



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 40  
7 July 2015



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**WALKER OF THE WEEK**

This week's Walker of the Week is 33 year old **Chris Erickson** who powered through to a huge win in the Victorian 15km roadwalk championship at Middle Park on Saturday his time of **1:01:09** a 39 second PB. This most recent race continues his good form which goes back to last December when he won the Australian Open 50km championship in Melbourne and got himself automatically selected for this year's World Championships in Beijing. He won the Victorian 5000m track walk championship in March in a PB 19:23.72, walked a PB 20km of 1:22:08 in Nomi in Japan 2 weeks later and won the Victorian 10km roadwalk championship in a ver fast 40:36 in May. On the basis of these performances, he was also added to the 20km World Championships team, meaning that he will now contest the 20km/50km double. And his long term form omens well!



**Chris Erickson in action on Saturday at Middle Park**

**WHAT'S COMING UP**

- Next Saturday sees us back at Middle Park for another round of our VRWC points competition. And it's a **prizes day** with the pick of the prizes table for those walkers who win the handicap in their particular race. We always welcome any additional items for the prizes table! And we ask that you pre-enter if you can – at <http://vrwc.org.au/wpl/>.

<b>Saturday 11<sup>th</sup> July 2015, Middle Park</b>			
<b>VRWC EVENTS: Entries close for all events at 1.50pm sharp. Handicap prizes day</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

- The following Saturday is a double header with the Victorian Masters 10km roadwalk championship and our Racewalking Australia State Challenge. More about it in next week's newsletter. For the moment, here is the timetable for the day. We hope to have big fields contesting this annual event.

<b>Saturday 18<sup>th</sup> July 2015, Middle Park</b>			
<b>VMA and VRWC EVENTS: Entries close for all events at 1.50pm sharp.</b>			
2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	3km	RWA Challenge	Under 14 Boys/Girls
2.15pm	3km	Non championship event	Open
2.30pm	1.5km	RWA Challenge	Under 10 Boys/Girls
2.40pm	2km	RWA Challenge	Under 12 Boys/Girls

- Looking further forward, the Australian **Roadwalk Championships** 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 more info.
- And good luck to the Australian walkers competing in the 28<sup>th</sup> Summer Universiade in Gwanju, South Korea. These Games run from 3-14 July. See <http://www.gwangju2015.com/> for further info. We will see a number of our Aussie walkers in action.

Thurs 9 July, 7:30AM      20km Men:      **Dane Bird-Smith (QLD), Rhydian Cowley (VIC)**  
 Friday 10 July, 7:30AM      20km Women:      **Rachel Tallent (VIC), Stephanie Stigwood (TAS), Nicole Fagan (NSW)**

And speaking of Gwanju, there is a great interview with Dane Bird-Smith on the Athletics Australia website – check it out at <http://www.athletics.com.au/News/athlete-update-27>.

- And finally, our Australian World Youth reps fly out this week for the 9<sup>th</sup> IAAF World Youth T&F Championships (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships>) which will be held in Cali, Colombia, from 15-19 July. We will see 4 Australian walkers in action

Sat 18 July, 9:45AM      10,000m U18 Boys      **Tyler Jones (NSW), Kyle Swan (VIC)**  
 Sat 18 July, 11:00AM      5,000m U18 Girls      **Jemima Montag (VIC), Clara Smith (QLD)**

#### AV AND VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 3 JULY

Another good turnout of walkers on Saturday at Middle Park (58 in total) for a super tough winter's day. I guess the walkers eventually warmed up but the judges and officials froze in the cold and wind and we were glad to eventually find shelter in the clubrooms for a warm cup of tea or coffee!

The Victorian 15km roadwalk championship saw fantastic walking by **Chris Erickson, Adam Garganis and Kelly Ruddick**. Chris powered through to the fastest time of the day and a 39 sec PB with 1:01:09 and he looked like he had plenty left, opening well for next month's World Champs in Beijing. 17 year old Adam powered to a big 10km PB of 44:03 before slowing over the final 5km for his own PB of 1:09:21. Kelly also displayed good form in the leadup to the World Champs with a big time of 1:10:12, only a minute or so outside her PB. And special mentions to **Heather Carr** (new W65 club record), **Carolyn Rosenbrock** (first ever 15km), **Karyn O'Neill** (big PB of 1:39:39) and **Aaron McDonough** (PB of 1:17:36). Apart from the Victorian walkers we had a few VRWC club members also testing themselves out over the longest distance of the day, with good efforts from **Stuart Kollmorgen** (1:16:35) and **Wendy Muldoon** (first one for years and a good 1:32:10). All in all, excellent across the board performances.

#### Victorian 15km Roadwalk Championships

1.	Ruddick, Kelly	BHA	46:49	1:10:12	
2.	Geisler, Sandra	RWD	57:43	1:28:21	
3.	Carr, Heather	EAG	58:49	1:29:14	W65 Club Record
4.	Rosenbrock, Carolyn	ANW	59:53	1:30:38	First one
5.	O'Neill, Karyn	GPA	1:05:55	1:39:39	PBG 4:35
6.	Elms, Donna-Marie	PTN	1:05:07	1:42:56	
1.	Erickson, Chris	ATE	40:48	1:01:09	PB 0:39
2.	Garganis, Adam	COL	44:03	1:09:21	PB 0:29
3.	McDonough, Aaron	PTN	51:15	1:17:36	PB 0:57

4.	Evans, Simon	BOH	54:59	1:23:04
5.	Smyth, David	COL	58:45	1:28:55
	Keirl, Bernie	DIV	1:02:29	DNF

#### VRWC 15km Open Men

1.	Kollmorgen, Stuart	1:16:35
2.	Feain, Gerard	1:33:51
	Bennett, Ralph	DNF

#### VRWC 15km Women Club Championship – Elsie Jacobson Trophy

1.	Ruddick, Kelly	1:10:12
2.	Geisler, Sandra	1:28:21
3.	Carr, Heather	1:29:14
4.	Rosenbrock, Carolyn	1:30:38
5.	Muldoon, Wendy	1:32:10
6.	O'Neill, Karyn	1:39:39
7.	Elms, Donna-Marie	1:42:56

#### VRWC 10km Walk

1.	Donahoo, Mark	53:25
2.	O'Neill, Terry	59:31
3.	Dickenson, Russ	1:04:04
4.	Gardiner, Bob	1:07:40

World Youth reps **Jemima Montag** (22:53) and **Kyle Swan** (21:56) had their final hitouts before leaving this week for Colombia and they made it look easy! Others to walk well included **Jemma Peart**, **Brodie Richardson**, **Nikola Mandic** and **Hayden Walmsley**.

#### VRWC 5km Walk

1.	Montag, Jemima	22:53	
2.	Peart, Jemma	25:54	PB 0:17
3.	Richardson, Brodie	29:10	PB 0:18
4.	Steed, Gwen	32:29	
5.	Lillie, Jessica	32:29	
6.	Shaw, Robyn	32:56	
7.	Johnson, Celia	36:01	
8.	Howorth, Sandra	38:10	
9.	Beaumont, Margaret	42:05	
1.	Swan, Kyle	21:56	
2.	Christmass, James	25:31	
3.	Mandic, Nikola	26:04	PB 2:31
4.	Walmsley, Hayden	27:23	PB 0:48
5.	Kennedy, Paul	29:20	
6.	Jensen, Josh	31:56	First one
7.	Doran, Anthony	35:25	
8.	Beveridge, Heath	35:29	First one
9.	Wicks, Barrie	39:42	
10.	Hay, Angus	39:53	First one
	Beaumont, Ian	DQ	
	Walmsley, Reese	DQ	

Finally our 3km and 1.5km walkers had their usual fast sprint from start to finish. Well done everyone and welcome to **Eliza Thompson** who had her first walk with us in the 1.5km event.

#### VRWC 3km Walk

1.	McInnes, Simone	15:13
2.	Peart, Alanna	16:27
3.	O'Mahony, Kathleen	17:56
4.	Hay, Charlotte	18:18
5.	Louey, Grace	19:26
6.	Lillie, Gemma	19:46
7.	Thompson, Merylyn	22:51
1.	Thompson, Will	15:43
2.	Morrison, John	22:27

#### VRWC 1.5km Walk

1.	Karagiorgos, Chloe	7:59
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2.	Paten, Ruby	9:09
3.	Thompson, Eliza	10:11
4.	Karagiorgos, Chelsea	10:15
5.	Carbery, Elise	11:11
6.	Mews, Pam	21:10
1.	Karagiorgos, Harrison	9:06
2.	Onley, Gordon	12:27

And a special thank you to all our officials and judges – it was a case of over and above the call of duty in the cold!

**Checkin:** Michael Bodey, Ralph Bennett, Mark Donahoo

**Officials:** Tim Erickson, Don McLaren, Stacey McLaren, Darlene Swan, Justin McLaren (bike), Connor Raselli

**Judges:** Brenda Felton (chief), Gordon Loughnan, Terry Swan, Josh Savage, Stuart Cooper, Mark O'Mahoney, Diane Lowden, Peter Vysma, Michael Bodey (DQ)

**Canteen:** Kate Suich, Wendy Cooper

**Photos:** Simon Baker (see <http://www.vrwc.org.au/coppermine/>)



Great times by Chris Erickson, Kelly Ruddick and Adam Garganis



Also in action in the 15km – Karyn O'Neill, Heather Carr, Carolyn Rosenbrock, Wendy Muldoon and Aaron McDonough



Kyle Swan, Jemima Montag, Elise Carbery and Hayden Walmsley



Eliza Thompson, Chelsea Karagiorgos, Brodie Richardson, Jemma Peart and Nikola Mandic (all photos Simon Baker)

**ACT WALKERS CLUB ROADWALKS, JERRABOMBERRA WETLANDS, CANBERRA, SAT 4 JULY**

Thanks to Robin Whyte for the latest results from Canberra

**8km Handicap**

1.	Warren Butler	1:07:30
2.	Ann Staunton-Jugovic	45:50 (F/T)
3.	Greg Durr	57:13
4.	Robin Whyte	52:27
5.	Bob Parker	59:35
6.	Doug Fitzgerald	1:05:52
7.	Monika Short	1:00:14
8.	Geoff Barker	1:01:52
9.	Bryan Thomas	58:08
10.	Ally Durr	46:11
11.	Val Chesterton	1:14:45

**4km Handicap**

1.	Callum Burns	20:45
2.	Spencer Burns	22:16
3.	Connor Frew	20:11 (F/T)
4.	Mitchell Baker	20:13
5.	Jack Thackray	37:18
6.	Helena Bialecki	25:43
7.	Terry Munro	33:44
8.	David Mackenzie	32:21
9.	Cilla Chapman	36:54
10.	Rosemary Parker	30:01
11.	Helen Munro	38:08

**2km Handicap**

1. Laura Burns	11:31 (B/T)
2. Bob Chapman	17:58
3. Ellen Vahey	15:02
4. Nola de Chazal	24:00

12. Dylan Eddowes	26:40
13. Raine Thompson	38:51
14. Jane Bates	29:44
15. Marilyn Banfield	30:45
16. Barbara Eddowes	29:30
17. Jennifer Alley	27:20
18. Katie Alley	27:36

**1km Handicap**

1. Harry Baker	06:39 (F/T)
2. Georgia Frew	08:28
3. Hana Jugovic	09:32

<b>SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 4 JULY</b>
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The South Australian walkers were also in action in Adelaide on Saturday, with good fields and some fast walking by Justin Hill (38:49 for 8km) and Joe Cross (14:56 for 3km).

**15km Walk**

1. Peter Crump	M Over 35	1:26:43
James Hoare	M Over 35	DNF

**8km Walk**

1. Justin Hill	M Open	38:49
2. Alix Harlington	M U18	41:26
3. Danielle Walsh	F U20	45:14
4. Samantha Findlay	F U20	48:05

**5km Walk**

1. Rhiannon Lovegrove	F U16	26:49
2. Tristan Camilleri	M U16	28:12
Jake Vidler	M U16	DNF

**3km Walk**

1. Joe Cross	M U14	14:56
2. Bethany Cross	F U16	15:15
3. Jay Goode	M U16	15:49
4. Felicity Henderson-Wilson	F U20	17:09
5. Sarah Damin	F U16	17:16
6. Victoria Upton	F U14	18:15
7. Chloe Upton	F U14	18:29
8. Royrie Upton	M Open	18:40
9. Talisha Skein	F U14	18:56
10. Aleesha Vidler	F U14	20:50
11. Adrian Upton	M U14	22:23

**2km Walk**

1. Kitarni Upton	F U12	12:20
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**1km Walk**

1. Seth Upton	M U10	6:41
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<b>SAMA CHAMPIONSHIPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 4 JULY</b>
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Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Cool, calm arvo. Perfect for walking. Good time by George White. (Lapped me twice, 2k loop!)

**15km SAMA Road Championship**

Raelene Schild	1:53:46	W50	62.67%	1 <sup>st</sup>
Colin Hainsworth	2:08:14	M85	77.5%	1 <sup>st</sup>
Leigh Smith	2:02:52	M80	73.84%	1 <sup>st</sup>
David Robertson	2:12:54	M81	69.45%	2 <sup>nd</sup>
George White	<b>1:27:13</b>	<b>M70</b>	<b>89.84%</b>	<b>1<sup>st</sup></b>
Graham Harrison	1:53:47	M71	69.76%	2 <sup>nd</sup>
Roger Lowe	2:16:41	M72	58.85%	3 <sup>rd</sup>
Geoff Byham	1:41:50	M68	75.07%	1 <sup>st</sup>
Kevin Finn	1:39:36	M63	72.56%	1 <sup>st</sup>

**10km Walk**

1.	Doug Smart	1:21:09	M72	65.07%
2.	Jeff Kennett	1:34:31	M65	51.34%

**4km Walk**

1.	Jan Layng	0:29:35	W66	70.98%
2.	Valmai Padget	0:32:45	W71	68.74%
3.	Paul Boyce	0:32:47	M79	68.56%
4.	Jill Rogers	0:32:49	W70	67.61%
5.	Edna Bates	0:33:46	W62	59.17%

<b>NSWRWC ROADWALKS, GLENDENNING, NSW, SATURDAY 4 JULY</b>
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First back to last week at Tempe for the U16 2km which were not included in that report.

**U16 2km Walk, Tempe, Saturday 27 June**

1.	Renee Hardy	10.12
2.	Haley Mills	10.44
3.	Lachlan Becroft	11.11
4.	Janaya Lee	11.39
5.	Danielle Vesper	11.42
6.	Brittany Robertson	12.08
7.	Catherine Young	12.36
8.	Zoe Elliot	12.55
9.	Janda Thomson	12.57
10.	Dana Lee	14.06
11.	Brodie Douglas	14.09
12.	Logan Barendregt	14.48

And now onto last Saturday's NSWRWC walks at Glendenning, thanks to Lauren Richardson. Numbers were low due to the LANSW road walks which were on Sunday. It was Tyler Jones' last walk before leaving this week for the IAAF World Youth Championships in Colombia and he stormed through with the fastest 10km performance (46:40). Cheryl Webb (49:37 for 10km) and Kyle Bedford (23:59 for 5km) were the big improvers. And an excellent 10km walk by young Dylan Richardson (49:55).

**Long Division 10km Walk**

1.	Tyler Jones	46.40
2.	Carl Gibbons	48.02
3.	Steven Washburn	48.14
4.	Cheryl Webb	49.37
5.	Jasmyn McDonald	55.37
6.	Jasmine Dighton	58.37
	Joan Purcell	21.12 (3k)

**U16 2km Walk**

1.	Ryan Thomson	10.05
2.	Lachlan Becroft	11.53
3.	Brittany Robertson	12.06
4.	Zoe Elliot	13.05
5.	Catherine Young	13.06
6.	Brodie Douglas	14.04

**Medium Division 10km Walk**

1.	Dylan Richardson	49.55
2.	Chelsea Goodhew	54.17
3.	Samantha Brown	56.23
4.	Jude Brown	80.41

**U12 1km Walk**

1.	Ellie Decallis	5.07
2.	Jessica Rocchetto	5.15
3.	Stacie Becroft	6.08
4.	Isabelle Nilon	6.19
5.	Natasha Fairhall	6.57
6.	Ella Becroft	8.08

**Short Division 5km Walk**

1.	Kyle Bedford	23.59
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**U10 0.5km Walk**

1.	Peter Elliot	2.57
2.	Amelia Crocker	4.46

<b>BENDIGO WALKERS CLUB ROAD WALKS, LAKE NEANGAR, BENDIGO, SUNDAY 5 JULY</b>
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Thanks to Paul Rance for his report from Bendigo in country Victoria.

The Bendigo Walkers Club held a 3.2km handicap race on Sunday morning at Lake Neanger, with Annette Curtis winning in a close finish over Annette Major with second backmarker Zahra Hayes finishing strongly to take 3<sup>rd</sup> place with backmarker Michael Gillies-Smith recording fastest time. Zahra Hayes and Barb Bryant both lowered their own Club records while Michael Gillies-Smith was just 1 second outside the Club 40+ record with those 3 athletes all recording Club personal bests.

### 3.2km Handicap

1.	Annette Curtis	22.53
2.	Annette Major	17.58
3.	Zahra Hayes	15.51
4.	E4 Peter Curtis	17.27
5.	E4 Ebony Whiley	18.57
6.	Michael Gillies-Smith	15.40
7.	Barb Bryant	17.36
8.	Caitlyn Tozer	29.46
9.	Jennie Payne	22.03
10.	Bill Lotherington	23.40
11.	Sheridan Commons	25.44
12.	Geoff Major	28.44

## PORTUGUESE JUNIOR CHAMPIONSHIPS, BRAGA, PORTUGAL, 4-5 JULY

Miguel Rodrigues (45:49.20) and Edna Barros (49:40.60) won the Portuguese U20 10,000m walks in Braga last Saturday.

### Men 10,000m Race Walk (11 finishers)

1.	Miguel RODRIGUES	POR	96	45:49.2
2.	Hélder DOS SANTOS	POR	96	46:00.2
3.	Xavier SOUSA	POR	96	46:09.6
4.	Pedro AMARAL	POR	97	46:14.6
5.	Rodrigo MARQUES	POR	99	48:25.2

### Women 10,000m Race Walk (6 finishers)

1.	Edna BARROS	POR	96	49:40.6
2.	Catarina MARQUES	POR	96	49:51.0
3.	Inês REIS	POR	99	54:35.6
4.	Ana LEONOR	POR	98	55:04.2
5.	Mafalda MARQUES	POR	97	55:22.5

## SPANISH JUNIOR CHAMPIONSHIPS, VALLADOLID, SPAIN, 4-5 JULY

The 62<sup>nd</sup> edition of the Spanish U20 T&F Championships, which were contested in Valladolid last weekend, saw wins to Maria Pérez (45:40.70) and Diego Garcia (41:56.58). Both competed in this year's European Cup of Race Walking in Murcia and Diego Garcia has been selected to compete in the 20km at this year's IAAF World championships in Beijing. The Spanish depth was on show with 11 men under 50 minutes and 5 women under 52 minutes.

### Men 10,000m Race Walk (13 finishers)

1.	Diego GARCIA	ESP	96	41:56.6
2.	Manuel BERMÚDEZ	ESP	97	42:18.2
3.	Pablo OLIVA	ESP	96	42:20.3
4.	Nil RODES	ESP	96	42:23.6
5.	Mario VIÑAS	ESP	96	45:02.0
6.	Ivan LOPEZ	ESP	97	45:41.1
7.	Daniel Goni BALLESTEROS	ESP	96	46:00.3
8.	Daniel CHAMOSA	ESP	97	46:18.7
9.	Juan Francisco MARTIN AMAT	ESP	97	48:35.4
10.	Jose SANCHIS VILLARROYA	ESP	97	48:40.0
11.	Marcos CINTRON	ESP	96	49:32.7

### Women 10,000m Race Walk (16 finishers)

1.	Maria PEREZ	ESP	96	45:40.7
2.	Lidia SANCHEZ-PUEBLA	ESP	96	46:27.0
3.	Mar CHILLON	ESP	96	49:59.5
4.	Angela RUIZ	ESP	97	50:46.3
5.	Melisa SANCHEZ	ESP	96	51:32.4
6.	Alicia DEL RIO	ESP	96	52:06.2
7.	Carla SANTAELENA	ESP	96	52:16.3
8.	Carmen FUENTES	ESP	97	52:35.3
9.	Patricia UGUINA VILLAVERDE	ESP	97	52:37.7
10.	Marta TEJEDOR	ESP	97	53:24.4
11.	Cristina CARRAL	ESP	97	54:39.5
12.	Sara AMMOUR	ESP	97	56:41.3



## CANADIAN T&F CHAMPIONSHIPS, EDMONTON, CANADA, 2-5 JULY

Fast walking was the order of the day in Edmonton last weekend with Evan Dunfee 40:29;0 finishing just ahead of Inaki Gomez 40:29.9 to claim the Canadian title. In fact, he was well ahead going into the last lap but Gomez clawed back 2.5 secs in the final 400m. Rachel Seaman won the women's title with a very fast 44:17.0. In fact, I think that her previous Canadian record had been 44:25.80 from 2013 so her latest time obviously bettered that time.

### Men 10,000m Race Walk

1.	Evan DUNFEE	CAN	90	40:29.0
2.	Inaki GOMEZ	CAN	88	40:29.9
3.	Mathieu BILODEAU	CAN	88	42:16.9
4.	Bruno CARRIÈRE	CAN	92	45:51.2
5.	Caleb CHENG	CAN	95	47:11.7
6.	Glen BODET	CAN	61	52:35.1

### Women 10,000m Race Walk

1.	Rachel SEAMAN	CAN	86	44:17.0
2.	Katelynn RAMAGE	CAN	93	50:15.2
3.	Nicola EVANGELISTA	CAN	88	53:57.1
4.	Susan BROOKE	CAN	65	56:48.1



Inaki Gomez and Evan Dunfee in Edmonton on Saturday

## UK T&F CHAMPIONSHIPS, BIRMINGHAM, ENGLAND, 3-5 JULY

Mark Wall reports on the UK T&F Championship track walks last weekend in Birmingham.

First up was the women's race which quickly saw an early lead pack of 5 whittled away to two lead competitors Jo (Jackson) Atkinson and Bethan Davies. Lap after lap only a metre or so separated them. however in the end the more experienced Jo was able to prevail in a time of 22:03:55 whilst Bethan was rewarded with a Welsh Record of 22:06:46 to go with her 20km of 14 days earlier. After Tatyana Gabellone was disqualified with 550 metres to go, whilst in an isolated third position (ineligible for a medal any way), Heather Lewis took the bronze in 23:28:43. She was defending champion. There were 10 finishers out of 11 starters in 19oC and 52% humidity on a sunny afternoon. 1000m splits for Jo: 4:25.17, 8:49.00, 13:17.47, 17:47.7722:06:46.

### Women 5000m Race Walk

1.	Johanna JACKSON	GBR	85	22:03.6
2.	Bethan DAVIES	GBR	90	22:06.5
3.	Heather LEWIS	GBR	93	23:28.4
4.	Emma ACHURCH	GBR	97	25:01.6
5.	Brenda GANNON	IRL		25:43.7
6.	Sophie LEWIS	GBR	99	25:44.8
7.	Rebecca COLLINS	IRL	91	26:04.1

8.	Ester MONTANER NOVELLON	ESP	91	27:07.4
9.	Heather BUTCHER	GBR	97	27:50.8
10.	Jasmine NICHOLLS	GBR	95	27:57.7
11.	Tatyana GABELLONE	ITA	84	DQ

Immediately following the women it was the turn of the men. this was a tour de force by Tom Bosworth who recorded a tremendous time, just missing the 19 minute barrier with a quick 19:00:73 but still setting a new national record. This was 16.09 seconds better than his previous record, recorded in the same race last year behind Dane Bird Smith. His demolition of the field was complete but behind him all bar one competitor recorded Personal or Seasonal Bests. Junior standout Callum Wilkinson showed he is well prepared for the European Junior titles with a time of 20:21:57 (a Southern summer downunder would be interesting). In a shoutout for third, Olympian Dominic King prevailed in 21:01:70 ahead of Junior Cameron Corbishley in 21:03:92. 13 started 11 finished (two dsqs) in identical conditions to the women. 1000m splits for Tom: 3:51.29, 7:42.10, 11:32.59, 15:21.33, 19:00:73.

#### Men 5000m Race Walk

1.	Tom BOSWORTH	GBR	90	19:00.7
2.	Callum WILKINSON	GBR	97	20:21.6
3.	Dominic KING	GBR	83	21:01.7
4.	Cameron CORBISHLEY	GBR	97	21:03.9
5.	Fredrik RØTNES	NOR	96	21:39.3
6.	Luc LEGON	GBR	97	22:59.7
7.	Christopher SNOOK	GBR		23:07.0
8.	Adam COWIN	GBR	94	23:12.7
9.	Tom PARTINGTON	GBR	99	23:18.6
10.	Timothy SNOOK	GBR	98	23:35.1
11.	Francisco REIS	POR	60	23:55.5
	Creighton CONNOLLY	CAN	88	DQ
	Daniel KING	GBR	83	DQ

As usual Mark Easton captured the action – check out his photos of the men (<http://markeaston.zenfolio.com/p121428540>) and the women (<http://markeaston.zenfolio.com/p349060494>).



Tom Bosworth, Callum Wilkinson, Bethan Davies and Jo Atkinson (photos Mark Easton)

#### FRENCH NATIONAL MEET, BLOIS, FRANCE, WEDNESDAY 1 JULY

Emilie Menuet was in great form last Wednesday, setting a new French 5000m Track Walk record of 21:41.7 in a National Meet in Blois. Her time bettered the current record of 21:51.70, set by Fatiha Ouali in 2001.

#### Women 5000m Race Walk

1.	Emilie MENUET	FRA	91	21:41.7
2.	Caroline GUILLARD	FRA	71	24:37.0

3.	Ameni MANAI	TUN	95	24:40.5
4.	Enora TREBAUL	FRA	94	24:42.8
5.	Laura DUQUESNE	FRA	90	24:42.9
6.	Blandine DEVILLERS	FRA	92	26:37.6

**USATF 2015 HERSEY YOUTH T&F CHAMPIONSHIPS, LISLE, USA, 30 JUNE - 5 JULY**

The USATF 2015 Hershey Youth T&F Championships were held at Saint Benedictine University in Lisle, Illinois, last week and saw walk events ranging from U11 to U19. The highlight from a walks perspective went to **Taylor Ewert** for breaking the 23 year old American record in the 3,000m race walk for 13 & 14 year old girls. The old mark of 14:46.46 was established by Anya-Marie Ruoss in 1992. Ewert, from the Yellow Springs, Ohio, training group, cruised through her first 1600 meters in 7:39 before coming home strongly. This was her second consecutive win at the Youth Nationals. She is also a 4 time USATF Junior Olympic Champion in the Race Walk and is one to watch. Still 13, Ewert will be an 8<sup>th</sup> grader this fall.

**3000m Race Walk 17-18 Women**

1.	Cisneros, Anali	97	Elgin Sharks	14:53.10
2.	Cisneros, Nayeli	98	Elgin Sharks	17:08.22

**3000m Race Walk 17-18 Men**

1.	Andersen, Jonathan	97	unattached	19:19.00
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**3000m Race Walk 15-16 Girls**

1.	Heiser-Whatley, Jessica	99	Warriors Track Club	16:47.28
2.	Heiser-Whatley, Victoria	99	Warriors Track Club	18:26.61
	Payne, Sarah	99	unattached	DQ

**3000m Race Walk 15-16 Boys**

1.	Peters, Angelo	00	Elgin Sharks	15:49.35
2.	Chanat, Steven	00	New Jersey Striders	18:33.16
3.	Johnson, Carson	00	unattached	20:42.79

**3000m Race Walk 13-14 Division Girls**

1.	Taylor Ewert	01	Southwest Ohio TC	14:42.04 (REC)
2.	Camila Vicens	02	Track Houston	15:27.22
3.	Alexandra Osterloh	02	Albuquerque	17:57.24
4.	Bethsaida Rodriguez	02	Elgin Sharks	18:57.68
5.	Caitlynn Chanat	02	New Jersey Str.	19:54.07
6.	Julie Ortega	02	Elgin Sharks	20:55.32
7.	Clarissa Quinones	02	Elgin Sharks	24:52.28

**1500m Race Walk 11-12 Girls**

1.	Adams, Ainsley	04	Napa Track Club	8:27.10
2.	Quinones, Frieda	03	Elgin Sharks	8:41.40
3.	DeLaTorre, Brisa	03	Elgin Sharks	8:49.00
4.	Lopez, Jennifer	04	So Cal Roadrunners	9:00.00
5.	Reutzel, Isabel	03	Cornhusker Flyers	9:12.20
6.	Chanat, Gillian	04	New Jersey Striders	9:27.90

**1500m Race Walk 11-12 Boys**

1.	Sines, Parker	03	Wings of Ski	9:01.86
2.	Reyes, Adam	03	South Park T	9:25.63
3.	Osorio, Angel	04	So Cal Roadrunners	11:40.87
	Abeyta, Matthew	04	El Paso Striders	DQ

**1500m Race Walk 9-10 Girls**

1.	Tapia, Giselle	05	So Cal Roadrunners	9:15.50
2.	Sisilli, Mia	05	New Jersey Striders	9:19.80
3.	Durrant, Hannah	05	Elgin Sharks	9:20.60
4.	Durrant, Heather	05	Elgin Sharks	10:37.30

**1500m Race Walk 9-10 Boys**

1.	Vasquez, Thomas	05	Cornhusker Flyers	15:33.26
	Osorio, Anthony	05	So Cal Roadrunners	DQ
	Penson, Andrew	05	So Cal Roadrunners	DQ

## IAAF WORLD YOUTH CHAMPIONSHIPS – 8 DAYS TO GO

The 9<sup>th</sup> IAAF World Youth Championships are just about here – only 8 days to go and counting. The Games will run from 9-15 July in Cali, Colombia, and will feature 10,000m track walks for boys and 5000m track walks for girls. The Australian team is a strong one

Sat 18 July, 9:45AM	10,000m U18 Boys	<b>Tyler Jones (NSW) – 43:24</b>	<b>Kyle Swan (VIC) – 43:38</b>
Sat 18 July, 11:00AM	5,000m U18 Girls	<b>Jemima Montag (VIC) – 22:04</b>	<b>Clara Smith (QLD) – 22:42</b>

The official website (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships>) has lots of info but the start lists are not yet available. Host nation Colombia will field 39 athletes, its largest ever contingent for the global U18 competition. As the host nation, Colombia is entitled to select one athlete in each event, regardless of whether the qualification standard has been achieved, but of the 39 athletes on the team, 24 have met the qualifying standards in their respective events. They also have a strong walks team with the maximum 4 walkers selected (Cesar Alberto Herrera, Juan David Jimenez, Lina Geraldine Bolivar and Maria Fernanda Montoya).



**Australian walkers Kyle Swan (far left) and Jemima Montag (third from right), part of the Victorian contingent which flew out this morning from Melbourne (photo Terry Swan).**

## BITS AND PIECES

- The latest edition of the English Race Walking Record was published last week. See <https://www.facebook.com/download/892334034182418/RWRJune2015.pdf>

## #BANGHECIN

- Personally, I hope that Sergey Bubka wins the IAAF Presidency ahead of Seb Coe. His stance on drugs is definitely the stronger of the two and he has been consistent in his call for zero tolerance for athletes who use banned drugs. He will call for a review of doping rules should he be elected president of Track and Field's governing body next month. That is potential good news given the current Russian mix and match approach to ensure that their banned athletes keep their medals from the major champs. See <http://www.supersport.com/athletics/article.aspx?Id=3082924>
- UK Athletics is the latest national body to put out a press release on the issue of sports supplements. See <http://www.britishathletics.org.uk/anti-doping/supplements-and-nutrition/>. Athletics Australia put its position on paper quite some time ago and that organisation has a comprehensive Drugs section on its website – see <http://www.athletics.com.au/High-Performance/Anti-Doping>.

## 2015 TOWER INSURANCE ISLE OF MAN 100 MILE EVENT, CASTLETOWN, 15-16 AUGUST



The next couple of months are big ones in the walking world with the World University Games, the IAAF World Youth Championships and the IAAF World Championships all coming in quick order. But for those of us in the ultra walking world, the big one to come is **The Tower Insurance Isle of Man Open 100 Mile Race Walk 2015** which will be held in **Castleton** on the **Isle of Man** on the weekend of **15-16 August**. It also hosts the British Centurion Qualifier Race as well as the RWA Long Distance Championship so will attract a quality field from across the world.

The 100 mile race starts at 2PM on the Saturday at Castleton Civic Centre and will consist of 50 laps of a 2 mile course around the streets and roads of the town. It is flat course with a good walking surface and stunning scenery so should provide all the ingredients for a top competition. You can check it out at webpage <http://www.isleofman100milewalk.co.uk/index.html> and at facebook page <https://www.facebook.com/groups/550275208327422/>.

Thus far, there are 70 entries in the 100 mile walk, including a number from overseas (USA 3, South Africa 3, Australia 1, Holland 17). There are also 50 mile walk and 20 mile walk categories for those for whom 100 miles is just a bit too daunting. The Australian entry is Australian Centurion **John Kilmartin (C67)** from Ballarat who qualified at Coburg, Victoria, in April with a strong 100 mile walk time of 21:11:56. He is training hard at this Ballarat base and we wish him all the best in his next appointment!

Entries close on 31<sup>st</sup> July 2015 so, if you are thinking of going, now is the time to log onto the website and complete your entry.

The Isle of Man is a big walking centre and their other big annual race is the 85 mile Manx Telecom Parish Walk which was held last month and which saw an amazing 1498 entrants, with 175 walkers doing the entire lap of the island. Check out the fantastic website at <http://www.parishwalk.com/>.

It's on my wish list for one of these days. I'd better get moving before I get too old and dottery!

## AUSTRALIAN SUMMER SEASON TAKES SHAPE

A number of key dates have now been published for the Australian 2015/2015 summer season. They read as follows

6-8 Nov 2015	Victorian All Schools Track & Field Championships, Lakeside Stadium
4-6 Dec 2015	Australian All Schools Track & Field Championships, Melbourne
Sun 13 Dec 2015	Australian 50km Race Walking Championships, Fawkner Park, Melbourne
12-14 Feb 2016	Victorian Junior Track & Field Championships, Lakeside Stadium
Sun 21 Feb 2016	Australian Summer 20km Roadwalk Champs, Adelaide
26-28 Feb 2016	Victorian Open T&F Championships, Lakeside Stadium
8-13 Mar 2016	Australian Junior T&F Championships, Perth
31 Mar -3 Apr 2016	Australian T&F Championships, Sydney
16-19 Apr 2016	Australian Masters T&F Championships, Adelaide

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 3 press releases this week

- Wed 1 Jul - A review of Marciadalmondo activity during the first 6 months of the year  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2135](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2135)
- Tue 30 Jun - Announcing the 2015 edition of the "Around Taihu" International Race Walking Rally  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2134](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2134)
- Tue 30 Jun - Italian race walking Teams for Cali (U18 World) and Ekliltuna (European U20).  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2133](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2133)

The omarchador blog continued on as usual with 11 press releases

- Mon 6 Jul - Results of Spanish U20 championships in Valladolid  
<http://omarchador.blogspot.pt/2015/07/campeonatos-de-espanha-de-sub-20-em.html>
- Mon 6 Jul - Portuguese U20 walk titles to Miguel Rodrigues and Edna Barros  
<http://omarchador.blogspot.pt/2015/07/miguel-rodrigues-e-edna-barros-campeoes.html>
- Sun 5 Jul - Melville and Nunn win USA 20km championships  
<http://omarchador.blogspot.pt/2015/07/melville-e-nunn-sao-campeoes-norte.html>
- Sat 4 Jul - Preview of Portuguese U20 walk titles this weekend in Braga  
<http://omarchador.blogspot.pt/2015/07/nacionais-de-juniores-em-braga-este-fim.html>
- Fri 3 Jul - Portuguese judge José Dias will officiate in Chinese walk champs this weekend  
<http://omarchador.blogspot.pt/2015/07/juiz-de-marcha-portugues-nos.html>
- Fri 3 Jul - Portuguese walker Daniela Cardoso to compete in Summer University Games this month  
<http://omarchador.blogspot.pt/2015/07/daniela-cardoso-nas-universiadas-em.html>
- Thu 2 Jul - Portuguese walker Carolina Costa to compete in World Youth Champs in Cali this month  
<http://omarchador.blogspot.pt/2015/07/carolina-costa-nos-mundiais-de-juvenis.html>
- Thu 2 Jul - French walker Kevin Campion wins in Amiens  
<http://omarchador.blogspot.pt/2015/07/campion-vitorioso-no-meeting-de-amiens.html>
- Wed 1 Jul - Portuguese walkers to compete in European U23 champs in Tallinn  
<http://omarchador.blogspot.pt/2015/07/marchadores-portugueses-para-tallinn.html>
- Wed 1 Jul - Results of South Korean walk champs Championships in Mungyeong  
<http://omarchador.blogspot.pt/2015/07/campeonatos-da-coreia-do-sul-em.html>
- Tue 30 Jun - Results of Spanish U18 champs in Ciudad Real  
<http://omarchador.blogspot.pt/2015/06/campeonatos-de-espanha-sub-18-em-ciudad.html>

#### 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.

#### 2015/2016 Australian/Victorian Key Dates

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
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

#### 2015 International Key Dates

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea. See <a href="http://www.gwangju2015.com/">http://www.gwangju2015.com/</a>
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia See <a href="http://www.iaaf.org/competitions/iaaf-world-youth-championships">http://www.iaaf.org/competitions/iaaf-world-youth-championships</a>
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>
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships ( <a href="http://www.iaafbeijing2015.com/en/">http://www.iaafbeijing2015.com/en/</a> ), 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
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
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, Nairobi, 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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