



HEEL AND TOE ONLINE

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

How's this for some great walking on the local and overseas front by Australians during the last week (in order of date/time)

- **Jess Rothwell** came 6th in the IAAF Challenge Series event in Sesto San Giovanni last Wednesday in an A qualifying time of 1:34:13. It was her first 20km time in nearly 3 years (her last 20km finish was in June 2010 when she race 1:30:53 in La Coruna). It has been a long battle back from injury and operation for Jess and it is a credit to her that she has battled through it.
- **Dane Bird-Smith** came 3rd in Sesto with his own A qualifying time of 1:23:18. He is now putting together consistently good Open walks and, at age 20, has a big future.
- **Rhydian Cowley** came 6th in Sesto with a B qualifying time of 1:25:45 so now has his name in the mix for possible World Champs selection. It was therefore a breakthrough race of sorts for the 21 year old Victorian.
- **Chris Erickson** won the Victorian 10km roadwalk championship on Saturday with a swift 41:37. In the early stages of his buildup to the Worlds later this year, he showed his training is right on the mark.
- 18 year old **Jesse Osborne** finished second to Chris with 43:41 in the Victorian 10km, not too far outside his PB and also an indication of things to come this winter.
- At the other end of the age spectrum, 66 year old **Andrew Jamieson** walked an extraordinary time of 49:24 in the VRWC 10km race at Middle Park on Saturday. That comes out at an age graded percentage of 99.34%. The only reason it is not an M65 world record is because Andrew already holds it with an even faster time, done a year ago in Melbourne
- 13 year old **Kyle Swan** broke his VRWC U14 club record with his 3km time of 13:58. Kyle continues to improve each year and is always amongst the medallists at the National level in his age group. A young walker with a big future.

Well, it has been a tough ask but I have selected three performances on which we can vote - they are **Jess Rothwell, Dane Bird-Smith** and **Andrew Jamieson**. You can cast your vote as normal at <http://www.vrwc.org.au/vrwcWOW.php>.

WHAT'S COMING UP

This Saturday we are back at Middle Park for more club races. The fixture reads

Saturday 11 th May 2013, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
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

Note that the published fixture did show a club coaching session this Saturday but we have postponed it until Saturday 1st June due to a clash for club coach Don McLaren.

The following Saturday sees the Victorian 15 km Championships as well as our main VRWC Winter Championships. Note that the 15km events start at 2PM on that day (15 mins earlier than normal). Also, while VRWC club championships can be entered on the day, the Victorian 15km championship must be entered via Athletics Victoria (<http://www.athsvic.org.au/events/register/3806>). **Remember that 15km entries close with AV later this week so you need to enter in the next couple of days.**

Saturday 18th May 2013, Middle Park**AV & VRWC EVENTS**

Entries for VRWC 15km championship events and for non-championship 15km event close at 1.40pm

Entries for all other events close at 2.00pm sharp.

2.00pm	15km	AV Championship	Open Men
2.00pm	15km	AV Championship	Open Women
2.00pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	VRWC Championship	Under 20 Men/Women
2.00pm	15km	Non championship	Open
2.15pm	5km	VRWC Championship	Under 16 Boys/Girls
2.15pm	5km	Non championship	Open
2.15pm	3km	VRWC Championship	Under 14 Boys/Girls
2.45pm	1km	VRWC Championship	Under 9 Boys/Girls
2.55pm	2km	VRWC Championship	Under 12 Boys/Girls

Looking further ahead, **entries for the Lake Burley Griffin Carnival in Canberra close with your club secretary on Saturday 18th May**. So you only have the next two Saturdays to fill in and submit your entries to me. Lots of VRWC members have already entered but I know there are more out there. And talking Canberra, we need to supply officials and judges for this big carnival so I will be chatting with people over the next couple of weeks.

Also talking Canberra, our RWV uniforms are on sale each week and more are on order and will be soon arriving. I also have one RWV women's crop top (size XS) for sale (only used twice) at a bargain price of \$35. See me on Saturday if you want to try it on for size.

Finally, the **National Roadwalking Championships on 1st September** have been confirmed for the **Symons Plains Motor Raceway, south of Launceston**. So you can now book your airfares to Launceston with confidence. The walks will be held on the Sunday morning. I booked cheap flights on Jetstar last night so hopefully they are still there today.

AV AND VRWC ROAD RACES, MIDDLE PARK, SATURDAY 4 MAY 2013

Before we get to this week's races, a final piece on our opening races the week before - Frances Attard captured the action on her video camera and I have uploaded it to YouTube - you can see it at <http://www.youtube.com/watch?v=2jIFFQv8qnY>. Thanks Fran!

The weather was greatly improved from last Saturday when walkers battled strong winds in our opening round of the winter season. This Saturday at Middle Park, the 100 walkers (what a great number for so early in the season) had a much better time of it - cool, overcast and a much friendlier breeze. We also hosted our first Victorian roadwalk championship for the year and it was exciting to see our top walkers showing us how it is done over the classic 10km. And here is a small youtube video snippet compliments of Jim Leppik - check out <http://www.facebook.com/photo.php?v=10151599479650600&set=vb.725740599&type=2&theater>

The 10km Victorian Championships took pride of place on the day with **Chris Erickson (ATE)** and **Michelle Laufer (COL)** clear winners. Chris, a dual Olympian, walked an excellent time of 41:37 to finish just over 2 minutes ahead of 18 year old **Jesse Osborne (BOH)** whose time of 43:41 was not too shabby either. Adam Garganis (COL) crossed the line in third spot but had picked up 3 red cards so was subsequently disqualified. That left **Brad Simpson (ANW)** to take the bronze medal in a big PB time of 47:54 ahead of Stuart Kollmorgen (COL) 48:39. For Michelle Laufer, it was a case of carrying on from last winter when she won the Victorian 15km and 20km championships and took silver in the 10km. This year's gold in the opening 10km omens well for the rest of the season. **Sarah Brennan (BYC)** took silver in a PB time of 54:21 and **Heather Carr (EAG)** took bronze with 58:38.

AV 10km Roadwalk Championship - Men

1.	Erickson, Chris	ATE	41:37		
2.	Osborne, Jesse	BOH	43:41		
3.	Simpson, Bradley	ANW	47:54		PB 1:17
4.	Kollmorgen, Stuart	COL	48:39	M40 1 st	
5.	Evans, Simon	BOH	50:25	M50 1 st	
6.	Christmass, James	COR	52:14	M40 2 nd	
7.	Keirl, Bernie	DIV	56:03	M40 3 rd	Eq PB
8.	Smyth, David	COL	57:18		
9.	Gardiner, Bob	COL	1:00:33	M50 2 nd	
10.	Armstrong, David	DIV	1:01:18	M50 3 rd	
11.	Reid, Ross	COL	1:02:53		
	Garganis, Adam	COL	DQ		

AV 10km Roadwalk Championship - Women

1.	Laufer, Michelle	COL	52:41	W40 1 st	
2.	Brennan, Sarah	BYC	54:21		PB 0:12
3.	Carr, Heather	EAG	58:38	W50 1 st	



Chris, Jesse and Brad in action



Michelle and Sarah in action (sorry but no photo of Heather)

The usual smorgasboard of VRWC club races was on offer and large numbers of walkers were in action. A number of the AV walkers also entered the concurrent club 10km where the handicap wins went to Cassie Raselli and David Armstrong. And what a great walk by Simone McInnes - a 5 min PB and breaking 60 minutes! And I must mention 66 year old Andrew Jamieson whose time of 49:24 comes in at an Age Graded 99.34%. The only reason it wasn't an M65 world record is because he already holds that record with an even faster time of 48:38.5, set last year.

VRWC 10km Open

1.	Sarah Brennan	54:21
2.	Heather Carr	58:58
3.	Simone McInnes	59:01
4.	Marlene Gourlay	1:00:31
5.	Kylie Irshad	1:02:29
6.	Cassie Raselli	1:03:15
7.	Donna Elms	1:08:24
8.	Margaret Beaumont	1:29:04

Hcp Place

2	PB 0:12
3	
4	PB 5:01
1	
5	
6	

1.	Stuart Kollmorgen	48:39	4	
2.	Andrew Jamieson	49:24	10	99.34% Age Graded!
3.	James Christmass	52:14	3	
4.	Mark Donahoo	52:20	5	

5.	Bernie Keirl	56:03	9	Eq PB
6.	Russ Dickenson	59:20	6	
7.	David Armstrong	1:01:18	1	
8.	Gerard Feain	1:02:23	8	
9.	Murray Dickinson	1:04:26	7	
10.	Cody McNicol-Davidson	1:04:38	2	PB 2:32
11.	Ian Beaumont *	1:23:56		

The VRWC Open 5km and Open 3km events were also keenly contested with Handicap wins going to Liz Feldman, Reese Walmsley, Jade Sanders and John Morrison.

VRWC 5km Open			Hcp Place	
1.	Liz Feldman	30:04	1	
2.	Lauren Collis	30:25	4	PB 1:15
3.	Alison Thompson	31:18	2	
4.	Gwen Steed	32:27	3	
5.	Robyn Shaw	33:12	7	
6.	Karyn O'Neill	34:16	5	
7.	Celia Johnson	34:46	6	
8.	Chloe McNicol-Davidson	36:00	8	
	Pam Tindal	DNF		
1.	Jason Kozica	23:53	6	
2.	Reese Walmsley	25:26	1	
3.	Scott Nelson	26:29		
4.	Ross Darlow	26:40		
5.	Tony Barrett	31:52	3	
6.	Geoff Barrow	33:50	4	
7.	Anthony Doran	33:51	7	
8.	Barrie Wicks	37:45	2	
9.	Bruce Conboy	37:46	5	
10.	Alex Poore *	38:07		
	Billy Allamby	DNF		

VRWC 3km Open			Hcp Place	
1.	Jasmine Irshad	14:51	5	
2.	Stephanie George	14:58	4	
3.	Jade Sanders	15:54	1	
4.	Emily Swan	17:11	3	
5.	Donna Urquhart	17:40	2	First one
6.	Carly Bertrand	19:38	6	
7.	Clare Garganis	21:46		First one
8.	Pam Mews *	27:33		
1.	Paul Kennedy	15:43	2	
2.	John Morrison	20:19	1	
3.	Paul Tremiglozzi	20:24	3	

The U15 3km events saw plenty of PBs with the best coming from Kyle Swan 13:58! Others to PB included Gabriella Crea, Rebecca Henderson, Karla Bulte, Elaine Irons and Brodie Richardson.

VRWC 3km Under 15			Hcp Place	
1.	Emily Hamilton	15:42	E6	
2.	Rebecca Henderson	16:04	2	PB 0:28
3.	Paige De Lisen	16:12	10	
4.	Georgia Bertrand	16:51	9	
5.	Taylor Vasiljevic	16:52	5	
6.	Brodie Richardson	17:15	3	PB 0:07
7.	Karla Bulte	17:32	8	PB 0:30
8.	Mackayla Davison	18:01		First one
9.	Gabbie Crea	18:07	4	PB 1:10
10.	Jessica Lillie	18:17	11	
11.	Marley Berntsen	18:17		First one
12.	Elaine Irons	19:46	1	PB 1:10
13.	Madeleine Feain	19:59	E6	
1.	Kyle Swan	13:58	2	PB 0:12
2.	Lachlan Feain	18:46	1	

The U12's raced over 2.5km and the U9's raced over 1.5km. As these road distances are not contested all that often, I haven't tried to

figure out who has done PBs and by how much but the walking was good! Mikhala Hodges 14:00 and Corey Dickson 13:21 were our U12 winners while Hayley Woolfe 9:41 and Jared Hodges 8:54 took line honours in the U9 events. The handicap winners were Arnika Nelson, Alexandra Hay, Bede Collis, Angus Hay and Jared Hodges.

VRWC 2.5km Under 12			Hcp Place
1.	Mikhala Hodges	14:00	6
2.	Kathleen O'Mahony	14:23	3
3.	Brianna Lillie	14:46	7
4.	Arnika Nelson	15:09	E1
5.	Frances Collis	16:04	
6.	Natalie Morrow	16:33	4
7.	Mackenzie Mielczarek	17:02	8
8.	Bianca Morrow	18:18	5
9.	Chelsea McDonald	19:39	9
10.	Alexandra Hay	19:46	E1
11.	Caitlyn Rudston-Brown	20:04	
1.	Corey Dickson	13:21	2
2.	Bede Collis	13:28	1
3.	Nikola Mandic	13:38	3
4.	Hayden Walmsley	16:06	4

VRWC 1.5km Under 9			Hcp Place
1.	Hayley Woolfe	9:41	5
2.	Gemma Lillie	9:51	3
3.	Brianna Briet	10:31	4
4.	Mia Darlow	10:52	
5.	Angela Lane	11:03	
6.	Charlotte Hay	11:04	2
7.	Angus Hay	12:13	1
1.	Jared Hodges	8:54	1
2.	Marcus Byron	8:54	2
3.	Thomas Kennedy	12:35	3
	William Kennedy	DQ	

The winner of the 10km Men's Championship was also awarded the **C. H. (Bert) Gardiner Medallion** and we were thrilled to have Bert's son Bob in attendance to the presentations in person.



AV Medallists Sarah Brennan, Michelle Laufer, Heather Carr, Jesse Osborne, Chris Erickson and Brad Simpson with Bob Gardiner

Thanks to all our officials - sorry if I missed anyone. It is a big job and we have many very generous helpers each week.

Officials Tim Erickson, Mark Donahoo, Damien Elms, Don McLaren, Stacey McLaren, Aaron McDonough, Mark O'Mahony, Harry Summers, Ian Laurie, Michael Bodey, Alan Lucas, Justin McLaren (Bike)

Judges Matt Owen (Chief), Ralph Bennett, Kathleen Marsh, Brenda Felton, Elke Raselli, Gordon Loughnan, Terry Swan, Stuart Cooper, Diane Lowden, Michael Bodey (DQ Board), Peter Vysma (DQ Board), Nathan Brill (Bike)

Canteen Barb Gardiner, Kate Suich, Wendy Cooper, Marlaine Stanway
Photos Sabrina George
Video Frances Attard



They're off!



Simone McInnes, Andrew Jamieson, Kyle Swan and Lauren Collis

STYLE AWARD POINTS

Our VRWC points competitions continued last week, with our judges awarding points based on their perception of who walked best from a style perspective. As usual, the results were spread widely as we have so many good walkers strutting their stuff each week!

Open and U15 Men		Open and U15 Girls		U12 and U9 Boys		U12 and U9 Girls	
Chris Erickson	12	Stephanie George	9	Bede Collis	5	Kathleen O'Mahony	3
Ross Darlow	4	Emily Hamilton	7	Nikola Mandic	5	Gemma Lillie	3
Reese Walmsley	2	Michelle Laufer	7	Jared Hodges	1	Brianna Lillie	2
Brad Simpson	2	Cassie Raselli	2			Brianna Briet	1
Jesse Osborne	2	Marley Berntsen	1				
Mark Donahoo	2	Jade Sanders	1				

Jason Kozica	1	Heather Carr	1		
Stuart Kollmorgen	1	Simone McInnes	1		
Bernie Keirl	1				
Cody McNicol-Davidson	1				

SARWC ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 4 MAY

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

Our Club handicap races, which always give the handicapper opportunity for grief. Small field for the open 10km, which saw 12 seconds over the first 3, with Peter Crump edging out Gloria Holliday and a fast finishing Kim Mottrom. Our 5km (under 20) was headed by Zoe Bryson-Eastwood who managed to convince the handicapper that she was only a novice (?) and showed that she can never really be trusted again. Our first real (under 20 walker) was Alix Harlington, who together with Anna Cross, walked well within their predicted times, as did Danielle Walsh. The support 2km saw Bethany Cross post a good time ahead of Rhiana Hooker. Nice times for Victoria and Madeleine over the 1km distance.

10km	Race Time	Actual Time	2km	
1. Peter Crump	1:10:55	54:45	1. Bethany Cross	10:46
2. Gloria Holliday	1:11:06	58:16	2. Rhiana Hooker	11:30
3. Kim Mottrom	1:11:07	44:37	3. Ayeisha Wallace	12:35
4. Bill Starr	1:12:09	1:09:39	4. Samantha Findlay	12:35
5. Jim Hoare	1:15:31	1:15:31	5. Sarah Damin	12:42
			6. Tristan Camilleri	12:51
			7. Chloe Upton	12:56
			8. Rachel Kameniar	13:00
5km	Race Time	Actual Time	1km	
1. Zoe Eastwood-Bryson	34:15	34:15	1. Victoria Upton	07:04
2. Alix Harlington	35:24	26:44	2. Madeleine Wallace	07:16
3. Anna Cross	35:49	25:49		
4. Danielle Walsh	36:12	27:27		
5. Michael Nicolaidis	37:09	34:19		
6. Louisa Mitchell	37:33	34:53		
7. Barb Cain	41:04	35:24		

ACT WALKING CLUB ROAD WALKS, YERRABI POND, CANBERRA, SATURDAY 4 MAY

Thanks to Robin Whyte for his weekly report from Canberra

4km Road Walk

1. Ashleigh Resch	21:53
2. Callum Burns	21:59
3. Elizabeth Hosking	22:23
4. Zoe Hunt	22:47
5. Kate Black	25:09
6. Helena Bialecki	25:46
7. Gabby Hunt	29:38
8. David Mackenzie	30:40
9. Terry Munro	33:24
10. John Gloe	33:44
11. Raine Thompson	38:05
12. Helen Munro	39:26

10km Road Walk

1. Ann Staunton-Jugovic	1:01:15
2. Robin Whyte	1:04:24
3. Mick Saunders	1:09:48
4. Jane Bates	1:10:17
5. Bryan Thomas	1:11:57
6. Derek Robinson	1:11:58
7. Monika Short	1:14:24
8. Rod Gilchrist	1:16:07
9. Doug Fitzgerald	1:16:11
10. Jennifer Gilchrist	1:17:22
11. Robyn Saunders	1:18:25
12. Val Chesterton	1:27:53

2km Road Walk

1. Spencer Burns	10:08
2. Laura Burns	13:35
3. Mary Wahren	20:36
4. Graham Jackson	21:38
Tom Hunt	DNF

SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 4 MAY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Cooler arvo than last week but still good walking weather. Hilly 4k course. Numbers down this week.

8km Yacht Handicap

1. George White	44:33	M67	88.48%
2. Richard Moyle	61:48	M57	57.53%
3. Phil Coles	66:25	M62	56.2%

4. David Robertson 68:39 M79 67.48%

4km Yacht Handicap

1. Roger Lowe 29:37 M70
2. Helen Suridge 27:48 W62
3. Rodger Barber 30:05 M75
4. Linda Whitelaw 30:27 W59
5. Jill Rogers 34:11 W65

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 5 MAY

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 1.6km and 8km sealed handicap events at Lake Neanger on Sunday in excellent conditions. The 1.6km handicap was won by Carissa Brook with Zahra Hayes taking 2nd place with a personal best and she also broke her own Club under 12 record by 4 seconds while Madison Hill took 3rd place with Peter Curtis taking fastest time honours and first Year walker Caitlyn Tozer recorded a personal best. In the 8km event very little separated Ebony Whiley and Barb Bryant during the entire race and in the last kilometre Ebony opened up a 30 metre lead and held it to the finish to take line honours but it was Barb who took handicap honours for the second week in succession with Ebony 2nd and Geoff Major in 3rd place.

1.6km Handicap

1. Carissa Brook 9.09
2. Zahra Hayes 8.12
3. Madison Hill 9.30
4. Georgia Bertrand 8.35
5. Norm West 12.37
6. Peter Curtis 8.11
7. Caitlyn Tozer 14.12
8. Carly Bertrand 9.56

8km Handicap

1. Barb Bryant 48.35
2. Ebony Whiley 48.24
3. Geoff Major 1.03.48
4. Colin Cleary 1.13.10

BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, NORTH GARDENS, SUNDAY 5TH MAY

Thanks to Sarah Brennan for her report on one of the big annual races in the Ballarat Race Walking Club fixture.

Each year the BRWC hosts the Benita van Raaphorst Memorial 3km in honour of the young Ballarat athlete who was tragically killed in May 2001. Benita was part of the Ballarat Racewalking Club and a competitive racewalker at both a state and national level. This year, it was fitting that Andy Blood, who was a good friend of Benita, took line honours in the 3km race in a solid 15:32. Behind him was Ross Darlow in a quick 15:43, a new U16 M Record. Amy Canavan finished as the fastest female with 17:24, a PB of 48 seconds. The sealed handicap, and the memorial trophy, was won by young Leah Canavan in 21:24. Not to be outdone by her older sister, Leah also did a 48 second PB. Ross Darlow and Amy Canavan took out the minor placings. Many PBs were recorded and Fraser Saunder and Bailey Ohlsen also claimed records in their respective age groups.

Benita van Raaphorst Memorial 3km (Sealed Handicap)

1. Leah Canavan 21:24 PB 0:48
2. Ross Darlow 15:43 U16 M Record
3. Amy Canavan 17:24 PB 0:48
4. Andrew Blood 15:32
5. Kasey Bishop 21:27 PB 1:01
6. Ruby Saunder 22:10 PB 1:12
7. Rodney Davis 18:48
8. Jessika Bridges 21:26 PB 0:34
9. Ellen Dowie 19:36 PB 0:30
10. Fraser Saunder 22:17 PB 0:06, U10 M Record
11. Alanna Peart 19:20
12. Kayla Bridges 23:58
13. Olivia Davis 26:22

2km Walk

1. Jemma Peart 11:19

1km Walk

1. Bailey Ohlsen 8:21 U10 M Record
2. Scott Peart 10:32



BRWC stalwart Andrew Blood with 2013 winner Leah Canavan

RWCWA WINTER ROAD WALKS, WILSON, SUNDAY 5 MAY

Thanks to Rick Cattermole for these results from Western Australia.

10km Open

- | | | |
|----|-----------------|-------|
| 1. | Vanessa Brown | 59.10 |
| 2. | Michelle Butler | 67.42 |

5km Open

- | | | |
|----|--------------------|-------|
| 1. | Sara Cattermole | 31.39 |
| 2. | Daniel Lowe | 31.50 |
| 3. | Caitlin Gerken | 32.30 |
| 4. | Christopher Gerken | 33.04 |
| 5. | Melissa Sullivan | 36.15 |

3km Open

- | | | |
|----|---------------|-------|
| 1. | Breanna Brown | 17.31 |
|----|---------------|-------|

2km Open

- | | | |
|----|----------------|-------|
| 1. | Jasmin Burgess | 11.51 |
| 2. | Jemma Brown | 12.25 |
| 3. | Tina Kelzic | 13.13 |
| 4. | Ryan kelzic | 14.15 |

Officials: Jacquie Cattermole, Jay Gerken, Rick Cattermole, Alex Burgess, Szelka Kelzic, Summer Brown (Water)

NSWRWC ROADWALKS, LEICHHARDT, SATURDAY 20 APRIL 2013

And now to a couple of catchups from NSWRWC. First to Leichhardt on April 20th where 36 walkers contested a variety of club events. Tyler Jones continued his fine form with a win in the 12km (1:01:24) ahead of Jay Felton (1:01:36) and Tom Doyle 1:04:23).

Long Division - 12km

- | | | |
|----|-----------------|-------|
| 1. | Tyler Jones | 61.24 |
| 2. | Jay Felton | 61.36 |
| 3. | Tom Doyle | 64.23 |
| 4. | Steven Washburn | DNF |

Medium Division - 10km

- | | | |
|----|--------------------|-------|
| 1. | Nathan Brown | 60.37 |
| 2. | Amanda Barendregt | 60.59 |
| 3. | Tony Psarianos | 65.12 |
| 4. | Judy Brown | 82.46 |
| 5. | Stephanie Grujoski | DNF |

Short Division - 5km

- | | | |
|----|-------------------|-------|
| 1. | Jasmyn McDonald | 27.00 |
| 2. | Ryan Thompson | 28.38 |
| 3. | Nicholas Douglas | 30.15 |
| 4. | Travis Barendregt | 33.16 |
| 5. | Ally Grujoski | 37.30 |
| 6. | Nicolle Challinor | 42.17 |

U12 Division - 1.5km

- | | | |
|-----|---------------------|-------|
| 1. | Bayden Little | 8.18 |
| 2. | Allanah Pitcler | 8.44 |
| 3. | Renee Hardy | 9.02 |
| 4. | Niamh Sanday | 9.09 |
| 5. | Morgan Little | 9.46 |
| 6. | Brooke Martin | 9.47 |
| 7. | Lachlan Barendregt | 9.53 |
| 8. | Logan Barendregt | 11.01 |
| 9. | Jada Thomson | 11.15 |
| 10. | Alexander Jefferies | 13.04 |
| 11. | Anna Jefferies | 13.04 |
| 12. | Courtney Mavin | 13.05 |
| 13. | Grudie Douglas | 13.07 |
| 14. | Stacie Beecroft | 13.28 |
| 15. | Aiden Hardy | 16.05 |
| 16. | Emily Challinor | 16.41 |
| 17. | Amelia Crocker | 21.29 |
| | Christina Jefferies | DQ |

U16 Division - 2km

1.	Harrison Mavin	10.28
2.	Samantha Brown	11.53
3.	Chelsea Goodhew	11.59

NSWRWC ROADWALKS, TEMPE, SATURDAY 27 APRIL 2013
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And now to a week later in Tempe when a bumper crowd of 52 walkers contested the NSWRWC roadwalks. Once again, Tyler Jones led from the front with 38:41 ahead of Lauren Bourke 38:51 and Steven Washburn 39:18. Also good to see Nicole Fagan in fine form with 28:41 for the 6km.

Long Division - 8km Handicap

1.	Tyler Jones	38.41
2.	Lauren Bourke	38.51
3.	Steven Washburn	39.18
4.	Jay Felton	40.06
5.	Tom Doyle	43.03
6.	Jasmine Dighton	44.57
	Kyle Malone	DNF
	Joan Purcell	DNF

U16 Division - 2km

1.	Harrison Mavin	10.07
2.	Eliza Delaine	10.51
3.	Samantha Brown	10.52
4.	Jasmine Fletcher	11.38
5.	Paige Rigney	11.51
6.	Melissa Hoy	12.57
7.	Sean Teo	13.04

Medium Division - 6km

1.	Nicole Fagan	28.41
2.	Lucy Francis	32.05
3.	Aiden Kerr	32.24
4.	Nathan Brown	35.35
5.	Adam Mylonis	36.10
6.	Tony Psarianos	36.59
7.	Bryony Beasley	37.15
8.	Amanda Barendregt	45.35
9.	Judy Brown	48.29
10.	Brendan Hyde	50.08
	Taylor-Paige Billington	DNF

U12 Division - 1km

1.	Renee Hardy	5.37
2.	Brooke Martin	5.47
3.	Alexandra Ariens	5:59
4.	Lachlan Becroft	6.02
5.	Logan Barendregt	6.50
6.	Lachlan Rigney	6.56
7.	Reilly Jones	7.10
8.	Alexander Jeffries	8.01
9.	Anna Jeffries	8.03
10.	Courtney Mavin	8.04
11.	Brodie Douglas	8.05
12.	Aiden Hardy	9.16
13.	Stacie Becroft	9.18
14.	Christina Jeffries	11.10
15.	Emily Challinor	11.39
16.	Amelia Crocker	12.23
	Ethan Martin (INV)	9.23

Short Division - 3km

1.	Jasmyn McDonald	15.26
2.	Ryan Thomson	16.00
3.	Dylan Richardson	16.10
4.	Nicholas Douglas	17.52
5.	Travis Barendregt	19.51
6.	Jan Dodds	23.02
7.	Nicolle Challinor	25.05
8.	Jenny Lingley	25.39
9.	Jenny Billington	25.39

QRWC ROAD WALKS, LOGAN CITY PARKLANDS, SUNDAY 28 APRIL

And a catchup from Queensland from a week ago. Brandon Dewar was the standout walker with his 10km time of 44:40.

A Grade 10km

1.	Brandon Dewar	44.40
2.	Peter Bennett	51.16
3.	Jessica Pickles	55.01
4.	Paul Lindenberg	61.40
5.	Kay Shaw	68.56
6.	Donna Beikoff	69.01
7.	Noela McKinven	77.13
8.	Denise Fellows	77.13
	Katya Martin	DNF

C Grade 3km

1.	Aimee Brackin	17.31
2.	Robyn Wales	23.13

D Grade 2km

1.	Sean Brackin	15.36
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F Grade 1km

1.	Adam Buchhorn	6.24
2.	Kobe Hinton	6.55

B Grade 5km

1.	Brad Aiton	25.36
2.	Mikaela Woodward	28.21
3.	Doug Miles	36.38
	Mel Hayes	DNF

COPPA CITTÀ DI SESTO SAN GIOVANNI, SESTO SAN GIOVANNI, ITALY, WEDNESDAY 1 MAY

The latest 2013 IAAF Challenge Series race was held last Wednesday in Sesto San Giovanni in Italy and it held a special interest for us with four Australian walkers in action. Diego Sampaolo reported on the event as follows on the IAAF website (see <http://www.iaaf.org/news/report/lashmanova-and-toth-victorious-in-sesto-san-g>).

Olympic 20km race walk champion Yelena Lashmanova won unopposed at the Coppa Città di Sesto San Giovanni, the Italian leg of the IAAF Race Walking Challenge, while Matej Toth of the Slovak Republic triumphed in the men's race. Lashmanova, the 20km World record-holder, finished in 1:32:07 to beat Portugal's Ines Henriques (1:33:06) by almost exactly one minute as Henriques' compatriot Ana Cabecinha was third (1:33:18). After setting a lifetime best of 1:20:14 in his last race, Toth found 1:22:02 enough on this occasion to take the victory, 27 seconds ahead of runner-up Jakub Jelonek from Poland, while Australian Dane Bird-Smith took third place in 1:23:18.

Women's 20km Walk

The Portuguese pair of Henriques and Cabecinha took the early lead with Australian Jessica Rothwell, Spaniard Julia Takacs and Japanese Kumi Otoshi in the first few kilometres, while Lashmanova chose a more conservative tactic and stayed behind the early leaders, although she was always in control. Rothwell led the pack through 5km in 23:45 with Henriques and Cabecinha right behind.

The leaders maintained a conservative pace due to the warm and humid weather, as Henriques went through the half-way mark in 47:11 (1:34 pace). With less than 10km to go, the front group had been whittled down to just five athletes – Henriques, Cabecinha, Lashmanova, Otoshi and young Czech rising star Lucie Pelantova. The race really heated up at 12km when four women – Henriques, Cabecinha, Lashmanova and Otoshi – pulled away from Pelantova. After the quartet passed 15km in 1:10:26, Lashmanova began pushing the pace and broke away with two laps to go.

The 20-year-old Russian, who last year won the IAAF World Cup in Saransk and beat three-time World champion Olga Kanishkina at the Olympic Games with a World record of 1:25:02, increased her pace, opening up a huge gap over Henriques and Cabecinha with the three fastest km splits of the race (4:22 at 17km, 4:15 at 18km and 4:13 at 19km). Her final time of 1:32:07 was a far cry from her World record, but on a day where conditions were not conducive to fast times, Lashmanova's priority was simply to ensure she crossed the line in first place, extending her winning streak to five. "I did not think about the time, the main thing was to win," said a delighted Lashmanova. "I really enjoyed the race. I pushed the pace in the final lap and I realised there that I could take the win."

The Russian national anthem sounded in the Pino Dordoni athletics stadium, perhaps giving a preview of what to expect at this summer's IAAF World Championships at the Luzhniki Stadium in Moscow. "I started walking at the age of 13 in my city Saransk near the Volga River," explained Lashmanova. "My father is a car driver. My elder brother is 23 years old and is married. My boyfriend is also a good athlete. I am grateful to Italy as I won my first major title here, at the 2009 World Youth Championships in Bressanone," she added. "I have great memories of Sudtyrol."

1.	Yelena LASHMANOVA	RUS	92	1:32:07
2.	Ines HENRIQUES	POR	80	1:33:06
3.	Ana CABECINHA	POR	84	1:33:18
4.	Kumi OTOSHI	JPN	85	1:33:46
5.	Lucie PELANTOVÁ	CZE	86	1:33:54
6.	Jess ROTHWELL	AUS	89	1:34:13
7.	Ainhoa PINEDO	ESP	83	1:34:49
8.	Vera SANTOS	POR	81	1:35:20
9.	Júlia TAKÁCS	ESP	89	1:35:41
10.	Masumi FUCHISE	JPN	86	1:38:18
11.	Susana FEITOR	POR	75	1:39:43
12.	Maria LARIOS LOPEZ	ESP	92	1:44:02
13.	Nicole COLOMBI	ITA	95	1:52:07
	Panayota TSINOPOULOU	GRE	90	DNF
	Tanya HOLLIDAY	AUS	88	DQ
	Miriam FERNÁNDEZ ANDRÉS	ESP	81	DNF

Men's 20km Walk

Matej Toth, Jakub Jelonek, Dane Bird Smith, Yusuke Suzuki from Japan and Rafal Augustyn from Poland formed the leading group who pulled away from the rest of the field in the early stages of the race, passing through 5km in 20:43. Joao Vieira from Portugal, winner in Rio Major this year, led the chasing pack which featured 2011 World bronze medallist Fernando Luiz Lopez, and they passed 5km in 21:02. Toth, Jelonek, Suzuki and Bird-Smith broke away at 9km before reaching the half-way mark in 41:15. With a 4:04 split at 11km, 20-year-old Bird-Smith was dropped as Toth, Suzuki and Jelonek surged ahead.

Toth and Jelonek continued to push the pace and with a 4:02 split at 15km they dropped Suzuki, who finished third in this race last year. With 3km to go Toth maintained his lead, closely followed by Jelonek. Toth finally managed to drop Jelonek on the final lap with a decisive surge and with a strong finish he opened up a gap of more than 20 seconds to romp home in 1:22:02, finishing at the athletics track named after the late 1952 Olympic 50km champion Pino Dordoni.

"For me this race was preparation for the European Cup in Dudince," explained the Slovak winner, who is currently training in the

Italian town of Livigno. “It was an easy race, and when it was down to just me and Jakub I felt good. “Dudince is very important for me as it is near my home town,” he added. “I will compete in the 20km at the European Cup, but in Moscow I will take part in the 50km. I started training in January and I’m in good shape – two weeks ago I set a 20km PB in Podebrady. My form is improving step by step.”

1.	Matej TÓTH	SVK	83	1:22:02
2.	Jakub JELONEK	POL	85	1:22:29
3.	Dane Alex BIRD-SMITH	AUS	92	1:23:18
4.	Yusuke SUZUKI	JPN	88	1:24:03
5.	Joao VIEIRA	POR	76	1:24:28
6.	Rafał AUGUSTYN	POL	84	1:24:46
7.	Rhydian COWLEY	AUS	91	1:25:45
8.	Luis Fernando LÓPEZ	COL	79	1:25:53
9.	Dzianis SIMANOVICH	BLR	87	1:26:30
10.	Emerson HERNANDEZ	ESA	88	1:26:34
11.	Mikel ODRIOZOLA	ESP	73	1:28:36
12.	Takaki MATSUZAKI	JPN	92	1:29:25
13.	Massimo STANO	ITA	92	1:29:53
14.	Mirko DOLCI	ITA	85	1:29:58
15.	Karel KETNER	CZE	90	1:31:35
16.	Ivan MOBILIA	ITA	91	1:35:04
17.	Tommaso ROMAGNOLI	ITA	91	1:35:42
18.	Djamel SELSELDEB	FRA	76	1:37:15
19.	Renato CORTINOVIS	ITA		1:39:58
20.	Adzraku JOHN	GHA		1:51:01
21.	Franco VENTURI DEGLI ESPOSTI	ITA	57	1:57:44
	Pavel SCHROM	CZE	91	DQ
	Alvaro MARTIN	ESP	94	DNF
	Roman RÍHA	CZE	90	DNF
	Filip VESELOUŠ	CZE	95	DNF
	Anton KUČMÍN	SVK	84	DNF
	Tiago DO NASCIMENTO FONSECA	BRA	89	DQ
	Diogo DIAS GAMBOA	BRA	83	DQ
	Ato IBANEZ	SWE	85	DQ
	Jiří MALYSA	CZE	66	DQ

The Australians performed excellently, as reported on the Athletics Australia website. The report reads

Bird-Smith and Rothwell walk to A-Qualifiers in Italy

Up and coming race walker **Dane Bird-Smith (Qld)** and Australian Flame **Jess Rothwell (Vic)** smashed the men's and women's IAAF World Championships A-Qualifying times to be the best placed Australians at Coppa Città di Sesto San Giovanni, the Italian leg of the IAAF Race Walking Challenge overnight.

Bird-Smith, who placed third, crossed in 1:23:18 to finish amongst the medals with Matej Toth (SVK, first, 1:22.02) and Jakub Jelonec (POL, third, 1:22:29). Bird-Smith was amongst the lead pack in the early stages, moving through 5km in 21:02. Breaking away in a group of four at the 9km mark, Bird-Smith held on through 11km before dropping off the pace and holding to take third.

Excitingly, **Rhydian Cowley (Vic)** placed 7th overall in 1:25:45 to record his first B-Qualifier for the IAAF World Championships and stake his claim for possible selection.

In the women's race, Rothwell, who is continuing her comeback from serious injury that have hampered her athletics career in recent years, was impressive to finish in 1:34:13. Taking an early lead in a group of five, Rothwell led the race through 5km in 23:45. Falling just back from the leaders through 10km, Rothwell coped well with the humid conditions to cross 6th behind race winner Yelena Lashmanova (RUS, first, 1:32:07).

Unfortunately, **Tanya Holliday (SA)** was disqualified but I am sure that she will bounce back. Sometimes you have to go for it!

There were some great Sesto photos published on the following two facebook galleries. A small selection is shown below.

Women's 20km: <http://www.facebook.com/media/set/?set=a.10200942618158382.1073741839.1553740497&type=1>
 Men's 20km: <http://www.facebook.com/media/set/?set=a.10200945316185831.1073741840.1553740497&type=1>



Left: Tanya Holliday and Jess Rothwell in the lead group early in the race



Right: Jess finishes



Left: Dane mixes it in the lead group



Right: Rhydian walks a B qualifier

The 2013 IAAF World Championships qualification period for Australian race walkers and marathoners closes on 12th May, with an announcement of those selected to follow a few days later, once Athletics Australia Selectors have met. The walk selections are sure to be of great interest with a large number of A and B qualifiers shown below. Take out Nathan Deakes, Adam Rutter and Claire Tallent who have now all retired and you are still left with a large pool of qualified walkers from whom to choose.

20km Walk Men - 1:24:00 / 1:26:00

Jared Tallent	1:20:02	London	04/08/2012	A
<i>Tallent</i>	1:20:34	Taicang, China	30/03/2012	A
<i>Tallent</i>	1:20:41	Taicang, China	01/03/2013	A
Adam Rutter	1:21:23	Taicang, China	30/03/2012	A
<i>Tallent</i>	1:21:50	Chihuahua, Mexico	03/03/2012	A
<i>Tallent</i>	1:22:10	Hobart	24/02/2013	A
Chris Erickson	1:22:20	Saransk, Russia	12/05/2012	A
Dane Bird-Smith	1:22:27	Hobart	24/02/2013	A
Luke Adams	1:22:50	Taicang, China	30/03/2012	A
<i>Rutter</i>	1:22:54	Saransk, Russia	12/05/2012	A
<i>Tallent</i>	1:23:01	Hobart	25/02/2012	A
<i>Erickson</i>	1:23:09	Taicang, China	30/03/2012	A
<i>Bird-Smith</i>	1:23:15	Taicang, China	30/03/2012	A
<i>Bird-Smith</i>	1:23:18	Sesto, Italy	01/05/2013	A
<i>Adams</i>	1:23:28	Saransk, Russia	12/05/2012	A

<i>Adams</i>	1:23:48	Hobart	24/02/2013	A
<i>Erickson</i>	1:24:12	Hobart	25/02/2012	B
<i>Erickson</i>	1:24:19	London	04/08/2012	B
<i>Bird-Smith</i>	1:24:41	Saransk, Russia	12/05/2012	B
Brendon Reading	1:25:07	Taicang, China	30/03/2012	B
<i>Erickson</i>	1:25:15	Hobart	24/02/2013	B
Rhydian Cowley	1:25:45	Sesto, Italy	01/05/2013	B

50km - 4:02:00 / 4:16:00

Jared Tallent	3:36:53	London	11/08/2012	A
Nathan Deakes	3:48:45	London	11/08/2012	A
Luke Adams	3:53:41	London	11/08/2012	A
Chris Erickson	3:55:24	Taicang, China	02/03/2013	A
<i>Adams</i>	3:57:24	Melbourne	09/12/2012	A
Ian Rayson	4:00:39	Melbourne	09/12/2013	A

20km Women - 1:36:00 / 1:38:00

Claire Tallent	1:28:53	Taicang, China	30/03/2012	A
Regan Lamble	1:30:03	London	11/08/2012	A
Beki Lee	1:32:14	London	11/08/2012	A
<i>C. Tallent</i>	1:32:30	Sesto, Italy	17/06/2012	A
<i>C. Tallent</i>	1:32:58	Hobart	25/02/2012	A
Tanya Holliday	1:33:15	Taicang, China	30/03/2012	A
<i>C. Tallent</i>	1:33:21	Chihuahua, Mexico	03/03/2012	A
<i>Lamble</i>	1:34:03	Taicang, China	01/03/2013	A
Jess Rothwell	1:34:13	Sesto, Italy	01/05/2013	A
<i>Holliday</i>	1:34:32	Hobart	24/02/2013	A
<i>Lamble</i>	1:34:34	Saransk, Russia	13/05/2012	A
Rachel Tallent	1:34:53	Taicang, China	01/03/2013	A
Cheryl Webb	1:35:46	Hobart	24/02/2013	A
<i>Holliday</i>	1:36:31	Melbourne	09/12/2013	B
<i>Lee</i>	1:36:45	Melbourne	24/02/2012	B
<i>R. Tallent</i>	1:36:50	Hobart	24/02/2013	B
Kelly Ruddick	1:36:58	Hobart	24/02/2013	B
<i>Lamble</i>	1:36:52	Hobart	25/02/2012	B

Highlighting the depth of Australian race walking, there are 5 men and 7 women with A qualifiers for the 20km race walks and 5 men with A qualifiers for the 50km walk.

USATF NATIONAL 10,000M TRACK WALK CHAMPIONSHIPS, FARMINGVILLE, NY, SUNDAY 5 MAY

The USATF National 10,000m walks, held at the Sachem East High School in Farmingville, NY, saw wins to Maria Michta (46:06.98) and Dan Deriani (45:55.84).

10,000m Race Walk Women

1.	Michta, Maria	27	Walk USA	46:06.98
2.	Melville, Miranda	24	NYAC	46:09.96
3.	Burnett, Katie	24	Unattached	48:49.92
4.	Forgues, Lauren	25	NYAC	49:40.10
5.	Randall, Susan	38	Miami Valley TC	50:28.56
6.	Michta, Katie	17	Walk USA	53:41.21
7.	Farmer, Monika	16	Walk USA	54:04.77
8.	Collins, Brittany	19	Walk USA	54:30.74
9.	Lindoe, Holly	17	Walk USA	61:11.18
10.	Armstrong, Cheryl	27	Raleigh Walkers ~	63:30.11
11.	Schuellein-McGovern, Loretta	35	World Class Racewalkers	DNF
12.	Vail, Teresa	50	Pegasus A.C.	DNF
13.	Podlaski, Meaghan	16	Unattached	DNF
14.	McConville, Allison	16	Walk USA	DNS
15.	Harvey, Maryann	56	World Class Racewalkers	DNS

Team Champions: Walk USA (M.Michta, F. Michta & M. Farmer)

10,000m Race Walk Men

1.	Seriani, Dan	22	World Class Racewalkers	45:55.84
2.	Swarts, David	48	Pegasus AC	47:44.74
3.	Dunn, Spencer	15	Maine Racewalkers	51:44.17
4.	O'Rourke, Edward	51	New England Walkers	52:57.99
5.	O'Brien, Dan	48	Pegasus A.C.	54:58.50

6.	Vayo, Bill	48	Shore AC	56:23.67
7.	Jack , Lazor	16	CT Racewalkers	57:53.11
8.	Lawrence, Donald	53	Fleet Feet	58:20.20
9.	Logan, Bruce	47	Park Walkers	60:54.94
10.	Campbell, Robert	68	World Class Racewalkers	66:26.85
11.	Sablej, Zibigniew	51	Pegasus AC	DQ
12.	Murillo, Leo	58	Unattached	DQ

Judges: Bill Pollinger (chief), Ron Daniel, Maryanne Daniel, Reggie Weissglas, James McGrath

REGIONAL TRACK CLUBS CHAMPIONSHIPS U18, ITALY

In a variety of U18 walking races across Italy last week, walkers tested themselves over the 5000m track distance. Amongst the results reported on the Marcialtaliana website were

- In Bari an unstoppable Noemi Stella (Don Milani) won the 5000m in 22:39:31. This was the second fastest ever U18 Italian performance behind that of Anna Clemente (22:27:38), done in winning the 2010 Youth Olympics in Singapore. This should also be the fastest U18 time this year, ahead of Chinese walker Jiayu Yang (23:07.85 - Sydney, January 2013)
- Also in Bari, Giuseppe Inglese won the boy's race with 22:09:51 ahead of Gregorio Angelini 22:15:50
- Eleonora Dominici was first in Rome in 24:54.35 ahead of Cindy Porcu 25:18.42
- The winners in Pisa were Giulia Panconi (26.57.27) and Gianluca Picchiottino (23:46:59)

Full results at <http://www.marcialtaliana.com/risultati/Allievi%20.pdf>

INDIAN ROADWALK CHAMPIONSHIPS, PATIALA, INDIA, SUNDAY 24 APRIL

Kushbir Kaur and Babu Bai Panucha were the 20km roadwalk winners in the Indian athletics championships, integrated into the 17th Federation Cup held in Patiala, State of Punjab, on April 24, in an area surrounding the imposing National Institute of Sports. Interestingly, as we have just finished dismantling the highly successful walks program at the AIS, the Indians have built up a large group of fully supported walkers at their Institute of Sport in Patiala and the results are starting to come - the standard of the men's walk in particular was excellent with the first 11 finishers all under 1:28:00.

20 km women

1.	Kushbir Kaur	1.38.03
2.	Rani Yadav	1.42.26
3.	Ranjana Gupta	1.44.33
4.	Shanti Kumari	1.44.44
5.	Sandhya K. J.	1.49.54
6.	Rajni	1.51.20
7.	Meeshma K. M.	2.00.15
8.	Madhumithakarado	2.04.56
9.	Govindammal	2.21.39.

20 km men (27 competitors)

1.	Babu Bhai Panucha	1.24.36
2.	Kuldeep	1.24.47
3.	Sandeep Kumar	1.26.07
4.	Devender Singh	1.26.19
5.	Gurpreet Singh	1.26.34
6.	Ganpati	1.26.47
7.	Jitendra Singh	1.27.22
8.	Mani Ram Patel	1.27.26
9.	Basant Bahadur Rana	1.27.49
10.	Ashish	1.27.50
11.	Deepak Kumar	1.27.56

FESTA DELL ATHLETA MEETING, MONDOVI, ITALY, 1 MAY

2008 Olympic bronze medallist Elisa Rigauo clocked a fantastic 42:29.06 in the women's 10000m walk at the Festa Dell Athleta meet in Mondovi, Italy, earlier this month. Not only was it a big PB (her previous best of 43:06 was set in Saluzzo in August 2008) but she was only 6 seconds outside the Italian all-time best of 42:23.7, set by Ileana Salvador in Fana, Sweden, in 1993. This performance is the eighth best ever in the World all-time list (the best time is 41:56, set by Nadezhda Ryashkina in Seattle in 1994). The race splits indicate the even nature of her race: 4:15 – 4:11 – 4:16 – 4:12 – 4:16 – 4:14 – 4:17 – 4:18 – 4:18 – 4:12.

Rigaudo's next race will be at the European Race Walking Cup later this month in Dudince. What a huge meet that is going to be!

10,000m Women

1.	RIGAUDO Elisa	1980	ITA	42:29.06
	ALBERTI Giulia	1987	ITA	DNF
	DELLA LUCIA Alessandra	1996	ITA	DNF
	BECCARIA Lorenza	1997	ITA	DNF

LA RONDE DE DUCS, DIJON, FRANCE, 27-28 APRIL 2013

After a successful first edition in 2012, the Dijon University Club were in action again on the weekend of 27-28 April 2013 with La Ronde des Ducs, a 24 Hour walking race around Lake Kir in Dijon (see <http://www.larondedesducs.fr>). This year's race was expected to be keenly contested with three French walkers who have walked in excess of 200km in 24 Hours - Philippe Thibaux who was second in the 2012 Paris-Colmar 2012, Philippe Morel who is amongst the favorites for this year's Paris-Colmar and Fabrice Henry who completed 206km a month ago in Château-Thierry. Add into the mix the presence of Russian walker Sergei Lukyanov who was third last year, Eddy Roze who was fourth last year, former French 100km champion Philippe Gilles and Rémi Bonnotte who walked 190km in February in the French championship. Amongst the women, Claudine Anxionnat was back to defend her title against youngster Deborah Geimer. A 6 Hour event was held concurrently during the last 6 hours of the Ronde on Sunday morning and it also attracted a good field of walkers. You can get some idea of conditions from this excellent video: <http://youtu.be/ewlygNuiSFY>. And here is another short video - <http://www.youtube.com/watch?v=7k-Nd1X-x7g>.

And of course, Emmanuel Tardi was there to report on the event. His comments:

Last week end was the last event for walkers to qualify for this year's Paris-Colmar in June. The initial lap was 1.010km followed by laps of 3.666km to enable an accurate 100km split. In the last hour, the lap was reduced to 827m. The main lap around Lake Kir is flat for nearly the whole way, with only 100m of hill to negotiate. If the weather is good, it is a pleasant lap near beaches and woods but this year it was raining hard. In Bourges the walkers had to contend with snow. This time around it was rain with the temperature at event start only 6°C and, at one stage, the event was nearly stopped because of flooding!

Fabrice Henry and Eddy Roze set off at a fast pace, Henry stopping after 40km. That left Roze on front and he passed the 50km mark in just under 5 hours, some 3 minutes ahead of Philippe Morel. He maintained his lead to the 100km mark but then stopped, leaving Morel to take the lead and eventually win the race. In the women's event, Deborah Geimer has produced an huge race effort, winning with over 175km.

24 Hour Championship

1.	MOREL Philippe	192.771 km	24:00:00
2.	LUKYANOV Sergei	181.291 km	24:00:00
3.	BONNOTTE Remi	176.594 km	24:00:00
4.	GEIMER Deborah (F)	175.115 km	24:00:00
5.	LOUGRADA Saadi	174.043 km	24:00:00
6.	THEVENIN Pascal	168.302 km	24:00:00
7.	BIET Christophe	164.384 km	24:00:00
8.	GALICIA Alfredo	161.248 km	24:00:00
9.	GILLES Philippe	159.906 km	24:00:00
10.	MONTOIS Didier	150.470 km	24:00:00
11.	GUILLIOU Anne (F)	149.596 km	24:00:00
12.	SONNOIS Martine	148.716 km	24:00:00
13.	FABRE Françoise	148.061 km	24:00:00
14.	GUERINIER Christian	147.762 km	24:00:00
15.	BAUDRILLART Antonio	145.497 km	24:00:00
16.	HASSEVELDE Sebastien	143.403 km	24:00:00
17.	BOVIN Laurent	132.350 km	24:00:00
18.	RASSAIND Andre	126.258 km	24:00:00
19.	BIEBUYCK Pascal	124.895 km	24:00:00
20.	SPIESER Jean-Paul	113.735 km	24:00:00
21.	MARECHAL Jean	111.706 km	24:00:00
22.	LANDRU Noelle	109.150 km	24:00:00
23.	LAILLER Patrick	106.928 km	24:00:00
24.	BRUNET Roger	104.493 km	24:00:00
25.	VESSIGAUD Jean Pierre	99.109 km	24:00:00
26.	LAURIN Martine	79.556 km	24:00:00
	BOCUZE Daniel	143.992 km	19:25:38
	ROZE Eddy	118.330 km	13:32:32
	SHILLABEER Edmund	118.330 km	16:41:51
	TERON Chantal (F)	110.998 km	17:14:41
	ANXIONNAT Claudine (F)	100.000 km	14:44:29
	GIROD Urbain	92.668 km	11:21:08
	HARTMANN Emmanuel	74.338 km	09:33:54
	DIALLO Aida (F)	74.338 km	10:43:52

CHAUVITEAU Daniel	70.672 km	09:12:00
QUINQUETON Bernadette (F)	63.340 km	09:35:42
HENRY Fabrice	37.678 km	03:37:30
GRAZIANO Morotti	29.328 km	03:25:03
LETOURNEAU Florian	23.014 km	02:46:27
LEZIN Jean-claude	21.996 km	03:17:56

6 Hour Championship

1. LABARRE Bertrand	53.392 km	6:00:00
2. VARAIN Cedric	53.392 km	6:00:00
3. CHATILLON Nicolas	51.029 km	6:00:00
4. L ASTRAGALE Thanron-lescure	49.910 km	6:00:00
5. LACHIVER Pierre	49.278 km	6:00:00
6. HARBULOT Renata-Francis	45.929 km	6:00:00
7. PANNIER PILLE Magali	45.653 km	6:00:00
8. MERCIER Jean-pierre	44.804 km	6:00:00
9. PICHON Jean	42.827 km	6:00:00
10. CRILLEY Kathy	42.704 km	6:00:00
11. HOBEN David	38.865 km	6:00:00
12. DELASSAUX Jacqueline	32.570 km	6:00:00
13. HATTE Joseph	21.654 km	6:00:00



Remi Bonette and Philippe Morel (photos Emmanuel Tardi)



Henry Roze, Fabrice Henry and Deborah Geimer (photos Emmanuel Tardi)

As mentioned above, this was the final qualifying meet for the 2013 Paris Colmar classic (450km over 3 days). The final ranking list can be seen at [http://www.marchons.com/attachments/626_Classement%20des%20marcheurs%20\(ses\)%20de%20grand%20fond%202012-2013%20apr%C3%A8s%20Dijon.pdf](http://www.marchons.com/attachments/626_Classement%20des%20marcheurs%20(ses)%20de%20grand%20fond%202012-2013%20apr%C3%A8s%20Dijon.pdf). Zoltan Czukur leads the men with 208.267km while Corinne Fauqueur leads the women with 187.124km.

SPANISH CLUB CHAMPIONSHIPS, ARANJUEZ, SATURDAY 27 APRIL

The OMarchador blog website (<http://omarchador.blogspot.pt/2013/05/diego-garcia-establece-recorde.html>) reports a new Spanish U18 5000m track record to Madrid's Diego Garcia, done in the first round of the Spanish Club Championships a week ago. Finishing less than one second behind winner Marc Tur (who is only a Junior himself), Garcia's time of 20:05.39 took nearly 30 seconds off the Spanish U18 record, held previously by José Sánchez (2002 - 20:34.3).

With only 3 years of racewalking under his belt, Garcia showed great improvement to beat his previous best of 20:50.01, set last December in Gaudix, Granada. Born in Madrid on 19th January 1996, Garcia has road PBs of 20:50 (5km - Toledo 24/11/2012) and 42.36 (10km -Murcia, 3/3/2013). He is a member of the Spanish U20 men's team that will participate in the European Cup Race Walking in Dudince later this month, alongside Álvaro Martín and Marc Tur. Interestingly, all three athletes have the same coach and Álvaro Martín won the Club Championships race in Pamplona with 20:08.22. Here are the full results from the Aranjuez races

Men's 5000m Race Walk

1.	Marc TUR	ESP	94	20:04.91	PB
2.	Diego GARCIA	ESP	96	20:05.39	PB
3.	Francisco ARCILLA	ESP	84	20:15.02	SB
4.	Alex FLOREZ	ESP	71	20:51.28	PB
5.	Ivan PAJUELO	ESP	93	20:56.09	PB
6.	David REYES	ESP	93	22:39.61	PB

Women's 5000m Race Walk

1.	Ainhoa PINEDO	ESP	83	22:53.1	SB
2.	Sara ALONSO CASTELO	ESP	91	23:32.2	SB
3.	Maria LARIOS LOPEZ	ESP	92	23:35.2	PB
4.	Maria PEREZ	ESP	96	24:04.5	PB
5.	Eva Maria TUR PALAU	ESP	90	26:43.1	SB

SWISS ROADWALK CHAMPIONSHIPS, YVERDON, SWITZERLAND, SUNDAY 5 MAY

Emmanuel Tardi was in Yverdon on Sunday for the Swiss national roadwalking championships and has sent me the results and some photos. The stars were of course the Polli sisters, Marie 47:28 and Laura 47:58, who battled out the women's 10km while Alex Flores won the men's 20km with 1:33:52. And on a personal note, it was good to see Harold Van Beek keeping the younger blokes honest with his fourth placed performance of 1:45:18.

20km Men

1.	Alex Flores	HV	1971	SAL Marcia Lugano	1:33:52
2.	Bence Venyercsan	U18	1996	Honved Budapest Hongrie	1:35:22
3.	Luis Manuel Correia	H	1978	CM Cour Lausanne	1:41:30
4.	Harold Van Beek	HV		RWV.Rotterdam Hollande	1:45:18
5.	Wielfried Van Bremen	H	1987	RWV.Rotterdam Hollande	1:45:24
6.	Laszlo Venyercsan	HV	1971	Honved Budapest Hongrie	1:47:30
7.	Paolo Ghirlanda	HV	1967	SAL Marcia Lugano	1:48:17
8.	David Koltai	H	1983	Honved Budapest Hongrie	1:54:31
9.	Istvan Csaba	HV	1959	Honved Budapest Hongrie	1:56:25
10.	Urs Kaufmann	HV	1958	CM.Cour Lausanne	1:56:56

10km Women

1.	Marie Polli	F	1980	SAL Marcia Lugano	47:28
2.	Laura Polli	F	1983	SAL Marcia Lugano	47:58
3.	Corinne Henchoz	FV	1964	CM Cour Lausanne	56:33
4.	Heidi Maeder	FV	1943	CM.Cour Lausanne	1:04:45
5.	Brigitte De Coppet	FV	1946	CM.Yverdon-les-Bains	1:10:21
6.	Dzintra Zinkovska	FV	1945	CM.Yverdon-les-Bains	1:19:53
7.	Lasma Plukasa	F	1987	CM.Yverdon-les-Bains	1:19:56

U18 10km Men

1.	Bence Venyercsan	U18	1996	Honved Budapest Hongrie	47:20
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U16 5km Girls

1.	Daphne Dimanopulosz	U16	1999	Honved Budapest Hongrie	27:02
2.	Laura Komoroczy	U16	1999	Honved Budapest Hongrie	28:11
3.	Patricia Bocz	U14	1998	Honved Budapest Hongrie	30:24

U16 3km Girls

1.	Sarah Lacroix	U16	1998	Léman Athletics Club, France	17:35
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U14 3km Girls

1.	Hanna Jenei	U14	2000	Honved Budapest Hongrie	21:40
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U14 3km Boys

1.	Nathan Bonzon	U14	2000	CM.Monthey	16:25
2.	Guillaume Pommaz	U14	2001	CM.Monthey	19:42

U12 2km Boys

1.	Dorian Pommaz	U12	2003	CM.Monthey	14:45
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The podiums from the men's and women's Swiss Open roadwalk championships last Sunday (photos Emmanuel Tardi)

WALKING SHORTS

- An excellent video from the Naumburg races last week. See <https://www.youtube.com/watch?v=VpmOS7vwvpE>.
- A new website to bookmark - *Athletes Australia* intends to build up a historical database of Australian T&F athletes. A daunting task but it seems to have made a good start. See <http://www.athletesaustralia.com.au/>.
- An article on Matej Toth who will spearhead the home team later this month in Dudince at the European Race Walking Cup. See <http://www.european-athletics.org/dudince-2013/11911-toth-homes-in-on-a-big-date-in-dudince.html>.
- A nice article on South African 20km champion Lebogang Shange <http://www.facebook.com/groups/13699394197/permalink/10151600530429198/>
You can follow Lebogang on his facebook page at <http://www.facebook.com/LebogangShange?fref=ts>.

And finally some links to results - I can't publish everything in full or I will be going all week!

- The Antano Mikenas Memorial, Birstonas, Lithuania <http://omarchador.blogspot.pt/2013/05/memorial-antano-mikeno-em-birstonas.html>
- Junior walker Miguel Carvalho walked a track 10,000m PB of 42:47.89 when competing in a Portugese Race Walking Cup event in Quarteira on 1 May.
See full results at <http://www.omarchador.blogspot.pt/2013/05/clubes-algarvios-vencem-taca-fpa-de.html>
- 5 Kms walk Hatem Ghoula of Tunisia recorded a 5000m track walk time of 19:59.92 and Sylwia Chirat-Korzeniowska won the 3000m track walk with 13:23.54 in the French Interclub races at Meaux on 28th April.

TEAM ANNOUNCEMENTS

- The GB & NI team has been announced for the European Race Walking Cup, to be held in Dudince later this month.

Men's 20km:	Alex Wright (Raphael Rinaldi) , Tom Bosworth (Andi Drake)
Men's 50km:	Dominic King (George Nibre)
Women's 20km:	Bethan Davies (Andi Drake)
Juniors Men's 10km:	Jamie Higgins (Andi Drake) , Cameron Corbishley (Douglas Hopkins)

See <http://www.britishathletics.org.uk/media/news/march-2013/30-04-13-european-race-walking-cup>.

- The Australian team has been announced for the World University Games in Kazan, Russia, in early July with three walkers amongst the mix - **Dane Bird-Smith (QLD)**, **Rachel Tallent (VIC)** and **Stephanie Stigwood (TAS)**. See http://www.athletics.com.au/home/news/news/2013/may/2013_summer_universiade_athlet. Well done to all three on their Australian vests. Dane and Rachel have both represented in World Cups, World Youth and World Junior championships but this will be Steph's first major representation.
- The Spanish Athletics Federation has announced a full team to contest the European Race Walking Cup in Dudince on 19th May. Spearheading the team will be the legendary figure of 50km specialist Jesus Garcia who won the inaugural European Race Walking Cup 50km way back in 1996. He had repeat wins in 2000 and 2001 and took silvers in 1998 and 2009. And that does not even touch the surface of his wonderful career which seems to be still going strong at 42 years of age. Julia Takacs will lead the women's 20km team with her time of 1:28:44 while Benjamin Sánchez 1:22:33 and Miguel López will lead the men's 20km. The Junior Men look especially strong with Álvaro Martín (41.52), Marc Tur (42.15) and Diego García (42.36) all likely to be in the mix at the end.

10km Junior Women	Laura García-Caro (48.30) , Amanda Cano (49.16) , María Pérez (49.30)
10km Junior Men	Álvaro Martín (41.52) , Marc Tur (42.15) , Diego García (42.36)
20km Women	Julia Takacs (1.28.44) , Raquel González (1.31.16) , Lorena Luaces (1.31.32) Beatriz Pazcual (1.31.49)
20km Men	Benjamín Sánchez (1.22.33) , Miguel Ángel López (1.22.40) Luis Manuel Corchete (1.24.20) , Francisco Arcilla (1.24.46)
50km	Jesús García (s/m) , Claudio Villanueva (3.55.13) , Mikel Odriozola (4.00:05) José Ignacio Diaz (4.12.36)

- The Portuguese Team to the European Race Walking Cup in Dudince is also a strong one <http://omarchador.blogspot.pt/2013/05/fpa-divulga-selecao-para-taca-da-europa.html>

RICK COOK - INTERNATIONAL 50KM WALKER TO INTERNATIONAL ULTRA RUNNER

Congratulations to former Australian 50km walker Rick Cook who is part of the Australian team to contest the World 24 Hour Running Championships in Steenbergen, Holland, on 11-12 May. Rick, born in 1969 and racewalked for Tasmania. He had an excellent career as a junior and made a very quick transition into the senior ranks, taking bronze in the 1991 Australian 50km championship (4:21:44) at only 21 years of age. This gained him selection to represent Australia in the 1991 Racewalking World Cup which was held in San Jose and there, in very hot conditions, he finished 58th in 4:28:15.

After retiring from racewalking, he transitioned to marathons and triathlons and eventually caught the ultra running bug. This is his second Australian vest as an ultra runner. He won the 2011 Coburg 24 Hour run with a big PB of 216.43km, thus gaining selection for the 2012 World Champs in Katowice, Poland, where he ran a PB distance of 226.833 km for 36th place. This year, we will be keeping our fingers crossed that he can do even better in Steenbergen.

He was interviewed last week on the Australian 24 Hour Team Facebook page (<http://www.facebook.com/events/294005377398655/>)

1. Rick, how are you feeling about your inclusion in the 2013 WC 24 hour team?

Always excited and proud to be representing my country.

2. Why did you apply for the 24 hour team?

After having a successful run in Poland, I was very keen on trying to better that performance in Holland. Nothing beats running for Australia.

3. What is your best 24 hour distance and where did you achieve it?

My personal best is 226.8kms. I did this at last year's Worlds in Poland.

4. What have you learnt about 24 hour racing that will help you in the Netherlands

Always learning mate. The nutrition side is extremely hard to get right. I understand all the science, but the human body doesn't always follow the rules.

5. How has your preparation been leading into this event?

My preparation has been hampered somewhat with a calf injury, my second one since Xmas! I've been training in the gym for three and a half weeks and only today headed out for a run. I'm very much under done.

6. What events have you recently undertaken and how did your results compare with your expectations?

Well since last year's worlds, I've really done poorly. I've started two races since Xmas and done my calf in both! Before Xmas I raced C2K, but that one was a disaster too. A combination of bad pacing and a lack of conditioning in the quads.

7. What are your goals for this event?

To finish with something respectable. It won't be pretty though and it might not be a flashy number.

8. What is the one thing most likely to ensure your success in The Netherlands?

Having my oldest son and biggest supporter on the crew will ensure that I'll give everything. When that fatigue sets in earlier than it should, I'll just look at his face and dig deeper and deeper.

9. What motivates you to undertake ultra running?

I have always run for the love of the sport and the challenges it presents. Ultra running provides that ultimate challenge. And let's face it, as you get older you get slower, so I'll leave Usain to run the 100 metres!

10. What is the best advice you could give a novice runner aspiring to a 24 hour event?

The best advice I could give anyone, novice or elite, in approaching their first 24 hour run, is to just go out there and enjoy it. That is the approach I took in my first one and it worked.



Left: 1991 World Cup team (Rick is back right)



Right: 2012 World 24 Hour Championship

VRWC CLUB RECORD UPDATE

Some new club records have come to our attention this week They are

Rebecca Henderson	U11 1500m Track Walk	7:45.84	LAVic State Champs, Bendigo	24/03/2012
Rebecca Henderson	U12 1500m Track Walk	7:16.86	LAVic State Champs, Bendigo	23/03/2013
Rebecca Henderson	U12 3000m Track Walk	16:32.08	AV Junior T&F Champs, Melb	09/02/2013
Kyle Swan	U14 3km Road Walk	13:58	VRWC, Middle Park	04/05/2013

FROM THE ARCHIVES

Mark Wall pointed me to this wonderful photo from the 1956 Olympics, housed at the Marines Atletismo UGE Badalona facebook page - see <http://www.facebook.com/media/set/?set=a.192939664179582.45884.184062428400639&type=1> for this and many other great snaps.



1956 Olympic 20km event - opening stages - G.W. Coleman of GB (10), Leonid Spirin of USSR (24), Stan Vickers of GB (9), Dieter Lindner of GER (7) and Don Keane of AUS (3)

It was a Russian clean sweep (see <http://www.youtube.com/watch?v=mUmuYLSwu3w>) with Spirin, Mikenas and Junk supreme.

1.	L. Spirin (U.S.S.R.)	1. 31. 27.4
2.	A. Mikenas (U.S.S.R.)	1. 32. 03.0
3.	B. Junk (U.S.S.R.)	1. 32. 12.0
4.	J. Ljunggren (Sweden)	1. 32. 14.0
5.	S. Vickers (G.B.)	1. 32. 34.2
6.	D. Keane (Australia)	1. 33. 52.0

The British Olympic Team Report read as follows

THE judges who adjudicated in the 50 kilometres walking event also officiated here, but they failed to show the same strictness as in the longer race and the standard of walking was certainly far from that expected in an Olympic contest. Twenty-one started in this new Olympic event, which took place in very much cooler conditions than those experienced by the longer distance walkers.

Oakley, of Canada, led going out of the stadium for the first of the 2,000 metres laps; but it was no surprise when he was disqualified. At five kilometres, Dolezal, of Czechoslovakia, was a foot ahead of Coleman and Vickers, of Great Britain, with the Swedish pair, Ljunggren and Hindmar, a yard or so behind. At the half-distance, Dolezal and Ljunggren were the leaders in 45 minutes -36 seconds, Mikenas, one second behind, having four seconds in hand over Coleman and Vickers. Junk and Spirin, of the U.S.S.R., were then lying ninth, 71 seconds slower than the leaders.

It was at this point that the Soviet challenge developed fully, and at 15 kilometres Mikenas had a 13 seconds' lead of Ljunggren, while Spirin had reduced the leeway by coming up to third place. Dolezal tired and, having gone back to fifth place, 20 yards behind Vickers, dropped out shortly afterwards. Spirin, walking fast but far from stylishly, went to the front just before the walkers reached the stadium and was followed m by Mikenas, with Junk a close third to provide the U.S.S.R. with a clean sweep of the medals.

Ljunggren made a courageous effort to ward off the mass Soviet challenge and did magnificently, in view of his efforts in the longer race, to finish fourth, and the best stylist of the leading men, Vickers, in his first international race, performed splendidly to occupy fifth place, gaining slightly on Ljunggren in the last five kilometres. The Australian Keane, did well to split split the English trio, of whom Hardy was affected by a caution which caused him to slow down considerably. Seventeen finished, Dolezal, Lindner and Hindmar retiring. Oakley was the only man to be disqualified, although leniency on the part of the judges explains the absence of further enforced withdrawals.

The experiment, for such it must be regarded, of substituting a 20 kilometres road walk for the controversial 10 kilometres track walk proved a success, for it duly attracted the entry from the shorter distance men and was held without the disputes

regarding the judging on the method of progression which occurred in the track walks at Wembley in 1948 and Helsinki in 1952.

I question whether there would have been quite the same absence of after-race criticism had the Games been held in Europe, where walking is much more popular and where the supporters are more enthusiastic, more partisan and more vocal than it is in Australia. Unquestionably, however, the lengthening of the distance of the sprint walk and its translation to the road has saved the race from disappearing from the Olympic programme.

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.

2013 Australian/Victorian Winter Season Key Dates

June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

2013 International Fixture

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

2013 IAAF Race Walking Challenge - Remaining events

19 May 2013	10 th 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 th 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 **26th IAAF World Race Walking Cup, Taicang, China**
Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**
July 22-27, 2014 **15th World Junior T&F Championships, Eugene, Oregon, USA**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
August 22-30, 2015 **15th IAAF World Championships in Athletics, Beijing, China**
July/Aug 2015 **20th World Masters T&F Champs Stadia, Lyon, France**
2016 **21st World Masters T&F Champs Stadia, Perth, Australia.** See <http://www.perth2016.com/>
Aug 2016 **31st Olympic Games, Rio de Janeiro, Brazil.** See <http://www.rio2016.org.br/en/Default.aspx>
2017 **29th Summer Universiade, Taipei**
August 5-13, 2017 **16th IAAF World Championships in Athletics, London, UK**
July 2020 **32nd Olympic Games, City TBA: Istanbul, Madrid, Tokyo**

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