



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 51  
17 September 2013



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### TIM'S WALKER OF THE WEEK

There is no need to vote for my Walker of the Week this week - it can only be South Australian racewalker **Peter Crump**. Peter was one of 14 competitors in our VRWC 24 Hour Walk last weekend at Middle Park and he was one of six walkers to complete in excess of 100 miles within the requisite 24 hour period. By so doing, he qualified as **Australian Centurion number 66**.

But it was a big ask for Peter whose previous longest walk was in the 2010 Australian 50km championship when he finished third with 4:59:14. It's a big jump into the unknown from 50km to 100 miles (160.934km). He walked an excellent first half, covering 93.224km at the 12 hour mark. So he had only just over 64km to go and 12 hours in the kitty. Sounds easy! If only life were so simple. He hit the proverbial wall around the 19 hour mark and had to dig deep in the final 5 hours of the event, eventually reaching his 100 mile target in a time of **23:39:40**.

His performance against the odds was so impressive that he was awarded the Jack Webber Trophy for the gutsiest walk of the meet. It was a well deserved honour. Well done Peter on joining the ranks of this elite club. It is a huge feat and you have done it on your first attempt.



**Peter Crump (C 66) in action last weekend at Middle Park - 100 miles in 23:39:40**

### VRWC 24 HOUR WALK CARNIVAL, MIDDLE PARK, 14-15 SEPTEMBER 2013

And now onto the report on the 29<sup>th</sup> Australian Centurions 24 Hour walk which was hosted by the Victorian Race Walking Club at their headquarters at Middle Park last weekend. The event was held over a 1.25km road loop and started at 2PM on Saturday. It had been rainy and cold the previous two days but it cleared on the Saturday morning and the event was held in just about ideal conditions with a calm and pleasant night midrace. The rain came back with a vengeance on Sunday night but we were all home and catching up on sleep at that stage after what turned out to be a very successful event.

It took a big caste of players to ensure that the 24 Hour Carnival was a success - the officials, the support staff (first aid and masseurs) and of course the walkers themselves who once again showed us the finest in human spirit and who dug deep to achieve their varied goals.

VRWC Communications Officer Stuart Cooper summed it up nicely in his facebook post on Sunday evening so I reproduce his report - thanks Stu!

A fantastic feat of organization by Tim Erickson and a priceless support crew saw the successful completion of the first-ever Australian Centurions qualifying event 24hr/100 mile event to be held in Melbourne on a road course. Hitherto the events had been track races, held most recently in partnership with the annual Coburg 24-hour run. It was felt, however, that we were more likely to attract overseas entrants in the future if our events were road events, as theirs are. So it was time to leap into the unknown, and nobody would be dissatisfied with the outcome.

The logistic hurdles in holding an overnight event at Middle Park were substantial. These included, amongst other things, meeting Port Phillip Council and Parks Victoria requirements; setting a satisfactory lap course; ensuring adequate communication; providing suitable lighting, medical, massage, nutritional and rest amenities for competitors and supporters. Above all, ensuring that enough personnel were available around the clock (especially the midnight-to-6am 'graveyard' shift) was of paramount importance. All credit to the hardy souls who dutifully stood their posts as the walkers toiled through the hours, light and dark, to impose mastery over their anguished bodies. No praise, however, is too high for Tim, who pioneered the whole venture, negotiated all the roadblocks and demonstrated again his passion for the sport and his bond with all who practise it. Well done, Tim!

Two noteworthy blessings were the weather (fine and mild-warm without high wind or rain) and the VRWC's new electronic timing system, which cut out a lot of manual legwork to ensure that each walker's laps and times were accurately recorded. When you're engaging in such a project for the first time, every little bit helps.

The Centurions welcome PETER CRUMP (SA), who started confidently and had to overcome very hard going in the second half to complete the 100 miles inside 24 hours and become Aust. Centurion No 66, with a finishing distance of 161.25km. The indestructible PETER BENNETT (QLD) was the overall winner, pushing on to the full 24hr cut-off for a total distance of 185.199km. Best female competitor was SHARON SCHOLZ (VIC), qualifier of 2012, with a terrific performance of 168.934km.

Provisional results follow. Once I have fully worked my way through the lapsheets later this week, I will be able to confirm them.

#### 24 HOUR WALK MEN

1.	BENNETT, Peter	QLD	581	185.199 km	C24
2.	SCHOLZ, Justin	VIC	587	168.934 km	C61
3.	BILLET, David	SA	582	165.022 km	C50
4.	CRUMP, Peter	SA	583	161.250 km	<b>C66</b>
5.	RICHARDSON, Saul	NSW	586	135.772 km	
6.	JORDAN, Steve	VIC	584	131.742 km	C64
7.	TIMMS, John	VIC	588	128.605 km	
8.	WHYTE, Robin	NSW	591	102.500 km	C 29
9.	TUTTY, Peter	NSW	589	75.000 km	
10.	McGOWAN, Tony	VIC	585	72.500 km	

#### 24 HOUR WALK WOMEN

1.	SCHOLZ, Sharon	VIC	595	168.934 km	C63
2.	O'NEILL, Karyn	VIC	594	163.732 km	C45
3.	BAIRD, Carol	ACT	593	85.000 km	C39

#### 12 HOUR WALK

1.	HOWORTH, Sandra	VIC	597	68.117 km	
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We were excited to see 6 Centurion qualifiers - equal to our 1998 event which also saw the same number of centurion performances (see <http://www.centurions.org.au/1998report.shtml>). For **Peter Bennett**, it was his 18<sup>th</sup> centurion qualifier, an amazing statistic. **Sharon and Justin Scholz** walked together for the whole event and hence both have the same 100 mile time of 22:40:57 - a fitting husband and wife result. Next weekend they will be back in action running in a 100km trail race in Canberra. **David Billett** and **Karyn O'Neill** were nearly always on the same lap and only 5 minutes separated them at the 100 mile mark. And of course, **Peter Crump** was our sixth centurion performer and hence qualified for Australian Centurion membership.

#### CENTURION PERFORMANCES

C24	BENNETT, Peter	QLD	20:33:00
C63	SCHOLZ, Sharon	VIC	22:40:37
C61	SCHOLZ, Justin	VIC	22:40:37
C50	BILLET, David	SA	23:20:41
C45	O'NEILL, Karyn	VIC	23:26:23
<b>C66 **</b>	CRUMP, Peter	SA	23:39:40

We also hosted RWA 100km championships, with provisional times as follows for the medallists.

#### RWA 100KM CHAMPIONSHIPS

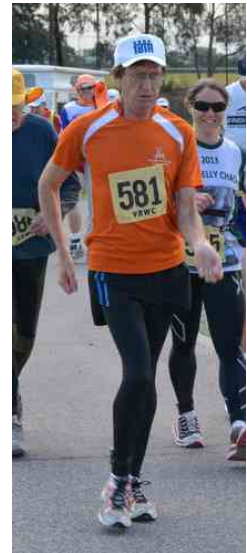
1.	SCHOLZ, Sharon	VIC	595	13:25:36
2.	O'NEILL, Karyn	VIC	594	14:31:27

1.	BENNETT, Peter	QLD	581	12:07:30
2.	CRUMP, Peter	SA	583	12:55:06
3.	WHYTE, Robin	NSW	591	13:21:40

The major trophy for the day, the Gordon Smith Award, went to Peter Crump for what was an inspirational first centurion finish.

**GORDON SMITH AWARD : MOST MERITORIOUS PERFORMANCE - Peter Crump**

Terry Swan was busy with his camera during the race and I have added a few additional photos as well. You can check them all out in our VRWC photo gallery website at <http://www.vrwc.org.au/coppermine>. And check out Terry's time elapsed take on the event setup at <http://www.youtube.com/watch?v=26CZ9sfFc8E>. Thanks Terry!



**Left: They're off!      Right: Peter Bennett**



**Sharon and Justin Scholz, David Billett, Karyn O'Neill and Peter Crump**

In closing, I must acknowledge the many people and groups who made the event such a success

- The committee and members of the Victorian Race Walking Club who hosted this event for us. Their equipment, manpower and enthusiasm ensured that that the event ran smoothly and efficiently.
- The Middle Park Bowling Club who allowed us to use their facilities for the full 24 Hours of the event.
- The Parks Victoria Albert Park rangers who opened up the parklands for us to use as an overnight event area and allowed us to conduct our race on the service roads and to use one of the trackside toilet blocks.
- Michael Gillan, masseur extraordinaire, who brought along a whole team of masseurs to support us.
- First aiders John (from National Sports Trainers) and Liz Ravalli who treated everything from blisters to exhaustion.
- Coburg Harriers who lent us equipment and their computer entry system.



- British Centurion Sean Pender who donated 6 beautiful cups for us to use as major trophies in our presentations.
- Australian Centurion Fred Brooks who made a significant financial donation towards the running of the event.
- The many people who brought along food to sustain us all over the 24 Hours of the event.

As Stuart mentioned above, it was a new and much more complex endeavour for us to run our annual event on a road circuit rather than on an athletics track. Once again, congratulations to all our competitors and my utmost thanks to all our volunteers and partners. See you all next year!

### AV AND VRWC ROAD RACES, MIDDLE PARK, SUNDAY 15 SEPTEMBER 2013

As the 24 Hour walkers entered the final hours of their event, they were joined on the track by more walkers with a mixture of VRWC races on offer along with the Victorian 50km championship. Alas, only one starter in the 50km in NSW walker Ian Rayson who was having his first hitout since representing Australia in the World Champs in Moscow last month. He was on target for a great 50km time at the half way mark, passed in 1:55:29, but slowed in the second half and eventually called it quits at 43.75km, reached in a time of 3:25:56. Luckily he did reach the 35km mark successfully so we were able to award him the Ray Smith Trophy for our annual VRWC 35km Club Championship. Other events included 20km and 10km walks, along with 4 Hour and 6 Hour endurance walks. Results are shown below and a selection of photos has been loaded to <http://www.vrwc.org.au/coppermine/thumbnails.php?album=150>.



**Centurions president Terry O'Neill awards Ian Rayson the Ray Smith Trophy for the VRWC 35km club championship**

#### **VICTORIAN 50KM CHAMPIONSHIP**

RAYSON, Ian	NSW	DNF	43.75km in 3:25:56
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#### **VRWC 35KM CLUB CHAMPIONSHIP - RAY SMITH TROPHY**

1.	RAYSON, Ian	NSW	2:42:55
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#### **VRWC 20KM WALK**

1.	CHRISTMASS, James	M	1:54:34
	BENNETT, Ralph	M	DNF 10km in 59:13
	JAMIESON, Andrew	M	DNF 7.5km in 38:32

#### **VRWC 10KM WALK**

1.	SWAN, Kyle	M	0:49:43
2.	TINDAL, Pam	F	0:55:29
3.	WALMSLEY, Reese	M	0:56:07
4.	DICKENSON, Russ	M	1:04:19
5.	STEED, Gwen	F	1:06:43
6.	SWAN, Emily	F	1:08:28
7.	ELMS, Donna	F	1:08:37
8.	DORAN, Tony	M	1:09:46
9.	BEAUMONT, Margaret	F	1:26:42
10.	BEAUMONT, Ian	M	1:26:44
	JOHNSON, Celia	F	DQ

### 6 HOUR WALK

1.	KILMARTIN, John	M	47.973 km
2.	POORE, Alex	M	39.464 km
3.	CARTER, Ken	M	28.603 km

### 4 HOUR WALK

1.	CARR, Heather	F	20.000 km
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## BRWC ROAD WALKS, NORTH GARDENS, BALLARAT, SUNDAY 15 SEPTEMBER 2013

Thanks to Sarah Brennan for the latest results from Ballarat. And well done to Sarah for her first handicap win!

The last race of the Ballarat Race Walking Club winter season saw 6 competitors tackle the longer distance of 6km in a bid to claim the 2013 Graeme Nichols Trophy, with an additional 6 competitors vying for the 1.5km title. The sealed handicap saw all walkers start together in sunny but windy conditions. Ross Darlow took an early lead in the 6km race but was caught in the second kilometre by Sarah Brennan. Sarah held off a fast finishing Ross to take line honours in 32:02 and to win her first BRWC trophy. Both claimed big PBs and BRWC records. In the shorter race, the sealed handicap was won by youngster Mia Darlow, with Alanna Peart following on from her good form in Launceston and recording the fastest time with 8:34. Newcomer Milly Sharp walked very well to post a time of 11:49. Well done also to Kasey Bishop, who walked her first ever lap of the lake.

### 6km Sealed Handicap - Graeme Nichols Trophy

Sarah Brennan	32:02	PB 1:36, New BRWC Open Women Record
Jemma Peart	36:51	New U14 W Record
Rodney Davis	39:32	PB 0:13
Ross Darlow	32:32	PB 6:44, New U16 M Record
Kasey Bishop	50:29	First one
Jessika Bridges	DNF	

### 1.5km Sealed Handicap

1.	Mia Darlow	10:43	
2.	Olivia Davis	11:42	
3.	Alanna Peart	8:34	
4.	Kayla Bridges	11:40	
5.	Kobie Somerfield	9:04	
6.	Milly Sharp (INV)	11:49	First one



Winner Sarah Brennan with Ballarat walks legend Willi Sawall

Sarah has also compiled a comprehensive Summer racewalking fixture and uploaded it to the Ballarat Race Walkers website. See <http://www.ballaratracewalkers.com/index.php/fixture/summer-fixture-201314>

## SOUTH AUSTRALIAN WALKERS IN FUN RUN MODE

Colin Hainsworth emailed me to advise that a number of our South Australian walkers competed in the walk division of the annual Adelaide 'City/Bay' 12km Fun Run which was held last Sunday. He explains: *Not sure that I have everyone here. Scanning through 9500 names in 'The Advertiser' is not easy. Stopped looking after about 500, knew that non of our members would be behind me!*

1.	Jared Tallent	0:52:58
2.	Kim Mottram	0:55:06
3.	Justin Hill	0:57:01
4.	Claire Tallent	0:59:40
6.	George White	1:05:53
14.	Marie Maxted	1:16:29
194.	Leigh Smith	1:34:42
365.	Colin Hainsworth	1:42:29

### 7<sup>TH</sup> FRANCOFONE GAMES, NICE, FRANCE, 11-15 SEPTEMBER

The Francophone Games are a multi-sport event involving, broadly speaking, nations that speak French, although not exclusively. A comparison would seem to be the Commonwealth Games, the quadrennial multi-sport competition for all nations that form part of the British Commonwealth. To enter the Games, a country must be a member of the L'organisation internationale de la Francophonie (OIF). This organisation has 77 members, including Venezuela, Armenia and even Qatar.

The inaugural competition took place in Rabat/Casablanca in Morocco and is held every four years. Countries as diverse as Madagascar and Lebanon have hosted the event in the past. This year's event on the French Riviera was in Nice. Athletics was the centrepiece of the Games, which also included a range of sports including basketball, football, judo and African wrestling. On top of that a series of cultural activities ranging from hip-hop to photography and sculpture.

The 20km race walks, held on Saturday, started at 10AM - 2 laps of the stadium, then 9 laps of 2km outside before finishing on the track. Conditions were sunny with a temperature of 21°C. French walker Kevin Campion won the men's walk with 1:24:32 ahead of Evan Dunfee and Mohamed Mabrook while Swiss walker Laura Polli won the women's walk ahead of Ines Pastorino and Corinne Baudin.

#### 20km Walk Men

1.	CAMPION Kevin	FRA	1:24:32
2.	DUNFEE Evan	CAN	1:25:30
3.	MOHAMED Mabrook	QAT	1:26:26 RN
4.	THORNE Benjamin	CAN	1:30:50
5.	QUINION Aurelien	FRA	1:33:33
6.	CAPRICE Jerome	MRI	1:39:17
7.	BOYEZ Antonin	FRA	DNF

#### 20km Walk Women

1.	POLLI Laura	SUI	1:37:23
2.	PASTORINO Ines	FRA	1:39:14
3.	BAUDOIN Corinne	FRA	1:40:39
4.	POLLI Marie	SUI	1:41:12
5.	MENUET Emilie	FRA	1:49:12

Thanks to Emmanuel Tardi for the photos



Laura Polli, Ines Pastorino, Evan Dunfee, Mohamed Mabrook and Kevin Campion (photos Emmanuel Tardi)

## COURSES DES 3 VILLES, EU, FRANCE, 15 SEPTEMBER 2013

On Saturday, Emmanuel Tardi was in Nice for the Francophone Games. On Sunday morning, he was in Eu for the annual 'Cours des 3 Villes' racewalk. One of the more popular walks in France, it saw more than 300 walkers on the start line for what was documented as a 14km walk. Emmanuel tells me it was in fact 12.7km, a distance that seems to match a bit more with the times! After his success in the Francophone Games in Nice the day before, Kevin Campion was in the mix again and won again. For the record, Emmanuel finished 51<sup>st</sup>. The first 20 places follow

1.	CAMPION Kevin	FRA	88	1 SEM	0:54:03
2.	LE COZ Xavier	FRA	79	2 SEM	0:58:31
3.	GOSSELIN NICOLAS	FRA	92	1 ESM	0:59:00
4.	BERCHEBRU Benoit	FRA	84	3 SEM	1:00:04
5.	DESJARDINS Florian	FRA	94	1 JUM	1:01:28
6.	CHENU REMY	FRA	85	4 SEM	1:01:37
7.	LEBLOND CYRILLE	FRA	73	1 V1M	1:06:39
8.	LANOUE SEVERINE	FRA	85	1 SEF	1:07:53
9.	JOUAN CHRISTELE	FRA	75	2 SEF	1:08:34
10.	HOUZE Laurent	FRA	74	5 SEM	1:09:26
11.	LAVOINE Gilles	FRA	61	1 V2M	1:09:49
12.	TOUTAIN ERIC	FRA	63	2 V2M	1:10:07
13.	DINET Bruno	FRA	61	3 V2M	1:11:03
14.	BOURMAULT JEAN-MARIE	FRA	64	2 V1M	1:15:16
15.	DELAYRE Bernard	FRA	47	1 V3M	1:15:46
16.	BOUFFARD PHILIPPE	FRA	57	4 V2M	1:15:51
17.	VASSARD CHRISTIAN	FRA	47	2 V3M	1:18:09
18.	PECOURT JEAN-MICHEL	FRA	58	5 V2M	1:19:19
19.	GROUT REMI	FRA	61	6 V2M	1:19:27
20.	HAMON Daniel	FRA	46	3 V3M	1:20:18

## 60<sup>TH</sup> 28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 14-15 SEPTEMBER

Emmanuel Tardi must have set some sort of reporting record as he rushed from Eu to Roubaix, just outside Paris, to catch the last few hours of the 60<sup>th</sup> edition of the iconic 28 Heures de Roubaix and then report on his third event for the weekend. Being the 60<sup>th</sup> edition, it was a huge affair which Sandra Brown reported on as follows:

We are - literally just - back from Roubaix, where we had a good GB party in Northern France for the 60<sup>th</sup> edition of the Roubaix classic 28h - 3 GB in the 28h race, out of a total of 65, and 10 GB participants in the 24h relay.

When we first walked there in the 1980s, the race took place on a circuit of around 7 miles through the streets of Roubaix, after an initial big lap of 50kms through Roubaix and the surrounding communities. With increasing traffic and health and safety considerations, both the big lap and the circuit were progressively reduced in size. For the past couple of years, the event has used an initial lap of 15kms followed by a lap of 3kms in a large and very attractive park. This was my first experience of the park circuit and I thought it a very successful venue.

For the 60<sup>th</sup> edition of the race, the organisers had invited some of the stars of the past to come along and either take part in the 28h race or the 24h relay, or simply to watch and support the race. Many did so, and it was terrific to meet again people we have not seen for some years. In a Polish relay team - and the winning relay team of the 9 entered - was Zbigniew Klapa, 10 times winner at Roubaix, who dominated the Paris-Colmar race and its qualifying events for some years. Many French, Belgian and Dutch walkers of the past 30 years came along to be part of the race.

In the relay, all nine teams put up spirited performances, including the three GB and one Dutch team, with a strong sense of competition between them!

As to the race itself, Russian ultra walk star Dmitriv Ozipov swapped the lead with French waker Eddy Roze before clearing out in the final stages to win by some 3km with a huge distance of 231.861km. Roze was second with 228.832km ahead of fellow French walker Dominique Bunel. It was a Russian double as Irina Poutinseva won the women's race with 210.158km ahead of British walker Sandra Brown 200.429km and Maggy Labyille with 200.147km. Sandra has been well back early and had gradually worked her way up through the field, only taking silver in the final 30 minutes of the event.

1.	OSIPOV Dmitriy	RUS	Individuel Saint Petersburg	231 km 861 m
2.	ROZE Eddy	FRA	Amiens U.C	228 km 832 m
3.	BUNEL Dominique	FRA	Neuilly sur Marne Athletisme	226 km 384 m
4.	LETESSIER Gilles	FRA	PLM Conflans Ste Honorine	217 km 828 m
5.	LHOEST Daniel	BEL	Athletisme Waremmé	215 km 021 m
6.	KONDRATENKO Alexi	RUS	Individuel St Petersburg	213 km 904 m
7.	FROLOV Nicolai	RUS	Individuel Mordovie	211 km 223 m
8.	POUTINSEVA Irina (F)	RUS	Individuelle Saint Petersburg	210 km 158 m
9.	DUTERTE Andre	FRA	CM Roubaix	208 km 202 m

10.	PISTORIUS Rein	NED	RWV Rotterdam	204 km 126 m
11.	LYKYANOV Sergey	RUS	Individuel St Petersburg	201 km 641 m
12.	BROWN Sandra (F)	GBR	Surrey Walking Club	200 km 429 m
13.	LABYLLE Maggy (F)	GUA	A.C.Bouillante	200 km 147 m
14.	BORISOVA Olga (F)	RUS	Tarentul St Petersburg	196 km 656 m
15.	RAULET Christophe	FRA	G.A.Meusien	195 km 775 m
16.	OBYDOL Yvan Joseph	FRA	Gosier A.C	195 km 381 m
17.	LETOURNEAU Florian	FRA	AC Chateau Thierry	194 km 497 m
18.	KERLAU Yves Michel	FRA	CM Roubaix	194 km 486 m
19.	BUNEL Pascal	FRA	Neuilly sur Marne Athletisme	193 km 248 m
20.	BLOM HERTBEEK Boudewing	NED	LAT Amsterdam	187 km 450 m
21.	GRADOS Daniel	FRA	CM Roubaix	186 km 917 m
22.	LOUGRADA Saadi	FRA	CM Roubaix	184 km 373 m
23.	SEYNAEVE Serge	BEL	CM.Roubaix	179 km 349 m
24.	MASLOVA Tatiana (F)	RUS	Etoie Baltique	176 km 550 m
25.	FABRE Francoise (F)	FRA	C.A. Beaucaire	175 km 718 m
26.	DE MARCILLAC Bertrand	FRA	C.A.Montreuil	175 km 084 m
27.	DIALLO Aida GEQ (F)	FRA	Toulon Etudiant Club	171 km 518 m
28.	STRUNC Pierre	FRA	CM Roubaix	171 km 313 m
29.	PRUCKNER Jaroslav	CZE	S.K.Bradlec	167 km 654 m
30.	HASSEVELDE Sebastien	FRA	C.3L Armentieres	166 km 798 m
31.	FLINT Christopher	GBR	Surrey Walking Club	164 km 942 m
32.	PANNIER Josiane (F)	FRA	Havre A.C	163 km 734 m
33.	GIRAUDEAU Denis	FRA	PLM Conflans Ste Honirine	159 km 897 m
34.	PSUTKA Roman	CZE	B.K.Capartice	159 km 577 m
35.	EMONIERE Philippe	FRA	C.O.S.M.Arcueil	156 km 853 m
36.	OGANESSIAN Arthur	FRA	Individuel Moscou	156 km 628 m
37.	SNOEREN Bart	NED	Loopgroep Aart Stigter	154 km 637 m
38.	BIZARD Claudie (F)	FRA	Thiais A.C	153 km 908 m
39.	MIROCHNITCHENKO Vera (F)	RUS	Individuelle Saint Petersburg	151 km 726 m
40.	ELIEZER Jocelyn (F)	GUA	A.C Bouillante	151 km 118 m
41.	WATTS Robert	GBR	London Vidarians	150 km 646 m
42.	HAUSMANN Martina (F)	GER	L.G. Wurzburg	148 km 427 m
43.	LAMAILLE Jose	GUA	A.C.Bouillante	147 km 469 m
44.	RASSAIND Andre	FRA	E.A.Centre Isere	144 km 481 m
45.	VARIN Sylviane (F)	FRA	A.M St Thibault des Vignes	126 km 784 m
46.	KOZELKA Antonin	CZE	T.J.Rumburk	124 km 327 m
47.	CORMIER Mireille (F)	FRA	Vaux Le Penil Athletisme	119 km 440 m
48.	SPIESER Jean Paul	FRA	A.V.E.C	110 km 522 m
49.	GLASSEE Jozeph	BEL	A.C.Herentais	100 km 079 m
50.	ZAJIC Jakub	CZE	Sokal Kolin	84 km 926 m
51.	LOUKKAD Karim	FRA	Grand Quevilly Club	82 km 844 m
52.	MUNSCH Claude	FRA	A.J.S.La Garde	81 km 893 m
53.	KOLAR Valav	CZE	Slovan Liberec	52 km 476 m
	GIROD Urbain	SUI	CM Monthey	127 km 358 m in 15:41:19
	THIBAUX Philippe	FRA	C.A.Ageen	115 km 234 m in 13:43:00
	FURSOV Vetcheslaw	RUS	Individuel St Petersburg	97 km 048 m in 11:51:12
	DUJARDIN Bernard	FRA	CM Roubaix	94 km 017 m in 15:37:41
	DANDOY Jeremy	FRA	CM Roubaix	66 km 738 m in 10:02:27
	FAUQUEUR Raymond	FRA	Elan 59 Dunkerque	39 km 459 m in 04:35:00
	LHERITIER Michel	FRA	Ste Maure De Touraine 3	9 km 459 m in 07:12:26

To gain some idea of the enormity of the performances at the lead of the event, here are the 100km and 24 Hour splits of the leaders

#### 100km Splits

1.	OSIPOV Dmitriy	RUS	10:55:24
2.	ROZE Eddy	FRA	11:03:21
3.	KONDRATENKO Alexi	RUS	11:13:59
4.	BUNEL Dominique	FRA	11:14:07
5.	SNOEREN Bart	NED	11:46:35
1.	BORISOVA Olga (F)	RUS	12:11:39
2.	LABYLLE Maggy (F)	GUA	12:30:49
3.	POUTINSEVA Irina (F)	RUS	12:39:46
4.	BROWN Sandra (F)	GBR	12:41:06
5.	MASLOVA Tatiana (F)	RUS	14:20:19

#### 24 Hour Splits

1.	OSIPOV Dmitriy	RUS	202 km 682 m
2.	ROZE Eddy	FRA	201 km 681 m



3.	BUNEL Dominique	FRA	198 km 977 m
4.	LETESSIER Gilles	FRA	189 km 681 m
5.	LHOEST Daniel	BEL	187 km 793 m
1.	POUTINSEVA Irina (F)	RUS	183 km 451 m
2.	LABYLLE Maggy (F)	GUA	175 km 884 m
3.	BORISOVA Olga (F)	RUS	174 km 770 m
4.	BROWN Sandra (F)	GBR	173 km 363 m
5.	MASLOVA Tatiana (F)	RUS	154 km 034 m

Thanks to Emmanuel for the photos!



**Dmitriv Osipov, Eddy Roze and Dominique Bunel (photos Emmanuel Tardi)**



**Irina Putinseva, Sandra Brown and Maggy Labyille (photos Emmanuel Tardi)**

**USA 30KM CHAMPIONSHIPS, VALLEY COTTAGE, NY, SUNDAY 15 SEPTEMBER**

Rockland Lake State Park, Valley Cottage, New York State was the venue last Sunday for the USA 30km championships for men and women which were won by Michael Mannozi (2:31:37) and Katie Burnett (2:37:38). There were a large number of ancillary events including 50km, 20km, 10km and 5km. Full results are found below.

**USATF 30km Championship Men**

1.	Michael Mannozi	Shore A.C.	2:31:37
2.	Dave Talcott	Shore A.C.	2:38:29
3.	David Swarts	Pegasus	2:40:51
4.	Jonathan Hallman	Shore A.C.	2:42:30
5.	Mark Green	Pegasus	3:00:30
6.	Michael Korol	Park Racewalkers	3:16:20
7.	Leon Jasionowski	Pegasus	3:20:07
8.	Bill Vayo	Shore A.C.	3:22:37
9.	Dan O'Brien	Pegasus	3:26:54
10.	Bruce Logan	Park Racewalkers	3:30:47
11.	Vlado Haluska	Unattached	3:31:06
12.	Tom Quattrocchi	Shore A.C.	3:35:39
13.	Timothy Chelius	Shore A.C.	3:37:12
14.	Byron Kaelin	World Class RW	3:40:59
15.	John Morrison	Potomac Valley T.C.	3:55:17
	Ron Salvio	Freehold Area R.C.	DQ

**USATF 30k Championship Women**

1.	Katie Burnett	Unattached	2:37:38
2.	Darlene Backlund	So Cal Track Club	3:54:23
	Teresa Vaill	Pegasus A.C.	DNF
	Lou Kaelin	World Class RW	DQ

**US Junior 20k Women's 20km**

1.	Brittany Collins	Walk USA	2:00:42
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**International 50km**

1.	Jhon Alexander Castañeda	Colombia	4:13:21
	Andrés Chocho	Ecuador	DQ
	Omar Daniel Sierra	Colombia	DQ

**Men's International 20km**

1.	Mauricio Arteaga	Ecuador	1:23:45
2.	Jordy Jiminez	Ecuador	1:29:57
3.	Jaime Saquipay	Ecuador	1:32:00
	Edwin Ochoa	Ecuador	DQ

**Women's International 20km**

1.	Magaly Bonilla	Ecuador	1:39:57
2.	Maritza Guaman	Ecuador	1:43:04
3.	Yadira Guaman	Ecuador	1:43:05
	Erica Sena	Brazil	DNF

**Women's Non-Championship 10km**

1.	Katy Michta	Walk USA	54:29
2.	PanselutaGeer	Shore A.C.	1:09:56

**Men's Non-Championship 10km**

1.	Richard Evans	Shore A.C.	1:05:19
2.	Fred Linkhart	Shore A.C.	1:05:51
3.	Robert Campbell	World Class RW	1:06:24

**Women's Non-Championship 5km**

1.	Elizabeth Pasquale	Shore A.C.	30:39
2.	Maya Villacorte	Ecuador	33:41

**RUSSIAN RACEWALKIN CUP, VORONOVA, RUSSIA, SATURDAY 14 SEPTEMBER**

Italian Antonella Palmisano and Russian Aleksandr Yargunkin won their respective races in the 10km Russian Cup in Voronovo, outside Moscow last Saturday.

**10km Men**

1.	Aleksandr Yargunkin	1995?	RUS	39.35
2.	Petr Trofimov	1983	RUS	40.09
3.	Aleksey Golovin	1988	RUS	41.20
4.	Marko de Luca	1981	ITA	41.38
5.	Sergey Korepanov	1984	RUS	42.13
6.	Vladislav Muratov	1992	RUS	42.18

7.	Pavel Erohov	1991	BLR	44.46
8.	Evgeny Zalessky	1993	BLR	45.05
9.	Nikolai Ivanov	1993	RUS	45.48
10.	Aleksandr Nikitin	1995	RUS	46.06
11.	Aleksei Terentev	1991	RUS	46.38
12.	Vladimir Nikitin	1988	RUS	47.07
13.	Aleksandr Sakmin	1995	RUS	49.00
	Jakub Jelonek	1985	POL	DQ
	Igor Glovan	1990	UKR	DQ

#### 10km Women

1.	Antonella Palmisano	1991	ITA	45.10
2.	Irina Shushina	1986	RUS	45.33
3.	Galina Kichigina	1988	KAZ	46.21
4.	Evdokia Korotkova	1979	RUS	46.37
5.	Agnieszka Szwarnog	1986	POL	47.56
6.	Ainoa Pinedo Gonzalez	1983	ESP	48.40
7.	Sholpan Kojahmetova	1991	KAZ	49.03
8.	Anastasia Scegoleva	1993	RUS	51.10
	Tatyana Korotkova	1980	RUS	DQ
	Irina Polejaikina	1989	RUS	DQ
	Anna Krahmaleva	1992	RUS	DNF

### A.A. WALK JUDGING SEMINAR, VRWC HEADQUARTERS, MIDDLE PARK, SAT 14 DECEMBER

Advance notice that an Athletics Australia racewalk judging seminar will held on Saturday 14<sup>th</sup> December in Melbourne. See <http://www.vrwc.org.au/documents/2013%20VIC%20Walk%20Judges%20Seminar%2014%20December.pdf> for full details.

### VRWC CLUB RECORD UPDATE

A bit of a catchup with a couple of recent W70 vRWC club records done by Gwen Steed. Well done Gwen!

Gwen Steed	W70 5km Road Walk	30:45	VRWC Road Walk, Middle Park	07/09/2013
Gwen Steed	W70 3km Road Walk	18:14	VRWC Road Walk, Middle Park	24/08/2013

### WHAT'S COMING UP

Our VRWC 24 Hour Carnival last weekend marked the end of our winter season so we can all have a well earned break for the next month or so. But a few planning notes that may be of interest to our Victorian walkers.

- A **5000m track walk** will be held at the **Mentone Athletics Track** (Dolamore Oval, Queens St, Mentone) on **Saturday 28<sup>th</sup> September at 11AM**. It has been setup by some of our VRWC masters walkers as a final hitout before they head off to the World Masters Championships in Porto Alegre, Brazil, in October (see <http://www.wma2013.com>). All are welcome to come down to shake out the cobwebs before the summer season starts.
- 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

- We are currently working on our VRWC summer season and have 5 events planned over the summer. The following list shows key dates for Victorian walkers - it looks like being a huge summer! You can expect your VRWC summer season mailout in the next couple of weeks.

Oct 5-12, 2013	Australian Masters Games, Geelong (Athletics track pgm Sat 5-Tues 8, roadwalk Thur 10)
Wed Oct 16, 2013	VRWC Track Races, George Knott Athletics Track, Clifton Hill
Sat Oct 19, 2013	AV Shield Round 1 (3000m/1500m)
Sun Oct 20, 2013	LAVic 50th Year Open Day and Race Walk Clinic, Geelong
Oct 25-27, 2013	AV Schools T&F Championships, Melbourne
Sat Nov 2, 2013	AV Shield Round 2 (2000m)
Sun Nov 10, 2013	VRWC Summer Road Champs and AGM, Middle Park
Sat Nov 16, 2013	AV Shield Round 3 (3000m/1500m)

Sat Nov 30, 2013	AV Shield Round 4 (2000m)
Nov 30 - Dec 1, 2013	LAVic Region Relays
Sun Dec 1, 2013	VRWC Road Walks, Middle Park
Dec 6-8, 2013	Australian All-Schools Championships, Townsville
Sat Dec 14, 2013	AV Shield Round 5 (3000m/1500m)
Sat Dec 14, 2013	LAVic State Relays
Sun Dec 15, 2013	Australian 50km Road Walk Championships, Melbourne
Sat Dec 28 - Fri Jan 10	VRWC Camp, Falls Creek (see Simon Baker or Tim Erickson)
Jan 4-12, 2014	Oceania Masters Championships, Bendigo (5 Jan 10km walk, 8 Jan 3000m, 10 Jan 5000m)
Sat Jan 11, 2014	AV Shield Round 6 (2000m)
Sat Jan 18, 2014	AV Shield Round 7 (3000m/1500m)
Sun Jan 19, 2014	AV Teams Championships and VRWC Road Races, Middle Park
Jan 19-22, 2014	LAVic JDS Camp
Jan 24-26, 2014	Victorian Country T&F Championships, Ballarat
Sat Feb 1, 2014	AV Shield Round 8 (2000m)
Feb 1 - Feb 2, 2014	LAVic State Multi Championships
Sun Feb 2, 2014	Australian 20km Road Walk Championships & Oceania Race Walking Trophy, Hobart
Sat Feb 8, 2014	AV Shield Round 9 (3000m/1500m)
Feb 14-16, 2014	Victorian Junior T&F Championships, Melbourne
Sat Feb 22, 2014	AV Shield Round 10 (2000m)
Feb 22-23, 2014	LAVic Region T&F Eliminators
Sun Feb 23, 2014	Coburg 6 Hour Track Championships, 6AM
Feb 28 - Mar 2, 2014	Victorian Open T&F Championships, Melbourne
Sat Mar 8, 2014	AV Shield Round 11 (3000m/1500m)
Mar 8-10, 2014	AMA Champs, Hobart (Mon 10 March is the Tasmanian Labour Day holiday)
Mar 12-15, 2014	Australian Junior Athletics Championships, Sydney
Mar 15-16, 2014	VMA T&F Championships, Doncaster
Sat Mar 15, 2014	Sydney Track Classic, Sydney (5000m walk)
Sat Mar 22, 2014	AV Shield Round 12 (2000m)
Sun Mar 23, 2014	VMA 5000m Champs and VRWC Races, possibly at Dolamore Oval, Mentone
Mar 29-30, 2014	LAVic State T&F Championships
Apr 3-6, 2014	Australian Athletics Championships, Melbourne (10,000m walk champs now officially in)
Apr 5-6, 2014	Coburg 24 Hour Carnival, Coburg
Sat Apr 12, 2014	AV Shield Final (not sure if Sat or Sun at this stage)

### 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.

#### 2013/2014 Australian/Victorian Summer Season Key Dates

Sat Oct 28, 2013	Special VMA time trial 5000m walk, Mentone Athletics Track, Queens St, Mentone, 11AM
October 5-12, 2013	<b>Australian Masters Games, Geelong</b> . See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> .
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (Vic) - 2014 World Cup 50km tria;
Feb 2, 2014	Australian 20km Race Walking Championships, Hobart (Tas) Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km
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

#### 2013 International Fixture

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>

#### 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>



2018  
July 2020

**Commonwealth Games**, Gold Coast, Queensland (racewalks are on the program)  
**32<sup>nd</sup> Olympic Games, Tokyo**

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)