



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2011/2012 Number 43
24 July 2012



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was 19 year old **Blake Steele** who walked a PB time of **43:04.81** in coming 17th in the IAAF Junior Championships in Barcelona just over a week ago. Blake walked a PB in the World Cup in May in Mexico and has taken a further 11 secs off that with another top performance.

This week's walker of the week is South Australian **Kim Mottrom** whose 10km time of 44:19 took over 2 minutes off his PB of 46:35. Kim was our walker of the week back in May and he continues to improve as the season progresses.

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 21 JULY

We saw a very good turnout of 64 walkers for the latest instalment of VRWC Points Races last Saturday. Terry Swan was in action with the camera and has given us a selection of 75 great photos – see <http://www.vrwc.org.au/coppermine>. Again, since I am overseas, just a short selection from me. Check out the rest from the photo gallery.

In the 8km event, Nathan Brill 35:50, Brad Simpson 38:45, Simon Evans 39:27 and Adam Garganis 39:44 were all in great form and the times overall indicate that conditions must have been very good. Pam Tindal was the fastest of the women with 43:29 while the two handicap winners were Donna Elms and Nicholas Mirarchi (returning to his form of some years ago).

8km Open

1.	Pam Tindal	43:29	4
2.	Rachael Guy	50:23	
3.	Donna Elms	51:20	1
4.	Simone O'Neill	52:56	2
5.	Chloe McNicol-Davidson	53:58	3
6.	Robyn Shaw	54:01	6
7.	Karen O'Neill	55:38	5
1.	Nathan Brill	35:50	
2.	Brad Simpson	38:45	6
3.	Simon Evans	39:27	3
4.	Adam Garganis	39:44	
5.	Nicholas Mirarchi	41:36	1
6.	James Christmass	41:41	2
7.	Ralph Bennett	45:42	7
8.	Terry O'Neill	47:10	4
9.	Rudolf Skrucany	53:54	5
10.	Cody McNicol-Davidson	54:09	

The 4km distance was popular with Josh Kaiser 19:19 and Stephanie George 19:54 both breaking the 20 minute barrier. Kyle Swan 20:07 and Reese Walmsley 20:09 had a great battle in the U15 boys' walk while Emily Hamilton was the best of the U15 girls with 21:26. Our handicap winners were Anna Wallace, Connor McShanag, Emily and Reese.

4km Open

1.	Stephanie George	19:54	2
2.	Sandra Geisler	21:52	5
3.	Anna Wallace	22:08	1
4.	Kylie Irshad	22:30	6
5.	Kirstin Shaw	22:34	7
6.	Gwen Steed	25:53	3
7.	Celia Johnson	27:14	4

1.	Josh Kaiser	19:19	3
2.	Paul Kennedy	20:43	2
3.	Connor McShanag	21:37	1
4.	Jake Kellar	24:03	4
5.	Geoff Barrow	27:16	5
6.	Dave Moore	29:34	
7.	Barrie Wicks	30:23	5
8.	Alex Poore *	30:37	
9.	Gary Turner *	31:16	

4km U15

1.	Emily Hamilton	21:26	1
2.	Paige De Lisen	22:05	3
3.	Megan Walker	22:35	2
4.	Shelby Kay	23:06	5
5.	Emily Swan	24:11	6
6.	Georgia Bertrand	24:17	8
7.	Philippa Huse	24:43	7
8.	Madeleine Feain	28:07	4
	Jasmine Irshad	DNF	
	Gabbie Crea	DQ	
1.	Kyle Swan	20:07	2
2.	Reese Walmsley	20:09	1
3.	Paul Tremigliozi	26:49	3

Our U12 and U9 walkers had their Intervals races (one km reps on 10 minutes) on Saturday and our youngest walkers were in great form. Corey Dickson was outstanding with his 3 reps of 4:53, 4:53 and 4:47 while Hayley George also broke the 5 minute barrier with her first rep of 4:57 on her way to recording the fastest overall performance for the girls. Gemma Lillie and Jared Hodges were our best U9 walkers with their two lap intervals workout.

3x1km U12		1km	2km	3km	Total Time
1.	Hayley George	04:57	05:13	05:21	15:31
2.	Brodie Richardson	05:18	05:29	05:38	16:25
3.	Brianna Lillie	05:24	05:34	05:32	16:30
4.	Tegan Miller	05:26	05:22	05:46	16:34
5.	Jessica Lillie	05:29	05:39	05:53	17:01
6.	Kathleen O'Mahony	05:37	05:40	05:51	17:08
7.	Lee Taylor	06:15	06:25	06:17	18:57
	Anaya Hodges	05:49	06:18	DNS	
1.	Corey Dickson	04:53	04:53	04:47	14:33
2.	Hayden Walmsley	05:47	05:52	06:02	17:41
3.	Caine Brill	06:02	06:22	06:25	18:49
	Rafi Licenblot	DQ			
	Justin Brill	DQ			
	Thomas Mirarchi	07:36	08:21	DNS	
2x1km U9		1km	2km	Total time	
1.	Gemma Lillie	06:34	06:43	13:17	
2.	Zara Irshad	10:31	08:57	19:28	
1.	Jared Hodges	06:00	06:07	12:07	
2.	Thomas Kennedy	07:12	07:34	14:46	

As usual, thanks to our many officials and judges and sorry if I missed anyone.

Judges: Gordon Loughnan, Michael Bodey, Stuart Cooper, Lloyd Nichols, Shane Bertrand, Susan Taylor
Officials: Mark Donahoo, Stuart Cooper, Ian Laurie, Damien Elms, Harry Summers, Russ Dickenson, Gerard Feain
Canteen: Kate Suich, Wendy Cooper, Marlaine Stanway
Photos: Terry Swan



Start of the Open and U15 events



Start of the U9 and U12 Intervals races



Our ever vigilant scorers – Harry Summers, Damien Elms, Ian Laurie (is he actually awake under those sunglasses and hat), Gerard Feain and Russ Dickenson

ACT WALKING CLUB ROADWALKS, LENNOX GARDENS, SATURDAY 21 JULY

Thanks to Robin Whyte for the weekly results from Canberra – a turnout of 26 walkers is excellent for a club walk.

20km Walk

1.	Robin Whyte	2:08:28
2.	Ann Staunton-Jugovic	2:09:29
3.	Derek Robinson	2:27:12.

10km Walk

1.	Rod Gilchrist	1:10:40
2.	Monika Short	1:12:11
3.	Bob Parker	1:15:30
4.	Jennifer Gilchrist	1:16:42
5.	Warren Butler	1:26:34
	Harry Bates	DNF

1.5km Walk

1.	Spencer Burns	08:27
2.	Laura Burns	11:36
3.	Hana Jugovic	12:05

5km Walk

1.	Thomas Hopkins	26:56
2.	Ashleigh Resch	27:30
3.	Zoe Hunt	29:45
4.	Karina Hopkins	31:21
5.	Helena Bialecki	31:32
6.	Kate Black	33:57
7.	Terry Munro	44:05
8.	Raine Thompson	47:09
9.	Helen Munro	47:40
10.	Desma Butler	51:05

3km Walk

1.	Callum Burns	16:12
2.	Gabby Hunt	16:26
3.	Emily Hopkins	18:44
4.	Carmen Carlon	30:01

SAMA ROADWALKS, FELIXSTOWE, SATURDAY 21 JULY

Thanks to Colin Hainsworth for the weekly roundup from the South Australian Masters in Adelaide. Colin commented: *Tim, 4km and 8km yacht handicaps. Cool, calm, sunny arvo, hilly course.*

8km Yacht Handicap

1.	Gill White	1:03:08	W63	67.11%
2.	George White	0:44:48	M67	87.99%
3.	Edna Bates	1:09:13	W59	58.24%
4.	Graham Harrison	0:14:50	M68	73.31%
5.	Colin Hainsworth	1:03:05	M82	77.08%
6.	Marie Maxted	0:54:47	W52	68.19%

4km Yacht Handicap

1.	Linda Whitelaw	0:30:34	W58	62.54%
2.	Rodger Barber	0:29:24	M74	71.18%
3.	Jill Rogers	0:32:53	W67	64.80%
4.	Jan Layng	0:07:00	W63	65.90%
5.	Elaine MacFarlane	0:35:53	W70	61.94%

SARWC INTERSTATE CHALLENGE, PEACOCK ROAD, ADELAIDE, SATURDAY 21 JULY

SA Race Walking Club held their Interstate Challenge last Saturday and all walkers came to the fore, filling post of the required divisions with good quality performances. Kim Mottrom was the star of the show with an huge PB time of 44:19 in the 10km event. Justin Hill also recorded a big PB with his 10km time of 50:45.

10km Open

1.	Kim Mottrom	44:19
2.	Justin Hill	50:45

10km Masters (35+)

1.	Peter Crump	54:45
2.	Jim Hoare	1:15:41
3.	Troy Hooker	1:16:05

10km U20

1.	Amber Tuscharski	1:02:11
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8km U18

1.	Jemma Potezny	46:38
2.	Danielle Walsh	50:09

3km U14

1.	Alix Harlington	15:38
1.	Rhiana Hooker	18:56

2km U12

1.	Rhiannon Lovegrove	11:32
2.	Ayeisha Wallace	12:34

1.	Jayden Goode	12:14
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2km Club Rules

1.	Peter Walsh	13:49
2.	Corey Harlington	20:11

5km U16

1.	Lachlan Tyler-Dowd	28:33
1.	Julia Potezny	30:46

1.5km U10

1.	Summer Pelentsov	12:03
1.	Ryan Hooker	11:50
2.	Mark Hooker	12:03

RWCWA ROADWALKS, WILSON, SUNDAY 22 JULY
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Thanks to Rick Cattermole for his weekly results from Perth. Good to see PBs for David Smyth and Helen Hahn.

Open 5km Walk

1.	David Smyth	26.52 (PB)
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Open 3km Walk

1.	Breanna Brown	16.49
2.	Melissa Butler	17.21
3.	Michelle Butler	17.23
4.	Summer Brown (u/9)	17.28
5.	Janine Butler	22.09
6.	Melissa Hall	22.50

Open 2km Walk

1.	Helen Hahn	17.30 (PB)
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Open 1.5km Walk

1.	Jasmin Burgess	8.58
2.	Bailey Burgess	13.02

QRWC ROADWALK, BEENLEIGH, SUNDAY 15 JULY

First a catchup from last week for Queensland Race Walking Club when there were some pretty good times from the likes of Dane Bird-Smith 44:54, Nick Dewar 45:35, Jesse Osborne 36:57, Kyle Malone 22:28 and Clara Smith 24:48

10km Walk

1.	Dane Bird-Smith	44.54
2.	Nick Dewar	45.35
3.	Brandon Dewar	48.18
4.	Peter Bennett	52.11
5.	Dean Nipperess	56.41
6.	Paul Lindenberg	62.07
7.	Patrick Sela	69.06

1.	Nyle Sunderland	57.56
2.	Kay Shaw	64.49
3.	Sally Lynch	69.13
4.	Noela McKinven	76.31
5.	Christiane Dauphinet	81.31
6.	Robyn Wales	85.06

8km Walk

1.	Jesse Osborne	36.57
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1.5km Walk

1.	Kris Hayward	10.42
2.	Jasmine-Rose McRoberts	11.01

5km Walk

1.	Kyle Malone (INV)	22.28
2.	Josh Kaiser (INV)	24.13
3.	Trent Miles	28.15
4.	Samuel Hayward	33.27
5.	Doug Miles	37.54
6.	Richard Lynch	38.24

1.	Clara Smith	24.48
2.	Katya Martin	25.22
3.	Mel Hayes	26.15
4.	Lucy-Rose Boardman	33.52

3km Walk

1.	Mikaela Woodward	16.03
2.	Ryan Pinchen	17.52
3.	Katie Hayward	18.13

2km Walk

1.	Thalia Martin	14.06
2.	Amelia Wales	18.51

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 22 JUNE

And thanks to Noela McKinven for this week's results from Brisbane. Once again, Dane Bird-Smith led from the front with an excellent 42:45 ahead of Jesse Osborne 45:48 and Brandon Dewar 46:24.

A Grade 10km

1.	Dane Bird-Smith	42.45
2.	Jesse Osborne	45.48
3.	Brandon Dewar	46.24

B Grade 5km

1.	Sally Lynch	33.01
2.	Richard Lynch	38.00
3.	Christiane Dauphinet	40.02

4.	Peter Bennett	52.27
5.	Ignacio Jimenez	52.41
6.	Dean Nipperess	60.17
7.	Paul Lindenberg	62.11
8.	Patrick Sela	68.14.
	Nick Dewar	DNF
	Kyle Malone	DNF

1.	Kay Shaw	64.02
2.	Donna Beikoff	68.01
3.	Noela McKinven	77.48
	Jess Pickles	DNF

Katya Martin DNF

C Grade 3km

1.	Aimee Brackin	17.30
2.	Ryan Pinchen	17.53
3.	Robyn Wales	24.05
	Maurice Dauphinet	N/J

D Grade 2km

1.	Thalia Martin	11.55
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E Grade 1.5km

1.	Jasmine-Rose McRoberts	11.00
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BALLARAT RACEWALKING CLUB 3KM HANDICAP, NORTH GARDENS, BALLARAT, SUN 23 JULY

Thanks to Daryl Biggin for the Ballarat Racewalking Club results from Sunday when the annual Merv Lockyer 3km Handicap was conducted at North Gardens, Lake Wendouree. He commented:

Conditions on Sunday were perfect as usual Tim and today's format was a Sealed Handicap with everyone starting together. The winner of the race was 13 year old Emily Crowley who was walking in only her second race. Emily walked a huge PB of 2.23 with 19.06 after an incredible battle with last year's winner Alanna Peart. Second was Alanna in 18.55 and, keeping it in the family, Jemma Peart was third in 17.11. The encouragement award went to Oliver Watt and fastest time went to Josh Dillon with 13.46.

Merv Lockyer 3km Handicap

1.	Emily Crowley	U14	19.06
2.	Alanna Peart	U10	18.55
3.	Jemma Peart	U12	17.11
4.	Sarah Brennan	Open	16.23
5.	Josh Dillon	U18	13.46
6.	Rodney Davis	U14	21.00
7.	Olivia Davis	U10	26.37
8.	Oliver Watts	U10	29.39



On the start line for the Merv Lockyer 3km Handicap



Kerrie Peart presents the winning trophy to Emily

NSWRWC CLUB WALKS, HABERFIELD, SATURDAY 14 JULY

And finally, the NSWRWC roadwalks from the previous weekend to finish the Australian roundup. Best walks were probably from Cheryl Webb 48:13, Tyler Jones 52:05 and Kyle Bedford 9:34.

Long Division 10km

1. Cheryl Webb	48.13
2. Derek Mulhearn	57.07
3. Joan Purcell	73.31
Steven Washburn	DNF

Medium Division - 10km

1. Tyler Jones	52.05
2. Robert Murphy	54.49
3. Jasmine Dighton	55.03
4. Tom Doyle	56.09
5. Carl Gibbons	58.12
6. Bryony Beasley	62.40
7. Tony Psarianos	67.04
8. Caitlin Plummer	79.19
9. Amanda Barendregt	80.21
10. Brendon Hyde	84.08

Short Division - 5km

1. Nicole Fagan	26.02
2. Aiden Kerr	26.13
3. Jasmyrn McDonald	28.26
4. Adam Mylonas	29.53
5. Stephanie Grujoski	32.23
6. Rhiannon Minett	33.10
7. Anthony Albanese	36.49
8. Nicolle Challinor	37.51
9. Mary Willis	37.51

U16 Division - 2km - Handicap Start

1. Kyle Bedford	9.34
2. Dylan Richardson	10.34
3. Ben Tisdale	10.55
4. Travis Barendregt	11.32
5. Ally Grujoski	11.36
6. Yasmin Mills	11.58
7. Mascey Willis	14.03
8. Daniella Salisbury	14.21

U12 Division - 1km

1. Haley Mills	5.18
2. Lauren Tisdale	5.27
3. James Plummer	5.31
4. Niamh Sanday	5.35
5. Renee Hardy	5.45
6. Lachlan Beecroft	6.28
7. Brooke Martin	7.21
8. Logan Barendregt	8.10
9. Aiden Hardy	10.25
10. Emily Challinor	10.29

9TH INDIAN YOUTH ATHLETICS CHAMPIONSHIPS, KANEETRVA STADIUM, BANGALORE, 13-15 JULY

The 9th edition of the Indian Youth Championships, held at Sree Kanteerava Stadium, Bangalore, from 13 to 15 July, witnessed keen competition and several good performances. The track walks saw wins to Karan Rathi and ? Priyanka.

U20 BOYS 10000m Walk, 7:30AM, Sunday 15 July

1. KARAN RATHI	27/01/95	HARYANA	49:48.70
2. RAVI KUMAR	05/11/94	MAHARASTRA	50:05.49
3. SHAILESH KUMAR	08/07/96	MADHYA PRADESH	50:08.86

4.	SATENDRA KUMAR	15/03/95	UTTAR PRADESH	50:28.38
5.	NAVEEN DALAL	29/12/95	HARYANA	52:09.84
6.	RAHUL ASTAGI	01/12/95	KARNATAKA	53:03.88
7.	MOHANTESH T, BENAKATTI	01/06/95	KARNATAKA	54:33.11

U20 GIRLS 5000m Walk, 7AM, Sunday 15 July

1.	PRIYANKA	10/03/96	UTTAR PRADESH	27:16.25
2.	BINSY A.M	06/03/96	KERALA	27:55.26
3.	VIJI V.	26/05/96	KERALA	28:33.09
4.	MADHUMITHA, KARADO	18/11/94	TAMILNADU	28:39.99
5.	PRATHIKSHA.S.R.	06/12/95	KARNATAKA	30:15.14
6.	AKHILA. M.N	20/04/96	KARNATAKA	33:37.35

PRE-OLYMPIC TEST, SALUZZO TRACK, ITALY, THURSDAY 19 JULY

Readers will be aware that the top Chinese walkers have been based in Italy for most of this year, preparing for the Olympic Games and doing the occasional European race. They assembled in Saluzzo last Thursday for a final hitout over 10,000m along with the two top Italians Giorgio Rubino and Elisa Rigaudo. Luckily this result was captured by the Italian Racewalking Website (see http://www.marciaitaliana.com/dett_news.asp?id=1159) so I can report it here.

For the 20km walkers, the race was one in which the pace varied, building up to a hard finish to simulate actual Olympic race conditions. For the 50km walkers, the test was to race evenly at normal 50km speed. The race start was scheduled for 10PM but it was still 27° with 73% humidity at that time - certainly not ideal conditions for an endurance race.

Rubino and Wang Zhen, preparing for the 20km, alternated the lead in the men's event, recording splits of 20:23 and 19:27 for 39:50 while Li Jianbo and Si Tianfeng, preparing for the 50km, walked an even paced race to record 43:04 and 43:05 respectively. In the women's race, Rigaudo and Hong Liu walked together for 7km before Lui turned the screws with a final 3km time of 12:05. Yuanyuan Ni, the third woman in the race, walked a new Chinese U18 record of 44:31 (22:31 + 22:00) and will be one to watch in the future.

10,000m Men

1.	Rubino Giorgio	(F.F.G.G.)	39:50.17
2.	Wang Zhen	(G.S. Roata Chiusani)	39:50.53
3.	Li Jianbo	(Atletica Saluzzo)	43:04.84
4.	Si Tianfeng	(Atletica Saluzzo)	43.05

10,000m Women

1.	Liu Hong	(G.S. Roata Chiusani)	43:16.68
2.	Elisa Rigaudo	(F.F.G.G.)	43:57.28
3.	Ni Yuanyuan	(China)	44:31.63

POLISH U18 T&F CHAMPIONSHIPS, KRAKOW, 20-22 JULY

Full results: <http://www.domtel-sport.pl/insidethecode/files/3320-pl.pdf>

10000m Men

1.	ZIELIŃSKI Szymon	95-12-06	UKS Orkan Środa Wlkp.	46:43.44
2.	NOWAK Mateusz	96-05-06	UKS Skoczek Skoki	46:47.38
3.	RYGAŁ Jan	95-06-25	CKS Budowlani Częstochowa	48:05.56

5000m Women

1.	ZDZIEBŁO Katarzyna	96-11-28	LKS Stal Mielec	23:56.04
2.	AUGUSTYN Angelika	96-01-15	OTG Sokół Mielec	24:35.16
3.	LEHMANN Anna	95-01-25	UKS Orkan Środa Wlkp.	25:34.87

CORK CITY SPORTS MEET, CIT ATHLETICS STADIUM, CORK, TUESDAY JULY 17

Local fans were keeping an eye on medal hopeful Robert Heffernan, who will compete in the 20km and 50km events in his fourth Olympic Games next month and unsurprisingly he claimed first place with consummate ease in the Cork City Sports Meeting in Cork last week. Heffernan stayed on the shoulder of early pacesetter Jacob Jelonek in the opening two laps but soon pulled clear, winning with a time of 11:14.29. In the women's race, Olive Loughnane was first to cross the finish line in a time of 12:36:27, smashing the meet record she set two years ago. Heffernan and Loughnane will spearhead the Irish Olympic racewalking team.

3000m walk Men

1.	Robert Heffernan	IRL	20 Feb 78	11:14.29
2.	Jakub Jelonek	POL	7 Jul 85	11:43.28

3.	Tom Bosworth	GBR	17 Jan 90	11:46.05
4.	Brendan Boyce	IRL	15 Oct 86	11:59.76
5.	James Treanor	IRL	12 Apr 93	12:28.71
6.	Evan Lynch	IRL	16 Jul 95	12:33.73
7.	Luke Hickey	IRL	24 Oct 94	13:04.39
8.	Niall Prendiville	IRL	1 Jan 90	13:10.75

3000m walk Women

1.	Olive Loughnane	IRL	14 Jan 76	12:36.27
2.	Maeve Curley	IRL	24 Oct 92	13:41.35
3.	Heather Lewis	GBR	25 Oct 93	13:51.03
4.	Bethan Davis	GBR		14:04.25
5.	Ellie Dooley	GBR		14:49.14
6.	Rebecca Collins	GBR		16:05.40

EMMANUEL TARDI REPORTS FROM FRANCE

Emmanuel Tardi was out and about the last 2 weekends in France with a couple of major meets.

French U23 and National Second Level Championships, Reim, Sunday 15 July

A week ago he was in Reims for the French U23 Championships along with their second level Championships (for French walkers ranking 17 to 40) . There was a great battle in the women's U23 event between Emilie Menuet and Inès Patorino. Inès lead the race from 5km to 17km before Emilie overpowered her to win with 1:37:59. See the article at <http://www.vo2.fr/actualite/athletisme-france-espoirs-2012-emilie-menuet-mener-le-20-km-marche-en-1h3759-15072012-5439.html>

U23 WOMEN

1.	MENUET Emilie	Aj Blois-onzain	ESF/91	1:37:59
2.	PASTORINO Ines	Nice Cote D:azur Athletisme	ESF/92	1:39:05
3.	MARCOU Amandine	Sa Merignac	ESF/92	1:47:09

U23 MEN

1.	ANDRIEU Hugo	Uavh Aubagne	ESM/92	1:32:57
2.	DENIMAL Romain	Amiens Uc	ESM/92	1:34:23
3.	MALOSSE Dimitri	Js Lezignan-corbieres	ESM/92	1:34:46

NATIONAL WOMEN (2nd LEVEL)

1.	ORTIZ Mylene	As Saint-junien	SEF/79	1:49:30
2.	GUILLARD Caroline	Ec Orleans C Jules Ferry	VEF/71	1:53:21
3.	BELHACHE Marie	As Tourlaville	SEF/80	1:53:47

NATIONAL MEN (2nd LEVEL)

1.	AUGERON Johan	Ac Haut Poitou	SEM/83	1:32:00
2.	PREVEL Jean-michel	Athle Pays De Fougères	SEM/84	1:32:57
3.	LATOUCHE Jonathan	Stade Nantais Ac	SEM/87	1:37:43

French Junior and Cadet Championships, Lens, Sunday 22 July

On Sunday he was at the French Cadets and Juniors National Championships in Lens (200km in the North of Paris). Again, a nice newspaper article about the women's Junior champion: http://www.vo2.fr/actualite/athletisme-france-des-jeunes-2012-emilie-tissot-simpose-sur-le-10-km-marche-en-485334-22072012-5480.html#_UAWGuy1-144

CADETTES

1.	BEGEL Myriam	Co Champagne Aa	CAF/95	25:21:40
2.	BILLA Jeanne	As Caluire Et Cuire	CAF/96	25:55:96
3.	DELEUZE Cecile	Fc Laon	CAF/96	26:17:20

CADETS

1.	BLANCHETEAU Jean	Athle Bourgogne Sud	CAM/96	23:01:16
2.	MARTIN Come	Athletic Club Tassin	CAM/95	23:35:89
3.	SIREIX Brice	Us Cenon-rive-droite	CAM/95	23:40:46

JUNIORES

1.	TISSOT Emilie	Alsace Nord Athletisme	JUF/93	48:53:34
2.	MELLADO Coralie	Us Colomiers	JUF/93	50:19:25
3.	NGUYEN VAN TU Charlotte	Stade Sottevillais 76	JUF/93	51:47:48

JUNIORS

1.	GUINAUDEAU Keny	Ac Roche-sur-yon	JUM/93	44:19:95
2.	CASSAGNES Adrien	Stade Rodez Athletisme	JUM/94	45:50:20
3.	QUINION Aurelien	Entente Franconville	JUM/93	46:14:70



Road action – Menuet, Pastorino, Malosse and Andrieu (photos Emmanuel Tardi)



Track action – Tissot, Guinaudeau and Blancheteau (photos Emmanuel Tardi)

OVERSEAS SHORTS

Finally some assorted results to finish off the overseas review.

MINSK (BLR, Jul 18): Good walking at the International meet in Minsk last week with Ivan Trotskiy 39:48.8 ahead of Aliaksandr Liakhovich 40:05.0.

10000m walk Men

1.	Ivan Trotski	BLR	27 May 76	39:48.8
2.	Aliaksandr Liakhovich	BLR	4 Jul 89	40:05.0
3.	Vitaly Talankou	BLR	29 Apr 82	40:34.6

4.	Dzmitry Dziubin	BLR	12 Jul 90	41:58.0
5.	Andrei Stsepanchuk	BLR	12 Jun 79	43:15.0

10000m walk Women

1.	Tatsiana Stsefanenka	BLR	27 Oct 91	51:31.9
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BUCHAREST (ROM, Jul 20): The Romanian Junior championships in Bucharest last weekend saw wins to Adrian Dragomir and Aledxandra Aichimoaei.

Men's 10,000m Race Walk, 20.07.2012

1.	Adrian Ionut DRAGOMIR	ROU	94	45:27.70
2.	Robert LATCU	ROU	93	46:51.59
3.	Alexandru Andrei CALIN	ROU	95	48:57.76

Women's 10,000m Race Walk, 20.07.2012

1.	Alexandra Iuliana AICHIMOAEI	ROU	93	53:23.90
2.	Mihaela PUȘCAȘU	ROU	95	55:04.51
3.	Mihaela ACATRINEI	ROU	95	55:41.38

GRANOLLERS (ESP, Jul 18): Some great walking at the Catalonia Open Championships with Beatriz Pascual setting a new Spanish 5000m track walk record with a time of 20:45.11 (also a world leader 2012). Second place went to Maria Vasco with 21:15.57. Unfortunately, the only result I can find is that for the men's 5000m with Mexicans Isaac Olivares and Ever Olivares taking first and second places with very fast times of 19:41.55 and 19:42.31.

Men's 5000m Race Walk - 17.07.2012

1.	Isaac PALMA OLIVARES	MEX	90	19:41.55
2.	Ever PALMA OLIVARES	MEX	92	19:42.31
3.	Ferran COLLADOS	ESP	85	22:13.72
4.	Marc GUERRERO	ESP	95	22:42.26
5.	Nil RODES	ESP	96	22:49.32
6.	Marc CABRERA	ESP	92	22:56.95

Finally, I picked this up from this month's Enfield Walker newsletter: *I understand that the 3.04.25 clocking for 30km by Arthur Thomson in the BMAF championships at Warwick University on 14th July bettered the existing M75 world record.*

WALKING VIDEOS AND LINKS

Only one link this week – an athsvicTV interview with Nathan Deakes – part of its Lakeside To London series.

http://www.youtube.com/watch?v=yOn7Mt7JZmE&feature=player_embedded

WHAT'S COMING UP

Next Sunday sees the Victorian Roadwalk Championships at Middle Park. It is a big day with the Victorian Open 30km alongside a range of Victorian Underage Championships as well as 3 VRWC Club Championships and a VRWC Open 3 Hour walk for those wanting to get in some training before our 50km championships in September. All VRWC events may be entered on the day. Victorian Championship events must be entered via AV – use the online registration panels at

<https://members.athsvic.org.au/competitions/comp-details?c=NDRIOWE2Y2MtM2M5MS11MTExLWewOGYtMDAxNTVky2MzOTA0>

Sunday 29th July 2012 , Middle Park

8.30am	30km	Victorian Championship	Open Men
	3 Hour Walk	VRWC	Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	Victorian Championship	Under 20 Men
9.00am	10km	Victorian Championship	Under 20 Women
9.00am	10km	Victorian Championship	Under 18 Men
10.00am	3km	Victorian Championship	Under 14 Boys/Girls
10.20am	5km	Victorian Championship	Under 16 Boys/Girls
11.00am	5km	Victorian Championship	Under 18 Women
11.00am	5km	VRWC	Open
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
11.20am	3km	VRWC Championship	Under 12 Boys/Girls

Medal presentations at the conclusion of the events.

A further reminder that entries are now open for the **Australian Roadwalking Championships**, to be held in Adelaide on Sunday 26 August. See the SARWC website (<http://www.sarwc.org>) for all the latest info. In particular, check out the links for

The latest carnival info: http://www.sarwc.org/downloads/2012_RWA_Carnival_General_Information.pdf?attredirects=0
AA Online Registration: http://sitedesq.imgstg.com/meets/index.cfm?fuseaction=display_full&MeetID=865&OrgID=887

And I can't let the newsletter finish without reminding everyone that the Olympic Games start on Friday! Check out all the latest at <http://www.london2012.com>.

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.

2012 Victorian/Australian Winter Season Key Dates

Sun 29 July, 2012 Victorian Roadwalk championships, Middle Park
Sun 26 Aug, 2012 Australian Roadwalk Championships, Adelaide

2012/2013 Victorian/Australian Summer Season Key Dates

13-20 Oct 2012 Alice Springs Masters Games, Alice Springs, N.T.
3-11 Nov 2012 Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Sun 9 Dec 2012 Australian 50km Championship, Fawkner Park, Melbourne
12-17 Mar 2013 Australian Junior Athletics Championships, Perth, WA
11-14 April 2013 Australian Open Athletics Championships, Sydney, NSW

2012 International Fixture

July 27-Aug 12, 2012 **30th Olympic Games, London.** See
Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

Remaining 2012 IAAF Race Walking Challenge Dates

3-12 Aug, 2012 The Games of the XXX Olympiad, London (GBR) Category A
14 Sept, 2012 IAAF RW Challenge Final, Erdos, CHN

2013 International Fixture

Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
5-12 October 2013 Australian Masters Games, Geelong
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

5-6 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, HUN**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**
July 23 – Aug 3, 2014 **20th Commonwealth Games, Glasgow.** See <http://www.glasgow2014.com/>

Looking even further forward

August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, BRAZIL.** See <http://www.rio2016.org.br/en/Default.aspx>
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au, Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)