



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### TIM'S WALKER OF THE WEEK

This week's Walker of the week goes to South Australian Masters walker **Colin Hainsworth** who won the SAMA 8km Yacht Handicap last week with a time of 1:01:01 (81.07%). Born in 1929 and now aged 82, Colin is an inspiration to us younger walkers as he competes and then emails the weekly results from Adelaide.



**Left: Colin on the right in the 2012 Australian Masters 5000m at Lakeside Stadium**  
**Right: 1987 SA 5000m Open Title - starter Don Dohnt with Col Hainsworth (2<sup>nd</sup>), Don Cox (1<sup>st</sup>) and Geoff Peters (3<sup>rd</sup>)**

The following brief overview of Colin's career is provided from George White's 2010 book *Age is an Advantage - A History of Veterans/Masters Athletics in South Australia*.

Like many who grew up in the depression years Colin walked and ran rather than rode the bus. At junior school he found that he was able to win running races but at high school, he found that he had begun to slow down. He decided to give walking a go and from then on he never ran (voluntarily) again. Eventually with coaching and time he gradually worked his way through the ranks until finally winning the Yorkshire Walking Club Championships. Colin continued with his walking in the RAF and for four years in the RNZAF.

On returning to the UK, Colin took a job at a large printing firm and entered the Annual Printing Industry Athletics Competition. Unfortunately he didn't have any suitable shoes and ended up wearing a pair of old work shoes that his Dad was wearing. The race almost killed him but he managed to win.

Colin married in 1957, came to live in SA and a few years later, met Stan Malbut at Elizabeth and was introduced to the Walkers Club. It wasn't long before he was back competing. Colin was one of the many walkers including Frank Leonard and Peter Fullager who regularly travelled to compete in the Federation events in Canberra. Colin was President of the Walkers Club in 1972 and 1973 but due to work, health and domestic commitments, retired from walking until about 1988.

In the early 1990's, Colin was competing with the Walkers Club again. An alternative walking group was formed in 1995 when Colin, Jack Weber, Geoff Peters, Geraldine Waites and Ruth Weber decided to meet on a Saturday afternoon and arrange their own walks. As the group continued to grow they became concerned by the problem of insurance. The simple solution was for the group to

become part of the 'Vets' Club (some were members already). As a result, in 1997 Colin became a member of the committee, representing the walkers. The walking group ended up as the template for later winter running for the Vets - a format that persists to today.

Colin regards the highlight of his walking career to be in 1990 at the AVAC Championships in Melbourne when he beat Gordon Gourlay in the M60 20k road walk, in 1:19.09.

Colin served as a Committee Member, vice-president and then in 2000 was elected as President of SAMA, a position he held for five years.

As well as his success at the Nationals - 14 wins, Colin scored two gold medals at the World Masters Games in Edmonton in 2005.

### VRWC RUNNERS WORLD AWARDS

Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we have our Points and Handicap awards, the awards are not necessarily won by our BEST walkers as they are influenced by participation rates. So, after various discussions, it was decided to institute Runners World Kew Winter and Summer Season Awards.

The VRWC Committee reviews a short list of our best performing male and female club members at the end of each season and votes to determine the winners. After an exhaustive review of the summer season just finished, we are pleased to announce that the latest winners of this prestigious award are **Nathan Brill** and **Kelly Ruddick**. Both walkers will receive \$500 in cash and \$500 in goods from Neil Ryan's Runners World Kew.

You can check out <http://www.vrwc.org.au/vrwcrunners-world.shtml> to find out more about this award, read about the award criteria and see the full list of past and present winners. You can review Nathan's and Kelly's wonderful summer of racing at <http://www.racewalkaustralia.com>.

We thank Neil for his ongoing support and recommend that all club members should return the favour and shop at Runners World Kew (<http://www.runnersworld.com.au>) for all their sporting needs.



**Left: Kelly competing in the AV Shield Final at Lakeside Stadium in January 2013 (photo [www.athsvic.org.au](http://www.athsvic.org.au))**

**Right: Nathan competing in the Junior 10km race in Hobart in February 2013 (photo [www.athletics.org.au](http://www.athletics.org.au))**

### GET WELL SOON - HARRY SUMMERS

We wish VRWC President Harry Summers a speedy recovery after major surgery last week. After intensive bouts of chemo and radio therapy over the last few months, Harry is now in Box Hill Hospital recovering from surgery lasting 5 hours. Harry has been VRWC President since 1983, is a former Australian racewalking representative, is a former President of Racewalking Australia and is a current Vice President of the Australian T&F Coaches Association. Few people have as significant a footprint in Australian walking as Harry and we hope to see him back on deck soon.

You can send a card to Harry via his home address at 47 Melrose St, Box Hill North, Victoria, 3129

## WHAT'S COMING UP

The VRWC winter season gets underway at Middle Park this coming Saturday with races as follows

<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

Get there early as the queues will be big with race registrations, membership renewals and Canberra Carnival entries being lodged. And another reminder that we need your old **race numbers** - don't throw them out, give them to us.

As our race fields at Middle Park are generally around 80-100, we are putting out a reminder that we need plenty of **lapscorers** and **timekeepers** and **canteen helpers**. We have our normal crew of hard working officials and canteen staff but we are all getting a bit older and have had a few key retirements from active duty in the past couple of seasons. In particular, the canteen is currently relying on a couple of people and we really need your occasional help there. Just see any of the committee when you arrive.

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>. Entries are expected to close later this week so you only have a few days to sort yourself out.

<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

Next Sunday sees the **Australian Little Athletics Australian U13 Championships** in Canberra. Good luck to all our walkers.

Internationally, next Wednesday 1<sup>st</sup> May sees the **Coppa Città di Sesto San Giovanni** in **Sesto San Giovanni, Italy**, and I believe that a number of our Australian walkers will be in action. More in next week's newsletter.

And advance notice that we are scheduling a **VRWC Club Working Bee on Sunday 5<sup>th</sup> May from 10AM till noon**. It will be at our clubrooms in Middle Park and we intend to do some major cleanup. Many hands make light work so if you can come along, we look forward to seeing you there.

## ACT WALKING CLUB RACES, LAKE TUGGERANONG, CANBERRA, SATURDAY 20 APRIL

Thanks to Robin Whyte for the latest roadwalk results from Canberra

### **4km Road Walk**

Zoe Hunt	21:01
Ashleigh Resch	22:48
Kate Black	24:56
Rosemary Parker	31:45
Bob Chapman	33:15
John Gloe	33:26
Cilla Chapman	34:29
Raine Thompson	36:57

### **2km Road Walk**

Spencer Burns	9:52
Gabby Hunt	10:32
Peter Baker	19:58
Graham Jackson	21:24

### **10km Road Walk**

Robin Whyte	1:04:04
Jane Bates	1:06:47
Derek Robinson	1:07:48
Bryan Thomas	1:07:54
Geoff Barker	1:08:46
Mick Saunders	1:09:36
Jennifer Gilchrist	1:17:07
Robyn Saunders	1:17:33
Val Chesterton	1:30:09

### **1km Road Walk**

Laura Burns	5:54
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## SAMA ROADWALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 20 APRIL

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin had win!

### 8km yacht handicap

1.	M83	Colin Hainsworth	61:01	81.07%
2.	W52	Marie Maxted	52:37	71.00%
3.	W60	Edna Bates	69:00	59.12%
4.	M62	Phil Coles	62:24	59.82%
5.	M69	Graham Harrison	53:50	74.98%
6.	M69	Roger Lowe	63:09	63.92%
7.	M57	Richard Moyle	63:46	55.76%
8.	W35	Fleur Woodhouse	73:04	44.76%

### 4km yacht handicap

1.	M75	Rodger Barber	29:35
2.	W62	Helen Suridge	27:51
3.	W64	Jan Layng	30:45
4.	M62	Geoff Kennett	35:57
5.	M79	David Robertson	33:34
6.		Kristine Freeman	34:01

## SAAWC ROAD WALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 20 APRIL

The South Australian Walkers Club continued their winter season on Saturday in Adelaide and we saw some fine walking in the 12km event from Kim Mottrom (PB of 53:23) and Troy Hooker (who continues to smash his PBs week after week). And good to see Megan Szirom walking well with 30:14 for 6km.

### 12km Road Walk

1.	Kim Mottrom	Open	53:23	PB 0:02
2.	Peter Crump	Over 35	1:06:35	
3.	Troy Hooker	Over 35	1:10:49	PB 15:42
4.	Gloria Holliday	Over 35	1:13:33	
5.	Bill Starr	Over 35	1:25:12	
6.	Chris Nicolaides	Open	1:30:16	
7.	Jim Hoare	Over 35	1:30:27	
8.	Barbara Cain	Over 35	DNF	6Km 43:24

### 6km Road Walk

1.	Megan Szirom	Open	30:14
2.	Rhiannon Lovegrove	U14	40:37
3.	Michael Nicolaides	U18	44:03

### 3km Road Walk

1.	Bethany Cross	U14	16:15	
2.	Joe Cross	U12	16:28	
3.	Danielle Walsh	U18	16:30	
4.	Amber Tuscharski	Open	16:33	
5.	Jay Goode	U14	17:08	
6.	Rio Tyler-Dowd	U14	18:13	
7.	Samantha Findlay	U18	20:23	
8.	Louisa Mitchell	Open	20:43	
9.	Anna Cross	U16	DNF	2Km 10:24

## BRWC - PRESIDENT'S CUP, LAKE WENDOUREE, BALLARAT, SUNDAY 21 APRIL

Thanks to Sarah Brennan for her report on the Ballarat Walkers Club President's Cup on Sunday.

18 junior competitors lined up for the Ballarat Walkers Club's President's Cup 3km Handicap on Sunday, 21<sup>st</sup> April. It was sunny, but cool and windy. Youngsters Rex Brennan (1km) and Bailey Ohlsen (2km in 20:09 – U10 Boys 2km Record) started off go. Over five minutes later, the 3km racers started with 7 year old Alice Lepair taking line honours in 23:05, a fine effort for her first 3km. Second across the line was Fraser Saunder (who also claimed the U10 Boys 3km Record), with Leah Canavan third. Fastest time went to Ross Darlow in 17:22. It was great to see a lot of first timers over 3km and many PBs recorded.

### President's Cup 3km Handicap

1.	Alice Lepair	23:05	First ever
2.	Fraser Saunder	22:23	First ever and U10 M 3km Record
3.	Leah Canavan	22:12	PB 4:13

4.	Mia Darlow	22:16	PB 1:48
5.	Rodney Davis	18:38	PB 0:29
6.	Amy Canavan	18:12	PB 0:05
7.	Jessika Bridges	22:00	PB 0:45
8.	Kasey Bishop	22:28	PB 0:42
9.	Kayla Bridges	23:25	First ever
10.	Ellen Dowie	20:06	First ever
11.	Ross Darlow	17:22	
12.	Olivia Davis	25:33	
13.	Mia Lepair	22:34	First ever
14.	Kobie Somerfield	18:11	
15.	Eliza Lepair	21:12	First ever
16.	Ruby Saunder	23:22	First ever

#### 1km Handicap

1.	Rex Brennan	10:35	
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#### 2km Handicap

1.	Bailey Ohlsen	20:09	U10 M 2km Record
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BRWC President Deb Darlow with President's Cup Winner Alice Lepair

### NSWRWC RACES, CHIPPING NORTON, SYDNEY, SATURDAY 13 APRIL

And now to finish off the Australian reporting with a couple of results from the previous week, now that they have been loaded onto their respective websites. First to Sydney where the NSW Race Walking Club were competing.

#### Long Division - 10km

1.	Tom Doyle	54.48
2.	Ian Jessuren	55.25
3.	Anthony Albanese	63.49
4.	Joan Purcell	81.32

#### Medium Division - 8km

1.	Nicole Fagan	41.59
2.	Aiden Kerr	44.32
3.	Nathan Brown	49.27
4.	Amanda Barendregt	50.39
5.	Tony Psarianos	52.11
6.	Bryony Beasley	54.12
7.	Judy Brown	66.17

#### Short Division - 4km

1.	Adam Mylonas	22.26
2.	Ryan Thompson	22.29
3.	Kyle Bedford	22.42
4.	Nicholas Douglas	24.13
5.	Tiffany Saker	25.31
6.	Nicolle Challinor	32.15

#### U16 Division - 3km

1.	Harrison Maven	16.02
2.	Eliza Delaine	16.50
3.	Samantha Brown	17.10
4.	Yasmin Mills	17.14
5.	Jasmine Fletcher	18.10
6.	Sean Teo	19.43
7.	James Plummer	20.02

#### U12 Division - 1.5km

1.	Haley Mills	8.18
2.	Brooke Martin	9.09
3.	Lachlan Beecroft	9.20
4.	Renee Hardy	9.55
5.	Taylor Roukos	10.25
6.	Jada Thompson	10.29
7.	Logan Barendregt	10.30
8.	Jayden Donnelly	12.15
9.	Anna Jefferies	12.30
10.	Stacie Beecroft	12.32
11.	Brodie Douglas	12.32
12.	Coutney Mavin	12.35



7.	Jan Dodds (INV)	32.15	13.	Alexander Jeffries	13.30
	Raquel Roukos	DNF	14.	Aiden Hardy	14.55
			15.	Christina Jefferies	15.46
			16.	Emily Challinor	18.51
			17.	Amelia Crocker	21.38

### QRWC ROAD WALKS, NEW FARM PARK, SUNDAY 14 APRIL

And to Brisbane for the Queensland Race Walking Club results from a week ago. QRWC President Peter Bennett was in fine form in the Open 10km with 53:09 ahead of Nyle Sunderland with 59:18.

#### 10km Road Walk

1.	Peter Bennett	53.09
2.	Nyle Sunderland	59.18
3.	Paul Lindenberg	64.06
4.	Kay Shaw	69.10
5.	John Harris	72.15
6.	Donna Beikoff	72.15
7.	Denise Fellows	79.41

#### 5km Road Walk

1.	Mikaela Woodward	29.51
2.	Sally Lynch	36.23
3.	Christiane Dauphinet	39.27
4.	Doug Miles	38.37
5.	Richard Lynch	39.15
6.	George Megas	39.29

#### 3km Road Walk

1.	Aimee Brackin	18.27
2.	Robyn Wales	24.41

#### 2km Road Walk

1.	Sean Brackin	14.07
2.	Maurice Dauphinet *	17.47

#### 1km Road Walk

1.	Amelia Wales	8.58
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### COLOMBIAN NATIONAL CUP, BOGATA, COLOMBIA, SATURDAY 13 APRIL

Bogota, Colombia's capital, was the scene of the second staging of their National Cup, held on Saturday 13<sup>th</sup> April on a road circuit, with various age groups and 80 walkers in total. In the open women's 20km, Sandra Galvis won with a time of 1:39:05 while in the open men's 20 km, Ómar Sierra and Jose Montaña crossed the finish line together, both being credited with the same time of 1:28:36. The junior men's 10km times were very impressive with Manuel Soto winning in 42.43 ahead of Ivan Garrido 43.04 and Kenny Perez 43.26. The main results are as follows

#### 20km Open Women

1.	Sandra Viviana Galvis	1996	1.39.05
2.	Yeseida Carrillo Torres	1993	1.44.36
3.	Sandra Lorena Arenas	1993	1.49.16
4.	Nidia Diner Moreno	1978	1.50.08
5.	Leslie Guavita	1988	1.53.13
6.	Luz Andrea Rodriguez	1986	1.59.29

#### 20km Open Men

1.	Omar Daniel Sierra	1988	1.28.36
2.	Jose Leonardo Montaña	1992	1.28.36
3.	Jhon Alexander Castañeda	1992	1.29.14
4.	Jorge Estivens Diaz	1987	1.30.22
5.	Jorge Armando Ruiz	1989	1.30.42
6.	Marlon Estiben Florez	1989	1.32.19
7.	Ferney Alexis Rojas	1987	1.34.42
8.	Rodrigo Moreno	1966	1.36.06
9.	Julian Vargas Jaramillo	1992	1.39.51
10.	Jhon Motato	-	1.50.38

#### 10km Junior Women

1.	Milena Restrepo	1994	54.23
2.	Carolina Mariño Fonseca	1995	54.30
3.	Sara Pulido	1994	56.34

#### 10km Junior Men

1.	Manuel Esteban Soto	1994	42.43
2.	Ivan G. Garrido	1993	43.04
3.	Kenny Perez	1994	43.26

**5km U18 Women**

1.	Daniela Pastrana	1996	26.04
2.	Luz Karen Mena	1997	26.05
3.	Daniela Borado	1996	26.45

**5km U18 Men**

1.	Brayan Fuentes	1996	46.12
2.	Cristian David Merchan	1997	47.40
3.	Felipe Rios	1996	48.30

**3km U15 Women**

1.	Maria Alejandra Chaparro	1999	16.06
2.	Lucy Alejandra Mendoza	1999	16.28
3.	Natalia Montaña	2000	16.37

**5km U16 Men**

1.	Sebastian Merchan	2000	25.08
2.	Jefferson Duvan Truque	1998	25.22
3.	Juan Jose Soto	1999	26.10

<b>ANDALUSIAN RACEWALKING GRAND PRIX, GAUDIX, GRANADA, SATURDAY 13 APRIL</b>
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Thanks to the oMarchador website (<http://omarchador.blogspot.pt/2013/04/guadix-em-festa-com-iii-gp-de-marcha-da.html>) for the results of the Andalusian Racewalking Grand Prix which was held in Gaudix, Granada, a week ago. The event took place on a 500m circuit installed on Avenida Medina Olmos and was attended by about 150 participants. Ainhoa Pinedo (5km, 22:57), Luis Amezcua (5km, 20:51) and Juan Antonio Raya (10 km, 45.43) were the winners of the Grand Prix events. The opening race saw 40 young athletes of ages 4-7.

**5km Men**

1.	Luis Alberto Amezcua Balboa	1992	JÁ Guadix	20.51
2.	Fabian Bernabé Rama	1995	Nerja Atletismo	22.07
3.	Luis Manuel Perez Osorio	1992	AD Marathon	22.55
4.	Juan Francisco Martín Amat	1997	Ciudad de Motril	24.34
5.	Pedro José García Martínez	1996	JA Guadix	24.58
6.	Ivan Torres Iglesias	1998	JA Guadix	26.45
7.	Daniel Oliva Requena	1999	JA Guadix	26.46
8.	Isamel Aragón Lopez	1999	Ciudad de Motril	34.50

**5km Women**

1.	Ainhoa Pinedo Gonzalez	1983	AD Marathon	22.57
2.	Maria Perez Garcia	1996	Nerja Atletismo	25.21
3.	Marina Rodriguez Hernandez	1997	ADA Guadix	30.22
4.	Melania Matín Marquez	1997	Ciudad de Motril	32.19
5.	Adela Martinez Gomez	1981	Atletismo Carranque	33.10

**10km Men**

1.	Juan Antonio Raya Sánchez	1993	Caja Jaen	45.43
2.	Marcos Monterrubio Fernandez	1981	Individual	48.06
3.	Rafael Ballesteros García	1972	CAI Gran Canaria	48.40

Winners of other age groups

<b>3 km U16</b>	Girls.: Aroa Díaz Ruiz	CA Sierra Mágina de Jóda	16.07
<b>3 km U14</b>	Girls: Jennifer Raya Sánchez	CA Sierra Mágina de Jóda	16.40
	Boys: Antonio Valverde Peral	JA Guadix	17.51
<b>2 km U12</b>	Girls: Lola Jiménez Correa	CA Ciudad de Motril	12.08
	Boys: Jose Luis Hidalgo Rodriguez	JA Guadix	12.26
<b>1 km U10</b>	Girls: Maria Vazquez Egea	CA Ciudad de Motril	6.06
	Boys: Jon Ander Hernandez Alonso	JÁ Guadix	5.58
<b>0.5km U8</b>	Girls: Lucia de la Cruz Rodriguez	ADA Gaudix	3.30
	Boys: Manuel Triviño Puertas	ADA Guadix	3.07

## ECUADOR NATIONAL ROADWALK CHAMPIONSHIPS, MACHALA, ECUADOR, 13-14 APRIL

Again, thanks to oMarchador (<http://omarchador.blogspot.pt/2013/04/saquipay-e-guaman-vencem-20-km-dos.html>) for the results of the Ecuadorian roadwalk championships which were held in Machala, the capital of El Oro province in southwestern Ecuador. Some 80 walkers competed in a variety of youth, junior and senior events. The Open Men's 20km was won by Rolando Saquipay with 1.28.38,3 (PB of 1:19:21, set in Lima in 2005) while in the Open Women's 20km, the Guamán sisters dominated the competition with Maritza 1.46.49,4 finishing ahead of Yadira 1.47.25,0. The winner has the personal best time of 1:39:31, set at the 2012 World Race Walking Cup in Saransk. The leading places in each event are shown below.

### 20km Women

1.	Maritza Guamán	1.46.49
2.	Yadira Guamán	1.47.25
3.	Sonia Cartagena	1.51.06
4.	Magaly Bonilla	1.52.10
5.	Marisela Vega	1.52.47

### 20km Men

1.	Rolando Saquipay	1.28.38
2.	José Rubio	1.34.15
3.	Mesías Zapata	1.38.05
4.	Damian Campaña	1.39.55
5.	Cristian Andrade	1.43.42

### 35km Men

1.	Jonathan Caceres	2.51.57
2.	Edgar Cudco	2:59.03
3.	Xavier Moreno	3:09.23
4.	Robinson Vivar	3:11.46
5.	Fausto Quinde	3:15.58

### 10km U20 Men

1.	Franco Chocho	47.51
2.	Jordi Jimenez	51.17
3.	Darwin León	52.39

### 10km U20 Women

1.	Estefania Valencia	55.28
2.	Edith Gonzales	56.00
3.	Nataly Pesantes	56.42

### 5km U10 Women

1.	Carla Jaramillo	24.15
2.	Mishel Semblantes	24.43
3.	Nataly León	25.27

### 10km U18 Men

1.	Braulio Morocho	50.42
2.	Bayron Ortega	53.44
3.	Oracio Chiliquina	55.17

## MIDLAND CHAMPIONSHIPS, STOURPORT SPORTS CLUB, STOURPORT ON SEVERN, SUN 14 APRIL

The English Midland Championships, including Staffs, Warks and Worcs County Championships, were held a week ago in Worcestershire. Mark Wall tells me that the course was relatively hilly and was on part of a cycle path.

### Men's 10km and Standard 10km Championships

1.	Mark Williams	Tamworth A.C.	53.57	Staffs
2.	Mike Smith	Coventry Godiva	56.23	Warks
3.	Matt Redfern	Nuneaton Harriers	56.51	Staffs
4.	Kevin Monk	Halesowen A.C.	57.03	Worcs
5.	Steve Arnold	Numeston Harriers	58.23	Warks
6.	Daniel Waples	Unattached	59.18	
7.	Chris Berwick	Leicester W.C.	59.33	
8.	Peter Boszko	Birchfield Harriers	61.12	Worcs
9.	Daniel Watling	Wolv.& Bilston AC	61.34	Staffs
10.	John Constandinou	Birchfield Harriers	61.42	Warks
11.	Colin Vesty	Leicester W.C.	62.56	
12.	Gareth Edwards	Telford Harriers	63.39	
13.	David Manning	Birchfield Harriers	64.05	Worcs
14.	George Smolinski	Leicester W.C.	64.23	
15.	Stuart Edgar	D.A.S.H.	64.29	Staffs
16.	Keith Richards	Coventry Godiva	66.17	Warks
17.	Julian Barnett	Birchfield Harriers	66.23	Warks
18.	David Winter	Sparkhill Harriers	67.32	Warks
19.	Les Scriven	Worcester A.C.	67.37	Worcs
20.	Parminder Bhatti	Birchfield Harriers	69.23	Warks
21.	David Fall	Birchfield Harriers	74.12	Warks
22.	Eric Horwill	D.A.S.H.	78.33	Staffs
	Mark Palethorpe	Worcester A.C.	DQ	

### Guests

1.	Steve Allen	Barnet & District AC	56.06
2.	Ed Shilabeer	Ilford A.C.	62.33

### Teams

1.	Birchfield Harriers 'A'	269pts	Boszko, Constandinou, Manning
2.	Leicester W.C.	268pts	Berwick, Vesty, Smolinski
3.	Birchfield Harriers 'B'	242pts	Barnett, Bhatti, Fall



**Women's 5km and Standard 5km Championships**

1.	Jasmine Nicholls	Leicester W.C.	26.22	
2.	Emma Achurch	Leicester W.C.	26.47	
3.	Ann Wheeler	Leicester W.C.	30.48	Warks
4.	Julie Bellfield	Halesowen A.C.	33.13	Worcs.
5.	Tracey Mills	Birchfield Harriers	33.22	Warks
6.	Jessica Mills	Birchfield Harriers	34.45	Warks
7.	Hilary Mann	Sparkhill Harriers	35.02	Warks
8.	Lynn Bellfield	Halesowen A.C.	35.44	Worcs

**Teams**

1.	Leicester W.C.	295pts	Nicholls, Achurch, Wheeler
2.	Birchfield Harriers	189pts	T. Mills, J. Mills
3.	Halesowen A.C.	188pts	J. Bellfield, L. Bellfield

**RACE WALKING MEET, ZANIEMYŚL, POLAND, SATURDAY 20 APRIL**

Grzegorz Sudol posted a new personal best of 1:20:46 when winning the 11<sup>th</sup> edition of the walking meet in Zaniemysl, Poland, last Saturday. Second placed Lukasz Nowak also walked a lifetime best of 1:20:48 and third place went to Rafal Augustyn 1:21:13 ahead of Ecuador's Andres Cocho 1:21:26. Paulina Buziak won the women's race with 1:30:50 ahead of Agnieszka Szwarnog 1:31:35 and Agnieszka Dygacz 1:32:01. Marlena Chojecka (47.54) and Szymon Zielinski (45.12) won the 10 km events for juniors. Overall, the carnival saw 155 walkers in action.

**20km Men**

1.	Grzegorz Sudol	KS AZS AWF Kraków	1:20:46	PB
2.	Łukasz Nowak	OŚ AZS Poznań	1:20:48	PB
3.	Rafał Augustyn	OTG Sokół Mielec	1:21:13	
4.	Andrés Chocho	ECU	1:21:26	PB
5.	Rafał Sikora	KS AZS AWF Kraków	1:23:46	
6.	Łukasz Augustyn	OTG Sokół Mielec	1:25:46	
7.	Maciej Rosiewicz	GEO	1:26:23	
8.	Michał Stasiewicz	AZS-AWFiS Gdańsk	1:26:56	

**20km Women**

1.	Paulina Buziak	OTG Sokół Mielec	1:30:50	
2.	Agnieszka Szwarnóg	KS AZS AWF Kraków	1:31:35	
3.	Agnieszka Dygacz	AZS-AWF Katowice	1:32:01	
4.	Katarzyna Golba	KS AZS AWF Kraków	1:32:37	
5.	Justyna Świerczyńska	PLKS Gwda Piła	1:37:05	
6.	Natalia Płomińska	UKS 12 Kalisz	1:38:57	

**NARWA 10K C'SHIP/JEFF FORD MEMORIAL, DON VALLEY STADIUM, SHEFFIELD, 21 APRIL 2012**

Thanks also to Mark Walk for the results from the Jeff Ford Memorial Meet, part of the annual Sheffield Festival of Athletics. This year's event saw some well known names from years past. Marion Fawkes who won the first Eschborn Cup in 1979 (see <http://www.thepowerof10.info/athletes/profile.aspx?athleteid=40820>) competed in the Open 10km while Nina Howley (who finished one place ahead of Ines Henriques in the 1996 WJC in Sydney) and Brenda Lupton (born 1952, 1984 RWA Champion and former UK rep) were in the Open 5km.

**Open 10km**

1.	Guy Thomas	Tonbridge AC	U17M	51.22
2.	Steve Allen	Barnet & District	SenM	55.21
3.	Steve Arnold	Nuneaton Harriers	SenM	59.02
4.	Malcolm Martin	Paddock Wood AC	SenM	63.47
5.	Mark Byrne	Redcar RWC	SenM	64.55
6.	Angela Martin	Paddock Wood AC	SenW	66.46
7.	Sailash Shah	Lancashire WC	SenM	69.06
8.	Marion Fawkes	Redcar RWC	SenW	71.21

**U11/13's 2km**

1.	Ana Garcia	City of Sheffield AC	U13G	9.49
2.	Alana Zeidler	City of Sheffield AC	U13G	11.17
3.	Benjamin Allen	Leicester WC	U13B	12.06
4.	Molly Hanley	Milnhurst School	U11G	13.21
5.	Ella Sharkey	City of Sheffield AC	U13G	13.26
6.	Amelia Tutt	Rugby & Northampton	U11G	14.09

**U15 3km**

1.	Jack Leversidge	City of Sheffield AC	U15B	16.46
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**U17 & Open 5km**

1.	Cameron Corbishley	Medway & Maidstone	U17M	23.15
2.	Bethan Davies	Cardiff AAC	SenW	24.09
3.	Guy Thomas	Tonbridge AC	U17M	25.16
4.	Rebecca Collins	Leeds University	SenW	25.36
5.	Matt Redfern	Nuneaton Harriers	U17M	25.53
6.	Alana Barber	Hyde Park Harriers (NZ)	SenW	26.18
7.	Katie Ford	City of Sheffield AC	SenW	28.03
8.	Daniel Watling	Wolverhampton & Bilston	U17M	28.29
9.	John Constandinou	Birchfield	SenM	28.46
10.	Lynn Bradley	City of Sheffield AC	SenW	29.07
11.	Lenka Vincentova	City of Sheffield AC	SenW	30.01
12.	Nina Howley	City of Sheffield AC	SenW	31.20
13.	Brenda Lupton	City of Sheffield AC	SenW	33.49
14.	Peter Bilson	City of Sheffield AC	SenM	45.31

<b>SOUTH AFRICAN OPEN T&amp;F CHAMPIONSHIPS, STELLENBOSCH, 12-13 APRIL 2013</b>
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I briefly reported last week on the results of the South African racewalk championships. This week I am able to give fuller results.

**20km Men**

1.	Lebogang Mrsowhat Shange	1.26.06
2.	Wayne Snyman	1.26.19
3.	Marc Mundell	1.31.24
4.	Ross McDonald	1.39.05
5.	Sanele Matonsi	1.39.57
6.	Mtembi Chauque	1.42.41
7.	Wiseman Hlongwa	1.42.47
8.	Kgothatso Khubeka	1.45.25
9.	Themba Qhaniqiso	1.47.14
10.	Ntoane Ntoane	1.52.09
11.	Brandon Goosen	1.55.05
	Enver Rhodas	DQ
	Sibusiso Nkosi	DQ
	Lewis Molise	DQ
	Sheldon George	DQ

**20km Women**

1.	Anel Oosthuizen	1.44.40
2.	Susan Swanepoel	1.44.42
3.	Lesley Van Buuren	
4.		?
5.	Jessica van Wyk	1.47.06
6.	Michelle Hopkins	1.50.01
7.	Chandri van Heerden	1.55.26
8.	Sune Fincham	1.55.55
9.	Inge Kotze	2.03.04
10.	Rose Shabalala	2.05.52
11.	Nthatsi Mokhele	2.17.00
12.	Jo-Ann Williams	2.26.57
13.	Corli Swart	DQ

<b>AFRICAN RACE WALKING CHAMPIONSHIPS, MAURICE, MAURITIUS , FRIDAY 19 APRIL</b>
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I am reproducing Paul Warburton's report for the IAAF on last weekend's African Race Walking Championships in Mauritius (see <http://www.iaaf.org/news/report/stylish-shange-surprises-to-take-african-race>). There was no women's walk by the sound of things - only a men's 20km is reported.

The IAAF Race Walking Challenge has been to some unusual places in its 10-year history; but, and with respect to all the other venues, none have been as glamorous as Mauritius, which hosted the African Race Walking Championships on Friday.

The eight men toying the line in Belle Vue this morning negotiated a 1km loop around the Stade Anjalay stadium in the north west of the island. A group of five soon detached itself from the other three, although the pace still remained modest with 5km reached in just under 23 minutes. Already showing at the front was the South African champion Lebogang Shange, walking his second 20km inside in six days after having won his country's title in Stellenbosch on Saturday. Paying close attention was one of only two African walkers who competed at the London 2012 Olympic Games, Tunisia's Hassanine Sebei, who hadn't finished in London but, with a best of 1:20:19, was looking comfortable in this one. Less so were Algeria's Hichem Medjeber and Mohamed Ameer, who along with Tunisia's 2007 IAAF World Championship bronze medallist and African 20km record holder Hatem Ghoula, were doing their best to make a fight of it.

Shange, Sebei and Medjeber managed to engineer a slight gap at the halfway point, before three became two at 15km. The leading pair then put their heads down, with the experienced Sebei tracking the stylish South African all the way to the last lap. At that point, the 22-year-old Shange dug deep. Hearing the bell, he pushed hard and quickly gained a few steps before increasing it to 30 metres over the final half lap, an advantage he held all the way to the line.

Shange trains with South Africa's 50km national record holder Marc Mundell on occasions, and they plan to make it at least a pair of walkers wearing their country's green-and-gold vest in Rio come 2016. Sebei, coached by his compatriot Ghoula, who is now 39 and finished fifth on Friday, had one of his better races in the last year. In an all-Algerian battle for the final place on the podium, Medjeber was a comfortable and isolated third ahead of Ameer. Spare a thought also for Eritrea's determined Yohannes Issei, who was making his debut in the IAAF Race Walking Challenge. Issei has no coach; he has only

caught fleeting glimpses of races elsewhere on TV, but persevered in making it to the competition on a Friday, which had been postponed from 6<sup>th</sup> April when Mauritius suffered devastating floods. Issei lasted only 19 minutes as Kenya's respected IAAF judge Joseph Ochieng was forced to show him the disqualification disc due to his ragged technique, but the latter was certain the Eritrean would be back for more. "He has no coach," said Ochieng, "but plans to go away and work on his style and come back stronger."

It says much for the future of the IAAF Race Walking Challenge that even the world's furthest outposts of the discipline are showing progress. It would be no surprise to Ochieng if there were soon to be some major contenders coming from the continent better known for its distance runners. "With a little more promotion and one or two more coaches, walking could eventually produce major medallists like other distance events," reflected Ochieng.

#### 20km Men

1.	Lebogang SHANGE	RSA	1:28:38
2.	Hassanine SEBEI	TUN	1:28:40
3.	Hichem MEDJEBER	ALG	1:32:26
4.	Mohamed AMEUR	ALG	1:34:50
5.	Hatem GHOULA	TUN	1:35:33
6.	Rennick Wayne Pierre BELIZE	SEY	2:12:52
7.	Moustafa Aly BEDIR ALY	EGY	DNF
8.	Yohannes ISSEI	ERI	DQ

### 14<sup>TH</sup> BALKAN WALKING CHAMPIONSHIPS, AYVALIK BALIKESIR, TURKEY, SATURDAY 20 APRIL

Turkey was the leading country at the 14<sup>th</sup> Balkan Walking Championships, held last weekend in Ayvalik Balikesir, amassing 46 points and 7 medals (2 gold, 3 silver and 2 bronze). Romania followed with 39 points and 6 medals (2 +2 +2) ahead of Greece with 19 points and 4 medals (1 +1 +2), Serbia, with 18 points, and Bulgaria, with 4 points.

The Open 20km events saw wins for Vladimir Savanovic of Serbia (1:28:42) and Adriana Enache of Romania (1:39:17) while the Junior events went to Ionut Dragomir of Romania (42:45) and Gamze Ozgur of Turkey (49:28). In the Youth men's 10km, Muratcan Arapinar walked a new Turkish Youth record of 42:29 and was faster than the top junior men. In the Youth girl's 5 km, Athanasia Vaitisi of Greece clocked 24:43 to win.

The championships are also reported in <http://omarchador.blogspot.pt/2013/04/campeonatos-balcanicos-este-sabado-em.html> and [http://www.marciailaliana.com/dett\\_news.asp?id=1369](http://www.marciailaliana.com/dett_news.asp?id=1369)

#### 20km Men

1.	Vladimir Savanovic	1985	Serbia	1.28.42
2.	Ersin Tacir	1985	Turkey	1.29.58
3.	Kemal Gelecek	1990	Turkey	1.30.14
4.	Özgür Ozan Pamuk	1993	Turkey	1.30.29
5.	Serkan Doğan	1992	Turkey	1.32.42
6.	Doru Ursu	1985	Romania	1.34.10
7.	Mert Atılı	1993	Turkey	1.35.13
8.	Florin Zaharia Mucuta	1989	Romania	1.36.30
9.	Bojidar Vasilev		Bulgaria	1.41.44
10.	Stanislav Tanchev	1975	Bulgaria	1.57.42
	Predrag Filipovic	1978	Serbia	DNF

#### 20km Women

1.	Adriana Georgiana Enache	1991	Romania	1.39.17
2.	Alexandra Iuliana Aichimoaei	1993	Romania	1.44.02
3.	Narin Sağlam	1987	Turkey	1.51.01
4.	Ebru Bozöş	1989	Turkey	1.51.20
5.	Esra Otlı	1993	Turkey	1.55.21
6.	Radosveta Simeonova	1993	Bulgaria	1.56.27
7.	Gülşen Kılınç	1994	Turkey	1.56.46
8.	Milica Stojanovic	1993	Serbia	2.05.47

#### 10km U20 Men

1.	Adrian Ionut Dragomir	1994	Romania	42.45
2.	Şahin Şenoduncu	1994	Turkey	43.10
3.	Ioannis Vaitisis	1995	Greece	45.20
4.	Cosmin Gabriel Bahneau	1994	Romania	47.18
5.	Süleyman Baytar	1995	Turkey	47.31
6.	Burak Çetinkaya	1995	Turkey	47.32
7.	Alexandru Andrei Calin	1995	Romania	48.08
8.	Milan Zekovic	1995	Serbia	48.34
9.	Osman Küçük	1996	Turkey	48.59
10.	Nikolay Tsvetankov	1994	Bulgaria	53.55

11.	Lyubomir Dishlyanov	1994	Bulgaria	54.52
12.	Marian Galchev	1995	Bulgaria	57.08
	Miljan Petkovic	1994	Serbia	DQ

#### 10km U20 Women

1.	Gamze Özgür	1995	Turkey	49.28
2.	Mihaela Valentina Puscasu	1995	Romania	50.38
3.	Mihaela Acatrinei	1995	Romania	52.19
4.	Gamze Nergis Adas	1995	Turkey	53.38
5.	Jelena Kostic	1994	Serbia	58.18
6.	Sevda Demir	1905	Turkey	58.21
7.	Esra Sultan Yesilbel	1995	Turkey	59.04
8.	Jovana Draskovic	1996	Serbia	59.08
9.	Sevgi Ahmed	1994	Bulgaria	60.04

#### 10km U18 Men

1.	Muratcan Karapınar	1996	Turkey	42.29
2.	Savvas Kravariotis	1996	Greece	44.27
3.	Efstratios Kelepouris	1996	Greece	44.33
4.	Andrei Gafita	1996	Romania	45.57
5.	Süleyman Gül	1997	Turkey	46.36
6.	Nikola Lilic	1996	Serbia	47.32
7.	Hüseyin Dağdelen	1996	Turkey	48.28
8.	Maricel Necula	1996	Romania	48.41
9.	Ionut Adrian Postoaca		Romania	49.10
10.	İsmail Aslan	1996	Turkey	50.48
11.	Şehmus Alpkaya	1996	Turkey	51.14
12.	Furkan Aslan	1996	Turkey	52.18
13.	Nikolay Minkov	1996	Bulgaria	53.41
14.	Gancho Ganchev	1996	Bulgaria	54.29

#### 5km U18 Women

1.	Athanasia Vaitsi	1998	Greece	24.43
2.	Derya Karakurt	1996	Turkey	24.49
3.	Hatice Dede	1996	Turkey	24.54
4.	Milica Kostic	1996	Serbia	25.56
5.	Carmen Bianca Molnar	1996	Romania	26.13
6.	Hülya Fansa	1996	Turkey	26.29
7.	Aylin Kahrıman	1996	Turkey	27.33
8.	Ayşe Sena Safak	1997	Turkey	28.12
9.	Danica Gogov	1996	Serbia	28.43
10.	Iuliana Loredana Hritcu	1996	Romania	29.12
11.	Kameliya Nacheva	1997	Bulgaria	30.18
12.	Viktoria Dishlyanova	1997	Bulgaria	30.29
13.	Ivanina Petkova	1997	Bulgaria	32.30
	Kalliopi Karra	1996	Greece	DNF

## WALKING SHORTS

BREST (BLR, Apr 13): The annual Belarus Walking Cup was also the main European Cup qualifying event for local walkers and the results were good. Ukrainian guest Ihor Sakharuk won the 35 km in 2:38:14 ahead of Ivan Trotskiy 2:41:04. Andrey Talashko won the men's 20 km in 1:23:41 and Ana Drabenyha won the women's 20km in 1:32:12 ahead of Darya Bolkunets 1:32:46 and Anastasiya Yatsevich 1:33:22. Junior 10 km winners were Artyom Turkov 41:47 and Viktoriya Roshchupkina 47:40.

Nice interview with Emmanuel Tardi

<http://www.world-masters-athletics.org/news/388-ambassador-nd-14-for-porto-alegre-emmanuel-tardi-fra>

More photos from Podebrady

<http://www.atletika.cz/fotogalerie-a-vidae/fotogalerie/chuze-podebrady-2013-kottas/>

And finally to a whole set of YouTube racewalk championship videos that have been put online by David Mateos Redondo . The list is huge and includes Olympics, World Champs, European champs, etc. It is going to take me a while to check it all out.

<https://www.youtube.com/channel/UCppfg96rcIYUXIRPKLsaUyg>

## A NEW AUSTRALIAN FACEBOOK RACEWALK GROUP

Craig Brill, the father of Australian World Youth rep Nathan Brill, has setup a new facebook group for Australian racewalkers. Now I always like to give a bit of positive publicity when I can so check out <http://www.facebook.com/racewalking.downunder>. It already has a nice selection of photos that have been posted.

Craig has a range of polo tops and tee shirts for sale, all with a distinctly Australian logo. Looks good! Well done Craig.

## STAN VICKERS (1932-2013)

Last week, 1960 Olympic 20km bronze medallist Stan Vickers died, aged 80. The following short profile will let our younger readers learn a little more about this champion English walker.

Stanley Frank Vickers was a tall and lanky athlete who, in his competition days, stood 1.85m tall and weighed in at a slight 60 kg. He was born on 18<sup>th</sup> June 1932 in Lewisham, on the outskirts of London, and raced for Belgrave Harriers. He died on Wednesday 17<sup>th</sup> April 2013, aged 80.

He came to national prominence in 1956, aged 24, taking second place in the AAA 7 Mile Track Championship, winning the Southern Counties 10 Miles 'Garnet' Championship and doing well enough to gain selection in the 20km event at the Melbourne Olympics. There, he walked outstandingly, taking fifth place with 1.32.34, just over 1 minute behind the Soviet winner Leonid Spirin (1.31.27) and only 20 secs behind the bronze medallist Bruno Junk (1.32.12).

The next few years saw him dominate short distance walking events in Britain, both on the track and on the road. On the track he won the AAA 2 Miles and 7 Miles Championships in 1957 and 1958. He also won the RWA 10 miles roadwalk championship in both these years. With this form he was considered a good chance in the 20km walk at the 1958 European Championships in Stockholm and his performance there proved to be the highlight of his career. He won in 1:33:09, beating silver medallist Spirin by almost two minutes. He probably would have also won the walking event at the Commonwealth Games held that year in Cardiff if he'd been given the chance, but walking wasn't added to the Commonwealth Games program until 1966.

By 1959, he was facing fierce competition on the local front from a young Ken Matthews who took his titles from him that year. But just when it looked like a changing of the guard, Vickers bounced back in 1960, winning both the AAA 2 Miles and the RWA 20 Miles championships. In fact, the 1960 AAA 2 mile walk is considered one of the greatest contests in the history of the championships. Vickers and Matthews duelled virtually neck and neck for the first seven laps, until Vickers powered away in the last lap to win in a new UK record of 13:02.4. Peter Lovesey described it as follows in his book *The Official Centenary History of the AAA*:

*In spectacle, excitement and sheer athleticism, the 1960 AAA 2 Mile duel between Stan Vickers and Ken Matthews stand comparison with any of the great races in the history of the Championships. Scrupulously fair, yet at the fastest pace ever seen in Britain, the two kept within a yard of each other; Matthews leading until the bell, when Vickers powered past to cut 9 sec from George Larnar's 56-year-old record, with 13:02.4 and Matthews 13:09.6 also inside the old figures.*



**Vickers wins over Ken Matthews in the 1960 AAA 2 Mile Championship**

Both Vickers and Matthews were considered strong contenders for the 20km walk at the Rome Olympic Games, held later that year.



The race was held on a very hot day and Matthews, weakened by recent flu, started to wilt in the oppressive conditions. Concerned for his teammate, Vickers eased his pace until Matthews urged him on. Vickers then took off, finishing strongly to win the bronze medal (1:34:56) behind Russian Vladimir Golubnichiy (1:34:07) and Australian Noel Freeman (1:34:16).

After the race, Vickers sat down to rest and was carried off by ambulance crew who thought he was sick. The crew didn't speak English and several hours passed before officials discovered what had happened. A member of the London Stock Exchange, he was carried shoulder high round the trading floor on his return.



*The winners of the 20 kms road walk after the award: to the left the Australian N. Freeman (silver medal), in the centre, the Russian V. Golubnichiy (gold medal) and to the right, the Englishman S. Vickers (bronze medal).*

#### **The 1960 Olympic 20km medallists Noel Freeman, Vladimir Golubnichiy and Stan Vickers**

With the death of Vickers, the racewalking world has lost one of the protagonists of the golden age of British racewalking, a gallery that includes names such as Don Thompson (1933-2006), Ken Matthews (b. 1934), George Williams (n . 1935), Paul Nihill (b. 1939) and Ray Middleton (b. 1936) .

References:

<http://www.omarchador.blogspot.pt/2013/04/stanley-vickers-1932-2013.html>

<http://www.thepowerof10.info/athletes/profile.aspx?athleteid=40394>

[http://www.dailymail.co.uk/sport/othersports/article-2311818/Stan-Vickers-Olympic-bronze-medalist-dies.html?](http://www.dailymail.co.uk/sport/othersports/article-2311818/Stan-Vickers-Olympic-bronze-medalist-dies.html?ITO=1490&ns_mchannel=rss&ns_campaign=1490)

[ITO=1490&ns\\_mchannel=rss&ns\\_campaign=1490](http://www.sports-reference.com/olympics/athletes/vi/stan-vickers-1.html)

<http://www.sports-reference.com/olympics/athletes/vi/stan-vickers-1.html>

<http://lewishamlegacy.wikidot.com/stanley-vickers>

*The Official Centenary History of the AAA* by Peter Lovesey, 1979

#### **2013 AUSTRALAIAN RACEWALKING SERIES UPDATE**

Now that 4 of the 8 meets that form part of the 2013 Australian Racewalking Series have been completed, I have updated the progressive points. I have also discussed the way points are allocated for the U23 and Open divisions with Athletics Australia competition manager Andrew Matthews and we have decided to allow U23 walkers to also score points in the Open division. This is in line with current Australian practice whereby an U23 athlete can win medals at both U23 and Open levels in the one race. The 4 carnivals so far have been revisited and the points recalculated accordingly. The current leaders are

Open	Dane Bird Smith	Tanya Holliday
U23	Dane Bird-Smith	Rachel Tallent
U20	Nathan Brill	Jessica Pickles
U18	Nathan Brill	Tayla-Paige Billington

You can see the individual points scores as well as the progressive scores at <http://www.rwa.org.au/aevents-1.shtml>.

#### **RACEWALKING SEMINAR INVITATION**

Anne Saville has been busy organizing a Racewalking Seminar to be held in Canberra the day before the Lake Burley Griffin Carnival in June. Here are the details:



### The Racewalking Journey

The Australian Federation of Racewalking Clubs would like to invite athletes, coaches and families attending the Lake Burley Griffin Carnival Canberra to our Racewalking Seminar.

**When:** Saturday 8<sup>th</sup> June 2013, 2pm to 3.30pm

**At:** A.I.S. Marathon Room, Sports Visitor Centre, followed by a tour of the A.I.S. (12yrs upwards)

**Speakers:** Nathan Deakes: 2007 World Champion, former World Record holder and Olympic Bronze Medallist  
Kerry Saxby-Junna: Double World Championship Medallist, Olympian and former World Record Holder  
Zoe Bryson: One of our top racewalk Judges

**Tour of A.I.S. conducted by:**

Dion Russell: World Championship, World Cup and Olympic and Commonwealth Games Representative.

**Further Enquiries:** Anne Saville Mobile: 0417240609, [asaville@ihug.com.au](mailto:asaville@ihug.com.au)

### 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

1 May 2013	Coppa Città di Sesto San Giovanni	Sesto S. Giovanni, Italy
19 May 2013	10 <sup>th</sup> European Cup Race Walking	Dudince, Slovak Republic
25-26 May	Pan American Walking club	Guatemala (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	14 <sup>th</sup> 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>th</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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