



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 27
2 April 2013



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TIM'S WALKER OF THE WEEK

Last week's winner was 13 year old **Jasmyn McDonald** of Parramatta who won the Girls U14 1500m Walk at the Little Athletics NSW T&F Championships in Sydney with an amazing time of 6:46.25. This was a 7 sec PB and continues Jasmyn's domination of her age group nationally.

My Walker of the Week this week goes to Victorian walker **Gwen Steed** who comprehensively won all three of her events in last weekend's Australian Masters Championships in Canberra

W70	1	Gwen Steed	W70	VIC	9:17.63	83.63%
W70	1	Gwen Steed	W70	VIC	32:57.73	85.50%
W70	1	Gwen Steed	W70	VIC	1:10:01	85.23%

Since turning 70 in 2012, Gwen has rewritten the VRWC club record books, claiming 8 new W70 records as follows

Gwen Steed	W70 3km Road Walk	18:55	VRWC Races, Middle Park	14/07/2012
Gwen Steed	W70 10km Road Walk	1:07:27	VRWC Races, Middle Park	04/08/2012
Gwen Steed	W70 2000m Track Walk	12:33.1	AV Shield, Mentone	27/10/2012
Gwen Steed	W70 3000m Track Walk	19:09.2	AV Shield, Knox	06/12/2012
Gwen Steed	W70 5000m Track Walk	33:01.50	Sydney Track Classic, Sydney	01/03/2013
Gwen Steed	W70 1500m Track Walk	9:32.08	VMA T&F Champs, East Burwood	18/03/2013
Gwen Steed	W70 1500m Track Walk	9:17.63	AMA T&F Champs, Canberra	29/03/2013
Gwen Steed	W70 5000m Track Walk	32:57.73	AMA T&F Champs, Canberra	30/03/2013



Gwen wins the VMA 1500m walk at East Burwood last month in a new VRWC W70 record

WHAT'S COMING UP

- **VRWC Bush Walk scheduled for Sunday 7 April**

This final summer season club activity has been cancelled. I had done a fair bit of investigation to try to confirm a suitable venue in the Dandenong Ranges that had adequate carparking, a real bush setting and was not too hard or too easy for our wide ranging age group of participants but it proved more difficult than I expected and time eventually ran out. We may try again in the future if we can find a venue that seems to fit our criteria.

So for us all now, it's a chance for a few weeks off before our VRWC winter season kicks off on **Saturday 27th April**. I will be doing our winter season mailout this week so you should get your own copy of our fixture in the mail by week's end.

- NSWRC starts its winter season races this Saturday (see <http://www.nswracewalkingclub.com/>) with events at Chipping Norton.
- This weekend also sees the Australian Open Athletics Championships in Sydney. Although there are no official Australian track walk championships on offer, there are invitation 5000m track walks and I am sure that a number of our top walkers will avail themselves of the chance for one final Summer Season race. The 5000m walks are also point scoring races in the Open and U23 divisions in our 2013 Australian Race Walking Series (see <http://www.rwa.org.au/aevents-1.shtml>).
- Internationally, the racewalk calendar continues with two IAAF Race Walking Challenge events scheduled next Saturday.

Sat 6 Apr 2013	African Race Walking Championships	Maurice, Mauritius
Sat6 Apr 2013	22 nd Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, Portugal

AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, CANBERRA, 29 MARCH - 1 APRIL

Our older athletes had a busy Easter with the Australian Masters T&F Championships in Canberra. This annual 4 day meet is always held at Easter and this year it saw nearly 1000 of our fittest Masters in action (see <https://sites.google.com/site/ama2013canberra/>). Amongst the plethora of events on offer (see the full results at http://members.iinet.net.au/~aact/Results/AMAC_2013/) three racewalks were contested - 1500m track walk on Friday, 5000m track walk on Saturday and 10km road walk on Monday.

1500m Track Walks - Friday 29 March

The 1500m track walks were first up and the standard was high. The fastest times of the day went to Pam Tindal (W50 - 7:17.27) and James Christmass (M45 - 6:40.93). Overall we had many walkers over the 80% age graded mark, with the best of them being Heather Carr (W60 7:39.08 93.45%) and Simon Evans (M50 6:47.55 88.49%).

W30	1	Belinda Westcott	W32	NSW	11:19.28	49.69%
W35	1	Thalita Allen	W38	ACT	9:21.26	61.52%
W40	1	Kylie Brown	W41	NSW	8:08.85	72.19%
	2	Regina Crouch	W44	WA	11:14.26	53.60%
W45	1	Ann Staunton-Jugovic	W49	ACT	7:32.87	83.15%
	2	Kate Black	W46	ACT	8:37.19	71.02%
	3	Helena Bialecki	W49	ACT	8:52.39	70.73%
	4	Suzanne Brown	W47	NSW	9:23.99	65.66%
W50	1	Pam Tindal	W53	VIC	7:17.27	89.10%
	2	Donna-Marie Elms	W51	VIC	8:35.74	74.25%
W55	1	Barb Bryant	W58	VIC	8:27.08	80.39%
	2	Nancy Lloyd	W59	NSW	9:42.95	70.61%
W60	1	Heather Carr	W63	VIC	7:39.08	93.45%
	2	Sue Hoskin	W62	OS	8:32.30	82.85%
	3	Sarah Ladwig	W63	WA	9:47.09	73.08%
W65	1	Celia Johnson	W65	VIC	9:52.41	74.05%
	2	Valerie Millard	W66	WA	10:21.93	71.36%
	3	Trish Thomas	W67	ACT	16:09.24	46.34%
W70	1	Gwen Steed	W70	VIC	9:17.63	83.63%
	2	Lynne Schickert	W71	WA	10:37.45	74.14%
W75	1	Margaret Roberts	W75	NT	12:09.71	68.53%
	2	Margaret Beaumont	W75	VIC	12:41.85	65.64%
	3	Pam Mews	W78	VIC	15:50.14	55.14%
W85	1	Heather Lee	W86	NSW	11:43.22	86.19%
M40	1	Adam Patterson	M40	VIC	8:38.65	62.99%
M45	1	James Christmass	M45	VIC	6:40.93	84.82%
	2	Peter Baker	M48	ACT	7:46.72	74.68%
M50	1	Simon Evans	M52	VIC	6:47.55	88.49%
	2	Garry Hastie	M51	WA	7:13.17	82.54%
	3	Bill Pomplun	M53	NSW	10:22.69	58.42%

	4	Norman White	M54	SA	11:05.13	55.17%
M55	1	Clyde Riddoch	M59	VIC	8:00.99	79.91%
	2	Robert Osborne	M57	NSW	8:40.95	72.40%
M60	1	John Russell	M60	SA	8:47.54	73.58%
	2	Harold Membrey	M61	WA	10:57.34	59.65%
	3	John West	M62	NSW	10:57.52	60.24%
	-	Michael Roberts	M62	NT	DQ	
M65	1	George White	M67	SA	8:02.30	86.70%
	2	Robert Connors	M65	NSW	9:54.29	68.80%
	3	Graham Allomes	M69	NSW	9:55.51	71.87%
M70	1	Murray Dickinson	M74	VIC	8:54.59	85.21%
	2	Tony Johnson	M72	VIC	8:55.54	82.90%
	3	Robin Whyte	M71	ACT	9:06.40	80.24%
	-	Bryan Thomas	M71	ACT	DQ	
M75	1	Jim Seymon	M75	NSW	9:07.72	84.29%
	2	Rodger Barber	M75	SA	10:43.72	71.72%
	3	Ian Beaumont	M77	VIC	11:59.41	65.96%
	-	James Anthony	M78	NSW	DQ	
M80	1	Osmo Millridge	M81	NSW	10:19.56	81.24%
	2	Colin Silcock-Delaney	M80	VIC	10:56.93	75.45%
	3	Irwin Barrett-Lennard	M83	WA	10:59.48	78.76%

5000m Track Walks, Saturday 30 March

The 5000m walks saw fastest times go to Pam Tindal (W50 26:04.65) and Simon Evans (M50 25:16.77) while highest age graded ratings went to Heather Carr (W60 27:35.89 92.82% and Bob Gardiner (M75 30:09.23 91.20%).

W30	1	Jodie Sundstrom	W33	NSW	40:45.30	48.71%
W35	1	Thalita Allen	W38	ACT	34:18.70	59.08%
W40	1	Kylie Brown	W41	NSW	29:06.32	71.17%
	2	Regina Crouch	W44	WA	41:38.88	50.94%
W45	1	Ann Staunton-Jugovic	W49	ACT	27:14.36	81.19%
	2	Nyle Sunderland	W45	QLD	28:20.27	75.47%
	3	Kate Black	W46	ACT	31:11.22	69.14%
	4	Suzanne Brown	W47	NSW	34:14.95	63.48%
W50	1	Pam Tindal	W53	VIC	26:04.65	88.01%
	2	Donna-Marie Elms	W51	VIC	31:05.53	72.43%
W55	1	Barb Bryant	W58	VIC	29:39.78	81.46%
	2	Nancy Lloyd	W59	NSW	34:32.42	70.74%
W60	1	Heather Carr	W63	VIC	27:35.89	92.82%
	2	Sue Hoskin	W62	OS	29:41.28	85.24%
	3	Sarah Ladwig	W63	WA	34:20.20	74.60%
W65	1	Celia Johnson	W65	VIC	34:21.63	76.48%
	2	Valerie Millard	W66	WA	35:52.68	74.22%
W70	1	Gwen Steed	W70	VIC	32:57.73	85.50%
	2	Joan Purcell	W71	QLD	35:22.39	80.88%
	3	Lynne Schickert	W71	WA	37:23.20	76.52%
W75	1	Margaret Beaumont	W75	VIC	42:55.06	71.11%
	2	Pam Mews	W78	VIC	52:19.98	61.53%
	-	Margaret Roberts	W75	NT	DQ	
W85	1	Heather Lee	W86	NSW	40:36.43	93.92%
M40	1	Adam Patterson	M40	VIC	26:48.73	70.53%
	2	David Smyth	M43	WA	26:56.43	71.88%
M45	1	James Christmass	M45	VIC	26:23.17	74.57%
	2	Peter Baker	M48	ACT	27:59.25	72.05%
M50	1	Simon Evans	M52	VIC	25:16.77	82.50%
	2	Garry Hastie	M51	WA	25:33.69	80.90%
M55	1	Clyde Riddoch	M59	VIC	28:54.07	76.86%
	2	Robert Osborne	M57	NSW	29:30.92	73.85%
M60	1	John Russell	M60	SA	29:39.63	75.63%
	2	John West	M62	NSW	36:02.22	63.52%
	-	Michael Roberts	M62	NT	DQ	
M65	1	George White	M67	SA	27:05.87	89.19%
	2	Graham Allomes	M69	NSW	34:59.77	70.71%
	3	Robert Connors	M65	NSW	36:11.98	65.28%
M70	1	Tony Johnson	M72	VIC	31:27.51	81.65%
	2	Murray Dickinson	M74	VIC	31:38.35	83.34%
	3	Robin Whyte	M71	ACT	31:48.84	79.71%

M75	1	Bob Gardiner	M77	VIC	30:09.23	91.20%
	2	Jim Seymon	M75	NSW	32:53.86	81.26%
	3	Rodger Barber	M75	SA	37:28.80	71.33%
	4	Ian Beaumont	M77	VIC	41:08.16	66.85%
M80	1	Osmo Millridge	M81	NSW	37:51.41	77.19%
	2	Colin Silcock-Delaney	M80	VIC	40:16.82	71.41%

10km Road Walks, Monday 1 April

The 10km roadwalks saw fastest times for Pam Tindal (W50 53:58) and Simon Evans (M50 51:20) and age graded bests to Heather Lee (W85 1:20:54 and an amazing 102.61%) and Bob Gardiner (M75 1:00:50 93.12%).

W40	1	Kylie Brown	W41	NSW	58:17	73.57%
	2	Regina Crouch	W44	WA	1:27:36	50.16%
W45	1	Ann Staunton-Jugovic	W49	ACT	56:00	82.04%
	2	Nyle Sunderland	W45	QLD	59:09	74.92%
W50	1	Pam Tindal	W53	VIC	53:58	88.60%
	2	Donna-Marie Elms	W51	VIC	1:07:07	69.80%
	3	Annette Tillman	W52	NSW	1:32:29	51.17%
W55	1	Barb Bryant	W58	VIC	1:01:53	81.68%
W60	1	Heather Carr	W63	VIC	57:13	94.08%
	2	Sue Hoskin	W62	OS	1:02:42	84.73%
W65	1	Celia Johnson	W65	VIC	1:10:24	78.60%
	2	Valerie Millard	W66	WA	1:12:23	77.55%
W70	1	Gwen Steed	W70	VIC	1:10:01	85.23%
	2	Joan Purcell	W71	QLD	1:10:32	86.00%
	3	Lynne Schickert	W71	WA	1:18:04	77.70%
W75	1	Margaret Beaumont	W75	VIC	1:27:34	74.30%
	2	Margaret Roberts	W75	NT	1:35:25	68.19%
W85	1	Heather Lee	W86	NSW	1:20:54	102.61%
M40	1	David Smyth	M43	WA	58:19	68.33%
	2	Adam Patterson	M40	VIC	1:06:21	58.67%
	3	Brett Kingston	M40	ACT	1:19:59	48.67%
M50	1	Simon Evans	M52	VIC	51:20	83.52%
	2	Garry Hastie	M51	WA	52:07	81.58%
M55	1	Robert Osborne	M57	NSW	59:49	74.86%
	2	Clyde Riddoch	M59	VIC	1:04:02	71.24%
M60	1	Harold Membrey	M61	WA	1:25:32	54.39%
	2	Michael Roberts	M62	NT	1:42:35	45.81%
M65	1	George White	M67	SA	55:46	89.01%
	2	Graham Allomes	M69	NSW	1:14:38	68.11%
M70	1	Robin Whyte	M71	ACT	1:02:58	82.78%
	2	Murray Dickinson	M74	VIC	1:05:49	82.43%
	3	Tony Johnson	M72	VIC	1:07:50	77.84%
M75	1	Bob Gardiner	M77	VIC	1:00:50	93.12%
	2	Jim Seymon	M75	NSW	1:09:46	78.86%
	3	Rodger Barber	M75	SA	1:15:18	73.07%
	4	Ian Beaumont	M77	VIC	1:24:04	67.38%
M80	1	Colin Silcock-Delaney	M80	VIC	1:20:39	73.60%

QUEENSLAND OPEN T&F CHAMPS, QSAC, BRISBANE, 26-28 MARCH

Strong wins to Jessica Pickles (and a good PB) and Dane Bird-Smith in the Queensland 5000m Championships last week.

Women 5000m Walk Open

1.	Pickles, Jessica	19	Unq	23:17.62	PB 0:13
2.	Benzenati, Kenza	16	Gcv	27:31.56	
3.	Woodward, Mikaela	14	Unq	27:40.59	
4.	Jackson, Eloise	18	Qrw	28:30.35	

Men 5000m Walk Open

1.	Bird-Smith, Dane	21	Qrw	19:18.68	
2.	Aiton, Brad	19	Gcv	21:03.59	
3.	Dewar, Brandon	21	Qrw	21:52.78	
4.	Nippress, Dean	42	Qrw	26:11.09	

BENDIGO WALKERS RACES, ROSALIND PARK, BENDIGO

Thanks to Paul Rance for his report on the last couple of walking nights in Bendigo.

Bendigo Walkers Club Roadwalks, Rosalind Park, Wednesday 20th March

The Bendigo Walkers Club held 0.8km and 3.2km sealed handicap events on Wednesday 20th March in Rosalind Park. The 0.8km event was won by Madison Hill with Carissa Brook claiming 2nd place and breaking the Club U10 record by 3 seconds in her last Club race as a 9 year old, with Zahra Hayes finishing 3rd and taking fastest time honours. John Carter secured a strong victory in the 3.2km event with Barb Bryant 2nd and Geoff Major in 3rd place while Peter Curtis recorded fastest time.

0.8km Handicap

1.	Madison Hill	4.03
2.	Carissa Brook	4.03
3.	Zahra Hayes	3.44

3.2km Handicap

1.	John Carter	21.49
2.	Barb Bryant	18.43
3.	Geoff Major	24.01
4.	Annette Major	18.05
5.	Sheridan Commons	26.42
6.	Peter Curtis	18.00
7.	Ebony Whiley	19.08
8.	Caitlyn Tozer	29.24

Bendigo Walkers Club Roadwalks, Rosalind Park, Wednesday 27th March

On Wednesday 27th March, Bendigo Walkers Club celebrated 25 years of race walking competition and a 4.5km teams race which was held to complete the Summer Season with athletes completing either 1500m or 3km. The winning team was the combination of Ebony Whiley, Norm West and Sheridan Commons with Sheridan producing a personal best effort. The team of Madison Hill – Barb Bryant took 2nd place. Best performance for the night came from John Carter with a season best effort over the 3km distance to take his team into 3rd place.

4.5km Teams Races

1.	Team 3	Norm West 1.5km 11.40	Ebony Whiley 1.5km 7.49	Sheridan Commons 11.14
2.	Team 4	Madison Hill 1.5km 9.06	Barb Bryant 3km 17.42	
3.	Team 2	Carissa Brook 1.5km 9.17	John Carter 3km 20.10	
4.	Team 1	Caitlyn Tozer 1.5km 13.25	Peter Curtis 3km 17.52	

The Club's Winter race walking competition will commence on Sunday 28th April at Lake Neanger at 9.30am with 2km and 5km sealed handicap events being held.

XIX TROFÉU ROSSEND CALLS, BARCELONA, SPAIN, SATURDAY 23 MARCH 2013

Raquel Gonzalez and Claudio Villanueva won the 5000m Open Track walks at the 19th Troféu Rossend Calls in Barcelona a week ago. The meet attracted over 150 walkers in various age categories and was reported by the oMarchador blogspot - see <http://omarchador.blogspot.pt/2013/03/xix-trofeu-rossend-cals-barcelona.html>

5000m Women

1.	Raquel Gonzalez Campos	FC Barcelona	22.12,74
2.	Mar Juarez Gallardo	AAC-UBAE	24.20,99
3.	Lorena Pedrero Duarte	ISS-L'Hospitalet	26.23,12
4.	Alba Serrano Medina	AAC-UBAE	28.38,66
5.	Raquel Leon Asensio	CA Valladolid	28.38,66

5000m Men

1.	Claudio Villanueva Flores	ISS-L'Hospitalet	20.48,90
2.	David Alburquerque Sanchez	ISS-L'Hospitalet	22.02,07
3.	Marc Guerrero Plaza	ISS-L'Hospitalet	22.34,67
4.	Christian Curopos Costa	CA Manresa	22.35,40
5.	Felix Gomez Parra	AAC-UBAE	23.19,19
6.	David Sanchez Ferrer	Pratenc	23.33,77
7.	Marc Cabrera Esteban	AAC-UBAE	23.41,23
8.	Ivan Arenas De La Fuente	Pratenc	23.58,93
9.	Nil Rodes Llorens	AAC-UBAE	24.21,55
10.	Guillem Perez Alfranca	AT Intec-Zoiti	24.29,52

ITALIAN CLUB CHAMPIONSHIPS, FLORENCE, ITALY, SUNDAY 24 MARCH

Vito Di Bari (40:54.23) and Antonella Palmisano (44:45.78) both recorded PBs to win their respective track walks at the Luigi Ridolfi Stadium in Florence that same weekend. There were more good performances in the junior races with Anna Clemente (47:53.44) and Vito Minei (43:29.50) and in the U18 events where Noemi Star (23:28.05) and Gregorio Angelini (46:23.29) won out. See <http://www.marciaitaliana.com/risultati/Firenze.pdf> for full results.

Open Men 10,000m Walk

1.	DI BARI Vito	1990	G.A. FIAMME GIALLE	40:54.23
2.	MACCHIA Riccardo	1990	G.S. FIAMME ORO PADOVA	41:11.55
3.	CAPORASO Teodorico	1987	ASD ENTERPRISE SPORT & SERVICE	41:30.44
4.	STANO Massimo	1992	G.S. FIAMME ORO PADOVA	41:49.17
5.	D'ASCANIO Ruggero	1984	POL. ROCCO SCOTELLARO MT	42:55.85
6.	RENO' Giovanni	1991	C.U.S. PARMA	43:21.93
7.	DEFENDENTI Roberto	1968	U.S. SCANZOROSCIATE	45:16.93
8.	VERDE Vincenzo	1982	ASD ENTERPRISE SPORT & SERVICE	45:42.06
9.	MUSSO Alessio Giuseppe	1993	FIAMME GIALLE G. SIMONI	47:03.10
10.	AMOROSO Michele	1993	ATLETICA FIRENZE MARATHON S.S.	48:39.04
11.	MEMOLLA Afrin	1992	A.S.D.POL. UISP SANTA CROCE	48:44.35
12.	MALTONI Alessandro	1993	ATL.CASTELFIDARDO CRIMINESI	49:46.58
13.	GERONIMO Franco	1968	MM CUS PISA ATLETICA CASCINA	51:46.84
14.	SIRAGUSA Gianni	1968	ATLETICA 2005	52:38.48
15.	DUCCOLI Marco	1963	U.S. SCANZOROSCIATE	54:26.84

Open Women 10,000m Walk

1.	PALMISANO Antonella	1991	G.A. FIAMME GIALLE	44:45.78
2.	TRAPLETTI Valentina	1985	C.S. ESERCITO	48:25.20
3.	POLI Elena	1993	ATL. BRESCIA 1950 ISPA GROUP	48:26.90
4.	STETSKIV Cecilia	1991	GS VALSUGANA TRENINO	48:39.58
5.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	49:55.34
6.	GALLI Ilaria	1987	ATLETICA FIRENZE MARATHON S.S.	50:57.36
7.	MARIOTTI Ilaria	1991	CUS PISA ATLETICA CASCINA	51:54.36
8.	CASTELLANA Federica	1993	ALTERATLETICA LOCOROTONDO	53:26.91
9.	CORCELLA Maria Luisa	1991	ALTERATLETICA LOCOROTONDO	53:50.89
10.	FARCI Valeria	1991	C.U.S. CAGLIARI	54:17.13

Junior Men 10,000m Walk

1.	MINEI Vito	1994	A.S.D. ATLETICA DON MILANI	43:29.50
2.	FORTUNATO Francesco	1994	ASD ENTERPRISE SPORT & SERVICE	44:17.49
3.	CUSMAI Alessandro	1994	ASD ENTERPRISE SPORT & SERVICE	44:36.07
4.	ANTONELLI Michele	1994	NUOVA PODISTICA LORETO	45:20.16
5.	TODISCO Daniele	1995	GEAS ATLETICA	45:28.93
6.	TARQUINI Luca	1994	FIAMME GIALLE G. SIMONI	48:43.71
7.	MANSUTTI Stefano	1995	A.S.D. INTESATLETICA	51:43.09
8.	CHEMELLO Tommaso	1995	ASSINDUSTRIA SPORT PADOVA	51:53.53
9.	BOSCHETTI Giuliano	1994	ATL.VICENTINA	52:07.52
10.	BUONANNO Umberto	1995	ASD ENTERPRISE SPORT & SERVICE	55:42.14

Youth Men 10,000m Walk

1.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	46:23.29
2.	INGLESE Giuseppe	1996	AMATORI ATL. ACQUAVIVA	47:57.92
3.	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	49:12.99
4.	BERSANI Matteo	1996	C.U.S. TORINO	49:33.58
5.	COPPINI Niccolò	1997	ATLETICA FIRENZE MARATHON S.S.	50:07.82

Junior Women 10,000m Walk

1.	CLEMENTE Anna	1994	G.A. FIAMME GIALLE	47:53.44
2.	BECCHETTI Mariavittoria	1994	ATL. STUDENTESCA CA.RI.RI	49:21.80
3.	COLOMBI Nicole	1995	U.S. SCANZOROSCIATE	50:54.16
4.	SCOLOZZI Erika	1995	A.S.D. ATLETICA DON MILANI	51:27.68
5.	CICCO Valeria	1995	A.S.D. ATLETICA DON MILANI	55:08.02

Youth Women 5000m Walk

1.	STELLA Noemi	1997	A.S.D. ATLETICA DON MILANI	23:28.05
2.	DOMINICI Eleonora	1996	ATL. VALMONTONE	25:15.08
3.	PORCU Cindy	1997	ATL. STUDENTESCA CA.RI.RI	26:20.46

4.	ANSALDI Martina	1996	A.S.D. ATL. FOSSANO '75	26:26.43
5.	LAMARRA Silvia	1997	A.S.D. ATLETICA DON MILANI	26:52.59

VANCOUVER OPEN CHAMPIONSHIPS, CANADA, FRIDAY 29 MARCH

A great win to 19 year old Benjamin Thorne in the Vancouver Open Championships 5000m last weekend.

Men's 5000m Walk

1.	Benjamin Thorne	CAN	93	19:35.09
2.	Evan Dunfee	CAN	90	20:11.23

Women's 5000m Walk

1.	Katelynn Ramage	CAN	93	24:31.96
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INTERNATIONAL RACEWALK TOUR MEET, OLOMOUC, CZECH REPUBLIC, SATURDAY 30 MARCH

The racewalking meet last Saturday in Olomouc in the Czech Republic was the first in a new series of 4 races, titled the International Race Walking Tour. The remaining races will be held in Latvia (Alytus 14.6), Poland (Krakov 7.9) and Slovakia (Chôdza and Bacúchu 28.9). With monetary prizes for the series winners, the new Tour is sure to be keenly contested. This meet saw 132 walkers in total contesting the various events (full results at <http://online.atletika.cz/upload/olomouc20.pdf>).

The men's 20km was won by Poland's Dawid Tomala in a PB time of 1:20:30, a new course record over the 1300m circuit and a 1000 euro bonus to boot. Second place went to Slovak champion Matej Toth with 1:21:50. He was the only non-Polish walker in the top 5 as Artur Brzozowski 1:22:20, Jakub Jelonek 1.23.06 and Rafal Sikora 1.23.20 rounded out proceedings.

The women's 20 km was another Polish win, this time to Paulina Buziak with 1:31:43 ahead of Brigita Virbalyte of Lithuania with 1:33:12 and Lucie Pelantová of the Czech Republic with 1.34.13

20km Women

1.	Paulina Buziak	POL	1986	1.31.43
2.	Brigita Virbalyte	LTU	1985	1.33.12
3.	Lucie Pelantová	CZE	1986	1.34.13
4.	Katarzyna Golba	POL	1989	1.34.30
5.	Neringa Aidietyte	LTU	1983	1.35.34
6.	Viktoria Madarasz	HUN	1985	1.36.56
7.	Mária Gáliková	SLV	1980	1.41.29
8.	Agne Klebauskaite	LTU	1994	1.43.22

20km Men (37 finishers)

1.	Dawid Tomala	POL	1989	1.20.30
2.	Matej Tóth	SLV	1983	1.21.50
3.	Artur Brzozowski	POL	1985	1.22.20
4.	Jakub Jelonek	POL	1985	1.23.06
5.	Rafal Sikora	POL	1988	1.23.20
6.	Marius Ziukas	LTU	1985	1.24.16
7.	Rafal Fedaczyński	POL	1980	1.25.00
8.	Anton Kucmin	SLV	1984	1.25.56
9.	Dusan Majdan	SLV	1987	1:27:47
10.	Giacomo Viganò	ITA	1991	1:29:31

The women's 10km event saw Agnieszka Szarnog of Poland win with 45:30 ahead of Slovakian Maria Czakova 46:35. The men's 10km saw Czech junior Ondrej Motl win with 45:31. The U18 5km events saw Slovak wins to Miroslav Uradnik 21:34 and Radoslava Piliarova 25:39.

GREEK RACEWALKING CHAMPIONSHIPS, MEGARA, GREECE, SUNDAY 301 MARCH

The Greek National 20km championships last Sunday were won by Alexandros Papamichail (1:26:25) and Antigoni Drisbioti (1:37:21). Other notable performances included Zacharias Tsamoudakis who won the U18 10km with 43:11 and second placed Efstratios Kelepouris who also bettered the 2013 World Youth standard with his time of 44:46. The junior races were won by Julia Mparakou (53.18) and Ioannis Vaitsis (44.22), and the U18 Girls 5km was won by Athanasia Vaitsi (24:35).

20km Women

1.	Antigóni Drisbióti	1984	1.37.21
2.	Déspina Zapounidou	1985	1.37.52
3.	Spiridoula Stevrou	1988	1.47.41

20km Men

1.	Aléxandros Papamihail	1988	1.26.25
2.	Konstantinos Ntentopoulos	1994	1.31.42
3.	George Alifierakis	1987	1.33.07

4.	Angeliki Makri	1978	1.50.25	4.	Aristidis Karnachoritis	1986	1.36.51
5.	Katerina Theodoropoulou	1993	1.50.51	5.	Konstantinos Stamelos	1989	1.37.11
6.	Evangelia Vaitisi	1994	1.52.33	6.	Ioannis Maris	1976	1.43.49
7.	Marta Michailova	1993	1.53.13	7.	Isaias Tsitoglou	1963	1.50.35
8.	Eftimia Pouliopoulou	1991	1.58.31	8.	Vasilios Chrisikos	1988	1.51.20
9.	Amalia Sara	1976	2.04.41	9.	George Christoulis	1979	1.51.51
10.	Eleni Tsolalidou	1992	2.06.58				
11.	Panagiota Fiteli	1969	2.09.04				
12.	Sofia Savvidou	1993	2.14.07				

BITS AND PIECES

- Wow..not walking but this looks good
<http://www.smh.com.au/lifestyle/diet-and-fitness/pilates-on-crack-get-hard-core-20130325-2gotm.html>
- Peter Korcok, former walker and now new CEO of the Slovak Athletics Federation, has revived their T&F magazine which used to be very popular during the Socialist era and ceased production 12 years ago. The first issue is now out and is a very professional looking piece of work - see http://www.atletikasvk.sk/Content/docs/Casopis/2013/01_2013.pdf
- And finally, a call for help from one of our Australian parents who emailed me last week to say

*My son is involved in race walking overseas. He and others are trying to get this event into schools there. The school's organising committee are resisting as follows: "Their committee argument for not putting it in is that the excessive use of hip movement ankle and knee will effect the development of the children."
Do you know of any studies done that will debunk that theory or is there any studies comparing walk injuries to injuries in other sports?*

I don't have any articles to hand so am putting out a call to our wider reading community. If you know of any studies, can you forward details to me.

VRWC CLUB RECORD UPDATE

Two W70 club records to Gwen Steed and three W75 club records to Margaret Beaumont from this week's Australian Masters T&F Championships in Canberra.

Gwen Steed	W70 1500m Track Walk	9:17.63	AMA T&F Champs, Canberra	29/03/2013
Gwen Steed	W70 5000m Track Walk	32:57.73	AMA T&F Champs, Canberra	30/03/2013
Margaret Beaumont	W75 1500m Track Walk	12:41.85	AMA T&F Champs, Canberra	29/03/2013
Margaret Beaumont	W75 5000m Track Walk	42:55.06	AMA T&F Champs, Canberra	30/03/2013
Margaret Beaumont	W75 10km Road Walk	1:27:34	AMA T&F Champs, Canberra	01/04/2013

VRWC WEBSITE CALENDAR NOW AVAILABLE

Last week Ralph Bennett suggested to me the possibility of displaying our winter season events in a calendar format on our VRWC website. This kicked off a very interesting week for us both trying various alternate calendar software programs to see which would best suit. We eventually decided that the most wish-list boxes were ticked by the freely available google calendar. To make a long story short, I have created a VRWC google calendar and linked it in our website and Ralph has kindly inputted all the winter season racing dates. You can see the final product at <http://www.vrwc.org.au/vrwcCalendar.shtml> . Over to everyone to review. Suggestions always welcome.

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.

2012/2013 Victorian/Australian Summer Season Key Dates

April 11-14, 2013 Australian Open Athletics Championships, Sydney, NSW
April 28, 2013 ALAC Australian U13 Championships, Canberra, ACT

2013 Australian/Victorian Winter Season Key Dates

Apr 27, 2013 VRWC Winter Season kicks off at Middle Park in Melbourne
June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

2013 International Fixture

July 6-17, 2013 **27th Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)
July 10-14, 2013 **8th World Youth T&F Championships, Donetsk, Ukraine**
Aug 10-18, 2013 **14th IAAF World Championships in Athletics, Moscow, Russia**
Aug 3-4, 2013 **English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man**
See www.isleofman100milewalk.co.uk
Oct 6, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2013 IAAF Race Walking Challenge - Remaining events

6 Apr 2013	African Race Walking Championships	Maurice, Mauritius
6 Apr 2013	22 ^o Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, Portugal
13 Apr 2013	Podebrady 2013	Podebrady, Czech Republic
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10th European Cup Race Walking	Dudince, Slovak Republic
1 June 2013	XXVII Gran Premio Cantones de La Coruña	La Coruña, Spain
29 June 2013	Dublin Grand Prix of Race Walking	Dublin, Ireland
10-18 Aug 2013	14th IAAF World Championships in Athletics	Moscow, Russia

2013 European Athletics Permit Meets

April 6, 2013 Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013 Podebrady Meet, Podebrady, Czech Republic
June 29, 2013 Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

3-4 May 2014 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games** City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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