



HEEL AND TOE ONLINE

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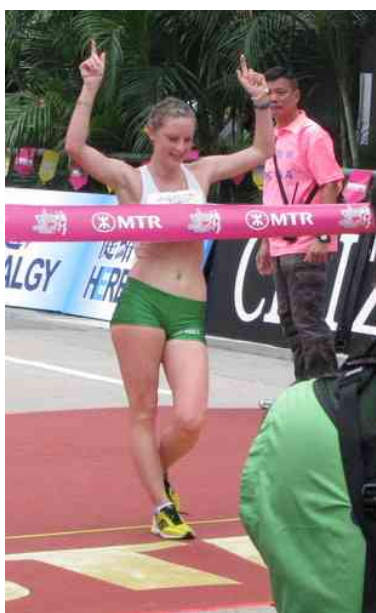
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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was Ballarat based Kelly Ruddick who continues to amaze us with her ever-improving form. Competing in the Australian Masters Games 5000m track walk at Geelong a week ago, she won in the most emphatic style, her time of 21:57.40 slashing 53 secs off the W40 world record set by French walker Suzanne Griesbach way back in 1987. Kelly's latest walk continues her wonderful year – she currently leading the national rankings for the open women's 20km walk. Whilst the younger women were at the World Championships, Kelly won the national winter championship at Symmons Plains in Tasmania and in the process recorded our 2013 women's best time of 1:33:15.

This week's Walker of the Week is 19 year old Brisbane walker **Jessica Pickles** who won the women's 10km road walk at the MTR Racewalking Festival in Hong Kong on Monday. Walking in blustery and warm conditions, she made her winning break at the half way mark and powered home to win by 18 secs in a time of 51:29. Well done to Jess on a great walk!



Jess wins in Hong Kong (photo Clarence Tsui)

AUSTRALIAN MASTERS GAMES, GEELONG, 5-12 OCTOBER

The fourth of the racewalks, a 10km roadwalk, was held last Thursday along the picturesque Barwon River course in Geelong as part of the 2013 Australian Masters Games (see <http://www.australianmastersgames.com>). Although numbers were small (a combination of a mid-week race and a scheduling just as our top Masters walkers were about to leave for Brazil) the good conditions ensured there were some good walks, led as usual by W40 World Record holder **Kelly Ruddick** who was only 10 secs outside her own pending W40 World Record with her time of 45:36. Her lapsplits of 9:24, 9:10, 9:08, 9:01 and 8:53 tell the story of her race which was indeed impressive. **Stuart Kollmorgen** was the fastest of the men with his M40 time of 50:12.

Women's 10km Road Walk

Sarah Brennan	W35-39	1	53.42
Kelly Ruddick	W40-44	1	45.36

Donna-Marie Elms	W50-54	1	67.47
Lynette Pimm	W50-54	2	72.59
Frances Halton	W50-54	3	73.52
Jennifer Payne	W55-59	DQ	
Mary Leitch	W60-64	1	96.23
Heather Lee	W85-89	1	84.47

Men's 10km Road Walk

Stuart Kollmorgen	M40-44	1	50.12
David Smyth	M40-44	2	61.48
Brett Kingston	M40-44	3	78.52
James Christmass	M45-49	1	51.59
Frank Dunshea	M55-59	1	65.42
Christopher Worsnop	M55-59	2	72.57
Stephen Jordan	M55-59	3	88.03
Trevor Mayhew	M65-69	1	58.57

ATHLETICS NSW BUFFALO SPORTS ALL-SCHOOL CHAMPIONSHIPS, SOPAC, 10-13 OCTOBER

The run of recent turbulent weather continued in Sydney for last weekend's All-Schools T&F Championships. Brad Jones summarised it pretty well:

What a crazy four days of competition in regards to the weather: very hot conditions on Thursday, cooler, but windy conditions on Friday, beautiful sunny conditions on Saturday and very, very hot conditions on Sunday with temperatures in the high 30's with hot, gusty winds which meant that the poor competitors doing the 5000m (16's, 17's & 19's) had a very trying race. The officials also had a hard day of it on Sunday as they spent much of the racewalks chasing the cups from the drink stand and also any unattended paperwork was soon getting blown about the track. To make matters worse, a fire broke out in the shared car park with the pool complex, which held up the competition for about 30 minutes while officials ran to move their cars. Unfortunately, not everyone was successful in moving their vehicles, with some 43 cars being burnt out!

Top performances probably went to **Jasmyn McDonald** (U15 3000m – 14:46.75), **Tyler Jones** (U17 5000m – 23:18.07) and **Tayla-Paige Billington** (U17 5000m – 25:48.35). Full results at <http://www.nswathletics.org.au/Results/ArtMID/1749/ArticleID/23730/Buffalo-Sports-NSW-All-Schools-Championships>

U14 3000m Boys Walk, Thursday 10 October

1.	Ryan Thomson	13	Emmaus Catho	17:03.89
2.	Elijah Harris	13	Toongabbie C	17:25.41
3.	Hayden Millican	13	Barker College	18:08.21
4.	Dylan Nagle	13	Pendle Hill	18:36.84
5.	Benjamin Norris	13	Davidson High	20:14.68
	Thomas Hunt	13	Muirfield Tech High	DNF
	Kyle Bedford	13	Emmaus Catho	DQ
	Dylan Richardson	13	Kincumber High	DQ

U14 3000m Girls Walk, Thursday 10 October

1.	Raquel Roukos	13	St. Clare Ha	16:05.85
2.	Eliza DeLaine	13	Ravenswood G	16:37.92
3.	Sophie Crichton	13	Turrumurra High	18:05.59
4.	Amy Henry	13	Penshurst Gi	19:02.46
5.	Daniela Salisbury	13	Abbotsleigh	19:47.43
6.	Natalie Norris	13	Davidson High	20:11.42
7.	Melissa Hoy	13	Northmead Hi	21:49.41
	Ebony McCue-Shore	13	Mt Carmel High	DQ

U15 Girls 3000 Metres Walk, Friday 11 October

1.	Jasmyn McDonald	14	Carlingford High	14:46.75
2.	Ebony Burnard	14	Riverside Gi	16:09.29
3.	Shanae Norton	14	St Johns Park High	16:17.73
4.	Emily Hopkins	14	Karabar High	19:08.99
5.	Shivon Nolland	14	Seven Hills High	19:44.61
6.	Sian Keating	14	West Wallsend High	19:53.08

U16 Girls 3000 Metres Walk, Friday 11 October

1.	Lucy Francis	14	Pymble Ladie	15:46.64
2.	Rhiannon Minett	15	Chester Hill High	16:53.75
3.	Ally Grujoski	14	Olsh Kensington	17:50.41
4.	Sarah Kelland	15	Abbotsleigh	18:28.72

5.	Karina Hopkins	15	Karabar High	19:20.85
	Natalia Robson	15	John Paul Co	DQ

U14 Boys 3000 Metres Walk, Friday 11 October

1.	James Clay	14	Corpus Chris	15:56.20
2.	Jordan Glover	14	Northholm Grammar	16:56.61
3.	Nicholas Douglas	14	Plumpton Hig	17:56.27
4.	Cory McGinniskin	14	West Wallsend High	18:03.52
5.	Travis Barendregt	13	St. Clare Ha	19:29.08

U15 Boys 3000 Metres Walk, Friday 11 October

1.	Nathan Brown	15	Oakhill College	15:08.76
2.	Aidan Kerr	15	Northern Beaches Ch	15:17.14
3.	Damien Owen	15	St Clares Taree	16:16.60
4.	Thomas Hopkins	15	Karabar High	17:17.84

U18 Boys 5000 Metres Walk, Sunday 13 October

1.	Carl Gibbons	17	Charlton	25:41.69
2.	Adam Mylonas	16	William Clar	29:46.86

U17 5000 Metres Wal, Sunday 13 October

1.	Tyler Jones	15	Hunter Sports High	23:18.07
2.	Luke Jobson	16	Muirfield Tech High	28:01.77

U20 Girls 5000 Metres Walk, Sunday 13 October

1.	Tabitha Porley	18	Colo High	28:30.54
	Shay Southern	18	Colo High	DQ

U18 Girls 5000 Metres Walk, Sunday 13 October

1.	Jayde Hill	16	Nambucca Heads High	27:46.24
2.	Jasmine Dighton	17	Cranebrook High	28:34.88
3.	Amanda Barendregt	17	Loyola Colle	29:23.28

U17 Girls 5000 Metres Walk, Sunday 13 October

1.	Tayla-Paige Billington	16	Oxford Falls	25:48.35
2.	Stephanie Grujoski	16	Brigidine Co	30:03.63
3.	Bryony Beasley	16	St Clair High	32:09.36

ASA TRACK WALKS, SANTOS STADIUM, SATURDAY 12 OCTOBER

Thanks to Kim Mottrom for the first summer season results from Adelaide. Kim commented: We had our first summer race here on Saturday. It was a warm start to the season, so not the fastest times overall but it was great to good numbers including some walkers we haven't seen in a while.

Boys 1500m Walk

1.	Alix Harlington	7:32.20
2.	Joe Cross	7:47.73
3.	Jayden Goode	8:07.51
4.	Nicholas Dallimore	9:44.92

Girls 1500m Walk

1.	Anna Cross	7:04.22
2.	Rhiana Hooker	8:47.26
3.	Hayley Goode	9:26.85

Men 3000m Walk

1.	Justin Hill	13:41.61
2.	Troy Hooker	15:56.26
3.	George White	16:55.29

Women 3000m Walk

1.	Rhiannon Lovegrove	16:59.51
2.	Sarah Damin	17:22.03

BRWC MARY LORENSINI 3KM HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 13 OCTOBER

Thanks to Sarah Brennan for this report from the Ballarat Race Walking Club's races on Sunday

The cold and rainy weather didn't keep 10 keen competitors away from contesting the 2013 BRWC Mary Lorensini Trophy at North Gardens on Sunday 13th October. The 3km sealed handicap kicked off in between showers, and it was young Kayla Bridges who walked exceptionally well to take out her first BRWC Championship in a big PB of 22:04. Once again having to be content with minor placings, ever-improving twins Ruby and Fraser Sander finished strongly, claiming PBs and 2nd and 3rd places respectively. Fraser also broke his own U10 M Record. Fastest time of the day went to Sarah Brennan with 15:46 – a new Open Women's record. Winners of the 1km and 2km handicaps were Scott Peart & Mia Darlow.

Mary Lorensini 3km Sealed Handicap

1.	Kayla Bridges (8)	22:04	PB 1:21
2.	Ruby Saunder (9)	20:41	PB 1:07
3.	Fraser Saunder (9)	20:46	PB 0:16, New U10 M Record
4.	Alanna Peart (10)	17:18	PB 0:05
5.	Jessika Bridges (11)	20:54	PB 0:32
6.	Sarah Brennan (37)	15:46	New Open W Record
7.	Kasey Bishop (10)	21:42	
8.	Ross Darlow (15)	16:38	
9.	Olivia Davis (11)	25:49	
10.	Rodney Davis (13)	20:24	

2km Walk

1.	Mia Darlow (8)	14:39
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1km Walk

1.	Scott Peart (7)	9:23
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Scott Peart, Mia Darlow and Mary Lorensini handicap winner Kayla Bridges with Sarah Brennan

MTR 10KM ROADWALKS, HONG KONG, MONDAY 14 OCTOBER

Monday saw the annual MTR 10km roadwalk in Hong Kong and, as in previous years, Australia accepted the HKAAA's invitation and sent two walkers to compete. This year, our walkers were **Jesse Osborne** and **Jessica Pickles** and I was lucky enough to travel with them and see all the action. The meet is a huge one with literally thousands of walkers competing in a variety of shorter events, mainly to raise money for local charities (see <http://www.hkaaa.com/page.php?pid=1044&mid=147&type=gameevent&lang=eng>).

The main events are always the Elite 10km roadwalks for men and women and this year's elite fields included entrants from Australia, Hong Kong, Malaysia, Chinese Taipei, Thailand, Korea and Indonesia. Conditions were very windy with temperatures in the high twenties but luckily cloud cover meant that we were spared the very torrid conditions that we might have otherwise encountered. Although the full results have not yet been posted, the first three in each event were as follows

Elite Women 10km Roadwalk

1.	Jessica Pickles	AUS	51:29
2.	Chang Chia Feng	TPE	51:47
3.	Naphon Assawawongcharo	THA	53:11

Elite Men 10km Roadwalk

1.	Choe Byeong Kwang	KOR	43:54
2.	Shuntaro Kobayashi	JPN	44:18
3.	Jesse Osborne	AUS	45:54

Jessica and Jesse walked fantastically to both claim places in the first three (Jessica first and Jesse third).



Jessica and Jesse in action and on the podium post-race (photos Clarence Tsui and Tim Erickson)

Hong Kong's Clarence Tsui's photo albums from the event are excellent - see https://www.facebook.com/drtsui/media_set?set=a.606812646028120.1073741863.100000981703361&type=1. You can also see a short cablenews video of event highlights: http://cablenews.i-cable.com/webapps/news_video/index.php?news_id=417916

INTERNATIONAL RACEWALK MEET, CHIASSO, SWITZERLAND, SUNDAY 13 OCTOBER

Thanks to the oMarchador blogspot (see <http://omarchador.blogspot.pt/2013/10/yohann-diniz-venceu-jornada.html>) for the results of the international racewalking meet held in Chiasso in Switzerland on Sunday. It was a big meet with walkers from 9 European countries participating.

French champion Yohann Diniz triumphed in the men's 20km event with 1:23:17, followed by Ukrainian Nazar Kovalenko 1:24:55 and Hungarian Sandor Racz 1:29:08. The women's 20km was won by Italian walker Federica Ferraro, with a PB time of 1:31:20. Hungarian Viktoria Madarasz, was second with 1:33:21 and Greek Evangelia Vaitsi was third with 1:51:57. In other events, young Greek junior walker Zacharias Tsamoudakis walked well to win the U20 10km with 41.43 in the 10 km.

This was the second of two days of racing. On the Saturday, One Hour track races for men and women had been held at the Cornaredo stadium in Lugano. It was a good double for Diniz who was the fastest of the men on the track with a distance of 13,875m ahead of Czech Lukas Gdula 12,895m and Ondrej Motl 12.895m. In the women's 1 Hour track race, the Italian Serena Pruner won with 12,016m ahead of compatriots Gladys Moretti, 10,917m and Chiara Lanza 8,209m.

20 km Men

1.	Johan Diniz	1978	FRA	1.23.17
2.	Nazar Kovalenko	1987	UKR	1.24.55
3.	Sandor Racz	1986	HUN	1.29.08
4.	Ruggero D'Ascanio	1984	ITA	1.30.22
5.	Lukas Gdula	1991	CZE	1.32.12
6.	Vladyslav Lobchenko	1993	UKR	1.32.35
7.	Federico Boldrini	1988	ITA	1.34.50
8.	Ondrej Motl	1994	CZE	1.37.22
9.	Bruno Morotti	1964	ITA	1.43.44
10.	Paolo Ghirlanda	1967	SWI	1.48.12
11.	Lukas Pazdera	1986	CZE	1.48.27
12.	Josef Smola	1964	CZE	1.49.00
13.	Cédric Hugi	1982	SWI	2.01.04
14.	Bernard Lovis	1961	SWI	2.03.03
15.	Joseph Bianco	1941	SWI	2.13.03
16.	Claude Greber	1957	SWI	2.13.35
	Graziano Morotti	1951	ITA	DNF
	Ioannis Vaitsis	1995	GRE	DQ

20 km Women

1.	Federica Ferraro	1988	ITA	1.31.20
2.	Viktoria Madarasz	1985	HUN	1.33.21
3.	Evangelia Vaitsi	1994	GRE	1.51.57

10 km Women

1.	Margherita Crosta	1995	ITA	47.51
2.	Anna Kovalenko	1992	UKR	48.37
3.	Cecilia Stetskiv	1991	ITA	48.58
4.	Carolina De Rosa	1992	ITA	49.49
5.	Marta Mikhaylova	1993	GRE	51.15
6.	Serena Pruner	1986	ITA	51.48
7.	Marta Stach	1995	ITA	52.19
8.	Viviana Valsecchi	1991	ITA	54.10
9.	Angeliki Bagatela	1995	GRE	55.37
10.	Roberta Mombelli	1968	ITA	57.29
11.	Raffaella Manfrè	1974	ITA	59.11
12.	Panagiota Fytily	1968	GRE	1.02.16
	Marie Polli	1980	SWI	DNF

Winners of other races are shown below

10 km U20 Men:	Zacharias Tsamoudakis	1996	GRE	41.43
10 km Masters Men:	Marco Duccoli	1963	ITA	51.11
5 km U18/U16 Women:	Athanasia Vaitsi	1998	GRE	24.26
3 km U14 Men:	Nathan Bonzon	2000	SWI	15.52
1 km Boys:	Dorian Pommaz	2003	SWI	7.00

ITALIAN U23 CLUB CHAMPIONSHIPS, MODENA, ITALY, 12-13 OCTOBER

Thanks to the MarciaItaliana website (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1595) for the results of the Italian U23 Club Championships last weekend.

10,000m Men

1.	FORTUNATO Francesco	1994	44:16.42
2.	ROMAGNOLI Tommaso	1991	45:22.10
3.	MOBILIA Ivan	1991	45:36.92

4.	VIGANO' Giacomo	1991	46:59.93
5.	SERRA Leonardo	1993	48:36.01
6.	TARQUINI Luca	1994	51:29.78
7.	BOSCHETTI Giuliano	1994	54:41.79
8.	SORGI Tiziano	1993	55:31.65
	CHEMELLO Tommaso	1995	DQ

5000m Women

1.	BECCHETTI Mariavittoria	1994	24:15.23
2.	CACCIOTTI Diana	1995	24:43.10
3.	CURIAZZI Federica	1992	24:54.84
4.	MARIOTTI Ilaria	1991	25:20.75
5.	SCIPIONI Sara	1995	25:28.73
6.	SABATO Chiara	1993	27:54.42
7.	BELOTTI Giorgia	1995	28:20.00
8.	DOLCI Tatiana Nelie	1993	31:35.39
9.	BERTOZZI Barbara	1991	32:15.49

ITALIAN YOUTH CHAMPIONSHIPS, PICCHI STADIUM, JESOLO, 11-12 OCTOBER

Thanks also to Marcialtaliana website for the results of the Italian Youth Championships. Very big fields so only the first 10 places are reported here. See http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1594 for the full results.

4000m U16 Boys

1.	ZABBENI Pietro	1998	18:09.16
2.	FANELLI Nicolas (I)	1999	18:15.29
3.	MANSUTTI Simone (I)	1998	18:21.19
4.	ALBERGA Alfonso (I)	1999	18:27.53
5.	PANTERA Giuseppe	1998	18:30.66
6.	BRANDI Giacomo	1998	18:35.98
7.	CICALO' Stefano	1998	18:45.37
8.	PUTIGNANO Luca (I)	1999	18:46.15
9.	BOCCARDI Paolo (I)	1999	18:47.49
10.	MARCHESI Davide (I)	1999	19:11.25

3000m U16 Girls

1.	MIRABELLO Angelica	1999	14:56.35
2.	TOMEI Vanessa	1998	15:00.38
3.	GRITTI Francesca	1999	15:09.22
4.	BUCCI Fabiana (I)	1998	15:20.19
5.	DI CARO Lucrezia	1998	15:22.74
6.	ANTON Nicoleta Raluca (I)	1999	15:31.81
7.	PONTAROLLO Erika	1998	15:33.13
8.	PIRO Federica (I)	1999	15:41.70
9.	SILLI Laura	1999	15:41.70
10.	TAVOLA Valentina (I)	1999	15:42.36

ERWL 5.4 MILES YACHT HANDICAP, LONDON, SATURDAY 12 OCTOBER

Thanks to Ron Wallwork for the latest Essex Race Walking League results from London. The Yacht Handicap race was contested over a distance of 5.4 miles and results are shown for both handicap placings and fastest times placings

ERWL 5.4 Miles Yacht Handicap - Handicap Placings

1.	Anna Vroobel	Hillingdon AC	5.00	64.53
2.	John Ralph	Enfield H AC	18.40	67.57
3.	Mick Barnbook ©	Ilford AC	8.20	68.20
4.	Sean Pender	Enfield H AC	14.20	68.31
5.	Richard McKenzie	Hillingdon AC	7.10	65.55
6.	Luc Legon	Cambs H	22.50	69.02
7.	Stuart Bennett	Ilford AC	19.00	69.08
8.	Steve Allen ©	Ilford AC	19.20	69.09
9.	John Brock	Southend AC	8.20	69.12
10.	Malcolm Martin	Surrey WC	20.00	69.18
11.	Ken Bobbett	Hillingdon AC	20.00	69.20
12.	Peter Ryan ©	Ilford AC	22.50	69.28

ERWL 5.4 Miles Fastest Times Placings

1.	Callum Wilkinson	43.21
2.	Luc Legon	46.12
3.	Peter Ryan ©	46.38
4.	Trevor Jones	46.44
5.	Steve Uttley	47.28
6.	Steve Allen	47.43
7.	David Crane	48.26
8.	John Ralph	49.17
9.	Malcolm Martin	49.18
10.	Ken Bobbett	49.20
11.	Steve Allen ©	49.49
12.	Stuart Bennett	50.08

13. Dan Maskell	Surrey WC	16.00	69.34	13. Gary Smith ©	51.09	
14. Steve Crane	Surrey WC	12.40	69.41	14. Amos Seddon	53.27	
15. Callum Wilkinson	Enfield H AC	26.20	69.41	15. Dan Maskell	53.34	
16. Michael Harran	Surrey WC	15.20	69.44	16. Arthur Thomson	53.46	
17. David Delaney	Surrey WC	12.30	69.49	17. Sean Pender	54.11	
18. John Borgars	Loughton AC	14.00	69.49	18. Michael Harran	54.14	
19. Russell Vroobel	Hillingdon AC	11.20	70.11	19. John Borgars	55.49	
20. Steve Allen	Barnet D AC	22.40	70.23	20. Paul King ©	55.50	
21. David Hoben	Surrey WC	9.50	70.28	21. Steve Crane	57.01	
22. Gary Smith ©	Enfield H AC	19.30	70.39	22. Sue Barnett	57.08	L1
23. Amos Seddon	Enfield H AC	17.20	70.47	23. David Delaney	57.19	
24. Trevor Jones	Steyning AC	24.10	70.54	24. Anne Jones	57.38	L2
25. Sue Barnett	Enfield H AC	14.00	71.08	25. Angela Martin	58.36	L3
26. Bill Sutherland ©	Highgate H	2.40	71.20	26. Richard McKenzie	58.45	
27. Steve Uttley	Ilford AC	24.10	71.38	27. Russell Vroobel	58.51	
28. Angela Martin	Surrey WC	13.10	71.46	28. Cath Duhig ©	59.39	L4
29. Paul King ©	Belgrave H	16.00	71.50	29. Anna Vroobel	59.52	L5
30. David Crane	Surrey WC	23.50	72.16	30. Mick Barnbrook	60.00	
31. Arthur Thomson	Enfield H AC	18.50	72.36	31. David Hoben	60.38	
32. Anne Jones	Steyning AC	15.30	73.08	32. John Brock	60.52	
33. Dave Ainsworth ©	Ilford AC	2.00	74.13	33. Geraldine Legon	64.44	L6
34. Geraldine Legon	Bexley	9.30	74.14	34. Bill Sutherland ©	68.40	
35. Cath Duhig ©	Ryston R	17.10	76.49	35. Dave Ainsworth	72.13	
36. Bernie Hercock	Enfield H AC	0.00	81.00	36. Bernie Hercock	81.00	
Philip Goodwin	Ilford AC	10.50	DNF			

Under 12.1 Mile Walk

1. George Wilkinson 12.41

Thanks to Mark Easton for the photos. You can see more at Mark's photo Gallery: <http://markeaston.zenfolio.com/p778164887>



John Ralph, Peter Ryan and Callum Wilkinson (photos Mark Easton)



Anna Vroobel and Luc Legon (photos Mark Easton)

SA RACE WALK CHAMPS, YOUNGSFIELD MILITARY BASE, CAPE TOWN, SATURDAY, 12 OCTOBER

Thanks to Carl Meyer, Chairman of the ASA Race Walk Committee, for the results of the South African 50km national championships and interprovincial championships, held in Cape Town on Saturday. The National 50km titles went to Mojalefa Molise (4:23:39) and Sandra Steenkamp (5:19:53) while the interprovincial 20km titles went to Lebongang Shange (1:27:24) and Corli Swart (1:48:23). National 50km record holder Marc Mundell, just back from his honeymoon, was content to stroll through the 20km in 7th place. And a top performance by junior walker Anel Oosthuizen who set a new 10km SA record of 49:25, breaking the 12 year old record of Lee-Anne Watts (50:36). It was great to see the huge number of competitors – it shows that racewalking in South Africa is really going from strength to strength.



Left: Anel Oosthuizen in action on Saturday
Right: SA 50km record holder Marc Mundell with wife Jo on the occasion of their recent wedding

50km: Senior Men (RECORD: M MUNDELL 3:57:57*)

1.	AGN	MOLISE MOJALEFA	25	4:23:39
2.	AGN	MAHLANGO SIPHO	30	4:31:01
3.	KZNA	NTOMBELA LINDOKUHLE	20	4:53:08
4.	KZNA	QHANQISO THEMBILE	46	4:53:14

5.	KZNA	HLONGWA WISEMAN	26	5:20:43
6.	CGA	MASHIGO JOHANNES	38	5:44:49
	AGN	HLATSWAYO THAMI	31	DNF
	CGA	KUBHEKA KGO THATSO	31	DNF
	CGA	LUPTON-SMITH GEOFFREY	55	DQ

50km: Senior Women (RECORD: S STEENKAMP 5:17:55)

1.	AGN	STEENKAMP SANDRA	53	5:19:53
2.	KZNA	IRMSCHER YVONNE	51	5:26:28
3.	KZNA	MEMELA BABONGILE	33	5:26:29
	CGA	EALES BERNIE	44	DNF

20km: Senior Men (RECORD: C BRITZ 1:22:21)

1.	CGA	SHANGE LEOGANG	23	1:27:24
2.	AGN	SNYMAN WAYNE	28	1:27:36
3.	CGA	MNISI MTHUNZI	24	1:35:18
4.	CGA	MATHONSI SANELE	23	1:36:20
5.	AGN	LUMKWANA THANDO	25	1:39:39
6.	WPA	RHODAS ENVOR	20	1:41:58
7.	AGN	MUNDELL MARC	30	1:44:30
8.	ASWD	VAN ROOYEN HANNES	24	2:04:48
9.	CGA	HUFKIE REGINALD	21	2:05:44
10.	CGA	NGCOKAZE NKOSINATHI	21	2:06:42
11.	WPA	JAFTHA ASIPHIWE	20	2:12:37

20km: Senior Women (RECORD: S VERMEULEN 1:36:18)

1.	ACNW	SWART CORLI	22	1:48:23
2.	CGA	MOKHELE NTHATISI	20	2:03:03
3.	WPA	FUNDISWA SANDI	32	2:20:36

10km: Junior Women (18 to 19 years old) (RECORD: LEE-ANN WATTS 50:36)

1.	ASWD	OOSTHUIZEN ANÉL	18	49:25
2.	BOLA-I	KLINK CHANICE	17	1:01:20

10km: Junior Men (18 to 19 years old) (RECORD: M ESTERHUIZEN 44:53)

1.	CGA	MAMARARA MOEKETSI	19	47:43
2.	CGA	NOKO SIPHIWE	19	49:14
3.	CGA	SITHOLE JABULANI	18	51:58
4.	CGA	SEHEMO DANNYBOY	18	52:43
5.	WPA	PONI MALAKHIWE	18	57:09
6.	WPA	QWABI DESMOND	19	57:16
7.	EPA-I	MANI JONGOXOLO	19	57:33
8.	WPA	DE VRIES ENRICO	19	57:41
9.	CGA	NTOANE NTOANE	18	1:00:56

10km: Youth Boys (16 to 17 years old) (RECORD: STEFANO KRUGER 47:48)

1.	WPA	IETERSE JUANDRAY	16	52:27
2.	CGA	ULE TUMISANG	16	54:52
3.	WPA	SAUNDERS LUNGA	16	56:10
4.	WPA	VAN DER MERWE CAREL	16	56:27
5.	AFS	CLAASSEN JAN-LOUIS	16	1:00:21
6.	WPA	CAINE WESLEY	17	1:01:10

5km: Youth Girls (16 to 17 years old)

1.	CGA	DE WINNAAR UDELLE	16	26:58
2.	AFS	SMIT TERSIA	17	27:52
3.	AGN	WIID JUANE	17	28:25
4.	ASWD	BARNARD MARIAAN	17	29:37
5.	BOLA-I	MEYER DELIA	16	30:14
6.	BOLA-I	DANIÉLS LEANDRÉ	16	30:21
7.	WPA	MELAMANE NOMSO	17	30:47
8.	WPA	TEMBANI SIBONGILE	16	37:30

5km: Sub Youth Girls (14 to 15 years old)

1.	ACNW	KOEN ANNETTE	14	27:01
2.	AFS	CRONJE HENRIËTTE	14	27:03
3.	BOLA-I	ROSSOW NOELINE	14	28:30
4.	BOLA-I	TEUBES HESMARI	15	35:11

5km: Sub Youth Boys (14 to 15 years old)

1.	CGA	VERMAAK PIERRE	15	23:27
2.	BOLA-I	COLLING HANRU	14	25:56
3.	ASWD	VAN WYK ELWICH	14	26:27
4.	CGA	HLONGWANE VUSI	15	27:00
5.	ASWD	SOLOMONS DYLLAN	15	27:39
6.	ASWD	FERLAND JEROME	14	29:28
7.	WPA	SOGANGA AYABONGA	14	29:58

3km: Sub Youth Girls (13 years old and younger)

1.	BOLA-I	DU TOIT HILDA	13	18:00
2.	BOLA-I	EKSTEEN MOESHA	11	19:17
3.	ASWD	GELDENHUYS MONÉ	11	19:22
4.	CGA	MSHEBA DIMAKATSO	12	20:23
5.	BOLA-I	PIETERSEN LEONE	11	20:38
6.	CGA	MKHIZE NTOKOZO	12	20:41
7.	WPA	SATANI LWANDOKAZI	12	20:42
8.	ASWD-I	SAAIMAN RONÉL-MARÉ	11	20:46
9.	ASWD-I	ALBERTS EDEN	10	20:46
10.	WPA	TOMOSE THAMI	12	21:35
11.	WPA	MAYIYA LISA	11	21:52
12.	WPA	NTULO APHELELE	11	22:00
13.	WPA	DUNN SIOBHAN	12	24:27
14.	WPA	MKWAKWI AGCOBILE	11	24:43

3km: Sub Youth Boys (13 years old and younger)

1.	AFS	CLAASSEN DANIEL	12	15:48
2.	BOLA-I	JACOBS FRANCOIS	13	15:48
3.	BOLA-I	ECKLEY GERHARD	12	16:49
4.	ASWD	SOLOMONS DARRYL	13	17:05
5.	BOLA-I	KIRK ELIAS	13	17:25
6.	WPA	BROOKS NATHANIEL	12	18:17
7.	ASWD	ERASMUS LUCIANO	13	18:24
8.	WPA	ISAACS CHADLEY	12	18:25
9.	ASWD	JANSEN DENZIL	13	18:26
10.	CGA	VERMAAK JEAN	12	19:01
11.	BOLA-I	KLINK TA'RIQ	12	19:07
12.	WPA	MAKI ONGAMA	11	19:17
13.	ASWD-I	JACOBSZ ETHAN	10	19:21
14.	WPA	MOHALE ERIC	12	20:19

There were large numbers in the Masters walks. For the sake of length, I restrict my review to the winners of their respective age divisions.

20km Masters Men (Winners)

M35	CILLIERS GIDEON	36	1:49:21
M40	MOLAHLEHI ISMAEL	42	2:00:11
M45	PHILLIPS KEVIN	49	1:46:04
M50	RAILO SIMON	53	2:04:03
M55	WILLEMSE JAAP	57	2:08:58
M60	ANTHONY KENNETH	61	2:11:47
M65	WONFOR PATRICK	67	2:15:11
M70	MHLONGO SIDWELL	70	2:13:29
M75	KIRBY DAVE	78	2:29:09

20km: Masters Women (Winners)

W45	DUNN CJ	46	2:16:40
W50	SCHEEPERS CELESTE	53	2:07:05
W55	JAMES PAMELA	56	2:14:00
W60	JACOBS LORITHA	61	2:14:54
W65	MEYER ELSA	67	2:03:18
W75	REID PEGGY	76	2:35:16

10km Masters Women (winners)

W40	SERDYN MARIAAN	42	56:56
W45	FUCHS SHARON	48	1:00:37
W50	ILIFFE PATRICIA	54	1:05:26

W55	KNOETZE RETHA	58	1:04:09
W60	JOSEPHS WENDY	64	1:07:00
W65	GREYVENSTEIN ANNATJIE	68	1:02:33
W70	WILLIAMS CHRISTINE	71	1:11:27
W75	O'BRIEN EVA	75	1:30:00
W85	ROOTENBERG CECILY	88	1:32:50

10km Masters Men (winners)

M35	PLAATJIES LOUIS	38	58:32
M40	MCDONALD ROSS	40	48:54
M45	VON BENECKE LEBEAUF	49	46:38
M50	VENTER FANIE	53	57:55
M55	Masters M 10 MEYER CARL	56	58:03
M60	PATTERSON RAYMOND	60	57:16
M65	VAN DEN RAAD GERARD	69	1:04:04
M70	CLEMENTS FRED	70	1:06:39
M75	MORGAN-SMITH DAVID	76	1:08:01
M80	HOTSTON JOHN	82	1:17:18

USA NATIONAL 40KM ROADWALK CHAMPS, OCEAN TOWNSHIP, NY, SUNDAY 13 OCTOBER

Elliott Denham reports that Shore Athletic Club teammates Michael Mannozi (3:28:49) and Erin Taylor-Talcott (3:39:20) added to their portfolios of USA Track and Field National Championship racewalking titles with decisive victories in the 75th edition of the U.S. National 40km championships at Joe Palaia Park in New York State last Sunday.

International guests, although not eligible for U.S. national honors, played key roles in the event, too. After Bruno Carriere of Canada led the entire field through 20 kilometers in 1:33:34, Colombia's Jorge Armando Ruiz and Rodrigo Moreno then took over the pace-making roles. Ruiz went on to reach 40K in 3:13:14, while Moreno, age 48, circled the 2K loop five more times for a 50K clocking of 4:06:22, one of the fastest times in Masters walk history. Starring, too, was USA Olympic ace Maria Michta, the nation's top women's walk athlete at both the 2012 London Olympic Games and the 2013 Moscow World Championships. Michta cruised through 25K in 2:19:13 after helping sister Katie cover 15K in 1:24:53.

Shore AC's threesome of Mannozi, Talcott and Bill Vayo captured the U.S. men's team title while the Pegasus AC of Michigan trio of David Swarts, Mark Green and Leon Jasionowski won the men's Masters team crown.

40km Men's Championship

1.	Michael Mannozi	Shore AC	3:28:49
2.	Dave Talcott	Shore AC	3:35:00 (1st 50-54)
3.	David Swarts	Pegasus AC	3:56:18 (1st 45-49)
4.	Mark Green P	egasus AC	4:13:55 (1st 55-59)
5.	Leon Jasionowski	Pegasus AC	4:33:42 (1st 65-69)
6.	Vlado Haluska	unattached NYC	4:38:37 (1st 60-64)
7.	Bill Reed	Pegasus AC	4:42:41 (2nd 60-64)
8.	Bill Vayo	Shore AC	4:46:39 (2nd 45-49)
9.	Bruce Logan	Park Racewalkers	4:49:08 (3rd 45-49)
10.	Tom Quattrocchi	Shore AC	5:12:32 (3rd 60-64)
11.	Eliot Collins	Shore AC	5:43:45 (4th 45-49)
12.	Robert Newhouser	NY Walkers Club	6:19:13 (3rd 45-49)
	Jorge Armando Ruiz	Colombia (guest)	3:13:14
	Rodrigo Moreno	Colombia (guest)	3:14:40 (4:06:22 for 50km)
	Bruno Carriere	Canada	DNF
	James Carmines	Potomac Valley	DNF

40km Women's Championship

1.	Erin Taylor-Talcott	Shore AC	3:39:20 (1st 35-39)
2.	Maria Paul	Shore AC	5:24:39 (1st 45-49)
	Panse Geer	Shore AC	DNF
	Kay Carmines	Potomac Valley	DNF
	Diner Nydia Moreno	Colombia (guest)	DNF

20K and 25K	Maria Michta	Walk USA	1:52:26 and 2:19:13
15K	Katie Michta	Walk USA	1:24:53
10K	Irene Fletmeyer	Racewalk Maryland	1:10:55
5K	Ray Robertson	Freehold Area RC	33:38
	Nicholas Toocheck	Mid-Atlantic, West Chester, Pa.	38:46

WALKING SHORTS

- Last week I saw a few reports floating around on the net announcing that 2012 World Junior Champion walker Ekaterina Medvedeva of the Saransk walking group in Russia had been given a 2 year drugs related ban. However, I can't find any official press or news releases confirming it so I reproduce it with a question mark.
- The Melbourne Marathon on Sunday saw 34,000 participants in total with 8000 of them doing the full marathon distance and the rest attacking smaller distances on offer. VRWC walker Rhydian Cowley placed 7th in the Melbourne Half Marathon, running a 20 sec PB time of 69.31. Other club members in action included Brad Simpson who walked the half in 1:55:58 for 2872nd position, Kyle Swan (37:40 for 10th in the U18 boys Division) and Emily Swan (48:42 for 16th in the U18 Girls division). I am sure there were others as well.
- Thanks to Pierce O'Callaghan for this great group photo of the European Athletics Level 2 RW Judges Course in Athlone, Ireland last weekend



AUSTRALIAN LITTLE ATHLETICS NATIONAL U15 CAMP, AIS, CANBERRA, 6-9 OCTOBER

U15 athletes from all Australian States attended an Australian Little Athletics Camp at the AIS in Canberra from Sunday 6th October until Wednesday 9th October. Eight walkers were amongst the many fine young track and field stars on show: Kyle Swan -Vic, Jasmyn McDonald, Lucy Francis, Sophia Dickerson - NSW, Callum Burns - ACT, Mikaela Woodward - QLD, Anna Cross - SA and Declan Lewis - WA.

Thanks to LAVic team manager Shane Bertrand for this report on what was obviously a very successful initiative.

The camp was changed from last year from an U14 to U15 Camp, which better reflected the transition period in the athlete pathway from participation to higher performance. The only Victorian Race Walker was Kyle Swan, in total 8 walkers from around Australia attended the 4 day camp. The camp consisted of 4 training sessions and 4 workshops, focusing on Nutrition, Psychology, Stretching and Strength & Conditioning. The walkers were overseen by AIS walks coach Craig Hilliard with guest coaches Regan Lambie and Rachel Tallent. Cheryl Webb, who was the NSW Team Manager, was also able to assist the walks coaches over the 2 days of training so overall the athletes were exposed to an amazing array of elite athletes and coaches.

Melissa Breen and Tristan Thomas were coaches at the camp in their specific events and were also guest presenters on the Monday night, sharing their journey from junior level to their current position with the highs and lows throughout the journey. A terrific presentation by both!

The focus on the camp was to transition the athletes into the National U17 Development squad and expose them to National and International competition opportunities. Athletics Australia's Junior High Performance manager and National Participation Manager attended and presented information to the athletes on the next step in their pathway.

Overall 132 athletes from all 7 State & Territory Associations of Little Athletics Australia attended and was supported by 14 Team Managers and 5 Camp organisers. It was an outstanding success and certainly achieved the goal of preparing our athletes for their future.

Participant Mikhala Woodward has kindly emailed me with her own experiences of what was a wonderful camp. Thanks

Mikhala!

On the 6th of October 2013 approximately 134 athletes from around Australia met at the Australian Institute of Sport in Canberra for the U15 Little Athletics National Camp. I was one of 21 Queenslanders selected to attend the camp and the only race walker selected from Queensland.

During the coaching clinic we participated in 4 workshops where we learnt about nutrition, strength and conditioning, stretching and psychology. Glynnis Nunn took the psychology workshop. We also heard presentations from Tristan Thomas and sprinter Mel Breen about their experiences as elite athletes.

Each afternoon we grouped into our selected events and trained on the AIS track together. There were around 7 other walkers from around Australia. (5 girls and 3 boys) It was great getting to know the other walkers away from the competition field, and in a more relaxed environment. We were very grateful to have had Regan Lamble take us for our first coaching session, and Rachel Tallent take us for our second. Cheryl Webb assisted with the coaching on both days. She video recorded us race walking and then played them back to us with some feed back on our technique.

Taking part in the camp at the AIS was an amazing experience and it has really inspired me to continue with the sport.



Rachel Tallent talks to the ALA walkers in one of the two training sessions during the camp



And they're off - some race specific training: Declan Lewis, Sophia Dickerson, Anna Cross, Lucy Francis, Callum Burns, Kyle Swan, Mikaela Woodward and Jasmyn McDonald

IT'S RAINING MONEY IN CHINA FOR OUR TOP WALKERS

The Chinese Athletic Federation has announced that a new 4 day racewalking tournament will be held on 11-14 November in Suzhou (Jiangsu Province, eastern coast of China). The organisers are inviting all 'top-100' walkers to come and race in the meet, with big prize money on offer. The tour consists of 4 races on successive days - 20km for men and women on day one, 15km for men and women on day two and then 15km races for men on days three and four. The new 'pit lane' rule will be used and prizes will be based on both individual and team performances. The overall leader after day one will get to wear a yellow jersey as the race continues. The entire prize pool amounts to US\$237,200. I expect to see a number of our Australian walkers in action in what sounds like a superb concept.

WHAT'S COMING UP

- The VRWC summer season kicks off tonight with track walks at the Collingwood Harriers track in Clifton Hill and we hope to see lots of our club members there for a dust off before the summer season gets serious. The timetable reads as follows

Wednesday 16th October 2013, VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	5000m and 3000m	Open
7.15pm	1500m	Open

- The **World Masters Athletic Championships** (see <http://www.wma2013.com>) kicked off yesterday in Porto Alegre, Brazil, with the opening ceremony. The Games run from 15th to 27th October and bring together 4,158 athletes from 82 countries. 355 walkers (193 men and 162 women) from 45 countries will compete in the racewalks which are scheduled as shown below. Good luck to our Australian walkers.

5000m Track Walks	18 th and 19 th October
10km Road Walk	Tuesday 22 nd October
20km Road Walk	Saturday 26 th October

- Athletics Victoria Shield competition** starts on Saturday 19th October with 2000m walks at our 4 metropolitan and 3 country venues. See <http://www.athsvic.org.au/competitions-info/av-shield>.
- The **2013 Victorian All Schools Track & Field Championships** will be held at Lakeside Stadium. In two weeks time. The draft timetable reads as follows

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

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

Wed Oct 16, 2013	VRWC Track Races, George Knott Athletics Track, Clifton Hill
Sat Oct 19, 2013	Athletics Victoria Shield competition kicks off
Oct 25-27, 2013	Victorian All Schools T&F Championships, Lakeside Stadium, Melbourne
Dec 6-8, 2013	Australian All-Schools Championships, Townsville (Qld)
Dec 15, 2013	Australian 50km Race Walking Championships, Melbourne (ViC - 2014 World Cup 50km trial)
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 th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC - 10,000m walks)

2013 International Fixture

October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2014 International Fixture

Jan 4-12, 2014	Oceania Masters Championships, Bendigo - see http://www.omabendigo2014.com.au/
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany

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**
2018 **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**
July 2020 **32nd Olympic Games, Tokyo**

Tim Erickson, Secretary, VRWC, 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>)