



HEEL AND TOE ONLINE

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

My walker of the week this week is South Australian Masters walker **George White**. George shows up in our results section nearly every week with what are consistently superb times for an M68 walker, This week he was at it again, walking **27:08 (90.12%)** in the SAMA 5km Handicap.

In 2010, George published a History of the South Australian Masters (*Age is an Advantage*) and in that, his profile read as follows

Athletically I have been fortunate enough to win 17 Open State Walk Titles in distances from 3km to 30km (two of them while a Vet), am still the fifth fastest for 20km in South Australia and achieved a best placing of sixth in the Australian open 20k walk championships.

In Masters competition I have won 30 Australian Walk Titles at 5km, 10km and 20km and set four Australian records. At World level I have won three gold, two silver and two bronze medals as well as recording wins at World Masters Games and US Masters Championships. I currently hold 32 SAMA records.

In SAMA's Athlete of the Year awards I have won the walks awards in 2006, 2007, 2008 and 2009. I also won administrator/official in 2008. I was also fortunate enough to be recognised at the National level by the receipt of AMA award for Most Outstanding Administrator/Official in 2008.

Since then, he has won further awards at a State level, nationally and internationally. In July 2011, he competed in the WMA Championships in Sacramento, coming 5th in the M65 5000m (28:29.87) and 4th in the M65 10km (56:13.55) and winning the M65 Teams Gold along with fellow Aussies Andrew Jamieson and Russ Dickenson.



George, Andrew and Russ at the 2010 WMA Champs in Perth



George raicing in Sacramento in July 2011

George's athletics career had an unusual start

My running began in the West Australian Goldfields town of Kambalda when in 1975 a local service club decided to hold a 5km fun run. At the time I was working as a geologist on the nickel mines where there was always a friendly rivalry between the geologists and the mining engineers. Hearing of the run, one of the engineers casually remarked that if we entered, the engineers would easily beat the geologists. That was a red rag to a bull and very quickly a keg of beer became the prize. The

geologists won the keg and I placed second in the race - however without having done any training my body was basically solid the next day and I vowed I would never feel that way again. I have kept on running since that day. My best achievement in the west was a 2.50 marathon in Perth.

Well done George, and make sure you give Andrew and Russ a few things to think about in this year's WMA champs in Brazil!

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 22 JUNE

A quick announcement before I start on this week's VRWC race report. I know that there are bound to be some qualified LA racewalk judges amongst our new parents at Middle Park so an invitation to you to make yourselves known to our VRWC Chief Judge Peter Vysma with a view to joining our regular judging panels for our club races. It is a great chance to get some additional experience and help us out at the same time.

And now onto our race report. Conditions were perfect once again at Middle Park on Saturday - sunny but cool and very still conditions - and the 69 walkers in attendance made the most of it. And of course Terry Swan was active with his camera - check out <http://www.vrwc.org.au/coppermine>.

Again, a large field in our longest event, the 8km. Michelle Laufer was the best of the women with a fast 41:02 while the handicap win went to Chloe McNicol-Davidson with 55:38. In the men's race, Jesse Osborne walked the first 4km with Kyle Swan and then put the pedal down, powering through the second half at top speed to record 36:43. James Christmass also walked excellently for a PB 40:24 to take the handicap win.

8km Open					
1. Michelle Laufer	41:02	e2			
2. Sandra Geisler	42:53	4			
3. Marlene Gourlay	46:55	5		PB 0:13	
4. Karyn O'Neill	54:03	6		PB 0:24	
5. Alison Thompson	54:43	7			
6. Chloe McNicol-Davidson	55:38	1			
7. Margaret Beaumont	68:04	e2			
1. Jesse Osborne	36:43	7			
2. James Christmass	40:34	1		PB 1:07	
3. Jason Kozica	41:48	8			
4. Simon Evans	42:50	9			
5. Ralph Bennett	46:03	5			
6. Russ Dickenson	47:54	3			
7. Gerard Feain	48:11	4			
8. Murray Dickinson	50:24	2			
9. Geoff Barrow	55:30	6			
10. Tony Doran	57:37				
11. Alex Poore	62:51				
12. Ian Beaumont	67:50				
Mark Donahoo	DNF				



Michelle Laufer, Chloe McNicol-Davidson, Kyle Swan, Reese Walmsley, Jesse Osborne and James Christmass

The 4km Open and U15 events also had big fields. Fastest times overall went to U15 walkers Kyle Swan 19:07 and Reese Walmsley 19:55. There were lots of PBs as shown below with handicap wins going to Donna Elms, Paul Tremiglozzi, Gabbie Crea and Lachlan Feain.

4km Open		Handicap Place	
1.	Pam Tindal	20:52	
2.	Jade Sanders	22:17	6 PB 1:11
3.	Heather Carr	22:20	8
E4.	Cassie Raselli	23:08	2
E4.	Kirstin Shaw	23:08	10
6.	Donna Urquhart	23:31	3 PB 1:25
7.	Emily Swan	23:43	7
8.	Donna Elms	23:45	1 PB 0:55
9.	Gwen Steed	24:57	4
10.	Celia Johnson	26:46	5
11.	Jan Morrey	28:52	9
12.	Pam Mews	40:35	11
1.	Paul Kennedy	20:36	4
2.	Cody McNicol-Davidson	24:50	5 PB 1:21
3.	Paul Tremiglozzi	26:17	1
4.	John Morrison	28:03	3
5.	Gordon Onley	30:07	2
6.	Barrie Wicks	30:20	6
4km Under 15		Handicap Place	
1.	Brodie Richardson	23:06	3 PB 2:46
2.	Taylor Vasiljevic	23:11	2 PB 1:00
3.	Karla Bulte	24:06	5 First one
4.	Gabbie Crea	24:46	1 PB 1:08
5.	Jemma Eastwood	26:36	6 First one
6.	Madeleine Feain	27:42	4
7.	Jessica Lillie	28:25	7
1.	Kyle Swan	19:07	2 PB 0:48
2.	Reese Walmsley	19:55	3 PB 0:05
3.	Lachlan Feain	24:06	1 PB 3:26



Gabbie Crea, Donna Urquhart, Lachlan Feain, Joseph Rickard and Paul Tremiglozzi

The U9 and U12 walkers were also in PB form with Mackayla Davison 10:30 and Marcus Byron 5:36 taking the tough double of fastest time and handicap win. Hayley Woolfe and Brianna Briet had great races in the U9 girls' 1km and were rewarded with big PB times of 5:23 and 5:24. Corey Dickson walked his usual superb race to win the boys' U12 2km with 10:03 while Joseph Rickard took the handicap with a big PB time of 11:06. And we welcomed Grace Louey for her first race with us - a quick 5:32 for the 1km.

2km Under 12

1.	Mackayla Davison	10:30	1	PB 0:25
2.	Kathleen O'Mahony	11:09	2	
3.	Mikhala Hodges	11:28	7	
4.	Brianna Lillie	12:05	6	
5.	Mackenzie Mielczarek	13:03	4	PB 0:21
6.	Chelsea McDonald	13:32	5	PB 0:25
7.	Caitlyn Rudston-Brown	14:50	3	PB 2:27
	Alexandra Hay	Disq		

1.	Corey Dickson	10:03	2	
2.	Nikola Mandic	10:31	3	
3.	Joseph Rickard	11:06	1	PB 1:05
4.	Hayden Walmsley	12:39	4	

1km Under 9

1.	Hayley Woolfe	05:23	2	PB 0:18
2.	Brianna Briet	05:24	1	PB 0:23
3.	Grace Louey	05:32		First race
4.	Gemma Lillie	06:18	3	
5.	Charlotte Hay	07:19	4	

1.	Marcus Byron	05:36	1	
2.	William Kennedy	08:06	2	
3.	Angus Hay	08:44	3	
	Thomas Kennedy	DQ		



Corey Dickson, Marcus Byron, Mackayla Davison, Hayley Woolfe, Brianna Briet and Grace Louey

And to the latest videos from Frances Attard's that I have now uploaded to YouTube

- Lake Burley Griffin Carnival, Canberra, Sunday 9 June - <http://www.youtube.com/watch?v=mXlwXIsgHaQ>
- VRWC Club Races, Saturday 15 June - http://www.youtube.com/watch?v=_cjPuUg8t58

Thanks to the many officials and judges in attendance - sorry if I missed anyone

Officials: Tim Erickson, Harry Summers, Marlane Stanway, Michael O'Mahony, Bianca Attard, Simon Baker
 Registration: Mark Donahoo, Damien Elms, Michael Bodey
 Canteen: Kate Suich, Wendy Cooper, Barb Gardiner
 Judges: Peter Vysma (C), Lloyd Nichols, Michael Bodey, David Cash, Stuart Cooper, Damian Elms

STYLE AWARD POINTS

As it was a points competition day at Middle Park on Saturday, the judges awarded their 3/2/1 points for the best stylists and there were no surprises from my perspective as an interested bystander. I will have an update on all our Points Competitions in next week's newsletter.

Open and U15 Men		Open and U15 Women		U12 and U9 Boys		U12 and U9 Girls	
Jesse Osborne	13	Jade Sanders	10	Nikola Mandic	7	Gemma Lillie	6
James Christmass	4	Michelle Laufer	9	Corey Dickson	6	Grace Louey	3
Simon Evans	4	Pam Tindal	6	Hayden Walmsley	1	Brianna Lillie	3
Kyle Swan	4	Heather Carr	2			Kathleen O'Mahony	2
Mark Donahoo	2	Brodie Richardson	2				
Russ Dickenson	2	Sandra Geisler	2				
Jason Kozica	2	Cassie Raselli	2				
Reese Walmsley	1						

SARWC 1.5KM INTERVALS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 JUNE

Thanks to Peter Crump for his weekly report from Adelaide where they held their rolling 1.5km intervals last Saturday. There were 12 minutes between each interval which Peter reports was a bit tight for some of the slower walkers. The times below are sorted by the number of sessions and the fastest time. Peter reports that there were some very consistent times (as shown by the small time spread) by Kim Mottrom, Anna Cross and Barb Cain.

Name	Int 1	Int 2	Int 3	Int 4	Int 5	Int 6	Fastest	Slowest	Spread
Kim Mottrom	6:21	6:23	6:22	6:26	6:23	6:15	6:15	6:26	0:11
Justin Hill	6:44	6:50	6:57	7:02	7:10	7:07	6:44	7:10	0:26
Peter Crump	7:38	7:49	7:47	8:00	7:49	7:40	7:38	8:00	0:22
Jim Hoare	11:57	11:16	11:04	10:52	10:59	10:49	10:49	11:57	1:08
Anna Cross	X	7:37	7:38	X	7:33	7:30	7:30	7:38	0:08
Bethany Cross	X	8:01	8:17	X	8:59	9:04	8:01	9:04	1:03
Louisa Mitchell	8:55	X	9:00	9:21	X	9:04	8:55	9:21	0:26
Zoe Eastwood-Bryson	9:42	9:38	X	9:28	X	9:54	9:28	9:54	0:26
Danielle Walsh	7:37	X	7:56	X	7:51	X	7:37	7:56	0:19
Rhiannon Lovegrove	8:04	9:00	8:36	X	X		8:04	9:00	0:56
Rhiana Hooker	8:31	X	8:26	X	X	8:48	8:26	8:48	0:22
Sarah Damin	8:47	X	8:42	X	9:26	X	8:42	9:26	0:44
Ayeisha Wallace	8:45	X	8:48	X	9:25	X	8:45	9:25	0:40
Rachel Kameniar	9:09	9:37	X	10:27	X	X	9:09	10:27	1:18
Barb Cain	10:11	10:15	X	10:18	X	X	10:11	10:18	0:07
Mark Hooker	11:54	X	12:04	X	X	10:49	10:49	12:04	1:15
Felicity Henderson-Wilson	8:07	X	8:28	X	X	X	8:07	8:28	0:21
Jake Vidler	8:12	X	8:49	X	X	X	8:12	8:49	0:37
Samantha Findlay	8:58	X	X	X	9:34	X	8:58	9:34	0:36
Chloe Upton	9:08	9:35	X	X	X	X	9:08	9:35	0:27
Madeleine Wallace	10:20	X	11:04	X	X	X	10:20	11:04	0:44
Victoria Upton	10:18	X	X	X	X	X	10:18	10:18	0:00

ACT WALKING CLUB ROADWALKS, MOLONGLO REACH, ACT, SATURDAY 22 JUNE

Thanks to Robin Whyte for his weekly report from Canberra.

10km Walk

1. Robin Whyte	1:02:28
2. Bryan Thomas	1:10:30
3. Monika Short	1:11:30
4. Bob Parker	1:11:33
5. Rod Gilchrist	1:12:35
6. Jennifer Gilchrist	1:18:02
7. Warren Butler	1:24:01
8. Geoff Barker	1:26:33
9. Val Chesterton	1:26:41

3km Walk

1. Spencer Burns	15:05
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5km Walk

1. Zoe Hunt	26:36
2. Peter Baker	28:58
3. Kate Black	29:09
4. Marilyn Banfield	36:25
5. Rosemary Parker	37:41
6. David Mackenzie	38:07
7. John Gloe	41:47
8. Nola de Chazal	51:24

1.5km Walk

1. Laura Burns	08:44
2. Samantha Papantoniou	11:05

SAMA ROAD WALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 22 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He explains: 5km Turkey Handicap for Prizes, followed by SAMA AGM. Cold damp arvo, breezy at times.

1. W53	Marie Maxted	31:54	71.95%
2. W60	Edna Bates	42:58	57.52%

3.	M68	George White	27:08	90.12%
4.	M83	Colin Hainsworth	38:50	77.75%
5.	M70	Roger Lowe	38:27	65.15%
6.	W65	Lillian Harpur	46:09	56.94%
7.	M61	Jack Russell	29:15	77.46%
8.	M54	Norman White	36:44	57.77%
9.	M79	David Robertson	45:18	62.53%
10.	W64	Jan Layng	36:52	70.37%
11.	M69	Graham Harrison	36:01	68.70%
12.	W64	Gill White	39:53	65.04%
13.	M75	Rodger Barber	35:06	76.16%

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, SUNDAY 23 JUNE

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 1.5km and 8km sealed handicap events on Sunday at Lake Neanger. The 1.5km sealed handicap was won by Zahra Hayes with Carissa Brook 2nd and Madison Hill in 3rd place with Carissa and Madison producing personal best efforts with Peter Curtis and Zahra Hayes both producing a time of 7.29 to take equal fastest time. Norm West scored a strong victory in the 8km event with Barb Bryant in 2nd place and taking fastest time with Geoff Major in 3rd place.

1.5km Handicap

1.	Zahra Hayes	7.29
2.	Carissa Brook	8.33
3.	Madison Hill	8.20
4.	Peter Curtis	7.29
5.	Caitlyn Tozer	13.27
6.	Ebony Whiley	8.31
7.	Sheridan Commons	12.26

8km Handicap

1.	Norm West	1.04.19
2.	Barb Bryant	48.42
3.	Geoff Major	1.02.50
4.	Colin Cleary	1.08.30

NSW SHORT WALKS CHAMPIONSHIPS, PENRITH LAKES, SUNDAY 16 JUNE

Thanks to Brad Jones for the NSW Short Walks results from the week before. Brad commented:

Beautiful day for it, quite warm actually with a couple of athletes DNF. Great race between Lauren Bourke and Cheryl Webb with Lauren just edging out Cheryl over the last few laps. Ian Rayson had a solid performance which wasn't too bad considering his performance a week before at LBG. Tyler Jones and Kirsty Klein raced well together over the first half of the race, with Tyler pulling away over the second half of the race.

Women 15KM Open

1.	Bourke, Lauren	23	Mingara	1:17:27
2.	Webb, Cheryl	37	Blacktown City	1:17:42

Men 20km Open

1.	Rayson, Ian	25	Mingara	1:29:48
2.	Washburn, Steven	19	Nepean District	1:42:50
3.	Albanese, Anthony	52	South Sydney	2:11:35
	Malone, Kyle	22	Nepean District	DNF

Masters 5km

1.	Brown, Kylie	W41	Nepean District	29:07
2.	Challinor, Nicolle	W41	Gosford	33:45
3.	Psarianos, Tony	M49	South Sydney	30:35
4.	West, John	M63	Nsw Masters	36:33
5.	Brown, Judy	W63	Nsw Masters	40:14
6.	Seymon, Jim	M76	Uts Norths	33:47
7.	Purcell, Joan	W72	Asics Wests Track	36:25

Men U20 10km

1.	Jones, Tyler	15	Wyong	50:12
2.	Gibbons, Carl	17	Westlakes At	55:31
3.	Doyle, Tom	16	South Sydney	1:00:25

Women U20 10km

1.	Klein, Kirsty	19	Asics Wests Track	52:59
2.	Southern, Shay	18	Asics Wests Track	55:40
3.	Grujoski, Stephani	16	South Sydney	1:04:13
4.	Beasley, Bryony	16	Nepean District	1:06:33

	Barendregt, Amanda	17	Nepean District	DNF
Men U16 3km				
1.	Brown, Nathan	15	Parramatta C	14:50
2.	Kerr, Aidan	15	Sydney Pacific	15:07
3.	Owen, Damien	15	Forster Athl	17:40
Women U16 3km				
1.	McDonald, Jasmyn	14	Parramatta C	16:23
2.	Goodhew, Chelsea	14	Westlakes At	17:40
3.	Ggrujoski, Ally	14	South Sydney	19:50
Boys U14 2km				
1.	Bedford, Kyle	13	Nepean District	9:38
2.	Richardson, Dylan	13	Mingara	10:05
3.	Thomson, Ryan	13	Nepean District	10:55
4.	Barendregt, Travis	13	Nepean District	12:11
	Teo, Sean	13	Randwick Bota	DQ
Girls U14 2km				
1.	DeLaine, Eliza	13	Uts Norths	9:40
2.	Roukos, Raquel	13	Nepean District	9:57
3.	Brown, Samantha	12	Parramatta C	10:53
4.	Crichton, Sophie	13	Sydney Pacific	11:28
5.	Rigney, Paige	11	Wyong	11:45
Boys U12 1km				
1.	Carrothers, Dion	10	Sydney Pacific	5:38
2.	Becroft, Lachlan	11	Nepean District	5:52
3.	Walter, James	10	Sydney Pacific	6:21
4.	Shaw, Isaac	9	Kembla Joggers Inc.	6:41
Girls U12 1km				
1.	Martin, Brooke	10	Nepean District	6:13
2.	Thomson, Jada	9	Nepean District	6:23
3.	pitcher, allanah	10	Gosford	5:07
4.	Sanday, Niamh	11	Parramatta C	5:13
5.	Blanch, Emma	10	St. George D J	5:13
6.	Hardy, Renee	10	Asics Wests Track	5:30
7.	Rigney, Paige	11	Wyong	5:59
8.	Calloway, Madison	10	Kembla Joggers Inc.	6:11

2013 USA TRACK & FIELD CHAMPIONSHIPS, DRAKE STADIUM, DES MOINES, IOWA, 22-23 JUNE

The USA Open T&F Championships were held last weekend at Drake Stadium in Des Moines. The associated racewalks were the final chance for walkers to qualify for the 2013 IAAF World Championships in Moscow in August and were in fact the official trials. The Junior racewalks were also of importance with three international Teams at stake - the IAAF World Youth Championships in Ukraine (July), the Pan American Junior Championships in Colombia (August) and the US vs Canada meet in Boston (August).

The first racewalk event was the women's 20,000m walk, held on Saturday morning, and it was Maria Michta who claimed her fourth consecutive USA Outdoor title with a time of 1:37:34.46. Also during morning competition, Nathaniel Roberts claimed the men's Junior 10,000m race walk title with 52:06.97.

Women's 20000m Walk Senior, Saturday 22 June

1.	Maria Michta	Walk USA	1:37:34.46
2.	Erin Gray	Bowerman Athletic Club	1:39:19.80
3.	Miranda Melville	New York Athletic Club	1:40:38.14
4.	Katie Burnett	Unattached	1:42:26.94
5.	Lauren Forgues	New York Athletic Club	1:44:07.03
6.	Teresa Vaill	Unattached	1:45:58.09
7.	Susan Randall	Miami Valley TC	1:49:31.48
8.	Rachael Tylock	Mansfield University	1:49:53.65
9.	Janelle Brown	Pegasus A.C.	2:05:36.70
10.	Monica Lawrence	Cornerstone University	2:13:12.01

Men's 10000m Walk Junior, Saturday 22 June

1.	Nathaniel Roberts	Bowerman Athletic Club	52:06.97
2.	Alexander Peters	Elgin Sharks Track	52:08.62
3.	Anthony Peters	Elgin Sharks Track	53:08.33

4.	Geraldo Flores	Unattached	53:47.21
5.	Andy Vasquez	Cornhusker Flyers	54:18.42
6.	Spencer Dunn	Unattached	54:35.73

Tim Seamon won the men's 20,000m walk (again!) the next morning with 1:30:13.06 while Molly Josephs won the Women's U20 10,000m walk with 54:18.27.

Men's 20,000m Walk, 7AM, Sunday 23 June

1.	Tim Seaman	New York Athletic Club	1:30:13.06
2.	John Nunn	U.S. Army	1:31:01.64
3.	Patrick Stroupe	Kansas City Smoke	1:31:08.73
4.	John Cody Risch	Cornerstone University	1:36:38.84
5.	Alejandro Chavez	Missouri Baptist	1:37:00.25
6.	Michael Giuseppe Mannozi	Shore Athletic Club	1:37:10.37
7.	Matthew De Witt	Parkside Athletic Club	1:46:16.03
8.	Nathan Vanderwall	Cornerstone University	1:49:39.51
9.	David Swarts	Pegasus A.C.	1:56:02.02

Women's U20 10,000m Walk, 8:45AM, Sunday 23 June

1.	Molly Josephs	Missouri Baptist	54:18.27
2.	Brenda McCollum	Unattached	54:58.94
3.	Monika Farmer	Walk USA	55:44.24
4.	Abby Dunn	Unattached	56:34.25
5.	Brittany Collins	Walk USA	56:48.50
6.	Katie Michta	Walk USA	58:15.29
7.	Nicole Court-Menendez	2010079601	59:29.37
8.	Melissa Tylock	Penfield Athletic Club	59:53.02
9.	Kayla Ovokaitys	Cornerstone University	1:00:23.17

CANADIAN T&F CHAMPIONSHIPS, STADE MONCTON 2010 STADIUM, MONCTON NB, 20-23 JUNE

The Canadian T&F Championships were also held last weekend with the roadwalks starting concurrently at 8AM on Saturday on a 1.25km loop. Inaki Gomez (40:01), Evan Dunfee (40:19), Ben Thorne (41:07) and Creighton Connolly (42:02) all walked superbly in the Men's Open 10km. Marek Adamowicz also walked well to win the Men's Junior 10km with 46:02.

10km Walk Junior Championship

1.	Roach, Mandy	96	Rive-Sud	1:03:47
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Men 10km Walk Junior Championship

1.	Adamowicz, Marek	96	Rive-Sud	46:02
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Women 10km Walk Championship

1.	Ramage, Katelynn	93	Nanaimo	54:36
2.	Van Leeuwen, Lauren	89	Bytown Walkers	57:07
3.	Rodriguez, Chelsea	86	Ontario Racewalk	57:27
4.	Schneider, Amanda	89	Racewalk West	1:03:39
5.	McCormack, Catherine	72	Ontario Racewalk	1:07:36

Men 10km Walk Championship

1.	Gomez, Inaki	88	Racewalk West	40:01
2.	Dunfee, Evan	90	Racewalk West	40:19
3.	Thorne, Benjamin	93	Racewalk West	41:07
4.	Connolly, Creighton	88	Ontario Racewalk	42:02
5.	Carrière, Bruno	92	Unattached	47:37
6.	Lamplough, Ian	61	Edmonton Racewalk	1:02:14
7.	Dumitru, Florin	74	Vétéran	DQ
8.				

Women 20km Walk Championship

1.	Ramage, Katelynn	93	Nanaimo	DNF
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Men 20km Walk Championship

1.	Carrière, Bruno	92	Unattached	1:35:19
2.	Xu, Jianping	65	Ontario Masters	1:44:28

GERMAN RACE WALKING CHAMPIONSHIPS, JÜTERBORG, GERMANY, SATURDAY 22 JUNE

The German Men's 10,000m walk championships saw some superb speed walking with Christopher Linke 39:13.38, Hagan Pohle 39:54.33 and Nils Gloger 39:54.34 all breaking the 40 minute mark. Add in Nils Brembach 40:20.64 and Marcel Lehmbert 40:33.86 and the depth is obvious!

Men 10,000m Race Walk

1.	Christopher LINKE	GER	88	39:13.38
2.	Hagen POHLE	GER	92	39:54.33
3.	Nils Christopher GLOGER	GER	90	39:54.34
4.	Nils BREMBACH	GER	93	40:20.64
5.	Marcel LEHMBERG	GER	92	40:33.86
6.	Steffen BORSCH	GER	73	45:36.10

Women 5000m Race Walk

1.	Bianca SCHENKER	GER	74	24:08.98
2.	Janine BANDT	GER	94	24:29.12
3.	Maxi WOELKE	GER	95	25:12.49
4.	Brit SCHRÖTER	GER	74	25:36.98
5.	Lea DEDERICHS	GER	95	25:36.06
6.	Nicole HÖRL	GER	71	26:28.19
7.	Franziska GLANDORF	GER	93	25:59.40
8.	Laura SCHRÖTER	GER	94	26:42.39

U23 Men 10,000m Race Walk

1.	Hagen POHLE	GER	92	39:54.33
2.	Nils BREMBACH	GER	93	40:20.64
3.	Marcel LEHMBERG	GER	92	40:33.86

Women 5000m Race Walk

1.	Janine BANDT	GER	94	24:29.12
2.	Maxi WOELKE	GER	95	25:12.49
3.	Lea DEDERICHS	GER	95	25:36.06
4.	Franziska GLANDORF	GER	93	25:59.40
5.	Laura SCHRÖTER	GER	94	26:42.39

Masters Women 5000m Race Walk

1.	Bianca SCHENKER	GER	74	24:08.98
2.	Brit SCHRÖTER	GER	74	25:36.98
3.	Nicole HÖRL	GER	71	26:28.19

FRENCH NATIONAL T&F MEET, AMIENS, FRANCE, SATURDAY 22 JUNE

More fast walking, this time by Bertrant Moulinet of France (19:39.53), Hedi Terraoui of Tunisia (19:43.65), Olga Yakovenko of Ukraine (22:09.53) and Yevdokiva Korotkova of Russia (22:32.96) in Amiens. Emmanuel Tardi was the chief judge and he emailed me as follows

Two Olympians were on the track: Ukrainian walker Olga Yakovenko (27th in London with 1.32.07, PB of 1.30.38 in 2013) and French walker Bertrand Moulinet (8th in 20k and 12th in 50km in London) who had been injured last winter and spring and is now on the comeback trail. No surprises as they won their races but Bertrand needed to wait until the last lap to beat the Tunisian Teraoui. Km splits were as follows: Yakovenko : 4.30 + 4.20 + 4.20 + 4.32 + 4.27; Moulinet : 4.03 + 3.48 + 3.57 + 4.00 + 3.50.

Men 5000m Race Walk

1.	Bertrand MOULINET	FRA	87	19:39.53
2.	Hedi TERRAOUI	TUN	89	19:43.65
3.	Cedric HOUSSAYE	FRA	79	20:53.54
4.	Damien MOLMY	FRA	88	21:18.96
5.	Xavier LE COZ	FRA	79	21:27.61
6.	Romain DENIMAL	FRA	92	22:22.14
7.	Yanis SOUABER	FRA	96	22:35.52

Women 5000m Race Walk

1.	Olga YAKOVENKO	UKR	87	22:09.53
2.	Yevdokiya KOROTKOVA	RUS	79	22:32.96
3.	Jeanne BILLA	FRA	96	25:00.59
4.	Cecile DELEUZE	FRA	96	25:02.62
5.	Cecile NAZE	FRA	95	26:07.71



Yakovenko leads Korotkova in the women's race



Moulinet leads the men's race

NATIONAL T&F MEET, LILLEBONNE, SATURDAY 22 JUNE

Amiens was one of a series of National T&F meets in France last weekend. The one in Lillebonne also produced some good walking with Nicolas Gosselin 21:38.24 and Anne-Gaëlle Retout 13:10.68 winning.

Men 5000m Race Walk

1.	Nicolas GOSSELIN	FRA	92	21:38.24
2.	Florian DESJARDINS	FRA	94	22:40.59

Women 3000m Race Walk

1.	Anne-Gaëlle RETOUT	FRA	80	13:10.68
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HUNGARIAN U18 CHAMPIONSHIPS, ZALAEGERSZEG, HUNGARY, 22-23 JUNE

Men 10,000m Race Walk

1.	Bence VENYERCSÁN	HUN	96	45:22.69
2.	Miklós SZEGEDI	HUN	97	51:52.02
3.	Donát BURGER	HUN	97	55:01.72
4.	Soma KOVÁCS	HUN	97	57:47.26

Women 5000m Race Walk

1.	Rita RÉCSEI	HUN	96	25:46.62
2.	Anna SÜDI	HUN	97	27:31.13
3.	Viktória BENCZIK	HUN	97	28:34.45
4.	Diána DEMETER	HUN	97	33:43.32
5.	Ivana RENIĆ	CRO	96	26:08.39
6.	Antonela GOLOBIČ	CRO	97	27:50.74

SPANISH YOUTH T&F CHAMPIONSHIPS, DURANGO, SPAIN, SATURDAY 22-23 JUNE

Excellent depth was on show in the Spanish Men's U18 10,000m walks with Diego Garcia Carrera winning in 43:01.28 ahead of Manuel Bermudez Jimenez 43:28.90 and Pablo Oliva Requena 43:50.30. Maria Perez Garcia also walked well to win the Women's U18 5000m walk with 23:37.76.

10,000m U18 Men, 9AM, Sunday 23 June

1.	Diego Garcia Carrera	A.D. Marathon	19/01/1996	43:01.28
2.	Manuel Bermudez Jimenez	UCAM-Athleo Cieza	12/12/1997	43:28.90
3.	Pablo Oliva Requena	Cueva de Nerja-UMA	15/10/1996	43:50.30
4.	Nil Rodes Llorens	AA Catalunya	16/06/1996	45:35.37
5.	Daniel Chamosa Dacasa	Comesaña Sporting C.	04/05/1997	45:55.01
6.	Ivan Arenas De La Fuente	Pratenc AA	25/01/1996	46:26.39
7.	Marcos Cintron Bellver	A.D.A.S.	01/10/1996	48:36.71

8.	Pedro Jose Garcia Martinez	Juventud Guadix	25/02/1996	49:28.90
9.	Pedro De La Mata Maria	CAP Alcobendas	20/09/1996	49:58.65
10.	Mario Viñas Picazo	CA Granollers	22/05/1996	50:18.89
11.	Juan Francisco Martin Amat	Ciudad de Motril	26/10/1997	51:48.68
12.	Manuel Leon Fernandez Ortiz	At Almendralejo	18/05/1996	51:52.90
13.	Pau Tormo Esparza	Atletisme Xativa	11/07/1997	54:04.41
14.	Basilio Santos Rex	At Almendralejo	20/11/1996	DQ

5000m Women, 10:20AM, Sunday 23 June

1.	Maria Perez Garcia	Cueva de Nerja-UMA	29/04/1996	23:37.76
2.	Lidia Sanchez-puebla Fernandez	Atletismo Alcorcon	17/07/1996	23:58.54
3.	Mar Chillón Camaño	At Vila de Cangas	26/03/1996	24:16.35
4.	M ^a José Jiménez Mendez	UCAM-Athleo Cieza	23/06/1997	25:09.07
5.	Melisa Sanchez Bermejo	UCAM-Athleo Cieza	01/08/1996	25:15.91
6.	Maria Abeledo Manteiga	CA Afflelou Naron	03/12/1997	25:31.48
7.	Carmen Fuentes Castro	Comesaña Sporting C.	10/03/1997	25:54.70
8.	Carla Santaelena Garcia	CAS Cajasegovia	11/11/1996	26:03.37
9.	Alexandra Tardío Ortega	At Almendralejo	23/04/1996	26:11.39
10.	Mar Martín Fandos	Playas de Castellón	05/05/1996	26:23.30
11.	Angela Ruiz Teran	Cayon-Helios DICA	18/09/1997	26:25.51
12.	Nuria Lon Roca	Simply-Scorpio 71	21/02/1996	27:21.50
13.	Alicia Del Río Hernandez	A.D. Marathon	12/06/1996	27:34.39
14.	Sonia Iralde Rueda	Hinaco Monzon	12/05/1997	28:35.67
15.	Débora Pato Sabarís	Comesaña Sporting C.	10/09/1996	29:36.30

ACÁCERES ATHLETICS MEETING, PLASENCIA, SPAIN, WEDNESDAY 19 JUNE

5000m walks were included in the 26th edition of the Cáceres athletics meeting, held on Wednesday in the city of Plasencia, Spain, with top placings going to junior walker Alvaro Martín 19:56.98 and open walker Lorena Luaces 22:11.22.

5000m Men

1.	Alvaro Martín Uriol	1994	Playas de Castellón	19:56.98
2.	Diego García Carrera	1996	AD Marathon	20:22.53
3.	Jose Ignacio Díaz Velázquez	1979	UBU-Caja de Burgos	20:37.95
4.	Ivan Pajuelo Paredes	1993	AD Marathon	20:40.61
5.	Mario Sillero Mesonero	1990	Huracan Fent Cami	21:11.93
6.	Rui Coelho	1994	CA Seia - Portugal	21:36.65
7.	Leonardo Toro Lopez	1967	Atletismo Badajoz	22:24.64
8.	Miguel Periañez García	1962	Perceiana-Extremadura	22:33.37
9.	Amaro Teixeira	1989	GCA Donas - Portugal	23:59.96
10.	Javier Monterrubio de Cruces	1998	At Almendralejo	26:08.28

5000m Women

1.	Lorena Luaces Barril	1984	Individual	22:11.22
2.	Ainhoa Pinedo Gonzalez	1983	AD Marathon	22:12.18
3.	Laura García-Caro Lorenzo	1995	Bidezabal Atletismo	23:13.37
4.	Liliana Martins	1990	GCA Donas - Portugal	24:47.33
5.	Laura Gutierrez de Tena Ramos	1988	Tf CajaCanarias 1984	24:47.67
6.	Macarena Martín Uriol	1992	Playas de Castellón	26:03.00
7.	Laura Sanabria Sanchez	2000	At Almendralejo	28:58.90
8.	Alexandra Tardío Ortega	1996	At Almendralejo	29:40.44
9.	Almudena Quejido Gragera	2000	At Montijo	30:30.69
10.	Cristina Salcedo Ciborro	1998	Esc At Cáceres	32:36.31

WALKING SHORTS

- Tom Bosworth chases a spot in this year's World Championships 20km
<http://www.sevenoakschronicle.co.uk/Race-walker-Tom-Bosworth-sets-sights-World/story-19317251-detail/story.html>
- Colombian Championships with hot weather conditions and a dramatic male race.
<http://omarchador.blogspot.pt/2013/06/sandra-arenas-e-jorge-pineda-destacam.html>
- The NY Times discusses the investigations into Alex Schwazer's 2012 positive doping finding.
<http://mobile.nytimes.com/2013/06/19/sports/olympics/officials-accused-of-covering-up-italian-olympians-doping.html>
The IAAF was quick to refute the claims made in the New York Times
<http://www.supersport.com/athletics/article.aspx?id=1980644>
But the newspaper articles continue to come as the investigation spreads

<http://sportsillustrated.cnn.com/more/news/20130619/italian-race-walker-alex-schwazer-doping.ap/>

- Portuguese Youth Championships - track (results)
<http://omarchador.blogspot.pt/2013/06/edna-barros-e-helder-santos-triunfaram.html>
- British Athletics has confirmed the first wave of selections for this summer's European Junior Championships in Rieti, Italy and the European U23 Championships in Tampere, Finland. So far only one walkers selected as follows:
European Junior Championships: 20k Walk: Jamie Higgins (coach Andi Drake)
- I have now added points scored in the LBG Carnival into the 2013 Australian Racewalking Series and have recalculated the progressive point scores in the Open, U23, U20 and U18 Divisions. See <http://www.rwa.org.au/aevents-1.shtml>

WHAT'S COMING UP

Next Sunday morning will be a big racing carnival for us in Melbourne with the **AMA/VMA/AV Open 20km Championships** and the **Victorian Schools Walk Championships** being held at Middle Park. We will be using our Championship Course over closer to the lake (still a 2km loop) but come to the clubrooms first to check in and collect your race numbers (Schools Walkers).

Sunday 30 th 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 tomorrow (Wednesday).
- **The AV 20km championships** are open to all currently registered AV walkers. I also expect entries to close tomorrow (Wednesday) so the clock is ticking. See <http://www.athsvic.org.au/events/register/3808>.
- **The AMA 20km championships** theoretically had to be pre-entered by **Saturday 22 June** but I believe that entries are possible on the day for late starters.
- **The VMA 20km championships** can be entered on the day.
- **The VRWC U9 and U12 club championships** (age on 1 October 2012) can be entered on the day.

Next Saturday, 29th June, also sees the next IAAF Challenge Series event, namely the Dublin Grand Prix of Race Walking. I am sure we will see some high quality results from that meet.

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 14th IAAF World Championships in Athletics Moscow, Russia

2013 European Athletics Permit Meets - Remaining events

June 29, 2013 Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

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>)