletics website event reviews are superb and I have used them for my race reports. Of course, our intrepid European correspondent **Emmanuel Tardi** was in Dudince and has forwarded me his own photos which are also reproduced in this newsletter. Thanks mate!

<http://www.european-athletics.org/dudince-2013/11933-men-s-50km-diniz-claims-the-european-cup-race-walking-title-for-a-second-time.html>

<http://www.european-athletics.org/dudince-2013/11934-junior-men-s-10km-russian-duo-of-parshin-and-markov-dominate.html>

<http://www.european-athletics.org/dudince-2013/11935-women-s-20km-kirdyapkina-finally-converts-silvers-into-gold.html>

<http://www.european-athletics.org/dudince-2013/11936-junior-women-s-10km-medvedeva-cruises-to-easy-win.html>

<http://www.european-athletics.org/dudince-2013/11937-men-s-20km-sterlkov-holds-on-in-a-tight-finish.html>

Nicola Maggio has put his own reports and photos on the Marcia Italiana website (with English translations at the bottom).

http://www.marciaitaliana.com/dett_news.asp?id=1413

http://www.marciaitaliana.com/dett_news.asp?id=1414

http://www.marciaitaliana.com/dett_news.asp?id=1417

http://www.marciaitaliana.com/dett_news.asp?id=1418

http://www.marciaitaliana.com/dett_news.asp?id=1419

And finally, Athletics Ireland reports on the good walk from their top walker Robbie Heffernan.

<http://www.athleticsireland.ie/content/?p=32156>

We are indeed spoilt for news! And now onto the specific race reviews.

50km Men - Diniz claims the European Cup Crown for the second time

If it was down to Yohann Diniz all races would be held in Dudince – and all would have the word 'European' in front of them. The Frenchman had already recorded a sharp 3:49:00 in March in the Slovakian spa town, and on Sunday took the race by the scruff of the neck to record a second European Cup Race Walking triumph to go with two gold-lined European Championships.

He was a sorry figure at last year's Olympics and World Championships, but on this particular stretch of road and with the Euro carrot dangling in front – Diniz consumed it whole. Niggling injury worries behind him, once he took the lead just before 15k, the rest were playing catch-up. Had he taken a little less time to high five fans on the last lap as well as an unscheduled pit-stop at 40k, he would have easily clawed back the 10 seconds that denied him the European Cup record held by Russia's Vladimir Kanaykin.

Early on, it took only four laps before the leading Russian pair was lapping the back markers. Unsurprisingly, Alexey Bartsaykin and the little known Konstantin Maksimov were heading the charge joined at the 5k-mark by Diniz in 22:33. Mikhail Ryzhov and Ivan Noskov shadowed 20 yards behind, and in their wake, two Poles and two from Ukraine were also biding their time. But if there was ever a doubt about the task facing the recording table, nearly half the field of 49 had been lapped already.

By 10k (45:04), all four Russians crowded the Frenchman with the equally divided Poland/Ukraine quartet 31 seconds back. However, the rest of the field were disparate ones and twos, except for the Portuguese team through almost a minute behind at this point. Diniz opted for breathing space and eased forward eight seconds at 15k. He increased it by five at 20k (1:20:48) with the Russians a minute plus ahead of everyone else. Increasing the gap to almost a minute at 30k (2:14:05) the relentless pace set by Diniz as the sun rose took its toll on first Maksimov who drifted from his team-mates at this point, recovered, and then saw Bartsaykin lag as the Frenchman recorded a couple of quick laps at 4:24 each.

As he turned the screw, the Russians were done team bonding. It was every man for himself, with Ryzhov forcing the split and the other two also showing gaps between each other. The first Russian held on for a seven-minute improvement, although he almost limped across the line in contrast to the sprightly Diniz who had time to kiss the mascot. Noskov came through for bronze. Ihor Hlavan was on two disqualification cards for more than 30k, but the walker from Ukraine defied the odds for fourth, and Poland's Grzegorz Sudol used his experience to claim fifth.

Jesus Angel Garcia was a winner on this course an amazing 12 years ago. Where the 43-year-old gets his enthusiasm from is anyone's guess, but in a last 100m sprint, the Spaniard held off team-mate Claudio Villanueva, nine years his junior, by two seconds to claim 11th, and only a little over eight minutes slower than 2001.

Diniz was delighted to have come back from a poor couple of years. "It's true I seem to be inspired by European competition, and I don't know why. I like Dudince. It's a small town, but it has a big, big heart and it inspires me. The problems I had over the last two years are known, but I'm particularly pleased to have won here. Because it was very, very hot, I think it gives me even more hope for the World Championships later this year."



Diniz breaks away from the lead Russians (photo Emmanuel Tardi)

1.	Yohann Diniz	1978	France	3:41:08
2.	Mikhail Ryzhov	1991	Russia	3:44:42
3.	Ivan Noskov	1988	Russia	3:45:32
4.	Ihor Hlavan	1990	Ukraine	3:46:10

5.	Grzegorz Sudol	1978	Poland	3:46:42
6.	Ivan Banzeruk	1990	Ukraine	3:47:36
7.	Konstantin Maksimov	1982	Russia	3:47:49
8.	Rafał Sikora	1987	Poland	3:48:14
9.	Serhiy Budza	1984	Ukraine	3:49:25
10.	Aléxandros Papamihail	1988	Greece	3:51:06
11.	Jesús Ángel García	1969	Spain	3:52:38
12.	Claudio Villanueva	1988	Spain	3:52:40
13.	Oleksiy Kazanin	1982	Ukraine	3:54:41
14.	José Ignacio Díaz	1979	Spain	3:54:48
15.	Jean-Jacques Nkouloukidi	1982	Italy	3:56:33
16.	Teodorico Caporaso	1987	Italy	3:56:46
17.	Pedro Isidro	1985	Portugal	3:57:10
18.	Michał Stasiewicz	1988	Poland	3:57:29
19.	Mikel Odriozola	1973	Spain	4:02:48
20.	Lorenzo Dessi	1989	Italy	4:06:45
21.	Micheal Doyle	1987	Ireland	4:08:03
22.	Cédric Houssaye	1979	France	4:08:10
23.	Xavier Le Coz	1979	France	4:09:41
24.	Pedro Martins	1968	Portugal	4:12:38
25.	Luís Gil	1975	Portugal	4:13:03
26.	Dzianis Krauchuk	1987	Belarus	4:18:39
27.	Pavel Yarokhau	1982	Belarus	4:19:55
28.	Dionísio Ventura	1979	Portugal	4:25:37
29.	Dávid Tokodi	1991	Hungary	4:28:03
30.	Peter Tichy	1993	Slovakia	4:34:46
31.	Milan Rizek	1978	Slovakia	4:36:28
32.	Dusan Krajcovic	1984	Slovakia	4:50:02
33.	Zdenko Medera	1975	Slovakia	4:51:26
34.	Yury Varanchuk	1983	Belarus	4:51:42
	Stanislav Tanchev	1975	Bulgaria	DQ
	Margus Luik	1980	Estonia	DQ
	Dominic King	1983	G.B. & N.I.	DQ
	Nils Gloger	1990	Germany	DQ
	Tomas Gaidamavičius	1987	Lithuania	DQ
	Łukasz Augustyn	1990	Poland	DQ
	Aleksey Bartsaykin	1989	Russia	DQ
	Alex Florez	1971	Switzerland	DQ
	Dzmitry Dziubin	1990	Belarus	DNF
	Jarkko Kinnunen	1984	Finland	DNF
	Aku Partanen	1991	Finland	DNF
	Viktor Nemes	1989	Hungary	DNF
	Federico Tontodonati	1989	Italy	DNF
	Ričardas Rekest	1987	Lithuania	DNF
	Marius Cocioran	1983	Romanina	DNF

10km Junior Men - Russian Duo of Parshin and Markov Dominate

They tried to tie the race – but the two leading Russians forgot all about electronic recording. Nikolay Markov and Pavel Parshin held hands aloft as they crossed the finish line, but that pesky tenth of a second split them at last. The latter got the nod, but you can bet the room they share at the Saransk Walking Centre in Russia sees the two medals side by side on their table. The pair was exactly that from the gun, inseparable, save for a couple of minutes when Spaniard Alvaro Martin got in between them at the beginning. That lasted but half a lap and there on it was a just a question of how much they would win by – and in the end not as much they thought.

Fast improving, Vito Minei tried to rein in the pair but even though the Italian claimed a brave bronze, after walking alone for the second half of the race, the few seconds' difference proved elusive. The two Russians and Martin hit the first kilometre at 4:05, with the next lap marginally quicker with a group of six including the welcome sight of a new nation – Turkey, challenging for top honours. The Russian double act then did a disappearing act down the road to hit 3k in 12:10, with Martin settling for safety in the next group. There was 15 seconds from Russia to a Spanish pairing, now Marc Tur and Minei had joined the chase. It was 20:28 at half way, with Martin paying for his early charge when shown the dreaded red disc that means disqualification.

Minei was now a safe third, with Tur already 100m behind and tiring. In contrast, Marius Savelskis leapt ahead for fourth to get Lithuania a long-awaited mention at a major walk. There were plenty of personal bests, nine in the first 17, despite the fact it was high noon and blistering.

Parshin was surprised he wasn't allowed to tie with his friend. "We are great friends in and out of training, and we wanted this to be a joint win," he said. "It doesn't matter, we know what wanted to do."

Minei is now looking forward to the European Junior Championships on home soil at Rieti in July. He added: "It was hot, but I live in the south of Italy, and this", he said pointing to the sun, "is normal for me."



Pavel Parshin leads (photo Emmanuel Tardi)

1.	Pavel Parshin	1994	Russia	41:14
2.	Nikolay Markov	1995	Russia	41:14
3.	Vito Minei	1994	Italy	41:27
4.	Marius Šavelskis	1994	Lithuania	42:50
5.	Marc Tur	1994	Spain	42:56
6.	Konstadínos Dedópoulos	1994	Greece	43:11
7.	Sahin Senoduncu	1994	Turkey	43:22
8.	Diego Garcia	1996	Spain	43:42
9.	Francesco Fortunato	1994	Italy	44:01
10.	Jamie Higgins	1994	G.B. & N.I.	44:09
11.	Miguel Carvalho	1994	Portugal	44:18
12.	Damir Baybikov	1994	Russia	44:22
13.	Adrian Dragomir	1994	Romania	44:38
14.	Luke Hickey	1994	Ireland	44:50
15.	Yuriy Shvaryk	1994	Ukraine	44:59
16.	Zaharias Tsamoudákis	1996	Greece	45:11
17.	Tomasz Bagdány	1995	Hungary	45:37
18.	Elmo Koivunen	1994	Finland	45:38
19.	Serhiy Svitlychnyy	1994	Ukraine	45:46
20.	Łukasz Kostka	1994	Poland	45:50
21.	Adrien Cassagnes	1994	France	45:52
22.	Yanis Souaber	1996	France	46:05
23.	Markus Kyrölä	1995	Finland	46:13
24.	Jonathan Hilbert	1995	Germany	46:19
25.	Coelho Rui	1994	Portugal	46:24
26.	Ondřej Motl	1994	Czech Rep.	46:28
27.	Arturs Makars	1997	Latvia	46:29
28.	Normantas Petriša	1994	Lithuania	46:37
29.	Vit Polasek	1994	Czech Rep.	47:00
30.	Artsiom Turkau	1994	Belarus	47:19
31.	Miroslav Úradník	1996	Slovakia	47:22
32.	Andrej Dolinský	1994	Slovakia	47:30
33.	Bence Venyercsán	1996	Hungary	47:42
34.	Nathaniel Seiler	1996	Germany	47:53
35.	Jean Blancheteau	1996	France	48:02
36.	Nikola Lilic	1996	Serbia	48:04
37.	Andrei Gafita	1996	Romania	48:04
38.	Alessandro Cusmai	1994	Italy	48:11
39.	Szymon Zielinski	1995	Poland	48:11
40.	Daniel Chojecki	1994	Poland	48:17

41.	Cameron Corbishley	1997	G.B. & N.I.	48:20
42.	Michal Morvay	1996	Slovakia	48:33
43.	Karl Junghann	1996	Germany	48:36
44.	Cosmin Bahneanu	1994	Romania	48:43
45.	Tomas Narushys	1995	Belarus	49:50
46.	Filip Veselouš	1995	Czech Rep.	50:32
47.	Ruslans Smolonskis	1996	Latvia	50:45
48.	Raivo Saulgriezis	1994	Latvia	54:22
	Vadzim Lamanosau	1995	Belarus	DQ
	Alvaro Martin	1994	Spain	DQ
	Donát Burger	1997	Hungary	DQ
	Muratcan Karapınar	1996	Turkey	DQ
	Maryan Zakalnytskyy	1994	Ukraine	DQ
	Evan Lynch	1995	Ireland	DNF

20km Open Women - Kirdiyapkina finally converts silvers into gold

By the time they're finished, Anisya Kirdiyapkina and Sergey Kirdiyapkin won't have room for the furniture – the medals will have taken over. Olympic, World, European Cup and other trophies have piled up in the trunk, Anisya finally converting in this competition a pair of silvers into gold.

At the beginning, a score of walkers went through 2k in 9:20, comfortable for this array of talent. That wasn't going to last long, and it didn't. Gradually, the rubber band between the Russian four and Elisa Rigauo got stretched to the point where at 7k (31:17), the Italian had all but snapped it. But Rigauo could see at the turn that it was even further back to fourth. In fact, it was far from obvious who that was with the leaders passing back markers for the second time already. Clearer was the fact that Kirdiyapkina was leaving team-mates, Marina Pandakova, Vera Sokolova, and Irina Lumanova to fend for themselves. She was 30m ahead at 9k, and one lap later at halfway, (44:06) had transformed 30m into 30 seconds. Rigauo was going solo a minute later, and then the first group sporting different countries followed in the Italian's wake. In fact, for the first time in the Italian's illustrious career she called it a day at 12k, clearly in distress. Two Portuguese a Ukrainian and one each from Spain and Italy were on the hunt once she moved to the side of the road.

With three to go, the winner was 1:05 ahead of her three friends, and there was an entire length of street (200m) to Ana Cabecinha having creviced daylight, and in the afternoon heat it was very bright, between her and the chasers. Over the next 150m came Elenora Georgi, (Italy), Ines Henriques (Portugal), Lyudmyla Olyanovska (Ukraine), Beatriz Pascual (Spain), Vera Santos (Portugal) all suffering, but all chasing top 10 places.

Sokolova decided it was time to go when she heard the bell, and quickly opened up a decisive gap on Pandakova and Lumanova. The former world record holder was rewarded with silver to go with the gold she won two years ago. And third was won in a sprint-off by Pandakova, and to say Russia dominated the team event doesn't tell the half. All four were home two minutes before Cabecinha delightedly crossed the line for fifth.

Kirdiyapkina betrayed an ambition far less than she achieved. "I wanted to finish at least second Russian, and no further back than sixth. During the race the heat hurt my head, but now I will be a part of the next World Championships in Moscow." Italy's Giorgi reckoned that coming from Milan was just as painful. "It's raining at home," she said, "but this was probably my best race, even though I have gone faster."



Kirdiyapkina leads Sololova, Lumanova and Riguardo (photo Emmanuel Tardi)

1.	Anisia Kirdiapkina	1989	Russia	1:28:40
2.	Vera Sokolova	1987	Russia	1:29:19
3.	Marina Pandakova	1989	Russia	1:29:26
4.	Irina Iumanova	1990	Russia	1:29:38
5.	Ana Cabecinha	1984	Portugal	1:31:49
6.	Eleonora Giorgi	1989	Italy	1:32:10
7.	Lyudmyla Olyanovska	1993	Ukraine	1:32:31
8.	Ines Henriques	1980	Portugal	1:32:40
9.	Beatriz Pascual	1982	Spain	1:32:54
10.	Vera Santos	1981	Portugal	1:32:55
11.	Nastassia Yatsевич	1985	Belarus	1:33:55
12.	Lucie Pelantová	1986	Czech Rep.	1:34:07
13.	Lorena Luaces	1984	Spain	1:34:11
14.	Olha Yakovenko	1987	Ukraine	1:34:40
15.	Hanna Drabenia	1987	Belarus	1:34:56
16.	Agnieszka Szwarnóg	1986	Poland	1:35:31
17.	Raquel González	1989	Spain	1:35:40
18.	Brigita Virbalyte-Dimšiene	1985	Lithuania	1:35:47
19.	Paulina Buziak	1986	Poland	1:35:54
20.	Emilie Tissot	1993	France	1:36:39
21.	Katarzyna Kwoka	1985	Poland	1:37:12
22.	Julia Takács	1989	Spain	1:37:23
23.	Olena Shumkina	1988	Ukraine	1:37:38
24.	Darya Balkunets	1993	Belarus	1:38:01
25.	Anne Halkivaha	1986	Finland	1:38:06
26.	Federica Ferraro	1988	Italy	1:38:18
27.	Alina Matveyuk	1990	Belarus	1:38:32
28.	Antigóni Drisbióti	1984	Greece	1:38:47
29.	Agnese Pastare	1988	Latvia	1:39:05
30.	Inna Kashyna	1991	Ukraine	1:39:12
31.	Susana Feitor	1975	Portugal	1:39:23
32.	Ines Pastorino	1992	France	1:39:36
33.	Mária Czaková	1988	Slovakia	1:40:25
34.	Laura Polli	1983	Switzerland	1:40:36
35.	Viktória Madarász	1985	Hungary	1:40:51
36.	Emilie Menuet	1991	France	1:41:32
37.	Georgiana Enache	1991	Romania	1:41:55
38.	Marie Polli	1980	Switzerland	1:42:38
39.	Inga Mastianica	1989	Lithuania	1:44:46
40.	Kristine Platane	1990	Latvia	1:46:18
41.	Katarina Strmeňová	1993	Slovakia	1:47:25
42.	Anett Torma	1984	Hungary	1:50:12
43.	Miroslava Stašová	1986	Slovakia	1:51:37
44.	Amandine Marcou	1992	France	1:51:51
45.	Bethan Davies	1990	G.B. & N.I.	1:54:12
46.	Maarika Taukul	1985	Estonia	1:56:23
47.	Petra Récsei	1990	Hungary	2:00:13
48.	Viera Toporek	1967	Austria	2:05:18
49.	Radosveta Simeonova	1993	Bulgaria	2:09:36
	Déspina Zapounídou	1985	Greece	DNF
	Laura Reynolds	1989	Ireland	DNF
	Antonella Palmisano	1991	Italy	DNF
	Elisa Rigaudó	1980	Italy	DNF
	Anita Kažemāka	1990	Latvia	DNF
	Neringa Aidietytė	1983	Lithuania	DNF
	Kristina Saltanovič	1975	Lithuania	DNF
	Agnieszka Dygacz	1985	Poland	DNF
	Mária Gáliková	1980	Slovakia	DNF

U20 Women 10km - Medvedeva cruises to easy win

The race was so one-sided – a boxing trainer would have thrown the towel in at the equivalent of the first round. The Russians came out fighting, but Ekaterina Medvedeva and Nadezhda Leontyeva weren't even left to duel each other after the first two laps. Medvedeva won the world junior championships last year, and a 22-second reduction on her PB in February was enough to psych the rest of the field even before the gun. At 5km, she hit her own watch timer at 22:03, with Leontyeva 23 seconds back, only two seconds up on a spirited attempt by Anežka Drahotová from next door in the Czech Republic. But just to make sure, Medvedeva powered on – and there was a lot bigger gap this time over her team-mate than in Barcelona. In fact, more than a minute when Medvedeva heard the bell. Her finishing time was pretty good in comparison with her 43:50 PB, considering heat and any lack of a challenge.

A long way back, but still on the podium was Drahotová. The willowy walker from the Czech Republic had given it a spirited go earlier, and unlike Medvedeva, she will still be eligible for the European Cup in 2015. Oxana Golyatkina came in fourth, and Viktoriya Rashchupkina from Belarus looked a lot better than most by the finish.

All the same, there were huge gaps between the first four: more than four minutes, and each around 30 seconds, apart from the one between the Czech and Leontyeva. In a race of attrition for teenage girls, the winner was getting a quickish massage and hugs from coaches and friends in the recovery tent when the last 15 in the race had yet to hear the bell.



Medvedeva wins easily while former World Champion Olympiada Ivanova looks on (photo Emmanuel Tardi)

1.	Ekaterina Medvedeva	1994	Russia	44:46
2.	Nadezhda Leontyeva	1994	Russia	46:15
3.	Anežka Drahotová	1995	Czech Rep.	46:30
4.	Oxana Golyatkina	1995	Russia	47:05
5.	Viktoryia Rashchupkina	1995	Belarus	48:24
6.	Noemi Stella	1997	Italy	48:36
7.	Laura Garcia-Cano	1995	Spain	48:48
8.	Eliška Drahotová	1995	Czech Rep.	49:02
9.	Gamze Özgör	1994	Turkey	49:32
10.	Anastasiya Rodzkina	1994	Belarus	49:39
11.	Gintare Vaiciukevičiute	1994	Lithuania	49:51
12.	Marlena Chojecka	1994	Poland	49:58
13.	Mária Pérez	1996	Spain	50:01
14.	Filipa Ferreira	1994	Portugal	50:06
15.	Mara Ribeiro	1995	Portugal	50:38
16.	Valentyna Myronchuk	1994	Ukraine	50:42
17.	Anna Clemente	1994	Italy	50:49
18.	Amanda Cano	1994	Spain	50:50
19.	Mihaela Valentina Acatrinei	1995	Romania	50:53
20.	Živile Vaiciukevičiute	1996	Lithuania	51:05
21.	Oleksandra Olyanovska	1994	Ukraine	51:09
22.	Joanna Bemowska	1994	Poland	51:15
23.	Monika Hornakova	1995	Slovakia	51:23
24.	Kseniya Radko	1994	Ukraine	51:33
25.	Mercédes Marton	1995	Hungary	51:36
26.	Erika Parviainen	1995	Finland	51:42
27.	Veranika Rabchaeva	1995	Belarus	52:23
28.	Henrika Parviainen	1997	Finland	52:28
29.	Mariann Lengyel	1994	Hungary	52:28
30.	Anna Bajon	1994	Poland	52:43
31.	Janine Bandt	1994	Germany	52:58
32.	Mariavittoria Becchetti	1994	Italy	53:43
33.	Cecile Deleuze	1996	France	53:44
34.	Lucia Čubaňová	1995	Slovakia	54:27

35.	Adela Frydrychová	1995	Czech Rep.	55:01
36.	Maxi Woelke	1995	Germany	55:16
37.	Monika Vaiciukevičiute	1996	Lithuania	55:30
38.	Rita Récsesi	1996	Hungary	56:41
39.	Milica Kostic	1996	Serbia	57:13
40.	Lucia Škantárová	1996	Slovakia	57:52
41.	Nergiz Adas	1995	Turkey	59:25
42.	Sevda Demir	1996	Turkey	1:02:10
43.	Inga Ritere	1995	Latvia	1:04:42
44.	Sevgi Ahmed	1994	Bulgaria	1:05:17
	Mihaela Puscasu	1995	Romania	DNF
	Lena Tomas	1996	Sweden	DNF

20km Walk Men - Strelkov holds on in a tight finish

This was the best race of the day as far as a man versus man event. The title looked a foregone conclusion with two laps to go: Denis Strelkov from Russia was going to win. But having built up a substantial lead, the Russian suddenly appeared to slow. But the truth was Matej Toth and Miguel Angel Lopez was going faster. After a string of Russian victories throughout the day, it looked as if an upset was on the cards when a 35 second advantage earlier dwindled to just 10 with one more kilometre to race. Spurred on by a home crowd, Slovakia's Toth went after Lopez. The Spaniard went after the Russian, and the anguished face of Strelkov made it plain what the winning effort cost him as he crossed the line.

It was all very different when a gang of many members went through 3km in 12:10. Ireland's Robbie Heffernan and Strelkov were marginal chiefs, but even when the group reached 5k (20:21) there were few willing to abdicate a grip on the top 15. Around 70 metres back three Poles and a Portuguese were straining to stare at the leaders backs. By 10k (40:49), the group had been thinned to 10. Spain's Ben Sanchez was a noticeable casualty after he called it a day, but the rest ploughed on, immune to the conditions. The two following from around 100m were former European Cup winner Giorgio Rubino and Ivan Losev from Ukraine.

Any pretence of a truce was dead at 12k. Strelkov cut loose, and five metres back his three team-mates also cut the tow rope to an illustrious gathering including local favourite Toth, Norway's Eric Tysse, Christopher Linke (Germany) and Lopez. The rest of Europe including Heffernan was having none of that and soon dragged back the trio – but not Strelkov who was clearly going for broke. Having already recorded a personal best on home soil in February where it was also sunny down on the Black Coast, the Russian clearly has a penchant for warm walking. Even though he was 21 seconds up on Toth at 15k, Lopez and Ivanov (Russia), the trio were having a battle royale for the rest of the medals. With two laps to go Lopez pushed on followed by Toth, and the rest headed backwards.

At the end, a happy Toth admitted adrenalin had kicked in. "Of course, there was pressure to do well at home. I got a second place (at 20k) two years ago, and have made progress since then as well. I was thinking maybe we could catch Strelkov, but he had just enough."

The Russian winner reckoned he 'dared to dream' after posting his 1:19:53 PB only in February. He added: "It was very hard during the race, too hot, too hard – but I felt in fantastic form."



Strelkov (middle front) leads with Trofimov, ahead of Toth, Heffernan and Tysse (photo Emmanuel Tardi)

1.	Denis Strelkov	1990	Russia	1:21:41
2.	Miguel Ángel López	1988	Spain	1:21:49
3.	Matej Tóth	1983	Slovakia	1:21:52
4.	Aleksandr Ivanov	1993	Russia	1:22:16
5.	Ruslan Dmytrenko	1986	Ukraine	1:22:31
6.	Erik Tysse	1980	Norway	1:22:44
7.	Joao Vieira	1976	Portugal	1:23:04
8.	Rafał Augustyn	1984	Poland	1:23:17
9.	Robert Heffernan	1978	Ireland	1:23:27
10.	Christopher Linke	1988	Germany	1:23:29
11.	Andriy Kovenko	1973	Ukraine	1:23:35
12.	Dzianis Simanovich	1987	Belarus	1:23:42
13.	Giorgio Rubino	1986	Italy	1:23:59
14.	Ivan Losev	1986	Ukraine	1:24:06
15.	Andrey Ruzavin	1986	Russia	1:24:12
16.	Łukasz Nowak	1988	Poland	1:24:25
17.	Petr Trofimov	1983	Russia	1:24:42
18.	Anatole Ibáñez	1985	Sweden	1:24:45
19.	Ivan Trotski	1976	Belarus	1:24:55
20.	Jakub Jelonek	1985	Poland	1:25:26
21.	Andrei Talashka	1982	Belarus	1:25:54
22.	Nazar Kovalenko	1989	Ukraine	1:26:13
23.	Andreas Gustafsson	1981	Sweden	1:26:35
24.	Hagen Pohle	1992	Germany	1:26:40
25.	Heikki Kukkonen	1987	Finland	1:26:59
26.	Matteo Giupponi	1988	Italy	1:27:02
27.	Kevin Campion	1988	France	1:27:10
28.	Dušan Majdán	1987	Slovakia	1:27:11
29.	Sérgio Vieira	1976	Portugal	1:27:15
30.	Francisco Arcilla	1984	Spain	1:27:20
31.	Tom Bosworth	1990	G.B. & N.I.	1:27:35
32.	Vito Di Bari	1990	Italy	1:27:43
33.	Antonin Boyez	1984	France	1:27:54
34.	Arnis Rumbenieks	1988	Latvia	1:28:53
35.	Brendan Boyce	1986	Ireland	1:28:57
36.	Luis Manuel Corchete	1984	Spain	1:29:18
37.	Lukáš Gdula	1991	Czech Rep.	1:30:01
38.	Máté Helebrandt	1989	Hungary	1:30:17
39.	Vladimir Savanović	1985	Serbia	1:30:26
40.	Yauhen Zaleski	1993	Belarus	1:30:39
41.	Daniele Paris	1984	Italy	1:31:13
42.	Genadij Kozlovskij	1991	Lithuania	1:31:15
43.	Alex Wright	1990	G.B. & N.I.	1:31:18
44.	Tadas Šuškevičius	1985	Lithuania	1:32:20
45.	Aleksi Ojala	1992	Finland	1:32:40
46.	Karel Ketner	1990	Czech Rep.	1:33:09
47.	Cian McManamon	1991	Ireland	1:33:13
48.	Aurelien Quinion	1993	France	1:33:23
49.	Carl Dohmann	1990	Germany	1:33:30
50.	António Pereira	1975	Portugal	1:34:23
51.	Zdeno Babík	1984	Slovakia	1:34:26
52.	Nils Brembach	1993	Germany	1:34:36
53.	Pavel Schrom	1991	Czech Rep.	1:35:26
54.	Sándor Rác	1986	Hungary	1:35:54
55.	Lauri Lelumees	1978	Estonia	1:36:07
56.	Miklós Srp	1993	Hungary	1:38:53
57.	Kemal Gelecek	1990	Turkey	1:40:41
58.	Edgars Gjačš	1993	Latvia	1:42:11
59.	Joakim Salen	1993	Norway	1:43:53
60.	Ozgur Ozan Pamuk	1993	Turkey	1:45:01
61.	Iuri Tatarciuc	1983	Moldova	1:45:12
	Ersin Tacir	1985	Turkey	1:46:17
	Janis Strautinš	1989	Latvia	DQ
	Håvard Haukenes	1990	Norway	DQ
	Fabio Ruzzier	1953	Slovakia	DQ
	Vladimir Veršec	1963	Slovakia	DQ
	Benjamín Sánchez	1985	Spain	DNF
	Eemeli Kiiski	1991	Finland	DNF
	Keny Guinaudeau	1993	France	DNF
	Marius Žiūkas	1985	Lithuania	DNF

Dawid Tomala	1989	Poland	DNF
Antón Kučmín	1984	Slovakia	DNF
Anders Hansson	1992	Sweden	DNF
Perseus Karlström	1990	Sweden	DNF
Serkan Dogan	1992	Turkey	DNF

The results of the teams events who how Russia dominated this meet - they won every one of the five teams events by big margins.

50km Men		20km Men		10km Junior Men		20km Women		U20- 10km Women	
Russia	12	Russia	20	Russia	3	Russia	6	Russia	3
Ukraine	19	Ukraine	30	Italy	12	Portugal	23	Czech Rep.	11
Poland	31	Poland	44	Spain	13	Spain	39	Belarus	15
Spain	37	Belarus	52	Greece	22	Ukraine	44	Spain	20
France	46	Spain	68	Lithuania	32	Belarus	50	Italy	23
Italy	51	Italy	71	Ukraine	34	Poland	56	Portugal	29
Portugal	66	Slovakia	82	Portugal	36	France	88	Lithuania	31
Belarus	87	Germany	83	Finland	41	Slovakia	117	Poland	34
Slovakia	93	Portugal	86	France	43	Hungary	124	Ukraine	37
		Ireland	91	Romania	50			Turkey	50
		France	108	Hungary	50			Hungary	54
		Czech Rep.	136	G.B. & N.I.	51			Finland	54
		Hungary	148	Czech Rep.	55			Slovakia	57
		Turkey	179	Germany	58			Germany	67
				Poland	59				
				Slovakia	63				
				Latvia	74				
				Belarus	75				

The final team standings shows Ukraine as the big improver with second overall, ahead of perhaps more highly favoured Spain, Italy and Poland.

Final Team Standings

Russia	44
Ukraine	166
Spain	177
Italy	189
Poland	224
Portugal	240
Belarus	279
Slovakia	412

WPA GP INTERCLUB CHAMPS, YOUNGSFIELD, CAPE TOWN, SOUTH AFRICA, SATURDAY 18 MAY

Malcolm Salida reported from South Africa on the WPA Race Walking Grand Prix that was held last weekend. The meet incorporated the 30km Open Championship as well as the 10km Youth and Junior Championships. Spartan Harriers won the Inter-Club Competition and Trophy for the fourth year in succession.

Marc Mundell (in the 30km race walk) and Wayne Snyman (in the 20km race walk) again showed their brass by not only winning the 30km and 20km races respectively, but further setting new course records for the Youngsfield route. Wayne Snyman walked an IAAF B standard qualifier for IAAF World T&F Champs later this year and will now go overseas to compete in Dublin and Spain to attempt an "A" qualifier. Marc Mundell walked the second fastest time in South Africa ever in the 30km, after unsuccessfully attempting to break the time set by Chris Britz many years ago.

Follow Marc as he prepares for World Championships at <http://www.facebook.com/MarcWalk?ref=ts&fref=ts>

30km Open Men				20km Masters Women			
1.	Marc Mundell	Tuks	02:19:41	1.	Sandi Fundiswa	Ravensmead	2:25:05
2.	Keith Reynolds	Bellville	02:57:05	10km Masters Women			
3.	Sinetemba Bono	Gugs	03:13:12	1.	Cindy Lange	New Balance	01:01:42
4.	Jurgen Spencer	Bellville	03:23:45	2.	Celeste Scheepers	SANDF	01:03:11
5.	Reginald Crowster	Tygerberg	03:30:16	3.	Althea Janari	Spartan Harriers	01:03:30
6.	Clive Williams	Spartan Harriers	03:45:08	4.	Gail Williams	Spartan Harriers	01:03:53
20km Open Men				5.	Deborah Horn-Botha	Acsis VOB	01:05:00
1.	Wayne Snyman	Tuks	01:25:10	6.	Wendy Josephs	RWFL	01:06:50
2.	Partick Wonfor	Spartan Harriers	02:12:55	7.	CJ Dunn	Spartan Harriers	01:07:24
3.	Brian Aver	RWFL	02:16:40	8.	Pam James	Spartan Harriers	01:07:38
4.	Asiphiwe Jafta	Spartan Harriers	02:20:56	9.	Carol-Ann Aver	RWFL	01:10:13

5.	Simon Speck	Spartan Harriers	02:21:22	10.	Carol Pick	Spartan Harriers	01:11:13
6.	Roy Whyte	Spartan Harriers	02:25:28	11.	Isabel Roux	Bellville	01:11:30
7.	Stephen Old	Edgemead	02:35:34	12.	Edwina Fransman	Ravensmead	01:12:32
8.	Mike Bennett	Edgemead	02:40:53	13.	Peggy Reid	Spartan Harriers	01:13:54
10km Youth Boys				14.	Elizabeth Nel	Spartan Harriers	01:14:30
1.	Carel Van der Merwe	Unknown Club	00:55:55	15.	Judy Morgan	Spartan Harriers	01:19:18
2.	Lunga Saunders	WCSS	00:56:11	16.	Helen Botes	Spartan Harriers	01:19:57
3.	Wesley Caine	WCSS	00:59:35	17.	Margaret Norton	Spartan Harriers	01:20:05
4.	Ayabonga Songanga	WCSS	00:59:50	18.	Desree Brown	Ravensmead	01:21:59
10km Junior Boys				19.	Mary Holland-Ramsay	Spartan Harriers	01:22:09
1.	Malakhiwe Poni	Spartan Harriers	00:55:27	20.	Pamela Teubes		01:35:16
2.	Enrico de Vries	Arcelor Mittal	00:58:09	21.	Julie Wilson	Celtics	01:45:46
3.	Desmond Qwabi	Spartan Harriers	01:00:30				
10km Masters Men							
1.	Hannes Swannepoel	SANDF WP	00:59:06				
2.	Adam Papier	RWFL	01:02:32				
3.	Ebrahima Fisher	Spartan Harriers	01:03:00				
4.	Eswee Walters	Bellville	01:04:49				
5.	Len Diedericks	Highway	01:04:55				
6.	Willem Fransman	Ravensmead	01:06:42				
7.	Anthony Cole	AAC	01:07:50				
8.	Uwe Strack	Acsis VOB	01:09:38				
9.	Benjamin Brown	Ravensmead	01:10:59				
10.	Michel Evans	RWFL	01:12:05				
11.	Dave Kirby	Spartan Harriers	01:12:52				
12.	Tim Cubitt	Fit 2000	01:21:37				
13.	Ronny Adams	Spartan Harriers	01:26:42				
14.	Andre Nel	Celtics	01:37:12				

SPANISH UNIVERSITY CHAMPIONSHIPS, CÁCERES, SPAIN, 11 MAY

Benjamín Sánchez 40:59.93 and Amanda Cano 24:13.33 won their respective events in the Spanish University Championships on Saturday 11th May. While Cano, still a junior walker, won her race by some 13 secs, the men's race saw a battle between Sánchez and Miguel Ángel López with a final sprint required to decide the winner.

10,000m Men

1.	Benjamín Sánchez	1985	Universidad Católica San Antonio	40:59.93
2.	Miguel Ángel López	1988	Universidad Católica San Antonio	41:00.69
3.	Luis Alberto Amezcua	1992	Universidad de Granada	42:36.85
4.	Francisco Arcilla	1984	Universidad de Oviedo	43:16.47

10,000m Women

1.	Amanda Cano	1994	Universidad de Murcia	24:13.33
2.	Laura Jiménez	1991	Universidad Católica San Antonio	24:26.35
3.	Laura Gutiérrez	1988	Universidad de Extremadura	25:08.98
4.	Paula Martínez	1992	Universidad de Lleida	25:28.83
5.	Andrea Cabre	1988	Universidad Jaume I de Castellón	25:54.07
6.	Samanta Mulloni	1990	Universidad U:N:E:D:	26:41.03
7.	Alicia Cristobal Muñoz	1990	Universidad de Valladolid	27:09.42
8.	Rocio Carbia	1993	Universidad de Vigo	27:46.32
9.	Veronica Aliaga	1992	Universidad de Valencia	27:58.93

UNIVERSITY CHAMPIONSHIPS OF PORTUGAL, GUIMARÃES, PORTUGAL, SUNDAY 12 MAY

Daniela Cardoso 50:24.94 and Nuno Valente 46:20.21 won their respective 10,000m track walks at the Portugese University Championships in Guimeraes on Sunday 12 May. For both walkers, it was a case of repeat wins as they won these same events last year.

10,000m Men

1.	Nuno Valente	1988	AA Universidade de Aveiro	46:20.21
2.	Samuel Pereira	1993	AE Instituto Superior Técnico	46:49.15
3.	Nuno Santos	1988	AA Instituto Politécnico de Setúbal	49:48.91
4.	André Jorge Pagaimo	1993	AA Escola Náutica Infante D: Henrique	51:59.87
5.	Amaro Teixeira	1989	AA Universidade da Beira Interior	53:24.44

10,000m Women

1.	Daniela Cardoso	1991	Instituto Politécnico de Leiria	50:24.94
2.	Joana Fortuna	1991	Universidade do Porto	1:02:42.21
3.	Sofia Oliveira	1992	AA Universidade da Beira Interior	1:12:17.53

26TH INTERNATIONAL WALKING WEEKEND, WEERT, HOLLAND, 18-19 MAY

Last weekend saw one of the big events for the year for our European based ultra walkers with the Continental Centurions 24 Hour Qualifying event which was held in Weert in Holland (see <http://www.olat.nl/InternWeekend.html>). Competitors tested themselves out over a road circuit of 6.295km before shifting to a short loop of 1.946km for the final hours. There were lots of different divisions - 24 Hours, 100 Miles, 100 km, 50 Miles and 50km - but the main aim was to provide an opportunity for walkers to complete 100 miles in 24 hours, thus becoming a member of the exclusive Continental Centurion organization. And of course, anyone who could walk 50 Miles (80.467 km) within 12 hours was able to qualify as a 'Kennedy Friend'.

I have found some early results posted in Rainer Koch's blogsite - http://www.ultrakoch.org/Reports/2003/Olat/Erg_olat_2003.pdf. The first 11 walkers all bettered the 100 mile standard, an excellent result overall. The full 24 Hour walk results are shown. Let's face it - anyone who tries to walk for 24 hours deserves to have their name in print!

24 Hours Walk

1.	Frits van Duynhoven	1940	OLAT	181,352	24 05 00
2.	Ad Leermakers	1951	Atilla/HvB	171,140	23 59 11
3.	Rainer Koch	1980	LG Wuerzburg	166,751	23 58 00
4.	Gerrit van Haandel		RWV	166,751	24 02 00
5.	Piet vd Kroft	1944	WV	166,751	24 04 00
6.	Jozef Blockx		xxx	164,810	23 51 00
7.	Manfred Port		WF Grossaitingen	160,928	23 32 12
8.	Dietmar Adam		Duppenweiler	160,928	23 41 00
9.	Boetje Huliselan		OLAT	162,869	23 57 00
10.	Hugo Prinsen		OLAT	162,869	23 57 00
11.	Jim Bispham ?		L.D.W.A.	162,869	24 03 00
12.	Gerrit Bonants		xxx	156,539	23 28 00
13.	Jan Seuren		wsv Merselo	156,539	23 29 00
14.	Brigitte Koch (F)	1958	LG Wuerzburg	152,150	23 54 00
15.	Con Bollmann		RWV	150,209	23 41 00
16.	Jose Camara	1953	Standing Palma	148,268	23 45 00
17.	Marcel Dekker	1958	RWV/De LAT	141,431	23 57 00
18.	Wil Botman	1948	De LAT	141,431	23 57 02
19.	Piet de Ruyter		OLAT	137,549	23 43 00
20.	Andreas Hausser	1971	WF Grossaitingen	135,101	23 47 00
21.	Ger Reneerkens	1958	RWV	131,219	24 00 00
22.	Hilmar Vogts		xxx	128,771	23 49 00
23.	Henry Koch	1954	LG Wuerzburg	128,771	23 54 00
24.	Rieks Haan	1965	RWV	128,771	23 54 20
25.	Wim Akkerman		FLAL	124,889	23 52 00
26.	Guenter Kostmann		xxx	122,948	23 25 00
27.	Wil Stijnen	1955	xxx	116,111	23 49 00
28.	Pieter Kemmeren		Hart van Brabant	116,111	23 54 00
29.	Gerrit Nederlof		RWV/De LAT	114,170	23 38 00
30.	Wil Duchateau		wc Aviat	112,229	23 16 20
31.	Amanda Clysner (F)		c Aviat	105,899	23 21 50
32.	Michel van Krimpen		OLAT	105,899	23 24 40
33.	Ronald van Oort		OLAT	105,899	23 25 10

The first 3 places for each of the other divisions is shown. Mandred Loch was the first to reach the 100 mile mark with his split of 22:02:11.

100 Miles

1.	Manfred Loch	1949	LG-Hamm	160,928	22 02 11
2.	Ad Leermakers	1951	Atilla/HvB	160,928	22 29 18
3.	Aaf Peters-de Rijk (F)	1953	De LAT	160,928	22 34 05

100km

1.	Leijtens, Frans	1976	RWV	11:49:45
2.	Andel van, Ton	1958	RWV	12:49:12
3.	Zoon, Adrie	1955	RWV	14:04:02

50 Miles

1.	Rob Frielink		RWV	09:55:03
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2.	Robert de Wolf		RWV	10:03:24
3.	Gijs van Swieten	1957	RWV	10:25:09

WALKING SHORTS

- **PODOLSK (RUS, May 9):** Olga Suranova 43:36, Tatyana Korotkova 44:03 and Aleksey Golovin 40:57 were the best at the Walking Festival meet at Pololsk, Russia, on 9th May.
- A few results from the ongoing French Interclub league

Aubagne, 9.5.2013	Women 3 Km Walk	Christine Guinadeau 13:38.31
Pescara, 11-12.5.2013	Men 10 Km Walk	Ricardo Macchia 40:40.83
Bari, 11-12.5.2013	Women 5 Km Walk	Noemi Stella (97) 22:54.31
Lodi, 11-12.5.2013	Women 5 Km Walk	Marta Mengardo (96) 22:29.67, Sibilla Di Vincenzo 22:54.27
- Athletics Ireland announced details of its new High Performance Plan on Thursday 16th May. The plan's core ambition is to have "More Irish Athletes Winning on the World Stage". See <http://www.athleticsireland.ie/content/?p=32135>
- Nicola Maggio has added video links to his reports on the recent Chinese National Games in Shenyang. http://www.marciaitaliana.com/dett_news.asp?id=1407

50km Walk Video:	http://tv.cntv.cn/video/C16624/2e581cc704e74c7dabac5179c9f32596
20km Women Walk Video:	http://www.youtube.com/watch?v=KzK7oOWWaTg
20km Men Walk Video:	http://www.youtube.com/watch?v=FZkQEJq7PEM
- Nice article on Guatamalan racewalker Mirna Ortiz, compliments of oMarchador website <http://www.omarchador.blogspot.pt/2013/05/mirna-ortiz-da-dureza-do-quotidiano.html>
- Not a walking story but **Cliff Young** is a name with whom all Australians are familiar - the unsophisticated potato farmer from Beech Forest in country Victoria who captured the public's imagination with his win in the inaugural Westfield Sydney to Melbourne run in 1983. With an ABC telemovie of his life about to air on Australian TV (see <http://www.heraldsun.com.au/entertainment/cliff-young-shuffle-rebooted-for-television/story-e6frf96f-1226288719990>), it was time for me to review Phil Essam's wonderful tribute site at <http://www.ultralegends.com/cliff-young>. It has some great TV footage from this period and brings back memories of when Lois and I drove up the Hume Highway with our young boys late one night to watch him run into Melbourne, miles ahead of his opposition.
- The second edition of the new Slovak Athletics Federation newsletter has hit the presses and it is a walking bonanza, with a large report on Dudince as well as historical profiles of the top past and present walkers. What an impressive online magazine - one that could well serve as a model for other Federations to follow. See http://www.atletikasvk.sk/Content/docs/Casopis/2013/02_2013.pdf.
- My final RWA President's Newsletter for the year has now been sent out to our Federation clubs. We next meet at our Annual General Meeting in Canberra on Saturday June 8th. See the latest Federation news at <http://www.rwa.org.au/afrwcnewsletts.shtml>.
- The winner of the women's section in the Radenci Marathon in Slovenia last weekend with a time of 2:41:55 was Elena Cârlan, former racewalker and now marathon runner. As a race walker her biggest successes were a fifth place in 5000m walk at the 1998 World Junior Championships and a sixteenth place in the 20 km at the 2004 World Race Walking Cup. She also competed as a walker at the 2003 World Championships and the 2004 Olympic Games. In 2006 she took up running. In October 2007 she ran the half marathon in 1:12:14 hours, finishing 28th at the 2007 IAAF World Road Running Championships. You can check out her IAAF profile at <http://www.iaaf.org/athletes/romania/daniela-carlan-134315>.

AUSTRALIAN RACEWALKERS CONFIRMED FOR THE 2013 WORLD CHAMPIONSHIPS

Athletics Australia announced the marathon and walks components of its team to contest the IAAF World Championships in Moscow from 10-18 August. See http://www.athletics.com.au/home/news/news/2013/may/moscow_biggest_marathon_team.

To quote from the press release:

Australia's walks team at the IAAF World Championships has always been strong delivering a world champion in Nathan Deakes (Vic), medal winning performances from Kerry Saxby-Junna (NSW) and Jared Tallent (Vic) and a further 10 top-eight finishers, and 2013 is no different.

To be led by Olympic silver medallist **Jared Tallent**, who was pre-selected after his performance in London last August, the men's 50km walk start list will also include Selection Trial winner **Luke Adams** (NSW) and five-time IAAF World Race Walking Cup representative **Chris Erickson** (Vic), while the men's 20km walk features a duo of debutantes in **Dane**

Bird-Smith (Qld) and Rhydian Cowley (Vic).

Competing in the women's 20km event are **Tanya Holliday (SA)**, who resoundingly won the Selection Trial in an A-Qualifying time, London Olympian **Regan Lamble (Vic)** and 2009 IAAF World Championships representative **Jess Rothwell (Vic)**.

"The program in Moscow prevents competing in both the men's 20km and 50km event and, despite qualifying for both, Jared, Luke and Chris opted to compete in the longer of the two," Russell said.

"Highlighting the strength of race walking in this country, six women had achieved the IAAF World Championships A-Qualifier for the 20km walk. Tanya was automatically selected after her victory in the Trial, whilst all remaining selections were at the discretion of the Selectors. Regan produced three A-Qualifiers in the period, including during the London Olympic Games last year and has shown she can produce a Top 16 result at international level. Jess has a strong history of international competition, that includes a Top 10 result from her last World Walk Cup appearance, as well as a very strong A-Qualifier bettered only by Tanya and Regan from Italy earlier this month on return from serious injury."

And here's the breakdown with each walker's PB included

20km walk Women:	Tanya Holliday (SA)	1:31:28
	Regan Lamble (Vic)	1:30:03
	Jess Rothwell (Vic)	1:30:25
20km walk Men:	Dane Bird-Smith (Qld)	1:22:27
	Rhydian Cowley (Vic)	1:24:34
50km walk:	Jared Tallent (Vic)	3:36:53
	Luke Adams (NSW)	3:43:39
	Chris Erickson (Vic)	3:51:57

Well done everyone! We will all be cheering on in August.

VRWC CLUB RECORDS

One club record to retrospectively acknowledge this week - well done Brianna.

Brianna Lillie	U11 Girls 3km Road Walk	16:30	29/07/2012	VRWC Races, Middle Park
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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

May 26, 2013	Victorian Country Roadwalk Championships, Ballarat, VIC
June 9, 2013	Lake Burley Griffin Carnival, Canberra, ACT
June 30, 2013	Victorian Schools Roadwalk Champs, Vic Open 20km Champs, AMA/VMA Champs, Middle Park, VIC
Aug 4, 2013	Main Victorian Roadwalking Championships, Middle Park, VIC
Aug 17, 2013	VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 14-15, 2013	Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013	Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
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

May 25-26, 2013	Pan American Race Walking Cup, Guatamala City, Guatamala
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

25-26 May	Pan American Walking club	Guatamala (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
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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**

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