



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 47
20 August 2013



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TIM'S WALKER OF THE WEEK

This week I had some wonderful walks to consider

- 15 year old NSW walker **Tyler Jones** walked a fantastic **46:34** in NSWRWC competition at Chipping Norton on Saturday. A 45 sec PB, this time clearly pushes him into contention for the 2013 World Walking Cup U20 men's team.
- 23 year old NSW walker **Lauren Bourke** continued her superb winter season on Saturday at Chipping Norton with a 43 sec PB time of **48:09**. This is one of the top ranking Australian women's 10km performances for the year.
- 40 year old Victorian walker **Kelly Ruddick** continued her attack on the World Masters Records, recording a time of 45:26 on Saturday at Middle Park in Melbourne to better her own pending world record of **46:15**. set only 2 weeks ago.
- 31 year old **Chris Erickson** walked the race of his life in the IAAF World Championships 50km, his time of **3:49:41** a PB by over 2 minutes and his 16th placing his best ever at World/Olympic level.

On any normal week, any of these could win my Walker of the Week but, alas, this week they all had to take second stage to **Jared Tallent** who has medalled yet again. His third placed time of **3:40:03** in the World Championships 50km in Moscow on Wednesday is yet another top-three medal performance in major international competition. Consider the list thus far!

2006	Commonwealth Games	Melbourne	20 km	3 rd	1:23:32
2008	Olympic Games	Beijing	20 km	3 rd	1:19:42
			50 km	2 nd	3:39:27
2010	World Racewalking Cup	Chihuahua	50 km	3 rd	3:54:55
	Commonwealth Games	Delhi	20 km	1 st	1:22:18
2011	IAAF World Champs	Daegu	50 km	3 rd	3:43:36
2012	World Racewalking Cup	Saransk	50 km	3 rd	3:40:32
	Olympic Games	London	50 km	2 nd	3:36:53
2013	IAAF World Champs	Moscow	50 km	3 rd	3:40:03



Yet another podium finish for Jared Tallent in Moscow

WHAT'S COMING UP

We are nearing the end of our winter season but we have a few weeks to go yet! This Saturday sees us back at Middle Park for our 'Beat Your Season Best Time' races. **And it is a prizes day for the winners in each division. As usual, any donations of additional goods to boost the prizes table is most appreciated.**

Saturday 24th August 2013, Middle Park

VRWC EVENTS: Beat Your Season Best time. Prizes for all winners.

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	10km	Beat Your Season Best Time	Open
2.15pm	5km	Beat Your Season Best Time	Open
2.15pm	3km	Beat Your Season Best Time	Open
2.15pm	3km	Beat Your Season Best Time	Under 15
2.30pm	1km	Beat Your Season Best Time	Under 9
2.40pm	2km	Beat Your Season Best Time	Under 12

And a reminder of our VRWC / Australian Centurions 24 Hour Walk carnival on 14-15 September at Middle Park. Red more about it and check out the entry form at <http://www.centurions.org.au/event2013.shtml>.

AUSTRALIAN ROADWALK CHAMPS UPDATE

It's less than 2 weeks now until the **Australian Roadwalk Championships** which will be held in Launceston on **Sunday 1st September**. The **current entry list** can be seen at <http://www.rwa.org.au/documents/2013%20Road%20Walks%20Entries%2013.8.13-TE.pdf>. We have had a few minor changes since last week but let me know ASAP if you have queries or can pinpoint any remaining issues. You can read the timetable and general event information on the Athletics Australia event page at http://www.athletics.com.au/home/competition/events/australian_race_walking_champi.

I sighted a draft copy of the AA Technical Rules document for these Australian Roadwalk champs a few days ago. Note the following important bit of information for team managers.

TECHNICAL MEETING:

A Team Managers meeting will be held on Saturday 31 August at the Colonial Hotel, Launceston at 6:30pm. Race numbers and any final information will be distributed at this time. For managers who cannot make this meeting, race numbers may be picked up from the Event Management on race day.

This document is not yet on the AA website but hopefully will soon be there for all to see.

VRWC AND VMA ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 17 AUGUST

We were joined by the Victorian Masters walkers on Saturday as our winter season VRWC road walks continued at Middle Park. The expected rain held off but it was very windy for the 63 walkers in attendance. Terry Swan was judging so the camera work this week was done by Mark O'Mahony. Terry has now uploaded a big selection of photos to <http://www.vrwc.org.au/coppermine/>. Thanks Mark and Terry!

The Masters walkers were in top form but none better than **Kelly Ruddick** whose time of 45:26 broke her pending W40 Masters World Record by an amazing 49 secs! **Gwen Steed** also bettered her W70 Victorian record with her time of 1:05:53 and **Margaret Beaumont** bettered her W75 Victorian record with her time of 1:25:49. Others to do well included **Sarah Brennan** (PB of 52:54), **Donna Urquhart** (58:54 in her first ever 10km) and **Bob Gardiner** whose time of 59:59 was only 4 secs outside his Australian M75 record.

Victorian Masters 10km Championship Women

1	Sarah Brennan	W35	52:54	PB 0:11
2	Donna Urquhart	W35	58:54	First one
1	Kelly Ruddick	W40	45:26	W40 World Record, PB 0:49
2	Michelle Laufer	W40	52:47	
1	Donna Elms	W50	1:05:30	
1	Heather Carr	W60	58:06	
2	Alison Thompson	W60	1:04:06	
	Liz Feldman	W60	DQ	
1	Celia Johnson	W65	1:10:18	
1	Gwen Steed	W70	1:05:53	VMA Record by 1:34
2	Sylvia Machin	W70	1:13:39	
3	Beverly Hugo	W70	1:24:08	
1	Margaret Beaumont	W75	1:25:49	VMA Record by 1:45

Victorian Masters 10km Championship Men

1	David Smyth	M40	59:46
1	James Christmass	M45	54:23
1	Simon Evans	M50	53:49
1	Clyde Riddoch	M60	1:05:56
2	Anthony Doran	M60	1:07:39
3	Geoff Barrow	M60	1:10:38
1	Russ Dickenson	M65	1:00:03
1	Ralph Bennett	M70	57:19
1	Bob Gardiner	M75	59:59
	Ian Beaumont	M75	DQ

Nathan Brill was in dominant form in the VRWC 10km, his time of 43:14 excellent in the strong winds. Others to do well included **Adam Garganis** (5km PB of 23:21) and **Kyle Swan** (13:36) and **Reese Walmsley** (13:40) who had a great battle in the U15 3km.

10km Open

1.	Nathan Brill	43:14
2.	Gerard Feain	60:51
3.	Alex Poore	77:13
	Jesse Osborne	DNF

5km Open

1.	Chloe McNicol-Davidson	34:09	
2.	Clare Garganis	36:52	
1.	Adam Garganis	23:21	PB 0:20
2.	Barrie Wicks	38:44	

3km Open

1.	Emily Swan	17:57
	Kylie Irshad	DNF
1.	Paul Kennedy	15:20
2.	Paul Tremigliozi	19:57
3.	Gordon Onley	22:48
4.	Jim Crawford	25:28

3km Under 15

1.	Emily Hamilton	15:43	
2.	Paige De Lisen	15:55	
3.	Philippa Huse	16:33	
4.	Taylor Vasiljevic	16:42	
5.	Brodie Richardson	16:51	
6.	Gabbie Crea	18:08	
7.	Jessica Lillie	18:11	
1.	Kyle Swan	13:36	PB 0:14
2.	Reese Walmsley	13:40	PB 0:21
3.	Lachlan Feain	17:25	PB 0:25

Our U12 and U9 walkers contested their usual races with line honours going to **Mackayla Davison** (14:41), **Corey Dickson** (13:00), **Gemma Lillie** (9:31) and **Marcus Byron** (8:47).

2.5km Under 12

1.	Mackayla Davison	14:41
2.	Kathleen O'Mahony	14:43
3.	Brianna Lillie	15:28
4.	Mackenzie Mielczarek	16:10
5.	Lee Taylor	16:44
6.	Caitlyn Rudston-Brown	17:57
	Alexandra Hay	DQ
1.	Corey Dickson	13:00
2.	Hayden Walmsley	14:32
3.	Harry Hockley Samon	15:06

1.5km Under 9

1.	Gemma Lillie	09:31
2.	Charlotte Hay	10:27

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|----|-----------------|-------|
| 1. | Marcus Byron | 08:47 |
| 2. | Angus Hay | 12:29 |
| 3. | William Kennedy | 12:49 |
| 4. | Thomas Kennedy | 13:36 |

As usual, thanks to our many judges and officials who help keep the show on the road. We welcomed back expatriate club member Mark Wall from the UK who did a guest appearance as a judge. Good to see you Mark!

Officials: Tim Erickson, Alan Lucas, Simon Baker, Les Clarke, Susan Taylor, Don McLaren, Stacey McLaren, Damien Elms, Ralph Bennett

Judges: Judy Mason (Chief), David Cash, Mark Wall, Terry Swan, Matt Owen, Peter Vysma, Lloyd Nichols
Diane Lowden (DQ board) , Justin McLaren (bike)

Canteen: Barb Gardiner, Wendy Cooper, Marlaine Stanway

Registration: Damien Elms, Simon Evans, Alan Lucas



Sarah Brennan, Gwen Steed, Bob Gardiner, Kelly Ruddick and Margaret Beaumont



Reese Walmsley, Ralph Bennett, Donna Urquhart, Nathan Brill and Adam Garganis



Brianna Lillie, Harry Hockley-Samon, Mackayla Davison, Kathleen O'Mahony and Gemma Lillie

NSWRWC ROAD WALKS, CHIPPING NORTON, NSW, SATURDAY 17 AUGUST

Thanks to Frank Overton for passing on the NSWRWC results from last Saturday. As mentioned at the start of the newsletter, Tyler Jones (46:34) and Lauren Bourke (48:09) were both in fantastic form, walking big 10km PBs. With 44 walkers overall, it was yet another strong meet for NSWRWC.

Long Division - 10km

1.	Tyler Jones	46.34	PB 0:45
2.	Lauren Bourke	48.09	PB 0:43
3.	Steven Washburn	48.09	
4.	Cheryl Webb	52.05	
5.	Carl Gibbons	53.04	
6.	Ian Jessurun	53.50	
7.	Tom Doyle	56.59	
8.	Anthony Albanese	58.38	

Medium Division - 8km

1.	Jasmyn Dighton	43.14
2.	Nathan Brown	45.43
3.	Tony Psarianos	46.46
4.	Amanda Barendregt	47.20
5.	Aiden Kerr	48.03
6.	Stephanie Grujoski	52.25
7.	Bryony Beasley	53.05
8.	Judy Brown	65.33

Short Division - 4km

1.	Jasmyn McDonald	19.52
2.	Dylan Richardson	20.23
3.	Ryan Thomson	22.58
4.	Nicholas Douglas	24.57
5.	Travis Barendregt	25.30
6.	Ally Grujoski	25.50
7.	Nicolle Challinor	27.18
8.	Jan Dodds	30.59

Under 16 - 3km

1.	Harrison Mavin	15.17
2.	Kyle Bedford	15.38
3.	Samantha Brown	15.44
4.	Chelsea Goodhew	16.17
5.	Jasmin Mills	19.05
6.	Melissa Hoy	21.40

Under 12 - 1.5km

1.	Haley Mills	7.44
2.	Lachlan Rigney	8.34
3.	Lachlan Becroft	9.40
4.	Brooke Martin	9.50
5.	Logan Barron	10.08
6.	Alex Geoffreys	10.26
7.	Jada Thomson	10.34
8.	Courtney Mavin	10.38
9.	Riley Jones	10.52
10.	Brody Douglas	11.13
11.	Anna Geoffreys	11.54
12.	Stacey Becroft	13.23
13.	Emily Challinor	13.54
14.	Ethan Martin	13.56

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 17 AUGUST

Thanks to Kim Mottrom for the latest results from the South Australian walkers. Kim reported:

We had a very cold and windy race day on Saturday, so overall not too many fast times. Highlights were a 58 second PB for Mark Hooker over 2km, Hayley Goode with a 6 second PB over 2km and Tristan Camilleri doing a 1:53 PB over 3km.

Open 10km

1.	Kim Mottrom	46:35
2.	Troy Hooker	59:55
3.	Bill Starr	73:49
	Justin Hill	DNF

Open 5km

1.	Danielle Walsh	28:27
2.	Amber Tuscharski	29:23
3.	Samantha Findlay	33:48

Open 2km

1.	Hayley Goode	11:57
2.	Rachel Kameniar	12:18
3.	Mark Hooker	12:50

Open 3km

1.	Beth Cross	15:45
2.	Rhiannon Lovegrove	16:38
3.	Sarah Damin	17:07
4.	Ayeisha Wallace	18:31
5.	Tristan Camilleri	18:47
6.	Chloe Upton	19:23
	Alix Harlington	DNF

Open 1km

1.	Madeleine Wallace	6:33
2.	Victoria Upton	6:33
3.	Sophie Kameniar	6:42

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 17 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Cold, wet, windy morning but by 2pm, conditions had begun to moderate and the cloud began dispersing and the wind abated, leaving reasonable conditions. No doubt bad morning conditions kept numbers down. All times slow.

8km yacht handicap

1.	W60	Edna Bates	1:09:06	59.04%
2.	W53	Marie Maxted	52:25	71.99%
3.	M83	Colin Hainsworth	1:04:46	76.38%
4.	W48	Raelene Schild	1:01:09	58.82%

4km yacht handicap

1.	W62	Helen Suridge	28:54
2.	W59	Linda Whitelaw	30:44
3.	M75	Rodger Barber	30:29

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 18 AUGUST

Thanks to Terry Jones for emailing me with all the outstanding WARWC results from the winter season. I have published last weekend's results below and will get the rest onto my results website (<http://www.racewalkaustralia.com>) asap.

10Km Handicap

1.	Dale Hennighan	54.36
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5Km Handicap

1.	Karen Tolardo	35.06
2.	Tom Lenane	32.07
3.	Isabella Tolardo	30.21
4.	Aimee Reid	38.03
5.	Declan Tingay	28.56

2Km

1.	Jaymee Curry	13.19
2.	Teyharna Curry	13.35
3.	Hayley Ruane	13.37
4.	Amy Holland	11.29
5.	Georgia Curulli	11.14
6.	Holly Hughes	10.51

3Km Handicap

1.	Xavier Bain	19.28
2.	Sienna Andritsos	20.42
3.	Arianna Tolardo	20.22
4.	Alessia Andritsos	21.38
5.	Tiahna Ruane	17.38
6.	Ben Reid	18.30
7.	Robyn Hughes	24.13
8.	Mitchell Curulli	25.16

BRWC JARED TALLENT 1.5KM HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 18 AUGUST

Thanks to Kerrie Peart for the results of Ballarat Race Walking Club's races last Sunday.

Well, this is winter and Ballarat turned on a wet and windy day to greet our line up of 12 brave young walkers. Following Jared's fantastic performance at the World Championship last week, this was very timely to hold our Jared Tallent 1.5km Handicap Event. With a sealed handicap format, Ross Darlow led out at the front, closely followed by Jemma Peart. For many of our newer members this was their first race over 1.5kms. Walking superbly in the difficult conditions, Jessika Bridges took out her first club race win, followed by Kasey Bishop (2nd) and Ruby Saunders (3rd).

Jared Tallent 1.5km Handicap

1.	Jessika Bridges	9.10	
2.	Kasey Bishop	9.03	
3.	Ruby Saunder	9.55	
4.	Mia Darlow	10.33	PB 0:19
5.	Kayla Bridges	10.48	
6.	Fraser Saunder	10.02	
7.	Rodney Davis	8.32	
8.	Jemma Peart	7.51	
9.	Ross Darlow	7.07	
10.	Alanna Peart	8.18	
11.	Emily Crowley	8.58	PB 0:12
12.	Olivia Davis	11.38	



Jessika Bridges, winner of the Jared Tallent 1.5km handicap last Sunday in Ballarat

14TH IAAF WORLD CHAMPIONSHIPS IN ATHLETICS, MOSCOW, RUSSIA, 10-18 AUGUST 2013

With the 2013 IAAF World Championships now completed, a quick review of Australia's performance. At the 2011 IAAF World Championships, Australia won three medals – one gold (Sally Pearson), one silver (Mitchell Watt) and one bronze (Jared Tallent). This time around, we also got 3 medals as part of a haul of 6 top-eight placings - medallists Sally Pearson (silver, 100mH), Kim Mickle (silver, javelin) and Jared Tallent (bronze, 50km walk), along with Zoe Buckman (seventh, 1500m), Kathryn Mitchell (fifth, javelin) and the men's 4x400m relay team (eighth).

Australia finished 19th on the medal count as Russia (17 medals) and USA (25 medals) slugged it out at the top (see <http://www.iaaf.org/competitions/iaaf-world-championships/14th-iaaf-world-championships-4873/medaltable>). Russia eventually got the nod due to their higher Gold Medal count but USA had many more medals overall and also won on the points count. The top 5 nations were predictably Russia, USA, Jamaica, Kenya and Germany (who are superb in the field)

1.	Russia	7G	4S	6B	17
2.	United States	6	14	5	25
3.	Jamaica	6	2	1	9
4.	Kenya	5	4	3	12
5.	Germany	4	2	1	7

50km Men, Wednesday 14 August, 8:30AM

And now to the last of the walks, the 50km which was held on Wednesday 14 August. Len Johnson for the IAAF reported it well: <http://www.iaaf.org/competitions/iaaf-world-championships/14th-iaaf-world-championships-4873/news/report/men/50-kilometres-race-walk/final>

Robert Heffernan cast aside a history of fourth-place finishes and broke a 30-year Irish men's gold medal drought when he won the 50km Race Walk on Wednesday morning. Heffernan crossed the finish inside the Luzhniki Stadium in 3:37:56, just over a minute clear of Russia's Mikhail Ryzhov. The 35-year-old Irishman has finished one place outside the medals so often recently that he was given the nickname "Mr 4th" in one athletics publication. He was fourth in both the 20km and 50km walks at the 2010 European Championships in Barcelona and again in the London Olympic 50km last year. Now, after coming out on top in a savage battle between 30km and 40km with Russia's Mikhail Ryzhov, Heffernan has become "Mr

Gold Medal”, and done so against some of the strongest opposition in the current home nation of race walking.

It is 30 years since Ireland won a men’s gold medal at the World Championships, 30 years indeed since it won a men’s medal of any colour. The last was when Eamonn Coghlan burst off the final bend to win the 5000m at the first World championships in Helsinki in 1983. The date – 14 August – the same date as the Moscow 50km Race Walk. Back then, Coghlan was able to pump his fists in celebration even before he had passed Soviet runner Dmitriy Dmitriyev. He knew he was going to win. In an even further coincidence, Coghlan was a well-known fourth-place finisher himself, having finished in that place behind John Walker in the 1976 Olympic 1500m final and again behind Miruts Yifter in the 1980 Olympic 5000m final.

Heffernan, too, could have celebrated before the end of his race. He virtually won the gold medal when he broke clear of Ryzhov coming up to the 40km mark. That surge was the culmination of a series of surges over the previous 10km as both men swapped the lead. Poland’s Grzegorz Sudol had led narrowly at 30km with Heffernan, Ryzhov and Ivan Noskov of Russia in close attendance. But soon afterwards it was a race in two between the Irishman and Ryzhov with the others dropping back. Ryzhov made what appeared to be his big effort at 35km and succeeded in putting some 10 metres between him and Heffernan. But the Irish walker had soon clawed his way back up and re-taken the lead. Similarly, Heffernan enjoyed a few mini-breaks as the pair fought back-and-forth. At 21, the Russian is a relative newcomer to the longer walk, having made his debut in Saransk last year. He improved to 3:44:41 in finishing fourth – that number again – at the European Cup Race Walking earlier this year.

Australia’s Jared Tallent grabbed his fifth medal in Olympic or World Championships competition in taking the bronze medal in 3:40:03. Tallent was in the lead with Ryzhov and his Russian team-mate Ivan Roskov early in the race. At 10km, the trio led by almost 30 seconds before they were swallowed up by the pack. The Australian dropped back to seventh at the half-way mark before fighting his way back up through the field to overtake Sudol and move into third in the last 10km. He finished just over a minute clear of Ihor Hlavan of the Ukraine. Tallent now has bronze (20km) and silver (50km) from the Beijing 2008 Olympics, a bronze in the 50km from the Daegu world championships, a silver in the 50km in the London Olympics and now a bronze again. It is an impressive effort, but the competitive Tallent will have been disappointed to again miss the gold medal here.

Matej Toth (SVK) finished sixth while Sudol and Noskov dropped back to sixth and seventh place, respectively. The race started in humid conditions after overnight rain. While the temperature remained moderate, the humidity also remained high throughout, making for trying conditions.

The three Australians had differing fortunes. **Jared Tallent** took yet another major medal, bronze this time, after a masterly performance. But it was not all plain sailing as he struggled mid race and dropped as far back as seventh place at one stage after leading early. *“I felt absolutely terrible out there early, and at the 15-kilometre mark when I dropped off the Russians I didn’t think I would finish. I was really hurting, surprisingly sluggish. As the race went on I tried to get motivated, and I started to feel a bit better as the race went on. I was proud that I could pull together a strong last ten kilometres to come into the bronze medal position. I have trained all year for this, we train all year for one event and I didn’t want to let anyone down, especially my wife Claire. It’s great to win a medal and have reward for all the hard work.”*

Chris Erickson was the next best-placed Australian in a career best walk. Back in 25th place at the half way mark, he stepped up his pace in the last 4 laps to enter the stadium in 16th position and cross in a new personal best time of 3:49:41. *“That was great. I fulfilled my ambition of sitting on the shoulder of Jesus Garcia who has done this event at a world event a crazy amount of times and was able to go with him past some of the other guys. Plus I’ve finished in the top-16 and have a new personal best which is great, The 50km event is my event. I want to keep improving from here and hopefully be someone that challenges for a top-eight in Rio. The next three years is about getting better, and I think I have potential for a strong performance at the IAAF World Walk Cup next year and keep moving up the ranks from there.”*

Alas, while Jared and Chris had top races, **Ian Rayson**, who came into the event in career best form, was disqualified at the 12-kilometre mark. Hopefully, Ian can bounce back from this great disappointment and work to rectify this in his next international encounters.

1.	Robert HEFFERNAN	IRL	78	3:37:56	WL
2.	Mikhail RYZHOV	RUS	91	3:38:58	PB
3.	Jared TALLENT	AUS	84	3:40:03	
4.	Ihor HLAVAN	UKR	90	3:40:39	PB
5.	Matej TÓTH	SVK	83	3:41:07	
6.	Grzegorz SUDOŁ	POL	78	3:41:20	PB
7.	Ivan NOSKOV	RUS	88	3:41:36	PB
8.	Łukasz NOWAK	POL	88	3:43:38	
9.	Takayuki TANII	JPN	83	3:44:26	
10.	Yohann DINIZ	FRA	78	3:45:18	
11.	Hiroki ARAI	JPN	88	3:45:56	PB
12.	Jesús Ángel GARCÍA	ESP	69	3:46:44	
13.	Serhiy BUDZA	UKR	84	3:47:36	PB
14.	Ivan TROTSKIY	BLR	76	3:47:52	
15.	Marco DE LUCA	ITA	81	3:48:05	
16.	Chris ERICKSON	AUS	81	3:49:41	PB
17.	Quentin REW	NZL	84	3:50:27	PB
18.	Claudio Paulino FLORES	ESP	88	3:50:29	PB

19.	Omar ZEPEDA	MEX	77	3:50:43	
20.	Jarkko KINNUNEN	FIN	84	3:50:56	
21.	Adrian BLOCKI	POL	90	3:51:00	
22.	Ato IBANEZ	SWE	85	3:53:38	PB
23.	Koichiro MORIOKA	JPN	85	3:53:54	
24.	Jean Jacque NKOULOUKIDI	ITA	82	3:54:00	
25.	Brendan BOYCE	IRL	86	3:54:24	PB
26.	Jianbo LI	CHN	86	3:56:13	
27.	Jhonathan CACERES	ECU	90	3:56:58	PB
28.	Pedro ISIDRO	POR	85	3:57:30	
29.	Dušan MAJDAN	SVK	87	3:57:50	PB
30.	Faguang XU	CHN	87	3:57:54	
31.	Marc MUNDELL	RSA	83	3:57:55	
32.	Horació NAVA	MEX	82	3:58:09	
33.	Basanta Bahadur RANA	IND	84	3:58:20	
34.	José Ignacio DÍAZ	ESP	79	3:58:26	
35.	Omar SEGURA	MEX	81	3:58:34	
36.	Evan DUNFEE	CAN	90	3:59:28	PB
37.	Se-Hyun OH	KOR	88	4:01:00	
38.	Tadas SUSKEVICIUS	LTU	85	4:01:29	
39.	Andreas GUSTAFSON	SWE	81	4:01:40	
40.	Marius COCIORAN	ROU	83	4:04:23	
41.	Veli-Matti PARTANEN	FIN	91	4:04:59	
42.	Teodorico CAPORASO	ITA	87	4:05:25	
43.	Mario José DOS SANTOS	BRA	79	4:06:12	
44.	Xavier MORENO	ECU	79	4:07:29	
45.	Sándor RÁCZ	HUN	86	4:12:18	
46.	John NUNN	USA	78	4:34:55	
	Edward ARAYA	CHI	86	DQ	
	Ivan BANZERUK	UKR	90	DQ	
	Jung-Hyun YIM	KOR	87	DQ	
	Håvard HAUKENES	NOR	90	DQ	
	Emerson HERNANDEZ	ESA	88	DQ	
	Sandeep KUMAR	IND	86	DQ	
	Andres CHOCHO	ECU	83	DQ	
	Ian RAYSON	AUS	88	DQ	
	Fredy HERNÁNDEZ	COL	78	DNF	
	Maciej ROSIEWICZ	POL	77	DNF	
	Erik TYSSSE	NOR	80	DNF	
	Predrag FILIPOVIĆ	SRB	78	DNF	
	Tianfeng SI	CHN	84	DNF	
	Yereman SALAZAR	VEN	78	DNF	



Left: The leading three early - Ryzhov, Tallent and Roskov



Right: Ireland's Robbie Heffernan walks to a popular victory



**Left: Chris Erickson comes through the field with Jarkko Kinnunen, Claudie Villanueva and Jesus Garcia
Right: Yet another global medal for Jared Tallent**

The 50km walk is indeed the toughest and longest event on the program and it was fitting to see so many articles post-event. These included

- http://www.athletics.com.au/home/news/news/2013/august/moscow2013_tallent_wins_bron
- <http://www.abc.net.au/news/2013-08-14/tallent-grabs-first-aussie-medal-in-moscow/4887436?section=sport>
- <http://www.independent.ie/irish-news/rob-heffernan-it-was-a-bonus-that-i-destroyed-everyone-29498851.html>
- <http://www.robandmarianheffernan.com/>
- <http://www.independent.co.uk/sport/general/athletics/world-championships-2013-robert-heffernan-makes-history-for-ireland-8762475.html>

You can hear an audio interview with winner Robbie Heffernan at <http://www.bbc.co.uk/sport/0/athletics/23698159>
For the record, Robbie Heffernan's splits were superb: 22:37, 22:15, 22:13, 21:53, 21:36, 21:43, 21:29, 21:18, 21:22 and 21:30

And of course, Jeff Salvage has once again put together a superb photo story which captures the excitement of the event - see <http://racewalk.com/Photostory2013WorldChampionships/2013WorldChampionshipsMens50km-01.asp>

And one final piece of trivia. With the men's 20km and 50km events only 3 days apart, Swedish walker **Ato Ibáñez** was the only competitor to compete in both events at Moscow and he did well, coming 23rd in the 20km (1:24:49) and 22nd in the 50km (a big PB of 3:53:38). But the way he did it was impressive as he walked right up near the front of the chasing pack in the 50km for half the race (he passed the halfway mark in 1:51:14) before fading a little. "I fought the best I could. I finished exhausted and could not even take another step. They had to take me in a wheelchair."

NORDIC JUNIOR T&F CHAMPIONSHIPS, ESPOO, FINLAND, 17-18 AUGUST

Men 5000m Race Walk

1.	Elmo KOIVUNEN	FIN	94	21:31.88
2.	Markus KYRÖLÄ	FIN	95	24:29.35

Women 3000m Race Walk

1.	Erika PARVIAINEN	FIN	95	14:32.73
2.	Lena TOMAS	SWE	96	14:57.15
3.	Tiia KUIKKA	FIN	94	15:21.93
4.	Felicia HOGRELL	SWE	94	16:58.30

WALKING SHORTS

- Rudolf Skrucany pointed me to the following monograph, titled 'World Race Walking Research', edited by Dr. Martin Pupiř (Department of Physical Education and Sport, Matej Bel University, Banská Bystrica, Slovak Republic) and containing a wide variety of recent research papers on race walking. See <http://core.kmi.open.ac.uk/download/pdf/9429340>

- When 17 year old Anezka Drahotová beat the highly favoured Russians to win the European Junior 10,000m walk championship in July with a superb time of 44:15.87, heads turned. A month later and now aged 18, she turned heads even further with her wonderful walk from the front in the World Champs in Moscow, eventually coming 7th with a time of 1:29:05. She is profiled in the latest oMarchador webpage as this year's greatest walks revelation - and I must agree. See <http://omarchador.blogspot.pt/2013/08/anezka-drahotova-marchadora-revelacao.html>

You can also watch the whole of her European Junior 10,000m walk race on YouTube - with her winning and her sister Eliksa taking third in a final sprint to the line against the second of the two Russians. See <http://www.youtube.com/watch?v=w1hrqEfbLHk>

VRWC CLUB RECORDS UPDATE

Three new VRWC club records this week, all done in the Victorian Masters 10km roadwalk championships last Saturday

Kelly Ruddick	W40 10km Road Walk	45:26	VMA 10km Championship, Middle Park	17/08/2013
Gwen Steed	W70 10km Road Walk	1:05:53	VMA 10km Championship, Middle Park	17/08/2013
Margaret Beaumont	W75 10km Road Walk	1:25:49	VMA 10km Championship, Middle Park	17/08/2013

LASHMANOVA TALLENT AND WIN 2013 IAAF RACE WALKING CHALLENGE

Elena Lashmanova and Jared Tallent were the winners of this year's IAAF Racewalk Challenge Series which culminated with the World Championships walks. Overall, 37 male walkers and 23 female walkers scored points by performing to the required standard in at least three of the designated 10 international challenge competitions. The 10 meets included in this year's challenge covered five continents and were ranked in importance by category: A (World Championships), B (Chihuahua, Taicang, Sesto San Giovanni and La Coruña), and C (Hobart, Nomi, Lugano, Rio Maior, Podebrady, Maurice, Dudince-European Cup, Guatemala-PanAmerican, and Dublin).

Jared won the men's Challenge with 34 points, scored in 4 events (Hobart 1st, Taicang 3rd, La Coruna 1st and Moscow 3rd), finishing ahead of João Vieira (5 events, 28 points) and Matej Tóth (4 events, 26 points). In the women's sector, Russian Elena Lashmanova dominated with 38 points (Rio Maior 1st, Sesto San Giovanni 1st and Moscow 1st), ahead of Inês Henriques (6 events, 34 points) and Ana Cabecinha (6 events, 23 points).

The IAAF awards cash prizes to the first 12 finishers in the Challenge and to the first 8 finishers in the IAAF World Champs. Those in the overall prize pool included Elena Lashmanova \$90000, Robbie Heffernan, \$69000, Jared Tallent \$50000, João Vieira \$35000, Matej Tóth \$24000, Inês Henriques \$20000 and Ana Cabecinha \$18000.

See <http://dt9guucc6nuua.cloudfront.net/competitioninfo/06bfe79f-4920-43ef-ad13-de6d1eddbd97.pdf> for the finer details about the 2013 Challenge. And for completeness, here are the first 20 in each competition.

Men (points / competitions)

1. Jared Tallent	Australia	34 / 4
2. João Vieira	Portugal	28 / 5
3. Matej Tóth	Slovakia	26 / 4
4. Robert Heffernan	Ireland	20 / 3
5. Dane Bird-Smith	Australia	20 / 4
6. Erik Tysse	Norway	18 / 4
7. Diego Flores	Mexico	17 / 4
8. Omar Zepeda	Mexico	16 / 3
9. Omar Segura	Mexico	16 / 4
10. Isaac Palma	Mexico	15 / 4
11. Iñaki Gomez	Canada	15 / 3
12. Yusuke Suzuki	Japan	14 / 3
13. Dmytrenko Ruslan	Ukraine	13 / 3
14. Grzegorz Sudol	Poland	13 / 3
15. Jelonek Jakub	Poland	12 / 4
16. Luis Fernando Lopez	Colombia	11 / 3
17. Pedro Daniel Gómez	Mexico	8 / 3
18. Rhydian Cowley	Australia	6 / 4
19. Francisco Arcilla	Spain	6 / 4
20. Lukasz Nowak	Poland	6 / 3

Women (points / competitions)

1. Elena Lashmanova	Russia	38 / 3
2. Inês Henriques	Portugal	34 / 6
3. Ana Cabecinha	Portugal	23 / 6
4. Lucie Pelantová	Czech Republic	17 / 6
5. Monica Equihua	Mexico	16 / 5
6. Julia Takács	Spain	16 / 4
7. Kumi Otoshi	Japan	13 / 3
8. Yanelli Caballero	Mexico	13 / 4
9. Elisa Rigaud	Italy	11 / 3
10. Beatriz Pascual	Spain	11 / 4
11. Vera Santos	Portugal	10 / 5
12. Anezka Drahotová	Czech Republic	9 / 3
13. Wendy Cornejo	Bolivia	8 / 3
14. Regan Lamble	Australia	7 / 3
15. Tanya Holliday	Australia	6 / 3
16. Jess Rothwell	Australia	5 / 3
17. Mayra Herrera	Guatemala	4 / 3
18. Antonella Palmisano	Italy	4 / 3
19. Ainhoa Pinedo	Spain	4 / 5
20. Katarzyna Kwoka	Poland	3 / 3

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

Sept 1, 2013 Australian Roadwalk Championships, Symmons Plains racewalk (near Launceston), TAS
Sept 14-15, 2013 VRWC & Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013 Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
October 5-12, 2013 **Australian Masters Games, Geelong**, See <http://www.australianmastersgames.com>.

2013 International Fixture

Oct 14, 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>

2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)
Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)
Incorporating the Oceania Racewalking Cup (Aust vs NZ)
Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 5000m walks

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
May 3-4, 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>)