



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 40
1 July 2014



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
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WHAT'S COMING UP

Next Saturday sees our annual VRWC Intervals Races. You can choose to walk any of 4km, 6km, 8km or 10km in 2km intervals. It is a popular event and a great workout so you should put it in your calendar.

Saturday 5 th July 2014, Middle Park			
SPECIAL VRWC INTERVALS EVENT			
2.15pm	Intervals Race – 4km, 6km, 8km or 10km		Open
2.25pm	4km		Open
2:25pm	4km		Under 15
2.30pm	1.5km	Points Race	Under 9
2.40pm	2.5km	Points Race	Under 12

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allow to continue in the next leg. The start times for the 2km legs are as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1	1
2.32pm	2	2	2	2
2.49pm		3	3	3
3.06pm			4	4
3.23pm				5

A reminder that from now on, you can enter all VRWC races online on our website during the week. Then all you have to do on race day is line up, pay your entry fee and confirm you have your numbers and chip. Just point your browser to <http://www.vrwc.org.au/wp1/> and click on the *VRWC Race Registration* tab. You can still enter on the day and you can make changes on the day if you pre-entered and change your mind. But we would like everyone to get used to pre-registering if they can. It will make everything flow more quickly on race day.

A couple more dates to keep in mind.

Our **annual Falls Creek training camp** will run from **Sunday 28 December 2014 to Saturday 10 January 2015**. You can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>. Thank goodness it's a summer camp - check out <http://ski.com.au/snowcams/australia/vic/fallscreek/index.html> for the skicam views after our bumper snow of the last couple of weeks.

Entries are now open for our **VRWC 24 Hour carnival** on the weekend of **4-5 October 2014**. Events include 24 Hours, 12 Hours, 6 Hours and RWA 100km. Check it out or enter at <http://www.centurions.org.au/event2014.shtml>.

AV, AMA, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 29 JUNE

It was a cold, wet and wintry weekend across Victoria and Sunday morning was a tough ask for those 55 walkers who braved the elements and turned out at Middle Park for what was a big morning of championships. And it was probably even harder for the many officials and judges who were on hand to setup, run the show and then pack up the equipment in the drizzly rain. So well done to everyone on a big effort.

The day started at 9AM with the AV, VMA and AMA 20km championships for men and women. First to the Victorian Open (AV) championships which were won by Chris Erickson and Heather Carr, albeit in much slower times than they would normally do.

20km Victorian Championship Open Men

1.	Chris Erickson	ATE	1:34:55
2.	Simon Evans	BOH	1:58:59
3.	Terry O'Neill	GPA	2:04:13
	Aaron McDonough	PTN	DNS

20km Victorian Championship Open Women

1.	Heather Carr	EAG	2:08:54
2.	Donna-Marie Elms	PTN	2:22:18
3.	Karyn O'Neill	GPA	2:22:32
	Rachel Tallent	BYC	DNS
	Kelly Ruddick	BHA	DNS

Now to the Australian Masters (AMA) and Victorian Masters (VMA) Championships which were run alongside the Open events. The dismal weather meant that numbers were small but we still saw some good walks, especially by Stuart Kollmorgen (1:45:47 M45), Heather Carr (2:08:54 W60) and Ralph Bennett (2:04:41 M70).

20km AMA Womens Championship

1	Donna-Marie Elms	W50-54	2:22:18
1	Heather Carr	W60-64	2:08:54
1	Margaret Beaumont	W75-79	3:06:09

20km AMA Mens Championship

1	Adam Patterson	M40-44	2:17:38
	David Smyth	M40-44	DNS
1	Stuart Kollmorgen	M45-49	1:45:47
	Michael Gillies Smith	M45-49	DNS
1	Simon Evans	M50-54	1:58:59
	Andrew Jamieson	M65-69	DNF
	Russ Dickenson	M65-69	DNS
1	Ralph Bennett	M70-74	2:04:41

20km VMA Womens Championship

1	Margaret Beaumont	W75-79	3:06:09
1	Donna-Marie Elms	W50-54	2:22:18
1	Heather Carr	W60-64	2:08:54
	Elizabeth Feldman	W65-69	DQ

20km VMA Mens Championship

1	Adam Patterson	M40-44	2:17:38
	David Smyth	M40-44	DNS
1	Stuart Kollmorgen	M45-49	1:45:47
	Michael Gillies Smith	M45-49	DNS
1	Simon Evans	M50-54	1:58:59
1	Christopher Worsnop	M55-59	2:39:44
	Andrew Jamieson	M65-69	DNF
	Russ Dickenson	M65-69	DNS
1	Ralph Bennett	M70-74	2:04:41

The annual Victorian Schools Roadwalk Championships saw events ranging from U20 10km to U14 3km. Best performances to Stephanie George (U20 10km 53:55), Adam Garganis (U18 5km 23:03), Ross Darlow (U18 5km 23:08), Kyle Swan (U15 3km 14:44) and Rebecca Henderson (U14 3km 15:27). Well done to all the medallists.

10km Under 20 Men AV Schools Championship

1.	Lucas Taylor	Lilydale High School	53:44
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10km Under 20 Women AV Schools Championship

1.	Stephanie George	Yarra Valley Grammar School	53:55
2.	Emily Hamilton	Mater Christi College	56:01

5km Under 18 Boys AV Schools Championship

1.	Adam Garganis	Thornbury High School	23:03
2.	Ross Darlow	Ballarat High School	23:08

5km Under 18 Girls AV Schools Championship

1.	Madeleine Feain	Salesian College-Rupertswood	32:51
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3km Under 16 Boys AV Schools Championship

1.	Kyle Swan	The Knox School	14:44
2.	Lachlan Feain	Salesian College-Rupertswood	16:38

3km Under 16 Girls AV Schools Championship

1.	Philippa Huse	St Leonard's College	15:53
2.	Karla Bulte	Casey Grammar School	16:19
3.	Brodie Richardson	Mater Christi College	17:23
4.	Emily Noonan	Tintern Schools	17:33
5.	Ellen Dowie	Highview Christian Comm Coll	17:37
6.	Jessica Lillie	Rowville Secondary College	17:58
7.	Gabriella Crea	Strathmore Secondary College	19:00

3km Under 14 Boys AV Schools Championship

1.	Joseph Rickard	Mornington Secondary College	17:41
2.	Hayden Walmsley	Rowville Secondary College	18:22
3.	Thomas Dawson	Marcellin College	18:39

3km Under 14 Girls AV Schools Championship

1.	Rebecca Henderson	Berwick Secondary College	15:27
2.	Jemma Peart	Ballarat High School	15:32
3.	Zahra Hayes	Rochester Secondary College	15:45
4.	Kathleen O'Mahony	Knox Athletic Club	17:13
5.	Alanna Peart	Blackhill Primary	17:48
6.	Chloe Karagiorgos	Wantirna College	19:48

Finally to our VRWC Championships. Chris Erickson won the Open Men's 20km Club Championship (for the Alf Robinson Trophy) while the U12 and U9 1.5km club championships went to Joseph Rickard (8:02), Kathleen O'Mahony (8:07), Joel Prys (8:17) and Gemma Lillie (9:12). Special mention to Joseph Rickard who won both U14 and U12 championships and to Alanna Peart and Kathleen O'Mahony who also did the U14/U12 doubles.

20km VRWC Club Championship Men - Alf Robinson Trophy

1.	Chris Erickson	1:34:55
2.	Stuart Kollmorgen	1:45:47
3.	Simon Evans	1:58:59
4.	Terry O'Neill	2:04:13
5.	Ralph Bennett	2:04:41
6.	John Kilmartin	2:09:36
7.	Adam Patterson	2:17:38
8.	Ian Beaumont	2:55:25

1.5km Under 12 VRWC Championships

1.	Joseph Rickard	08:02
1.	Kathleen O'Mahony	08:07
2.	Alanna Peart	08:10
3.	Claire Noonan	08:28
4.	Grace Louey	08:32
5.	Ruby Paten	08:37
6.	Charlotte Hay	08:39
7.	Mackenzie Mielczarek	09:27
	Chloe Karagiorgos	DNS

1.5km Under 9 VRWC Championships

1.	Joel Prys	08:17
2.	Harrison Karagiorgos	08:49
3.	Scott Peart	13:21
1.	Gemma Lillie	09:12
2.	Elise Carbery	10:06
3.	Mia Darlow	10:13

5km VRWC Open

1.	Robyn Shaw	32:07
2.	Bob Gardiner	32:13
3.	Steve Jordan	43:35
	Kirstin Shaw	DNF

Lapsplits via link: <http://www.vrwc.org.au/rfid-results/2014-06-29%20VRWC%20AV%20VMA%20AMA%2020k-10k-5k-3k.xls>. Thanks Ralph!

And by the way, did you know that every week **Stuart Cooper** takes our results and forwards them onto the Herald Sun and Melbourne Age newspapers. This week they didn't make it into the Herald Sun but they are up on the Age website. All you have to do any Monday is google *The Age Sport Results*, click on the link and then select results for the date of our races. For instance, our races from Sunday are at <http://www.theage.com.au/sport/results/sport-results-for-sunday-june-29-2014-20140629-3b23u.html>.

Thanks to Simon Baker who had Terry Swan's camera on Sunday while Terry was judging. Photos have been uploaded to <http://www.vrwc.org.au/coppermine>.

And a special thanks to **Neil Ryan** of **Runners World Kew** who was on hand to present \$1000 awards to our VRWC Runners World Summer Season champions Kelly Ruddick and Jesse Osborne. We always recommend that you should do all your sports related shopping at Neil's sports shop in Kew (see <http://www.runnersworld.com.au>).



Chris Erickson, Stuart Kollmorgen, Ross Darlow, Adam Garganis, Heather Carr and Ralph Bennett



Emily Hamilton, Stephanie George, Kathleen O'Mahony, Joseph Rickard and Kyle Swan

Finally thanks to all those who braved the elements to ensure we had a good day out. Sorry if I missed acknowledging anyone. It is sometimes tough to catch up with everyone as the day progresses. Your help is always appreciated.

Registration: Ralph Bennett, Mark Donahoo, Michael Bodey

Officials: Tim Erickson, Ian Laurie, Mark O'Mahony, Harry Summers, Bob Gardiner, Jesse Osborne, Marlane Stanway

Judges: Matt Owen (chief), Brenda Felton, Stuart Cooper, Lincoln Mah, Terry Swan, Josh Savage, Suzanne Callaway, Peter Vysma (DQ Board)
Canteen: Kate Suich, Wendy Cooper

ACT WALKERS CLUB ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 28 JUNE

Thanks to Robin Whyte for his weekly results from Canberra.

6km Walk

1.	Robin Whyte	39:56
2.	Greg Durr	42:44
3.	Jennifer Gilchrist	45:10
4.	Rod Gilchrist	47:57
5.	Terry Munro	51:55
	Richard Wade	DNF

2km Walk

1.	Helen Munro	18:53
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1km Walk

1.	Tracey Durr	7:42
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RACEWALKING QUEENSLAND ROADWALKS, KALINGA PARK, QLD, SUNDAY 29 JUNE

The Queensland Racewalking Club were in action last Sunday in Brisbane.

A Grade 10km

1.	Kyle Malone	46.27
2.	Brandon Dewar	47.41
3.	Peter Bennett	52.55
4.	Jess Pickles	58.32
5.	Donna Beikoff	66.14
6.	Noela McKinven	79.27
	Nick Dewar	DNF

B Grade 5km

1.	Luke McCutcheon	23.38
2.	Dean Nipperess	23.40
3.	Jamie McCutcheon	26.30
4.	Shane Pearson	28.56
5.	Christiane Dauphiné	41.38

C Grade 3km

1.	Caitlin Hannigan	17.59
2.	Jade-Elizabeth Pearson	18.51
3.	Robyn Wales	24.52
4.	Maurice Dauphiné *	27.48

D Grade 2km

1.	Adam Buchhorn	11.12
2.	Ethan Clarke	12.01
	Nelson McCutcheon	DQ

E Grade 1km.

1.	Abbey Hannigan	6.05
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F Grade 1km

1.	Anika Clarke	7.22
2.	Tess Hannigan	7.30

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 28 JUNE

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cold arvo, strong wind at times.

12km yacht handicap

1.	Norman White	M55	1:26:10	61.79%
2.	Graham Harrison	M70	1:23:08	74.91%
3.	Marie Maxted	W54	1:18:53	74.44%
4.	John Leydon	M52	1:16:12	68.11%
5.	Linda Whitelaw	W60	1:36:11	65.51%
6.	Bill Starr	M71	1:28:30	71.27%
7.	Colin Hainsworth	M84	1:40:05	75.43%
8.	Matthew Anderson	M42	1:46:15	45.06%
9.	David Robertson	M80	1:51:32	64.50%

6km yacht handicap

1.	Roger Lowe	M71	46:36	65.92%
2.	Edna Bates	W61	50:36	60.09%
3.	Rodger Barber	M76	43:55	74.79%
4.	Helen Suridge	W63	43:41	71.34%
5.	George White	M69	33:38	89.10%

3km yacht handicap

1.	Paul Boyce	M78	24:56	65.68%
2.	Jeff Kennett	M64	27:16	50.40%

SARWC ROADWALKS CANCELLED THIS WEEKEND

Peter Crump emailed me yesterday to explain about the South Australian Racewalking Club event cancellation in Adelaide last Saturday.

Hi Tim

No news this week as we decided on safety grounds to cancel Saturday's walks due to the forecast strong winds and rain. We were scheduled to hold our King of the Mountain in Belair National Park and will reset that to another time later in the year.

Kind regards...Peter

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 29 JUNE

Thanks to Rick Cattermole for his weekly report from the Race Walking Club of Western Australia. Rick reported: An absolutely freezing morning, 2 degrees, kept our club racewalk competition down a bit in numbers, but there were a few decent times from the hardy ones that raced. Here in WA, we always have one extreme temperature to another on our race days so it seems....but one can not pick and choose the days I suppose.

10km open mixed

- | | | | |
|----|--------------------|-------|----|
| 1. | Vanessa Brown | 59.59 | |
| 2. | Christopher Gerken | 61.04 | PB |

5km open

- | | | | |
|----|----------------|-------|--|
| 1. | Caitlin Gerken | 29.40 | |
| 2. | Breanna Brown | 31.43 | |

3km open

- | | | | |
|----|-----------------|-------|--|
| 1. | Michelle Butler | 19.00 | |
| 2. | Tina Kezic | 20.34 | |

2km open mixed

- | | | | |
|----|--------------------|-------|----|
| 1. | Simeon Leatherland | 8.50 | PB |
| 2. | Jaymee-Lee Curry | 14.11 | |

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 22 JUNE

Thanks to Terry Jones for these Western Australian Race Walking Club results from a week ago in Perth.

20km Handicap

- | | | | |
|--|----------------|-----|--|
| | Dale Hennighan | DNF | |
|--|----------------|-----|--|

8km Handicap

- | | | | |
|----|---------------------|-------|--|
| 1. | Karyn Tolardo | 51.47 | |
| 2. | Isabella Tolardo | 50.48 | |
| 3. | Bree-Anna Hennighan | 56.40 | |
| 4. | Tom Lenane | 55.10 | |

5km Handicap

- | | | | |
|----|---------------|-------|--|
| 1. | Robyn Hughes | 36.49 | |
| 2. | Ben Reid | 33.02 | |
| 3. | Declan Tingay | 25.52 | |
| 4. | Aimee Reid | 40.20 | |
| | Holly Hughes | DNF | |

2km Handicap

- | | | | |
|----|-------------------|-------|--|
| 1. | Sienna Andritsos | 11.36 | |
| 2. | Alessia Andritsos | 13.02 | |
| 3. | Amy Holland | 11.59 | |
| 4. | Angel Bordaje | 13.21 | |

SANISBURY'S BRITISH T&F CHAMPIONSHIPS, BIRMINGHAM, ENGLAND, 28-29 JUNE

Great walk results at the Sainsbury's British Championships which were held at the Alexander Stadium in Birmingham last Sunday. Mark Wall reported as follows.

Men's 5000 Metres Race Walk Sunday 29 June 2014

In one of the best and most enthralling walk contests for some while both the All-comers and National records were broken by the two leading Walkers. It demonstrated the 'top-shelf' of race walking.

Australian champion Dane Bird-Smith continues his successful British sojourn with a new British All-comers record in 19:14.53. This removed multiple Commonwealth Games representative Darrell Stone (19:35.0) from the record books over the distance. Dane commented that he was unable to be his normal fluent self in the race so this underlines the quality of the performance. He shook off the challenge from European Champs bound walker Tom Bosworth after half way to secure his victory.

Tom pushed himself to the very end to claim a new National record along with wins in the UK and English Championships. His time of 19:16.82 surpassed the record of Alex Wright who set a time of 19:27.39 in the 2013 edition. This earned Tom a cash bonus of £5000 from UKA, rewarding his National record (or so flashed up on the scoreboard). As far as I can see, Dane leaves Birmingham empty handed! Sharp eyed readers will spot the statistical quirk there! In addition it also is superior to the time of Martin Rush (now UK Endurance event lead) who recorded 19:22.29 indoors in 1992 in the same city.

Almost lost in these two results was the fine performance of Quentin Rew in third place. His time of 20:07.00 was fast nonetheless despite he too feeling he was not at his most fluent. It was a great way to sign off after almost two years being based at Leeds. Jamie Higgins, at 20 years of age, was next home to claim the two silver medals in 20:55.01. He has been making a good progression into the senior ranks this year and will be capable of more after an injury scare in recent weeks. The winner of the set of Bronze medals was the ever improving 17 year old Callum Wilkinson who again impressed with a sound technique and who, if he continues on his improvement trajectory, should figure in selection for the major championships in the Junior titles both on an area and global stage. His time of 21:52.01 was a substantial PB of just on 35 seconds. Alex Eaton, after a 32 plus mile effort in the Parishes walk, secured a PB, whilst seasons bests were recorded by Guy Thomas, Francisco Reis and Luke Legon.

Dane Alex BIRD-SMITH	AUS	92	19:14.53
Tom BOSWORTH	GBR	90	19:16.82
Quentin REW	NZL	84	20:07.00
Jamie HIGGINS	GBR	94	20:55.01
Callum WILKINSON	GBR	97	21:52.01
Alex EATON	GBR	95	22:27.73
Guy THOMAS	GBR	98	23:21.15
Francisco REIS	POR	60	24:01.66
Luc LEGON	GBR	98	24:57.37
Adam COWAN	GBR	94	DQ

Women's 5000 Metres Race Walk Sunday 29 June 2014

A thrilling finish saw Welsh walker Heather Lewis prevail over an inspired kiwi Alana Barber, contesting her last major title of her two year stay. Heather took a substantial lead hitting 2000m in 8:52.46 and the 3000m in 13:31.01 but from then on a charging Alana took the bit between her teeth and chased her down. A final 4:16.5 by Heather saw her hang on for a less than 2 second win in 22:09.87 and a new Welsh record. Heather is in her first year as a senior so she is looking to make this yet another stepping stone with a 5th place all-time. After a come from behind win last week over 10,000m, Alana's 22:11.52 represents a PB of 1:27 or 4:24 over the last 12 months. A true vindication of the work done at Leeds.

Sixteen year old Emma Achurch took the English title in 24:14.96. This, according to the Power of 10, represents a 48 second PB. She has had a great year and under the continued tutelage of Steve Arnold, her improvement has been consistently strong. In her final year as a Junior, Ellie Dooley, after a year of niggling injuries and illness recorded a seasons best of 25:06.84 (PB: 24:04.21). Ellie starts her university career come September. Grazina Narviliene, a 40 year old ex-Lithuanian international, now living in the UK, walked consistently for a time of 25:17.00. At the other end of the age scale, 16 year old, Heather butcher was another with a PB in 25:38.46. Jasmine Nicholls had a better day for a Seasons best, whilst Rebecca Collins and 39 year old Irish international Brenda Gannon (an Academic at the University of Manchester) both recorded Personal bests.

1.	Heather LEWIS	GBR	93	22:09.87
2.	Alana BARBER	NZL	87	22:11.52
3.	Emma ACHURCH	GBR	97	24:14.96
4.	Ellie DOOLEY	GBR	95	25:06.84
5.	Grazina NARVILIENÉ	LTU	74	25:17.00
6.	Heather BUTCHER	GBR	97	25:38.46
7.	Jasmine NICHOLLS	GBR	95	26:01.52
8.	Rebecca COLLINS	IRL	91	26:54.09
9.	Brenda GANNON	IRL	75	27:18.28
10.	Maria CORCELLO	ITA	91	DQ

2014 ERWL TRACK WALKS, ALLIANZ PARK, LONDON, SATURDAY 28 JUNE

Thanks to Ron Wallwork for the latest walk result from the Enfield Race Walking League in London. He commented: The same number of walkers as the corresponding race last year, 24 took part in this fixture in wet rainy conditions. Young Indigo Burgin impressed, walking over five minutes faster than she did when she last walked in this event in July last year.

5000m Walk Men (©=Centurion, *=pb)

1.	Fransisco Reis	Ilford AC	24.11	M50
2.	Malcom Martin	Surrey WC	25.19	M55
3.	Steve Uttley	Ilford AC	26.25	M55
4.	Steve Allen	Barnet & DAC	26.58	M55
5.	Stuart Bennett ©	Ilford AC	28.26	M55
6.	John Ralph	Enfield HAC	28.26	M55
7.	Shaun Lightman	Surrey WC	29.05	M70
8.	Ken Bobbett	Hillingdon AC	29.29	M65
9.	Dan Maskell	Surrey WC	30.40	M65
10.	Peter Hannell	Surrey WC	31.25	M65
11.	Michael Harran	Surrey WC	32.02	M75
12.	Richard McKenzie	Hillingdon AC	32.28	M45
13.	Sean Pender ©	Enfield HAC	33.03	M60
14.	Russell Vroobel	Hillingdon AC	34.16	M50
15.	Ron Powell	Enfield HAC	34.47	M75
16.	Bill Sutherland©	Highgate H	38.49	M65

5000m Walk Women

1.	Indigo Burgin	Cambridge H	30.51	U17
2.	Helen Middleton	Enfield HAC	30.57	W50
3.	Fiona Bishop	Woking AC	32.06	W55
4.	Angela Martin	Surrey WC	33.02	W50
5.	Linda Spinks	Enfield HAC	34.53	W45
6.	Jenny Middleton	Hillingdon AC	35.10	W40
7.	Sandra Campbell	Surrey WC	36.33	W45

1000m Walk

1.	George Wilkinson	Enfield HAC	6.29	U13
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ENGLISH SCHOOLS DEVELOPMENT WALKS, SUTTON IN ASHFIELD, ENGLAND, SAT 28 JUNE

Thanks to Mark Wall for yet another set of English results from last weekend - same weekend but different cities in England. Mark reports that the 10-13 Year age group races saw some very young walkers (10 or 11) walking against their older compatriots, always a tough ask at that age. The Boys 15 Plus division saw two children of former Commonwealth Games walkers in action - Tom Partington is the son of Steve and Cal Partington of IOM (Steve competed in the 1986-2006, 2006 50km, Cal in 1994-2002) and Tim Snook is the son of Verity Snook (Scotland 1994).

2000m 10-13 years Boys

1.	Faris Alkamesi	Leics & Rutland	12:03.8
2.	Hisham Alkamesi	Leics & Rutland	12:09.9
3.	Archie Waters	IOM	13:04.9
4.	Kyle Smith	Leics & Rutland	13:04.9
5.	Stephen Waddington	IOM	13:19.4

2000m 10-13 years Boys

1.	Ben Allen	Leics & Rutland	10:48.3
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3000m Over 15 Boys

1.	Tom Partington	IOM	14:36.8
2.	Tim Snook	Surrey	14:39.4
3.	Daniel Watling	Staffs	16:33.1
4.	Colin Zack	surrey	17:15.6

2000m 10-13 years Girls

1.	Kara Lane	West Mids	11:27.5
2.	Jessica Finney	West Mids	11:39.4
3.	Molly Melready-Hanley	South Yorks	12:50.6
4.	Ella Sharkey	South Yorks	12:50.6
5.	Ruby Horton	Hants	13:00.0
6.	Lea Goddard	IOM	13:07.8

7.	Ellen Vahey	Warks	14:18.3
8.	Ellie Preston	Leics & Rutland	15:27.0

3000m 13-15 Girls

1.	Ana Garcia	South Yorks	9:36.2
2.	Alana Zeidler	South Yorks	10:44.3
3.	Laura Achurch	Leics & Rutland	11:53.0
4.	Abigail Jennings	Surrey	14:07.2
5.	Freya Cole	Northants	16:17.3

3000m Over 15 Girls

1.	Jessica Mills	West Mids	17:18.9
2.	Charlotte Finney	West Mids	18:17.0

CANADIAN T&F CHAMPIONSHIPS, MONCTON STADIUM, MONCTON, CANADA, 27-29 JUNE

And now over the Atlantic to Canada where Evan Dunfee (1:21:57) and Rachel Seaman (1:32:54) won their national 20,000m track championships as part of the Canadian T&F titles. Great walking also to Marek Adamowicz who won the Junior Men's 10,000m in 43:56.0.

Women 10,000m Race Walk Junior Junior

1.	Roach, Mandy	96	Rive-Sud	1:01:46.0
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Men 10,000m Race Walk Junior Junior

1.	Adamowicz, Marek	96	Rive-Sud	43:56.0
2.	Cheng, Caleb	95	Strathcona L	46:00.0
3.	Gagné, Vincent	97	Fleur de Lys	1:01:40.0

Women 20,000m Race Walk Championship

1.	Seaman, Rachel	86	Peterborough	1:32:54.0
2.	Evangelista, Nicola	88	Racewalk West	1:50:08.0
3.	Ramage, Katelynn	93	Racewalk West	1:54:24.0
4.	McCormack, Catherine	72	Ontario Race	2:09:27.0
5.	Schneider, Amanda	89	Ontario Race	2:15:47.0

Men 20,000m Race Walk Championship

1.	Dunfee, Evan	90	Racewalk West	1:21:57.0
2.	Thorne, Benjamin	93	Racewalk West	1:27:11.0
3.	Carrière, Bruno	92	Rive-Sud	1:33:08.0
	Gomez, Inaki	88	Racewalk West	DNF
	Connolly, Creighton	88	Ontario Race	DQ

USA T&F CHAMPIONSHIPS, SACRAMENTO, 25-29 JUNE

Now to Sacramento for the 20,000m track walks at the USA T&F Championships where Maria Michta 1:35:34.37 and John Nunn 1:27:56.39 were the winners.

Women 20,000m Race Walk - 28.06.2014

1.	Maria MICHTA	USA	86	1:35:54.37
2.	Miranda MELVILLE	USA	89	1:37:59.83
3.	Erin GRAY	USA	87	1:39:23.91
4.	Katie BURNETT	USA	88	1:40:01.61
5.	Susan RANDALL	USA	74	1:40:21.21
6.	Erin TAYLOR-TALCOTT	USA	78	1:43:41.92
7.	Jill COBB	USA	75	1:46:15.09
8.	Stephanie CASEY	USA	83	1:48:50.26
9.	Sam COHEN	USA	77	1:49:34.15
10.	Molly JOSEPHS	USA	94	1:52:40.59

Men 20,000m Race Walk - 29.06.2014

1.	John NUNN	USA	78	1:27:56.39
2.	Patrick STROUPE	USA	84	1:29:26.68
3.	Nick CHRISTIE	USA	91	1:29:52.67
4.	Alejandro CHAVEZ	USA	93	1:30:28.15
5.	John Cody RISCH	USA		1:32:49.07
6.	Emmanuel CORVERA	USA		1:34:08.71

7.	Michael Giuseppe MANNOZZI	USA	86	1:36:04.88
8.	Richard LUETTCHAU	USA	84	1:38:20.68
9.	Jonathan HALLMAN	USA	93	1:39:32.96
10.	Matthew DE WITT	USA		1:40:37.38
11.	Joel PFAHLER	USA	90	1:41:11.65
12.	David SWARTS	USA		1:48:57.93

HUNGARIAN JUNIOR CHAMPIONSHIPS, DEBRECEN, HUNGARY, 28-29 JUNE

And now to a very wide ranging international roundup - it was indeed a big weekend for walking world wide.

Women U20 10,000m Race Walk

1.	Rita RÉCSEI	HUN	96	51:55.95
2.	Mercédesz MARTON	HUN	95	53:49.16

Men U20 10,000m Race Walk

1.	Bence VENYERCSÁN	HUN	96	45:37.00
2.	Tomasz BAGDÁNY	HUN	95	46:33.86

POLISH JUNIOR T&F CHAMPIONSHIPS, TORUŃ, POLAND, 28-30 JUNE

Men 10,000m Race Walk

1.	Mateusz NOWAK	POL	96	45:21.43
2.	Daniel CHOJECKI	POL	94	45:32.13
3.	Szymon ZIELIŃSKI	POL	95	46:03.98
4.	Kamil KOMAROWSKI	POL	95	47:00.41
5.	Tomasz NIEDZIAŁEK	POL	96	48:02.49

Women 10,000m Race Walk

1.	Katarzyna ZDZIEBŁO	POL	96	49:01.15
2.	Angelika AUGUSTYN	POL	96	51:06.32
3.	Barbara KANTOROWSKA	POL	95	53:16.17
4.	Kinga MAJCHROWICZ	POL	95	55:42.05
5.	Agata SZCZEPANIAK	POL	95	57:04.09

CZECH JUNIOR T&F CHAMPIONSHIPS, TRINEC, CZECH REPUBLIC, 28-29 JUNE

Men 10,000m Race Walk

1.	Filip VESELOUŠ	CZE	95	48:55.82
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FINNISH RACEWALK CHAMPIONSHIPS, VAASA, FINLAND, 25 JUNE

Men 20km Race Walk

1.	Aleksi OJALA	FIN	92	1:26:53
2.	Elmo KOIVUNEN	FIN	94	1:38:25
3.	Artturi OILA	FIN	96	1:42:54
4.	Juuso JESKANEN	FIN	96	1:49:40

Women 20km Race Walk

1.	Anne HALKIVAHA	FIN	86	1:44:54
2.	Mikaela LÖFBACKA	FIN	90	1:46:14
3.	Elisa NEUVONEN	FIN	91	1:47:06
4.	Tiia KUIKKA	FIN	94	1:54:39

Women U20 10km Race Walk

1.	Taika NUMMI	FIN	97	49:19
2.	Katri GAURIOFF	FIN	99	51:58
3.	Enni NURMI	FIN	98	52:02
4.	Erika PARVIAINEN	FIN	95	52:16
5.	Vera RAUHALA	FIN	97	53:43
6.	Elina HEIKKINEN	FIN	97	54:00
7.	Hanna WESTERLUND	FIN	97	54:32
8.	Venla LAIHO	FIN	95	55:47
9.	Amanda ÅSTRÖM	FIN	95	58:06

BELARUS RACE WALKING CHAMPIONSHIPS, BREST, BELARUS, 24-25 JUNE

See <http://omarchador.blogspot.pt/2014/06/matveyuk-simanovich-e-trotski-campeoes.html> for some indepth reporting on the Belarussian walk championships.

Men 20km Race Walk

1.	Dzianis SIMANOVICH	BLR	87	1:22:44
2.	Aleksandr LIAKHOVICH	BLR	89	1:22:50
3.	Andrey TALASHKO	BLR	82	1:24:00
4.	Dmitriy DZIUBIN	BLR	90	1:28:47
5.	Vladimir KOLYESNIK	BLR	92	1:34:53
6.	Mikhail KHOLOD	BLR	93	1:44:54
7.	Aliaksandr KALAMIYETS	BLR	92	DNF
8.	Yauheni ZALESSKI	BLR	93	DNF

Men 50km Race Walk

1.	Ivan Trotski	BLR	76	4:05:39
2.	Barys Sharhar	BLR	93	4:35:44
3.	Uladzimir Brunukov	BLR	89	4:43:42

Women 20km Race Walk

1.	Alina MATVEYUK	BLR	90	1:30:48
2.	Anastasiya YATSEVICH	BLR	85	1:31:53
3.	Darya BALKUNETS	BLR	93	1:43:23
4.	Alesia CHEMBROVICH	BLR	94	1:45:18
5.	Anastasiya RODZKINA	BLR	94	DNF

FRENCH ROADWALK CHAMPIONSHIPS, ALBI, FRANCE, 28-29 JUNE**Men 20km Race Walk - 29.06.2014**

1.	Jean Michel PREVEL	FRA	84	1:34:10
2.	Fabrice RAMON	FRA	70	1:34:28
3.	Mohammed MASSOUSSI	TUN	88	1:34:47
4.	Thomas DA SILVA	FRA	83	1:34:53
5.	Nicolas POTIER	FRA	89	1:37:00
6.	Ludovic HADULA	FRA	87	1:37:40
7.	Anthony KISHI	FRA	89	1:40:23
8.	Andy BOUTRAIS	FRA	91	1:41:24
9.	Alfredo GALICIA	FRA	66	1:41:54
10.	Laurent LE GALLE	FRA	62	1:42:00
11.	Dorian RICHARD	FRA	91	1:42:56
12.	Mathieu BEURION	FRA	89	1:44:24
13.	Maxime FAITEAU	FRA	90	1:44:32
14.	Laurent LEGENTIL	FRA	88	1:45:26
15.	Jerome BOCQUET	FRA	85	1:46:18
16.	Cyril LEGENTIL	FRA	86	1:47:26
17.	Bruno GRENET	FRA	65	1:49:32
18.	Francis COUHAILLAT	FRA	65	1:49:36

Women 20km Race Walk - 29.06.2014

1.	Severine LANOUE	FRA	85	1:48:29
2.	Virginie QUESNE	FRA	81	1:49:30
3.	Nadine MAZUIR	FRA	60	1:50:45
4.	Lucia BARRITAU	FRA	90	1:53:09
5.	Sandrine EICHHOLTZER	FRA	77	1:53:24
6.	Marie BELHACHE	FRA	80	1:54:36
7.	Delphine THIEFFENAT	FRA	75	1:55:29
8.	Roseline CHAPILLON	FRA	68	1:57:34
9.	Servane UDIN	FRA	88	1:58:01
10.	Christelle BARRE	FRA	72	1:58:29
11.	Marine FLORINDI	FRA	90	1:59:21
12.	Malika HARDY	FRA	67	1:59:29

Men U23 20km Race Walk - 29.06.2014

1.	Aurelien QUINION	FRA	93	1:30:03
2.	Hugo ANDRIEU	FRA	92	1:31:26

3.	Simon HURAUULT	FRA	92	1:32:34
4.	Adrien CASSAGNES	FRA	94	1:35:23
5.	Quentin GAUCHET	FRA	93	1:35:41
6.	Arnaud SIZORN	FRA	92	1:37:15
7.	Florian DESJARDINS	FRA	94	1:39:07
8.	Fabian FESSELIER	FRA	94	1:40:51
9.	Anael SESTIER	FRA	94	1:44:28

Women U23 20km Race Walk - 29.06.2014

1.	Emilie TISSOT	FRA	93	1:40:36
2.	Enora TREBAUL	FRA	94	1:48:08
3.	Charlotte N'GUYEN VAN TU	FRA	93	1:51:38
4.	Gabrielle N'GUYEN VAN TU	FRA	94	1:53:26
5.	Julie BELLAN	FRA	93	1:54:58
6.	Chloe BOUCHET-LIOU	FRA	94	1:55:02
7.	Madison LORIOU	FRA	94	1:58:08
8.	Morgane AUSELLO	FRA	92	1:59:34

MARINGA BRAZILIAN JUNIOR T&F CHAMPIONSHIPS, MARINGA, BRAZIL, 28-29 JUNE

Men 10,000m Race Walk - 29.06.2014

1.	Luan Ricardo SALES SANTOS	BRA	96	44:10.21
2.	Fulviano SOARES	BRA	95	45:48.41
3.	Geovani DA SILVA	BRA	96	47:23.60
4.	Admilson RUBENS DE PONTES	BRA	97	48:29.02

Women 10,000m Race Walk - 28.06.2014

1.	Andressa SOUZA	BRA	95	53:09.42
2.	Linara ZANCANELA DA CUNHA	BRA	97	57:26.83
3.	Thaiz PEREIRA	BRA	97	58:23.67
4.	Carolina FONTOURA	BRA	96	59:07.88
5.	Pietra Fernanda FERREIRA VALÉRIO	BRA	98	59:14.98

COLOMBIAN T&F CHAMPIONSHIPS, MEDELLIN, COLOMBIA, 28-29 JUNE

Women 20,000m Race Walk - 28.06.2014

1.	Sandra Lorena ARENAS	COL	93	1:39:38.47
2.	Ingrid HERNANDEZ	COL	88	1:41:55.30
3.	Nidia MORENO	COL	78	1:42:41.62
4.	Ana Leydi DAZA	COL	94	1:44:00.56
5.	Luz RODRIGUEZ	COL	86	1:44:52.46
6.	Sara Patricia PULIDO	COL	94	1:47:40.87
7.	Maria del Pilar RAYO	COL	90	1:47:51.30

Women U20 10,000m Race Walk - 28.06.2014

1.	Daniela PASTRANA	COL	96	52:58.69
2.	Lina Paola ABRIL FARFAN	COL	96	55:18.79

ALGERIAN NATIONAL CHAMPIONSHIPS, ALGIERS, ALGERIA, 23-25 JUNE

Men 20km Race Walk

1.	Hichem MEDJBER	ALG	82	1:25:21
2.	Mohamed AMEUR	ALG	84	1:25:53
3.	Mohamed Fetah MEDDOUR	ALG	90	1:32:07
4.	Houari BOULANOUAR	ALG	88	1:40:01
5.	Khali ELYES	ALG	87	1:45:00

MOROCCAN CHAMPIONSHIPS, RABAT, MOROCCO, 21-22 JUNE 2014

Men 10,000m Race Walk

1.	Ali DAGHIRI	MAR	90	43:21.74
2.	Sidi Chafik ENNACIRI IDRISSE	MAR		46:03.74
3.	Marouane BALYOT	MAR		50:18.98
4.	ADIL Rhaib	MAR		50:57.30

Women 10,000m Race Walk

1. Sara BOUAYOUDI MAR 58:37.99

GERMAN RACE WALKING CHAMPIONSHIPS, BÜHLERTAL, GERMANY, SATURDAY 21 JUNE

Finally back a week to the German track championships at Buhlertal where Christopher Linke (39:42.12) and Hagen Pohle (40:06.23) battled out the men's title. See <http://omarchador.blogspot.pt/2014/06/linke-e-dittrich-com-titulos-germanicos.html> for further discussion of the various walks.

Men 10,000m Race Walk

1.	Christopher LINKE	GER	88	39:42.12
2.	Hagen POHLE	GER	92	40:06.23
3.	Carl DOHMANN	GER	90	41:18.21
4.	Nils BREMBACH	GER	93	41:21.09
5.	Nathaniel SEILER	GER	95	44:51.56
6.	Steffen BORSCH	GER	73	45:15.61

Women 5000m Race Walk

1.	Bianca Maria DITTRICH	GER	93	23:57.78
2.	Bianca SCHENKER	GER	74	24:06.62
3.	Lea DEDERICHS	GER	95	24:10.86
4.	Maxi WOELKE	GER	95	24:45.95
5.	Brit SCHRÖTER	GER	74	24:56.12
6.	Annika BREMBACH	GER	96	25:26.10
7.	Franziska GLANDORF	GER	93	25:42.19
8.	Nicole HÖRL	GER	71	26:11.35
9.	Silvia WALDE	GER	66	29:02.33
10.	Maria UNTERHOLZNER	GER	68	29:14.69
11.	Andrea MAIER	GER	69	32:10.38

VRWC LIBRARY BEING SETUP

We have quite a number of sports related books at our VRWC club headquarters at Middle Park so it has been decided to setup a simple lending library for club members. Committee members Michael Bodey and Heather Carr are coordinating this initiative and have asked me to advertise for the possible donation of a bookcase to house the library. The bookcase will be situated in the clubrooms directly underneath the wall mounted television. Preferably, the bookcase needs to be lower in height than 110cm so that it fits under the clubroom window.

Also, if you have any athletics themed books or magazines that you have finished with, please consider sharing them with the VRWC so that others have the pleasure of reading them as well.

Please advise Michael (michaelbodey969@outlook.com.au) or Heather (heathercarr49@gmail.com) if you are able to help out with a suitable item of furniture and/or books or magazines.

NEW VRWC CLUB RECORD

An inaugural club record to Kathleen O'Mahony in the U13 1.5km roadwalk, compliments of her win in last weekend's VRWC club championships.

Kathleen O'Mahony U13 1.5km Road Walk 8:07 VRWC Races, Middle Park 2014/06/29

Note that this was an unclaimed category and we do have a number of similarly empty categories. You can check them out at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2014-04-28.pdf>.

2012 OLYMPIC WALKS CHAMPION LASHMANOVA OUT FOR TWO YEARS

Following on from my article on the 2 year drugs ban for Russian walker Elena Lashmanova, the world of the internet has been abuzz with discussions about whether Russian coach Viktor Chegin should also be banned, given that Lashmanova is his 16th walking charge to be banned in the last few years. Now we are even getting comments from the IAAF, suggesting that the balance of opinion might finally be shifting in the right direction. See the Canberra Times article by Roje Adaimy: <http://ausport.us2.list-manage1.com/track/click?u=d50d9fca696f2606e52dcd940&id=0fe3ce4107&e=5a139dd964>.

KIM MOTTROM - A RESPONSE

I must sadly report that South Australian walker Kim Mottrom has been handed a 2 year drugs related ban by ASADA as a result of failing a drugs test performed after his win in the 2013 Australian 50km Championship in Melbourne on 15 December 2013. Here is part of what Kim posted last week

Hi All, I've just received notification on the outcome of my case with ASADA. They have decided to enforce the full 2 year ban. Due to the voluntary suspension I accepted, this would run out in March of 2016. Obviously this is absolutely devastating to me for a number of reasons. Firstly, I tested positive for dextran, a form of sugar but also a plasma enlarger if taken intravenously. ASADA assert that the only way I could have dextran in my body is via an IV, and not via food. Knowing I have Crohn's disease, which causes malabsorption of foods, nutrients and minerals, I know that it didn't turn up in my sample by any means other than food. I know for sure that I didn't have an IV inserted into my body at any time in the last 18 months. The last time this occurred was when I had a colonoscopy which confirmed the Crohn's diagnosis. I have spent the last 3+ months collating pages and pages of evidence to support that dextran can be taken in by food. A quick internet search would confirm that, my medical doctor confirms that, a look at the foods I consumed pre doping test would confirm that. I can honestly say this has been the hardest process I've ever experienced as it started as a result of what should have been the greatest achievement in my life. I then had to try and defend something that I knew was nearly impossible to defend- ASADA says I used an IV, how can I prove that I didn't? It's not like they said I did it at a certain time and I can tell them where I actually was at that time. I have contemplated suicide multiple times during this process because of how powerless it has made me feel. The process is set up in such a way that it doesn't take into account that they are dealing with human lives.

Like Kim, I am devastated by this outcome and I can only say that I fully support him. Some of the pertinent points are as follows

- Kim is not an international level athlete and was not even on the ASADA monitoring list.
- A review of his racing results over the past 5 years show a steady improvement without any spikes - a standard training response for any athlete training honestly and consistently.
See <http://www.racewalkaustralia.com/AthleteDetails.asp?id=7411&pg=2>).
- Realistically Kim did not expect to win last year's Australian 50km championship. The win was only handed to him compliments of Jared Tallent and Chris Erickson not competing and the disqualification of Ian Rayson. His time of 4:28:12 was actually much slower than he had hoped - he confided to me in the lead up to the race that he was aiming for a time under 4:20. He was as surprised as anyone when he actually won and found himself in contention for a World Cup spot. None of this lends any credence to the view that he was knowingly taking a banned substance intravenously.
- So what is Dextran - it is a naturally occurring sugar that is used extensively in many products ranging from lollies to ice cream to sports supplements. It is what is known as a plasma expander and that is why it is banned when present in large amounts as it can be used as a masking agent for other substances such as EPO (but note that no threshold is actually set by ASADA - it is purely a toss of the coin on what is acceptable and what is too much). But if Kim was using it for that, you would expect to see a peak in performance, not a disappointing time. It just does not ring true. You would also hope that the testing of his urine sample would pick up trace elements of the banned substances (e.g. EPO) that were being masked. This is not the case here.
- ASADA contend he took the dextran intravenously rather than orally due to the high level in his test. But I do not believe that their test can determine if it was taken intravenously or orally. They are making a value judgement here based on the amount of dextran in the urine. But there are various medical conditions that can result in increased absorption of dextran into the bloodstream and Crohn's disease is one of these - and Kim suffers from Crohn's disease.
- Kim contends he had two drinks of Rockstar energy drink during the race. So what we have in my opinion is a perfect storm of
 1. A high content of Dextran containing drinks prior to the event
 2. Dehydration during the 50km walk
 3. Increased permeability of the gut due to ulcerative colitis (from Crohn's Disease) thus allowing the large quantity of dextran ingested to cross the gut barrier to enter the blood stream and thus be measured.

This could have led to a higher concentration of dextran than normally seen or alternatively an extremely high concentration of dextran.

- Past evidence has taught us that instead of plasma expanders to dilute blood to avoid detection of EPO usage it is much more likely that athletes will use low Intravenous doses of EPO without plasma expanders as their preferred method of cheating. In any case, there are a lot better plasma expanders than dextran available nowadays for the purpose of diluting blood. And as such, athletes are unlikely to use Dextran.

- From the WADA reports 2003-2013 (the classification was changed in 2005) there have been NO previous positive tests for Dextran. **Kim is the only person in the world to test positive for dextran and be banned for it. Realistically, he will probably remain the only athlete ever to test positive and be banned for this substance.**

I believe Kim when he says that he did drink some Rockstar energy drinks and, due to his medical condition, mixed with the extremes of the 50km event, it has led to a higher than expected urine count.

Alas, none of this seems to have been taken into account by ASADA. Although Kim forwarded medical evidence of his Crohn's Disease as well as a very comprehensive supporting document from an Adelaide based sports physician, these have not even been acknowledged in his ban letter, much less clarified or countered with their own evidence or explanation. It is very much a black box approach.

It is an interesting coincidence that ASADA have recently been severely criticised for their slowness in progressing the Essendon Football Club drugs case. No sooner had this hit the presses than Kim's ban was handed down, some 3 weeks earlier than the ASADA target date and without any explanation. Coincidence or knee jerk reaction to be seen to be kicking goals?

I must also advise that Kim has made every effort to quickly reimburse all funding he has recently received, all medals he has won in that period and the \$100 that he won as part of the 2013 Australian Racewalking Series. From my perspective, Kim has done everything right during this whole process but has been badly let down by those higher up the ladder from whom he might have expected support and timely advice.

To make matters worse, he has now been given a ban of effectively 2 years and 3 months, compliments of Athletics Australia advice. He was emailed at 12:56PM on Friday 21 March by the designated AA liaison person recommending he should take a voluntary suspension while the matter was further investigated. The email advised that he had to advise them in writing before 5PM on that day if he wished to go down this recommended path. He was not advised of any possible ramifications in doing this. With no time to investigate and a response demanded the same afternoon, he saw no alternative but to write back immediately in good faith and apply for a voluntary suspension. Now he finds that his ASADA ban starts from this date (21 March 2014) rather than from the date of the infraction (15 Dec 15 2013). But his first place in the Aust 50km walk on that date has of course been annulled so effectively he has been given a ban of greater than 2 years on very shaky grounds. What the heck is going on here? Elena Lashmanova has been given a 2 year ban dated from the day of her test but Kim gets an additional 3 months!

ALICE SPRINGS NEWS

I received a couple of emails during the week regarding walks events in Alice Springs in outback Australia. I reproduce them here and have added the Alice Springs Masters Games into my calendar at the end of the newsletter.

Hi Tim,

I receive the Heel&Toe on a regular basis and enjoy passing it onto members of the Alice Springs Running & Walking Club. Thank you for keeping walkers in the centre of Australia up to date with the walking world!

Would you be kind enough to advertise in your newsletter our Alice Springs Masters Games on 11-18 October 2014? We have 3 walks on offer 3000m, 5km and 10km. Every games we seem to attract walkers from different parts of Australia and appreciate you assistance with advertising.

Kind regards

Debbie Page

Sports co-ordinator

Road & Cross Country

Alice Springs Masters Games, 11-18 October

<http://www.alicespringmastersgames.com.au/>

Hello Tim

I wonder if you might be able to promote the half marathon walk that is part of the Alice Springs Running Festival on 17th August. There is prize money for both male and female placegetters. The walk is on the open road over an out and back course.

Details for entry can be found at www.alicespringsrunningfestival.com

Maybe we have left it a little late this year, but it is my view that this event will grow in popularity with walkers around Australia in the coming years.

Thanks

John Bermingham

President

ASRWC

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

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/Centurions 24 Hour Carnival, Middle Park. Entries at http://www.centurions.org.au/event2014.shtml
11-18 Oct, 2014	Alice Springs Masters Games. See http://www.alicespringsmastersgames.com.au/
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See https://www.facebook.com/groups/726992100645163/

2014 International Fixture

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/

Other 2014 Races of Interest

Aug 31, 2014	Voronovo Cup, Moscow, Russia
Sun 5 Oct, 2014	International 50km Race Walk (IAAF permit) incorporating RWA 50km Championship , 10AM

Remaining 2014 IAAF Challenge Series Walks

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