



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 33
13 May 2014



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WHAT'S COMING UP

This year's **Victorian Country Roadwalk Championships** will be held at the Ballarat Turf Club, 240 Kennedys Rd, Miners Rest (Entry is via Midas Rd) on **Sunday 18th May**. To accommodate morning horse training, **the start time of the championships has been set to 1pm** as entry to the track will not be permitted prior to 11am. The schedule now reads like this:

Victorian Country Roadwalk Championships, Sunday 18 May	
1:00pm	Open Men/Women 10km
1:10pm	U20 Men/Women 5km
1:10pm	U18 Men/Women 5km
1:50pm	U16 Boys/Girls 3km
1:50pm	U14 Boys/Girls 3km
2:15pm	U12 Boys/Girls 2km Racewalking Victoria Championship
2:15pm	U10 Boys/Girls 1km Racewalking Victoria Championship

We had a start time of 10am in the Winter Fixture mail out and on our VRWC website so please take note of the delayed timetable. I have adjusted the website fixture entry and the VRWC calendar entry and will separately email all entrants to make sure everyone knows of the changed time. The course map can be seen at <http://www.vrwc.org.au/documents/2014%20AV%20Country%20Championships%20Course%20Map.pdf>.

Our VRWC winter season continues at Middle Park next Saturday with our third round of competition. Our club walks are open to everyone, but to score points in any of our winter season points competitions, you must be a financial member. You can of course join on any race day.

Saturday 17 th May 2014, Middle Park			
VRWC EVENTS: Entries close for all events at 2pm sharp.			
2.15pm	8km	Points Race	Open
2.15pm	4km	Points Race	Open
2.15pm	4km	Points Race	Under 15
2.45pm	1km	Points Race	Under 9
2.55pm	2km	Points Race	Under 12

We had scheduled handicap starts for Saturday but our new chip system is not yet fully operational so we will hold off for the time being until we can be certain the results can be extracted from the system as soon as races finish. We will be using our chips again on Saturday for recording purposes so a reminder to bring your chip and your VRWC race number as both are essential for our new system.

Note also that entries close on Sunday 18th May with me for any Victorians who intend the Racewalking Australia carnival being held in Canberra on Sunday June 9th.

VRWC ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 10 MAY

Our VRWC winter season continued on Saturday with round 3 at Middle Park in metropolitan Melbourne. With 50 walkers in attendance, the racing was keenly contested in almost perfect cool conditions. We were excited to have three of our 2014 World Cup walkers in attendance only a few days after flying back home from Taicang - Chris Erickson, Nathan Brill and Jesse Osborne. Chris was the only one racing and he strolled through the 10km in a comfortable 46:09 after walking with Jason Kozica for the first few laps. We were also excited to see former international Michael Harvey having his first walk in years - he completed his 10km in an easy 1:04:39. Michael walked an incredible 10 World Cups in a row - a record for an Australian. And to top it off, young Rebecca Henderson attempted her first ever 10km - and did it well in style with a first up 58:10.

10km Open

1.	Rebecca Henderson	58:10		First one
2.	Donna Elms	67:50	2	
3.	Karyn O'Neill	69:04	1	
1.	Chris Erickson	46:09	7	
2.	Aaron McDonough	51:26	3	
3.	Simon Evans	56:00	5	
4.	David Smyth	56:12	2	
5.	Gerard Feain	59:27	1	
6.	Terry O'Neill	60:52	4	
7.	Michael Harvey	64:39	8	
8.	Bob Gardiner	66:04	6	
	John Kilmartin	DQ		

The 5km saw Kyle Swan 22:53 and Cody McNicol-Davidson 27:31 both record PBs in the men's event while Eliza Clarke 25:49 and Emily Hamilton 26:00 were the fastest of the girls. We also welcomed Glennis McPherson back in the 3km event after many years absence. The 3km U15 events went to Karla Bulte 16:52 and Hayden Walmsley 17:39.

5km Open

1.	Eliza Clarke	25:49	5	
2.	Emily Hamilton	26:00	1	
3.	Simone McInnes	26:39	8	
4.	Sandra Geisler	26:58	4	
5.	Kylie Irshad	27:22	3	
6.	Liz Feldman	31:31	6	
7.	Robyn Shaw	32:33	2	
8.	Gwen Steed	33:22	7	
1.	Kyle Swan	22:53	4	PB 0:01
2.	Jason Kozica	23:10	2	
3.	Reese Walmsley	23:20	3	
4.	Adam Garganis	23:55	5	
5.	Mark Donahoo	25:58	7	
6.	Cody McNicol-Davidson	27:31	1	PB 0:19
7.	Bernie Keirl	29:29	8	
8.	David Armstrong	29:46	6	
	Alex Poore	DQ		

3km Open

1.	Glennis McPherson	19:59	1	
2.	Celia Johnson	21:06	2	
3.	Pam Mews	32:53	3	
	Stephanie George	DNF		
1.	Tony Barrett	18:26	1	
2.	John Morrison	22:46	2	

3km Under15

1.	Karla Bulte	16:52	2	
2.	Brodie Richardson	17:21	4	
3.	Jessica Lillie	17:36	1	
4.	Gabbie Crea	18:00	3	
1.	Hayden Walmsley	17:39	1	
2.	Lachlan Feain	17:48	2	
3.	Harry Hockley Samon	20:12	3	

Our youngest walkers walked together last weekend and I think the U9 walkers enjoyed testing themselves against the older U12s. Corey Dickson 14:31 and Kathleen O'Mahony 14:39 were the fastest of the U12s and Gemma Lillie 9:16 and Joel Prys were the fastest of the U9s.

2.5km Under12

1.	Kathleen O'Mahony	14:39	2	
2.	Madison Clark	16:08	3	
3.	Charlotte Hay	16:28	1	
4.	Chloe Karagiorgos	17:30	4	

1. Corey Dickson 14:31 1

1.5km Under9

1. Gemma Lillie 9:16 1

1. Joel Prys 8:36 1

2. Harrison Karagiorgos 9:14 2

Thanks to Terry Swan for his usual high quality photos - see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=165>.



Rebecca Henderson, Chloe Karagiorgos, Gemma Lillie, Charlotte Hay, Chris Erickson and Cody McNicol-Davidson



Kyle Swan, Glennis McPherson, Eliza Clarke, Madison Clark and Michael Harvey (all photos Terry Swan)

SAMA ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 10 MAY

Thanks to Colin Hainsworth for last weekend's South Australian Masters walk results from Adelaide. He commented: Good to see Graham Harrison and Geoff Byham back. Warm and mostly sunny.

10km yacht handicap

1.	Colin Hainsworth	M84	1:19:42	79.79%
2.	Graham Harrison	M70	1:10:48	72.69%
3.	Richard Moyle	M58	1:16:42	58.92%
4.	David Robertson	M80	1:28:56	66.75%
5.	Raelene Schild	W49	1:16:00	60.45%
6.	Marie Maxted	W54	1:07:03	72.07%
7.	Matthew Anderson	M42	1:27:49	45.02%
8.	Margaret Trengove	W70	1:15:11	79.37%
9.	Roger Lowe	M71	1:21:46	63.74%

6km yacht handicap

1.	Rodger Barber	M76	43:43	75.14%
2.	Louisa Mitchell	W45	37:52	68.49%
3.	Edna Bates	W61	51:28	59.08%
4.	Margaret McIntosh	W61	40:41	74.73%
5.	Geoff Byham	M67	40:35	72.12%
6.	Jeff Kennett	M63	57:32	48.68%

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 10 MAY

Thanks to Kim Mottrom for last Saturday's results from the South Australian Walkers Club in Adelaide. Kim reported:

We had a good turnout today, with larger numbers in the 12km than normal and a whole list of PB's. Highlights were Troy Hooker yet again taking a large chunk of time off the PB he set only 4 weeks ago, Rhiannon Lovegrove slicing over 3 minutes away from her 6km PB and Zak Guth doing a large 1.5km PB. Also both Vidlers, Jake and Aleesha, managed to record PBs again. It's also good to see Richard Everson and John Leydon back out with the walkers club after a long break and new members Lachlan Wilkinson, Shaun Scheepers and Laura Vanags continuing to support the club.

Open 12km

1.	Justin Hill	Open	1:04:19	
2.	Richard Everson	O35	1:05:07	
3.	Troy Hooker	O35	1:06:46	PB 2:23
4.	Peter Crump	O35	1:07:32	
5.	John Leydon	O35	1:15:35	
6.	Lachlan Wilkinson	O35	1:22:54	
7.	Bill Starr	O35	1:23:10	
8.	Shaun Scheepers	O35	1:28:46	
9.	Jim Hoare	O35	1:28:58	

Open 6km

1.	Kristie Goznik	Open	30:25	
2.	Anna Cross	U16	32:06	First One
3.	Alix Harlington	U16	32:42	
4.	Danielle Walsh	U20	33:50	PB 1:23
5.	Rhiannon Lovegrove	U16	33:51	PB 3:17
6.	Felicity Henderson-Wilson	U20	35:38	First One

Open 3km

1.	Jake Vidler	U16	14:42	PB 0:02
2.	Bethany Cross	U16	16:17	
3.	Tristan Camilleri	U14	17:27	PB 0:48
4.	Mark Hooker	U10	18:01	
5.	Chloe Upton	U14	18:34	
6.	Karen Hooker	O35	19:19	First One
7.	Laura Vanags	Open	20:53	First One
8.	Sue Damin	O35	24:27	First One

Open 1.5km

1.	Ayeisha Wallace	U14	8:25	PB 0:16
2.	Victoria Upton	U12	9:54	

3.	Madeleine Wallace	U10	10:11	PB 0:32
4.	Kitarni Upton	U10	10:11	
5.	Zak Guth	U10	10:20	PB 0:58
6.	Aleesha Vidler		10:22	PB 0:31

QUEENSLAND WALKERS HAVING SOME FUN

There were no QRWC walks in Queensland last weekend so a number of the Gold Coast based club members supported the Mothers Day weekend and walked in the annual Mothers Day Classic at Broadbeach. Thanks to Robyn Wales for these fantastic photos. Next weekend sees QRWC competition return with races at Beenleigh.



Left: Kay Shaw and Nyle Sunderland
Middle: Kay Shaw in her new shoes from Athletes Foot
Right: Amelia Wales leaving the surf and showing why we live in Qld!

NSWRWC ROADWALKS, HURSTVILLE GROVE/OATLEY, SATURDAY 3 MAY

Another strong week of walking in Sydney a week ago with 47 walkers in action at the weekly NSWRWC walks at Oatley. Best performances by Jay Felton, Jasmine Dighton and Raquel Roukos.

Long Division - 10km 15km

1.	Jay Felton	47.55	
2.	Carl Gibbons	48.23	
3.	Ian Jessurun	54.11	
4.	Amanda Barendregt	57.52	87.04
5.	Anthony Albenese	58.51	90.27
6.	Joan Purcell	70.11	

Medium Division - 8km - Handicap Start

1.	Jasmine Dighton	39.19
2.	Jasmyn McDonald	41.39
3.	Nathan Brown	41.56
4.	Dylan Richardson	42.03
5.	Stephanie Grujoski	48.55
6.	Bryony Beasley	50.46
7.	Judy Brown	64.55
8.	Brendan Hyde	66.07

Short Division - 4km

1.	Raquel Roukos	19.46
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U16 Division - 3km

1.	Harrison Mavin	16.04
2.	Allanah Pitcher	16.07
3.	Jasmine Fletcher	16.38
4.	Hayley Mills	16.38
5.	Renee Hardy	17.00
6.	Paige Rigney	17.40
7.	Donald Catallo	17.56
8.	Alexandria Sutherland	18.05
9.	Bayden Little	18.13
10.	Lachlan Becroft	18.19
11.	Sean Teo	18.57
12.	Logan Barendregt	23.15

U12 Division - 1.5km

1.	Lachlan Rigney	8.01
2.	Brooke Martin	8.50
3.	Courtney Mavin	9.13
4.	Jada Thomson	9.15
5.	Brodie Douglas	10.36

2.	Chelsea Goodhew	19.52	6.	Aiden Hardy	12.56
3.	Kyle Bedford	20.49	7.	Stacie Becroft	12.59
4.	Samantha Brown	21.02	8.	Ella Becroft	13.31
5.	Nicholas Douglas	21.16	9.	Sarah Challinor	15.06
6.	Ryan Thomson	21.32	10.	Amelia Crocker	15.17
7.	Ally Grujoski	22.12	11.	Emily Challinor	15.17
8.	Tiffany Saker	22.48			
9.	Travis Barendregt	23.14			
10.	Nicolle Challinor	31.41			

QRWC ROADWALKS, KALINGA PARK, QUEENSLAND, SATURDAY 3 MAY

The Queensland walkers had another club handicap racing day a week ago on Saturday 3 May.

A Grade 10km

1.	Brandon Dewar	47.30
2.	Peter Bennett	51.05
3.	Mikaela Woodward	61.26
4.	Lucy-Rose Boardman	61.27
5.	Donna Beikeff	70.27

B Grade 5km

1.	Nick Dewar	22.18
2.	Jamie McCutcheon	25.12
3.	Ian Richardson	29.47
4.	Shane Pearson	30.39
5.	Patrick Sela	34.58
6.	Michael Brittain	38.28

C Grade 3km

1.	Jesse Sims	17.41
2.	Riley Sims	19.25
3.	Jade-E Pearson	20.07

D Grade 2km

1.	Nelson McClutcheon	12.36
2.	Kobe Hinton	14.41
3.	Ethan Clarke	15.00

1. E Grade 1.5km

2.	Emma Brittain	10.51
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1. F Grade 1km

2.	Anika Clarke	5.10
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2014 IAAF RACEWALKING WORLD CUP, TAICANG, CHINA, 3-4 MAY

As promised last week, some more photos from the IAAF Racewalking World Cup in Taicang, targetting some of the Australian walkers who missed out from a photo perspective in last week's newsletter. These are mostly from Emmanuel Tardi's (see them and more at <https://www.facebook.com/emmanuel.tardi/photos>).



Tim and Chris Erickson with USA walker Erin Talcott



Chris and Quentin Rew (NZ) in the 50km



How does Emmanuel manage to get in all these fantastic photos!



Kelly and Tanya warming up



Rhidian in the 20km



Dane in the 20km



Adam in the 20km



Jesse and Nathan in the Junior 10km



Jemima and Clara in the Junior 10km

And finally, China released a new series of stamps to celebrate the World Cup - it has been some time since we saw any new racewalking stamps on the world scene so it is an event of great excitement for those philatelists who collect on that theme. The stamp sheetlet features 2012 Olympic 20km champion Wang Chen, as well as the official event mascot. Here is what it looks like



And there is also a unique postmark to mark the occasion.



I will be updating my stamps page (<http://www.vrwc.org.au/vrwcstamps.shtml>) and my postmarks/FirstDayCover page (<http://www.vrwc.org.au/vrwcpostmarks.shtml>) on our VRWC website to include these two new additions.

CHINESE NATIONAL GAMES, TAICANG, 5-6 MAY

In last week's newsletter I reported on the first day of the Chinese National Games which were held immediately after the World Cup completed in Taicang. This week I finish the results set with the Men's 50km and U20 Men's 30km which were held on the Tuesday. Of course, their World Cup walkers did not compete so the depth reads pretty well as usual!

50 km walk, 6 May

1.	Hu Wanli	CHN	27 May 92	4:04:05
2.	Pei Lianyou	CHN	27 Jan 90	4:05:41
3.	Han Jijiang	CHN	20 Jul 93	4:08:00
4.	Zhang Hang	CHN	28 Oct 91	4:10:57
5.	Zhang Kuo	CHN	12 Dec 89	4:10:57
6.	Li Chengfa	CHN	2 Mar 92	4:12:22
7.	Hou Quan	CHN	2 Jul 90	4:12:26
8.	Wang Hao	CHN	16 Aug 89	4:12:54
9.	Xin Yianyu	CHN	10 Mar 92	4:14:27
10.	Bai Xuejin	CHN	6 Jun 87	4:17:29
11.	Zhang Wenhao	CHN	19 Apr 94	4:19:30
12.	Cheng Min	CHN	6 Jul 91	4:20:23
13.	Zhao Ziyang	CHN	29 Jul 91	4:30:50
14.	Lu Dahai	CHN	16 Mar 94	4:31:21

U20 30 km walk, 6 May (first 20 only)

1.	Wang Rui	CHN	6 Jan 96	2:16:43
2.	Liu Jian	CHN	19 May 97	2:17:25
3.	Gao Wenkui	CHN	28 Jul 95	2:18:10
4.	Zhang Rongjin	CHN	24 Apr 96	2:18:37
5.	Jie Jinzhu	CHN	25 Jul 95	2:18:51
6.	Li Jichao	CHN	10 May 96	2:22:14
7.	Zhong Heng	CHN	7 Nov 95	2:23:00
8.	Li Tianxiang	CHN	2 Jan 96	2:23:07
9.	Ceng Qingsheng	CHN	3 Apr 95	2:23:39
10.	Ma Youshan	CHN	21 Sep 95	2:24:08
11.	Jiang Su	CHN	8 Apr 95	2:24:17
12.	Su Xianzhen	CHN	26 Feb 95	2:24:49
13.	Zhong Xing	CHN	6 Mar 95	2:24:52
14.	Fang Hongzhen	CHN	6 Mar 96	2:25:22
15.	Zhou Shipeng	CHN	9 Feb 96	2:25:39
16.	Xiong Denghua	CHN	29 May 95	2:26:38
17.	Wang Chao	CHN	2 May 96	2:27:16
18.	Xu Gang	CHN	24 Mar 96	2:27:53
19.	Wang Zhijie	CHN	6 Feb 95	2:29:21
20.	Yang Hu	CHN	10 Sep 96	2:30:58

HUNGARIAN TEAM CHAMPIONSHIPS, NYÍREGYHÁZA, HUNGARY, 10-11 MAY

The Hungarian Team T&F Championships were held over 2 days last weekend, with Division 1 and Division 2 walkers in action over 10,000m. Best times to Máté Helebrandt (41:39.10) and Viktória Madarasz (48:10.48).

Men's 10,000m Race Walk Division 1

1.	Máté HELEBRANDT	HUN	89	41:39.10
2.	Dávid TOKODI	HUN	91	46:29.37
3.	Bence VENYERCSÁN	HUN	96	48:15.07
4.	Dávid KOLTAI-FARKAS	HUN	83	51:38.76
5.	Soma KOVÁCS	HUN	97	51:55.72
6.	Tamás ILYÉS	HUN	80	58:47.59

Men's 10,000m Race Walk Division 2

1.	Tomasz BAGDÁNY	HUN	95	46:00.92
2.	Donát BURGER	HUN	97	53:43.18
3.	Miklós SZEGEDI	HUN	97	56:49.60

Women's 10,000m Race Walk Division 1

1.	Viktória MADARÁSZ	HUN	85	48:10.48
2.	Barbara KOVÁCS	HUN	93	49:01.52
3.	Marianna LENGYEL	HUN	94	49:08.92

4.	Rita RÉCSEI	HUN	96	50:05.75
5.	Anett TORMA	HUN	84	52:10.34
6.	Villő HAÁLA	HUN	93	53:51.23
7.	Anna SÜDI	HUN	97	54:08.60
8.	Petra RÉCSEI	HUN	90	54:34.67
9.	Petra Bernadett HORNYIK	HUN	93	58:19.53
10.	Boglárka KISS	HUN	91	59:28.41

Women's 10,000m Race Walk Division 2

1.	Luca NAGY	HUN	94	56:31.52
2.	Diána DEMETER	HUN	97	66:30.25
3.	Zsóka FENDRIK	HUN	88	76:08.74
4.	Zsuzsanna VAJDA	HUN	73	76:08.75

58TH PHÖNIXMARCHEN, TORNBGERGRUNDEN, ODENSE, DENMARK, SUNDAY 4 MAY

The 58th Phönixmarchen, which was held in Vallensbæk outside Copenhagen, hosted the men's 20km Danish Championship which was won as expected by Andreas Nielsen 1.42.56, ahead of veteran Peer Jensen 2:07.21 and Jean-Claude Grivel 2:17:21. The women's 10km Danish championship was won by the lone participant Birgit Klaproth with 1:19:39.

20km Men Danish Championship

1.	Andreas W. Nielsen	1988	Århus 1900	1.42.56
2.	Peer Jensen	1957	Phönix/VI 39	2.07.21
3.	Jean-Claude Grivel	1967	IK Hellas Roskilde	2.17.21

10km Women Danish Championship

1.	Birgit Klaproth	1973	Ballerup Atletik Klub	1.19.39
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The Phönixmarchen was also won by Nielsen ahead of Swedish walker Bengt Bengtsson 1.59.54. In the veterans 5km walk, previous Nordic record holder and Olympic participant ('84 and '88) Erling Andersen of Norway won in 30:18. Full results at http://www.dansk-atletik.dk/da/Nyheder/2014/05/~/-/media/DAF/resultater/2014/05/Phoenixmarchen_2014.ashx.

RWA INTER AREA RACEWALKING MATCH, QEII STADIUM, ENFIELD, SATURDAY 10 MAY

The annual inter-area racewalking match was held last Saturday in London and, from what I hear, it was a closely fought teams event with the South winning out in the final event. Visiting NZ walker Alana Barber won the women's 5000m with 23:38.8 while the men's race went to Dominic King with 21:5.6. Lots of good times in the younger age divisions.

Senior Women 5000m

1.	Alana Barber	Hyde Park Harriers	North	23:38.8
2.	Grazina Narviliene	Belgrave Harriers	South	25:13.7
3.	Brenda Gannon	Hyde Park Harriers	North	27:12.9
4.	Kate Donaldson	Leicester Walking Club	Midlands	28:29.2
5.	Penelope Cummings	Aldershot Farnham & Dist	South	28:37.5
6.	Rebecca Crossan	Belgrave Harriers	South	28:50.4
7.	Sarah Lightman	Leicester Walking Club	Midlands	31:34.2
8.	Hilary Mann	Sparkhill Harriers	Midlands	32:15.3

U20 Women 5000m

1.	Emma Achurch	Leicester Walking Club	Midlands	25:03.2
2.	Jasmine Nicholls	Leicester Walking Club	Midlands	27:35.2 *
3.	Danielle Oates	Manx Harriers	North	29:54.2

(* 60 second pit lane penalty added)

U17 Women 5000m

1.	Ana Garcia (U15)	City of Sheffield AC	North	24:58.8
2.	Sophie Lewis Ward	Cambridge Harriers	South	25:38.5
3.	Indigo Burgin	Cambridge Harriers	South	31:43.2
4.	Emily Ghose	Tonbridge Athletic Club	South	33:31.4

U13 Boys 2000m

1.	Stephen Waddington	Manx Harriers	North	12:36.2
2.	George Wilkinson	Enfield & Haringey AC	South	12:45.1

U13 Girls 2000m

1.	Lucy Lewis Ward	Cambridge Harriers	South	10:40.9
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2.	Jessica Finney	Birchfield Harriers	Midlands	11:57.3
3.	Molly Meleady-Hanley	City of Sheffield AC	North	12:05.2
4.	Amelia Tutt	Rugby & Northampton AC	Midlands	13:17.3
5.	Leah Goddard	Northern Athletic Club	North	13:18.6
	Kara Lane	Birchfield Harriers	Midlands	DQ

U15 Boys 3000m

1.	Christopher Snook	Aldershot Farnham & Dist	South	15:47.8
2.	Ben Allen	Leicester Walking Club	Midlands	16:09.3

U15 Girls 3000m

1.	Evie Butcher	Cambridge Harriers	South	16:19.5
2.	Alana Zeidler	City of Sheffield AC	North	16:44.2
3.	Pagen Spooner	Wetherby Runners AC	North	17:52.1
4.	Laura Achurch	Leicester Walking Club	Midlands	18:15.0
5.	Jacqueline Benson	Ashford Athletic Club	South	21:33.5

Senior Men 5000m

1.	Dominic King	Colchester Harriers	South	21:51.6
2.	Daniel King	Colchester Harriers	South	22:41.7 *
3.	Farnsico Reis	Ilford Athletic Club	South	24:10.7
4.	Jock Waddington	Manx Harriers	North	24:40.9
5.	John Constandinou	Birchfield Harriers	Midlands	29:40.5

(* 60 second pit lane penalty added)

U20 men 5000m

1.	Callum Wilkinson	Enfield & Haringey AC	South	22:27.4
2.	Guy Thomas	Tonbridge Athletic Club	South	23:54.1
	Cameron Corbishley	Medway & Maidstone AC	South	DQ

U17 Men 5000m

1.	Luc Legon	Cambridge Harriers	South	24:09.5
2.	Tom Partington	Manx Harriers	North	24:58.7
3.	Timothy Snook	Aldershot Farnham & Dist	South	26:43.2
4.	Colin Zack	Aldershot Farnham & Dist	South	28:16.5

Thanks to Mark Easton for the reuse of some of his photos - see <http://markeaston.zenfolio.com/f281201852> for the full set of galleries from the carnival. Thanks Mark.



Guy Thomas and Luc Legon



Dom and Daniel King Cameron Corbishley



Callum Wilkinson, Alana Barber, Ana Garcia and Emma Achurch (all photos Mark Easton)

SPANISH UNIVERSITY CHAMPIONSHIPS, CARTAGENA, SPAIN, SUNDAY MAY 11

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/05/campeonatos-universitarios-de-espanha.html>) for the results from the Spanish University 5000m walk championships last weekend. The women's walk saw a new record to Raquel Gonzalez with 21:10.92, beating the previous record of 21:50.48, set by Julia Takacs in 2011. The men's walk was won by Miguel Angel Lopez, bronze medallist from the 2013 IAAF World Champs in Moscow, with 42:07.90. It was his third title after winning previously in 2011 and 2012.

10,000m Women

1.	Raquel Gonzalez Campos	1989	Universidad Católica San Antonio	21:10.92
2.	Ainhoa Pinedo Gonzalez	1983	Universidad de Granada	22:03.00
3.	Amanda Cano Gomez	1994	Universidad de Murcia	23:08.80
4.	Maria Larios Lopez	1992	Universidad de Castilla-La Mancha	23:34.90
5.	Laura Jimenez Elipe	1991	Universidad Católica San Antonio	25:00.32
6.	Samantha Mulloni Martinez	1990	UNED	25:04.12
7.	Andrea Cabre Carceller	1988	Universidad Jaume I de Castellón	25:28.23
8.	Rocio Carbia Lojo	1993	Universidad de Vigo	25:34.27
9.	Veronica Aliaga Galvez	1992	Universidad de Valencia	25:59.95
10.	Miriam Gil Romero	1995	Universidad de Murcia	26:29.10
11.	Ester Montaner Novellon	1991	Universidad de Lleida	26:43.25
12.	Cristina Palacios Alonso	1988	Universidad de Sevilla	26:59.00
	Sara Ramirez Ortega	1995	Universidad de Burgos	DQ

10,000m Men

1.	Miguel Ángel Lopez	1988	Universidad Católica San Antonio	42:07.90
2.	Luis Cambronero Lopez	1993	Universidad de Castilla-La Mancha	47:59.05

LITHUANIAN UNIVERSITY CHAMPIONSHIPS, KAUNAS, LITHUANIA, SATURDAY 10 MAY

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2014/05/campeonatos-universitarios-da-lituania.html>) for the results of the Lithuanian University Championships which were held in Kaunas, Lithuania, on Saturday 10th May. Brigita Virbalytė-Dimšienė and Marius Šavelskis won their respective races with 12:21.84 and 19:55.04 respectively.

3000m Women

1.	Brigita Virbalytė-Dimšienė	1985	VU	12:21.84
2.	Rita Andrejeva	1991	VDU	15:38.75
3.	Extra: Aušrinė Kuzmininskaitė	1998	Kaunas	15:33.13

5000m Men

1.	Marius Šavelskis	1994	LSU	19:55.04
2.	Ricardas Rekest	1987	MRU	20:14.52
3.	Arturas Mastianica	1992	LEU	20:26.89
4.	Normantas Petriša	1994	LSU	21:09.29

USATF 10KM CHAMPS, EASTWOOK LAKE MERTROPARK, DAYTON, OHIO, SUNDAY 11 MAY

Michael Roth posted the following report on last weekend's USATF 10km roadwalk champs below. And congratulations to ACT walker **Ashleigh Resch** who won the Junior Women's national championship.

Fresh from a week of competition in China at the IAAF World Cup of Race Walking Armstong , Missouri, resident Patrick Stroupe added the USA 10km title to his outstanding resume. Stroupe, a 3 time collegiate national T&F champion, broke away from the field early on for the win. The 29 year old had a 22 second gap over second at the halfway point that continued to widen to the finish. Stroupe went home with the gold medal presented to the National Champ by USA Track & Field plus \$500 in prize money and performance bonuses. The total prize & performance money pool was worth \$2,700 to these profession pedestrians.

Following Stroupe across the finish line was the lanky Jonathan Hallman, a Greer, South Carolina, resident. Hallman, with collegiate eligibility, but still unsigned by any college, nailed down a solid qualifying time for the USA Track Nationals in Sacramento in June with his 46:54 clocking. Third in this year's race went to the 2014 collegiate indoor track & field champion in the race walk, Cody Risch. Risch, a recent Cornerstone University graduate (Grand Rapids, Michigan) turned pro on the warm (65 degrees at race start) and humid morning. His final time after a quick opening 5k in 22:28 was 48:30.

Jill Cobb, 4th placed at the 2012 Olympic Trials, took the women's title in 50:02. Like many of the competitors Cobb, 39, was able to go out quickly, covering the first 5k in 24:24, but as the sun got brighter times slowed over the second half of the 8 lap race. The Beavercreek mother of two was happy with her Mother's Day victory. Samantha Cohen, a 36 year old mother of three (3) from Wisconsin grabbed second in 52:16. And even though she was suffering the ill effects from a head cold picked up on her return trip from competing in the World Cup a week earlier in China, Erin Taylor-Talcott held on for 3rd.

Today's race was also the USATF Junior National Championships for the 10k Road Walk. And Cameron Haught, just a 15 year old freshman at Yellow Springs HS, had the most impressive performance of the day. With a personal best of 53:30, Haught chased Puerto Rican junior Luis Cruz the first half of the race. Trailing by just 6 seconds after walking a personal record (PR) 24:09 split through 5k, Haught was able to maintain his momentum. After several back-n-forth lead changes Haught was able to close strongly over the final lap for an impressive triumph in 48:36. This moves him to #2 Under-20 performer at that distance in the USA this year. Cruz, 17, finished in 48:57, with Chicago's Alex Peters taking 3rd in 51:21.

Beavercreek high school junior **Ashleigh Resch** continued her winning streak. The 17 year old USA New Balance National High School Indoor 1 Mile T&F Champ back in March won today's much longer 10k (6.214 miles) race in 56:05. Texas high school champ Fiona Dunleavy was a very close 2nd. She finished in 56:18. Third place went to Chicago's Anali Cisneros. The Elgin Shark athlete was timed in 57:24.

The competition also doubled as the 27th Annual Jack Mortland Race Walks. Jack, a 1964 Olympian in the walks, was on hand signing autographs for the kids and promoting the most newsworthy print publication in race walking – The Ohio Race Walker. Local TV stations 2 and 45 had cameramen at the event hosted by the Dayton area's Miami Valley Track Club. Local sponsors of the event include: Ohio USATF; Comfort Suites (Riverside); Graphics II (Enon); Creative Trophy Designs; Buckeye Striders (Columbus) and the hosting organization – the Miami Valley Track Club (Yellow Springs).

10km Roadwalk (41 finishers)

1.	Patrick Stroupe	OM	29	unattached	44:29.9
2.	Jonathan Hallman	OM	20	Shore AC	46:54
3.	John Cody Risch	OM	23	Q Team	48:30
4.	Cameron Haught	JrM	15	Miami Valley TC	48:36
5.	Luis Cruz	JrM	17	Puerto Rico	48:57
6.	David Swarts	OM	49	Pegasus A.C.	49:11
7.	Joel Pfahler	OM	23	Miami Valley TC	49:58
8.	Jill Cobb	OW	39	Miami Valley TC	50:02
9.	Jacob Gunderkline	OM	23	Miami Valley TC	51:16
10.	Alexander Peters	JrM	18	Elgin Sharks Track	51:21
11.	Dave Talcott	OM	54	Shore AC	51:42
12.	Sam Cohen	OW	36	Wisconsin Runner	52:16
13.	Pablo Gomez	OM	42	Chicago Walkers	54:57
14.	Erin Taylor	OW	35	Shore A.C.	55:11
15.	Chelsea Conway	OW	24	Shore AC	55:23
16.	Ashleigh Resch	JrW	17	Miami Valley TC	56:05
17.	Fiona Dunleavy	JrW	17	Rockwall Mustangs	56:18
18.	Omar Nash	OM	40	Miami Valley TC	56:26
19.	Anali Cisneros	JrW	16	Elgin Sharks Track	57:24
20.	Jennifer Lopez	JrW	18	Elgin Sharks Track	58:32
21.	Katie Malinowski	OW	26	Pegasus A.C.	59:29
22.	Ed Fitch	OM	53	Miami Valley TC	59:36
23.	Christina Peters	OW	26	Miami Valley TC	59:47
24.	Damen Clements	OM	57	unattached	59:56

NEUILLY-SUR-MARNE 6 HOUR WALK, NEUILLY-SUR-MARNE, FRANCE, SUNDAY 11 MARCH

The European longer distance walking season is well underway now with the latest offering being the 6 Heures de Neuilly-sur-Marne last Sunday. It was an all French affair with Alexandre Forestieri and Claudine Anxionnat winning with 55.120km and 48.280km respectively. And yes, you guessed it, our interpid French correspondent Emmanuel Tardi has sent me these results!

1.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	32	55.120 km	05:52:59	9.369 km/h
2.	BUNEL Pascal	Neuilly Sur Marne Athletisme	31	53.410 km	05:48:08	9.205 km/h
3.	VARAIN cedric	ACCT	30	51.700 km	05:52:26	8.802 km/h
4.	BOVIN Laurent	AMSTV	29	49.990 km	05:58:52	8.358 km/h
5.	BUISSON Dominique	Saint-brice Athletisme	28	48.280 km	05:53:11	8.202 km/h
6.	ANXIONNAT Claudine (W)	S/I Association Bruyeres Athl	28	48.280 km	05:58:50	8.073 km/h
7.	PLAYE Christophe	Esc Tergnier	27	46.570 km	05:55:18	7.864 km/h
8.	SALOMEZ Benedicte (W)	Neuilly Sur Marne Athletisme	27	46.570 km	05:56:32	7.837 km/h
9.	BIZARD Emilie (W)	Thiais Ac	26	44.860 km	05:51:58	7.647 km/h
10.	PICOT Gerard		26	44.860 km	05:52:22	7.639 km/h
11.	BIZARD Claudie (W)	Thiais Ac	26	44.860 km	05:58:52	7.500 km/h
12.	MASSON Pascal	La Postillonne	25	43.150 km	05:56:32	7.262 km/h
13.	SPIESER Jean-paul	S/I Association Bruyeres Athl	25	43.150 km	05:58:31	7.221 km/h
14.	PICHON Jean	A Marcheurs St Thibault Des Vi	24	41.440 km	05:46:03	7.185 km/h
15.	LACROIX Jean-louis		24	41.440 km	05:54:42	7.010 km/h
16.	DUBOIS D ENGHIEEN Catherine (W)	La Postillonne	23	39.730 km	05:41:56	6.972 km/h
17.	AUVRE Alain	Co Eu Bresle	23	39.730 km	05:50:00	6.811 km/h
18.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	23	39.730 km	05:51:48	6.776 km/h
19.	DOUET Christiane (W)	Neuilly Sur Marne Athletisme	23	39.730 km	05:57:34	6.667 km/h

OUT AND ABOUT

There have been lots of interclub walks over the last couple of weekends in various European countries (to many to list) so just to pick out a couple of the best from France

Sun 4 May	Yohann Diniz	5000m Track Walk	19:12.54	Compeigne, France
Sun 4 May	Hedi Teraoui (TUN)	5000m Track Walk	19:46.56	Anancy, France

ATHLETICS VICTORIA BIB NUMBERS ANNOUNCED

Over the last couple of weeks, Athletics Victoria has been counting down on its bib numbers for the next year. They have now completed the full list and I am pleased to report that we see two walkers in the top 10 - **Chris Erickson** will wear bib number 7 and **Jared Tallent** will wear the highly sought after bib number 1. Alas, I can't find a full list to tell you which other walkers have highly ranking bib numbers but hopefully that will be published soon.



VRWC CLUB RECORD UPDATE

One new VRWC club record to retrospectively acknowledge this week - well done to Nikola Mandic.

Nikola Mandic U12 1500m Track Walk 7.03.05 LAVic T&F Champs, Lakeside Stadium 29/03/2014

MARK WALL PONDERES RACEWALKING AND THE COMMONWEALTH GAMES

England based VRWC member Mark Wall (marnwal@hotmail.com) has written an interesting piece on racewalking within the Commonwealth. Thanks Mark.

I must start by saying, this is a personal set of thoughts and I put it out there to stimulate a discussion or debate (or to scare you witless:- take your pick).

In light of the number of Commonwealth athletes who did compete in the World Cup in China and the current situation in terms of no Commonwealth Games titles on offer this year, my mind returns to a concept that I (and dare I say others) have been mulling over for a decade or more. Is it time to institute a formal Commonwealth Cup of Race Walking (in line with various Area/regional competitions that exist or have in the past)? There are Commonwealth Championships for Mountain Running, Ultra distance etc. held as a separate Carnival on a biennial basis.

There have been two abortive attempts to create a Commonwealth walks event to fill the void this year, each have stumbled on the point of finance. The constituent home countries of the United Kingdom failed to support the Hobart initiative this year in part for that reason. England Athletics had not budgeted for such a competition in their annual planning so had no available funds for such a team, the organisation is required to plan its financial cycles quite closely, as I am all too aware through my involvement at Regional Council level. The Welsh were in similar straits.

Even if had been possible the relatively short notice also made seasonal planning difficult for the athletes concerned.

Whilst European based athletes have further competitive opportunities this season others do not.

Let's examine the 'nuts and bolts' of such a proposal. The major issue is cost. Viability of any competition must be driven by this, much as it may be regret.

At its most basic level, who is it funds accommodation costs? Is it to be the organisers? Do the fund to a level commensurate with a team quota system as operates at the World Race Walking Cup? Is it a subsidy rather than the full cost? Or in the end, is it the responsibility of the competing nation? This may precluded some nations taking part.

The Cost of travel in an Intercontinental organisation such as the Commonwealth will be prohibitive for some nations depending upon which nation or indeed city hosts such an event. Who is to meet this cost? Most National Governing Bodies have existing priorities, some driven by the political agendas dictated to them by organisations responsible for funding them (this is indeed the case with Sport England). This would be another cost. Again the question arises as to whether it is built into the cost of hosting the event as outlined previously.

A suitable venue is required in line with IAAF specifications and requirements (distance, measurement, closure to the public, Insurance for example). This again needs to be built into the cost of hosting of such an event. In this regard consideration needs to be given to the panel of judges. It is customary (read her expected) that their costs are met. Due to the nature of such

an event, it would require an international panel drawn, according to my reading of documentation, from at least three separate nations, in this case I suspect more. At this point we can see the cost mounting and mounting!

If not yet cold on the idea, I will press on....

Which events are to be contested? Do we look at the full range? That is:

Men: 50km, 20km and Junior 10km
Women: 20km and Junior 10km

Given that in some years some nations have International titles or cup events for all these groups is it wise to limit it to a Senior Men and Women's 20km? Do we incorporate an Ultra distance event such as a 100km to add spice? The agenda of events can be a problematic issue...

So let's imagine we get to the stage where we say, "Yes, let's go ahead".

Not entirely plain sailing yet! Are there to be qualifying time standards? The various countries of the UK will realistically look to do this for their own needs; Australia will not need to, given the depth of quality walkers. However will there be a need to a formal set of time standards? Would the organisers be prepared to accommodate all athletes selected by their nations with regard to time? I do have some in mind but that is for another time.

By now I am sure your brain hurts from all these questions (and no answers) or else terminal boredom has kicked in. For the more mature Australian readers (and prone to reminisce), it may be 'time for a cup of tea, a Bex and a good lie down'. For others it may be resolved with a good stiff drink! For me, a now largely, non-drinker and in the UK, I cannot figure what I will do to get over it...

There you have it, all questions and no answers. Nothing is ever plain sailing. Is it affordable, viable or indeed even worth it?

Regards to all back in Australia and Victoria in particular.

And since Mark did comment on the number of Commonwealth walkers who competed in the World Cup in Taicang last weekend, I have done a quick extract - it reads as shown below at a whopping 60 walkers (sorry if I missed anyone). That is impressive!

50km Men

3.	Jared TALLENT	AUS	84	03:42:48	
11.	Chris ERICKSON	AUS	81	03:49:33	PB
13.	Quentin REW	NZL	84	03:50:22	PB
23.	Sandeep KUMAR	IND	86	03:56:22	PB, NR
32.	Manish SINGH	IND	91	04:02:08	PB
33.	Marc MUNDELL	RSA	83	04:02:19	
37.	Surinder SINGH	IND	88	04:09:17	PB
43.	Manipal RAM PATEL	IND	91	04:17:03	PB

Junior Men 10km

7.	Nathan BRILL	AUS	96	41:07	PB
12.	Jesse OSBORNE	AUS	95	42:13	
32.	Jonathon LORD	NZL	96	47:58	PB
33.	Jared FREE	NZL	97	51:47	PB
	Tyler JONES	AUS	98	DQ	

20km Women

35.	Khushbir KAUR	IND	93	1:31:40	PB, NR
39.	Tanya HOLLIDAY	AUS	88	1:32:36	
48.	Johanna JACKSON	GBR	85	1:33:55	
49.	Kelly RUDDICK	AUS	73	1:34:00	
75.	Corli SWART	RSA	91	1:42:19	PB
77.	Nicola EVANGELISTA	CAN	88	1:43:22	
81.	Elena GOH LING WING	MAS	96	1:45:34	PB
82.	Katelynn RAMAGE	CAN	93	1:49:30	PB

10km Junior Women

8.	Clara SMITH	AUS	98	46:33	PB
12.	Jemima MONTAG	AUS	98	47:34	
21.	Anel OOSTHUIZEN	RSA	95	48:59	PB, NJR
25.	Elizabeth HOSKING	AUS	95	49:21	PB
27.	Ellie DOOLEY	GBR	95	49:53	PB
32.	Emma ACHURCH	GBR	97	50:20	

20km Men

11.	Evan DUNFEE	CAN	90	1:20:13	PB, NR
12.	Inaki GOMEZ	CAN	88	1:20:18	PB
13.	Benjamin THORNE	CAN	93	1:20:19	PB
14.	Dane BIRD-SMITH	AUS	92	1:20:27	PB
26.	Irfan K.T.	IND	90	1:21:09	
27.	Gurmeet SINGH	IND	85	1:21:20	
33.	Devender SINGH	IND	83	1:22:07	
41.	K. GANAPATHI	IND	89	1:22:41	PB
43.	Tom BOSWORTH	GBR	90	1:22:53	
48.	Basanta Bahadur RANA	IND	84	1:23:15	
57.	Rhydian COWLEY	AUS	91	1:23:58	PB
61.	Lebogang SHANGE	RSA	90	1:24:18	
64.	Adam RUTTER	AUS	86	1:24:44	
71.	Wayne SNYMAN	RSA	85	1:26:03	
88.	HENDRO	INA	90	1:29:24	PB, NR
93.	Bruno CARRIÈRE	CAN	92	1:33:08	PB
95.	Muhammad HARUN	MAS	92	1:33:31	PB
97.	Chun-Hung TSE	HKG	81	1:39:15	
98.	Eswaran RAJAN	MAS	95	1:39:21	PB
99.	Edmund Chye SOON	SIN	83	1:40:11	
	Creighton CONNOLLY	CAN	88	DQ	

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2014 Australian/Victorian Winter Season Key Dates

Sun 18 May, 2014	Victorian Country Roadwalk Champs, Ballarat
Sun 18 May, 2014	Entries close with your club secretary for the LBG Carnival
Sun 8 June, 2014	LBG Carnival, Canberra
Sun 29 June, 2014	AV Schools Roadwalk Champs, Middle Park
July, 2014	RWA Postal Challenge, each member club in its own State
Sun 3 Aug, 2014	Victorian Roadwalk Championships, Middle Park
Sun 24 Aug, 2014	Australian Roadwalk Championships, Albany, WA
Sun 14 Sept, 2014	Victorian 50km and RWA 50km (women), Middle Park
4-5 Oct, 2014	VRWC 24 Hour Carnival (for the Australian Centurions), Middle Park

2014 International Fixture

May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

2014 European Athletics Permit Meets

Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

Remaining 2014 IAAF Challenge Series Walks

May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, ?
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?

Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, ?
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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