



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 29  
16 April 2013



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### OUR THOUGHTS GO OUT TO THE BOSTON MARATHON FAMILY

I was typing away on this newsletter early this morning when news came through of the multiple bomb blasts at the finish of the Boston Marathon. For many years, we have seen sporting events politicised and manipulated by various governments and organisations but luckily such wanton attacks as this one have been few and far between. Our thoughts are with the victims and their families. Once again, it is the innocent being targeted by people wishing to make their own twisted political statements. We can only hope that the perpetrators of this atrocity are quickly brought to justice.

### TIM'S WALKER OF THE WEEK

Last weekend I witnessed an absolutely fantastic walking performance by Victorian ultra distance walks specialist **Michelle Thompson**. Competing in the Coburg 24 Hour Carnival in Melbourne, she powered through to set a new Australian Residential record for **100 miles (20:22:36)** and a new Australian Open record for **24 Hours (184.724km)**, bettering the records set by Carol Baird of Canberra in 2002.

Walking in lane 3 of the 400m track (runners use lanes 1-2 and walkers use lanes 3-4), she covered an amazing 445 laps in the 24 hours, only slowing in the dying hours as the effort started to take its toll. The hourly lap totals tell the story of a huge effort - 20, 21, 20, 20, 21, 19, 19, 20, 19, 20, 19, 19, 18, 19, 18, 19, 18, 18, 17, 17, 18, 17, 16, 13. You can read more about this event later in the newsletter.

Michelle now holds the Australian track and road bests for 50km and the Australian records for nearly all ultra distances up to 24 hours - 6 Hours, 50 Miles, 12 Hours, 100km, and 24 Hours. I chatted with her last night and she indicated she had recovered well apart from her feet (understandably).

Michelle now intends to walk the winter with VRWC and we look forward to seeing her attack her times over the shorter distances.



**Michelle Thompson in action at Coburg last weekend**

**ACT RACE WALKING CLUB RESULTS, MOLONGLO REACH, CANBERRA, SATURDAY 13 APRIL**

Thanks to Robin Whyte for the roadwalk results from Canberra

**8km Road Walk**

1.	Ann Staunton-Jugovic	46:14
2.	Bryan Thomas	54:57
3.	Mick Saunders	55:50
4.	Rod Gilchrist	58:04
5.	Monika Short	58:36
6.	Jennifer Gilchrist	61:56
7.	Robyn Saunders	63:31

**2km Road Walk**

1.	Spencer Burns	10:00
2.	Gabby Hunt	10:38
3.	Callum Burns	10:38
4.	Mary` Wahren	19:56
5.	Graham Jackson	21:22
6.	Trish Thomas	21:32

**4km Road Walk**

1.	Ashleigh Resch	22:13
2.	Helena Bialecki	25:46
3.	David Mackenzie	30:07
4.	Bob Chapman	32:32
5.	John Gloe	34:09
6.	Cilla Chapman	35:09

**1km Road Walk**

1.	Tom Hunt	6:35
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**NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 6 APRIL**

NSW Race Walking Club kicked off their winter season a week ago with roadwalks at Chipping Norton. With 47 competitors overall, it was a promising start to the winter.

**Long Division - 8km**

1.	Stephen Washburn	39.42
2.	Tyler Jones	40.17
3.	Lauren Bourke	40.20
4.	Tom Doyle	43.39
5.	Carl Gibbins	44.29
6.	Ian Jessuren	44.55
7.	Anthony Albanese	49.05
8.	Joan Purcell	63.02

**U16 Division - 2km**

1.	Eliza Delaine	10.28
2.	Samantha Brown	10.28
3.	Yasmin Mills	10.33
4.	James Plummer	12.08
5.	Chelsea Goodhew	12.09
6.	Sean Teo	12.48

**Medium Division - 6km**

1.	Aiden Kerr	32.01
2.	Nathan Brown	34.43
3.	Stephanie Grujoski	37.00
4.	Amanda Barendregt	37.56
5.	Tony Psarianos	37.58
6.	Brioney Beasley	40.48

**U12 Division - 1km**

1.	Haley Mills	5.03
2.	Bayden Little	5.09
3.	Niamh Sanday	5.17
4.	Renee Hardy	5.35
5.	Brooke Martin	5.56
6.	Lachlan Beecroft	6.02
7.	Logan Barendregt	6.43
8.	Jada Thompson	6.44
9.	Jayden Donnelly	7.55
10.	Anna Jefferies	8.48
11.	Stacie Beecroft	8.32
12.	Alexander Jefferies	8.48
13.	Aiden Hardy	8.49
14.	Emily Challinor	10.37
15.	Christina Jefferies	11.53
16.	Amelia Crocker	13.50

**Short Division - 3km**

1.	Brooke Keys	14.39
2.	Jasmyn McDonald	15.13
3.	Ryan Thomson	16.07
4.	Dylan Richardson	16.19
5.	Tiffany Saker	17.56
6.	Travis Barendregt	19.46
7.	Ally Grujoski	23.12
8.	Jenny Billington	25.30
9.	Jenny Lingley	25.30
10.	Nicolle Challinor	25.35

**5000M INVITATION WALK, AUSTRALIAN T&F CHAMPS, SYDNEY, SATURDAY 13 APRIL**

5000m invitational walks were once again included in the Australian Open T&F Championships in Sydney and were held late on Saturday afternoon. Although some of our top walkers were missing from the start list, the winning times of Jess Rothwell (21:37.81) and Dane Bird-Smith (19:25.21) were excellent. And it was also good to see a number of our up and coming young walkers doing strong PBs - Jess Pickles, Steph Stigwood, Kirsty Klein and Steven Washburn.

**Women 5000 Metre Walk Open**

1.	Rothwell, Jessica	VIC	21:37.81	
2.	Pickles, Jessica	QLD	23:18.91	PB 0:12
3.	Stigwood, Stephanie	TAS	23:24.42	PB 1:20
4.	Klein, Kirsty	NSW	24:05.07	PB 0:12

5.	Bourke, Lauren	NSW	24:10.63
6.	Alexander, Beth	VIC	24:54.64
7.	Cobb, Jessica	NSW	25:53.10
8.	Southern, Shay	NSW	27:12.15
	Porley, Tabitha	NSW	DNF
	Webb, Cheryl	NSW	DNF

**Men 5000 Metre Walk Open**

1.	Bird-Smith, Dane	QLD	19:25.21	
2.	Cowley, Rhydian	VIC	20:32.34	
3.	Jones, Tyler	NSW	22:50.24	
4.	Washburn, Steven	NSW	23:21.28	PB 0:06
5.	Kozica, Jason	VIC	23:32.57	
6.	Hawksworth, Danny	VIC	24:08.04	
7.	Bird, Kyle	VIC	24:52.32	
	Gibbons, Carl	NSW	DNF	
	Aiton, Brad	QLD	DQ	



**Dane Bird-Smith leads Rhydian Cowley in Sydney**

(photo <http://www.facebook.com/media/set/?set=a.10151550183784301.1073741861.264338589300&type=3>)

**SA RACE WALKING CLUB ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 APRIL**

Thanks to Peter Crump for his weekly report from the South Australian Race Walking club in Adelaide.

A bit cooler today and overcast, which made for some better times this week. We were pleased that Jared and Claire Tallent came out to our competition events in their first week as residents in Adelaide, with Jared competing and Claire providing support. It was quite a hit for the juniors (and our seniors) to have two Olympic walkers come out to our competition. Jared had a good training walk, not being familiar with the course, and following Kim Mottrom until the first 1km turn and then proceeded to wind it up with an excellent display of walking. Good times were about, and Troy Hooker was rightly pleased with his first sub-60 for his 10km. There is definitely more to come there.

Good competition over the 3km among the ladies, with Rhiannon Lovegrove prevailing and breaking away after 1km to win in a smart time, which augurs well for the season. Danielle Walsh continues to show significant improvement over last year, with Bethany Cross keeping her honest over the distance. Over the 2km distance, good times for our juniors Anna Cross and Alix Harlington who fought over the distance, while younger brother Joe Cross was not far off his personal best.

We have a number of families who walk with our club, including the Cross, Goode, Hooker and Nicolaides families, and this helps keep our numbers up. Good to see new walkers Jordan McKenna, Tristan Camilleri and Hayley Goode, as well as returning Trevor Mayhew.

### 10km Road Walk

1.	Jared Tallent	Open	42:36
2.	Kim Mottrom	Open	45:32
3.	Peter Crump	Over 35	54:32
4.	Troy Hooker	Over 35	58:54
5.	Bill Starr	Over 35	1:12:59
6.	Jim Hoare	Over 35	1:14:33
7.	Trevor Mayhew	Over 35	DNF (6Km 37:00)
8.	Barbara Cain	Over 35	DNF (6Km 44:29)

### 3km Road Walk

1.	Rhiannon Lovegrove	U12	16:24
2.	Danielle Walsh	U18	16:37
3.	Bethany Cross	U14	16:39
4.	Michael Nicolaides	U18	19:32
5.	Jordan McKenna	U20	20:19
6.	Louisa Mitchell	Open	20:46
7.	Chantelle Nicolaides	U16	21:33

### 2km Road Walk

1.	Anna Cross	U16	9:41
2.	Alix Harlington	U16	10:06
3.	Amber Tuscharski	Open	10:23
4.	Joe Cross	U12	11:04
5.	Jay Goode	U16	11:21
6.	Rhiana Hooker	U14	11:54
7.	Tristan Camilleri	U14	13:05
8.	Samantha Findlay	U16	13:18
9.	Chloe Upton	U12	14:15

### 1km Road Walk

1.	Hayley Goode	U12	6:45
2.	Victoria Upton	U10	8:15

## COBURG 24 HOUR CARNIVAL, MELBOURNE, 13-14 APRIL 2013

I spent the weekend in the Melbourne suburb of Coburg where the Coburg 24 Hour Carnival and AURA Australian 24 Hour Track Championships were being staged. It is always a tough gig to stay up for the entire weekend but it's not as bad for the officials as it is for the competitors who are on the go the entire time as they accumulate laps of the 400m track.

The weather was the best we have had for some years with total cloud cover throughout Saturday daytime and a relatively mild night (by Melbourne standards) on Saturday night. This helped ensure that, of the 44 starters (34 runners and 10 walkers) who toed the start line at 10AM on Saturday morning, most were still on the track 24 hours later when the final gun sounded.

There were a number of highlights

- Queensland runner Keith Sullivan setting a new Australian M60 6 Hour record of 66.536km (some 3km ahead of Vlastik Skvaril's 2001 record of 63.600km). Keith will also apply for this to be accepted as an IAU M60 record.
- Victorian runner Barry Loveday winning the 24 Hour Run event with an impressive 243.377km. It could have been even more considering his 12 Hour split of 138km! Barry is not only a champion runner - he is also an Australian Centurion, having walked 100 miles within 24 hours as well.
- Queensland barefoot runner Rob Knowles breaking his own Guinness Book of Records record for running for 24 Hour barefoot - the old record was around 166km. On this occasion, he ran 180.801km and seemed no worse for wear after such an amazing feat.
- Victorian walker **Michelle Thompson** winning the 24 Hour walk with a new Australian Open record of 184.724km (over 2km further than Carol Baird's 2002 record). Along the way, she also broke the Australian Residential 100 Miles record by just under 9 minutes with her time of 20:22:36.
- The first 4 male runners all running in excess of 200km
- An amazing 20 competitors (19 runners and 1 walker) achieving in excess of 100 miles. We think this makes this the biggest depth 24 Hour track race ever seen in Australia and it befits its status as the Australian Championship.

Of course, it is the walkers with whom we are concerned in this newsletter. It was only a small walks field as the majority of places were allocated to runners, it being the Australian 24 Hour Track Running Championship. But we did have 10 starters in the walk division, headed by the amazing **Michelle Thompson**. Michelle walked so well that only the top 6 male runners and the top 3 female runners actually ran further than she walked in the 24 Hours. Her final distance of **184.724 km** was an **Australian Women's Open 24 Hour Walk record** and her 100 mile split of **20:22:36** was an **Australian Women's Residential 100 Mile Walk record**, but her final distance could have been even further if she had not finally succumbed to fatigue in the last couple of hours (the first 12 Hours



saw her cover 98.118km).

Victorian Steve Jordan won the men's walk with 148.504 km - he had been well up at the half way mark (84.8km) but slowed in the second half as fatigue and a stomach upset took its toll. Steve was one of a number of walkers including Saul Richardson, Dawn Parris and Karyn O'Neill who were all on track for 100 mile finishes in the event based on their 12 Hour splits but this is indeed a tough event that tests the limits of human endurance.

**24 Hour Walk Men**

1.	JORDAN, Steve	VIC	148.504 km	
2.	RICHARDSON, Saul	NSW	139.028 km	PB 11.2km
3.	TIMMS, John	VIC	136.540 km	
4.	McKAY, Doug	VIC	129.585 km	
5.	O'NEILL, Terry	VIC	74.646 km	
6.	CARTER, Ken	VIC	58.480 km	

**24 Hour Walk Women**

1.	THOMPSON, Michelle	VIC	184.724 km	PB 11.8km
2.	PARRIS, Dawn	VIC	142.521 km	PB 1.4km
3.	O'NEILL, Karyn	VIC	141.711 km	
4.	KELLY, Diana	WA	124.795 km	



**Michelle Thompson, Dawn Parris and Karyn O'Neill**



**Steve Jordan, Saul Richardson and John Timms**

Full race results can be sourced from <http://www.coburgharriers.org.au/joomla1/content/view/55/39/>.

## CONGRATULATIONS TO CHRIS AND RACHEL

Congratulations to Rachel Semmens and her husband Australian Olympic walker Chris Erickson on the birth of their second child, Annika Joy Semmens Erickson, born last Saturday and weighing in at healthy 3.5kg. A long line of Erickson males finally broken! Older brother Ollie was so excited he wanted to share his toys with his new sister.



## 81<sup>ST</sup> PODEBRADY WALKING MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 13 MARCH 2013

The European Athletics circuit continued last Saturday in the Czech Republic with one of the oldest events on the racing calendar - the Poděbrady Walking Meet. It was not only another chance for walkers to qualify for the World Champs, it was also a match between the Czech Republic, Hungary, Italy, Lithuania, Slovakia and Ukraine. Michal Procházka reported on the proceedings as follows for the IAAF (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/latin-american-party-in-podebrady>)

Rain, sun, rain, sun, neither cold nor hot – it was typical April weather in the central Bohemian spa town of Poděbrady, but walkers took advantage of it last Saturday at the IAAF Race Walking Challenge meeting.

Thanks to a one-kilometre circuit with a renewed smooth surface, spectators were treated to top-class results, especially in the men's competition. Colombia's Eider Árevalo and Norway's Erik Tysse broke 1:20 for the first time in the race's 81-year history.

Slovakia's Matej Toth, the defending champion and a four-time winner in Poděbrady, had tough competition this time. The 2010 World Cup 50km champion was in the lead group of five that stuck together until the final 5km of the race. Eider Árevalo – who at just 20 years old was one of the youngest in the field – broke off in the last 3km and finished wearing national flag to celebrate his victory and Colombian record of 1:19:45.

"I'm very happy, especially with the time," said the World Junior champion, who competed at the London Olympics last year where he was the top junior finisher in the 20km race walk, placing 20th. "I moved into the lead with five kilometres to go and was trying to make a break. With 3km to go, I believed I would win," added Árevalo, who will compete at the Pan-American Cup in Guatemala City on May 25-26 where he will face Olympic silver medallist Erick Barrondo. "I want to win there," he said.

And what about the IAAF World Championships in Moscow? "I would like to be on top," he said. Is it too ambitious? At the London Olympics, the Colombian was six places and one minute behind Eric Tysse. On Saturday in Poděbrady, Árevalo beat the Norwegian by six seconds. "It was a good fight," said the experienced Tysse, whose time of 1:19:51 in second place was just 40 seconds shy of his personal best.

Despite setting a PB of 1:20:14, Toth could do no better than third place, but he was far from disappointed. "There were world-class competitors this time. I'm really satisfied, I set a personal best even though I wasn't in any particular shape," said Toth, who will prepare in Italy over the next three weeks ahead of the European Race Walking Cup in Dudince on May 19. "That will be my first top race of the season. We want to show up at home," added the 50km specialist.

In the women's race, Lucie Pelantová came even closer to winning this year after finishing fourth last year. She raced side-by-side with Monica Equihua for 16km, but in the end her Mexican rival proved to be the strongest. Thirty-year-old Equihua came to Poděbrady fresh from setting a PB of 1:31:09 in Rio Maior, and here she followed it with the second-best result of her career – 1:31:55.

“The time is very good and I’m very happy with today’s race. I didn’t expect it because I competed last week. The weather was fine for me, and the race was good preparation for the Pan-American Cup and the World Championships.”

Pelantová finished 13 seconds behind Equihua in 1:32:08, breaking her PB by 45 seconds. “I’m very satisfied with the race. Although I set a PB last year, it was only by four seconds – that’s like nothing in the 20km,” she said. Was she thinking about the win over Equihua? “To be honest, I had some stomach ache, so I was happy I didn’t have to stop and use the toilet,” added Pelantová, whose next race will be the European Cup.

Italy’s Antonella Palmisano was third for the second year running, but was two minutes quicker than last year (1:32:36). Junior home talent Anežka Drahotová, who made an excellent 20km debut in Lugano last month with 1:30:54, was a little tired after the Prague Half Marathon last Saturday (she is also an accomplished runner), but she still managed to finish fourth, within two minutes behind leaders (1:33:43).

The junior 10km races were dominated by Italians. Vito Minei defended his win from last year (41:25), while Anne Clementeová – who lost to Drahotová in 2012 – had her moment of glory in the women’s race (47:52).

Race reports included the following

<http://www.facebook.com/l/TAQGb3RjY/omarchador.blogspot.pt/2013/04/equihua-e-arevalo-vencem-em-podebrady.html>

[http://www.marciailiana.com/dett\\_news.asp?id=1357](http://www.marciailiana.com/dett_news.asp?id=1357)

<http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/latin-american-party-in-podebrady>

<http://www.atletika.cz/aktuality/pelantova-popate-premiera-pro-schroma>

and there are some comprehensive photo galleries

<http://www.atletika.cz/fotogalerie-a-vidae/fotogalerie/chuze-podebrady-20131>

<http://www.racewalk-pictures.com/galerien/13-04-2013-aaa-permit-walk-podebrady-cz/>

The Men's teams event saw the Czech Republic win ahead of Italy and Slovakia while Italy finished ahead of the Slovak Republic and Sweden in the Women's teams event.

Full results can be sourced from <http://online.atletika.cz/vysledky.aspx?idk=16817>. Here are the Open and U20 sets.

#### 20 km walk Open Men

1.	Eider Arévalo	COL	09/03/93	1:19:45	
2.	Erik Tysse	NOR	04/12/80	1:19:51	
3.	Matej Tóth	SVK	10/02/83	1:20:14	
4.	Giorgio Rubino	ITA	15/04/86	1:21:07	
5.	Andreas Gustafsson	SWE	10/08/81	1:21:51	
6.	Federico Tontodonati	ITA	30/10/89	1:22:33	
7.	Máté Helebrandt	HUN	12/01/89	1:22:39	
8.	Jarkko Kinnunen	FIN	19/01/84	1:22:53	
9.	Hagen Pohle	GER	05/03/92	1:22:58	
10.	Antón Kučmín	SVK	07/06/84	1:23:44	
11.	Carl Dohmann	GER	18/05/90	1:23:50	
12.	Ato Ibáñez	SWE	14/11/85	1:24:35	
13.	Tom Bosworth	GBR	17/01/90	1:24:44	
14.	Alex Flórez	SUI	11/05/71	1:25:20	
15.	Marcel Lehmborg	GER	01/01/92	1:25:22	
16.	Riccardo Macchia	ITA	27/03/90	1:25:27	
17.	Nils Brembach	GER	23/02/93	1:25:40	
18.	Dušan Majdán	SVK	08/09/87	1:25:56	
19.	Nils Gloger	GER	01/01/90	1:25:57	
20.	Andrea Adragna	ITA	14/06/89	1:26:28	
21.	Aurelien Quinion	FRA	27/01/93	1:27:28	
22.	Aku Partanen	FIN	28/10/91	1:27:46	
23.	Vladyslav Lobchenko	UKR	20/10/93	1:28:18	
24.	Pavel Schrom	CZE	20/03/91	1:28:32	NC 1
25.	Genadij Kozlovskij	LTU	07/01/91	1:28:52	
26.	Tomas Gaidamavičius	LTU	07/11/87	1:29:06	
27.	Tadas Šuškevičius	LTU	22/05/85	1:29:09	
28.	Michael Doyle	IRL	17/05/87	1:29:46	
29.	Kostyantyn Puzanov	UKR	19/05/91	1:30:11	
30.	Anders Hansson	SWE	10/03/92	1:30:15	
31.	Karel Ketner	CZE	11/04/90	1:30:47	NC 2
32.	Ričardas Rekst	LTU	10/10/87	1:30:52	
33.	Edgars Gjačš	LAT	27/08/93	1:31:20	
34.	Lukáš Gdula	CZE	06/12/91	1:31:26	NC 3
35.	Dávid Töködi	HUN	03/05/91	1:32:30	
36.	James Treanor	IRL	12/04/93	1:33:18	
37.	Artur Mastianica	LTU	30/07/92	1:33:37	

38.	Peter Tichý	SVK	25/06/93	1:35:07
39.	Kyrylo Andrushchenko	UKR	30/01/93	1:38:20
40.	Roman Říha	CZE	10/06/90	1:42:58
41.	Vít Hrdlička	CZE	09/09/87	1:43:35
42.	Zdeno Medera	SVK	01/01/75	1:46:11
43.	Jiří Malysa	CZE	15/05/91	1:48:36
44.	Lukáš Pazdera	CZE	29/04/86	1:48:59
45.	Josef Smola	CZE	17/07/64	1:53:28
46.	Jaroslav Černý	CZE	86	1:55:44
	Jakub Zajíc	CZE	08/02/89	DQ
	Max Breuer	GER	05/11/92	DQ
	Antonín Kozelka	CZE	27/11/85	DQ
	Jiří Malysa	CZE	14/08/66	DQ
	Miloš Bátovský	SVK	26/05/79	DNF
	Filip Hejkrlik	CZE	18/09/79	DNF
	Perseus Karlström	SWE	02/05/90	DNF
	Matias Korpela	FIN	16/11/89	DNF
	Miklós Srp	HUN	06/03/93	DQ
	Jakub Zajíc	CZE	08/02/89	DQ
	Antonín Kozelka	CZE	27/11/85	DQ
	Jiří Malysa	CZE	14/08/66	DQ
	Filip Hejkrlik	CZE	18/09/79	DNF

### 20 km walk Open Women

1.	Monica Equihua	MEX	23/09/82	1:31:55	
2.	Lucie Pelantová	CZE	07/05/86	1:32:08	NC 1
3.	Antonella Palmisano	ITA	06/08/91	1:32:36	
4.	Anežka Drahotová	CZE	22/07/95	1:33:43	NC 2
5.	Laura Reynolds	IRL	20/01/89	1:34:07	
6.	Federica Ferraro	ITA	18/08/88	1:34:48	
7.	Mária Czaková	SVK	02/10/88	1:36:30	
8.	Valentina Trapletti	ITA	12/07/85	1:36:52	
9.	Mária Gáliková	SVK	21/08/80	1:36:58	
10.	Inga Mastianica	LTU	13/06/89	1:40:08	
11.	Vasylyna Vitovshchuk	UKR	30/04/90	1:40:33	
12.	Hanna Kovalenko	UKR	27/12/92	1:40:35	
13.	Cecilia Stetskiv	ITA	22/11/91	1:41:05	
14.	Laura Polli	SUI	07/09/83	1:42:10	
15.	Federica Curiazzi	ITA	14/08/92	1:42:19	
16.	Marie Polli	SUI	28/10/80	1:42:52	
17.	Hana Herberová	CZE	03/01/81	1:43:51	NC 3
18.	Barbara Kovács	HUN	26/07/93	1:44:56	
19.	Agnė Klebauskaitė	LTU	13/04/92	1:46:54	
20.	Miroslava Stašová	SVK	14/02/86	1:47:40	
21.	Mikaela Löfbacka	FIN	10/01/90	1:47:41	
22.	Anett Torma	HUN	02/04/84	1:51:32	
23.	Katarina Strmeňová	SVK	25/01/93	1:51:38	
24.	Olga Půčková	CZE	07/09/94	1:53:39	
25.	Lenka Borovičková	CZE	73	1:57:23	
26.	Martina Netolická	CZE	25/05/82	2:04:59	
27.	Barbora Merkovská	SVK	27/07/94	2:05:07	
28.	Hana Svitáková	CZE	25/12/90	2:10:32	
	Soňa Tydorová	SVK	17/06/92	DNF	
	Halyna Yakovchuk	UKR	21/02/92	DQ	
	Jaroslava Pokorová	CZE	72	DQ	
	Petra Récei	HUN	28/09/90	DNF	
	Jaroslava Pokorová	CZE	72	DQ	

### 10 km walk Junior Men

1.	Vito Minei	ITA	16/06/94	41:25
2.	Marius Šavelskis	LTU	30/07/94	41:52
3.	Francesco Fortunato	ITA	13/12/94	42:51
4.	Miroslav Úradník	SVK	24/03/96	43:11
5.	Jonathan Hilbert	GER	95	43:58
6.	Alessandro Cusmai	ITA	94	44:06
7.	Bence Venyercsán	HUN	08/01/96	44:07
8.	Normantas Petriša	LTU	06/05/94	44:20
9.	Andrej Dolinský	SVK	31/12/94	44:27
10.	Ondřej Motl	CZE	25/07/94	44:29
11.	Elmo Koivunen	FIN	03/08/94	44:45
12.	Tamás Bagdány	HUN	16/07/95	45:17



13.	Karl Junghanss	GER	06/09/96	45:35
14.	Evan Lynch	IRL	16/07/95	45:43
15.	Tomas Pagirys	LTU	22/08/96	46:21
16.	Vít Polasek	CZE	31/10/94	46:58
17.	Cameron Corbishley	GBR	97	47:02
18.	Luigi Chiappero	ITA	95	47:05
19.	Filip Veselouš	CZE	18/05/95	47:46
20.	Manuel Giordano	ITA	14/11/94	47:49
21.	Tomas Gdula	CZE	09/01/97	48:04
22.	Paul Kley	GER	96	48:21
23.	Milan Linkeš	SVK	02/11/95	49:08
24.	Donát Burger	HUN	97	49:10
25.	Marco Giordano	ITA	95	50:35
26.	Lukas Joukal	CZE	97	53:15
	Markus Kyrölä	FIN	95	DQ
	Jakub Zecha	CZE	27/05/96	DNF
	Jiří Skalka	CZE	10/09/95	DNF
	Jamie Higgins	GBR	07/01/94	DNF

#### 10 km walk Junior Women

1.	Anna Clemente	ITA	06/01/94	47:52
2.	Gintarė Vaiciukevičiūtė	LTU	24/09/94	48:00
3.	Mariavittoria Becchetti	ITA	12/12/94	48:39
4.	Živilė Vaiciukevičiūtė	LTU	96	49:02
5.	Nicole Colombi	ITA	29/12/95	49:18
6.	Mercédes Márton	HUN	28/11/95	49:19
7.	Eliška Drahotová	CZE	22/07/95	49:40
8.	Rita Récsi	HUN	30/01/96	50:16
9.	Monika Hornakova	SVK	06/07/95	50:21
10.	Monika Vaiciukevičiūtė	LTU	96	51:31
11.	Adela Frydrychová	CZE	20/03/95	52:05
12.	Ellie Dooley	GBR	06/10/95	54:44
13.	Lucia Čubaňová	SVK	09/08/95	55:25
14.	Sini Jussila	FIN	95	56:17
15.	Terézia Tomajková	SVK	07/12/95	56:48
16.	Anna Selníková	CZE	06/09/94	57:39
	Mariann Lengyel	HUN	01/01/94	DNF



Monica Equihua and Eider Averalo win at Podebrady (photos [www.iaaf.org](http://www.iaaf.org))

#### FRENCH ROADWALK CHAMPIONSHIPS, ST RENAN, FRANCE, SATURDAY 13 APRIL

While most other European walkers were on Podebrady, the French were hosting their own National walking championships in St Renan in western France. The main drawcard was Yohann Diniz who won the 35km in 2:32:47 while the 20km races were won by Hedi Teraoui of Tunisia (1:26:47) and Emilie Tossot of France (1:37:23). And a special mention to 62 year old Maryvonne Joffin (born 4.12.50) who walked 1:56:24 in the women's 20km.

Full results can be sourced at <http://france20km-criteriumsjeunes.jeblog.fr/resultats-2013-en-live-p516473>. The main results follow

### 35km Men

1.	DINIZ Yohann	2:32:47
2.	LE COZ Xavier	2:53:36

### 20km Men

1.	TERAOUI Hedi (Tun)	1:26:47
2.	CAMPION Kevin	1:28:06
3.	THOMAS Mickael	1:31:35
4.	DENIMAL Romain	1:31:55
5.	FAITEAU Maxime	1:32:21
6.	SELSELDEB Djamel	1:32:40
7.	DELAUNAY Sebastien	1:33:01
8.	PREVEL Jean-michel	1:35:22
9.	HURAUULT Simon	1:35:53
10.	MALOSSE Dimitri	1:35:55
11.	BOULAY Emmanuel	1:36:39
12.	HADULA Ludovic	1:37:30
13.	SECHE Nicolas	1:37:40
14.	RICHARD Dorian	1:38:34
15.	GROUSELLE Pierre	1:38:46
16.	DUJOUR Guillaume	1:38:49
17.	POTIER Nicolas	1:39:48
18.	COSSET Raphael	1:40:13
19.	GALIN PONS Adria (Esp)	1:41:09
20.	BOUTRAIS Andy	1:41:49
21.	DAHM Florent	1:42:07

### 10km Junior Men

1.	BLANCHETEAU Jean	00:45:32
2.	SOUABER Yanis	00:45:42
3.	CASSAGNES Adrien	00:46:33
4.	MARTIN Come	00:46:37
5.	FESSELIER Fabian	00:46:55
6.	GERBAUD-BLIN Pierre	00:46:59
7.	DESJARDINS Florian	00:48:34
8.	LAMIAUX Amaury	00:49:43
9.	MACABREY Quentin	00:49:46
10.	MUTTER Axel	00:49:53

### 20km Women

1.	TISSOT Emilie	1:37:23
2.	PASTORINO Ines	1:37:32
3.	MENUET Emilie	1:38:33
4.	MARCOU Amandine	1:38:52
5.	AVEROUS Violaine	1:39:53
6.	QUENNEHEN Marine	1:42:41
7.	AUFFRET Lucie	1:42:48
8.	GUILLARD Caroline	1:43:34
9.	CHAPILLON Roseline	1:46:56
10.	ORTIZ Mylene	1:47:40
11.	JOUAN Christele	1:48:42
12.	MAZUIR Nadine	1:50:02
13.	EICHHOLTZER Sandrine	1:50:10
14.	BOURHIS Amelie	1:52:00
15.	BARRE Christelle	1:52:15
16.	THIEFFENAT Delphine	1:52:38
17.	N'GUYEN VAN TU Charlotte	1:53:10
18.	BILLARD Coralie	1:53:50
19.	BARRITAUULT Lucie	1:54:29
20.	LANOUE Severine	1:54:58

### 10km Junior Women

1.	DELEUZE Cecile	52:27
2.	BARRE Manon	53:19
3.	BOUCHET-LIOU Chloe	53:37
4.	TREBAUL Enora	54:07
5.	BEGEL Myriam	54:10
6.	NAZE Cecile	55:18
7.	PORCHER BRIANTAIS Eva	55:29
8.	ATTIA Amelia	55:30
9.	LANGLAIS Emmanuelle	56:02
10.	PEREZ Laura	56:26

## BRAZILIAN RACE WALKING CHAMPIONSHIPS, BARUERI, SÃO PAULO, 13-14 APRIL 2013

The Brazilian racewalking championships were held last weekend over a 1km circuit in the city of Barueri, São Paulo. Saturday saw the 20 km Men while Sunday saw the 50km Men and the 20km Women. Thanks to the oMarchador blog website for these results.

The men's 20km was won by an injured Caio Bonfim in the relatively slow time of 1:25:41 while second place went to José Mário dos Santos Jr. with 1:33:29 (only 2 weeks after walking the 50km event in Dudince). The men's 50km went to Cláudio Santos with 4:14:18 (only 2 finishers from a starting lineup of 7!) while Cisiane Dutra Lopes won the women's 20km with 1.45.29. The 30 year old Lopes only restarted training five months ago after a maternity layoff.

### Day 1 - Saturday 13 April

#### 20km Open Men

1.	Caio Oliveira de Sena Bonfim	1991	1.25.42
2.	Mario Jose dos Santos Junior	1979	1.33.29
3.	Daniel Alexandre Voigt	1984	1.33.55
4.	Rudney Dias Nogueira	1990	1.34.25
5.	Tiago do Nascimento Fonseca	1989	1.42.00
6.	Thiago da Silva Oliveira	1988	2.05.34

#### 5km U18 Women

1.	Mayara Camila Nogueira Dias	1996	28.20
2.	Silmara dos Santos de Souza	1997	28.42
3.	Thais Luciana Cruz	1996	29.03
4.	Debora Natalia dos Santos	1997	31.25
5.	Raquel Canuto	1996	32.07
6.	Leticia Cibulskis	1996	34.42
7.	Beatriz Nunes Zorzetti	1997	34.55

### Day 2 - Sunday 14 April

#### 50km Open Men

1.	Claudio Richardson dos Santos	1977	4.14.18
2.	Samir Cesar Sabadin	1981	5.13.10

#### 20km Open Women

1.	Cisiane Dutra Lopes	1983	1.45.29
2.	Elianay Santana da Silva Pereira	1984	1.47.34
3.	Cleia da Cruz Silva	1992	1.49.08
4.	Nair da Rosa	1980	2.02.12
5.	Francisca Rosa de Sousa	1980	2.05.28
6.	Edjane Maria da Silva	1975	2.08.19
7.	Raquel Moreira Lima	1964	2.12.37

#### 10km U20 Men

1.	Bruno Marques Fidelis	1994	44.41
2.	Max Batista dos Santos	1994	45.31

8.	Jeniffer Rodrigues de Santana	1997	35.07	3.	Lucas Gomes de Souza Mazzo	1994	46.13
9.	Tamires Alves de Souza	1997	35.09	4.	Hiago Pereira Garcia	1995	47.33

#### 10km U18 Men

1.	Sergio Crivelari	1997	56.15	7.	Jose Gustavo de Souza Santos	1996	54.00
2.	Frank de Castilho de Souza	1997	56.27	8.	Geovane Nunes Pinto	1995	54.36
3.	Caue David Joaquim de Oliveira	1997	1:01.42	9.	Yago Alves de Souza	1994	1.06.19
4.	Rony Batista Pala Filho	1996	1:02.15				

#### 3km U16 Women

1.	Thaisa Neves Macedo Ferreira	2000	18.33
2.	Larissa Santos de Oliveira	1998	18.58
3.	Stefanie Bianca de Souza	1999	19.30
4.	Angelina Pereira de Jesus	1998	19.52
5.	Isabela Cristini dos Santos	1999	21.01

#### 10km U20 Women

1.	Rayane Caroline Lins de Oliveira	1996	53.59
2.	Linara Zancanela da Cunha	1997	56.33
3.	Gisele Teixeira da Silva	1994	1.00.32
4.	Hellen Cristina da Silva Santos	1994	1.02.02
5.	Juliana Gomes dos Santos	1995	1.06.04
6.	Andreza Ferreira de Freitas	1995	1.06.34
7.	Mariana da Costa Silva	1995	1.06.35
8.	Jaqueline Cristina Nonato	1995	1.07.18

#### 5km U16 Men

1.	Luis Gabriel da Silva	1999	29.27
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### PAT FUREY RACES, LVAC, ENFIELD, ENGLAND, SATURDAY 13 APRIL

Thanks to Ron Wallwork for the results from Race 3 of the 2013 Enfield Race Walk League - the Pat Furey Races. Good to see so many of my old mates still walking well. As usual M75 Arthur Thomson amazed with his 8km time of 48:38 while Peter Ryan was once again the first centurion to finish with 44:57. Overall, Lithuanian international Neringe Aidietyte was the first to finish in 38:06, beating all the men!

#### Five Miles

1.	Neringe Aidietyte (W)	Ilford AC	SW	38.06
2.	Fabian Deuter	Hillingdon AC	SM	38.38
3.	Callum Wilkinson	Enfield & H AC	U17	41.30
4.	Grazina Narvilene (W)	Belgrave H	W35	42.32
5.	Steve Uttley	Ilford AC	M50	43.25
6.	David Crane	Surrey WC	M35	43.36
7.	Luc Legon	Bexley	U17	43.38
8.	John Hall	Belgrave H	M60	44.37
9.	Peter Ryan ©	Ilford AC	M55	44.57
10.	Steve Allen	Barnet & Dist AC	M55	45.46
11.	John Ralph	Enfield & H AC	M55	47.51
12.	Arthur Thomson	Enfield & H AC	M75	48.38
13.	Maureen Noel (W)	Belgrave H	W35	49.08
14.	Ken Bobbett	Hillingdon AC	M65	49.23
15.	Andy Cox	Hillingdon AC	M60	49.28
16.	Shaun Lightman	Surrey WC	M65	49.54
17.	Noel Blatchford (W)	Abingdon Amblers	W65	49.57
18.	Sue Beardsmore © (W)	Abingdon Amblers	W40	49.57
19.	Paul King ©	Belgrave H	M60	50.24
20.	Steve Allen ©	Ilford AC	M50	50.51
21.	Malcolm Martin	Paddcks Wood	M55	50.58
22.	Anne Jones (W)	Steyning AC	W45	52.01
23.	Gary Smith ©	Enfield & H AC	M55	52.25
24.	Sue Barnettts (W)	Enfield & H AC	W60	52.57
25.	Angela Martins (W)	Paddcks Wood	W45	53.11
26.	Dan Maskell	Vets AC	M65	54.17
27.	Russell Vroobel	Hillingdon AC	M50	54.48
28.	Peter Crane	Surrey WC	M65	54.51
29.	Danielle Videss (W)	Enfield & H AC	W50	54.51
30.	Sean Pender ©	Enfield & H AC	W55	55.03
31.	Jon May	Enfield & H AC	M60	55.39
32.	Fiona Bishops (W)	Woking	W50	55.49
33.	Linda Spinkss (W)	Enfield & H AC	W45	55.54
34.	Alan O'Rawe ©	Ilford AC	M70	56.10
35.	Jo Miless (W)	Hillingdon AC	W55	56.54
36.	Phil Goodwin	Ilford AC	M60	56.59
37.	Geraldine Legons (W)	Bexley AC	W50	56.59
38.	David Hoben	Surrey WC	M55	57.03
39.	Mick Barnbrook ©	Ilford AC	M70	57.59
40.	Sue Clements ©s (W)	Enfield & H AC	W	58.38
41.	Norma Grimseys (W)	Enfield & H AC	W55	58.45

42.	Ron Powell	Enfield & H AC	M75	59.48
43.	Stuart Halsall	Enfield & H AC	M80	63.29
44.	Sandra Campbells (W)			63.33
45.	Dave Ainsworth ©	Ilford AC	M60	65.35
46.	Peter Howard	Enfield & H AC	M70	66.45
47.	Bernie Hercock	Enfield & H AC	M75	68.07
48.	Fransisco Reis	Ilford AC	M50	DNF

#### 1km

1.	George Wilkinson	Moulton	U13	7.32
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#### Newcomers Three Miles

1.	Michael Lillis	Newington AC	SM	45.16
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#### Teams

Men	1.	Ilford AC	209	Aidietyte, Uttley, Ryan, Allen
	2.	Belgrave H	200	Narviliene, Hall, Noel, King
	3.	Enfield HAC	195	Wilkinson, Ralph, Thomson, Smith
	4.	Hillingdon AC	186	Deuter, Bobbett, Cox, Vroobel
	5.	Surrey WC	156	Crane D, Lightman, Crane P, Hoben
	6.	Enfield HAC	130	Barnett, Vides, Pender, May
	7.	Ilford AC	90	O'Rawe, Goodwin, Barnbrook, Ainsworth

Women	1.	Enfield HAC	118	Barnett, Vides, Spinks, Clements
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### SOUTH AFRICAN OPEN T&F CHAMPIONSHIPS, STELLENBOSCH, 12-13 APRIL 2013

I picked up this report on the South African walk championships from Michelle Hopkins via facebook.

The South African Championships once again proved to be an exciting and interesting race. Our first two men walked very close to 1.26 and our two top ladies walked sub 1.45. Lebogang Mrsowhat Shange was crowned SA Champion for the second year in a row whereas Wayne Snyman, silver medallist, qualified for the World Student Games held later this year. In third place, Olympian 50km race walker, Marc Mundell proved that he was getting back into form after his knee operation last year. The ladies race was won by the young South African talent, Anel Oosthuizen who clinched her second South African medal this year, winning both the South African Junior Championships and the South African Senior Championships. In second place, Susan Swanepoel (South African 20km record holder) got the silver and Lesley Van Buuren (Masters athlete) clinched the bronze, beating the senior field in fine form. Lesley also managed to break the South African Masters record with over 3 minutes! South African Student Championships will be held in Durban, South African on 26 April and the South African Open Championships will be held on 4 May.

#### 20km Walk Open Women, Friday 12 April, 6:30AM

1.	Anel Oosthuizen	RSA	95	1:44:40
2.	Susan Swanepoel	RSA	10/02/73	1:44:42
3.	Jessica van Wyk	RSA	22/04/92	1:47:06
4.	Lesley Van Buuren	RSA	62	1:47:57
5.	Michelle Hopkins	RSA	09/11/88	1:50:01

#### 20km Walk Open Men, Friday 12 April, 6:40AM

1.	Lebogang Shange	RSA	90	1:26:06
2.	Wayne Snyman	RSA	08/03/85	1:26:19
3.	Marc Mundell	RSA	07/07/83	1:31:24

### SERBIAN RACE WALKING CHAMPIONSHIPS, BOR, SERBIA, SATURDAY 6 APRIL

The Serbian men's 10km championship a week ago saw Vladimir Savanovic win with 41:42 ahead of Predrag Filipovic with 41:51 while the women's 5km saw U18 walker Milica Kostić win with 25:30.

#### 10km Open Men

1.	Vladimir Savanovic	1985	41.42
2.	Predrag Filipovic	1978	41.51
3.	Danijel Nikolić	1983	47.56
4.	Nikola Lilić	1996	48.01 – 1 <sup>st</sup> u18
5.	Milan Zeković	1995	48.09 – 1 <sup>st</sup> u20
6.	Miljan Petković	1994	59.42 – 2 <sup>nd</sup> u20
7.	Nenad Pešić	1994	1.03.04 – 3 <sup>rd</sup> u20
8.	Bojan Ćirić	1986	1.03.19
9.	Nenad Mišić	1996	1.13.57
10.	Nikola Mišić	1996	1.14.49

### 5km Open Women

1.	Milica Kostić	1996	25.30 – 1 <sup>st</sup> u18
2.	Danica Gogov	1996	27.32 – 2 <sup>nd</sup> u18
3.	Milica Stojanović	1993	28.10
4.	Biljana Popović	1989	29.01
5.	Jelena Ivković	1990	33.09

### 10km U20 Women

1.	Jelena Kostić	1994	57.25
2.	Jovana Drašković	1996	57.35
3.	Marija Krstić	1995	1.04.44
4.	Anica Savić	1994	1.07.49

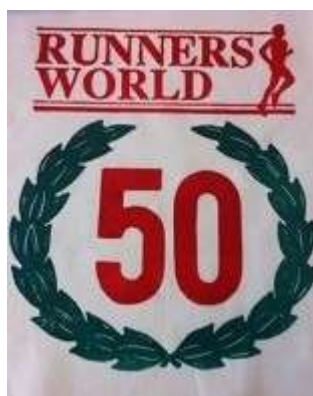
### 3km U16 Men

1.	Nikola Jovanović	1998	14.34
2.	Predrag Pešić	1998	15.16
3.	Stefan Jovanović	1998	16.53
4.	Aleksandar Milojević	1999	17.05
5.	Dimitrije Dejković	1998	17.26

### 2km U16 Women

1.	Aleksandra Manić	1998	10.56
2.	Maja Stojanovic	1999	12.01
3.	Vlastimirka Puškić	1999	12.20
4.	Milena Simic	1998	12.28

## ATHLETICS VICTORIA UNVEILS ITS TOP 50



Athletics Victoria has now completed the unveiling of its top 50 competition wreaths for the 2013/2014 year and, as expected, Jared Tallent took out the highly sought after Number 1 wreath. He joins Regan Lamble (4), Nathan Deakes (7) and Chris Erickson (9) in the top 10 - see <http://www.athsvic.org.au/news/detail/Unveiling-of-the-top-50-athletes-bib-numbers-for-season-2013-14> for the full listing. The 6 walkers in the top 50 numbered wreaths are

#### 1 - Jared Tallent (Ballarat YCW Harriers)

Boasting three Olympic medals, as well as medals at both the Commonwealth Games and World Championships, Tallent is one of Australia's most decorated current athletes. Hailing from the Ballarat YCW Harriers club, Tallent is looking for another solid year, already booking his place for the 2013 IAAF World Championships after a fantastic performance at the Australia and Oceania Race Walking Championships in Hobart last month.

#### 4 - Regan Lamble (Athletics Nunawading)

At just 20 years of age and competing in her first Olympic Games, Lamble showed experience beyond her years in recording a personal best time and finishing in 17th place in the women's 20km walk. Lamble booked her London spot when she came second to Rachel Tallent in the 2012 Australia and Oceania 20km Race-walking Championships. At such a young age and already boasting Olympic and World Championship experience, Lamble will be hoping for some big results in the next few years.

#### 7 - Nathan Deakes (Bellarine)

Deakes recent retirement from international competition brought a very decorated career to an end. His career highlights include: winner of a world championship gold medal (2007 – 50km walk), an Olympic bronze medal (2004 – 20km walk), four Commonwealth Games gold medals and 10 national titles. He also set a world record for the 50km walk back in 2006 in his hometown of Geelong. After several frustrating years with injury setbacks, Deakes had his final competition at the London Games, finishing a respectable 22<sup>nd</sup> in the 50km event.

#### 9 - Chris Erickson (Athletics Essendon)

2012 saw Erickson selected for his second Olympic team for the 20km walk. He came a respectable 38<sup>th</sup> in the event, coming in



behind Jared Tallent as the second Australian to cross the line. A Commonwealth Games bronze medallist over the 50km walk (Melbourne 2006), Erickson was 4<sup>th</sup> at the recent Australia and Oceania 20km Race-walking Championships as he continues his push for selection for this years IAAF World Championships.

### 36 - Rhydian Cowley (Glenhuntly)

### 35 - Rachel Tallent (Ballarat YCW Harriers)

I have been trying to find a definitive list of former number one wreath holders but haven't been successful as yet. But I can confirm that walkers have done well, taking wreath number one in 4 of the last 8 years:

2012/13	Jared Tallent
2009/10	Jared Tallent
2007/08	Nathan Deakes
2005/06	Chris Erickson

Nathan was awarded the number one wreath for the 2007/2008 season after his 50km world record but not in the 2008/2009 season even though he won the 50km event in the IAAF World Champs in Osaka. At that stage, the previous protocol existed where you had to win a State championship to wear a laurel wreath and unfortunately he didn't race a state championship in the 07/08 season and therefore was only given a four digit number - not exactly due recognition for a world championship win! The criteria have now been changed to give emphasis to Victorians who compete with distinction on the international stage.

## WALKING SHORTS

I've done quite a few workouts from Maxworkouts (not an add - just an intro) and a few days ago I got an email from them discussing controlling your environment to improve your fitness. By way of illustrating how you can change, the email pointed me to this YouTube video - not racewalking but one of the most inspirational things I have ever seen  
[http://www.youtube.com/watch?feature=player\\_embedded&v=7-e7jC6qwJc](http://www.youtube.com/watch?feature=player_embedded&v=7-e7jC6qwJc)

Great article on Kerry Saxby-Junna

<http://www.byronnews.com.au/news/kerry-saxby-junna-walks-in-to-hall-of-fame/1823944/>

A telling article on the late Margaret Thatcher and her interactions with the world of British sport and, in the case of the 1980 Olympics, world sport.

<http://www.bbc.co.uk/sport/0/football/22085707>

Few racewalking coaches are as active as American Jeff Salvage. Check out some of these sites in which he is involved.

Check out <http://www.onedressonewoman.com/> - the craziest wedding dress photo project ever.

Check out <http://www.greattreks.com/> - Information on some of the best treks in the world.

Check out <http://www.racewalk.com/> - Information on race walking for all levels.

Check out <http://www.jeffsalvage.com/jeffsalvage/Tesla/> - Jeff's story of ditching gas and getting a Tesla Electric Car.

Check out <http://www.twofeetgallery.com/> - Jeff's photo web site.

Check out <http://www.walkingresource.com/> - A site dedicated to walking in all forms.

Check out <http://www.redstatebluestatestats.com/> - A site dedicated to the truth about the statistics related to states and political affiliations.

If you can make it through the first 90 secs of the interview, Sarah Chalke (the blonde nurse on "Scrubs") teaches Rachael Ray (The Rachael Ray Show) how to racewalk

<http://on.aol.com/video/sarah-chalke-teaches-rachael-ray-to-race-walk-517739559>

## RWV UNIFORM ORDERS

As mentioned in last week's newsletter, as we all have to race in Racewalking Victoria uniforms in the LBG Carnival, I have ordered more singlets and I have opened up an online panel for ordering RWV crop top or bike shorts ([http://vrwc.org.au/wp/?page\\_id=8](http://vrwc.org.au/wp/?page_id=8)). However, I have had to bring the crop top / bike shorts ordering close date forward to **Sunday 20<sup>th</sup> April**. So if you wish to order any of these items, you must complete your order by the end of this week.

## WHAT'S COMING UP

Next Saturday sees the African Race Walking Championships in Maurice, Mauritius. This is yet another of the 2013 IAAF Race Walking Series events and is sure to be very competitive.

On the local front, while a number of our walking clubs have started their winters seasons, the VRWC winter season does not commence for a further week. Our first races at Middle Park on Saturday week.

<b>Saturday 27<sup>th</sup> April 2013, Middle Park</b>			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Handicap	Open
2:15pm	4km	Handicap	Open
2.15pm	4km	Handicap	Under 15
2.30pm	1km	Handicap	Under 9
2.40pm	2km	Handicap	Under 12

The following week sees our first Victorian Championships, over 10km. You will need to ensure that you have registered with AV for the new year and you will then need to register online with AV to enter the race - see <http://www.athsvic.org.au/events/register/3805>.

<b>Saturday 4<sup>th</sup> May 2013, Middle Park</b>			
AV & VRWC Events, Entries for handicap events close at 2.00pm sharp			
2.15pm	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Men</b>
			Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal
2.15pm	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Women</b>
2.15pm	10km	Handicap	Open
2.15pm	5km	Handicap	Open
2.15pm	3km	Handicap	Open
2.15pm	3km	Handicap	Under 15
2.30pm	1.5km	Handicap	Under 9
2.40pm	2.5km	Handicap	Under 12

### 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 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 27<sup>th</sup> Summer Universiade, Kazan, Russia (see <http://www.kazan2013.com>)  
 July 10-14, 2013 8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine  
 Aug 10-18, 2013 14<sup>th</sup> 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](http://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

19 Apr 2013	African Race Walking Championships	Maurice, Mauritius
1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10th European Cup Race Walking	Dudince, Slovak Republic
25-26 May	Pan American Walking club	Guatamala (venue TBA)
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 - Remaining events

June 29, 2013 Dublin Grand Prix, Dublin, Ireland

#### 2014 International Fixture

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

#### Looking even further forward

2015 28<sup>th</sup> Summer Universiade, Gwanju, Korea  
 2015 9<sup>th</sup> World Youth T&F Championships, Cali, Colombia  
 August 22-30, 2015 15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China  
 July/Aug 2015 20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France  
 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com/>  
 Aug 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>

2017                    **29<sup>th</sup> Summer Universiade, Taipei**  
August 5-13, 2017    **16<sup>h</sup> IAAF World Championships in Athletics, London, UK**  
July 2020            **32<sup>nd</sup> Olympic Games**    City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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