



HEEL AND TOE ONLINE

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

Last week's walker of the week vote went clearly to **Ian Rayson** whose 20 Mile walk in Canberra was a huge breakthrough. He had contested this event since 2008 and had a PB of 2:28:14 (2010) before this year's carnival. His final time of 2:22:00 was a PB by over 6 minutes and shows how he is now stepping up as one of our top 50km exponents.

This week, my attention has been focused on the Sri Chinmoy 24 Hour Championships in Sydney, an annual event to which I normally to help out crewing. This year saw a number of walkers in action and I even dusted off the shoes and had a walk in the 12 Hour championship for a change myself.

But my walker of the week has to go to Victorian **Steve Jordan** for one very simple reason. Steve has been trying to achieve a centurion finish (walk 100 miles in 24 hours) since he started out in ultra walking in 2005. Since then he has walked numerous 6 Hour events and 12 Hour events and an amazing eleven 24 Hour events, never once qualifying. But he never gave up and last weekend his persistence was rewarded when he walked a total distance of 164.478km, passing the 100 mile mark along the way in around 23:18. If he was ever going to do it, it was going to be this year - he took 7 months of long service leave from work so that he could train exclusively. He worked on his technique, racing with VRWC at Middle Park and changed his diet, shedding around 7km as the year progressed His single minded approach paid off and he has now become **Australian Centurion Number 64**.

Here is the list of his long distance walk attempts - talk about a milestone a long time in the making

2005	Coburg 6H, Coburg, VIC	43.600km, 1 st
2006	Coburg 6H, Coburg, VIC	44.121km, 2 nd (PB)
2007	Coburg 12H, Coburg, VIC	85.980km, 2 nd
2008	Coburg 6H, Coburg, VIC	45.043km, 4 th
	Coburg 24H, Coburg, VIC	109.932km, 5 th
	Moe 6H, Moe, VIC	42.000km 16 th
2009	Coburg 6H, Coburg, VIC	46.201km, 4 th (PB)
	Coburg 24H, Coburg, VIC	129.801km, 5 th (PB)
	Sri Chinmoy 24H, Brisbane, QLD	111.113km, 15 th
	Moe 6H, Moe, VIC	42.830km, 3 rd
2010	Launceston 12H, Launceston, TAS	84.700km, 1 st
	Coburg 6H, Coburg, VIC	44.440km, 3 rd
	Coburg 24H, Coburg, VIC	114.285km, 5 th
	Sri Chinmoy 24H, St Lucia, QLD	138.533km, 13 th (PB)
	Moe 6H, Moe, VIC	42.714km, 17 th
2011	Launceston 12H, Launceston, TAS	79.385km, 2 nd
	Coburg 6H, Coburg, VIC	45.019km, 3 rd
	Coburg 24H, Coburg, VIC	113.628km, 5 th
	Sri Chinmoy 24H, Nathan, QLD	149.765km, 1 st (PB)
2012	Injinji 12H, Canberra, ACT	71.227km, 2 nd
	Coburg 6H, Coburg, VIC	44.492km, 4 th
	Coburg 24H, Coburg, VIC	157.232km, 4 th (PB)
	Sri Chinmoy 24H, Blacktown, NSW	126.514km, 2 nd
	Queensland 24H Championship, Caboolture, QLD	115.635km, 2 nd
2013	Injinji 12H, Canberra, ACT	83.180km, 1 st
	Coburg 6H, Coburg, VIC	46.157km, 2 nd
	Coburg 24H, Coburg, VIC	148.504km, 1 st
	Sri Chinmoy 24H, Blacktown, NSW	164.478km, 8 th (PB)

In 2009 at Coburg, he was on target for around 14 hours but could not maintain his pace in the second half. In 2012, once again at Coburg, Willy Vermeulen of Belgium and Steve both found themselves just a few laps short of the required distance in the dying hours of the race. Try as they might, they could not maintain the required pace over the final stages and were going to miss out on the 100 mile mark by only a few laps. Willy called it quits with about 40 mins to go with a distance of 155.927 km while Steve slowed down and just walked it out, finishing with 157.232 km. They were indeed gallant efforts. This year, his centurion finish was never in

doubt as he passed the 12 Hour mark with just under 90km, a huge PB in itself. With only 71km to complete in the second 12 Hours of the race, only a disaster could prevent him from his goal. He is indeed a worthy winner of my walker of the week.



Steve savours the moment and stops for a photo as he passes the 100 mile mark on Sunday

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 15 JUNE

Our VRWC winter roadwalking season continued last Saturday at Middle Park. I was not there but I hear that conditions were good once again and that just under 80 walkers contested the annual 'Guess Your Time' races. It's a simple concept - nominate the time you hope to walk and then race without any watches or intermediate times - whoever gets closest to their nominated time gets to choose a prize from the prizes table.

Terry Swan has uploaded his photos to <http://www.vrwc.org.au/coppermine/thumbnails.php?album=137> - thanks as usual Terry!

We also had a special raffle draw for Simone O'Neill. Karyn O'Neill tells me that she was very pleased as the raffle raised \$160.00 to go to the Cancer Council, with most of the tickets being bought by Walkers Club members. She would like to say a really big THANK YOU to all who supported her money raising effort. Ralph Bennett drew the winning tickets which went to Celia Johnson (1st - quilt), Michael Bodey (2nd - Hand Knit) and M. Stewart (one of Simone's work-mates; 3rd - Cross Stitch).

And now to the races. We had big fields in the 10km and some great PBs to Stephanie George 53:12, Emily Hamilton 1:00:02, Brad Simpson 46:51 (wow!) and Reese Walmsley 51:00. Jesse Osborne walked with Reese and helped him through to his big PB of nearly 2 minutes. That's great. Old stagers Heather Carr and Russ Dickenson showed how it is done and were closest to their predicted times.

10km Open		Time	F/T Place	Guessed time	Time Difference	
1.	Heather Carr	58:40	4	58:35	0:05	
2.	Karyn O'Neill	1:07:17	9	1:08:00	0:43	
3.	Stephanie George	53:12	1	54:00	0:48	PB 0:39
4.	Pam Tindal	58:40	4	59:30	0:50	
5.	Margaret Beaumont	1:26:06	11	1:24:55	1:11	
6.	Jasmine Irshad	57:04	3	55:45	1:19	
7.	Sandra Geisler	55:52	2	54:30	1:22	
8.	Emily Hamilton	1:02:44	7	1:00:02	2:42	PB 0:02
9.	Donna Elms	1:04:38	8	1:01:50	2:48	
10.	Chloe McNicol-Davidson	1:10:00	10	1:07:00	3:00	
11.	Liz Feldman	1:02:02	6			
1.	Russ Dickenson	1:00:38	6	1:00:25	0:13	
2.	Ian Beaumont	1:25:48	11	1:25:30	0:18	
3.	Murray Dickinson	1:04:52	10	1:04:30	0:22	

4.	Terry O'Neill	1:01:33	7	1:01:10	0:23	
5.	James Christmass	53:16	4	52:30	0:46	
6.	Bradley Simpson	46:51	1	48:00	1:09	PB 1:03
7.	Reese Walmsley	51:00	2	52:20	1:20	PB 1:55
8.	Bob Gardiner	1:02:56	9	1:01:00	1:56	
9.	Jesse Osborne	51:00	2	48:30	2:30	
10.	Jason Kozica	54:31	5	51:59	2:32	
11.	Gerard Feain	1:02:20	8	1:05:00	2:40	
	Cody McNicol-Davidson	DNF				



Brad Simpson, Russ Dickenson, David Armstrong, Heather Carr and Reese Walmsley

The shorter distance events also saw good fields with Celia Johnson, David Armstrong, Gwen Steed, Paul Kennedy, Gabbie Crea and Lachlan Feain taking out the 'Guess Your Time' prizes. And I see at least a couple of PBs - Emily Swan 16:12 and Brodie Richardson 16:37.

5km Open		Time	F/T Place	Gussed time	Time Difference	
1.	Celia Johnson	33:41	5	33:58	0:17	
2.	Robyn Shaw	32:42	4	33:00	0:18	
3.	Natalie Laurie	27:28	1	27:00	0:28	
4.	Jade Sanders	28:15	2	27:31	0:44	
5.	Marlene Gourlay	28:32	3	29:30	0:58	
	Donna Urquhart	DQ				
	Carly Bertrand	DNF				
1.	David Armstrong	28:45	2	28:45	0:00	
2.	Barrie Wicks	37:27	4	37:20	0:07	
3.	Bruce Conboy	37:41	5	37:30	0:11	
4.	Anthony Doran	33:36	3	33:55	0:19	
5.	Adam Garganis	24:42	1	22:30	2:12	
3km Open		Time	F/T Place	Gussed time	Time Difference	
1.	Gwen Steed	18:24	3	18:36	0:12	
2.	Emily Swan	16:12	1	16:35	0:23	PB 0:17
3.	Jan Morrey	21:38	4	21:00	0:38	
4.	Jessie Eastwood	18:05	2	17:13	0:52	
5.	Pam Mews	30:09	5			
1.	Paul Kennedy	15:26	1	15:20	0:06	
2.	John Morrison	20:20	3	19:58	0:12	
3.	Paul Tremigliozi	19:20	2	19:40	0:20	
3km Under 15		Time	F/T Place	Gussed time	Time Difference	
1.	Gabbie Crea	18:10	8	18:16	0:06	
2.	Brodie Richardson	16:37	2	16:31	0:06	PB 0:38
3.	Taylor Vasiljevic	16:38	3	16:30	0:08	
4.	Paige De Lisen	16:27	1	16:15	0:12	
5.	Madeleine Feain	19:47	10	20:00	0:13	

6.	Jessica Lillie	17:30	7	17:45	0:15
7.	Georgia Bertrand	17:19	5	17:00	0:19
8.	Philippa Huse	17:22	6	17:00	0:22
9.	Jemma Eastwood	18:54	9	19:23	0:29
10.	Karla Bulte	17:05	4	16:30	0:35
11.	Emily Noonan	22:02	11	20:30	1:32
	Mackayla Davison	DNF			
1.	Lachlan Feain	0:18:39	1	18:00	0:39



Celia Johnson, Tony Doran, Stephanie George, Paul Kennedy, Emily Swan, Lachlan Feain, Terry O'Neill and Gabbie Crea

Our last events to get underway were our U9 and U12 races and Lee Taylor and Natalie Morrow were both spot on, coming equal first in the U12 2km, only 1 second away from their predicted times. The other prize winners were Nikola Mandic, Hayley Woolfe and Marcus Byron.



Hayley Woolfe, Natalie Morrow, Lee Taylor and Nikola Mandic (sorry, no photo of our other winner Marcus!)

2km Under 12		Time	F/T Place	Gussed time	Time Difference
1.	Lee Taylor	12:54	3	12:55	0:01
2.	Natalie Morrow	12:59	4	13:00	0:01
3.	Kathleen O'Mahony	10:50	1	10:55	0:05
4.	Alexandra Hay	15:55	7	16:00	0:05
5.	Mackenzie Mielczarek	13:06	5	13:14	0:08
6.	Bianca Morrow	14:22	6	14:36	0:14
7.	Tegan Miller	11:58	2	11:40	0:18
1.	Nikola Mandic	10:18	2	10:15	0:03

2.	Hayden Walmsley	12:13	4	12:07	0:06
3.	Corey Dickson	10:08	1	10:01	0:07
4.	Harry Hockley Samon	11:08	3	14:00	2:52

1km Under 9	Time	F/T Place	Guessed time	Time Difference	
1.	Hayley Woolfe	05:47	2	05:50	0:03
2.	Claire Noonan	06:23	3	06:28	0:05
3.	Brianna Briet	05:30	1	05:40	0:10
4.	Angela Lane	07:12	5	07:26	0:14
5.	Charlotte Hay	06:30	4	06:48	0:18
1.	Marcus Byron	05:32	1	05:40	0:08
2.	William Kennedy	07:15	2	08:00	0:45
3.	Angus Hay	08:47	3	08:00	0:47

ACT WALKERS CLUB ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 15 JUNE

Thanks to Robin Whyte for his weekly walking roundup from Canberra.

6.6km Walk

1.	Brendon Reading	33:39
2.	Zoe Hunt	36:39
3.	Ally Durr	39:26
4.	Kate Black	40:14
5.	Peter Baker	41:20
6.	Jane Bates	41:32
7.	Robin Whyte	43:18
8.	Bryan Thomas	45:46
9.	Geoff Barker	45:52
10.	Rod Gilchrist	48:18
11.	Monika Short	48:20
12.	Warren Butler	54:16
13.	Bob Chapman	54:16
14.	Val Chesterton	55:57
15.	John Gloe	57:55
16.	Cilla Chapman	60:06
17.	Nola de Chazal	68:57

2km Walk

1.	Ashleigh Resch	09:35
2.	Callum Burns	09:37
3.	Spencer Burns	09:44
4.	Tom Hunt	11:47
5.	Colby Eddowes	12:01
6.	Dylan Eddowes	12:47
7.	Barbara Eddowes	14:39

1km Walk

1.	Laura Burns	5:27
2.	Samantha Papantoniou	8:06

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 15 JUNE

Thanks to Peter Crump for his weekly report from Adelaide. He commented: *A short sharp workout today to loosen the legs after our efforts in Canberra. Some quick times for the 5km, as Justin and Rhiannon clocked PBs. Joe Cross collected another PB over the 2km distance.*

5 km

1.	Kim Mottrom	21:42
2.	Darren Bown	23:05
3.	Justin Hill	23:11
4.	Peter Crump	26:24
5.	Troy Hooker	27:50
6.	Rhiannon Lovegrove	30:49
7.	Bill Starr	33:39
8.	Barb Cain	34:30
9.	Jim Hoare	38:21

2km

1.	Anna Cross	09:46
2.	Joe Cross	10:18
3.	Jay Goode	10:26
4.	Ayeisha Wallace	11:38
5.	Chloe Upton	12:18
6.	Hayley Goode	12:19
7.	Rachel Kameniar	12:27
8.	Mark Hooker	15:46

3 km

1.	Danielle Walsh	15:51
2.	Sarah Damin	18:47
3.	Samantha Findlay	19:11

1km

1.	Victoria Upton	06:40
2.	Madeleine Wallace	06:40
3.	Summer Pelentsov	06:57

SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, BLACKTOWN, NSW, 15-16 JUNE 2013

I returned home from Sydney evening in wonderful spirits after the annual Sri Chinmoy 24 Hour Track Championships at the Blacktown International Sports Park. There are always a few walkers in this event but this year, the walk numbers were up and the quality of walking was superb. The walk highlights read as follows

- As mentioned at the start of the newsletter, Melbourne walker **Steve Jordan** passed the 100 mile milestone in around 23:18 and went on to walk 164.478 km in the 24H. It was around his 12th 24 Hour walk attempt over the last 8 years and he has finally achieved it. There was much celebration and it was definitely the highlight for all the walkers present.
- Last year, Wangaratta based ultra distance runner **Justin Scholz** became a Centurion with a 100 mile walk time of 22:09:03. This time he and his wife **Sharon** both competed and both walked superb races. Sharon competed in the Australian team in the World 24 Hour Running Championships in Holland only 4-5 weeks ago and has been flat out walking since then on what must have been one of the shortest preparation periods ever. It was an extraordinary walk for each of them. Justin passed the 100 mile in around 19:40 and went on to record 189.678km, the second longest ever 24 Hour walk distance in Australia. Sharon went through the 100 mile in under 22 hours and broke Michelle Thompson's Australian records for 12 Hours, 100km, 100 miles and 24 Hours. Her final distance was 187.653km.

To give some idea of the quality of their walks, here are the Australian all-time top-10 rankings for 24 Hour walks done in Australia. Justin and Sharon have gone straight to the front of the bus!

1.	Jim Gleeson	40	196.490 km	24/10/1971	(122 miles 215 yds)
2.	Justin Scholz	39	189.678 km	16/06/2013	
3.	Sharon Scholz (F)	37	187.653 km	16/06/2013	
4.	Peter Bennett	56	185.293 km	28/07/2012	
5.	Michelle Thompson (F)	44	184.724 km	14/04/2013	
6.	Gordon Smith	37	183.090 km	16/10/1938	(113 miles 1390 yds)
7.	Carol Baird (F)	53	182.657km	14/04/2002	
8.	Gordon Smith	36	177.780 km	1937	(110 miles 871 yds)
9.	Michelle Thompson	43	174.896 km	15/04/2012	
10.	Terry O'Neill	51	169.741 km	22/04/2007	

- Sydney based Sri Chinmoy running legend **Anyce Melham** tried to qualify as a centurion in this race last year but finished well short of the 100 miles. This time he reached the 100 mile mark in around 23:50 and went on to walk 162.031km.

So 4 finishers and 3 first time centurions (Sharon, Steve and Anyce) who become Cent number 63-65.



Centurion finishers Anyce Melham (C 65), Sharon Scholz (C 63), Justin Scholz (C 61) and Steve Jordan (C 64)

I was going to let my own walk in Sydney go quietly past the batter to the keeper but I have been inundated by people telling me that it must be acknowledged. Australian Centurions President Terry O'Neill has written the following piece for the newsletter

We all know Tim for his work as Secretary of RWV and VRWC, and for those of us involved, as Secretary of the Australian Centurion walkers. Tim is always there to encourage others, and praise them for outstanding performances. This is my turn to write something about him after his great effort in Sydney over the weekend.

Tim retired from competitive race walking many years ago but always has a hand in helping others. He started training

Michelle Thompson to great success and at the same time Steve Jordan. This must have reignited his hunger for more because he walked 102.330km in 12 hours on the weekend, reaching 100km in around 11hr39. His distance over 6 hours was 56.8km.

In 1975 Tim walked 50 miles in 8hrs 14min 46sec to set a then Australian record which was broken 2 years later by his training partner Clarrie Jack.

In 1976 Tim become Australian Centurion 13, walking 100 miles in 22hr 10min 27sec. His efforts in achieving these times and distances some 37 years after his last ultra-event is an outstanding achievement.

I write this because knowing Tim he would not write something about himself.

Terry O'Neill

President Australian Centurion Walkers

Stu Cooper was a bit more forthright

Gday Tim,

If you haven't got the message by now, let me put it as tactfully as I can:

Get your *#<@%^! name into the 'Walker Of The Week' along with anyone else you've nominated!

Citation: "Tim's effort in recording a distance of 102.3km in this year's Sri Chinmoy 12 hour event - off a background of occasional short racing, no ultra-long distance racing or training and following surgery to partially replace hip and knee joints - more than qualifies him for consideration as Walker Of The Week in this issue."

Have a nice day.

Stu C5

Thanks Terry and Stu - alas, I can't go past Steve's performance but I can at least acknowledge your remonstrations - it was a hard slog and doing such a fast first half did mean that the second half tended to take forever. Needless to say, I am not moving too well at the moment but hopefully I will be ok by next Saturday at Middle Park! And a special thank you to Michelle Thompson who did a fantastic job looking after me and Steve. Team efforts make for big results.



Ah, it's heaven to stop for a few seconds after 11 hours and 39 minutes of walking - 100km reached - then off again!

Overall, age group records everywhere (Justin M35, Sharon W35 and Open - and me M60) so a hugely successful venture north for the Victorians.

24 Hour Men

1.	Trevor Allen	201.048 km	Under 50 1
2.	Justin Scholz (Walk)	189.678 km	Under 50 2
3.	Stuart Cole	181.439 km	Under 50 3
4.	Steve Jordan (Walk)	164.478 km	50-59 1
5.	Anyce Melham (Walk)	162.031 km	50-59 2
6.	Robert Osbourne	161.545 km	50-59 3
7.	John Glen	161.402 km	50-59 4
8.	Gary Mullins	122.400 km	Under 50 4
9.	Neil Armstrong	110.000 km	Under 50 5
10.	Charbel Sandroussi	100.000 km	Under 50 6
11.	John Nuttall	89.600 km	60-69 1
12.	Saul Richardson (Walk)	80.800 km	Under 50 7
13.	Robert Knowles	55.600 km	Under 50 8

14. Blair Watson	51.600 km	Under 50 9
15. Phil Essam (Walk)	46.000 km	50-59 5
16. Reinier Jessurun	42.400 km	Under 50 10

24 Hour Run Women

1. Larissa Tichon	192.935 km	Under 50 1
2. Sarah Richardson	192.293 km	Under 50 2
3. Sharon Scholz (Walk)	187.653 km	Under 50 3
4. Karen Chan	170.000 km	Under 50 4
5. Annabel Hepworth	157.924 km	Under 50 5
6. Susie Ro	148.031 km	Under 50 6
7. Jade Crim	102.800 km	Under 50 7
8. Sarah-Jane Marshall	102.800 km	Under 50 8
9. Cassie Smith	88.800 km	Under 50 9

12 Hour Run Men

1. Jonathan Blake	137.216 km	Under 50 1
2. Rick Cooke	135.729 km	Under 50 2
3. Tim Erickson (Walk)	102.330 km	60-69 1
4. Brett Molloy	102.020 km	50-59 1
5. Ian Jessurun	98.094 km	Under 50 3
6. Kent Vaughan	83.653 km	Under 50 4
7. Luis Vazquez-Recio	81.925 km	50-59 2
8. Darren Kime	78.736 km	Under 50 5
9. Sri Kurra	65.328 km	Under 50 6
10. Jc Santa Teresa	61.825 km	50-59 3
11. Callum Ritchie	60.086 km	Under 50 7

12 Hour Run Women

1. April Palmerlee	106.491 km	Under 50 1
2. Belinda Balkema	82.339 km	Under 50 2
3. Cathie Wiltshire	72.520 km	Under 50 3

SAMA ROADWLKS, EAST TERRACE, EAST PARKLANDS, ADELAIDE, SATURDAY 15 JUNE

Thanks to Colin Hainsworth for the South Australian Masters results from Adelaide. He commented: *Cold arvo, bit of an uphill push at one point.*

10k yacht handicap

M70	Roger Lowe	1:15:16	68.38%
M54	Norman White	1:14:38	58.43%
M75	Rodger Barber	1:14:46	73.59%
W53	Marie Maxted	1:05:26	73.08%
M83	Colin Hainsworth	1:18:37	79.45%
M69	Graham Harrison	1:08:54	73.78%
W60	Edna Bates	1:28:29	58.53%
W69	Margaret Trengove	1:16:36	76.68%
M75	David Robertson	1:27:28	66.79%

5k yacht handicap

M62	Phil Coles	37:44	60.66%
W68	Jill Rogers	42:03	65.10%
W64	Gill White	41:21	62.74%
M62	Jeff Kennett	46:32	49.19%
W65	Lillian Harpur	46:54	56.03%

WARWC ROAD RELAYS, PERTH, SUNDAY 16 JUNE

Thanks to John Back for the latest results from the Western Australian Racewalking Club in Perth.

2 x 2km Walk Relays

1 st	Team 1	A Andritsos	13:58, 13:59	Total Team Time 76:44
		K Tolardo	14:08, 14:07	
		H Hughes	10:16, 10:37	
2 nd	Team 3	L Romeo	14:57, 14:45	Total Team Time 81:32
		H Ruane	12:26, 12:06	
		I Tolardo	11:30, 11:10	
3 rd	Team 4	B Reid	12:31, 12:04	Total Team Time 78:42
		S Andritsos	14:39, 14:10	
		G Curelli	12:28, 12:50	
4 th	Team 2	T Ruane	11:16, 10:56	Total Team Time 76:54
		A Reid	14:13, 14:12	
		R Hughes	15:56, 15:11	

47TH LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 9 JUNE 2013

To finish off reporting from the Canberra Carnival, some of our RWV team photos. You can see them all in our LBG Photo Gallery at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=136> - U16 Boys, Open Women and U12 Girls.



RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 16 JUNE

And talking Western Australia again, thanks to Rick Cattermole for the latest results from the Western Australian Race Walking Club in Perth.

10km Walk

1. Vanessa Brown 57.31 SB

5km Walk

1. Breanna Brown 29.39
 2. Daniel Lowe 31.42 SB
 3. Caitlin Gerken 32.29
 Christopher Gerken DNF

3km Walk

1. Jasmin Burgess 18.20
 2. Tina Kezic 21.10

2km Walk

1. Ryan Kezic 14.11

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 16 JUNE 2013

An finally on the local front, thanks to Paul Rance for his report on the latest Bendigo walking results (Bendigo is in country Victoria).

The Bendigo Walkers Club held a 3.2km handicap event at Lake Neanger in excellent conditions on Sunday morning. 11 year old Zahra Hayes produced a brilliant performance, coming off the second back mark she took the lead with 200m to go and raced away for a strong victory with her 17.21 performance a personal best effort and also broke the Club under 12 record held by Ebony Whiley since 2006 and she also took fastest time honours, Two of the Clubs 70+ masters athletes in Geoff Major and Norm West battled it out for the minor placings with Geoff getting the upper hand in the concluding stages to take 2nd place with Norm in 3rd place just in front of two of the Club's junior athletes in Carissa Brook and Madison Hill with both of these athletes producing personal best efforts.

3.2km Handicap

1.	Zahra Hayes	17.21
2.	Geoff Major	23.56
3.	Norm West	25.20
4.	Carissa Brook	20.02
5.	Madison Hill	19.21
6.	Barb Bryant	18.58
7.	Annette Major	20.04
8.	Ebony Whiley	18.39
9.	Colin Cleary	26.29

24 HEURES DE ROUEN, ROUEN, FRANCE, 8-9 JUNE 2013

As briefly reported in last week's newsletter, Australian walker **Peter Bennett** was in Rouen, France, on the weekend of 8-9 June for the annual 24 Heures de Rouen ultra distance walking classic. This was Peter's 7th appearance in this event and he notched up a 5th win with a superb 213.0km. He emailed me during the week to briefly discuss proceedings.

The two days before the race were very hot (28 degrees at 7pm) but it was cloudy and cool for the race with a very cold wind during the night and early hours of Sunday morning. I kept waiting for the sun to come up but the race was over (5pm) before that happened. This was the 45th edition of this race and as a gesture I was given race number 45. The race started at 5pm on Saturday so we had over five hours of daylight before night fell. It makes for a short night but Sunday was a long day.

The morning after the race I had to get up at 6am to get ready to go to an international seminar where I gave a brief speech on the environmental challenges facing the Great Barrier Reef. This did not finish until 5pm so I was pretty weary by the time we got home. Since then I have spent many hours walking around the Armanda Tall Ships Festival which has attracted millions of visitors to Rouen. I think it is a 7.5km walk from one end of the festival to the other (and then you have to walk back). That is why many people just take a boat cruise of the festival site. My tourist activities have been curtailed by the train strike and the air traffic controllers strike. Hope all is resolved by tomorrow as my flight home is scheduled for Saturday.

1.	Team Hollande (Adri Leermakers)	RELAY TEAM	216.00
2.	Peter Bennett	Australia	213.00
3.	J Pierre Begin	AOI	190.50
4.	Sylvain Riviere	Vernon	175.50
5.	Sébastien Bracq		154.50
6.	Christian Renoncourt	Louviers	151.50
7.	Alain Auvre	Torcey	150.75
8.	Christine Wattebled	EU	150.00

9.	Jacques Delarue	Rouen	129.75
10.	Michèle Delarue	Rouen	118.50
11.	Karim Loukkad	AOI	117.75
12.	Maxense Begin	AOI	116.25
13.	Jordan Bracq	AOI	108.00
14.	Christophe Delarue	Rouen	103.50
15.	Quentin Pereira	AOI	102.00
16.	Hélène Pimont	Havres	100.50
17.	Miriam Delarue	Rouen	73.50
18.	Jean-Claude Filezac de l'Etang	Madagascar	72.75
19.	Gérard Lefrançois	Luxembourg	69.00
20.	J Yves Canu	ND Bondeville	66.75
21.	Christophe Bouvet	Rouen	60.00
22.	Michel Scordia	Rouen	59.25
23.	Luc Jouny ASPTT	Rouen	51.00
24.	Jean-Yves Lejeune	Rouen	50.25
25.	Erwan Remmas	Rouen	48.75
26.	Maud Prestrimaux	Rouen	43.50
27.	Michel Marvin	Latrinite	43.50
28.	Virginie Desreux	Vernon	42.00
29.	Joel Riravololona	Madagascar	39.75
30.	Jean Crevon	Rouen	37.50
31.	Daniel Dupont	Honguemare	36.75
32.	Emmanuel Tardi	Essonnes	34.50
33.	Gérard Langlois	GD Quevilly	34.50
34.	Robert Garant	Rouen	32.50
35.	Christian Cosmefroy	Madagascar	30.00
36.	Qnnie Cosmefroy		29.25
37.	Yvonne Morin	Rouen	27.75
38.	Martine David	Freneuse	27.00
39.	Didier David	Freneuse	15.00

MARDI 11 JUIN 2013

LES SPORTS

MARCHE. 24 Heures de Rouen

Bennett sans surprise



Dossard n° 45, l'Australien Peter Bennett a remporté la 45e édition des 24 Heures de Rouen, devant le Stéphanois Jean-Pierre Begin (n° 5) (photo: C. S.)

L'Australien Peter Bennett a inscrit son nom pour la troisième fois consécutivement au palmarès de l'épreuve rouennaise disputée sur l'île Lacroix.

Sans surprise et parmi les quarante-huit concurrents alignés sur la ligne du départ, l'Australien Peter Bennett a remporté le week-end dernier la 45e édition des 24 Heures de Rouen. Une

épreuve d'ailleurs très prisée par les étrangers puisque seuls trois Français Louis Lebacquer (Roubaix) lors de la première édition en 1969, Alain Costil (Glos-sur-Risle) en 2004 et Bernard Ciquel (Paris) en 2006 sont parvenus à inscrire leur nom au palmarès d'une épreuve particulièrement éprouvante pour les organismes. Venu spécialement de son continent pour l'occasion, le natif d'Adélaïde déjà vainqueur en 2011 et 2012 a bouclé sur un

circuit de 750 m tracé sur l'île Lacroix la distance de 213 km. Il devance le Stéphanois Jean-Pierre Bégio, du club des Amis de l'océan Indien qui a parcouru 190,500 km. Sylvain Rivière (SPN Vernon) complète le podium avec 175,500 km.

La première femme étant Christine Wattebled (Eu/Le Tréport) avec un peu plus de 150 kilomètres à son actif.

C. S.

As mentioned above, this was Peter's 7th appearance at this event and he has now won it on five of the last 6 years with distances always well in excess of 210km. The list reads

15-16 April 2006	176.175 km	3 rd
5-6 July 2008	214.65 km	1 st
30-31 May 2009	213.885 km	1 st
12-13 June 2010	216.240 km	2 nd
25-26 June 2011	213.0km	1 st
16-17 June 2012	213.0km	1 st
8-9 June 2013	213.0km	1 st

SMALL NATIONS MEET, BREDA, NETHERLANDS, SUNDAY 16 JUNE

The annual Small Nations meet was held last Sunday in Breda, Netherlands. This six-way roadwking meet is held each year with teams from Netherlands, Belgium, Denmark, England, Ireland and Switzerland. From a British perspective, it is a RWA meet rather than an AA meet. Winners of the two main 20km events were Ireland's Colin Griffin 1:27:14 and Switzerland's Laura Polli 48:42. Overall, Ireland won the meet with 32 points, just ahead of England with 31 points, followed by Switzerland on 19 points.

20km Men

1.	Colin Griffin	IRL	82		21:52	43:44	1:05:25	1:27:14	13
2.	Daniel King	ENG	83		22:12	44:26	1:06:59	1:29:26	11
3.	Dom King	ENG	83		22:20	44:52	1:07:38	1:30:56	10
4.	Alex Florez Studer	SUI	71		22:59	46:32	1:11:10	1:35:49	9
5.	Niall Prendiville	IRL	90		26:09	52:11	1:17:14	1:41:58	8
6.	Harold van Beek	NED	62		26:09	52:11	1:18:16	1:43:02	7
7.	Andreas W. Nielsen	DEN	88		26:09	52:11	1:18:16	1:43:13	6
8.	Jacob Sørensen	DEN	74		26:09	52:11	1:18:16	1:43:54	5
9.	Wilfried van Bremen	NED	87		26:09	52:12	1:18:16	1:45:12	4
10.	Richard Leijenaar	NED	59		26:16	53:13	1:20:31	1:48:13	
11.	Paolo Ghirlanda	SUI	67		26:38	54:21	1:21:43	1:48:44	3
12.	Peter Van Hove	BEL	81		26:20	53:54	1:22:00	1:50:38	2
13.	Dirk Bogaert	BEL	58		27:43	56:00	1:23:27	1:51:32	1
14.	Steve Uttley	ENG	57	BDAC	28:18	56:44	1:25:11	1:52:55	
15.	Steve Allen	ENG	56	BDAC	28:18	56:45	1:25:11	1:53:20	
16.	Urs Kaufmann	SUI	58		27:43	56:06	1:25:33	1:56:19	
17.	André van Slooten	NED	78	RWV	28:17	57:13	1:26:45	1:57:44	
18.	Kris Hazenbosch	BEL	72	CABW	29:52	02:04	1:30:59	2:03:58	
	Rob Tersteeg	NED	76	RWV	29:48	00:55	DQ		
	Frans Leijtens	NED	76	RWV	30:31	DQ			
	Patrick Demaerschalk	BEL	55	CABW	32:03	DQ			

20km Women

1.	Laura Polli	SUI	83		24:29	0:48:42	7		
2.	Lauren Whelan	ENG	93		26:15	0:53:22	5		
3.	Jasmine Nicholls	ENG	95		26:47	0:53:57			
4.	Sinead Bourke	IRL	97		27:17	0:54:30	4		
5.	Heather Butcher	ENG	97		27:17	0:55:16			
6.	Myriam Nicolas	BEL	63		27:51	0:56:07	3		
7.	Corinne Henchoz	SUI	64		27:53	0:56:45			
8.	Siobhann Nash	IRL	97		28:41	0:57:51			
9.	Liesbet De Smet	BEL	82		29:44	1:00:59			
10.	Sandra Maas	NED	85		33:13	1:06:25	2		
11.	Yvonne Grootswagers	NED	78		35:02	1:09:44			
12.	Annelies Sarrazin	BEL			35:02	1:09:58			
13.	Ilonka van Bommel	NED	72	RWV	37:23	1:14:08			

10km Men

1.	Ryan Cleary	IRL	95	24:29	0:48:51	7
2.	Callum Wilkinson	ENG	97	24:48	0:48:56	5
3.	Guy Thomas	ENG	97	25:31	0:51:25	
4.	Colin Versteeg	NED	95	26:15	0:53:21	4
5.	Ludwig Renard	BEL	94	32:15	1:12:49	3

10km Women

1.	Matthias Holtermann	GER	81	All. Aachen	24:45	0:49:45
2.	Dennis van Reeden	NED	89	OLAT	31:30	1:01:45
3.	René Wakkee	NED	65	RWV	31:30	1:03:27
4.	Bé Duit	NED	49	LAT	31:30	DNF

Team Results

1.	IRL	13+8+4+7	32
2.	ENG	11+10+5+5	31
3.	SUI	9+3+7	19
4.	NED	7+4+2+4	17
5.	DEN	6+5	11
6.	BEL	2+1+3+3	9

ENGLAND ATHLETICS U23 & U20 CHAMPS AND EUROPEAN TRIALS , BEDFORD, 15-16 JUNE

And while some of the English walkers were in the Netherlands at the Small Nations meet, the England Athletics U23 and U20 Championships were held at Bedford Stadium in Bedford. The championships doubled as the European Championship trials and there were some good times recorded.

U20 Women 10,000m Walk

1.	Ellie DOOLEY	Leeds City AC	52:07.36
2.	Emma ACHURCH	Leicester Walking Club	56:06.19

U20 Men 10,000m Walk

1.	Jamie HIGGINS	Leeds City AC	42:58.11
2.	Cameron CORBISHLEY	Medway & Maidstone AC	47:49.05

U23 Women 10,000m Walk

1.	Heather LEWIS	Pembroke Harriers (Wales)	50:17.76
2.	Rebecca COLLINS	Leeds University Union AC	56:02.66
	Bethan DAVIES (Guest)	Cardiff AAC	49:03.99
	Michelle TURNER (Guest)	Northern AC	51:59.49
	Alana BARBER (Guest)	Not Listed	55:30.26
	Brenda GANNON (Guest)	Leeds Carnegie AC	57:27.97

I must also acknowledge the fine walking of two invitational walkers in Quentin Rew and Tom Bosworth

Invitation 10,000m Walk

1.	Quentin REW	Leeds Metropolitan Uni (NZ)	41:44.10
2.	Tom BOSWORTH	Tonbridge/Leeds Met	42:33.82

ITALIAN U23 AND JUNIOR CHAMPIONSHIPS, RIETI, 14-15 JUNE 2013

The Italian 10,000m U20 and U23 championships were held last Friday evening and Saturday in Rieti in Italy. Only the top 10 places are shown for each event. For more detail, see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1464.

In the men's combined race on the Friday, although the U20 and U23 walkers started together, it was U20 walkers Vito Minei (41:51.09 PB) and Francesco Fortunato (42:02.04) who took first and second. The U23 winner, Massimo Stano (42:53.38) was actually the third finisher overall.

10,000m U20 Men, Friday 14 June

1.	MINEI Vito	1994	TA451 A.S.D. ATLETICA DON MILANI	41:51.09
2.	FORTUNATO Francesco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	42:02.04
3.	AMATI Marco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	44:53.49
4.	TODISCO Daniele	1995	MI076 GEAS ATLETICA	45:45.24
5.	CUSMAI Alessandro	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	46:24.20
6.	AGRUSTI Andrea	1995	SS182 I GUERRIERI DEL PAVONE	46:37.43
7.	PICCININNO Vincenzo	1994	BA091 ATL. ADEN EXPRIVIA MOLFETTA	46:37.67
8.	SCORDO Giuseppe	1994	RC313 ICARO	47:38.81
9.	CORTINOVIS Massimiliano	1995	BG004 U.S. SCANZOROSCIATE	48:06.48
10.	BALDACCHINI Leonardo	1995	CH162 A.S.D. 'THEATE WALK'	48:18.98

10,000m U23 Men, Friday 14 June

1.	STANO Massimo	1992	PD131 G.S. FIAMME ORO PADOVA	42:53.30
2.	DEI TOS Leonardo	1992	PE001 ASD U.S. ATERNO PESCARA	43:17.02
3.	VIGANO' Giacomo	1991	CO208 ATL. LECCO-COLOMBO COSTRUZ.	44:04.33
4.	QUACQUARELLI Giuseppe	1993	TA451 A.S.D. ATLETICA DON MILANI	44:42.87
5.	GIRARDI Filippo	1992	LI036 ATLETICA LIVORNO	44:48.33
6.	SERRA Leonardo	1993	RM046 ACSI CAMPIDOGLIO PALATINO	45:24.96
7.	MOBILIA Ivan	1991	PA001 A.S.D. C.U.S. PALERMO	45:28.22
8.	MALTONI Alessandro	1993	AN016 ATL.CASTELFIDARDO CRIMINESI	45:28.35
9.	MARCHISELLI Giuseppe	1991	LU100 ATL. VIRTUS CR LUCCA	46:41.93
10.	AMOROSO Michele	1993	FI002 ATLETICA FIRENZE MARATHON S.S.	47:36.54

In the U20 and U23 Women's combined race, held on the Saturday morning, Open walker Elisa Rigaudo raced as an invitational entry, walking her own race way out in front to finish with a superb 42:47.02. Behind her, the actual podium finishes went to U23 walkers Antonella Palmisano and Federica Curiazzi and U20 walker Anna Clemente 48:33.01. Further down in the results was former middle-distance runner Margherita Crosta who only converted to walking in September 2012 - she walked her first ever 10,000m race and finished in an excellent 50:42:07.

10,000m Junior women, Saturday 15 June

1.	CLEMENTE Anna	1994	RM056 G.A. FIAMME GIALLE	48:33.01
2.	BECCHETTI Mariavittoria	1994	RI223 ATL. STUDENTESCA CA.RI.RI	48:58.15
3.	CROSTA Margherita	1995	MI077 CUS PRO PATRIA MILANO	50:42.07
4.	SCIPIONI Sara	1995	BS181 ATL. BRESCIA 1950	51:58.87
5.	COLOMBI Nicole	1995	BG004 U.S. SCANZOROSCIATE	52:44.77
6.	CACCIOTTI Diana	1995	RM131 A.S.D. ACSI ITALIA ATLETICA	53:22.75
7.	MANENTI Paola	1994	BG003 ATL. BERGAMO 1959 CREBERG	53:54.68
8.	CICCO Valeria	1995	TA451 A.S.D. ATLETICA DON MILANI	54:12.86
9.	NICCOLAI Francesca	1995	FI007 TOSCANA ATL.EMPOLI NISSAN	55:14.06
10.	PALMISANO Giorgia	1995	TA451 A.S.D. ATLETICA DON MILANI	56:17.07

10,000m U23 Women, Saturday 15 June

1.	PALMISANO Antonella	1991	RM056 G.A. FIAMME GIALLE	46:34.46
2.	CURIAZZI Federica	1992	BG003 ATL. BERGAMO 1959 CREBERG	47:45.11
3.	POLI Elena	1993	BS181 ATL. BRESCIA 1950	49:05.62
4.	STETSKIV Cecilia	1991	TN104 GS VALSUGANA TRENTO	49:29.85
5.	CASTELLANA Federica	1993	BA089 ALTERATLETICA LOCOROTONDO	51:57.43
6.	MORELLI Andrea	1993	PR484 ASD INTERFLUMINA E' PIU' POMI'	53:08.18
7.	GUIDI Alessia	1993	LI036 ATLETICA LIVORNO	53:41.02
8.	CORCELLA Maria Luisa	1991	BA089 ALTERATLETICA LOCOROTONDO	54:08.59
9.	MORETTI Gladys	1991	BG003 ATL. BERGAMO 1959 CREBERG	56:42.55
10.	FARCI Valeria	1991	CA001 C.U.S. CAGLIARI	57:02.48

THE 47TH PARIS-COLMAR CLASSIC, 12-15 JUNE 1993

Yes, our intrepid European reporter Emmanuel Tardi was out and about again last week, helping support French walker Eddy Roze in the annual Paris-Colmar classic. For those who don't know, this is the longest of the classic walks with the men testing themselves over a total distance of 436.4km in 4 stages and the women contesting a total distance of 308.1km in 4 stages as follows:

Men: 4 Stages (436.4km)

Prologue :	Paris (5,3km)
Stage 2 :	Neuilly sur Marne -> St Thibault des vignes (15,3 km)
Stage 3 :	Château Thierry -> Vittel (349,6 km)
Stage 4 :	Plainfaing -> Colmar(66,2 km)

Women: 4 Stages (308.1km)

Prologue :	Paris (5,3 km)
Stage 2 :	Neuilly sur Marne -> St Thibault des vignes (21 km)
Stage 3 :	Vitry le François -> Vittel (215,6 km)
Arrivée :	Plainfaing -> Colmar (66,2 km)

The pre-race favourites were Russian walker Dmitriy Ossipov (triple winner in 2009, 2011 and 2012) and French walker Dominique Alvernhe (also a triple winner in 2009, 2011 and 2012) but they each missed out on the top spot on their respective podiums. In the men's race, Jean Marie Roualt became the first French male winner since 1993 with his final time of 54:10:59, beating Ossipov by a whopping 48 minutes. In the women's race, Irina Poutinseva of Russia (former winner in 2000 and 2003) won in 40:28:42 ahead of Italian Nicoletta Mizera while Alvernhe failed to finish. It is indeed a brutal race.

Men's Race			Prologue	Stage 2	Stage 3	Stage 4	Total
1.	Jean Marie ROUALT	FRA	0:28:19	1:41:42	44:14:33	7:46:25	54:10:59
2.	Dmitriy OSSIPOV	RUS	0:21:43	1:30:27	45:22:40	7:44:10	54:59:00
3.	Dominique BUNEL	FRA	0:25:27	1:30:42	45:26:35	7:53:25	55:16:09
4.	Emmanuel LASSALLE	FRA	0:29:15	1:46:01	47:46:40	7:52:10	57:54:06
5.	Gilles LETESSIER	FRA	0:31:19	1:47:43	47:36:00	8:17:30	58:12:32
6.	Pascal BUNEL	FRA	0:23:50	1:36:06	52:55:00	9:28:30	64:23:26
7.	Eddy ROZE	FRA	0:21:13	1:41:15	52:42:00	11:00:50	65:45:18
8.	Fabrice HENRY	FRA	0:21:14	1:28:06			
9.	Arthur OGANESIAN	RUS	0:23:08	1:28:23			
10.	Aleksei KONDRATENKO	RUS	0:23:31	1:34:21			
11.	David REGY	FRA	0:24:34	1:34:40			
12.	Philippe MOREL	FRA	0:23:03	1:36:40			
13.	Rémi BONNOTTE	FRA	0:25:46	1:40:05			
14.	Pascal BIEBUYCK	BEL	0:26:52	1:40:05			

15.	Florian LETOURNEAU	FRA	0:27:12	1:41:49
16.	Cédric VARAIN	FRA	0:28:17	1:41:48
17.	Christophe RAULET	FRA	0:28:32	1:41:48
18.	Sâadi LOUGRADA	FRA	0:31:20	1:47:43
19.	Pascal THEVENIN	FRA	0:31:20	1:48:46

Women's Race

			Prologue	Stage 2	Stage 3	Stage 4	Total
1.	Irina POUTINSEVA	RUS	0:25:01	1:56:21	29:38:00	8:29:20	40:28:42
2.	Nicoletta MIZERA MARGONELLI	ITA	0:26:12	2:03:49	30:17:00	8:30:15	41:17:16
3.	Corinne FAUQUEUR	FRA	0:27:30	2:04:29	30:45:00	8:38:00	41:54:59
4.	Olga BORISOVA	RUS	0:25:06	1:59:01	31:40:33	7:56:35	42:01:15
5.	Maggy LABYLLE	FRA	0:27:06	2:04:26	31:32:00	8:06:15	42:09:47
6.	Sylvie MAISON	FRA	0:29:15	2:11:41	31:40:55	9:29:10	43:51:01
7.	Claudie BIZARD	FRA	0:31:43	2:30:47	36:45:00	10:04:10	49:51:40
8.	Françoise FABRE	FRA	0:31:43	2:29:09	35:43:00	11:22:50	50:06:42
9.	Karen DAVIES	GBR	0:31:28	2:27:28	36:50:00	10:50:10	50:39:06
10.	Dominique ALVERNHE	FRA	0:23:59	1:55:49			
11.	Emilie COUGOUREUX AUGÉ	FRA	0:26:58	2:06:11			
12.	Bernadette QUINQUETON	FRA	0:31:22	2:31:05			



Nicoletta Mizera, Eddy Roze, Dmitriy Ossipov and winner Jean Marie Roualt (photos Emmanuel Tardi)



Winning woman Irina Poutinseva

Emmanuel keeps Eddy Roze company on the road

The P-C website is a virtual treasure trove of information and splits (<http://www.pariscolmaralamarche.fr/>) and there are plenty of photos on the P-C facebook page: <https://www.facebook.com/pages/Paris-Colmar-%C3%A0-La-Marche/172886729393848>.

Emmanuel has also posted a YouTube vide of Eddy Roze who finished 6th in 65:45:18. Now he may not look like he is going all that fast but consider the fact that he is walking for 65 hours - <http://www.youtube.com/watch?v=-7JJaZO06EE&feature=em-uploademail>

INTERNATIONAL RACE WALKING FESTIVAL, ALYTUS, LITHUANIA, FRIDAY 14 JUNE

The Lithuanians hosted their own international race walking festival last Friday in Alytus with walkers from Poland, Belarus, Ukraine, Lithuania, Estonia, Latvia, Germany and France in attendance. Polish ace Dawid Tomala won the men's 20km with 1:21:00 while Lithuanian Brigita Virbalyte-Simsiene won the women's 20km walk with 1:30:55.

Men's 20km Race Walk

1.	Dawid TOMALA	POL	89	1:21:00
2.	Dzianis SIMANOVICH	BLR	87	1:21:33
3.	Andriy KOVENKO	UKR	73	1:21:38
4.	Rafał FEDACZYŃSKI	POL	80	1:22:01
5.	Ivan TROTSKIY	BLR	76	1:22:25
6.	Rafał AUGUSTYN	POL	84	1:22:44
7.	Andrey TALASHKO	BLR	82	1:23:15
8.	Dmitriy DZIUBIN	BLR	90	1:24:30
9.	Rafał SIKORA	POL	87	1:25:28
10.	Tadas SUSKEVICIUS	LTU	85	1:25:39
11.	Arnis RUMBENIEKS	LAT	88	1:25:42
12.	Genadiy KOZLOVSKIY	LTU	91	1:26:35
13.	Aleksandr LIAKHOVICH	BLR	89	1:26:53
14.	Michał STASIEWICZ	POL	88	1:28:13
15.	Artur MASTIANICA	LTU	92	1:28:49
16.	Ričardas REKST	LTU	87	1:30:45
17.	Lauri LELUMES	EST	78	1:31:43
18.	Tomasz ZMUDZKI	POL	90	1:33:03
19.	Margus LUIK	EST	80	1:37:28
20.	Edgars GJAČS	LAT	93	1:39:18
21.	Ivzāns NORMUNDS	LAT	71	1:40:47
22.	Ainar VESKUS	EST	90	1:43:14
23.	Evaldas SILČENKO	LTU	92	1:46:09
	Jakub JELONEK	POL	85	DQ
	Andrzej ŁOBACZEWSKI	POL	92	DNF
	Max BREUER	GER	92	DQ
	Tomas GAIDAMAVICIUC	LTU	87	DNF
	Djamel SELSELDEB	FRA	76	DNF
	Marius ZIUKAS	LTU	85	DNF

Women's 20km Race Walk

1.	Brigita VIRBALYTĖ-DIMSIENĖ	LTU	85	1:30:55
2.	Darya BALKUNETS	BLR	93	1:32:43
3.	Paulina BUZIAK	POL	86	1:33:11
4.	Federica FERRARO	ITA	88	1:33:34
5.	Neringa AIDIETYTĖ	LTU	83	1:33:43
6.	Kristina SALTANOVIČ	LTU	75	1:33:48
7.	Anita KAZEMAKA	LAT	90	1:36:28
8.	Nadezhda DOROZHUK	BLR	90	1:37:41
9.	Inga MASTIANICA	LTU	89	1:39:36
10.	Monika KAPERERA	POL	90	1:40:47
11.	Agne KLEBAUSKAITE	LTU	92	1:46:42
	Katarzyna GOLBA	POL	89	DNF

Men's U20 10km Race Walk

1.	Karl JUNGHANSS	GER	96	44:18
2.	Vadzim LAMANOSAU	BLR	95	46:57
3.	Adrian MATUSZEWSKI	POL	94	48:36

WALKING SHORTS

Sometimes I just run out of time and can't report on everything in the news. But the oMarchador blogspot blokes are always going to pick out the major highlights that I miss. I will leave readers to check out these articles and results sets

- Spanish Clubs Championships
<http://omarchador.blogspot.pt/2013/06/a-marcha-nos-campeonatos-de-clubes-em.html>
- Serbian Track Championships, Niš, Serbia
<http://omarchador.blogspot.pt/2013/06/campeonatos-de-pista-da-servia-em-nis.html>
- Swedish track races, Växjö,
<http://omarchador.blogspot.pt/2013/06/suecia-com-provas-em-pista.html>
- Benjamin Sanchez (19.13,51) and Julia Takacs (21.07,97) set Spanish junior and youth records
<http://omarchador.blogspot.pt/2013/06/os-melhores-5000-m-marcha-de-todos-os.html>
- The Japanese racewalk team for this year's IAAF World Championships in Russia is indeed a strong one.

20km Men	Yusuke Suzuki (Team Fujitsu) 20 km SB/PB: 1:18:34
	Takumi Saito (Toyo Univ.) 20 km SB/PB: 1:20:05
50km Men	Takayuki Tanii (Team Sagawa Express) 50 km SB: 3:44:25 / PB: 3:43:56
	Hirooki Arai (SDF Academy) 50 km SB/PB: 3:47:08
	Koichiro Morioka (Team Fujitsu) 50 km SB: 3:50:51 / PB: 3:43:14
20km Women	Kumi Otsoshi (Team Fujitsu) 20 km SB: 1:30:45 / PB: 1:29:11
	Masumi Fuchise (Team Otsuka Seiyaku) 20 km SB: 1:38:18 / PB: 1:28:03 - NR
- Editorial by Maurizio Damilano, IAAF Race Walking Committee Chairman, for the opening of the new "marciaitaliana.com" site - the theme being "Race walk, what future ?" English translation at bottom of page. Maurizio discusses the Pit Lane Rule and the possibility of technical aids to help judges.
http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1458
- I reported in brief on this event in last week's newsletter. You can now find a comprehensive report on the Russian Championships held at Cheboksary on Saturday 8th June. Some photos, more race reports and the full results in Russian.
http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1460
- Thanks to Ruben Aguilera, International Race Walking Judge and Chairman of the Walks Commission of CONSUDATLE for providing us with an update to the Americas racewalks rankings lists after the XVI Pan American Race Walk Cup in Guatemala City.

History of Panamerican Cup (update from 1984 to 2013)
http://www.marciaitaliana.com/admin/pdf/marcia_mondo/14062013737Historial_Copas_Panamericanas.pdf

The best ever of the Americas (update 2013 after XVI Panamerican Cup)
http://www.marciaitaliana.com/admin/pdf/marcia_mondo/14062013534Los_Mejores_de_America_de_todos_los_tiempos.pdf

The best of Panamerican Cup (update from 1984 to 2013)
http://www.marciaitaliana.com/admin/pdf/marcia_mondo/14062013893Los_Mejores_en_las_Copas_Panamericanas.pdf
- RunBlogRun reports that Valentin Balakhnichev, the President of the All-Russian Athletics Federation, IAAF Racewalking Committee head Maurizio Damilano and Mikhail Ignatyev, the President of the Chuvash Republic, met recently to discuss the possibility of holding the next 3 IAAF World Race Walking Cups (2016, 2018 and 2020) in Cheboksary. Ignatyev suggested the initiative. Balakhnichev argued that this would favour the creation of a large center for international level walkers in Cheboksary. For the moment, Cheboksary is preparing to hold the 2015 European team championships.

Well, the interpretation by the oMarchador blogspot writers sounds a bit different and is perhaps more likely to be correct. See <http://www.omarchador.blogspot.pt/2013/06/cheboksary-planeia-construcao-de.html>

WHAT'S COMING UP

Next Saturday we are back at Middle Park for our next round of VRWC road races

Saturday 22nd June 2012, Middle Park			
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

Looking a week further into the future, the **AMA/VMA/AV Open 20km Championships** and the **Victorian Schools Walk Championships** are being held on Sunday 30th June at Middle Park.

Sunday 30th June 2013, Middle Park			
A.V., A.V. Schools, AMA, VMA & VRWC Championships			
9.00am	20km	AV Championship	Open Men
9.00am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.00am	20km	AMA & VMA Championships	Masters Men
9.00am	20km	AV Championship	Open Women
9.00am	20km	AMA & VMA Championships	Masters Women
9.00am	20km	Non- championship	Open
10.00am	3km	AV Schools Championship	Under 16 Boys/Girls
10.25am	3km	AV Schools Championship	Under 14 Boys/Girls
10.50am	10km	AV Schools Championship	Under 20 Men/Women
11.00am	5km	AV Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.00pm		Presentations	

How do you enter and when do entries close?

- **The Victorian Schools Walks** include U14 & U16 3km, U18 5km and U20 10km. Age groups is determined by age as of 31st December, 2013. School sports uniform must be worn. Entry is online via the Athletics Victoria website - see <http://www.athsvic.org.au/events/register/3811>. You don't have to be a registered Athletics Victoria member as you will be competing on behalf of your school. I expect entries to close early next week.
- **The AV 20km championships** are open to all currently registered AV walkers. I expect entries to close early next week so don't leave your run too late. See <http://www.athsvic.org.au/events/register/3808>.
- **The AMA 20km championships** must be pre-entered by **Saturday 22 June**. Download an entry form from the AMA website at <http://www.australianmastersathletics.org.au/system/wp-content/uploads/2013-AMA-20k-Walk-Entry-Form.doc>
- **The VMA 20km championships** can be entered on the day.
- **The VRWC U9 and U12 club championships** can be entered on the day.

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 30, 2013	Victorian Schools Roadwalk Champs, Vic Open 20km Champs, AMA/VMA Champs, Middle Park, VIC
Aug 4, 2013	Main Victorian Roadwalking Championships, Middle Park, VIC
Aug 17, 2013	VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 14-15, 2013	Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013	Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
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

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
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2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
May 3-4, 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)