



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 43
28 July 2015



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WALKER OF THE WEEK

2012 Australian Olympic representative **Beki Smith (nee Lee)** was in career best form last weekend in Sydney when winning the NSW 20km roadwalk championship. Her time of **1:30:24** beat her London Olympics PB of 1:32:14 by a massive 1 minute and 48 secs. She has been in great form this year, winning the NSW 10km roadwalk title in a PB 44:24 and winning the LBG 10 Mile walk in 1:15:12. Her next big appointment will be in the IAAF World Championships in Beijing next month and she looks set for a big walk. Well done Beki!



Beki in action in the LBG 10 mile walk last month

WHAT'S COMING UP

Nest Sunday sees our next major championship day with the Victorian Open 30km (this event is open to both men and women), along with our major Victorian winter roadwalk championships for U14, U16, U18 and U20 age groups. Enter with AV via their online panel at <http://athsvic.org.au/event/2015-av-walk-series-30km-championships/>. Entries close Wed 29th July (tomorrow). For those intending to enter our VRWC races, you can enter on the day or pre-enter via our online panel at <http://www.vrwc.org.au/wp1>.

Sunday 2 nd August 2015, Middle Park			
8.30am	30km	AV Championship	Open *
	3 Hours Walk	VRWC non-championship event	Open
8.30am	20km	VRWC non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls

11.00am	5km	AV Championship	Under 18 Women
11.00am	5km	VRWC non championship event	Open
11.10am	2km	VRWC Championship	Under 10 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11:50am	Medal presentations at the conclusion of the events.		
* The Victorian 30km is an Open event, meaning it is open to both men and women.			

A reminder that entries are now open for the **2015 Australian Road Walking Championships** which will be held at Middle Park (Melbourne) on **Sunday 30 August**. As this is also a Racewalking Australia Carnival, I have setup an additional carnival page on our VRWC website - check it out at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>. This VRWC page can be viewed as the overall championship entry point as it contains links to other items of relevance, including the AA entry panel.

I see that 35 people have currently entered via the AA panels. If you haven't done so yet, you should do it soon rather than wait for the last minute.

#BANCHEGIN

Well, a bit more news to report following on from last week's bombshell. The Russian Federation has now confirmed it will not send any walkers who train with Viktor Chegin in the Saransk walk centre. By my reckoning, that means that just about the entire walks team will be withdrawn from next month's World Championships in China. Only the one or two who train in Cheboksary should be there if Russia is true to its word. Time will tell.

And now onto another story from today's paper, indicating the ongoing pressure being exerted on the Russian walkers:
<http://www.heraldsun.com.au/sport/more-sports/drug-probe-into-sergey-kirdyapkin-could-deliver-aussie-jared-tallent-olympic-gold-medal/story-fnibbyyv-1227459162098>

Drug probe into Sergey Kirdyapkin could deliver Aussie Jared Tallent Olympic gold medal **KYM MORGAN THE ADVERTISER JULY 27, 2015 6:27PM SHARE**

ATHLETICS Australia president David Grace remains confident race walker Jared Tallent will be retrospectively awarded the London Olympic Games 50km gold medal, as investigations continue into drug cheat Sergey Kirdyapkin. Kirdyapkin shattered the Olympic record and beat Adelaide-based Victorian Tallent into silver in London. He was banned for three-years and two months in January because of anomalies in his blood readings which suggested EPO use spanning four calendar years from 2009-2012. Russian Anti-Doping Authority (RUSADA) annulled some of Kirdyapkin's results but not his Olympic gold.

Australia submitted a formal request to the IAAF and the matter is now being investigated by an independent ethics committee. It comes as Russia last week withdrew its entire race walking team from next month's World Championships in Beijing because it feared a doping "disgrace". The country's infamous head walking coach Viktor Chegin also announced his immediate "retirement". Chegin coached Kirdyapkin, along with at least 20 other athletes, including other Olympic Champions, who have served doping bans.

"We reasonably hopeful," Grace said this week when asked whether he believed Tallent would receive a retrospective gold medal. "The matter is now being pursued by the IAAF. The whole Russian race walking federation is under investigation by the IAAF ethics commission, which is an independent body chaired by a QC in London. They're investigating a whole range of issues concerning the Russian walking program. He (Kirdyapkin) tested positive in May of 2012 to a banned substance and, as we understand it, received a three-month ban. He was allowed to compete in London (in August, 2012). He won the event ... and then one month after the Olympics he tested positive again."

Russia is carrying out its own investigation into allegations of bribes to officials and systematic doping. **Grace believes the country withdrew its race walkers from Beijing because it had no confidence they would be clean**. He welcomed the fact Russia was finally making attempts to clean up its race walking program, which he has described as a "scourge" on the sport in recent years.

Earlier this year Tallent told The Advertiser he had no doubt he should rightly have won gold in London. He also believed he should be retrospectively be awarded the Beijing 2008 50km walking gold, after he finished second behind Italian Alex Schwazer, who was later banned for doping. There is no investigation underway into Schwazer and it is unlikely Tallent will receive that gold medal retrospectively.

Of course, we have to balance this potentially good news story with the following article which begs the question - are the number of positive tests over the last 12 months an indication that less people are doping or does it simply mean that the drugs cheaters are now so far ahead of the testers that they just don't get caught. See <http://www.insidethegames.biz/articles/1028960/positive-doping-tests-declined-in-2014-but-is-this-good-news-or-bad-news>.

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 25 JULY

The forecast was for bad weather but it held off long enough for our weekly VRWC club walks on Saturday afternoon at Middle Park so the 47 walkers in attendance were able to enjoy some good walking conditions, even if a bit cold and windy. Since it was one of our winter season points days, the Handicap Placings are shown as an additional column.

Our longest event, the 12km, saw a small number of hardy souls, led out by Simon Evans. The same could be said for the 10km where Reese Walmsley took line honours. Nearly everyone preferred the 5km option and young guns Tayla-Paige Billington and Adam Garganis were the fastest there. Our 3km and 1.5km races also saw good numbers. We also welcomed Kylie Clark for her first walk with us. And well done to Charlotte Hay for her new U12 5km club record – 29:43 wow!

12km Open		Handicap Place	
1.	Karyn O'Neill	1:19:50	1
1.	Simon Evans	1:04:59	1
2.	Terry O'Neill	1:11:01	2
3.	Gerard Feain	1:13:41	3
	Ralph Bennett	DQ	
10km Open		Handicap Place	
1.	Pam Tindal	56:45	1
1.	Reese Walmsley	53:10	2
2.	Bob Gardiner	1:07:14	1
5km Open		Handicap Place	
1.	Tayla-Paige Billington	25:52	10
2.	Wendy Muldoon	27:54	1
3.	Carolyn Rosenbrock	28:48	5
4.	Charlotte Hay	29:43	6
5.	Donna-Marie Elms	29:52	2
6.	Brodie Richardson	30:16	8
7.	Robyn Shaw	31:47	3
8.	Jessica Lillie	32:10	9
9.	Madeleine Feain	32:31	6
10.	Gwen Steed	32:47	3
1.	Adam Garganis	23:21	8
2.	James Christmass	24:55	2
3.	Andrew Jamieson	25:01	
4.	Mark Donahoo	25:11	1
5.	Corey Dickson	27:34	9
6.	Hayden Walmsley	27:42	3
7.	Lachlan Feain	28:37	4
8.	Russ Dickenson	31:31	10
9.	Alan Huse	33:14	5
10.	Geoff Barrow	35:51	6
11.	Barrie Wicks	40:02	7
3km Open		Handicap Place	
1.	Philippa Huse	15:58	6
2.	Kathleen O'Mahony	16:37	3
3.	Paige De Lisen	16:42	4
4.	Chloe Karagiorgos	16:47	2
5.	Madison Clark	17:38	9
6.	Cassandra Knight	17:42	1
7.	Grace Louey	19:05	5
8.	Gemma Lillie	19:55	7
9.	Clare Garganis	21:47	8
10.	Kylie Clark	24:25	
			First time with us
1.	Anthony Doran	19:28	1
2.	John Morrison	22:11	2
3.	Gordon Onley *	25:13	
1.5km Open		Handicap Place	
1.	Stephanie George	7:22	

2.	Elise Carbery	10:37	2
3.	Pam Mews	16:47	1
1.	Eden Morgan	9:42	2
2.	Angus Hay	11:20	1

Thanks as usual to our many officials and judges. Apologies if I have missed anyone.

Checkin: Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms
Officials: Tim Erickson, Ian Laurie, Harry Summers
Judges: Peter Vysma (chief), Stuart Cooper, Gordon Loughnan, Lloyd Nichols, Michael Bodey
Canteen: Wendy Cooper, Kate Suich
Camera: Terry Swan – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=50>



Mark Donahoo, Pam Tindal, Wendy Muldoon, Clare Garganis and Kylie Clark



Simon Baker, Karyn O'Neill, Elise Carbery and Charlotte Hay



Tony Doran, Pam Mews, Bob Gardiner and Gerard Feain

ACT WALKERS CLUB ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 25 JULY

Thanks to Robin Whyte for this week's results from Canberra.

6.6km Walk

1.	Callum Burns	35:25
2.	Gabby Hunt	35:29
3.	Ally Durr	36:13
4.	Spencer Burns	36:13
5.	Zoe Hunt	37:25
6.	Kate Black	42:15
7.	Peter Baker	42:15
8.	Robin Whyte	42:49
9.	Mick Saunders	46:35
10.	Jane Bates	50:18
11.	Monika Short	58:18
12.	Rod Gilchrist	50:31
13.	Doug Fitzgerald	52:50
14.	David Mackenzie	55:22
	Pat Fisher	DNF

2km Walk

1.	Laura Burns	10:44
2.	Tom Hunt	10:44
3.	Hannah Mison	11:54
4.	Ellen Vahey	12:19
5.	Cilla Chapman	19:17
6.	Bob Chapman	19:17

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 25 JULY

Thanks to Colin Hainsworth for Saturday's results from the South Australian Masters in Adelaide. He commented: Results of this afternoon's yacht handicap walks (prizes) at Bonython Park, Adelaide. Small turn out – a number of people being away.

10km Yacht Handicap

1.	Kevin Finn	1:05:03	M63	73.00%
2.	Raelene Schild	1:14:39	W50	62.15%
3.	Graham Harrison	1:14:50	M72	70.56%
4.	David Robertson	1:23:38	M82	73.39%

5km Yacht Handicap

	Edna Bates	0:43:06	W62	58.71%
	Helen Suridge	0:36:40	W64	70.75%
	Marie Maxted	0:31:53	W55	73.42%
	Geraldine Smith	0:34:39	W65	75.84%
	Richard Everson	0:26:47	M51	77.21%
	Rodger Barber	0:37:43	M77	72.91%
	Doug Smart	0:43:28	M72	59.09%

NSW LONG WALKS CHAMPIONSHIPS, NARELLAN, SUNDAY 26 JULY

It was a perfect day for racing last Sunday in Narellan and the NSW walkers made the most of it at the NSW Long Walks Championships. **Ian Rayson** made the journey up from Canberra just 10 days after returning from his honeymoon and won the men's 30km in a time of 2.23.39. Fellow NSW walker **Beki Smith**, also living in Canberra, made the trip up to compete in the women's 20km winning in a big PB time of 1.30.24. **Jay Felton** gave everything to walk a brilliant 26km and then holding on for a very respectable 2.29.49 in his first ever 30km. Finally training mate **Carl Gibbons** won the U20 men's 20km in a time of 1.37.39, a six minute PB.

Open Men 30km

1.	Ian Rayson	2.23.39
2.	Jay Felton	2.29.49

Open Women 20km

1.	Beki Smith	1.30.24
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Masters 15km Road Walk

1.	W45-54	Suzanne Brown	1.58.58
1.	M45-54	Ian Jessurun	1.23.07
1.	M55-64	John West	1.52.51
1.	M65+	Jim Seymon	1.44.27

U20 Men 20km

1.	Carl Gibbons	1.37.39
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U20 Women 15km

1.	Bryony Beasley	1.34.26
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U18 Men 8km

1.	Aiden Kerr	41.04
2.	Travis Barendregt	48.09

U18 Women 8km

1.	Jasmyn McDonald	41.36
2.	Lucy Francis	45.01

U16 Boys 5km

1.	Dylan Richardson	24.45
2.	Kyle Bedford	25.41
3.	Oscar Tebbutt	26.04
4.	Hayden Blaskett	26.42
5.	Ryan Thomson	28.44
6.	Jack McGinniskin	32.33

U16 Girls 5km

1.	Samantha Brown	26.20
2.	Allanah Pitcher	26.38
3.	Molly O'Neill	29.28
4.	Renee Hardy	30.28
5.	Sybella McKay	31.47
6.	Amy Henry	34.11
7.	Janaya Lee	36.08

U12 Boys 2km

1.	Tom Jessup	10.41
2.	Ryan Vesper	11.44
3.	Aiden Hardy	14.17

U12 Girls 2km

1.	Olivia Thomson	12.20
2.	Chloe McLoughlin	13.17

USCAC WINTER T&F CARNIVAL, GOLD COAST UNI, CHANCELLOR PARK, QLD, SUNDAY 26 JULY

Queensland walkers had a choice last Sunday with a University of the Sunshine Coast Athletics Club (USCAC) meet on the Gold Coast and QRWC track championships at the University of Queensland track at St Lucia in inner Brisbane. First to the USCAC meet where there were 400m, 800m 1500m and 3000m walks on offer.

Girls 3000m Walk U16/U18

1.	Sims, Riley	15	Athletics North	19:38.68
2.	Sims, Jesse	18	QA	19:55.25

Boys 1500m Walk U14/U16

1.	McCutcheon, Nelson	13	Qeii Track Club	7:43.70
2.	Buchhorn, Adam	12	Qrwc	7:51.46
3.	Clarke, Ethan	14	Redlands Athletics	7:57.49
4.	Haig, Callum	15	Uni of Sunny Coast	8:12.38
5.	Jeffrey, Ben	13	Qeii Track Club	8:49.26
6.	Richardson, Caleb	12	Redcliffe Lac	10:23.67

Girls 800m Walk U12

1.	Ofield, Mackenzie	11	Caloundra Lac	4:37.03
2.	Gallagher, Erin	10	Jimboomba Lac	5:25.78
	Clarke, Anika	10	Redlands Athletics	DQ

Boys 400m Walk U10

1.	Herbert, Blake	9	Caloundra Lac	3:21.71
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Girls 400m Walk U10

1.	Hilton, Eboniee	9	Caboolture	2:58.29
2.	Clarke, Makenna	6	Redlands Athletics	3:37.15
	Tagg, Sophia	8	Uni of Sunny	DQ



Nelson McCutcheon leads Callum Haig in the 1500m

QRWC TRACK CHAMPIONSHIPS, UQ, ST LUCIA, QLD, SUNDAY 26 JULY

Then a quick jump to Brisbane for the QRWC track championships. Very fast walks by Katie Hayward (U16 3000m 13:23.97) and Jonathan Wearne (U12 1500m 7:00.24). I think both would have been QRWC club records. Gosh, we have so many good young walkers coming through at the moment. The challenge remains as always – nurture them through to the senior ranks.

Open 5000m

1.	Peter Bennett	24.42.65
2.	Ignacio Jimenez	24.49.38
3.	Paul Lindenberg	30.43.59
1.	Jessica Pickles	23.19.47
2.	Nyle Sunderland	28.11.50
3.	Erika Woodward	28.36.25

Masters 5000m

1.	Dean Nipperess	35.15.03
2.	Patrick Sela	36.55.19
1.	Kay Shaw	31.19.85
2.	Debbie Lindenberg	34.29.56
3.	Noela McKinven	39.42.13

U16 3000m

1.	Jamison Stovin	14.20.21
2.	Ethan Clarke	16.54.31
1.	Katie Hayward	13.23.97
2.	Jade Pearson	18.34.04
3.	Chloe Treurnich	18.51.10

U14 1500m

1.	Adam Buchhorn	7.47.25
1.	Amelia Schofield	7.11.82
2.	Caitlin Hannigan	7.25.14
3.	Isabella Schofield	8.46.61
4.	Kirra Stonehouse	9.20.29
	Amelia Wales	DNF

U12 1500m

1.	Jonathan Wearne	7.00.24
2.	Kris Hayward	7.10.13
1.	Anika Clarke	9.13.60
2.	Korey Brady	9.43.00

U10 1000m

1.	Scarlett Schofield	5.34.10
2.	Ashanti Heap	5.42.97
3.	Cheyenne Zirbel	6.59.26
4.	Makenna Clarke	10.19.77

SARWC KING OF THE MOUNTAIN WALKS, BELAIR NATIONAL PARK, SATURDAY 18 JULY

Now back a week for the South Australian Race Walking Club King of the Mountain walks. Sounded tough!

10.2km Walk

1.	Justin Hill	MOpen	King (Open)	59:20
2.	Peter Crump	M35 +		1:07:53

5.1km Walk

1.	Alix Harlington	MU18	Prince (U18)	30:46
2.	Danielle Walsh	FU20	Queen (Open)	31:59
3.	Jay Goode	MU16		32:13
4.	Rhiannon Lovegrove	FU16	Princess (U18)	32:34
5.	Bethany Cross	FU16		33:59
6.	Samantha Findlay	FU20		36:30
7.	Bill Starr	M35 +		41:45

3.5km Walk

1.	Joe Cross	FU14	Sprite (U15)	20:00
2.	Sarah Damin	MU16		21:48
3.	Tristan Camilleri	FU16		23:22
4.	Jake Vidler	MU16		23:43
5.	Ayeisha Wallace	FU16		26:27
6.	Victoria Upton	FU14	Pixie (U15)	26:34
7.	Chloe Upton	FU14		26:47

2.1km Walk

1.	Toby Wilks	FU12	Imp (U12)	12:37
2.	Kitani Upton	FU12	Nymph (U12)	15:39
3.	Mia Wilks	FU12		15:40
4.	Aleesha Vidler	FU14		15:42
5.	Maddy Wallace	FU12		15:48
6.	Seth Upton	MU10		18:21
7.	Hannah Wilks	FU10		20:12

SARWC CLUB SHORT DISTANCE CHAMPS, PEACOCK ROAD, ADELAIDE, SATURDAY 25 JULY

And now to this week's SARWC walks in the Adelaide Parklands. Fast walking by Justin Hill and Darren Bown in the 8km and a fast 2km by Joe Cross in the U14.

8km Open/Masters/U20

1.	Justin Hill	MOpen		37:34
2.	Darren Bown	M35+		38:19
3.	Peter Crump	M35+		45:49
4.	Samantha Findlay	FU20		47:50
5.	Ollie Adams	F35+		50:56
6.	John Leydon	M35+		51:32
7.	Bill Starr	M35+		55:48
8.	James Hoare	M35+		61:03

6km U18

1.	Anna Cross	FU18		33:26
	Alix Harlington	MU18		DNF

4km U16

1.	Rhiannon Lovegrove	FU16		20:14
2.	Jake Vidler	MU16		20:52
3.	Jay Goode	MU16		21:10
4.	Bethany Cross	FU16		22:14
5.	Sarah Damin	FU16		23:29
6.	Ayeisha Wallace	FU16		25:13

2km U14

1.	Joe Cross	MU14		09:38
2.	Mia Wilks	FU12		13:09
3.	Maddy Wallace	FU12		13:16

4.	Aleesha Vidler	FU14	13:16
5.	Hannah Wilks	FU10	17:04

T&F MEET, CANBERRA, ACT, SUNDAY 19 JULY

Found this one in the small print – a winter T&F meet at the AIS track in Canberra on Sunday with Zoe and Gabby Hunt in action.

Women 3000m Race Walk

1.	Zoe HUNT	97	14:38.0
2.	Gabby HUNT	00	14:40.0

WESTERN AUSTRALIAN ROUNDUP

Thanks to Terry Jones for the last couple of weeks of results from Western Australia.

2015 WA Road Walks Champs, Shelley, WA, Sunday 26 July WARWC Roadwalks, Shelley, WA, Sunday 19 July

Open Men 20km Walk

Dale Hennighan	DNF
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U20 Women 10km Walk

1. Holly Hughes	63.19
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U18 Boys 10km Walk

1. Declan Tingay	50.34
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U18 Girls 5km Walk

1. Hayley Jackson	30.46
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U16 Boys 5km Walk

1. Benjamin Reid	27.48
2. Thomas Millard	33.56
Christopher Gerken	DNF

U16 Girls 5km Walk

1. Emily Pivac	27.27
Tiahna Ruane	DNF

U14 Girls 3km Walk

1. Courtney Johns	17.38
2. Amy Holland	19.54
3. Caitlin Gallagher	21.05

2km Non-Championship Walk

1. Kristine Wells	13.15
2. Amber Richards	14.36
3. Myka Richards	15.19
4. Susan Ngan	15.52

15km Walk

1. Declan Tingay	75.17
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8km Walk

1. Hayley Jackson	51.55
2. Michelle Mison	66.22
3. John Smith	65.42
4. Holly Hughes	51.50
Robyn Hughes	DQ
Ben Reid	DNF

2km Walk

1. Alesia Andritsos	13.21
2. Alex Griffin	11.06
3. Janne Wells	13.17
4. Amy Holland	11.57
5. Eliza Griffin	12.26
6. John Back	14.19
7. Sienna Andritsos	12.43
8. Rose Holloway	13.37
9. Kristine Wells	13.55

PORTUGUESE T&F CHAMPIONSHIPS, LEIRIA, PORTUGAL, 25-26 JULY

And now onto the overseas results where a number of national T&F Championships were contested. First to Portugal where Joao Vieira held out Pedro Isidro (41:20.7 to 41:30.7) to win the men's 10,000m track walk title and Ana Cabecinha 43:19.1 won out against Ines Henriques 43:40.7.

Men 10,000m Race Walk

1.	Joao VIEIRA	POR	76	41:20.7
2.	Pedro ISIDRO	POR	85	41:30.7
3.	Miguel CARVALHO	POR	94	41:57.2
4.	Rui COELHO	POR	94	43:15.8
5.	Amaro TEXEIRA	POR	89	45:03.4
6.	Pedro MARTINS	POR	68	46:40.9
7.	Samuel PEREIRA	POR	93	46:54.5

Women 10,000m Race Walk

1.	Ana CABECINHA	POR	84	43:19.1
2.	Ines HENRIQUES	POR	80	43:40.7
3.	Susana FEITOR	POR	75	44:50.2
4.	Vera SANTOS	POR	81	46:48.1
5.	Mara RIBEIRO	POR	95	47:49.5
6.	Vitória OLIVEIRA	POR	92	47:51.5
7.	Alexandra LAMAS	POR	72	50:47.2
8.	Ana Raquel MARQUES	POR	83	52:16.4
9.	Carina RODRIGUES	POR	87	54:08.5
10.	Mafalda MARQUES	POR	97	55:31.4
11.	Vera PORTELA	POR	95	55:43.6

DUBNICA NAD VÁHOM, SLOVAKIA, SATURDAY 25 JULY

Relatively small walks fields in the Dubnica Nad Vahom meet in Slovakia on Saturday – the big guns were missing in the men's field in particular.

Men 5000m Race Walk

1.	Michal MORVAY	SVK	96	22:43.0
2.	Dominik CERNY	SVK	97	22:47.7
3.	Zdeno MEDERA	SVK	75	23:08.8

Women 5000m Race Walk

1.	Monika HORNÁKOVÁ	SVK	95	24:23.5
2.	Lucia CUBANOVÁ	SVK	95	26:57.2

ITALIAN T&F CHAMPIONSHIPS, TURIN, 24-26 JULY

Big fields in both men's and women's 10km walks at the Italian T&F Championships in Turin last Friday evening. Wins to Federico Tontodonati (40:36) and Elisa Riguardo (43:08:00). 23 starters in the men's race and 27 in the women's race. That is a very strong statistic. Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2160. As an aside, the races were held on the 35th anniversary of Maurizio Damilano's victory in the 1980 Olympic 20km in Moscow.

Men 10km Race Walk - 24.07.2015

1.	Federico TONTODONATI	ITA	89	40:36:00
2.	Leonardo DEI TOS	ITA	92	41:16:00
3.	Massimo STANO	ITA	92	41:42:00
4.	Francesco FORTUNATO	ITA	94	41:46:00
5.	Marco DE LUCA	ITA	81	42:20:00
6.	Vito DI BARI	ITA	90	43:13:00
7.	Andrea AUGRUSTI	ITA	95	44:04:00
8.	Gianluca PICCHIOTTINO	ITA	96	44:16:00
9.	Vito MINEI	ITA	94	45:05:00
10.	Mirko DOLCI	ITA	85	45:30:00
11.	Tommaso ROMAGNOLI	ITA	91	46:27:00
12.	Ettore GRILLO	ITA	97	46:27:00
13.	Alberto ZAUPA	ITA	95	47:05:00
14.	Ruggero D'ASCANIO	ITA	84	47:06:00
15.	Niccolo' COPPINI	ITA	97	47:52:00
16.	Vincenzo VERDE	ITA	82	48:36:00
	Alessandro RIGAMONTI	ITA	97	DQ
	Stefano CHIESA	ITA	96	DQ
	Michele AMOROSO	ITA	93	DQ
	Giorgio RUBINO	ITA	86	DNF
	Daniele TODISCO	ITA	95	DNF
	Massimiliano CORTINOVIS	ITA	95	DNF
	Massimiliano COLANGELO	ITA	97	DNF

Women 10km Race Walk

1.	Elisa RIGAUDO	ITA	80	43:08:00
2.	Valentina TRAPLETTI	ITA	85	45:51:00
3.	Federica CURIAZZI	ITA	92	47:39:00
4.	Rossella GIORDANO	ITA	72	47:55:00
5.	Tatyana GABELLONE	ITA	84	48:01:00

6.	Diana CACCIOTTI	ITA	95	48:54:00
7.	Eleonora DONÈ	ITA	92	50:18:00
8.	Giada Francesca CIABINI	ITA	97	50:36:00
9.	Ilaria GALLI	ITA	87	50:45:00
10.	Daniela MANCINI	ITA	83	51:21:00
11.	Adelaide SANSONI	ITA	82	51:36:00
12.	Elena POLI	ITA	93	51:59:00
13.	Alessia ZAPPAROLI	ITA	88	52:25:00
14.	Lidia BARCELLA	ITA	97	52:50:00
15.	Gladys MORETTI	ITA	91	53:08:00
16.	Viviana VALSECCHI	ITA	92	53:26:00
17.	Elisa RAIA	ITA	78	53:46:00
18.	Ilaria MARIOTTI	ITA	91	54:23:00
19.	Sascia GRAFEO	ITA	92	54:25:00
20.	Sara VITIELLO	ITA	96	54:41:00
21.	Silvia CORMACI	ITA	94	57:10:00
22.	Elena SBERNARDORI	ITA	91	59:17:00
	Sibilla DI VINCENZO	ITA	83	DQ
	Serena PRUNER	ITA	86	DNF
	Linda TERZI	ITA	98	DNF
	Nicole COLOMBI	ITA	95	DNF
	Mariavittoria BECCHETTI	ITA	94	DNF

HONVÉD NEMZETKÖZI, BUDAPEST, HUNGARY, FRIDAY 24 JULY

Open 5000m and U16 3000m track walks to report from Hungary, also from last Friday evening. Máté Helebrandt was the pick of the bunch with a time of 19:56.0 for the 5000m walk.

Men 5000m Race Walk

1.	Máté HELEBRANDT	HUN	89	19:56.0
2.	Bence VENYERCSÁN	HUN	96	20:21.1
3.	Miklós Domonkos SRP	HUN	93	21:16.6
4.	Dávid TOKODI	HUN	91	21:57.1
5.	Donát BURGER	HUN	97	23:41.2
6.	László VENYERCSÁN	HUN	71	24:59.4
7.	Marcell TÉGI	HUN	98	28:26.3
	Tomasz BAGDÁNY	HUN	95	DQ

Women 5000m Race Walk

1.	Barbara KOVÁCS	HUN	93	23:45.4
2.	Rita RÉCSEI	HUN	96	24:17.5
3.	Katalin VARRÓ	HUN	86	24:26.4
4.	Anett TORMA	HUN	84	25:39.5
5.	Petra RÉCSEI	HUN	90	25:50.3
6.	Daphne DIMANOPULOSZ	HUN	99	26:03.0
7.	Anna SÜDI	HUN	97	26:40.7
8.	Brigitta MATALIN	HUN	87	26:53.2
9.	Villo HAÁLA	HUN	93	27:06.0

Men U16 3000m Race Walk

1.	Dávid VARGA	HUN	1	15:12.2
2.	Péter DANI	HUN	0	16:31.2
3.	András DANI	HUN	0	17:25.0

Women U16 3000m Race Walk

1.	Réka SZABÓ	HUN	0	16:35.1
2.	Petra ZAHORÁN	HUN	2	16:54.2
3.	Elizabet KOCSI	HUN	2	18:05.0
4.	Bernadett RÉPÁSI	HUN	0	18:57.6
5.	Demetria BENKE	HUN	2	19:58.1
	Emma SZILÁGYI	HUN	0	DQ

FRENCH T&F CHAMPIONSHIPS, TOMBLAINE, 25-26 JULY

Emmanuel Tardi was in Tomblaine (near Nancy, some 400km east of Paris) last Sunday as part of the French National Championship program. Two events were contested – the French U23 20km championship and the French Open 20km Championship for the second tier of walkers – those ranked between 17 and 32 in the yearly French lists. The men started at 8AM and the women started at 8:30AM, with all races contested over a flat 1km lap around the stadium.

In the men's race, U23 walker Aurélien Quinion started very fast but received some early red cards so was forced to slow, still winning easily with a time of 1:28:07. In the women's race, U23 walker Enora Trebaul was also an easy winner with her time of 1:44:21.

Open Men 20km Race Walk Tier 2

1.	Dorian RICHARD	FRA	91	1:36:37
2.	Thomas DA SILVA	FRA	83	1:37:21
3.	Thomas DUMAIRE	FRA	90	1:41:03
4.	Cyrille LEBLOND	FRA	73	1:43:59
5.	Laurent LEGENTIL	FRA	88	1:45:07
6.	Alfredo GALICIA	FRA	66	1:45:20
7.	Jerome BOCQUET	FRA	85	1:47:17

Men U23 20km Race Walk

1.	Aurelien QUINION	FRA	93	1:28:07
2.	Fabian BERNABE	FRA	95	1:32:08
3.	Florian DESJARDINS	FRA	94	1:34:09
4.	Come MARTIN	FRA	95	1:37:21
5.	Fabian FESSELIER	FRA	94	1:38:15
6.	Orian TORRE	FRA	95	1:38:42
7.	Maxime LECAPLAIN	FRA	94	1:39:26
8.	Anael SESTIER	FRA	94	1:40:46
9.	Brice SIREIX	FRA	95	1:43:00
10.	Quentin GAUCHET	FRA	93	1:43:42
11.	Quentin MACABREY	FRA	94	1:44:22
12.	Pierre GERBAUD-BLIN	FRA	95	1:45:59
13.	Florent BROU	FRA	93	1:47:06
14.	Benoit DAMBRINE	FRA	95	1:49:45

Open Women 20km Race Walk Tier 2

1.	Aurelie MACABEY	FRA	81	1:50:15
2.	Lucia BARRITAUULT	FRA	90	1:51:34
3.	Christelle BARRE	FRA	72	1:52:40
4.	Servane UDIN	FRA	88	1:53:28
5.	Sophie LA BASTARD	FRA	90	1:54:43
6.	Valerie BOBAN	FRA	68	1:55:33
7.	Delphine THIEFFENAT	FRA	75	1:56:13
8.	Annick LE MOUROUX	FRA	64	1:56:37
9.	Celia FRANCHIN	FRA	87	1:57:28
10.	Marine LETERTE	FRA	91	1:57:52
11.	Sophie TALLET	FRA	92	1:58:12

Women U23 20km Race Walk

1.	Enora TREBAUL	FRA	94	1:44:21
2.	Ameni MANAI	TUN	95	1:51:45
3.	Gabrielle N'GUYEN VAN TU	FRA	94	1:52:12
4.	Chloe BOUCHET-LIOU	FRA	94	1:52:30
5.	Charlotte N'GUYEN VAN TU	FRA	93	1:54:23
6.	Madison LORIOU	FRA	94	1:56:34

LES 4 HEURES DE LA MAILLERAYE. FRANCE, SATURDAY 25 JULY

It was a busy weekend for Emmanuel as on Saturday he was at La Mailleraie, a small French village located on the banks of the Seine about 150km in the west of Paris. The local racewalking team had organised a racewalking event over the rarely contested distance of 4 hours and lots of walkers turned out to support and to race over either the main event or a shorter 10km option. The start was at 2PM and both races were held over a 1.685km loop.

Emmanuel tells me that it was a great success with 86 starters overall. There were no surprises as French ultra specialists Eddy Roze and Corinne Fauqueur lead the 4 Hour race from beginning to the end, finishing with 40.440km and 35.385km respectively. Overall,

the standard in the 4 Hour was good, despite strong winds and a small hill that had to be climbed each lap. In the 10km event, Algerian walker Hichem Messaoudi won with 50:55 and Emmanuel was 9th with 1:08:39. Well done mate!

Les 4 heures de La Mailleraye (first 20)

1.	ROZE Eddy	Amiens Universite Club	40.440km	4:02:42	V1H 1
2.	DELECOLLE Sebastien	USA Lievin	37.070km	4:06:31	SEH 1
3.	BOUFFARD Philippe	Saint Nicolas d'Aliermont	35.385km	3:58:14	V2H 1
4.	BOUFFLERT Eric	GA Basse Seine	35.385km	4:01:16	V2H 2
5.	LAILLER Patrick	A.S.P.T.T Tours	35.385km	4:01:27	V3H 1
6.	GRASSI Alain	Team TDA	35.385km	4:02:37	V2H 3
7.	CHABIN Frederic	La Postillonne longjumeau	35.385km	4:02:47	V2H 4
8.	FAUQUEUR Raymond	Elan 59 Dunkerque	35.385km	4:05:08	V2H 5
9.	FAUQUEUR Corinne	Elan 59 Dunkerque	35.385km	4:05:08	V2F 1
10.	GICQUEL Bernard		35.385km	4:09:14	V3H 2
11.	PLAYE Christophe	Tergnier	33.700km	3:58:03	V1H 2
12.	BEGIN Maxence	G.Q.A.C	33.700km	4:02:28	SEH 2
13.	LACROIX Jean Louis	Eaubonne	33.700km	4:03:22	V2H 6
14.	GRENET Philippe	Veules les Roses	33.700km	4:05:39	V3H 3
15.	LESVEN Jose	AYA	33.700km	4:06:21	V3H 4
16.	LEFEVRE Sylvie	S.G.D	33.700km	4:07:40	V2F 2
17.	BOUKHARI Laurence	SGD	32.015km	4:00:09	V1F 1
18.	HAMON Daniel	Foucarmont	32.015km	4:00:44	V3H 5
19.	PREVOST Jean Claude	Rouen	32.015km	4:03:36	V3H 6
20.	PANNIER Josiane	H.A.C	32.015km	4:05:44	V3F 1

Les 10 km de La Mailleraye (first 10)

1.	MESSAOUDI Hichem	Algerie	10.000km	0:50:55	SEH 1
2.	ANZI Karim	Bar le Duc	10.000km	0:50:56	SEH 2
3.	BEGIN Jean Pierre	G.Q.A.C	10.000km	0:56:53	V3H 1
4.	SOUDAIS Fabrice	AYA	10.000km	0:57:44	V1H 1
5.	PICAULT Laurent	AS Fleury les Aubray Saran Athlé	10.000km	1:00:39	V1H 2
6.	LEFEBVRE Emmanuel	AYA	10.000km	1:01:06	V1H 3
7.	MALOCHET Dominique	A.S.C.H	10.000km	1:01:09	V2F 1
8.	SOUDAIS Guillaume	AYA	10.000km	1:08:19	SEH 3
9.	TARDI Emmanuel	LP Longjumeau	10.000km	1:08:39	V1H 4
10.	BERNARD Christian	GACCSR Saint Romain de Colbosc	10.000km	1:09:22	V3H 2



Eddy Roze, Dominique Malochet, Corinne Fauqueur, Hichem Messaoudi and Karim Anzi (photos Emmanuel Tardi)

SUZUKI DOMINATES WALKS AT HOKUREN DISTANCE CHALLENGE

Japan's major midsummer track series, the Hokuren Distance Challenge, which was held in various locations across Hokkaido over a number of different days, wrapped up on Thursday 16 July with yet another Japanese record to Yusuke Suzuki. So far this year, the 27 year old walker has set a new World Record for the 20km roadwalk (1:16:36, Nomi, Japan, 16/03/2015), set a new Japanese 5000m track record (18:37.22, Kitami, 12/07/2015) and now adds a superb 10,000m track time of 38:10.23 to his resume. It is fair to assume that he will go into next month's IAAF World Championships as the clear favourite for the 20km walk.

Although I reported on his 5000m record in last week's newsletter, it is worthwhile redoing it to capture the complete report of Suzuki's Hokuren Distance Challenge endeavours.

Hokuren Distance Challenge - Kitami Meet, Kitami, Hokkaido, Saturday 12 July

Victory and a new Japanese national record to Yusuke Suzuki in the 5000m walk at the Kitami meet, his time of 18:37.22 beating rival home walker Eiki Takahashi (18:37.60) and bettering his Japanese record. For the record, Takahashi was also under the previous record. IN the women's 5000m walk, victory went to Ai Michiguchi with 21:51.90, ahead of Rena Goto who walked 22:02.25. Third place to Chiaki Asada in 22:09.26

5000m Walk Men

1.	Yusuke Suzuki	Japan	18:37.22	NR
2.	Eiki Takahashi	Japan	18:37.60	
3.	Kai Kobayashi	Japan	19:24.00	
4.	Satoshi Maruo	Japan	19:30.76	
5.	Takumi Saito	Japan	19:34.66	
6.	Koichiro Morioka	Japan	20:35.59	
7.	Yuki Ito	Japan	20:49.80	
8.	Hayato Katsuki	Japan	21:26.01	

5000m Walk Women

1.	Ai Michiguchi	Japan	21:51.90	
2.	Rena Goto	Japan	22:02.25	
3.	Chiaki Asada	Japan	22:09.36	
4.	Rei Inoue	Japan	22:25.56	
5.	Sayori Matsumoto	Japan	23:29.68	
6.	Yukiho Mizoguchi	Japan	23:54.03	
7.	Chiaki Yamato	Japan	25:19.10	

Hokuren Distance Challenge - Abashiri Meet, Abashiri, Hokkaido, Thursday 16 July

The Hokuren Distance Challenge wrapped up on July 16th with the Abashiri Meet and for the second time in a week, Yusuke Suzuki (Team Fujitsu) broke a national record held by teammate Eiki Takahashi, outgunning Takahashi once again to do it. This time it was Takahashi's 10000m track walk national record, from which Suzuki lopped 8 seconds with a new record of 38:10.23. Kumiko Okada won the women's walk with an excellent 43:26.13). Ai Michiguchi, who won in Kitami, had to settle for second this time around with a time of 44:22:19.

10,000m Walk Men

1.	Yusuke Suzuki	Japan	38:10.23	NR
2.	Eiki Takahashi	Japan	38:55.49	
3.	Kai Kobayashi	Japan	39:28.68	
4.	Satoshi Maruo	Japan	39:33.30	
5.	Takumi Saito	Japan	40:16.02	
6.	Takuya Yoshida	Japan	40:42.68	
7.	Koichiro Morioka	Japan	41:23.36	
8.	Hayato Katsuki	Japan	42:45.94	
9.	Junichi Hirane	Japan	43:43.07	
10.	Kosuke Kazama	Japan	46:31.91	

10,000m Walk Women

1.	Kumiko Okada	Japan	43:26.13	
2.	Ai Michiguchi	Japan	44:22.19	
3.	Rei Inoue	Japan	45:09.13	
4.	Rena Goto	Japan	45:13.53	
5.	Haruna Yoshikawa	Japan	49:06.91	

SPANISH CHAMPIONSHIPS, GIJÓN, SPAIN SATURDAY 25 JULY

Now I am not sure if "Campeonato de España de Federaciones Autonómicas" means the Spanish T&F Championships or whether it means regional championships. In either case, it was still fantastic walking by Alvaro Martin (18:39.7) and Julia Takacs (21:03.6). The mens' walk in particular was very strong with the first 4 under 20 minutes and 5th place in 20:01.

Boy, Alvaro Martin is one heck of a good walker – he just keeps pushing out great performances.

Men 5000m Race Walk

1.	Alvaro MARTIN	ESP	94	18:39.7
2.	Luis Alberto AMEZCUA	ESP	92	18:50.2
3.	Diego GARCIA	ESP	96	19:04.0
4.	Marc TUR	ESP	94	19:45.7
5.	Mario SILLERO	ESP	90	20:01.0
6.	Manuel BERMÚDEZ	ESP	97	20:36.1
7.	Mikel ODRIOZOLA	ESP	73	21:34.5
8.	David REYES	ESP	93	21:39.0
9.	Mario VIÑAS	ESP	96	21:45.7
10.	Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	21:48.4
11.	DAVID TIRADO TRAUD	ESP	80	22:36.1
12.	Victor Manuel CASTRO	ESP	80	22:39.9

Women 5000m Race Walk

1.	Júlia TAKÁCS	ESP	89	21:03.6
2.	Amanda CANO	ESP	94	21:46.2
3.	Paula MARTINEZ CACHEIRO	ESP	92	22:47.5
4.	Maria LARIOS LOPEZ	ESP	92	23:13.0
5.	Eva Maria TUR PALAU	ESP	90	23:29.0
6.	Mar CHILLON	ESP	96	23:31.6
7.	María José GUARDIOLA	ESP	76	23:52.9
8.	Raquel LEON ASENSIO	ESP	91	24:34.7
9.	Marta CISTRÁN CORTÉS	ESP	90	24:36.8
10.	Maria Isabel PÉREZ BELLOCH	ESP	79	25:47.5
11.	Angela RUIZ	ESP	97	26:15.4
12.	Ana PULGARIN CARDENO	ESP	1	26:52.8

PAN AMERICAN GAMES, TORONTO, CANADA, 18-26 JULY

To complete last week's report on the Pan Am Games in Toronto, Canada, the results of the 50km walk must be added. It was held on Sunday, the last day of the Games and pre-race favouritism was split between Ecuadorians Ecuador Andres Chocho (PB 3:49:32 and SB 3:50:34) and Jonnathan Caceres (PB 3:50:52) and Mexicans Horacio Nava (PB 3:42:51 and SB 3:45:41) and David Berdeja (PB 3:50:19 obtained this year). Guatemalan Erick Barrondo, seeking redemption his the disqualification in the 20km (PB 3:41:09) was an unexpected addition to the field. It was perhaps fitting that Andres Chocho, who had led the whole way, crossed the finish line first to win with a season best of 3:50:13. Barrondo did make amends for his 20km DQ, finishing 2nd with 3:55:57 ahead of Hoartaio Nava 3:57:28.

50km Men, 7:05AM, Sunday 26 July

1.	CHOCHO Andres	ECU	1983	3:50:13
2.	BARRONDO Erick	GUA	1991	3:55:57
3.	NAVA Horacio	MEX	1982	3:57:28
4.	CACERES Jonnathan	ECU	1990	4:00:58
5.	BERDEJA David	MEX	1981	4:05:44
6.	RENDON James	COL	1985	4:06:52
7.	BRAN Mario Alfonso	GUA	1989	4:15:06
8.	DOS SANTOS Claudio	BRA	1977	4:18:08
	NUNN John	USA	1978	DNF
	RIEKMANN Jonathan	BRA	1987	DNF
	CHIHUAN Pavel	PER	1986	DNF
	ARAYA Edward	CHI	1986	DQ
	CONNOLLY Creighton	CAN	1988	DQ
	RUIZ Jorge Armando	COL	1989	DQ

WARMING UP FOR THE WORLD MASTERS CHAMPIONSHIPS

The 2015 World Masters T&F Championships in Lyon are only 7 days away now (see www.lyon2015.com) and most of our Victorian contingent either flew out last week or are departing this week. The first to leave were walker extraordinary Heather Carr and her husband Bill who warmed up with some races in the British Masters T&F Championships in Birmingham last weekend. Heather tells me that Saturday was overcast with a few glimpses of the sun and Sunday was cold and wet No different to our winter!

Heather competed in the 3000m track walk on Saturday, and the 2000m steeplechase and the 5000m track walk on the Sunday and looks to be continuing her great form of recent months.

BMAF W65 5000m Race Walk, Saturday 25 July

1. Heather Carr 28:38.56

BMAF W65 2000m Steeplechase, Sunday 26 July

1. Heather Carr 11:16.95

BMAF W65 3000m Race Walk, Sunday 26 July

1. Heather Carr 17:04.51

I also noted that NZ walker **Mike Parker** walked a sizzling 14.17 in the M60 3000m walk. He will be hard to beat in Lyon!

You can check out the British Masters at www.bmaf.info. Full meet results at <http://www.bmaf.info/bmaf2015/results/tfchamps2015/>.

BITS AND PIECES

- Thanks to Ian Laurie for typing out another season's worth of VRWC results. His latest endeavour sees the 1995 Winter Season results now online at <http://www.vrwc.org.au/vrwcres1991-1998w.shtml>. Check it out – lots of old names and some still walking 20 years later. Thanks Ian! And if anyone else has a bit of spare time, I am always able to pass on some old sheets for typing. Just talk to me on Sunday!
- We have a large contingent of walkers training at the AIS in Canberra at the moment and a number of them were captured by the camera before heading out for a morning session on Saturday. It has been a super cold winter in Canberra this year, hence most people are rugged up as long as possible.



Left to right: Monica Rayson, Nathan Grill, Craig Brill, Jared Tallent, Quentin Rew, Alana Barber, Ian Rayson, Rachel Tallent, Brendon Reading and Tanya Holliday (photo by Phil Reading)

- The 99th Nijmegen Four Day Walk was held last week, extending from 21-24 July and centred around the Dutch city of Nijmegen. First held in 1909, it is the largest multi-day walking event in the world (see <http://www.4daagse.nl/en/>). Participants walk 30, 40 or 50 kilometers daily depending on their age and gender, and, on completion, receive a royally approved medal (Vierdaagsekruis). It started off as a purely military march but nowadays the participants are mostly civilians, albeit with a few thousand military participants. Standard categories are 30 km x 4 days, 40 km x 4 days and 50 km x 4 days. The Military category involves 40 km x 4 days. wearing uniform and at least a 10kg backpack for both men and women.

And it gets a mention in this week's newsletter because of the feat of Dutch walker Piet Jansens (Piet is the secretary of the Dutch Centurions) who completed his 50th Nijmegen. What a performance. Well done Piet!



Piet Jansens completes his 50th Nijmegen

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 10 press releases this week

- Mon 27 Jul - List of Candidates for the new IAAF Race Walking Committee, to be voted on in Beijing
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2163
- Sun 26 Jul - Results of 50km walk at last week's Pan American Games 2015 in Canada
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2162
- Sat 25 Ju; - Yusuke Suzuki sets Japanese 5000m record of 18:37.22 in Hokuren Distance Challenge
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2161
- Sat 25 Jul - Italian Championships in Turin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2160
- Fri 24 Jul - discussion of the correctness of course used in Cassino in March (you have to see the Italian version of this page for the full discussion). See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2159
- Fri 24 Jul - Analysis of the U18 girls world rankings after Cali
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2158
- Fri 24 Jul - Analysis of the U18 boys world rankings after Cali
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2157
- Thu 23 Jul - Italian Track Championships entry lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2156
- Wed 22 Jul - History section of website updated with WY results from Cali
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2155

- Tue 20 Jul - Diniz withdraws from World Championship 50km in Beijing
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2154

The omarchador blog continued on with 7 press releases

- Mon 27 Jul - Chocho wins 50km in Pan American Games in Canada
<http://omarchador.blogspot.pt/2015/07/andres-chocho-impoe-se-nos-50-km-marcha.html>
- Sun 26 Jul - João Vieira and Ana Cabecinha win Portuguese track championships
<http://omarchador.blogspot.pt/2015/07/campeoes-de-portugal-de-pista.html>
- Sat 25 Jul - Leiria will host the Portuguese track championships
<http://omarchador.blogspot.pt/2015/07/leiria-vai-receber-os-campeonatos-de.html>
- Fri 24 Jul - Japanese Suzuki sets Asian record in the 10,000m (38.10,23)
<http://omarchador.blogspot.pt/2015/07/japones-suzuki-com-recorde-da-asia-nos.html>
- Thu 23 Jul - Results of Finnish championships in Mynämäki
<http://omarchador.blogspot.pt/2015/07/campeonatos-finlandeses-em-mynamaki.html>
- Wed 22 Jul - Measurement error in the Portuguese women veterans titles at Obidos
<http://omarchador.blogspot.pt/2015/07/erro-de-medicao-na-prova-feminina-dos.html>
- Tues 21 Jul - Results of Meeting of Mataro, Spain
<http://omarchador.blogspot.pt/2015/07/meeting-de-mataro-espanha-resultados.html>
- Tues 21 Jul - Diniz out of World Champs
<http://omarchador.blogspot.pt/2015/07/yohann-diniz-fora-dos-mundiais-de-pequim.html>

VRWC CLUB RECORD UPDATE

At our last VRWC Committee meeting, we ratified 5 new VRWC club records

Charlotte Hay	U12/U13 1.5km Roadwalk	8:01	VRWC Roadwalks, Middle Park	13/06/2015
Adam Garganis	U18 20km Roadwalk	1:31:08	VRWC Roadwalks, Middle Park	21/06/2015
Heather Carr	W65 15km Roadwalk	1:29:14	AV 15km Championship, Middle Park	04/07/2015
Heather Carr	W65 2km Roadwalk	10:54	VRWC Roadwalks, Middle Park	11/07/2015
Margaret Beaumont	W75 10km Roadwalk	1:24:48	VRWC Roadwalks, Middle Park	16/08/2014

And Charlotte was straight back into action last weekend with another record setting performance which we will ratify at our next monthly committee meeting.

Charlotte Hay	U12 G 5km Roadwalk	29:43	VRWC Roadwalks Middle Park	27/05/2015
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You can check out 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.

2015/2016 Australian/Victorian Key Dates

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

Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com/en/
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com), Hong Kong, HK
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 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 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
May 2018	28 th IAAF World Race Walking Team Championships, 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, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th 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>)