



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 43  
23 July 2013

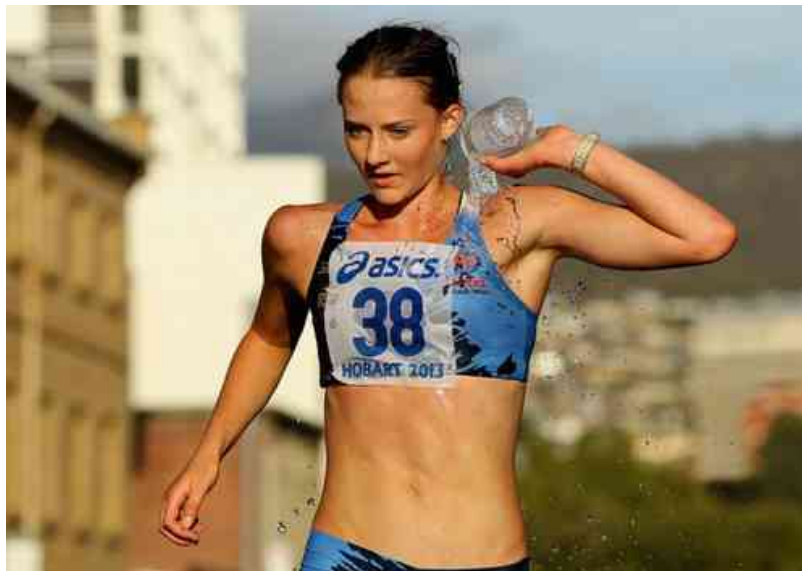


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### TIM'S WALKER OF THE WEEK

My Walker of the Week this week goes to 19 year old NSW walker **Kirsty Klein** who took 17 secs off her 10km PB at Oatley on Saturday 13<sup>th</sup> July with her time of 49:15. This year has seen a whole string of strong performances from her, including second place to Jessica Pickles in the Australian U20 10,000m walk championship in March in Perth (49:32) and a strongly walked 4<sup>th</sup> place in the LBG Carnival Open 10 Mile in Canberra in June (1:23:49). Now enjoying her last year in the Junior ranks, I look forward to seeing Kirsty transition to 20km next year. Well done Kirsty.



**Kirsty walking in the U20 10km walk in Hobart in February 2013**

### WHAT'S COMING UP

Next Saturday sees us back at Middle Park for another day of club competition. It is also a **Prizes Day** with the pick of the table for the Handicap winners in each division. As usual, **any donations of prizes would be much appreciated.** I will have a full table but the more the merrier!

#### **Saturday 27<sup>th</sup> July 2013, Middle Park**

VRWC EVENTS: Entries close for all events at 2.00pm sharp. **Handicap Prizes day.**

2.15pm	10km	Points Races	Open
2.15pm	5km	Points Races	Open
2.15pm	3km	Points Races	Open
2.15pm	5km	Points Races	Under 15
2.30pm	1.5km	Points Races	Under 9
2.40pm	3km	Points Races	Under 12

The following **Sunday 4<sup>th</sup> August** will see a big morning of races covering a wide variety of Victorian and VRWC Championships - you can enter VRWC championships on the day but to enter a Victorian Championship, you must be a current member of one of the Athletics Victoria clubs and you must pre-enter with AV - entries are now open on the Athletics Victoria website - see <http://www.athsvic.org.au/events/register/3809>. Note that we will be using our championship course over near the lake on this day.

<b>Sunday 4<sup>th</sup> August 2013, Middle Park - AV &amp; VRWC CHAMPIONSHIPS</b>			
8.30am	30km	AV Championship	Open Men
		3 Hour Walk	Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
Medal presentations at the conclusion of the events.			

A further reminder that entries are now being taken for the **Australian Roadwalk Championships** which will be held in Tasmania on **Sunday 1<sup>st</sup> September**. **Entries close with Athletics Australia at midnight on Friday August 9<sup>th</sup>**. The entry panel is found at [https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=1047&OrgID=887](https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1047&OrgID=887). So far, we have 39 entries.

And while on the subject of reminders, **entries for the Australian Masters Games**, which will be held in Geelong from 5-12 October, **close on Wednesday 7<sup>th</sup> August**. See <http://www.australianmastersgames.com>.

### VRWC ROAD RACES, MIDDLE PARK, SATURDAY 20 JULY

It was cold and very wet at Middle Park on Saturday as Melbourne and Victoria suffered through an Antarctic low. In fact, there was so much water on the course that we had to restrict ourselves to our top 1km section of track. Bob Gardiner summed it up nicely:

*A big thanks to the parents, athletes and club members who pitched in and helped pack up after a trying day for everyone on Saturday, then dragging the trolleys and wet gear through the lake at the back gate. Thanks too, to the judges and timekeepers out there in the freezing wind. One of the few days when I didn't enjoy one bit of the 8K except for crossing the finish line.*

As it is not often that we encounter such inclement weather, I thought it worthwhile resurrecting an article I published in the club newsletter in 2004 after a particularly bad Albert Park day. On that occasion, I commented

*Saturday 14 August 2004 was easily our worst day for quite some time from a weather perspective. Bitter cold strong winds and rain made it survival of the fittest for the 31 competitors and the small band of officials who braved the elements.*

The two questions that always spring to mind on such days as Saturday are pretty obvious

#### **1. Have we ever had to actually cancel events due to the weather?**

The answer is yes. In the 1980's when our clubrooms were on the other side of the lake, our regular course was on Lakeside Drive which we shared with traffic. On two occasions, the rain was so severe and visibility so reduced that the events scheduled for that particular day were cancelled.

#### **2. What are the worst weather conditions in which anyone remembers racing?**

The answer seemed pretty unanimous when discussed in 2004. Bob Gardiner and Alan Lucas, who both have long memories, were in agreement that a 10 mile road event, held in Traralgon, in May 1969, was the worst ever. The event was held in what they both described as 'horizontal sleet' Competitor Justin Coxhead was in such bad shape at the end of the race that it took an hour or more of hot drinks, brandy and blankets at a friend's house to stop him shivering. For the record, I reproduce the race report which was written up in the Heel and Toe magazine of the time

#### *The Unforgettable Traralgon Ten Mile - 31 May 1969*

*The club conducted its country meet at the new venue of Traralgon but unfortunately the atrocious prevailing weather conditions kept most members home. Only 13 men and 3 girls ventured out in the biting cold wind and teeming rain for the events. Organization was not up to scratch and the course was inaccurate, adding to the morbid atmosphere. However, after the first few miles which resembled a pack walk as all warmed up, Bob Gardiner strolled away to win in 79:08. Robin Wood 81:06 and Geoff Laycock 82:49 showed out well with surprise efforts coming from Alan Lucas 84:20 and Andy Jamieson 85:12. Justin Coxhead suffered from crook shins for most of his 85:18 after chasing a determined Ray Smith who clocked 85:55. Another to have a nudge was Kevin Bolton 87:35. Jim Forrest 99:38 and Graham Anderson 102:24 were fine performances in the conditions. Frank Overton sat down after 7 miles.*

*The junior section of 4 miles was won by Greg Carter in 38:57 from Gary Knape who clocked 39:17. The girls 2 miles was taken off by Kay Pitman in 19:12 from R. Knape 22:50 and Julie Smith 22:50.*

*A word of sincere thanks to our club president Mr Alf Robinson and secretary Mr Norm Goble and Ron Wood. These men made the race possible and took times and gave directions to the miserable wretches along the way.*

Alan Lucas reminisced that there was also a running event on in the area that day and Geoff Watt (the late father of Olympic Gold Medal cyclist Kathy Watt) who was renowned as the toughest runner going said that they were the worst conditions he had ever experienced. Geoff had won fame by running to the top of Mt Kilimanjaro in Kenya (20,000 ft) without climbing gear, surprising a Japanese climbing party. Sadly, a few years later, he got lost in the hills north of Traralgon on a training run and ended up dying of hypothermia.

Our most dreadful day in recent years was on Sunday 10 August 2008. The newsletter reported it as follows

*The weather was dreadful – and I see that in the hills surrounding Melbourne, it was snowing. I think Stu Cooper's comments summed it up: "Conditions wet, freezing cold ... so cold it hurt to hold the camera. Road flooded in parts, no hope of bailing or sweeping."*



**Tom Barnes labouring along the flooded roadway on Sunday 10<sup>th</sup> August 2008**

Anyway, enough history. Suffice it to say it was cold and miserable on Saturday but not as bad as 31 May 1969! Terry Swan was there with his camera and has captured the conditions and action in <http://www.vrwc.org.au/coppermine/thumbnails.php?album=142>. Given the day, we were pleased that 43 walkers raced and others came along to watch and help out. That was better than expected!

The 8km event saw **Natalie Laurie** back in excellent shape, recording a fine 41:47 to win the handicap and finish just behind **Michelle Laufer** who recorded 41:34. The fastest of the men was **Reese Walmsley** whose time of 40:34 was excellent and won him the fastest time and handicap double. And a special mention to **Paige De Lisen** who walked 45:41 in her first ever longer walk.

8km Open		H'cap Places	
1.	Michelle Laufer	41:34	4
2.	Natalie Laurie	41:47	1 PB?
3.	Sandra Geisler	42:25	2
4.	Pam Tindal	43:23	3
5.	Paige De Lisen	45:41	First one
	Kirstin Shaw	DNF	
1.	Reese Walmsley	40:34	1 First one
2.	James Christmass	42:19	6
3.	Bernie Keirl	45:41	5
4.	Russ Dickenson	48:34	4
5.	Bob Gardiner	50:44	3
6.	Geoff Barrow	54:33	2
	Mark Donahoo	Ab	

The 4km walks saw **Kyle Swan** 19:40 and **Aaron McDonough** 21:04 fastest of the men and **Jade Sanders** 22:23, **Heather Carr** 22:30 and **Brodie Richardson** 22:44 the fastest of the women. Handicap wins to **Donna Elms** 24:26, Aaron, **Jessica Lillie** 24:42 and Kyle.

4km Open		H'cap Places	
1.	Jade Sanders	22:23	6
2.	Heather Carr	22:30	7
3.	Emily Swan	23:50	5
4.	Cassie Raselli	23:57	10
5.	Donna Elms	24:26	1
6.	Alison Thompson	25:08	2
7.	Gwen Steed	25:18	3
8.	Celia Johnson	26:45	3

9.	Jan Morrey	28:53	11
10.	Margaret Beaumont	34:33	9
11.	Pam Mews	38:36	8

1.	Aaron McDonough	21:04	1
2.	Ralph Bennett	22:28	2
3.	John Morrison	28:34	3
4.	Alex Poore	29:45	
5.	Barrie Wicks	30:25	4

#### 4km Under 15

1.	Brodie Richardson	22:44	3	PB 0:22
2.	Karla Bulte	22:54	2	PB 1:12
3.	Taylor Vasiljevic	24:30	4	
4.	Jessica Lillie	24:42	1	PB 0:38
5.	Jemma Eastwood	27:57	5	

#### H'cap Places

1.	Kyle Swan	19:40	1
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Our Under 12 and Under 9 walkers had been scheduled to contest their Intervals Races on Saturday but, given it was so cold and wet, we postponed these events until later in the season and put on non-points scratch races instead. Well done to **Chelsea McDonald** 13:02 and **Caitlyn Rudston-Brown** 14:07 for PBs.

#### 2km Under 12

1.	Chelsea McDonald	13:02	PB 0:30
2.	Lee Taylor	13:09	
3.	Caitlyn Rudston-Brown	14:07	PB 0:23

1.	Corey Dickson	10:41
2.	Harry Hockley Samon	11:38
3.	Hayden Walmsley	11:46

#### 1km Under 9

1.	Gemma Lillie	06:10
1.	Marcus Byron	05:43

Thanks as usual to the many people who help us every week. Sorry if I have missed anyone.

**Officials:** Tim Erickson, Harry Summers, Michael Bodey, Susan Taylor, Ian Laurie, Don McLaren, Stacey McLaren, Justin McLaren (bike)

**Checkin:** Mark Donahoo, Michael Bodey, Damien Elms

**Judges:** Peter Vysma (chief), Brenda Felton, Damien Elms, Stuart Cooper, David Cash, Lloyd Nichols

**Canteen:** Barb Gardiner, Wendy Cooper, Kate Suich, Marlaine Stanway



**Aaron McDonough, Ralph Bennett, Jan Morrey, Michelle Laufer and Natalie Laurie (photos Terry Swan)**





**Brodie Richardson, Chelsea McDonald, Reese Walmsley, Paige De Lisen and Jade Sanders (photos Terry Swan)**

And finally, it was a points day for our Open and U15 walkers so here are the Style Award points

**Open and U15 Women**

Natalie Laurie	6
Paige De Lisen	5
Sandra Geisler	3
Jessica Lillie	3
Cassie Raselli	2
Brodie Richardson	2
Michelle Laufer	1
Emily Swan	1

**Open and U15 Men**

Kyle Swan	6
Mark Donahoo	5
Reese Walmsley	2
Bob Gardiner	2
James Christmass	2
Russ Dickenson	1

**SARWC INTERSTATE CHALLENGE, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 20 JULY**

Thanks to Kim Mottrom for the South Australian Race Walking Club Interstate Challenge results. Kim reported:

Adelaide had a forecast today of 10°C, rain, hail and possible thunderstorms. While most of us avoided the hail (except Bill and Lachlan on their last lap), it was generally a nice day; just rather cold! We had a handful of PB's today with a lot of junior walkers easily beating their previous bests and a couple of others stepping up to a new distance for the first time. The highlights today were Gloria Holliday's huge 10km PB, Rhiana Hooker's great effort for her first 5km and the battle between Victoria Upton and Mark Hooker for the 1500m win- both taking nearly a minute of their bests!

**Open Men 10km**

1. Kim Mottrom	47:58
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**Masters Men 10km**

1. Bill Starr	1:12:09	71.33%
2. Troy Hooker	1:01:30	67.27%
3. Lachlan Wilkinson	1:08:06	64.04%

**Masters Women 10km**

1. Gloria Holliday (PB 1:38)	56:30	83.76%
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**Under 18 Girls 8km**

1. Danielle Walsh (PB 0:24 )	46:23	
2. Felicity Henderson- Wilson	52:43	First time

**Under 16 Girls 5km**

1. Rhiana Hooker	30:26	First time
2. Samantha Findlay	34:21	

**Under 14 Boys 3km**

1. Alix Harlington	15:53
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**Under 14 Girls 3km**

1. Bethany Cross	15:58
2. Rhiannon Lovegrove	17:36
3. Sarah Damin	17:52
4. Ayeisha Wallace (PB 0:15)	17:58

**Under 12 Boys 2km**

1. Joe Cross	10:31
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**Under 12 Girls 2km**

1. Chloe Upton	13:34
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**Under 10 Boys 1.5km**

1. Mark Hooker (PB 1:00)	9:30
2. Adrian Upton	12:06

**Under 10 Girls 1.5km**

1. Victoria Upton (PB 0:50)	9:31
2. Madeleine Wallace	11:22
3. Aleesha Vidler	12:05
4. Kitarni Upton	12:11

## SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 20 JULY

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters. Colin commented: Cold arvo, couple of short, light showers with a little fine hail.

### 8km yacht handicap

1.	W60	Edna Bates	1:07:11	60.72%
2.	M68	George White	43:56	90.78%
3.	M80	David Robertson	1:05:28	71.88%
4.	W53	Marie Maxted	51:55	72.69%
5.	W53	Jan Layng	1:01:02	70.35%
6.	M57	Richard Moyle	1:02:24	56.98%
7.	M70	Roger Lowe	1:02:17	65.61%
8.	M83	Colin Hainsworth	1:03:37	77.76%

### 4km yacht handicap

1.	M63	Jeff Kennett	36:07
2.	W59	Linda Whitelaw	29:57
3.	M75	Rodger Barber	29:11

## PETER BENNETT AT IT AGAIN - AUSTRALIAN 48 HOUR CHAMPIONSHIPS

QRWC President **Peter Bennett** as in action last weekend in the Australian 48 Hour Track Championships in Caboolture in Queensland. Competing against a field of runners, Peter walked **272.114km** to take 8<sup>th</sup> place overall, a good effort by any standard. Full results available at <http://results.timingplus.com.au/Meet.aspx?MeetID=c677e13f-dceb-4f5a-830e-5d215b360ab7>.



Peter Bennett walking at Caboolture last weekend (photo <http://dreamsportphotography.com>)

## BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 21 JULY

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers Club held 2km and 5km handicap events at Lake Neanger on Sunday morning with athletes competing on one of the coldest ever July days in Bendigo. The mercury sat on around 2.5 degrees celsius with drizzly rain when the races started at 9.30am although racing around Lake Neanger with the cold winds coming off the water it was probably around zero degrees or less. In the 2km handicap, limit marker Caitlyn Tozer won her first race with the Club as she held off the fast finishing Zahra Hayes with Madison Hill in 3<sup>rd</sup> place. The 5km race was won by Geoff Major with Norm West 2<sup>nd</sup> and Ebony Whiley snaring 3<sup>rd</sup> place while Peter Curtis took fastest time honours.

### 2km Handicap Walk

1.	Caitlyn Tozer	17.58
2.	Zahra Hayes	10.43
3.	Madison Hill	11.51
4.	Sheridan Commons	16.34

### 5km Handicap Walk

1.	Geoff Major	38.09
2.	Norm West	39.24
3.	Ebony Whiley	29.17
4.	Annette Major	32.05
5.	Peter Curtis	29.07
6.	Colin Cleary	44.02

## NSWRWC ROADWALKS - SUTHERLAND OPEN DAY, OATLEY, SATURDAY 13 JULY

Back a week ago to Saturday 13 July when NSWRWC were at the Sutherland Open Day at Oatley. There were some great performances, especially in the 10km event where youngsters Tyler Jones 48:35, Lauren Bourke 48:52, Jay Felton 48:52 and Kirsty Klein 49:15 showcased NSW depth.

### Long Division - 10km

1.	Tyler Jones	48.35	
2.	Lauren Bourke	48.52	PB 0:07
3.	Jay Felton	48.52	
4.	Kirsty Klein	49.15	PB 0:17
5.	Tom Doyle	53.13	PB 1:06
6.	Carl Gibbons	53.28	PB 2:03
7.	Joan Purcell	71.06	

### Medium Division - 8km

1.	Nicole Fagan	39.41	
2.	Jasmine Dighton	41.26	PB 3:31
3.	Aiden Kerr	42.34	
4.	Tony Psarianos	46.52	
5.	Amanda Barendregt	47.13	
6.	Nathan Brown	47.16	
7.	Stephanie Grujoski	48.48	
8.	Judy Brown	60.49	

### Short Division - 4km

1.	Jasmyn McDonald	19.42	PB 0:25
2.	Dylan Richardson	19.54	PB 1:12
3.	Kyle Bedford	21.16	
4.	Ryan Thomson	22.27	
5.	Raquel Roukos	22.55	
6.	Travis Barendregt	24.30	
7.	Nicholas Douglas	24.40	
8.	Ally Grujoski	24.53	
9.	Tiffany Saker	25.34	
10.	Nicolle Challinor	25.42	
11.	Jan Dodds	30.35	

### U16 Division - 2km

1.	Harrison Mavin	15.38
2.	Samantha Brown	15.39
3.	Chelsea Goodhew	15.52
4.	Daniella Salisbury	19.59
5.	Sean Teo	21.12

### U12 Division - 1.5km

1.	Renee Hardy	8.03
2.	Niamh Sanday	8.06
3.	Bayden Little	8.12
4.	Lachlan Becroft	8.51
5.	Brooke Martin	8.58
6.	Jayda Thomson	9.38
7.	Reilly Jones	10.23
8.	Logan Barendregt	10.24
9.	Alexander Jeffries	11.39
10.	Brodie Douglas	11.42
11.	Stacey Becroft	11.58
12.	Anna Jeffries	12.09
13.	Aiden Hardy	12.48
14.	Emily Challinor	13.08
15.	Ethan Martin	14.42
16.	Amelia Crocker	14.56
17.	Christina Jeffries	15.43
	Morgan Little	DQ

## EUROPEAN JUNIOR T&F CHAMPIONSHIPS, RIETI, ITALY, 18-21 JULY

After 4 days of the 2013 European Athletics Junior Championships at the Raul Guidobaldi stadium in Rieti, Italy, Britain finished a surprise top of the table with nine golds overall to Russia's eight. Review all the action <http://www.rieti2013.org/en/index.html>.

### Women 10,000m Race Walk

The women's walk was held on Thursday morning to kick off the championships and Anezka and Eliska Drahotová not only gave the Czech Republic its first medals of the European Junior Championships but produced the first family affair of Rieti 2013 when the sisters claimed gold and bronze in the women's 10,000m walk. Both wearing bright, white backward caps, the tall, long-haired twins produced the performances of their lives to upset the favoured Russians, Oxana Golyatkina and Nadezhda Leontyeva. Anezka Drahotová led for the entire 25 laps before breaking the tape in 44:15.87, a personal best by more than two minutes, beating her own national junior record. Golyatkina was rewarded for her perseverance with her own PB of 44:21.03, while the winner's joy doubled 30 seconds after she'd crossed the line when she turned to see her sister Eliska finishing third ahead of Leontyeva in 44:45.27, a PB by nearly four minutes.

Drahotová's strategy was simple: "I tried to go faster each lap and I'm really happy for my gold medal," she said, while her sister was delighted to win an unexpected medal of her own. "I started fast with my sister," said Eliska. "I was with a Russian girl who had a better PB, so this medal has a great value for me." As for Golyatkina, she had to accept defeat. "It was a very hard race, and too difficult for me," she said. "I hoped for first place, I had to push harder."

After winning the international junior race on the roads in Dudince earlier this year, Golyatkina was expected to follow Tallinn

champion Yelena Lashmanova as a Russian gold medallist. But the Czech sisters had their own ideas and it was Anezka who strode to the front as soon as the gun fired. The two Russians settled in between the twins and these four reached half way in 22:30 in the same sandwich formation. Eliška Drahotová eventually came loose after 6k and Leontyeva followed a lap later to be caught by the second Czech shortly after 7k. Golyatkina briefly moved in front of Drahotova at 9k, but the Czech was having none of it and with two laps to go she strode back into the lead and immediately opened a gap on her long-time shadow which grew to a healthy five seconds by the finish.

As if that was not enough for Anezka Drahotová, she came 7<sup>th</sup> in Heat One of the 3000m Steeplechase later that same day to qualify for the final and then backed up on Saturday with 9<sup>th</sup> in the final. Not a bad weekend's work!

1.	Anežka DRAHOTOVÁ	CZE	95	44:15.87
2.	Oksana GOLYATKINA	RUS	95	44:21.03
3.	Eliška DRAHOTOVÁ	CZE	95	44:45.27
4.	Nadezda LEONTYEVA	RUS	94	45:23.95
5.	Laura GARCÍA-CARO	ESP	95	47:17.74
6.	Anna CLEMENTE	ITA	94	47:53.13
7.	Gintarė VAICIUKEVIČIŪTĖ	LTU	94	48:02.43
8.	Anastasiya RODZKINA	BLR	94	48:19.13
9.	Amanda CANO	ESP	94	48:32.77
10.	Filipa FERREIRA	POR	94	49:16.70
11.	Gamze ÖZGÖR	TUR	94	49:57.00
12.	Mihaela ACATRINEI	ROU	95	49:57.61
13.	Marianna LENGYEL	HUN	94	49:57.93
14.	Mariavittoria BECCHETTI	ITA	94	50:00.17
15.	Mihaela PUȘCAȘU	ROU	95	50:31.50
16.	Mara RIBEIRO	POR	95	51:24.38
17.	Monika HORNÁKOVÁ	SVK	95	51:46.62
18.	Carmen Bianca MOLNAR	ROU	96	53:15.77
19.	Erika PARVIAINEN	FIN	95	53:53.28
	Alessia COSTANTINO	ITA	94	DQ
	Viktoryia RASHCHUPKINA	BLR	95	DQ

#### Men 10,000m Race Walk

Pavel Parshin added another chapter to Russia's huge volume of race walking success stories as he added European junior gold to his 2011 World Youth title on Saturday morning. Parshin pushed away from Spain's 2012 World Junior fifth-placer Alvaro Martin and Italy's U23 champion Vito Minei to claim the title in 4:01.55 after a pulsating race. At one stage Martin and Minei had trailed Parshin and his Russian teammate Nikolay Markov by 50 metres, but Martin's determined efforts in the second half the race brought them back into contention, only to be foiled by the Russian's finishing speed over the last lap and a half. Minei won the battle for the minor medals, pulling away from Martin to take silver in 41:08.76, more than 40 seconds inside his PB. Martin produced his best performance of the year to claim bronze in 41:50.88 while Markov was rewarded for his early front-walking with a PB in fourth of 41:50.88.

For Parshin, his victory was vindication of a five-year journey to join Russia's army of top walkers. "I have done track walking for the last five years now," he said. "I tried all the events before but now it seems that I have found the right one. I really like this event, and I want to say thank you to the city of Rieti which is awesome and gave us great moments." It was a great moment for Minei too, who had hoped for fourth or fifth, while Martin described his medal as "a beautiful thing". "I really did not expect this medal," said Minei. "When I saw the Russians start very fast I knew they would suffer the last part of the race because they're not used to the heat. I come from Mottola, in the south of Italy, and the heat is a friend of mine." Martin said: "My main aim for the future is to be experienced enough to be competitive in Rio 2016. Rieti 2013 was an important objective to reach."

1.	Pavel PARSHIN	RUS	94	41:01.55
2.	Vito MINEI	ITA	94	41:08.76
3.	Alvaro MARTIN	ESP	94	41:13.95
4.	Nikolay MARKOV	RUS	95	41:50.88
5.	Marc TUR	ESP	94	41:51.24
6.	Francesco FORTUNATO	ITA	94	42:23.99
7.	Jamie HIGGINS	GBR	94	42:25.06
8.	Artsiom TURKOV	BLR	94	42:28.29
9.	Sahin ŞENODUNCU	TUR	94	42:46.39
10.	Miguel CARVALHO	POR	94	43:00.20
11.	Viktor SOKOLOV	RUS	94	43:01.29
12.	Tomasz BAGDÁNY	HUN	95	44:17.90
13.	Luke HICKEY	IRL	94	44:18.05
14.	Marius SVELSKIS	LTU	94	44:55.76
15.	Markus KYRÖLÄ	FIN	95	45:36.17
16.	Normantas PETRISA	LTU	94	45:41.34
17.	Miroslav ÚRADNÍK	SVK	96	45:52.41
18.	Adrian Ionut DRAGOMIR	ROU	94	46:22.36
19.	Elmo KOIVUNEN	FIN	94	47:24.82
	Marco AMATI	ITA	94	DQ



Konstadinos DEDÓPOULOS	GRE	94	DQ
Andrej DOLINSKÝ	SVK	94	DQ



Anezda Drahotová and Pavel Parshin claim gold in Rieti (photos <http://www.european-athletics.org/>)

### POLISH T&F CHAMPIONSHIPS, TORUŃ, POLAND 19-21 JULY

20km roadwalks were held as part of the Polish T&F Championships last weekend in Torun and their great walks depth was on show as usual. In the men's race, Artur Brzozowski won with 1:22:16 ahead of Lukasz Nowak 1:22:44 and Dawid Tomala 1:23:18. In the women's event, Agnieszka Dygacz won with 1:30:58 ahead of Katarzyna Kowka 1:33:03 and Paulina Buziak 1:33:39.

#### Men's 20km Race Walk - 20.07.2013

1.	Artur BRZozowski	POL	85	1:22:16
2.	Lukasz NOWAK	POL	88	1:22:42
3.	Dawid TOMALA	POL	89	1:23:18
4.	Rafał AUGUSTYN	POL	84	1:23:31
5.	Grzegorz SUDOŁ	POL	78	1:23:59
6.	Rafał SIKORA	POL	87	1:24:19
7.	Rafał FEDACZYŃSKI	POL	80	1:25:33
8.	Damian BLOCKI	POL	89	1:27:05
9.	Adrian BLOCKI	POL	90	1:28:13
10.	Michał STASIEWICZ	POL	88	1:29:24
11.	Lukasz AUGUSTYN	POL	90	1:29:54
12.	Paweł GAWROŃSKI	POL	90	1:32:38
13.	Grzegorz GRINHOLC	POL	77	1:38:33
14.	Lukasz LIPKA	POL	92	1:39:38
15.	Jakub STALA	POL	91	1:40:34
16.	Mirosław LUNIEWSKI	POL	57	1:46:19

#### Women's 20km Race Walk - 20.07.2013

1.	Agnieszka DYGACZ	POL	85	1:30:58
2.	Katarzyna KWOKA	POL	85	1:33:03
3.	Paulina BUZIAK	POL	86	1:33:39
4.	Agnieszka SZWARNÓG	POL	86	1:35:37
5.	Katarzyna GOLBA	POL	89	1:35:43
6.	Monika KAPERA	POL	90	1:42:46
7.	Agnieszka ELLWARD	POL	89	1:46:43
8.	Beata HEPPNER	POL	92	1:47:13
9.	Jolanta KARAŚ	POL	89	1:48:39

**PRESIDENT'S CUP, VALMIERA, LATVIA, 19-20 JULY**

The Latvians were also in action with 10,000m/5000m track walks the President's Cup meet in Valmiera.

**Men's 10,000m Race Walk - 20.07.2013**

1.	Arnis RUMBENIEKS	LAT	88	42:07.57
2.	Edgars GJAČS	LAT	93	42:53.48
3.	Artūrs MAKARS	LAT	97	44:24.20
4.	Ruslans SMOLONSKIS	LAT	96	47:17.83
5.	Ainar VESKUS	EST	90	48:22.99
6.	Raivo SAULGRIEZIS	LAT	94	50:44.44

**Women's 5000m Race Walk - 20.07.2013**

1.	Agnese PASTARE	LAT	88	21:03.15
2.	Anita KAZEMAKA	LAT	90	22:37.08

**BRITISH 10KM AND CAU CHAMPS, HILLINGDON CYCLE CIRCUIT, HILLINGDON, SAT 20 JULY**

The British 10km roadwalk championships were held in conjunction with the County Athletics Union (CAU) Teams championships in Hillingdon last Saturday. Tom Bosworth (41:56) won the men's championship ahead of Dan and Don King while Michelle Turner (50:40) won the women's championship ahead of Heather Lewis and Alana Barber.

**Men's 10km**

1.	Tom Bosworth	Tonbridge AC	Kent	41:56
2.	Daniel King	Colchester Harriers	Essex	45:35
3.	Dominic King	Colchester Harriers	Essex	46:55
4.	Francisco Reis	Ilford AC	Middx	50:51
5.	Ian Richards	Steyning AC	Sussex	54:01
6.	Luc Legon	Cambridge Harriers	Kent	54:51
7.	Jim Ball	Steyning AC	Hamps	54:56
8.	Steve Uttley	Ilford AC	Essex	55:52
9.	Graham Chapman	Headington RR	Oxfordshire	56:06
10.	Steve Allen	Barnet & District AC	Herts	56:13
11.	John Hall	Belgrave Harriers	Middx	58:30
12.	David Crane	Surrey RWC	Essex	59:11
13.	Chris Cheesman	Surrey RWC	Surrey	59:35
14.	Arthur Thomson	Enfield Harriers	Herts	59:41
15.	Steve Allen	Ilford AC	Essex	60:19
16.	Stuart Bennett	Ilford AC	Essex	60:38
17.	Chris Berwick	Leicester RWC	Leicestershire	60:45
18.	Mark Culshaw	Belgrave Harriers	Middx	62:11
19.	Ken Bobbett	Hillingdon AC	Middx	62:48
20.	Malcolm Martin	Surrey RWC	Kent	62:59
21.	Paul King	Belgrave Harriers	Surrey	65:31
22.	Peter Hannell	Surrey RWC	Surrey	66:17
23.	Shaun Lightman	Surrey RWC	Middx	67:07
24.	George Smolinski	Leicester RWC	Leicestershire	67:14
25.	Mick Harran	Surrey RWC	Surrey	69:27
26.	Russell Vroobel	?	Middx	71:27
	Richard Wild	Manx Harriers	Lancashire	DQ
	Ed Shillabeer	Ilford AC	Devon	DQ

**CAU Teams (first 5)**

1. Essex
2. Kent
3. Middlesex
4. Surrey
5. Herts

**Womens's 10km**

1.	Michelle Turner	Northern AC	Lancashire	50:40
2.	Heather Lewis	Pemborke Harriers	West Wales	51:46
3.	Alana Barber	Hyde Park Harriers	Yorkshire	55:08
4.	Jamine Nicholls	Leicester RWC	Leicestershire	55:54
5.	Lauren Whelan	Belgrave Harriers	Surrey	56:47
6.	Brenda Gannon	Hyde Park Harriers	Yorkshire	58:55
7.	Maureen Noel	Belgrave Harriers	Middlesex	60:53
8.	Penelope Cummings	Herne Hill Harriers	Surrey	63:56

9.	Noel Blatchford	Abingdon	Oxfordshire	66:07
10.	Angela Martin	Surrey RWC	Kent	68:03
	Bethan Davies	Cardif AAC	South Wales	DQ
	Geraldine Legon	?	Kent	DQ
	Ellie Dooley	Hyde Park Harriers	Yorkshire	DNF
	Grazina Narvilene	Belgrave Harriers	Middlesex	DNF

#### CAU Teams (first 5)

1. Yorkshire
2. Surrey
3. Lancashire
4. West Wales
5. Leicestershire

Thanks to Mark Easton for the following photos. You can see these and more at <http://markeaston.zenfolio.com/p896377650>.



**Medallists Alanna Barber, Heather Lewis and Michelle Turner in action at Hillingdon (photos by Mark Easton)**



**Medallists Tom Bosworth, Dan and Dom King in action (photos Mark Easton)**

**AVIVA SCHOOLS T&F INTERNATIONAL, MORTON STADIUM, DUBLIN, SATURDAY 20 JULY 2013**

The Aviva SIAB Schools International took place last Saturday in Dublin with an Irish schools team taking on teams from England, Wales and Scotland. The 3000m walks saw wins to Sinead Burke of Ireland (14:31.16) and Cameron Corbishley of England (13:07.94). Thanks to Mark Walk for the photos.

**Girls 3000m Walk**

1.	Sinead Burke	Ire	14.31.16
2.	Heather Butcher	Eng	15.15.17
3.	Edel Glennon	Ire	15.30.36
4.	Ellie Dainton	Wales	15.52.23
5.	Rebecca Greatbatch	Eng	17.51.07
6.	Amy Phipps	Wales	18.43.97

**Boys 3000m Walk**

1.	Cameron Corbishley	Eng	13.07.94
2.	Aaron Egan	Ire	13.12.16
3.	Callum Wilkinson	Eng	13.14.66
4.	Anthony Tobin	Ire	14.13.23



**Left: Lap one of the race (photos Mark Walk)**

**Right: English walkers Heather Butcher and Rebecca Greatbatch (with Callum Wilkinson)**



**English walkers Callum Wilkinson and Cameron Corbishley**



## FRENCH JUNIOR & U18 T&F CHAMPIONSHIPS, DIJON, FRANCE, 19-21 JULY

And now to France where the Junior (U20) and Youth (U18) T&F Championships were held in Dijon last weekend. Emmanuel Tardi was there as usual - he explains: *I was in Dijon for our National Youth Championships. Four races: one Saturday evening (CAF), and three Sunday morning. I was the chief judge so it was impossible for me to take pictures but a friend sent me a couple of photos. The temperature was high on Sunday morning for the 10000m women and the 5000m men. Walk results as shown below:*

### U20 Men 10,000m Race Walk - 21.07.2013

1.	Maxime LECAPLAIN	FRA	94	47:14.26
2.	Florian DESJARDINS	FRA	94	47:53.87
3.	Fabian FESSELIER	FRA	94	48:31.42
4.	Anael SESTIER	FRA	94	48:38.84
5.	Orian TORRE	FRA	95	49:37.60

### U20 Women 10,000m Race Walk - 21.07.2013

1.	Manon BARRE	FRA	94	53:36.89
2.	Chloe BOUCHET-LIOU	FRA	94	53:41.65
3.	Gabrielle N'GUYEN VAN TU	FRA	94	53:44.84
4.	Enora TREBAUL	FRA	94	53:52.11
5.	Charlotte SARI	FRA	94	53:55.21
6.	Amelia ATTIA	FRA	94	57:02.15
7.	Eva PORCHER BRIANTAIS	FRA	94	57:38.25
8.	Cecile NAZE	FRA	95	58:20.27
9.	Margaux POUZIN	FRA	95	59:17.64
10.	Charlotte SANCHEZ	FRA	94	59:30.35
11.	Emmanuelle LANGLAIS	FRA	95	59:34.04

### U18 Men 5000m Race Walk - 21.07.2013

1.	Jean BLANCHETEAU	FRA	96	22:48.54
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### U18 Women 5000m Race Walk - 20.07.2013

1.	Chahinez NASRI	TUN	96	24:53.24
2.	Jeanne BILLA	FRA	96	25:17.11
3.	Cecile DELEUZE	FRA	96	25:24.93
4.	Axelle HAM	FRA	97	26:01.08
5.	Lea NAVARRO	FRA	97	27:00.69



**Left: Youth Women: Cecile Deleuze, Jeanne Billa, Chahinez Nasri and Axelle Ham  
Right: Junior Men: Florian Desjardin, Maxime Lecaplain and Fabian Fesselier (photos Emmanuel Tardi)**



## DUTCH T&F CHAMPIONSHIPS, AMSTERDAM, 20-21 JULY

Well done to Harold van Beek who won the Dutch 20km roadwalk championship once again last weekend.

### 20,000m Walk Men

1.	BEEK Harold van	RWV	1:48:41
2.	LEIJENAAR Richard	RWV	1:51:11
3.	VERSTEEG Colin	VAV	2:01:37
4.	TERSTEEG Rob	RWV	2:01:43
5.	BUDY Ron	OLAT	2:05:50
6.	RIEZEBOS Gerrit	RWV	2:09:55
7.	KNAAP Hans van der	RWV	2:14:11
8.	HOLTERMAN Matthias BM	Duitsland	1:50:58
	UIJL Charles den	AAV '36	DNF
	WAKKEE Rene	RWV	DNF
	BRUIN Remco de	De Lat	DNF
	BREMEN Wilfried van	RWV	DNF
	WAKEREN Hans van	Unitas	DNF
	GULIK Frank van der	De Lat	DNF

## WALKING SHORTS

- Last week Great Britain named its team for the IAAF World Championships in Moscow next month but amazingly, walker Alex Wright was left out despite having bettered the 'A' standard in the 20km walk and despite walking a new British 5000m record in their selection trials meet a week ago. To make matters worse, Tom Bosworth, who has three 'B' standards in the 20km event, was also a non-selection. Sadly, it looked like a case of no walkers for GB in Moscow - see <http://www.athleticsweekly.com/news/great-britain-name-team-for-iaaf-world-championships/#xkxiDkTIOOEpSCWA.99>. Common sense finally prevailed and Alex was added to the team (although the explanation from British Athletics sounds pretty patchy to me - see <http://www.athleticsweekly.com/news/alex-wright-successful-in-appeal-for-world-champs-spot/>).
- Congratulations to walkers Marc Mundell and Lebogang Mrsowhat Shange who have been selected to represent South Africa in next month's IAAF World Championships in Moscow.
- In recent years, psychologists and neurophysiologists have turned their attention to music and have sought to measure and explain in empirical terms how music can have so much influence over our moods and levels of energy. A Belgian study published in PLoS ONE on Wednesday has shed some further light on how this might work. Marc Leman and colleagues at the Institute for Psychoacoustics and Electronic Music and Ghent University analysed the effects of listening to different pieces of music on the walking speed of 18 adults. Researchers have long known that people will synchronise their steps with the tempo of music – after all, this is why we have marching bands. So for this study, the researchers chose 52 pieces of instrumental music with contrasting moods and styles, but exactly the same musical tempo: 130 beats per minute. Sure enough, almost all of the participants stepped in time with the music. What was more interesting was that certain pieces of music caused the participants to walk more energetically – to take larger strides, and cover a larger total distance – while other pieces caused the opposite effect. See <http://sciencealert.com.au/features/20132107-24603.html> for the finer details. A must read before you go on your next long walking session.

## 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	<b>Australian Masters Games, Geelong</b> , See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> . Entries close 7 Aug 2013.

### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
Aug 3-4, 2013	English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man. See <a href="http://www.isleofman100milewalk.co.uk">www.isleofman100milewalk.co.uk</a>
Oct 14, 2013	MTR 10km roadwalk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=759&amp;mid=199">http://www.hkaaa.com/page.php?pid=759&amp;mid=199</a>
October 15-27, 2013	<b>World Masters Athletic Championships, Porto Alegre, Brazil</b> . See <a href="http://www.wma2013.com">http://www.wma2013.com</a>

### **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	5 <sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 <sup>nd</sup> Australian Athletics Championships, Melbourne (VIC) - 5000m walks

### **2014 International Fixture**

Jan 4-12, 2014	<b>Oceania Masters Championships, Bendigo</b> - see <a href="http://www.omabendigo2014.com.au/">http://www.omabendigo2014.com.au/</a>
May 3-4, 2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, Hungary</b>
July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>

### **Looking even further forward**

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

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