



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 38  
23 June 2015



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**WALKER OF THE WEEK**

My Walker of the Week is 17 year old **Adam Garganis** who won the Victorian 20km Open roadwalk championship on Sunday at Middle Park with an inaugural time of **1:31:08**. But it is even better than that as he stormed him with a second 10km split of 44:32 which is a 10km PB by 18 seconds. Now that is pretty impressive!

This follows on from his win in the Open 10 Mile event at the LBG carnival in Canberra 2 weeks ago. A young man in a hurry!



**Adam finishes his inaugural 20km on Sunday at Middle Park – the new Victorian Champion**

**WHAT'S COMING UP**

Next Saturday we are back at Middle Park for further VRWC club walks. A reminder that we want everyone to pre-enter if possible – it makes the raceday registration just so much easier. Pre-register at <http://vrwc.org.au/wp1/>.

<b>Saturday 27<sup>th</sup> June 2015, Middle Park</b>			
<b>VRWC EVENTS: Entries close for all events at 1.50pm sharp.</b>			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Looking further ahead, our next Victorian championships are the **AV 15km roadwalks for Open Men and Open Women**, scheduled for **Saturday 4 July at Middle Park**. Walkers must pre-enter with AV - see <http://athsvic.org.au/event/2015-av-walk-series-15km-championships/>.

Looking even further forward, Athletics Australia has now added a page to its website to start advertising the Australian **Roadwalk Championships** which will be held at Middle Park on the morning of **Sunday 30<sup>th</sup> August**. AA plans to open entries the first week in July and close entries 10 days before the carnival. See <http://www.athletics.com.au/Compete/Events/2015-australian-race-walking-championships> for a timetable and course map.

### AV, AMA, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 21 JUNE

Freezing conditions met the 49 walkers who gathered at Middle Park on Sunday morning for a big range of AV, AMA, VMA and VRWC roadwalk championships. And it was probably even worse for the judges and officials – at least the walkers got to eventually warm up with a bit of vigorous racing!

The 20km events kicked off at 8:30AM with good fields contesting Victorian, Victorian Masters, Australian Masters and VRWC Club Championships so the finishers in each event are displayed below. There were some great walks – **Quentin Rew** (1:24:09) and **Kelly Ruddick** (1:36:45) had great wins with very respectable times, 17 year old **Adam Garganis** (1:31:08) won the men's Open Victorian championship on his first attempt with a very impressive first up effort, **Michael Gillies-Smith** (1:54:53) and **Sandra Howorth** (2:324:04) walked their first ever 20km walks, New Zealander **Courtney Ruske** (1:44:07) walked a 1 minute PB in coming second in the women's walk, **Karyn O'Neill** (2:16:58) beat her PB by over 2 minutes and **Barb Bryant** (1:59:35) did her fastest time in over 7 years.

<b>Open Men 20km</b>				<b>AV</b>	<b>VMA</b>	<b>AMA</b>	<b>VRWC</b>
1.	Rew, Quentin		1:24:09				1
2.	Garganis, Adam	COL	1:31:08	1			2
3.	Cowley, Rhydian	GHY	1:33:23	2			3
4.	Kollmorgen, Stuart		1:41:41		M45 - 1	M45 - 1	4
5.	McDonough, Aaron	PTN	1:44:52	3	M40 - 1	M40 - 1	5
6.	Evans, Simon	BOH	1:54:25	4	M55 - 1	M55 - 1	6
7.	Gillies-Smith, Michael		1:54:53		M45 - 2	M45 - 2	7
8.	Donahoo, Mark		2:00:13		M55 - 2	M55 - 2	8
9.	Keirl, Bernie	DIV	2:02:04	5	M50 - 1	M50 - 1	9
10.	Bennett, Ralph		2:02:22		M70 - 1	M70 - 1	10
11.	Smyth, David		2:04:43		M45 - 3	M45 - 3	11
12.	Beaumont, Ian *		2:56:52				12
	Erickson, Chris	ATE	DNF	DNF			
	O'Neill, Terry	GPA	DNF	DNF			
	Moritz, Paul		DQ		M55 - DQ	M55 - DQ	DQ

  

<b>Open Women 20km</b>				<b>AV</b>	<b>VMA</b>	<b>AMA</b>
1.	Ruddick, Kelly	BHA	1:36:45	1	W40 - 1	W40
2.	Ruske, Courtney	INV	1:44:07	2		
3.	Bryant, Barb		1:59:36		W60 - 1	W60
4.	Carr, Heather	EAG	2:07:10	3	W65 - 1	W65
5.	O'Neill, Karyn	GPA	2:16:58	4		
6.	Elms, Donna	PTN	2:18:57	5	W50 - 1	W50
7.	Howorth, Sandra		2:34:04		W50 - 2	W50
8.	Beaumont, Margaret		3:01:23		W75 - 1	W75

The Victorian Schools roadwalk championships started later in the morning but it was still pretty cool. **Adam Garganis** was able to use the first 10km of his Open 20km walk to count towards the AV Schools U20 10km. Other winners included **Reese Walmsley**, **Philippa Huse**, **Hayden Walmsley**, **Jemma Peart**, **Will Thompson** and **Alanna Peart**. Plenty of PBs in the U16 and U14 3km events.

#### **AV Schools U20 Boys 10km Road Walk Championship**

1.	Garganis, Adam	Thornbury High School	46:36
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#### **AV Schools U18 5km Road Walk Championship**

1.	Walmsley, Reese	Rowville Secondary College	24:24
	Swan, Kyle	Melbourne High School	DNF
1.	Huse, Philippa	St Leonard's College Brighton	27:40
2.	Dowie, Ellen	Highview Christian Community Col	33:20
	Montag, Jemima	Wesley College	DNS

### AV Schools U16 3km Road Walk Championship

1.	Walmsley, Hayden	Rowville Secondary College	15:30	PB 0:15
1.	Peart, Jemma	Ballarat High School	14:18	PB 0:30
2.	Hayes, Zahra	Rochester Secondary College	14:45	PB 0:10
3.	Richardson, Brodie	Mater Christi College	16:38	
	Henderson, Rebecca	Berwick Secondary College	DNS	

### AV Schools U14 3km Road Walk Championship

1.	Thompson, Will	Balcombe Grammar School	14:42	PB 0:50
2.	Mandic, Nikola	Fountain Gate Secondary College	14:45	PB 0:39
	Dickson, Corey	Tintern Schools	DQ	
1.	Peart, Alanna	Black Hill Primary School	15:52	
2.	Clark, Madison	Flinders Christian Community Col	16:19	
3.	O'Mahony, Kathleen	Mater Christi College	16:43	
4.	Karagiorgos, Chloe	Wantirna College	16:54	
5.	Bridges, Jessika	Mt Clear College	19:39	

We finished off the morning with VRWC club championships for our younger walkers as well as an Open 5km walk for anyone else. Wins to **Nikola Mandic, Charlotte Hay, Gemma Lillie** and **Joel Prys**.

### VRWC U12 1.5km Championship

1.	Mandic, Nikola	07:33
2.	Jensen, Joshua	08:18
3.	Hay, Angus	11:00
1.	Hay, Charlotte	08:25

### VRWC U10 1.5km Championship

1.	Prys, Joel	08:36
1.	Lillie, Gemma	09:07
2.	Carbery, Elise	09:24
3.	Bridges, Kayla	09:36
4.	Karagiorgos, Chelsea	10:50

### VRWC Open 5km Non-Championship Walk

1.	Kozica, Jason	25:57
	Shaw, Robyn	DNS



**Quentin Rew, Kelly Ruddick, Adam Garganis and Courtney Ruske**



Philippa Huse, Jemma Peart, Will Thompson, Nikola Mandic and Alanna Peart



Charlotte Hay, Reese Walmsley, Joel Prys, Hayden Walmsley and Gemma Lillie (all photos Simon Baker)

Thanks to the many people who helped out on the day. Apologies if I missed your name.

**Officials:** Tim Erickson, Bob Gardiner, Mark Donahoo, Michael Bodey, Mark Donahoo

**Judges:** Suzanne Callaway (chief), Diane Lowden, Mark O'Mahoney, Stu Cooper, Terry Swan, Gordon Loughnan  
Kathleen Marsh, Josh Savage, Peter Vysma (board), Jim Leppik (bike)

**Canteen:** Kate Suich, Wendy Cooper

**Photos:** Simon Baker – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=46>.

**SAMA ROAD WALKING CHAMPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SAT 20 JUNE**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *Sunny, cool, calm arvo. Good walking conditions.*

**5km Walk Championship**

Jill Rogers	42:26	W70	66.41%	1 <sup>st</sup>
Jan Layng	37:26	W66	71.14%	1 <sup>st</sup>
Margaret McIntosh	42:03	W62	60.18%	1 <sup>st</sup>
Marie Maxted	31:00	W55	75.51%	1 <sup>st</sup>
Kristine Freeman	41:07	W55	56.93%	2 <sup>nd</sup>

Julia Lycett	36:30	W51	61.70%	1 <sup>st</sup>
Raelene Schild	37:15	W50	59.9%	2 <sup>nd</sup>
Colin Hainsworth	40:21	M85	77.46%	1 <sup>st</sup>
David Robertson	45:15	M81	64.58%	1 <sup>st</sup>
Rodger Barber	36:37	M77	75.10%	1 <sup>st</sup>
Paul Boyce	42:23	M79	66.84%	2 <sup>nd</sup>
George White	28:17	M70	88.56%	1 <sup>st</sup>
Graham Harrison	35:51	M71	70.74%	2 <sup>nd</sup>
Roger Lowe	37:19	M72	68.83%	3 <sup>rd</sup>
Doug Smart	40:26	M71	62.72%	4 <sup>th</sup>
Geoff Byham	32:12	M68	75.94%	1 <sup>st</sup>
Jeff Kennett	47:06	M65	50.17%	2 <sup>nd</sup>
Jack Russell	30:48	M63	75.09%	1 <sup>st</sup>
Gil McIntosh	35:51	M64	65.21%	2 <sup>nd</sup>

### SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 20 JUNE

Darren Bown (47:54) and Danielle Walsh (51:49) led the walks in Adelaide last weekend. Excellent U16 3km time by Ayeisha Wallace (19:21).

#### Open 10km Walk

1.	Darren Bown	M 35+	47:54
2.	Justin Hill	M Open	49:01
3.	Danielle Walsh	F U20	51:49
4.	Rhiannon Lovegrove	F U16	56:09
5.	Peter Crump	M 35+	57:02
6.	Ollie Adams	F 35+	66:20
7.	Lachlan Wilkinson	M 35+	67:13
	James Hoare	M 35+	DNF

#### 5km U18/U16

1.	Alix Harlington	M U18	25:54
2.	Tristan Camilleri	M U16	28:20
3.	Samantha Findlay	F U20	29:25

#### U14 3km

1.	Ayeisha Wallace	F U16	19:21
2.	Talisha Skein	M U14	20:23
3.	Maddy Wallace	F U12	21:32

#### 2km U12

1.	Victoria Upton	F U14	11:55
2.	Adrian Upton	M U14	13:43
3.	Seth Upton	M U10	14:36

#### 1km U10

1.	Kitarni Upton	F U12	5:41
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### NSW STATE SHORT WALKS CHAMPIONSHIPS, LEICHHARDT, SUNDAY 21 JUNE

It was a great turnout for the NSW Short Course Roadwalk Championships were held in rainy conditions at the Richard Murden Reserve in Leichhardt last Sunday with 53 walkers in action. Lots of good efforts, spearheaded by **Beki Smith** (1:07:05 for 15km), **Tyler Jones** (44:43 for 10km U20), **Dylan Richardson** (13:53 for U16 3km) and **Nicole Fagan** (1:37:54 for Open 20km).

#### Open 15km Road Walk

1.	Smith, Beki	W29	Asics Wests	1:07:05
2.	Webb, Cheryl	W39	Blacktown City	1:15:50
3.	Klein, Kirsty	W21	Asics Wests	1:16:59

#### Masters 5km Road Walks

W35-44	1	Challinor, Nicolle	W43	Gosford Athl	32:59
W45-54	1	Porley, Fiona	W47	Blue Mountai	31:27
	2	Parker, Carmel	W50	U.T.S. North	36:13
W65+	1	Brown, Judy	W65	Nsw Masters	41:57
M55-64	1	Osborne, Robert	M60	Nepean Distr	29:56

M65+	1	Seymon, Jim	M78	U.T.S. North	32:22
	2	West, John	M65	Nsw Masters	35:24
	3	Connors, Robert	M67	U.T.S. North	38:12

#### U20 10km Road Walk

1.	Goodhew, Chelsea	W16	Westlakes At	53:10
2.	Francis, Lucinda	W16	Sydney Pacif	55:21
3.	Dighton, Jasmine	W19	Asics Wests	59:22
4.	Mckay, Lydia	W18	Mingara Athl	62:20
1.	Jones, Tyler	M17	Mingara Athl	44:43
2.	Kerr, Aidan	M17	Sydney Pacif	49:28

#### U16 3km Road Walk

1.	Brown, Samantha	W14	Parramatta C	15:26
2.	Roukos, Raquel	W15	Nepean Distr	15:49
3.	O'Neill, Molly	W15	Adamstown Ne	17:36
4.	Mckay, Sybella	W12	Mingara Athl	18:51
1.	Richardson, Dylan	M15	Mingara Athl	13:53
2.	Bedford, Kyle	M15	Nepean Distr	13:59
3.	Thomson, Ryan	M15	Nepean Distr	15:17
4.	tebbutt, oscar	M14	Gosford Athl	15:26
5.	Barendregt, Travis	M15	Nepean Distr	16:23
6.	Cope, Nicholas	M46	Randwick Bot	16:55
7.	Becroft, Lachlan	M13	Nepean Distr	18:07

#### U14 2km Road Walk

1.	Pitcher, Allanah	W12	Mingara Athl	9:48
2.	Hardy, Renee	W12	Asics Wests	10:19
3.	Parker, Hannah	W13	Randwick Bot	10:31
4.	Dagher, Sophia	W12	Westfields A	10:32
5.	Bolton, Hannah	W12	Mingara Athl	11:10
6.	Johnston, Lily	W13	Sydney Unive	11:37
7.	Vesper, Danielle	W12	Mingara Athl	11:47
8.	Becroft, Stacie	W10	Nepean Distr	14:29
1.	Blaskett, Hayden	M13	Sydney Strid	10:25
2.	tebbutt, archie	M11	Gosford Athl	11:20
3.	McGinniskin, Jack	M13	Athletics NS	11:28
4.	Walter, James	M12	Sydney Pacif	11:34
5.	Davis, George	M12	Ryde Athleti	11:35
6.	Carrothers, Dion	M12	Sydney Pacif	12:15
7.	Becroft, Lachlan	M13	Nepean Distr	12:26
8.	Murphy, Sam	M12	Balmain Athl	12:33

#### U12 1km Road Walk

1.	Thomson, Olivia	W11	Randwick Bot	5:28
2.	McLoughlin, Chloe	W11	Gosford Athl	5:40
3.	Thomson, Jada	W11	Nepean Distr	5:50
4.	Roukos, Taylor	W11	Nepean Distr	6:08
5.	Becroft, Stacie	W10	Nepean Distr	6:23
6.	nash, paige	W9	Athletics NS	7:08
7.	Walter, Samuel	M10	Sydney Pacif	5:11
8.	Vesper, Ryan	M10	Mingara Athl	5:11
9.	tebbutt, archie	M11	Gosford Athl	5:12
10.	Hardy, Aiden	M10	Asics Wests	6:49

#### Open 20km Non-Championship Event

1.	Fagan, Nicole	W26	Sydney Uni	1:37:54
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### QRWC ROADWALKS, MUDGEERABA, QUEENSLAND, SUNDAY 21 JUNE

Thanks to Robyn Wales for the results of Sunday's QRWC walks on the Gold Coast. She commented: *We had a great day of racing on the Gold Coast today with Katie Hayward proving to be the next outstanding talent to emerge. It was chilly (don't laugh) and the*

course had a couple of little hills but all in all everyone was happy with the 2kms loop. The events also doubled as the Gold Coast Championships.

#### 10km Walk

1.	Peter Bennett	54.55
2.	Nyle Sunderland	59.19
3.	Kay Shaw	65.05
4.	Paul Lindenberg	65.18
5.	Patrick Sela	74.06
6.	Noela McKinven	80.22

#### 5km Walk

1.	Debbie Lindenberg	37.18
2.	George Megas	42.56

#### 3km Walk

1.	Katie Hayward	13.26
2.	Tenyka Chapman	15.25
3.	Ethan Clarke	17.33
4.	Bridie Mulcaster	18.44

#### 2km Walk

1.	Jamison Stovin	9.30
2.	Kris Hayward	10.02
3.	Adam Buchhorn	10.18
4.	Caitlin Hannigan	11.05
5.	Isabella Schofield	11.26
6.	Mackenzie Ofield	11.37
7.	Anika Clarke	12.39
8.	Kirra Stonehouse	14.40
9.	Kobe Hinton	?
	Amelia Schofield	DNF

#### 1km Walk

1.	Scarlett Schofield	6.03
2.	Cheyenne Zirbel	6.48

#### 0.5km Walk

1.	Makenna Clarke	4.02
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**Left: Parents lap scoring with an injured Amelia Schofield who fell 150m from the start.  
Right: Noela McKinven finishes the 10km walk (photos Robyn Wales)**

### ENGLAND ATHLETICS U23 & U20 CHAMPIONSHIPS & EUROPEAN TRIALS, BEDFORD, 20-21 JUNE

Mark Wall reports on the England Athletics U23 and U23 Track Walk Championships last weekend.

In blustery conditions England Athletics held their U23 and U23 titles at the Bedford international athletics stadium. These events incorporated the Small Nations Match and were all track races.

The 20,000m saw a fine win to the South African Lebogang Shange who seized a lead part way through the race when an injured Tom Bosworth slowed from UK record pace. It was also a good day for 50km Exponent Mark Mundell. Bethan Davies walked strongly and consistently to walk a UK Track Record and a massive Personal best. She had a good battle and prevailed over the male Danish opponent, Andres Nielsen. Despite it being a national Under 23 race there were no British finishers in the age group.

The 10,000m saw some strong results despite the wind blowing into the face of the walkers in the straight. This event saw the women start some 55 seconds behind the men. The first three males were the medallists in the English title. A battle ensued early but Callum Wilkinson was able to power away to not only secure the prize of a win but another European Junior qualifying standard (43:00) and team selection. Cameron Corbisley may have lost a qualifying time with the Wind.

Guy Thomas made a trio under 44:00 minutes. Dr Tatyana Gabellone of Italy (a walker under the guidance of Mark Wall) worked her way up to the men in front and then lapped the other women. The 30 year old geologist walked a sizeable personal best but was disappointed not to match her road PB. This a woman who recorded three World Championship qualifying times in a 30 day span earlier in the year. Emma Achurch had a win in the English title but in a time well short of her European qualifying time from March. We will need to see what the selectors decide. Third place in the event went to the Dutch woman Anne Van Anandel. The remaining two medals in the English title went to Sophie Lewis-Ward and Heather Butcher both from Cambridge Harriers (not as the result suggests in the latter's case).

For the record, the **Small Nations Match** is held annually between Belgium, Denmark, England, Ireland, Netherlands and Switzerland. This time around, the local hosts won ahead of Netherlands and Ireland.

1.	RWA England	33
2.	Netherlands	22
3.	Ireland	22
4.	Denmark	17
5.	Belgium	14
6.	Switzerland	8

It's also worthy of note that **Lebogang Shange** broke the South African 20,000m track record with his time of **1:23:20**, beating the previous mark of 1:24:51 set by Stanley Valentine in Port Elizabeth in May 1989. This is Shange's third SA record of the season, after breaking the 3000m track and 20km roa) marks earlier in the year.

#### 20,000m Walk U23 Men and Small Nations Meet

1.	SHANGE Lebogang	South Africa	1:23.20.86
2.	BOSWORTH Tom	RWA England	1:25.28.36
3.	MUDELL Marc	South Africa	1:28.55.86
4.	MACMANAMON Cian	Ireland	1:32.25.51
5.	SAELEN Joakim	Netherlands	1:33.32.74
6.	CORREIA Luis	Switzerland	1:34.05.15
7.	NIELSON Andreas	Denmark	1:36.45.15
8.	TERSTEEG Rob	Netherlands	1:38.52.11
9.	REIS Francisco	Portugal	1:44.09.88
10.	VAN SLOOTEN Andre	Netherlands	1:45.52.51
11.	SANTILLAN Arturo	Denmark	1:47.35.96
12.	COWIN Adam	Manx Harriers	1:48.42.17
13.	VAN HOVE Peter	Belgium	1:49.13.85
14.	DE BRUIN Remco	Netherlands	1:51.50.98
15.	MACABREY Quentin	Switzerland	1:52.46.32
16.	BOGERT Dirk	Belgium	1:54.41.05
17.	RENARD Ludwig	Belgium	1:54.47.88
18.	DUNPHY Nicholas	Ireland	1:56.38.65
	CORDIER Vincent	Belgium	DNF
	LIESTING Rick	Netherlands	DNF
	KING Dominic	RWA England	DQ
	GAVILLET Patrick	Switzerland	DQ

#### 20,000m Walk U23 Women and Small Nations Meet

1.	DAVIES Bethan	Cardiff AAC	1:36.39.70
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#### 10,000m Walk U20 Men and Small Nations Meet

1.	WILKINSON Callum	Enfield & Haringey AC	42:59.23
2.	CORBISHLEY Cameron	Medway & Maidstone AC	43:30.66
3.	THOMAS Guy	Tonbridge AC	43:58.41
4.	TOBIN Anthony	Ireland	48:33.18
5.	LEGON Luc	Bexley AC	49:53.40
6.	BELL Andrew	Ireland	50:17.15
7.	PARTINGTON Tom	Manx Harriers	50:40.89
8.	SNOOK Timothy	Aldershot Farnham & Dist	51:12.96
9.	BONZON Nathan	Switzerland	51:51.85
10.	POMMAZ Guillaume	Switzerland	57:17.50
11.	DULEU Barnabe	Belgium	58:30.61
12.	EGAN Aaron	Ireland	DNF

#### 10,000m Walk U20 Women and Small Nations Meet

1.	GABELLONE Tatyana	Italy	46:43.87
2.	ACHURCH Emma	Leicester Walking Club	51:40.44
3.	VAN ANDEL Ann	Netherlands	54:03.97
4.	GANNON Brenda	Ireland	54:06.51
5.	BURKE Veronica	Ireland	54:24.37



6.	LEWIS-WARD Sophie	RWA England	54:49.55
7.	COLLINS Rebecca	North Down	55:20.40
8.	BUTCHER Heather	Cambuslang Harriers	55:37.68
9.	NICOLAS Myriam	Belgium	56:08.77
10.	O'CONNOR Sinead	Ireland	58:26.65
11.	DESMET Liesbet	Belgium	58:57.79

Thanks to Mark Easton for the following event photos. You can see these any many more at his extensive photo gallery website at <http://markeaston.zenfolio.com/f963789856>.



**Tatyana Gabellone, Guy Thomas and Lebobang Shange (all photos Mark Easton)**



**Tom Bosworth, Bethany Davies and Cameron Corbishley**



**Marc Mundell and Emma Achurch**

**USA NEW BALANCE NATIONALS OUTDOOR, GREENSBORO, NC, 19-21 JUNE 19-21**

Last weekend the National Scholastic Athletics Foundation celebrated its 25th outdoor national championships (known as the New Balance Nationals Outdoor since 2010) at North Carolina A&T in Greensboro, N.C., the meet's home since 2005. The meet featured 1 Mile walks for Boys and Girls.

**Girls 1 Mile Racewalk Championship**

18 year old expatriate Aussie **Ashleigh Resch** walked 7:20 at the Millrose Games 1 mile walk earlier this year but she cut a huge chunk from her time there last weekend in winning the Girls walk at the USA New Balance Nationals Outdoors in Greensboro, North Carolina – her time on this occasion a very fast 7:06.14 and was just outside the meet record.. You can follow the whole race at [http://www.nbnationalsout.com/eprofile.php?event\\_id=3689&do=videos&video\\_id=149380](http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=149380).

1.	Ashleigh Resch	Beavercreek Tc-Oh	7:06.14
2.	Lauren Harris	Sachem Spiked Shoe Cl	7:12.96
3.	Meaghan Podlaski	Una-Ny-Niskayuna-Podl	7:30.67
4.	Elisabeth Barnett	Bay Shore Tc-Ny-Girls	7:52.67
5.	Maegan Allen	New England Walkers-M	8:02.45
6.	Natalie Cohen	Hewlett Tc-Ny	8:03.61
7.	Jesi Heiser-Whatley	Warriors Tc-Sc	8:12.85
8.	Jennifer Campbell	Sachem Spiked Shoe Cl	8:14.41
9.	Abby Fitzgerald	Nanuet Tc-Ny	8:15.19
10.	Melissa Tylock	Penfield Tc-Ny	8:18.74
11.	Kelsey Jordan	Una-Ny-Westhampton-Jo	8:18.87
12.	Meghan Bevan	West Islip Tc-Ny	8:22.27
13.	Arianna Cavallino	Sachem East Tc-Ny	8:22.92
14.	Chelsea Benedict	Sachem East Tc-Ny	8:23.01
15.	Jamie Fleming	Sachem Spiked Shoe Cl	8:26.72
16.	Shantall Sanabria	New Rochelle Tc-Ny	8:27.72
17.	Audrey Fox	New Rochelle Tc-Ny	8:32.28
18.	Amanda Stallone	Nanuet Tc-Ny	8:36.79
19.	Tori Heiser-Whatley	Warriors Tc-Sc	8:42.80
20.	Claudia Argueta	Brentwood Tc-Ny	8:47.56
21.	Anna Arrigo	Sachem Spiked Shoe Cl	9:01.69
22.	Valentina Vaitones	Pinkerton Academy Tc-	9:02.88
23.	Katie Miale	New Jersey Striders-N	9:21.60

**Boys 1 Mile Racewalk Championship**

The Boys walk was easily by Cameron Haught with 6:46.23. Again, you can follow all the video action at [http://www.nbnationalsout.com/eprofile.php?event\\_id=3689&do=videos&video\\_id=149381](http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=149381).

1.	Cameron Haught	WalkUSA-Ohio	6:46.23
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2.	Spencer Dunn	Una-Me-Auburn-Dunn	7:09.89
3.	Juan Moscoso	Central Florida Glide	7:10.17
4.	Nolan Allen	New England Walkers-M	8:20.41
5.	Jack Murphy	Penfield Tc-Ny	8:23.00
6.	AJ Gruttadauro	Brockport Tc-Ny	8:51.19

### ISLE OF MAN PARISH WALK, ISLE OF MAN. SATURDAY 20 JUNE

The famous 85-mile Parish Walk around each of the Isle of Man's 17 parishes is one of the biggest and toughest community sporting events around, boasting a total race distance of 85 miles and challenging all with a very hilly and tough course. Yet more than 1400 walkers were on the start line at National Sports Centre in Douglas at 8am on Saturday. And while many of them called it quits at one or other of the Parish Church checkpoints, 175 of the walkers (111 men and 64 women) completed the entire 85 miles around the island within the requisite 24 hours.

43 year old local **Richard Gerrard** won this year's event in record time, breaking his own race record, held jointly with Vinny Lynch, by more than two minutes as he claimed victory ahead of Michael George. Gerrard dominated the 85-mile race almost from start to finish as he romped to his third victory overall, completing the distance in **14:40:08**. David Walker leapfrogged Vinny Lynch late on to claim the final podium spot. Janette Morgan claimed the women's title ahead of **Karen Chiarello** as she clinched ninth spot overall in a time of **16:38:14**. As an aside, 75 year old English walking identity **Ed Shillabeer** became the oldest ever finisher of the Manx Telecom Parish Walk, finishing 76<sup>th</sup> in a time of **29:54:34**. Full results are at <http://www.parishwalk.com/>. Here are the first 20 of the 175 finishers

1.	Richard Gerrard	14:40:08	14:42:32	00:02:24	8	MV40
2.	Michael George	15:04:44	14:44:49		9	MV40
3.	David Walker	15:39:16	15:53:27	00:14:11	5	MV40
4.	Vinny Lynch	15:47:25	14:42:32		6	MV40
5.	Terry Moffat	16:03:41	16:19:38	00:15:57	9	MV40
6.	Richard Wild	16:23:35	16:03:36		2	MV40
7.	Julian Thomas	16:28:40	17:39:50	01:11:10	15	MV40
8.	Liam Parker	16:34:44	17:33:35	00:58:51	4	M
9.	Janette Morgan	16:38:14	16:48:14	00:10:00	6	LV35
10.	Andrew Dawson	16:52:55	18:10:14	01:17:19	3	MV40
11.	Karen Chiarello	17:01:31	19:42:45	02:41:14	2	LV35
12.	Brian Kelly	17:01:41	16:56:27		4	MV40
13.	Dale Farquhar	17:16:45	16:56:02		3	M
14.	Michael Bonney	17:23:34	16:25:30		7	MV40
15.	Robert Currey	17:26:31	21:32:28	04:05:57	2	MV40
16.	Chris Cale	17:38:15	16:43:22		13	MV40
17.	Adam Killip	17:41:22	18:44:33	01:03:11	4	M
18.	Paul Corris	17:45:59	18:39:21	00:53:22	4	M
19.	Philip Vermeulen	17:50:16	18:18:54	00:28:38	5	MV40
20.	Mike Kaighin	18:03:10	19:03:09	00:59:59	5	MV40



Richard Gerrard receives his winner's trophy from Gary Lamb, managing director Manx Telecom (photo Ben Lambden)

**ELITE T&F MEETING, HÉROUVILLE-ST-CLAIR, FRANCE, THURSDAY 18 JUNE**

And now to a roundup of results from around Europe. Firstly to France where Kevin Campion scorched the track with a 5000m time of 18:57.42.

**Men 5000m Race Walk**

1.	Kevin CAMPION	FRA	88	18:57.42
2.	Mael BOULCH	FRA	90	21:21.37
3.	Adrien CASSAGNES	FRA	94	21:23.16
4.	Fabian FESSELIER	FRA	94	22:06.30
5.	Maxime LECAPLAIN	FRA	94	22:12.27
6.	Andy BOUTRAIS	FRA	91	22:42.64
7.	Cedric LE PAGE	FRA	96	23:46.52
	Aurelien QUINION	FRA	93	DQ
	Gabriel BORDIER	FRA	97	DQ

**UKRAINIAN JUNIOR CHAMPIONSHIPS, KHARKOV, UKRAINE, 15-16 JUNE**

And now to a range of U23, U20 and U18 championships from a variety of countries.

**Men U20 10,000m Race Walk**

1.	Oleksandr ZHOLOB	UKR	97	44:49.4
2.	Andrey VODVUD	UKR	96	45:16.1
3.	Andriy RAZHON	UKR	96	46:32.6

**Women U20 10,000m Race Walk**

1.	Hanna SUSLYK	UKR	96	49:41.71
2.	Anna BABINCHUK	UKR	96	49:56.47
3.	Iryna KOVAL	UKR	96	51:58.20
4.	Kristina POVOROZNYUK	UKR	97	53:34.56
5.	Yuliya BALYM	UKR	97	54:54.47
6.	Ivanna DANYLUK	UKR	96	56:35.46
7.	Olha HARNYK	UKR	96	58:12.50

**SPANISH, U20 AND U23 T&F CHAMPIONSHIPS, LLORET DE MAR, SPAIN, 20-21 JUNE****Men U20 10,000m Race Walk**

1.	Nil RODES	ESP	96	46:41.7
2.	Mario VIÑAS	ESP	96	46:57.6

**Men U23 10,000m Race Walk**

1.	Marc GUERRERO	ESP	95	46:55.9
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**Women U23 10,000m Race Walk**

1.	Maria JUAREZ GALLARDO	ESP	93	48:33.9
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**CZECH U20 AND U18 T&F CHAMPIONSHIPS, OSTRAVA, CZECH REPUBLIC, 20-21 JUNE****Men U20 10,000m Race Walk**

1.	Tomáš GDULA	CZE	97	47:47.1
2.	Vít HLAVÁC	CZE	97	49:57.0

**Women U20 10,000m Race Walk**

1.	Natálie ZÁVORKOVÁ	CZE	96	58:53.1
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**Women U18 5000m Race Walk**

1.	Veronika KUBENKOVA	CZE	98	26:13.6
2.	Lucie NOVÁKOVÁ	CZE	98	26:30.8

**HUNGARIAN U18 T&F CHAMPIONSHIPS, ZALAEGERSZEG, HUNGARY, 20-21 JUNE****Men U18 10,000m Race Walk**

1.	Marcell TÉGI	HUN	98	57:57.2
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### Women 5000m Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	25:53.6
2.	Patricia BÓCZ	HUN	98	26:32.1
3.	Dóra RICHTER	HUN	98	26:49.0
4.	Laura Petronella KOMORÓCZY	HUN	99	26:59.9
5.	Kata TATAY	HUN	99	30:35.9
6.	Debóra Nikolett KISS	HUN	99	31:49.6

### 2015 AUSTRALIAN WALK SELECTIONS FINALISED

Last Friday, Athletics Australia announced the remaining 20km walk spots for the IAAF World Championships and there were no real surprises with **Chris Erickson (VIC)**, **Tanya Holliday (SA)**, **Beki Smith (NSW)** and **Rachel Tallent (VIC)** all being added. For Chris, it means he will now do the 20km/50km double alongside Jared Tallent. For the three girls, it is the end of a long wait as they finally get the nod for the 20km event. See <http://athletics.com.au/News/beijing-2015-71> for the full announcement.



### Chris Erickson, Beki Smith, Tanya Holliday and Rachel Tallent – bound for Beijing

Rachel's interview on the AA website is worth reproducing here

"I don't think anyone would understand how excited I am. Jared is now my coach with his wife Claire and it is going to be amazing to be there together. They prepare my program for me to get out and get done where I live in Canberra and they've been so supportive of what I have been doing to improve as a walker. I've got the World University Games next month first and I want to use that as a launching pad for Beijing. The race is there to be a good test of my fitness, but if I can come away with a personal best before the world titles that would be amazing, a real confidence boost."

Rachel Tallent has always been inspired by Jared Tallent, impressed by how unassuming he is despite almost unrivalled success on the world stage.

"He's just a really humble person and because we have come from the same environment it is cool to know that if you work hard it can be done. It has been so amazing for my family to sit back and see him do so well. And for me it is amazing to know that the opportunity to be the best you can is there if you work for it."

That means we now have 5 VRWC members who will all represent Australia this year in the famous green and gold colours - Kyle Swan, Jemima Montag, Chris Erickson, Rhydian Cowley and Rachel Tallent. Our 2015 Aussie teams read as follows

#### World University Games, South Korea, July 3-14 July

20km Men: Dane Bird-Smith (QLD), **Rhydian Cowley (VIC)**  
20km Women: **Rachel Tallent (VIC)**, Stephanie Stigwood (TAS), Nicole Fagan (NSW)

#### IAAF World Youth Championships, Cali, Colombia, 15-19 July

U18 10,000m Men: **Kyle Swan (VIC)**, Tyler Jones (NSW)  
U18 5000m Women: **Jemima Montag (VIC)**, Clara Smith (QLD)

### IAAF World Championships, Beijing, China, 22-30 August 2015

50km Men

Jared Tallent (SA), Chris Erickson (VIC)

20km Men

Jared Tallent (SA), Dane Bird-Smith (QLD), Chris Erickson (VIC)

20km Women

Tanya Holliday (SA), Beki Smith (NSW), Rachel Tallent (VIC)

And you can also add in VRWC members **Quentin Rew** and **Alana Barber** who will compete in New Zealand colours in the 2015 IAAF World Championships.



Rachel, Jared and Claire Tallent - 2011

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 8 press releases this week

- Sun 21 June - Small Nations Meet in Bedford, England  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2122](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2122)
- Thur 18 June - Results of Urainian National Champs in Oleksandriya on 13th June  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2121](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2121)
- Sat 20 June - Results of USA New Balance Nationals Outdoors 1 Mile walks in Greensboro  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2120](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2120)
- Sat 20 June - Results of 50th Italian U18 Track Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2119](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2119)
- Fri 19 June - Results of Central American U20 and U18 Champs in El Salvador  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2118](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2118)
- Thu 18 June - Results of German Track Championships in Dusseldorf  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2117](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2117)
- Wed 17 June - Australia's walks team finalised for the 2015 IAAF World Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2116](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2116)
- Tue 16 June - Preview of the Italian U18 Championships in Milan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2115](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2115)

The omarchador blog continued on as usual with 7 press releases

- Mon 22 June – Portuguese National youth titles to Carolina Costa and Rodrigo Marques  
<http://omarchador.blogspot.pt/2015/06/titulos-nacionais-de-juvenis-para.html>
- Sun 21 June - Results of Urainian National Champs in Oleksandriya on 13<sup>th</sup> June

<http://omarchador.blogspot.pt/2015/06/campeonatos-de-marcha-da-ucrania-em.html>

- Sat 20 June - Preview of Portuguese Youth Championships  
<http://omarchador.blogspot.pt/2015/06/campeonatos-nacionais-de-juvenis-em.html>
- Fri 19 June - Results of Central American U20 and U18 Champs in El Salvador  
<http://omarchador.blogspot.pt/2015/06/jovens-da-guatemala-evidenciam-se-nos.html>
- Thu 18 June - Results of German Track Championships in Dusseldorf  
<http://omarchador.blogspot.pt/2015/06/dusseldorf-disputou-campeonatos.html>
- Thu 18 June - Results of Portuguese 1 Mile walk meet in Seixal  
<http://omarchador.blogspot.pt/2015/06/resultados-da-marcha-na-xxiii-milha.html>
- Wed 17 June - results of South American Track walk championships in Lima, Peru  
<http://omarchador.blogspot.pt/2015/06/lorena-arenas-colombia-e-pavel-chihuan.html>

## VRWC CLUB RECORD UPDATE

At our latest VRWC committee meeting last Friday evening, we ratified a number of new club records that have been achieved over the last month or so. The list reads as follows

Gemma Lillie	U10 5km road walk	32:46	VRWC, Middle Park	16/05/2015
Kyle Swan	U17 10km road walk	43:38	LBG, Canberra	07/06/2015
Corey Dickson	U13/U14 2km road walk	9:12	LBG, Canberra	07/06/2015
Joel Pry	U19 1km road walk	5:06	LBG, Canberra	07/06/2015
Jemma Peart	U14 2km road walk	9:23	LBG, Canberra	07/06/2015
Jemima Montag	U18 5km road walk	22:52	LBG, Canberra	07/06/2015
Heather Carr	W65 1.5km road walk	7:54	VRWC, Middle Park	13/06/2015
Jemima Montag	U18 5000m track walk	22:04.29	Brisbane	14/06/2015

As always, you can check out all our club records at <http://www.vrwc.org.au/vrwc-records.shtml>.

## 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.

### 2014/2015 Australian/Victorian Key Dates

Sat July 4, 2015	Vic 15km roadwalk champs, Middle Park, VIC
Sat July 18, 2015	VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC
Sun Aug 2, 2015	Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

### 2015 IAAF Race Walking Challenge Dates

Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships	Beijing, CHINA
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival ( <a href="http://www.hkaaa.com">http://www.hkaaa.com</a> )	Hong Kong, HK

### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>
Aug 4-16, 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France. See <a href="http://www.lyon2015.com">www.lyon2015.com</a>
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>
May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia

July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA

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