



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 50
10 September 2013



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was won by 15 year old **Tyler Jones** who was eligible to contest the U16 5km walk championship in Launceston a week ago but who chose to go up an age group and race in the U18 10km. It was a great decision as he finished 2nd to Nathan Brill, his time of **46:01** being a PB by nearly 40 secs. Further, it clearly places him third in the Australian U20 10km ranking list in the leadup to the 2014 World Cup trial in Hobart next February.

This week's Walker of the Week goes to 14 year old **Kyle Swan** who, a week after winning the Australian U16 5km roadwalk in Launceston, walked his first serious 10km race at Middle Park - his time a wonderful **48:07**. It is great to see our young walkers testing themselves out over the longer distances.



Kyle in action at Middle Park on Saturday

WHAT'S COMING UP

A reminder that our **VRWC / Australian Centurions 24 Hour Walk** carnival will be held next weekend at Middle Park. Read more about it and check out the latest event information at <http://www.centurions.org.au/event2013.shtml>. I will be closing off entries in the next day or so email me asap if you are still interested but haven't committed yourself yet. I am still after a few more helpers for various timeslots so email me if you might be available. It takes a lot of manpower to run this sort of event.

It is a double header this weekend with the **Victorian 50km Roadwalk Championship** on Sunday morning, alongside the last few hours of the 24 Hour walk. Entries are taken on the day for any of the other Sunday morning events - RWA 50km for women, VRWC 10km and 20km and VRWC 4 hour, 5 hour and 6 hour events.

And an early notification that entries are now open for the **2013 Victorian All Schools Track & Field Championships** at Lakeside Stadium. Entry is online via link <http://www.athsvic.org.au/events/detail/2013-victorian-all-schools-track-field-championships>. You don't have to be an Aths Vic member to enter - just a school kid! The draft timetable has the walks at the following times:

| | |
|-------------------|--------------------------------------|
| Fri 25 Oct 4:50pm | U17, U18, U20 Men & Women 5000m Walk |
| Sun 27 Oct 2:20pm | U14 Boys & Girls 3000m Walk |
| Sun 27 Oct 2:35pm | U15, U15 Boys & Girls 3000m Walk |

And finally, here is the timetable for this weekend's activities. It is indeed a big weekend.

| | | |
|--------------------|---------|---|
| Sat 14 Sept | 2:00pm | Start of 24 Hour and 12 Hour endurance walks |
| Sun 15 Sept | 2.00am | Finish of 12 Hour endurance walk |
| | 7:30am | Start of 4 Hour, 5 Hour and 6 Hour endurance walks |
| | | Start of Victorian 50km Racewalk Championship |
| | | Start of Racewalking Australia 50km Racewalk Championship for women |
| | 10:00am | Start of VRWC 20km roadwalk |
| | 11.00am | Start of VRWC 10km roadwalk |
| | 11.30am | Finish of 4 Hour endurance walk |
| | 12.30pm | Finish of 5 Hour endurance walk |
| | 1:30pm | Finish of 6 Hour endurance walk |
| | 2.00pm | Finish of 24 Hour endurance walk |
| | 2.30pm | Presentations |

VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 7 SEPTEMBER

In nearly perfect weather, 53 walkers turned out to see the VRWC winter season out in style. And the 10km race provided the highlight with youngsters **Kyle Swan** (PB 48:07), **Reese Walmsley** (48:58) and **Paige De Lisen** (55:58) walking fantastically, thanks in part to Jesse Osborne, Andrew Jamieson and Jason Kozica who helped keep the pace going throughout the exciting race. **Steve Jordan** was also in great form, recording a big PB of 1:08:41 ahead of next week's 24 Hour walk.

10km Open

| | | | |
|-----|------------------|---------|-----------|
| 1. | Paige De Lisen | 55:58 | First one |
| 2. | Karyn O'Neill | 1:07:46 | |
| | Emily Hamilton | DNF | |
| 1. | Kyle Swan | 48:07 | PB 7:11 |
| 2. | Reese Walmsley | 48:58 | First one |
| 3. | Jesse Osborne | 48:58 | |
| 4. | Andrew Jamieson | 49:39 | |
| 5. | James Christmass | 52:14 | |
| 6. | Simon Evans | 55:49 | |
| 7. | Bernie Keirl | 55:58 | |
| 8. | David Armstrong | 59:24 | |
| 9. | Gerard Feain | 1:00:38 | |
| 10. | Steve Jordan | 1:08:41 | PB 1:02 |
| | Bob Gardiner | DNF | |
| | Hayden Walmsley | DNF | |

The shorter distances were also keenly contested with **Pam Tindal** 26:02, **Jason Kozica** 24:20, **Donna Urquhart** (a big PB of 16:36) and **John Morrison** 20:47 showing the way. We also welcomed first timer **Irina Semenova** who joined her sons Nikolaj and Nikita for a hitout over 3km.

5km Open

| | | |
|----|-------------------|-------|
| 1. | Pam Tindal | 26:02 |
| 2. | Heather Carr | 27:55 |
| 3. | Liz Feldman | 29:42 |
| 4. | Jessica Lillie | 30:26 |
| 5. | Donna Elms | 30:44 |
| 6. | Gwen Steed | 30:45 |
| 7. | Mikhala Hodges | 33:10 |
| 8. | Celia Johnson | 33:24 |
| 9. | Margaret Beaumont | 42:13 |
| 1. | Jason Kozica | 24:20 |
| 2. | Mark Donahoo | 25:21 |
| 3. | Corey Dickson | 27:06 |
| 4. | Tony Johnson | 32:26 |
| 5. | Anthony Doran | 32:45 |
| 6. | Barrie Wicks | 38:25 |
| 7. | Ian Beaumont | 41:05 |
| | Russ Dickenson | DNF |

3km Open

| | | | |
|----|----------------|-------|---------|
| 1. | Donna Urquhart | 16:36 | PB 0:18 |
| 2. | Kylie Irshad | 16:46 | |
| 3. | Emily Swan | 17:25 | |

| | | | |
|----|----------------|-------|-------------|
| 4. | Irina Semenova | 22:11 | First timer |
| 1. | John Morrison | 20:47 | |
| 2. | Gordon Onley | 23:34 | |

Philippa Huse 16:38, **Lachlan Feain** 17:13 and **Nikolaj Djovdjevic** 11:26 all recorded PBs. We also welcomed Nikita Djovdjevic for his first walk with us, over 1km.

3km Under 15

| | | | |
|----|-------------------|-------|---------|
| 1. | Philippa Huse | 16:28 | PB 0:01 |
| 2. | Brodie Richardson | 17:01 | |
| 1. | Lachlan Feain | 17:13 | PB 0:12 |

2km Under 12

| | | | |
|----|-----------------------|-------|---------|
| 1. | Kathleen O'Mahony | 11:53 | |
| 2. | Brianna Lillie | 12:29 | |
| 3. | Caitlyn Rudston-Brown | 13:38 | |
| 4. | Alexandra Hay | 16:06 | |
| 1. | Nikola Mandic | 10:31 | |
| 2. | Nikolaj Djovdjevic | 11:26 | PB 0:20 |
| 3. | Harry Hockley- Samon | 11:39 | |

1km Under 9

| | | | |
|----|-------------------|-------|-------------|
| 1. | Brianna Briet | 05:45 | |
| 2. | Gemma Lillie | 06:20 | |
| 3. | Charlotte Hay | 07:14 | |
| 1. | Angus Hay | 07:45 | |
| 2. | Nikita Djovdjevic | 08:19 | First timer |

Thanks to our many officials and judges who help out every week. Sorry if I missed anyone!

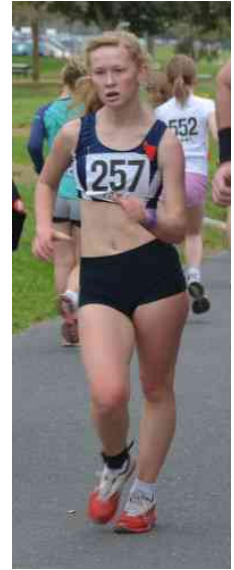
Officials: Tim Erickson, Ian Laurie, Don McLaren, Stacey McLaren, Mark O'Mahony, Justin McLaren (bike), Mark Donahoo, Damien Elms

Setup: Peter Vysma, Bob Gardiner, Russ Dickenson, James Christmass, Lachlan and Gerard Feain

Judges: Peter Vysma (Chief), David Cash, Gordon Loughnan, Brenda Felton, Stuart Cooper

Canteen: Barb Gardiner, Wendy Cooper, Marlaine Stanway, Donna Elms

Thanks to Terry Swan for his usual high quality photos - check them out at <http://www.vrwc.org.au/coppermine/>. I reproduce a few below.



Steve Jordan, Pam Tindal, Reese Walmsley, Kyle Swan and Paige De Lisen



Donna Urquhart, Gerard Feain, David Armstrong, Lachlan Feain, Liz Feldman, Emily Swan and Jason Kozica



Philippa Huse, Nikita Djordvejc, John Morrison, Hayden Walmsley and Gemma Lillie

SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 7 SEPTEMBER

Thanks to Colin Hainsworth for the final South Australian Masters results for the winter season. He commented: Just a short walk, 5km Turkey (name your own time) handicap. Followed by the Winter Presentations. Warm and sunny conditions.

5km Turkey Handicap.

| | | | | |
|-----|-------------------|-------|--------|----|
| W53 | Marie Maxted | 31:42 | 72.40% | 2 |
| M70 | Roger Lowe | 36:53 | 67.91% | 4 |
| W69 | Margaret Trengove | 36:57 | 71.12% | 5 |
| W64 | Jan Layng | 37:13 | 66.40% | 6 |
| M83 | Colin Hainsworth | 39:14 | 73.31% | 3 |
| M75 | Colin Trengove | 39:17 | 68.05% | 9 |
| M80 | David Robertson | 40:40 | 70.73% | 10 |
| W60 | Edna Bates | 40:47 | 60.60% | 7 |
| W53 | Kristine Freeman | 41:34 | 53.68% | 1 |
| M70 | Graham Harrison | 42:02 | 59.59% | 8 |
| W | Lillian Harpur | DNF | | |

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 7 SEPTEMBER

Thanks to Kim Mottrom for his weekly report from the South Australian Race Walking Club in Adelaide.

We had our last competition for the winter this week before our major fun run next week, the City to Bay. Events included open 5km, 3km, 2km and 1km. Highlights included a big PB for Danielle Walsh over 5km as she edges closer to breaking 26 minutes and Mark Hooker who took even more time off his 2km PB to come closer to 12 minutes.

Open 3km

| | | |
|----|-------------------|-------|
| 1. | Sarah Damin | 16:45 |
| 2. | Jay Goode | 17:48 |
| 3. | Tristan Camilleri | 18:30 |
| 4. | Samantha Findlay | 18:43 |
| 5. | Ayeisha Wallace | 19:08 |
| 6. | Chloe Upton | 20:00 |

Open 2km

| | | |
|----|--------------|-------|
| 1. | Hayley Goode | 12:06 |
| 2. | Mark Hooker | 12:09 |

Open 1km

| | | |
|----|------------------|------|
| 1. | Madeline Wallace | 6:42 |
| 2. | Victoria Upton | 6:44 |

Open 5km

| | | |
|-----|--------------------|-------|
| 1. | Kim Mottrom | 22:22 |
| 2. | Justin Hill | 24:36 |
| 3. | Danielle Walsh | 26:10 |
| 4. | Alix Harlington | 27:49 |
| 5. | Troy Hooker | 28:50 |
| 6. | Rhiannon Lovegrove | 29:35 |
| 7. | Rhiana Hooker | 31:18 |
| 8. | Lachlan Wilkinson | 32:56 |
| 9. | Barb Cain | 34:41 |
| 10. | Bill Starr | 35:04 |
| 11. | Jim Hoare | 36:14 |

ACT WALKING CLUB ROAD WALKS, LENNOX GARDENS, SATURDAY 7 SEPTEMBER

Thanks to Robin Whyte for the latest results from the ACT Walkers in Canberra.

4 Hour Walk

| | | |
|----|---------------|-----------|
| 1. | Colin Heywood | 35.419 km |
|----|---------------|-----------|

2 Hour Walk

| | | |
|----|-----------------|-----------|
| 1. | Robin Whyte | 18.200 km |
| 2. | Peter Tutty | 17.020 km |
| 3. | Derek Robinson | 15.717 km |
| 4. | Doug Fitzgerald | 15.190 km |
| 5. | Val Chesterton | 11.900 km |

5km Walk

| | | |
|-----|----------------|-------|
| E1. | Ashleigh Resch | 30.00 |
| E1. | Zoe Hunt | 30.00 |
| | Jane Bates | DNF |

3km Walk

| | | |
|----|----------------|-------|
| 1. | Mitchell Baker | 19.41 |
| 2. | Val Chesterton | 26.40 |

1km Walk

| | | |
|----|----------------------|------|
| 1. | Laura Burns | 5.46 |
| 2. | Samantha Papantoniou | 8.05 |

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 8 SEPTEMBER

Thanks to Paul Rance for his report on the season ending walks at Bendigo last Sunday.

The Bendigo Walkers Club held a 3.2km handicap race on Sunday morning with athletes racing in perfect, calm conditions. Limit marker Caitlyn Tozer led the race till the half way mark with Norm West taking over in front until Peter Curtis and Madison Hill hit the front with 200 metres to go and they sprinted right through to the finish and couldn't be separated by the finish judges with a deadheat called, both athletes producing personal bests. Backmarker Zahra Hayes also recorded a pb as she took 3rd place and in her last race as an 11 year old, breaking her own Club U12 3.2km record and also breaking the 3km record which was set by former Australian Champion Natalie Gleeson in 1996, her 3km split being 15.34. 10 year old Carissa Brook also produced a personal best with her time of 19:09.

3.2km Handicap

| | | |
|-----|---------------|-------|
| E1. | Peter Curtis | 16.41 |
| E1. | Madison Hill | 18.41 |
| 3. | Zahra Hayes | 16.39 |
| 4. | Norm West | 24.58 |
| 5. | Carissa Brook | 19.09 |
| 6. | Geoff Major | 24.32 |
| 7. | Caitlyn Tozer | 29.56 |
| | Ebony Whiley | DNF |

NSWCHSSA T&F CHAMPS, SOPAC, SYDNEY, 5-7 SEPTEMBER

The NSW Combined High Schools Sports Association 41st Annual Track & Field Championships were held at Sydney Olympic Park Athletic Centre, Homebush on the 5-7 September 2013 and 15 year old **Tyler Jones** continued his recent fantastic form, breaking a 21 year old record with his time of **5:54:87** (a new PB). The previous record was set back in 1992 by G. Pleog with 6:04:92. Other winners included Jasmyn McDonald (6:41.62), Jasmine Dighton (14:32.66) and Jay Felton (14:31.79). See the full results at www.sports.det.nsw.edu.au/state/index.php

Girls 14 Years 1500m Walk

| | | | |
|-----|-----------------|------------------|----------|
| 1. | Jasmyn McDonald | Carlingford High | 6:41.62 |
| 2. | Shanae Norton | St Johns Park | 7:15.95 |
| 3. | Leah McDonald | Model Farms | 7:33.86 |
| 4. | Ebony Burnard | Riverside Girls | 7:39.69 |
| 5. | Amy Henry | Penshurst | 8:17.70 |
| 6. | Sian Keating | West Wallsend | 8:47.40 |
| 7. | Emily Hopkins | Karabar High | 8:50.97 |
| 8. | Shivon Nolland | Seven Hills High | 8:56.78 |
| 9. | Molly O'Neill | Lambton High | 9:13.78 |
| 10. | Brooke Hodge | Southern Cross | 9:41.59 |
| 11. | Rachelle Cain | Menai High | 9:53.79 |
| 12. | Jasmyn Beggs | St Johns Park | 10:09.19 |
| 13. | Simone Roberts | Bathurst High | 10:43.40 |
| | Sophie Crichton | Turrumurra High | DQ |

Boys 15 Years 1500m Walk

| | | | |
|-----|--------------------|-------|---------|
| 1. | Tyler Jones | Hunsp | 5:54.87 |
| 2. | Dylan Richardson | Kincu | 7:01.04 |
| 3. | Thomas Hopkins | Karab | 7:13.32 |
| 4. | Nicholas Douglas | Plump | 8:14.22 |
| 5. | Corey McGinniskin | Wwall | 8:24.40 |
| 6. | Dominic Leal Smith | Sydyt | 8:36.07 |
| 7. | Jack Armson | Eppbo | 9:00.82 |
| 8. | Brendon Neich | Greys | 9:22.32 |
| 9. | Adrian Kotevski | Chest | 9:30.62 |
| 10. | Nicholas Woodgate | Balma | 9:54.65 |

Girls 17+ Years 3000m Walk

| | | | |
|-----|-----------------|-------|----------|
| 1. | Jasmine Dighton | Crane | 14:32.66 |
| 2. | Jayde Hill | Nambh | 15:08.90 |
| 3. | Tabitha Porley | Colo | 15:49.95 |
| 4. | Shay Southern | Colo | 15:59.46 |
| 5. | Ally Durr | Karab | 16:40.93 |
| 6. | Rhiannon Minett | Chest | 16:44.59 |
| 7. | Karina Hopkins | Karab | 19:59.33 |
| 8. | Jessica Widarma | Stgeo | 20:47.29 |
| 9. | Raigen Russo | Peakh | 20:58.57 |
| 10. | Leilani Brewer | Holsw | 22:51.32 |
| 11. | Kayla Hart | Gosfd | 23:12.47 |
| | Hannah Tansey | Burwg | DQ |

Boys 17+ Years 3000m Walk

| | | | |
|----|----------------------|-------|----------|
| 1. | Jay Felton | Kincu | 14:31.79 |
| 2. | Luke Jobson | Muirf | 15:07.93 |
| 3. | Eric Morey | Ruthf | 15:36.90 |
| 4. | Dylan Smith | Oatle | 17:22.34 |
| 5. | Danyon Downton | Blaxl | 20:18.19 |
| 6. | Caleb Sudulic | Stcla | 20:19.49 |
| | Jayden Forday | Sydyb | DQ |
| | Connor Kidd-Matthews | Warnb | DQ |
| | Nathan Anderson | Picnp | DQ |

ILE DE FRANCE 20KM CHAMPS, NEUILLY-SUR-MARNE, FRANCE, SUNDAY 8 SEPTEMBER

Emmanuel Tardi was in Neuilly-sur-Marne (near Paris) on Sunday, acting as chief judge for the regional (Ile de France) 20km racewalking championships. The meet saw a record start list of 64 walkers who competed in sunny conditions. 2013 French International 20km walker Kenny Guinaudeau easily won the men's race ahead of 2013 50km international Xavier Le Coz. In the women's race, Severine Lanoue won from Elsa Lambert and Françoise Laville. Meanwhile, back in 40th place in the men's race, Jean Pichon set a new M80 French record with his time of 2:31:01 (the previous best of 2:44 was set by Joseph Bouillon in 1999).

Men's 20km Championship (first 20)

| | | | |
|-----|---------------------|---------------------|---------|
| 1. | Guinaudeau Kenny | AC La Roche-sur-Yon | 1:35:45 |
| 2. | Le Coz Xavier | E Franconville VO | 1:37:55 |
| 3. | Berchebru Benoit | US Creteil | 1:37:56 |
| 4. | Quinion Aurélien | E Franconville VO | 1:40:35 |
| 5. | Chenu Remy | CLL Armentières | 1:40:35 |
| 6. | Grenet Bruno | USM Gagny | 1:47:23 |
| 7. | Priem Fabrice | US Métro | 1:48:58 |
| 8. | Legentil Laurent | D Aulnay C | 1:49:02 |
| 9. | Bocquet Jérôme | Le Havre AC | 1:49:07 |
| 10. | Marie Frédéric | PLM Conflans | 1:49:59 |
| 11. | Courage Frédéric | St Denis Emotion | 1:50:29 |
| 12. | Delecolle Sébastien | USA Lievin | 1:51:25 |
| 13. | Dahm Florent | CA Montreuil | 1:51:56 |
| 14. | Toutain Eric | ASC Francophone | 1:53:40 |
| 15. | Milosevic Boris | A Le Bourget Drancy | 1:54:04 |
| 16. | Caplain Thierry | UA Versailles | 1:54:30 |
| 17. | Olivares Mathieu | Athlé 91 | 1:55:50 |
| 18. | Bollinger Vincent | D Aulnay C | 1:56:20 |
| 19. | Auger Alexis | GA Noisy le Gd | 1:57:03 |
| 20. | Dugast Denis | ASV Paris | 1:58:36 |

Women's 20km Championship

| | | | |
|-----|-------------------------|---------------------|---------|
| 1. | Lanoué Séverine | AC Issy les Mx | 1:50:58 |
| 2. | Lambert Elsa | NL | 1:51:24 |
| 3. | Laville Françoise | Marne et Gondoire A | 2:00:19 |
| 4. | Chochoy Christine | D Aulnay C | 2:09:52 |
| 5. | Menesson Nicole | Sud Oise Athlétisme | 2:11:14 |
| 6. | Priem Valérie | SC Brie A | 2:12:22 |
| 7. | Lemonnier Dominique | Marne et Gondoire A | 2:16:41 |
| 8. | Steinville Nathalie | ASF Villejuif | 2:17:15 |
| 9. | Illanes Angelica | SM Montrouge | 2:20:55 |
| 10. | Salomez Bénédicte | Neuilly-sur-Marne A | 2:23:21 |
| 11. | Lagand Laurence | Sud Oise Athlétisme | 2:25:40 |
| 12. | Bizard Emilie | Thiais AC | 2:29:30 |
| 13. | Simeon Elisabeth | Paris UC | 2:33:44 |
| 14. | Arnault Françoise | NL | 2:34:03 |
| 15. | Berthault Korzhyk Annie | Neuilly-sur-Marne A | 2:38:15 |
| 16. | Lemaire Danielle | ASC Francophone | 2:38:15 |



The start of the 20km championships - 64 walkers in all



Xavier Le Coz, Aurelien Quinion, Kenny Guinaudeau and Severine Lanoue

Emmanuel tells me that next Saturday, he will be in Niza for the Francophonie Games and hopes to go to Roubaix next Sunday for the 60th edition of the famous 28 Hours endurance walk classic.

SWEDISH RACEWALKING CHAMPIONSHIPS, VÄXJÖ, SWEDEN, 31 AUGUST - 1 SEPTEMBER

The Swedish racewalking championships were held a week ago in Växjö, with 10,000m/5000m track walks on the Saturday and 20km/10km road walks on the Sunday. In the men's events, Ato Ibanez comfortably won the 10,000m in a time of 40:50.5 (24.15-24.10) ahead of his brother Perseus Karlström while the next day Perseus won the 20km in 1:25:15 ahead of Ato. In the women's events Mari Olsson, finally back from injury, took the double with a win in the 5000m on the Saturday (23:07.6) and a win in the 10km on the Sunday (48.25).

10,000m Men, Saturday 31 August

| | | | | |
|----|-------------------|------|----------------------|---------|
| 1. | Ato Ibanez | 1985 | Eskilstuna Friidrott | 40:50.5 |
| 2. | Perseus Karlström | 1990 | Eskilstuna Friidrott | 42:48.5 |
| 3. | Anders Hansson | 1992 | SK Svängen | 44:49.1 |
| 4. | Christer Svensson | 1969 | Växjö AIS | 47:29.2 |
| 5. | Fredrik Svensson | 1973 | Växjö AIS | 49:17.7 |
| 6. | Peter Ferrari | 1965 | GK Steget | 50:24.5 |
| 7. | Anders Wahlström | 1966 | Södra Ölands GoMK | 51:49.1 |
| 8. | Thomaz Magnusson | 1970 | Växjö AIS | 69:09.8 |

5000m Women, Saturday 31 August

| | | | | |
|----|-----------------------|------|------------|---------|
| 1. | Mari Olsson | 1986 | GK Steget | 23:07.6 |
| 2. | Lena Tomas | 1996 | GK Steget | 24:19.8 |
| 3. | Ellinor Hogrell | 1968 | Enhörna IF | 27:37.6 |
| 4. | Felicia Hogrell | 1994 | Enhörna IF | 28:06.0 |
| 5. | Maria Aydin | 1993 | GK Steget | 29:26.9 |
| 6. | Jennifer Ibrahim | 1995 | GK Steget | 30:21.9 |
| 7. | Julia Ibrahim | 1996 | GK Steget | 30:29.3 |
| 8. | Helena Sandmer | 1992 | SK Svängen | 30:42.8 |
| 9. | Ann-Catrin Hermansson | 1963 | GK Steget | 37:23.5 |
| | Victoria Hogrell | 1995 | Enhörna IF | DQ |

20km Men, Sunday 1 September

| | | | | |
|----|-------------------------|------|----------------------|---------|
| 1. | Perseus Karlström | 1990 | Eskilstuna Friidrott | 1:25:15 |
| 2. | Ato Ibanez | 1985 | Eskilstuna Friidrott | 1:28:31 |
| | Håvard Haukenes (INVIT) | 1990 | Norway | 1:28:45 |
| 3. | Anders Hansson | 1992 | SK Svängen | 1:33:37 |
| 4. | Fredrik Svensson | 1973 | Växjö AIS | 1:37:58 |
| 5. | Christer Svensson | 1969 | Växjö AIS | 1:38:59 |
| | Anders Wahlström | 1966 | Södra Ölands GK | DNF |
| | Joakim Saelen (INVIT) | 1993 | Norway | DQ |

10km Women, Sunday 1 September

| | | | | |
|----|------------------|------|------------|-------|
| 1. | Mari Olsson | 1986 | GK Steget | 48:25 |
| 2. | Felicia Hogrell | 1994 | Enhörna IF | 57:32 |
| 3. | Ellinor Hogrell | 1968 | Enhörna IF | 57:49 |
| 4. | Maria Aydin | 1993 | GK Steget | 59:06 |
| 5. | Victoria Hogrell | 1995 | Enhörna IF | 60:42 |
| | Lena Tomas | 1996 | GK Steget | DNF |
| | Julia Ibrahim | 1996 | GK Steget | DNF |
| | Jennifer Ibrahim | 1995 | GK Steget | DNF |

SWEDEN VS FINLAND WALKING MATCH, STOCKHOLM, SWEDEN, 7 SEPTEMBER 2013

The Swedish walkers were back in action a week later in the annual Sweden vs Finland walking match and it was a close affair, Finland winning by the narrowest of margins, 22 points to 21, helped no doubt by the disqualification of Siw Karlström, the third placed of the Swedish women. Overall, the events were won by Perseus Karlström (a PB of 40:32.00) and Anna Halkivaha (a PB 22:49.96).

Men's 10,000m Race Walk

| | | | | | |
|----|---------------------|-----|----|----------|----|
| 1. | Perseus KARLSTRÖM | SWE | 90 | 40:32.00 | PB |
| 2. | Jarkko KINNUNEN | FIN | 84 | 40:48.69 | |
| 3. | Andreas GUSTAFSON | SWE | 81 | 41:43.72 | |
| 4. | Ato IBANEZ | SWE | 85 | 42:01.07 | PB |
| 5. | Veli-Matti PARTANEN | FIN | 91 | 42:34.81 | |
| 6. | Aleksi OJALA | FIN | 92 | 43:07.71 | |

Women's 5000m Race Walk

| | | | | | |
|----|--------------------|-----|----|----------|----|
| 1. | Anne HALKIVAHA | FIN | 86 | 22:49.96 | PB |
| 2. | Marie OLSSON | SWE | 86 | 23:01.37 | |
| 3. | Mikaela LÖFBACKA | FIN | 90 | 24:33.89 | |
| 4. | Henrika PARVIAINEN | FIN | 97 | 25:26.15 | |
| 5. | Lena TOMAS | SWE | 96 | 26:03.56 | PB |
| 6. | Siw KARLSTRÖM | SWE | 57 | DQ | |

INTERNATIONAL RACE WALK TOUR MEET, KATOWICE, POLAND, SATURDAY 7 SEPTEMBER

Fast times were the order of the day in Katowice, Poland, last Saturday and Ukrainian Andriy Kovenko 39:28 and Italian Federica Ferraro 43:53 stormed to victory with PB times in their respective 10km road walk events. Talk about impressive times.

10km Men

| | | | |
|-----|-------------------|------------------|-------|
| 1. | Andriy Kovenko | UKR | 39:28 |
| 2. | Antón Kučmín | SVK | 39:33 |
| 3. | Dawid Tomala | AZS AWF Katowice | 40:11 |
| 4. | Marius Žiūkas | LTU | 40:25 |
| 5. | Rafał Augustyn | OTG Sokół Mielec | 40:54 |
| 6. | Artur Brzozowski | AZS AWF Katowice | 41:00 |
| 7. | Rafał Fedaczyński | AZS AWF Katowice | 41:14 |
| 8. | Matěj Tóth | SVK | 41:21 |
| 9. | Dušan Majdán | SVK | 41:34 |
| 10. | Jakub Jelonek | AZS-AWF Kraków | 41:41 |
| 11. | Rafał Sikora | AZS-AWF Kraków | 41:43 |
| 12. | Łukasz Augustyn | OTG Sokół Mielec | 41:52 |

10km Women

| | | | |
|-----|-------------------|------------------|-------|
| 1. | Federica Ferraro | ITA | 43:53 |
| 2. | Brigita Virbalyte | LTU | 44:01 |
| 3. | Agnieszka Dygacz | AZS AWF Katowice | 44:40 |
| 4. | Paulina Buziak | OTG Sokół Mielec | 44:59 |
| 5. | Neringa Aidietytė | LTU | 46:02 |
| 6. | Viktória Madarász | HUN | 46:13 |
| 7. | Katarzyna Golba | AZS AWF Katowice | 46:47 |
| 8. | Natalia Płomińska | UKS 12 Kalisz | 47:17 |
| 9. | Daryia Balkunets | BLR | 48:35 |
| 10. | Monika Kapera | AZS AWF Katowice | 48:55 |

INTERNATIONAL MASTERS CHAMPIONSHIPS, FÜRSTENFELD, AUSTRIA, SATURDAY 31 AUGUST

Thanks to Fabio Ruzzier of Slovenia for forwarding these results to me - from the Masters meet at Furstenfeld in Austria on Saturday 31 August. They came just too late for last week's newsletter but better late than never.

3000m Women

| | | | | | |
|-----|---------------------------|------|---------------------------|-------|---------|
| 1. | Rita Récsei | 1996 | BHSE | WU18 | 15:33,4 |
| 2. | Petra Récsei | 1990 | BHSE | W / H | 15:35,5 |
| 3. | Lena Ungerböck | 1997 | UAB Athletics | WU18 | 15:39,0 |
| 4. | Andonela Golobic | 1997 | AK "Agram" | WU18 | 17:10,3 |
| 5. | Mag. Andrea Zirknitzer | 1958 | LCAV Doubrava | W 55 | 17:13,6 |
| 6. | Mag. Renata-Barbara Sitek | 1960 | UAB Athletics | W 50 | 17:35,8 |
| 7. | Mag. Dorothea Grolig | 1951 | team2012.at | W 60 | 18:38,0 |
| 8. | Monika Schwantzer | 1955 | S.C. Hakoah | W 55 | 19:22,0 |
| 9. | Andreja Poklar | 1967 | AK Koper | W 45 | 19:36,5 |
| 10. | Urszula Radziewinska | 1972 | S.C. Hakoah | W 40 | 21:39,7 |
| 11. | Christine Konrad | 1956 | 1. FC Donald St. Ruprecht | W 55 | 23:19,1 |
| 12. | Cathérine Prasch | 2003 | TUS Feldbach | WU14 | 23:48,1 |
| 13. | Doris Burst | 1971 | TV Gleisdorf 1877 | W 40 | 27:57,3 |
| | Mario Graberec | 1996 | AK Aviokarte.hr | MU18 | DQ |

5000m Men

| | | | | | |
|-----|--------------------------|------|-----------------------|-------|---------|
| 1. | Miklós Srp | 1993 | BHSE | M / H | 23:57,0 |
| 2. | Fabio Ruzzier | 1953 | AK Koper | M 60 | 25:31,2 |
| 3. | Vladimir Veršec | 1963 | AK Koper | M 50 | 25:32,7 |
| 4. | Dr. Franz Kropik | 1968 | LCC Wien | M 45 | 26:41,9 |
| 5. | MMag. Dietmar Hirschmugl | 1968 | TV Gleisdorf 1877 | M 45 | 26:52,2 |
| 6. | Markus Reifinger | 1960 | Ohne Verein | M 50 | 27:03,3 |
| 7. | Ivan Graberec | 1964 | Maksi AR | M 45 | 27:24,2 |
| 8. | Želimir Haubrih | 1963 | AK Dinamo Zrinjevac | M 50 | 28:17,0 |
| 9. | Johann Siegele | 1948 | SVS-Leichtathletik | M 65 | 31:05,1 |
| 10. | Igor Bahčič | 1962 | AK Koper | M 50 | 31:41,1 |
| 11. | Paul Sacher-Toporek | 1962 | S.C. Hakoah | M 50 | 32:24,4 |
| 12. | Hans Strasser | 1961 | TUS Feldbach | M 50 | 33:37,7 |
| 13. | Kresimir Jurlin | 1964 | AK "Agram" | M 45 | 34:07,3 |
| 14. | Gerhard Brouschek | 1954 | LCC Wien | M 55 | 34:16,7 |
| 15. | Herbert Molisch | 1935 | ÖTB Wien | M 75 | 35:16,6 |
| 16. | Rudolf Michlfeit | 1946 | team2012.at | M 65 | 36:25,1 |
| 17. | Dr. Franz Lang | 1967 | MSC Rogner Bad Blumau | M 45 | 40:32,6 |
| 18. | Reinhold Prasch | 1955 | TUS Feldbach | M 55 | 45:52,1 |
| 19. | Mathias Theissl | 1941 | Spitaler TV 1872 | M 70 | 48:24,0 |
| | Miran Schneeberger | 1958 | KLC Celje | M 55 | DQ |



**Left: Vladimir Veršec leads Fabio Ruzzier in Fürstenfeld
Right: The presentations**

INTERNATIONAL RACEWALK GP "TROFEO MODENA", REMANZACCO, ITALY, SUNDAY 1 SEPT

And Fabio Ruzzier was walking again the next day in the Trofeo Modena walks meet in Remanzacco in Italy. They say you can't keep a good man down!

1000m Walk Beginners

| | | | | |
|----|-----------------|------|--------------------------------|--------|
| 1. | GANT Veronica | 2002 | TRIESTE TRASPORTI CRAL ATL.GIO | 5:36.4 |
| 2. | CAH Klara | 2002 | AK KOPER | 5:48.0 |
| 3. | CANETTI Martina | 2003 | MARATHON TRIESTE | 6:56.6 |

2000m Walk Girls

| | | | | |
|----|---------------------|------|--------------------------------|---------|
| 1. | OBLACH Alice | 2000 | FINCANTIERI ATL. MONFALCONE | 10:21.8 |
| 2. | COLACICCO Valentina | 2000 | TRIESTE TRASPORTI CRAL ATL.GIO | 10:28.1 |
| 3. | OBLACH Vanessa | 2000 | FINCANTIERI ATL. MONFALCONE | 10:54.2 |
| 4. | CANADI Eva | 2000 | AK KOPER | 11:08.4 |
| 5. | CASSANELLA Michela | 2001 | TRIESTE TRASPORTI CRAL ATL.GIO | 11:23.4 |
| 6. | GRIMOLDI Luisa | 2000 | LIBERTAS MAJANO | 12:53.5 |
| 7. | AMENDOLA Giada | 2001 | ATLETICA UDINESE MALIGNANI | 12:55.1 |

1. 4000m Walk Cadet

| | | | | |
|----|------------------|------|--------------------------------|---------|
| 2. | LUBIANA Federico | 1999 | TRIESTE TRASPORTI CRAL ATL.GIO | 19:45.3 |
| 3. | TESOVNIK Anze | 1998 | AD MASS LJUBLJANA | 20:27.8 |
| 4. | DEMICHELE Diego | 1999 | TRIESTE TRASPORTI CRAL ATL.GIO | 20:55.4 |

5000m Walk Open / Masters

| | | | | |
|----|-------------------|------|--------------------------------|---------|
| 1. | CAFAGNA Diego | 1975 | C.S. CARABINIERI SEZ. ATLETICA | 21:15.6 |
| 2. | RUZZIER Fabio | 1953 | MARATHON TRIESTE | 24:24.2 |
| 3. | BARNABA' Gianluca | 1995 | FINCANTIERI ATL. MONFALCONE | 25:15.4 |
| 4. | DORIGO Silvio | 1962 | MARATHON TRIESTE | 25:37.3 |
| 5. | PIASER Roberto | 1948 | IDEALDOOR LIBERTAS S. BIAGIO | 29:04.1 |

WALKING SHORTS

- The July/ August edition of the British Race Walking Record is now available to download from the website. See <http://racewalkingrecord.co.uk/july-august-2013-edition-out-now/>
- The 19th Prague Grand Prix 10km road running race was held last Saturday evening through the city streets before a large and vocal crowd. For the first time, the IAAF Silver Label Road Race featured a women's elite field and both men and women vied for prize money. Not surprisingly, Africans dominated but there was a lot of local interest in the performance of 18 year old **Anezka Drahotova** of the Czech Republic, who finished 7th in the World Championships 20km Race Walk in Moscow after winning the European Junior title in the 10000m Race Walk and making the final in the 3000m Steeplechase. She did not disappoint, finishing 15th (first Czech woman) in the women's field in a PB time of 33:59. To cap off a good family weekend, sister Eliska ran 18:46 in the accompanying women's 5km road run. When interviewed after her run, Anezka said she is deciding whether to concentrate on walking or running from now on as the atmosphere of this nighttime city run was amazing. And of course, she has even more to her sporting repertoire as she and her sister will compete in the world cycling championships in Florence, Italy, in 2 weeks time.
- And in Rotterdam last Saturday, Koos Van Rijn (born 14.11.1927) walked a probable M85 world best of 4:36:57.5 for 30,000m. Full results at http://www.tigch.nl/snelwandelen/2013/20130907a_uitslag.htm.

VRWC WINTER SEASON PRESENTATIONS

The VRWC Winter Season Presentations were held after Saturday's races at Middle Park and there were a lot of awards to be given out. You can see the full list at <http://www.vrwc.org.au/documents/2013%20Trophy%20Winners%20-%20winter%20season.pdf>.

Terry Swan was there to record the occasion photo wise (see <http://www.vrwc.org.au/coppermine> for the latest album) and I picked a couple of photos for inclusion here - thanks as always Terry!



Merrifield Award winners Heather Carr, Jason Kozica, Kyle Swan, Emily Swan, John Morrison and Brodie Richardson



Now this is what you call a squad - Frances Attard's squad cleans up the awards (Frances is on the left in the back row)

ATHLETICS VICTORIA PERPETUAL TROPHY WINNERS

We also award four Athletics Victoria perpetual trophies on behalf of AV at the end of each winter season. After discussion with AV, I am pleased to announce the four winners who are as follows

NORM GOBLE TROPHY - Most points earned in Mens AV Championships
Chris Erickson

BETTY NEWMAN TROPHY - Womens Walking Team Champions
Collingwood Harriers

AVIS REDMAN TROPHY - Best Under 16 Girl Walker
Emily Hamilton

TOM DAINTRY TROPHY - Best Under 14 Girl Walker
Rebecca Henderson

You can read more about these awards at <http://www.vrwc.org.au/documents/2013%20AV%20Trophies.pdf>. I will be collecting the trophies from the AV office and arranging for a suitable presentation once our VRWC summer season commences.



Leading the way on the AV front - Chris Erickson, Michelle Laufer, Emily Hamilton and Rebecca Henderson

DAVID MOORE RECOGNIZED BY TRWC

As in most States, we try to recognize long standing officials/administrators for their unselfish work over many years. This year racewalk judge and walker **David Moore** has been recognised by the Tasmanian Race Walking Club and last Saturday Wayne Fletcher OAM, Athletics Tasmania Vice President, presented him with his award.

David has been a walk competitor since 1975. Over the years, he has competed for Sandy Bay, Northern Suburbs and Tasmanian Master and has represented Tasmania in walk events. David has also been a walk judge for nearly 30 years, first judging nationally at the 1986 Australian Junior Championships.

Congratulations David on a recognition well earned!

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

Sept 14-15, 2013 VRWC & 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>.

2013 International Fixture

Oct 14, 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, Melbourne (VIC) - 5000m walks

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>)