



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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9 July 2013



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week votes went to **Kelly Ruddick** who just gets better with age. On the previous Saturday, she won the Victorian Open 20km walk championship with a time of **1:36:46** (a 12 sec PB). The time also set new W40 Australian and Victorian records and comes on top of her 10km PB last month.

This week has seen more great walks but I do like to spread the Walker of the Week around so I have decided it is about time that **Rhydian Cowley** got some further recognition. Rhydian is in his first IAAF World Championships team this year and will contest the 20km in Moscow next month. He was in action at Middle Park on Saturday and did 4x2km reps in our Intervals race - and the times were fast - 7:39, 7:50, 7:50 and 7:42. Well done Rhydian and all the best for a great race in Russia.



Terry Swan captures Rhydian as he powers through his intervals

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 7 JULY

Saturday's forecast was for windy and possibly wet weather but conditions at Middle Park were kind once again and the walkers in attendance made the most of the opportunity with 34 walkers contesting the Open and U15 Intervals Races and another 32 contesting the other assorted events on offer. As usual, you can check out Terry Swan's photos at <http://www.vrwc.org.au/coppermine/>.

The intervals started every 17 minutes and nearly everyone was content with the 2km distance on offer. However, **Chris Erickson** and **Jesse Osborne** opted to make it even harder, racing a 3km rep every 17 minutes. Talk about gluttons for punishment. This is the highest number of walkers we have had for this annual event and I was very pleased to see 16 of the 34 walkers complete all 5 reps. Apart from Chris and Jesse, the other very impressive performance was from **Rhydian Cowley** who led from the front overall with his 4x2km reps, all well under 8 minutes! What a performance! Others who really excelled included **Simon Evans, Reese Walmsley, Sandra Geisler** and **Kyle Swan**.



The final intervals rep gets underway - with 16 walkers still in the mix

Intervals Race - 5x3km		3km	6km	9km	12km	15km	Total
1.	Chris Erickson	12:22	12:22	12:24	12:31	12:16	1:01:55

Intervals Race - 4x3km							
1.	Jesse Osborne	13:09	12:55	13:17	12:59		52:20

Intervals Race - 5x2k		2km	4km	6km	8km	10km	Total
1.	Stuart Kollmorgen	09:03	09:17	09:25	09:18	09:21	46:24
2.	Simon Evans	09:45	09:47	09:51	09:54	10:03	49:20
3.	Reese Walmsley (U15)	10:38	10:29	10:15	09:58	09:28	50:48
4.	Sandra Geisler	10:19	10:17	10:19	10:21	10:24	51:40
5.	Bernie Keirl	10:31	10:51	10:49	10:55	11:07	54:13
6.	Pam Tindal	10:51	10:53	10:49	10:59	10:43	54:15
7.	Michelle Thompson	10:43	10:49	11:05	11:12	11:09	54:58
8.	David Armstrong	11:05	11:01	11:05	11:01	11:01	55:13
9.	Donna Urquhart	11:27	11:35	11:36	11:46	11:40	58:04
10.	Emily Swan	11:42	11:48	11:55	12:11	12:20	59:56
11.	Terry O'Neill	12:50	12:05	12:04	12:18	12:33	1:01:50
12.	Alison Thompson	12:10	12:23	12:43	12:53	13:10	1:03:19
13.	Celia Johnson	13:20	13:22	13:26	13:38	13:28	1:07:14
14.	Karen O'Neill	13:25	13:28	13:39	13:28	13:23	1:07:23
15.	Alex Poore	15:30	14:58	15:21	15:15	15:11	1:16:15

Intervals Race - 4x2km		2km	4km	6km	8km	Total
1.	Rhydian Cowley	07:39	07:50	07:50	07:42	31:01
2.	Kyle Swan (U15)	09:57	09:53	09:53	09:30	39:13
3.	Marlene Gourlay	11:20	11:23	11:28	11:34	45:45
4.	Jade Sanders	11:27	11:50	12:28	12:17	48:02
5.	Cody McNicol-Davidson	11:58	12:04	13:51	12:40	50:33
6.	Chloe McNicol-Davidson	11:59	13:28	13:51	13:46	53:04
7.	Tony Johnson	13:19	13:21	13:26	13:19	53:25

Intervals Race - 3x2km		2km	4km	6km	Total
1.	Stephanie George	09:53	10:39	10:53	31:25
2.	Heather Carr	10:46	11:01	11:12	32:59
3.	Bob Gardiner	11:44	11:50	12:21	35:55
4.	Kirstin Shaw	11:58	12:03	12:03	36:04
5.	Gwen Steed	12:11	12:23	12:50	37:24
6.	Tony Barrett	11:50	13:08	14:41	39:39
7.	John Morrison	13:57	14:28	14:51	43:16

Intervals Race - 2x2km

1. Donna Elms
2. Robyn Shaw
Russ Dickenson

2km	4km
11:40	12:01
13:06	15:11
11:54	

Total
23:41
28:17
DNF



Chris Erickson, Stuart Kollmorgen, Jesse Osborne, Pam Tindal, Michelle Thompson and Rhydian Cowley in action

There were 4km walks on offer for those Open and U15 walkers who preferred a simple race.

4km Open

- | | | |
|----|-------------------------|-------|
| 1. | Liz Feldman | 23:39 |
| 2. | Ruth-Mary Faulconbridge | 32:44 |
| 3. | Margaret Beaumont | 32:47 |
| 4. | Pam Mews | 38:29 |

- | | | |
|----|-------------------|-------|
| 1. | Nicholas Mirarchi | 21:45 |
| 2. | Gerard Feain | 24:43 |
| 3. | Barrie Wicks | 30:18 |
| 4. | Aaron McDonough | 31:19 |
| 5. | Ian Beaumont | 34:07 |
| | Jim Crawford | DQ |

4km Under 15

- | | | |
|-----|-------------------|-------|
| E1. | Paige De Lisen | 23:25 |
| E1. | Brodie Richardson | 23:25 |
| | Gabbie Crea | DQ |

- | | | |
|----|---------------|-------|
| 1. | Lachlan Feain | 24:43 |
| 2. | Billy Black | 31:19 |

It was a points day for our U12 and U9 walkers who will have their intervals races in 2 weeks time. Kathleen O'Mahony, Corey Dickson, Hayley Woolfe and Marcus Byron took fastest times points while Caitlyn Rudston-Brown, Mackayla Davison, Brianna Briet and Marcus took the handicap honours.

2.5km Under 12

- | | | H'cap Place | |
|----|-----------------------|-------------|---|
| 1. | Kathleen O'Mahony | 14:01 | 2 |
| 2. | Natalie Morrow | 16:44 | 4 |
| 3. | Caitlyn Rudston-Brown | 18:10 | 1 |
| 4. | Bianca Marrow | 18:41 | 5 |
| 5. | Alexandra Hay | 19:49 | 3 |

- | | | | |
|----|---------------------|-------|---|
| 1. | Corey Dickson | 12:47 | 3 |
| 2. | Nikola Mandic | 13:04 | 2 |
| 3. | Mackayla Davison | 14:30 | 1 |
| 4. | Harry Hockley-Samon | 14:37 | 4 |
| 5. | Hayden Walmsley | 16:15 | 5 |

1.5km Under 9

1.	Hayley Woolfe	09:08	3
2.	Brianna Briet	09:12	1
3.	Charlotte Hay	10:24	2
4.	Grace Louey	08:27	
1.	Marcus Byron	08:36	1
	Angus Hay	DQ	

Thanks to the many people who help us run our events every week. Sorry if I missed anyone.

Officials: Tim Erickson, Harry Summers, Ian Laurie, Mark O'Mahony, Sabrina George, Emily Hamilton, Karen Wynen, Steve Woolfe

Entries/Results: Damien Elms, Stuart Cooper

Judges: Peter Vysma (Chief), Stuart Cooper, Ralph Bennett, Lloyd Nichols, Frances Attard, Damien Elms

Canteen: Barb Gardiner, Wendy Cooper, Marlaine Stanway

Photos: Terry Swan



Reese Walmsley, Mackayla Davison, Kyle Swan, Brianna Briett and Natalie Morrow



Kathleen O'Mahony, Caitlyn Rudston-Brown, Billy Black and Bianca Morrow

Also, I have uploaded two of our recent videos (thanks to Frances Attard for these productions) to YouTube. They are

2013-06-22 VRWC Road Walks, Middle Park, Melbourne

<http://www.youtube.com/watch?v=kWMO2bt9WSY>

2013-06-30 VRWC and AV Championships, Middle Park, Melbourne

<http://www.youtube.com/watch?v=WRKsWMuKpdo>

And finally, it was a Points day for our U9 and U12 walkers and the judges awarded Style Award points as follows

U12 & U9 Boys		U12 & U9 Girls	
Nikola Mandic	4	Mackayla Davison	4
Marcus Byron	4	Kathleen O'Mahony	3
Corey Dickson	3	Grace Louey	2

2013 DOWNUNDER MEET, QSAC, NATHAN, 5-7 JULY 2013

The annual Downunder Meet (see <http://www.sportscredentials.com.au/#Downunder%20Meet%202011>), held in Brisbane from Friday to Sunday, saw some quality performances but none better than Dane Bird-Smith whose 5000m track walk time of 18:56.96 was a Queensland State record and a 6 sec PB. It also catapults him into elite company indeed as he is now part of the sub-19 minute league. Others to walk well included Clara Smith (13:52.84) and Luke McCutcheon (14'16.72) in the 3000m walk.

5000m Race Walk

1.	Bird-Smith, Dane	M21	Racewalking Quee	18:56.96	PB 0:06
2.	Dewar, Brandon	M21	Racewalking Quee	22:06.51	
3.	Dewar, Nick	M21	Racewalking Quee	22:15.84	
4.	Pickles, Jessica	W19	University of Qld	24:55.45	
5.	Sims, Casey	W19	Aspley	30:34.00	
6.	Wright, Jessica	W19	Jimboomba	37:21.96	
	Sims, Jesse	W16	Athletics North Qld	DNF	

3000m Race Walk

1.	Smith, Clara	W15	University of Qld	13:52.84
2.	McCutcheon, Luke	M15	Qeii Track Club	14:16.72
3.	Woodward, Mikaela	W14	University of Qld	16:12.00
4.	Hayward, Katie	W13	Gold Coast Victory	17:53.58
5.	McCutcheon, Jamie	M14	Qeii Track Club	17:55.53

Dane becomes the 7th Australian to better 19 minutes for the 5000m walk. My all-time list of those under 20 minutes reads as follows

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	18:56.96	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	05/07/2013	20
8	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
9	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
10	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest, Hungary	05/03/1989	31
11	19:25.98	Chris Erickson	V	01/12/1981	1	Melbourne	21/02/2009	27
12	19:29.91	Rhydian Cowley	V	04/01/1991	2	Brisbane	05/08/2012	21
13	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
14	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
15	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
16	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
17	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
18	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
29	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
20	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17

ACT WALKING CLUB ROADWALKS, JERRABOMBERRA WETLANDS, CANBERRA, SAT 7 JULY

Thanks to Robin Whyte for his weekly report from Canberra

8km Walk - Handicap Start

1.	Peter Tutty	54:59
2.	Rod Gilchrist	58:56
3.	Warren Butler	1:08:24

4km Handicap

1.	Zoe Hunt	20:22
2.	Gabby Hunt	23:06
3.	Kate Black	24:02

4.	Jennifer Gilchrist	1:01:59
5.	Bryan Thomas	58:16
6.	Robin Whyte	52:28
7.	Monika Short	59:35
8.	Jemma Papantoniou	1:11:35

4.	John Gloe	34:10
5.	Jack Thackray	36:10
6.	Ally Durr	23:06
7.	Nola de Chazal	41:34
8.	Peter Baker	24:36
9.	Derek Robinson	28:17

2km Handicap

1.	Barbara Eddowes	15:32
2.	Colby Eddowes	15:29
3.	Dylan Eddowes	13:37

1km Handicap

1.	Samantha Papantoniou	07:58
2.	Tom Hunt	06:23

SAMA CHAMPIONSHIPS, PEACOCK RD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 6 JULY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented that it was a cold showery afternoon.

15km Roadwalk Championships

W55	Linda Whitelaw	1:59:38	66.02%
W50	Marie Maxted	1:40:13	73.43%
W45	Raelene Schild	1:52:15	62.27%
M80	Colin Hainsworth	2:00:44	79.23%
M75	Rodger Barber	1:54:59	72.95%
	David Robertson	2:06:25	70.59%
M70	Roger Lowe	1:52:29	69.66%
M65	George White	1:30:20	84.63%
	Graham Harrison	1:52:04	69.06%
M55	Richard Moyle	1:52:17	60.73%
M50	Norman White	1:58:43	54.14%

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 6 JULY

Thanks to Peter Crump for the latest results from Adelaide. Peter explains: Not the best weather for outdoor activity today, with rain stopping and starting and the sun peeping through from time to time. This did not stop Justin Hill posting another good time for the 12km distance.

12 km

1.	Justin Hill	58:46
2.	Peter Crump	1:05:33
3.	Gloria Holliday	1:12:45
4.	Bill Starr	1:26:53
5.	Jim Hoare	1:39:15
	Barb Cain	DNF

6 km

1.	Rhiannon Lovegrove	37:08
2.	Louisa Mitchell	39:02

3 km

1.	Anna Cross	15:44
2.	Darren Bown	15:44
3.	Danielle Walsh	16:00
4.	Alix Harlington	16:14
5.	Bethany Cross	16:34
6.	Jay Goode	17:06
7.	Ayeisha Wallace	18:13
8.	Felicity Henderson-Wilson	18:14
9.	Samantha Findlay	19:05
10.	Sarah Damin	19:11
11.	Chloe Upton	19:30

1.5km

1.	Rhiana Hooker	8:29
2.	Hayley Goode	9:22
3.	Victoria Upton	10:20
4.	Madeleine Wallace	10:43
5.	Mark Hooker	10:45
6.	Aleesha Vidler	10:53

NSWRWC ROADWALKS, LEICHHARDT, NSW, SATURDAY 29 JUNE

And back a week to the NSWRWC roadwalks of Saturday 29th June at Leichhardt. Good times by Steven Washburn and Jasmyn McDonald in particular.

Long Division - 12km

1.	Steven Washburn	60.18
2.	Carl Gibbons	67.09
	Anthony Albanese	DNF

U16 Division - 2km

1.	Eliza Delaine	9.57
2.	Samantha Brown	10.54
3.	Yasmin Mills	11.23
4.	Paige Rigney	12.00
5.	Catherine Young	13.10

Medium Division - 10km

1.	Aiden Kerr	51.36
2.	Nathan Brown	54.38
3.	Amanda Barendregt	58.19

U12 Division - 1km - Handicap Start

1.	Haley Mills	5.07
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4.	Tony Psarianos	59.31
5.	Bryony Beasley	64.00
6.	Stephanie Grujoski	65.41
7.	Judy Brown	78.26

Short Division - 5km

1.	Jasmyn McDonald	24.58
2.	Dylan Richardson	25.52
3.	Kyle Bedford	27.30
4.	Ryan Thomson	28.53
5.	Nicholas Douglas	29.21
6.	Tiffany Saker	32.22
7.	Travis Barendregt	32.45
8.	Ally Grujoski	33.01
9.	Nicolle Challinor	36.18
10.	Brendan Hyde	48.00

2.	Renee Hardy	5.18
3.	Lachlan Rigney	5.55
4.	Lachlan Becroft	6.00
5.	Brooke Martin	6.01
6.	Jada Thomson	6.32
7.	Chloe McLoughlin	6.49
8.	Logan Barendregt	7.00
9.	Brodie Douglas	7.20
10.	Stacie Becroft	7.57
11.	Aiden Hardy	8.04
12.	Ethan Martin	9.03
13.	Emily Challinor	9.12
14.	Amelia Crocker	10.17

ATHLETICS SA WINTER T&F MEET, SANTOS STADIUM, ADELAIDE, MONDAY 1 JULY 2013

Peter Crump has also forwarded a 2000m walk from a week ago. He explains: A 2,000 track walk is held every second meet in the Athletics South Australia Winter series. PBs from most competitors over the 2,000 metre distance shows that they are in good form.

2000m Track Walk

1.	Rhiannon Lovegrove	10:29.7
2.	Jayden Goode	10:37.1
3.	Felicity Henderson	11:01.6
4.	Jake Vidler	11:22.8
5.	Sarah Damin	11:22.8
6.	Jessica Hahn	13:10.0

CORK CITY INTERNATIONAL MEET, CORK, IRELAND, MONDAY 2 JULY 2012

The European Athletics website (see <http://www.european-athletics.org>) reported on some outstanding walking from Irish champion Robbie Heffernan in the recent Cork City International Meet

Nothing can be better than treating a home crowd to a world best performance and that is exactly what Irishman Robert Heffernan did on Monday night. Heffernan chose the 62nd Cork City Sports International meeting to produce an outstanding race walking display when he broke the 3000m World Masters record (35+) with a time of 11:11.94. He was only 35 in February but one of Ireland's greatest athletes remains at the top of his game - and what a venue to enter the record books at this level. Heffernan was born in Cork and his time at this European Athletics Area Permit meeting broke the 11:12.02 mark set by his fellow Irishman Jamie Costin in 2010.

The World Championships in Moscow next month now beckon for Heffernan who had an outstanding Olympics in London when he was fourth in the 50km in a national record of 3:37:54 – missing out on bronze by 38 seconds – and ninth in the 20km in 1:20:18. Far shorter than he normally walks, Heffernan lapped up the success of this World Masters record and National record being achieved in Cork. He told irishexaminer.com: "There's nothing quite like performing in front of your home crowd. I can't feel my arms. I'm full of lactic." Two years before London, Heffernan was fourth in both the 20km and 50km walks at the European Athletics Championships in Barcelona, a magnificent double with the longer distance taking place just three days after the shorter one.

3000 m walk

1.	Robert Heffernan	IRL	20 Feb 78	11:11.94	NR, PB
2.	Wayne Snyman	RSA	8 Mar 85	11:34.60	PB
3.	Brendan Boyce	IRL	15 Oct 86	11:36.98	PB
4.	Colin Griffin	IRL	3 Aug 82	11:51.39	
5.	Evan Lynch	IRL	16 Jul 95	12:37.63	

POLISH NATIONAL JUNIOR CHAMPIONSHIPS, KRAKÓW, POLAND, THURSDAY 4 JULY

10,000m Men

1.	KOSTKA Lukasz	94-09-19	GTS Bojszowy	46:12.94
2.	BIELECKI Lukasz	94-01-27	CKS Budowlani Czestochowa	47:22.11
3.	IELINSKI Szymon	95-12-06	UKS Orkan Sroda Wlkp.	47:48.24
4.	CHOJECKI Daniel	95-01-24	WLKS Iganie Nowe	48:18.94
5.	MATUSZEWSKI Adrian	94-02-15	KL Lechia Gdansk	50:16.80
6.	WERNER Robert	94-12-12	LKS Maraton Turek	50:51.65

7.	NAJDYHOR Karol	95-01-18	MKS Zak Biala Podlaska	51:42.98
8.	KOMAROWSKI Kamil	95-03-21	MKS Juvenia Bialystok	51:51.87
9.	KOSTRZEWA Patryk	94-06-21	CKS Budowlani Czestochowa	53:13.13
10.	WOJCIECHOWSKI Wiktor	95-07-21	UKS Orkan Sroda Wlkp.	53:21.00

10,000m Women

1.	BEMOWSKA Joanna	94-06-27	PLKS Gwda Pila	50:28.82
2.	BAJON Anna	94-08-26	UKS Gimnazjon Suchy Las	50:35.43
3.	LUPA Magdalena	94-06-19	CWKS Resovia Rzeszów	51:47.70
4.	WLAZLO Natalia	94-02-04	CWKS Resovia Rzeszów	53:30.05
5.	KANTOROWSKA Barbara	95-11-14	LKS Stal Mielec	56:19.68
6.	BINDRYN Joanna	95-12-14	CKS Budowlani Czestochowa	57:25.65
7.	WYSOKINSKA Natalia	95-04-06	PLKS Gwda Pila	57:51.88
8.	SZCZEPANIAK Agata	95-12-01	KS Gwardia Pila	58:19.79
9.	WOSIK Michalina	94-11-14	UKS 12 Kalisz	58:50.33
10.	BINCZYK Marta	95-03-31	UKS 12 Kalisz	59:59.23

48TH SOUTH AMERICAN T&F CHAMPIONSHIPS, CARTAGENA, COLOMBIA, 5-7 JULY 2013

Colombian Sandra Lorena Arenas won the women's 20km championship on the opening day of the 48th South American Championships in Cartagena in Colombia. Her time of 1:37:47 saw her a clear winner ahead of fellow Colombian Arabelly Oriuela (1:39:00) while the bronze goes to Bolivian Wendy Cornejo Aliana (1:39:44). The men's 20km championship, held on Saturday morning, saw a surprise victory to Brazilian Caio Oliveira de Sena Bonfim (1:24:29) ahead of race favourite Eider Arevalo (1:24:37) while the bronze went to Andres Choco of Ecuador (1:26:21).

20,000m Walk Women

1.	Sandra Lorena ARENAS	93	COLOMBIA	1:37:46.17
2.	Anabelly ORJUELA	88	COLOMBIA	1:38:59.78
3.	Wendy CORNEJO	93	BOLIVIA	1:39:43.89
4.	Ángela CASTRO	93	BOLIVIA	1:42:22.15
5.	Elianay Santana DA SILVA PEREIRA	84	BRAZIL	1:44:53.84
6.	Magaly BONILLA	92	ECUADOR	1:46:02.55
	Kimberly GARCÍA LEÓN	93	PERU	DQ
	Erica ROCHA DE SENA	85	BRAZIL	DQ

20,000m Walk Men

1.	OLIVEIRA DE SENA BONFIM CAIO	91	BRAZIL	1:24:28.40
2.	AREVALO EIDER	93	COLOMBIA	1:24:36.40
3.	CHOCHO ANDRES	83	ECUADOR	1:26:20.18
4.	DIAZ STIVEN	87	COLOMBIA	1:27:59.42
5.	CANO JUAN MANUEL	87	ARGENTINA	1:30:16.98
6.	SAQUIPAY ROLANDO	79	ECUADOR	1:30:29.23
7.	QUISPE MISME RONALD REY	89	BOLIVIA	1:30:56.73
	CHIUAN CAMAYO PAVEL IVAR	86	PERU	DNF
	DOS SANTOS JUNIOR MARIO JOSE	79	BRAZIL	DQ

93RD CATALONIAN ATHLETICS CHAMPIONSHIPS, MATARO, SPAIN, 2-3 JULY 2013

Great walking by Raquel Gonzalez Campos (21:31.22) in winning the women's 5000m at the Catalanian Championship in Spain. Her time was slightly faster than that of the winning man Ferran Collados Lopez.

5000m Women

1.	Raquel Gonzalez Campos	FC Barcelona	16/11/1989	21:31.22
2.	Beatriz Pascual Rodriguez	Valencia Terra i Mar	09/05/1982	21:59.46
3.	Paula Martinez Cacheiro	FC Barcelona	02/01/1992	24:41.96
4.	Marta Nogueira Fernandez	Lleida UA	12/10/1981	26:39.10
5.	Raquel Leon Asensio (f)	CA Valladolid-U.Va	29/04/1991	27:08.60
6.	Melanie Cadavid Nieto	Lleida UA	29/01/1993	30:01.58
	Judith Gutierrez Ortega	UA Terrassa	15/05/1999	DQ

5000m Men

1.	Ferran Collados Lopez	FC Barcelona	27/10/1985	21:13.66
2.	Marc Guerrero Plaza	ISS - L'Hospitalet	25/09/1995	21:28.63
3.	David Albuquerque Sanchez	ISS - L'Hospitalet	27/09/1995	21:36.06
4.	David Pueyo Ministral	CA Montornès	02/02/1973	21:59.82
5.	Nil Rodes Llorens	AA Catalunya	16/06/1996	22:12.50
6.	Ivan Arenas De La Fuente	Pratenc AA	25/01/1996	22:24.23
7.	Daniel Marti Vidal	CA Canaletes	05/10/1979	23:27.40

8.	Ignasi Melo Valls	UA Rubí	28/12/1952	24:11.17
9.	Pau Del Pozo De Torres	CA Igualada	23/05/1994	24:26.99
10.	Mario Viñas Picazo	CA Granollers	22/05/1996	24:36.93
	Hector Hidalgo Muñoz	CA Igualada	08/06/1998	DNF

SPANISH JUNIOR T&F CHAMPIONSHIPS, CASTELLON, SPAIN, 6-7 JULY

Alvaro Martin confirmed his status as favourite with a good win in the Spanish Junior championship walk, his time of 41:58.83 seeing him 3 seconds ahead of his training partner Marc Tur who recorded 42:01.91 with the bronze going to Arturo Peralbo with 45:55.60. Amanda Cano (50:20.92), Miriam Gil (54:44.27) and Laura Sanchidrián (56:32.71) were the podium finishers in the Junior Women's championship.

10,000m Junior Men

1.	Alvaro Martin Uriol	18/06/1994	Playas de Castellon	41:58.83
2.	Marc Tur Pico	30/11/1994	S.G. Pontevedra	42:01.91
3.	Arturo Peralbo Ruiz	20/01/1994	INDEPENDIENTE	45:55.60
4.	David Alburquerque Sanchez	27/09/1995	ISS - L'Hospitalet	47:02.31
5.	Marc Guerrero Plaza	25/09/1995	ISS - L'Hospitalet	48:02.91

10,000m Junior Women

1.	Amanda Cano Gomez	19/08/1994	UCAM-Athleo Cieza	50:20.92
2.	Miriam Gil Romero	09/12/1995	UCAM-Cartagena	54:44.27
3.	Laura Sanchidrian Martinez	12/09/1994	Cronos-Villaviciosa	56:32.71
4.	Lorena Pedrero Duarte	07/03/1995	ISS - L'Hospitalet	57:44.21
5.	Maria Mediavilla Carranza	17/05/1995	Proacir-Twinner	58:55.71

The Spanish Cadet championships were also held last weekend at Granollers with Daniel Oliva Requena and Antia Chamosa Decasa taking golds.

5000m Cadet Men

1.	Daniel Oliva Requena	09/04/1999	Cueva de Nerja-UMA	24:04.81
2.	Ivan Torres Iglesias	12/08/1998	Juventud Guadix	24:31.02
3.	Javier Monterrubio De Cruces	29/07/1998	At Almendralejo	25:09.33
4.	Andrei Rodriguez Ortega	08/09/1999	ISS - L'Hospitalet	25:46.39
5.	Brais Prieto Espiño	21/08/1999	Atletismo Cuntis	25:58.87

3000m Cadet Women

1.	Antia Chamosa Dacasa	07/10/1999	Atletismo Cuntis	14:49.41
2.	Irene Montejo Garces De Marcilla	20/02/1998	Grupo Oasis TresCantos	14:54.16
3.	Irene Vazquez Gea	12/08/1998	UCAM-Athleo Cieza	14:55.97
4.	Alicia Vazquez Gea	12/08/1998	UCAM-Athleo Cieza	15:05.06
5.	Elena Gonzalez Mayo	14/10/1999	Sprint AtletismoLeon	15:31.42

PORTUGUESE JUNIOR CHAMPIONSHIPS, FATIMA, PORTUGAL, 6-7 JULY 2013

Portuguese walkers Miguel Carvalho 45:45.38 and Filipa Ferreira 49:30.07 won their respective Junior championships in Fatima last weekend.

Men's 10,000m Walk

1.	Miguel CARVALHO	POR	94	45:45.38
2.	Miguel RODRIGUES	POR	96	48:40.72

Women's 10,000m Walk

1.	Filipa FERREIRA	POR	94	49:30.07
2.	Mara RIBEIRO	POR	95	49:56.80
3.	Mariana MOTA	POR	95	53:50.98
4.	Edna BARROS	POR	96	55:07.44
5.	Laura LEAL	POR	96	55:23.89
6.	Salomé SANTOS	POR	97	56:00.11
7.	Rita RIBEIRO	POR	96	56:03.64
8.	Liandra GONÇALVES	POR	96	57:45.08
9.	Marta LEAL	POR	97	59:51.94

TERAMO T&F MEET, TERAMO, ITALY, SATURDAY 6 JULY

And finally, good walking in Teramo in Italy in one of the many national T&F meets that proliferate in Europe at this time of the year.

Men's 5000m Walk

1.	Ruggero D'ASCANIO	ITA	84	21:33.43
2.	Leonardo BALDACCHINI	ITA	95	22:02.17
3.	Federico BOLDRINI	ITA	88	22:11.23
4.	Daniele MANIAS	ITA	96	23:13.88
5.	Stefano MANSUTTI	ITA	95	23:20.19

Women's 5000m Walk

1.	Sibilla DI VINCENZO	ITA	83	21:53.42
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WALKING SHORTS

- Ballarat racewalker Rachel Tallent prepares for the World University Games <http://www.thecourier.com.au/story/1615636/ballarat-racewalker-rachel-tallent-to-line-up-in-world-university-games/?cs=63>
- UK researcher Brian Hanley has published an article about race walkers' pacing profiles in the last 7 World Championships. The paper analyses the three race walk events to find out whether athletes speed up or slow down as the race progresses, how their pacing profiles compare with their previous PBs and how likely 50 km race walkers are to drop out based on decreases in pace and distance remaining. Navigate to web page http://repository.leedsmet.ac.uk/main/view_record.php?identifier=8176&SearchGroup=Research&LoginOverlay=true&Refdoc=http%3A%2F%2Fjournals%2Ehumankinetics%2Ecom%2F%3F and then click on the download option at the top of the page.
- The International Athletic Association for Persons with Down Syndrome (IAADS) held its 2nd Open European Championships in Rome from 27-30 June with 1500m and 800m walks contested. See the results at <http://omarchador.blogspot.pt/2013/07/portugueses-e-italianos-somam-titulos.html>
- The June edition of Racewalking Record can now be downloading from the website <http://racewalkingrecord.co.uk/195/>.

VRWC CLUB RECORD UPDATE

We don't get the chance to race over the 2km road walk distance much so we have a number of new VRWC club records as a result of our Intervals races on Saturday.

Rhydian Cowley	U23 Men 2km Road Walk	7:39	VRWC Races, Middle Park	Sat 7 July 2013
Heather Carr	W60 2km Road Walk	10:46	VRWC Races, Middle Park	Sat 7 July 2013
Pam Tindal	W50 2km Road Walk	10:43	VRWC Races, Middle Park	Sat 7 July 2013
Gwen Steed	W70 2km Road Walk	12:11	VRWC Races, Middle Park	Sat 7 July 2013

AUSTRALIAN MASTERS GAMES, GEELONG, 5-12 OCTOBER 2013

A reminder to our walkers of age 30+ that the Australian Masters Games will be held in Geelong on 5-12 October 2013. The T&F program includes 1500m, 3000m and 5000m track walks and 10km roadwalks with **entries closing at midnight on Friday 7 August** so you need to enter soon. The Australian Masters Games website at <http://www.australianmastersgames.com> contains a wealth of information and allows you to enter online.



ATHLETICS

MIN. AGE 30
REGISTER NOW



**XIV AUSTRALIAN
MASTERS GAMES**
GEELONG 5-12 OCTOBER 2013



Track & Field, Cross Country, Road Walk,
10km and Half Marathon

Venues John Landy Athletic Field, Barwon River Promenade, Eastern Park

Competition Dates 5-8 October (Track & Field), 10 October (Cross Country,
Road Walk), 12 October (10km and Half Marathon)

Entries Open 18 March, 2013

Age Groups 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
70-74, 75-79, 80-84, 85-89, 90-94, 95+



**GAME ON
IN GEELONG!**

 /AustralianMastersGames

www.AustralianMastersGames.com

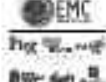


Principal Partner



Host City Partner

GEELONG



RWV FLEECY TOPS AND CHOCOLATE FUND RAISER

Samples of our new RWV hoodies (both zip front and pouch front) were on show at our club headquarters at Middle Park last Saturday and order forms were also available. You can also download the order form from <http://www.vrwc.org.au/documents/RWV%20Hoodies%20Order%20Form.pdf>.

Cost per hoodie is \$40 (\$20 deposit with order, remaining \$20 payable on delivery). **Orders close on Monday 22nd July.** Just fill in the order form and return it, along with your \$20 deposit per hoodie, by this date. You can hand it in at our races on Saturday 6th July, Saturday 13th July or Saturday 20th July or you can post it to me (Tim Erickson, 1 Avoca Cres, Pascoe Vale, 3044). Delivery will be on Friday 16th August. Hence orders can be picked up from Middle Park on either Saturday 17th August or Saturday 23rd August.



Also, Karen McNicol has arranged a fund raiser for Launceston and has Cadbury Chocolate packs on sale for anyone who wants to raise some money towards their trip. Just see Karen on any Saturday at Middle Park.

WHAT'S COMING UP

Next Saturday sees us contesting the annual Racewalking Australia State Challenge at Middle Park. This is a RWA club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time. Here's what the program looks like - and we need everyone on deck to give ourselves the maximum chance of winning this perpetual trophy.

Saturday 13th July 2013, Middle Park			
RWA State Challenge and IBTA Fund Raising Day			
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	3km	RWA Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	1.5km	RWA Challenge	Under 10 Boys/Girls
2.40pm	2km	RWA Challenge	Under 12 Boys/Girls

For us, it is also a chance to raise some money for a worthy cause. All our takings next Saturday (from race fees, canteen takings and from donations) are forwarded to the Australian arm of the International Brain Tumour Alliance (see <http://www.theibta.org>).

There are also a couple of big international championships for us to watch this week.

- The **27th Summer Universiade** kicked off in **Kazan, Russia** on Saturday 6 July and will extend over the next week or so (see <http://www.kazan2013.com>). The two 20km road walks are scheduled as follows

Tues 9th July, 8AM Men's 20km Walk
 Wed 10th July, 8AM Women's 20km Walk

Rachel Tallent and **Stephanie Stigwood** will be representing Australia in the Women's 20km road walk tomorrow. Good

luck girls!

- The **8th World Youth T&F Championships** start tomorrow in **Donetsk, Ukraine** and will extend until next weekend (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships>). The two track walks are both to be held next Saturday:

Sat 13th July, 9:30AM Women's 5000m Walk

Sat 13th July, 10:30AM Men's 10,000m Walk

Nathan Brill will be representing Australia in the Men's 10,000m track walk. Good luck Nathan!



Left: Nathan Brill training this week in Donetsk
Right: Rachel Tallent and Stephanie Stigwood with team coach Megan Szirom in Kazan

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

Aug 4, 2013 Main Victorian Roadwalking Championships, Middle Park, VIC
Aug 17, 2013 VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 1, 2013 Australian Roadwalk, Championships, Symmons Plains racewalk (near Launceston), TAS
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
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>. Entries close 7 Aug 2013.

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>

2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)
Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)
Incorporating the Oceania Racewalking Cup (Aust vs NZ)
Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014 92nd Australian Athletics Championships &

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>)